

Discover How To Tap Into Your Internal Drive

✦ BILL YEAGER ✦



Internal Drive

3 Days to Lasting Change!

If you havent reached your **FITNESS**,
FINANCIAL or **RELATIONSHIP** goals from a lack of follow-through,
this book will **CHANGE YOUR LIFE FOREVER!**

Turn Desire into **HUNGER, DRIVE & COMMITMENT**



Internal Drive



"I used to be overweight, tired, depressed and broke, until I discovered the formula to a healthy, vital, exciting and prosperous life. Now, I teach others how to achieve their best body and reach their financial goals. And, I'm going to show you how to live like this, too! --Bill Yeager

Bill Yeager is a leading success coach, author, inspirational writer, fitness business entrepreneur and personal trainer. He's helped over 500,000 people worldwide become inspired to transform their lives and is most widely known for becoming a Body-for-Life Champion. Bill is the author and co-author/contributor of several fitness articles and books (*Champions Body-for-Life*, *Body-for-Life Success Journal*), and acts as an adviser to other fitness businesses nationwide.

- **Use the same natural courses of action that successful people use to create ultimate change!**
- **3-Day Program Packed with fundamentals to uncover your inner drive!**
- **Experience Passion, Purpose, Vision, Focus, Commitment, Determination, Desire, Drive, Conviction and More...**

All Generated By YOU!!!

➤ **Discover:**

- ✓ ***A Clear Vision of the Physique You Really Want***
- ✓ ***Why You Really Want It***
- ✓ ***What is Stopping You from Achieving it***
- ✓ ***A Map to Get it!***
- ✓ ***Constant Motivation (motives to keep taking action)***



INTRODUCTION

Bill Yeager

A number of years ago, I was honored to become a Body-for-Life Champion, and it completely changed my life! The Body-for-Life Challenge was the original Body Transformation contest that started around 1998. This annual competition was opened up to participants worldwide, and each year, depending on the age, division and category, only a handful of participants were awarded the title of *Body-for-Life Champion*.

After achieving winner status, *Body-for-Life* invited me to one of their *Body-for-Life* expos years ago, along with other past and current *Body-for-Life* champions. I knew it was going to be exciting to be around a ton of other champions, but I also saw this as an important opportunity to talk *at length* with these phenomenal winners about their successes. I had become obsessed with discovering the reasons **why** some people were successful, and others were not, and my understanding of these reasons was for the sole purpose of helping others to be successful, as well. I knew only what I, myself, had personally done to create my own success, and I was burning with curiosity to find out what everyone else had done, too.

As a result of my findings, my mind was, quite honestly, *blown*.

I was so surprised to find—after talking with literally 50 to 75 other champions—that they **all** had done the *same thing* that I had done (with only tiny variations), to prepare their mindset in order to give them the greatest results—ultimately, the WINNING results!

At the time, I was also training clients. Don't you know that my clients who were successful and who transformed themselves took these *very same steps* to get **their** amazing results! The patterns of these successful body transformation individuals were just too obvious to overlook.

I knew that there was something to all this, and over the years, I've researched and spoken with still others who have earned incredible results through more than just hard work and commitment, but also, by setting themselves up with the proper mindset. Essentially, if you want to be successful, then you should do what other successful people do!

And so, I give to you **Internal Drive**.

Not only does this system create amazing physical transformations, but it also can be applied to--and will work for--your other goals, as well. I have, in fact, worked this program for many of my own goals, including to help make my business thrive however, the main focus of the book is on physical transformations.

Here's the thing: This program may sound simple—maybe too simple. Maybe you will read this and think, "Well, this is not rocket science." No. But it **is** effective. The process and roadmap you find in this program are what virtually every champion and successful transformation client I've talked to in past years has done to get themselves the body they want. And it will help you get the life you want!

I have always been able to tell who will be successful within the first week of when they begin, because those who practice these methods-- more often than not --are the ones who succeed.

I want to do whatever it takes to help get you to the body and life you deserve and to reach your goals.

In order to help you reach your goals, you need a clear picture of what those goals are. This book will help us see that clear picture. We need to know:

- where you are at now
- what has held you back in the past, and
- why you want to meet these goals

...because when the going gets tough, the difference between following through and not following through, is having *enough reasons*.

Yes, this program is simple, may at times be painful, but overall should be fun. It must, however, be implemented EXACTLY as described. Everything in this “roadmap” has a specific purpose. If you avoid any one Assignment or task, it will throw off your results.

