



MindShift Training™

“What do you REALLY want?”

How To Find Pleasure, In A World Full of Pain

Before the workshop...

- Print out these pages, and, if you're calling in by telephone, the phone number and PIN for the call.
- Be prepared to identify (and share) conflicts and issues you are having in reaching your goals; e.g. “Can'ts”, “don't know's”, and dilemmas. Remember, you're in coaching now; I may call on you by name and ask you questions!
- Leave everything blank until you hear on the call what to write in (i.e., don't fill anything in ahead of time.)
- Make sure you have a pen or pencil handy to take notes and to fill in the blanks on these pages.
- Call in to the conference line a few minutes before 6pm Eastern, to make sure that we can start on-time and you don't miss anything!
- Mute your phone when you are not speaking, using 0 on your touchtone keypad, or using the mute button on your computer software.

Pain, Pleasure, Freedom!

1. Goals can be _____ or _____ — and it's not always obvious which applies.
2. _____ is the root of all evil
3. Self-actualization is _____, not _____ to _____.
4. You are _____, and therefore _____
5. To realize your _____ in _____, replace _____ with _____.

Perspective



Your Natural States: Actualization and PLEASURE!

1. _____ and _____

2. “ _____ ” / _____

3. “ _____ ” / “ _____ ”

4. _____, _____ness, _____

5. _____ / _____ / _____

The Central Question:

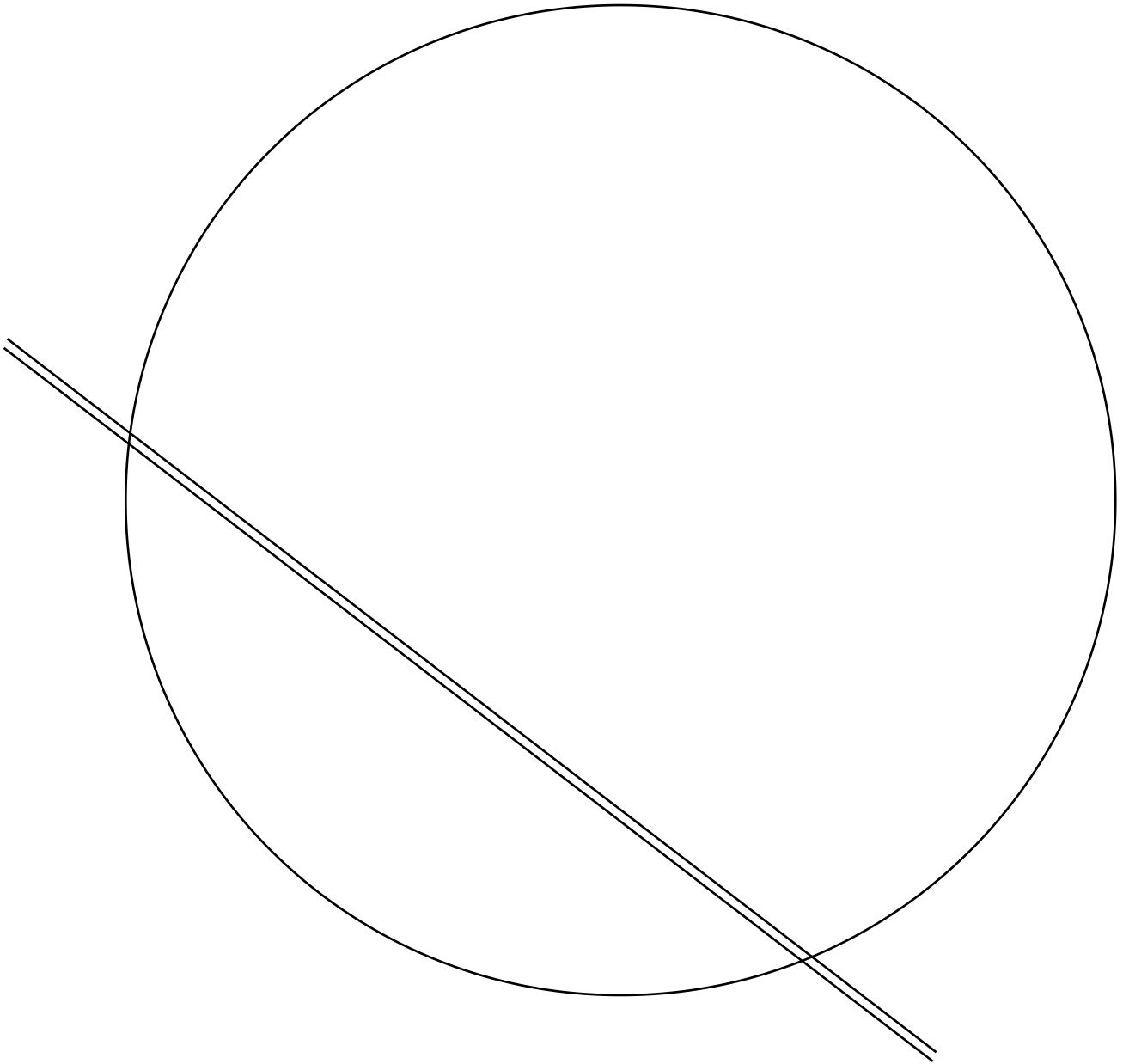
If I already _____,
just _____ I _____...

(Imagine you _____ it)

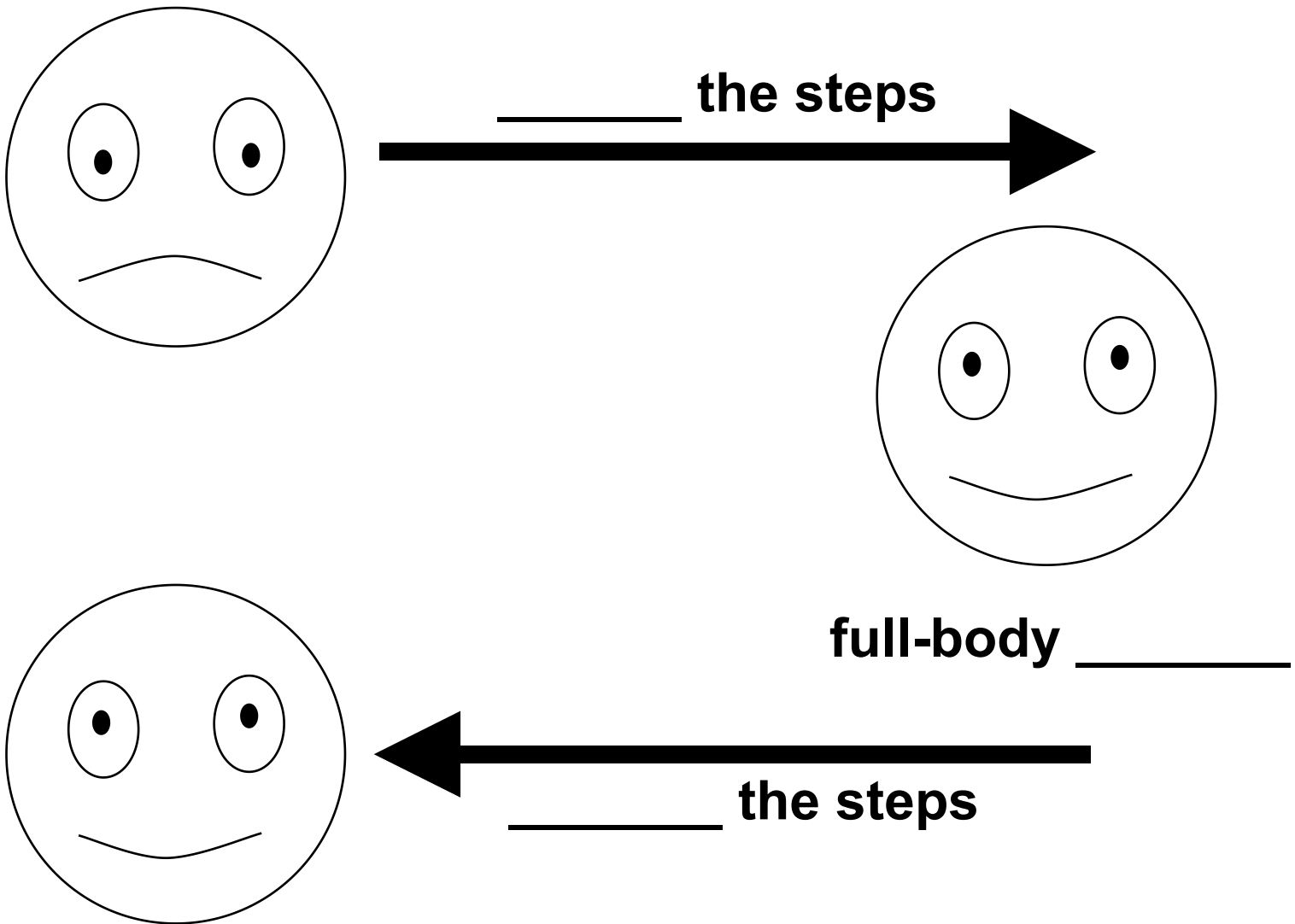
What would that _____,
that's _____?

(What would this let me
_____, ___, or _____?)

The Fall From Grace



Returning To Eden



How is each thing _____, if you already _____ what you _____?

Is it any:

- _____ than it was before?
- _____ than it was before?

The Complete Process

1. Establish _____ via _____
2. Ask “what do you _____ _____ _____?”
3. Be the _____
4. Get to full-body _____ and
_____ it
5. Update _____ and _____

Wrap-up and Feedback

(Answer as if you were speaking to a friend who didn't attend the workshop)

1. What did you enjoy most?

2. What are you going to start using immediately?

3. What kind of difference will it make to your life?

Send answers to feedback@dirtsimple.org