You have 3 days to complete this Internal Drive Program. That’s it!

There is a crucial reason for this:

To break your thought patterns that have been restricting you in the past.

If you make excuses and it takes longer, you may fail yourself, and you will not get the results you deserve with this program. Do whatever it takes, because that will strengthen your commitment.

Understand that this is not the end-- this is the beginning.

Be as resourceful as you can throughout this journey, and you will see the results you desire!

It may be a good idea to read this entire book before beginning it, so you know what to expect. But remember:

- **Give 100%.**
- **Do not rush through it to get it done.**
- **The space provided may not be enough; feel free to use a separate notepad or journal.**

The activities may take between one to three hours per day, sometimes more. Be sure to put enough time into your schedule so these are not rushed. After all, it’s only three days!

Complete these activities with conviction; tap into your inner passion!

I urge you to write everything down the old-fashioned way: with pen and paper, versus by voicing it into your phone’s Notes app. This will not only help you to solidify your commitment and your vision, but it will also serve as something tangible.

Expect to get to what is real and use powerful words!

I want to set the stage upfront here. I need you to know that there is terminology in this book that is intended to raise awareness, allow you to be honest with yourself and get to what is real, so this may be perceived as negative talk during certain descriptions or examples. These examples came from client's own words during specific exercises prior to their own transformations. It is important to understand that certain sections of this book will ask you to create your own definitions of yourself along with your own interpretations and evaluations. These are present because in order to get to where you want to be, you need to get to what's real first. You will be asked to stir up emotions that can be painful, sound harsh, feel negative, exciting, loving, fulfilling, empowering and very positive. Please know that these will motivate you as shown in this book. Do not let negative emotions or words take you down or knock you out. They will be experienced for a short period of time and then you will be removed from them. You're just going to go there and leave; you aren't going to stay. The choice is yours to use them to motivate you. If you have had mental health issues or if you feel that negative emotions will have an opposite effect as intended for the use of this book, then it would be wise to ask your doctor or not proceed at all. You should use your own definitions and allow emotions as you feel comfortable. There is a self-love & care section to this book that will be one of the many ways to empower yourself!

This is about reaching YOUR most achievable goals.

I've worked with hundreds of clients all over the world and it's easy for me to tell you there are a lot of shapes, sizes and walks of life. Please know that although you want to look like a certain person, you genetically may not be able to although you may certainly be able to get down to their body-fat level. If Michael Jordan wanted to look like Oprah Winfrey or visa-versa (I know, extreme example but you see the point) it may not seem too realistic seeing that there is a huge difference in body type, height, muscular structure... etc. I've worked with people who have lost over 150 pounds who had slight amounts of skin hanging down from it with stretch marks. They didn't focus on their best body looking like that nor find someone they wanted to look like who had that when they started however, after losing so much weight, they were sure as heck feeling great for doing so! Also, a 62-year-old man who has been overweight his whole life will not ever look like a 20 year old body builder. The disclaimer is that I am not here encouraging a fantasy, nor should you expect to achieve a fantasy. You can however, transform your body in an amazing way to become an amazing version of YOU. Later on you will be asked to find pictures of your ideal version of you. When you do so, do your best to find similar body types as yours but know that you're not going to look like them because that would be genetically impossible however, you can and will look like the best version of you. I just want you to know that starting right now if you haven't already, love and except the beautiful person that you are and once you create tone, muscle and lower your body-fat level you need to accept the beautiful person that you've become, whether you're picture perfect (based on whoever's standards) or not. Appreciate the changes you will make along your journey and accept any perceived imperfections as being a beautiful you. Be Proud of becoming a healthier version of you. You're about to do some amazing things to your body, your mind and your emotional strength.

Your Perception, Focus & commitment makes the difference.

Your mental focus, thoughts, beliefs internal and external conversations throughout this book will determine your outcome. If you critique sections, disagree with methods, feel that something is missing or find reasons why this won't work (which is indeed your right to do) you will not get out of it what you could than if you open your mind, your heart, trust and believe in the process. This is where you then and only then will discover its transformative qualities. If you believe in this, you're right. If you dis-believe, you're right. Choose wisely.

Commit! Commit to giving this 100% by giving it your focus without distractions, the time needed to read and complete the activities and re-reading parts to completely understand them if necessary. There is a lot of great content packed into this book that took years to obtain so you can learn them in just a few days if not, less. This commitment will start a series of other empowering commitments you will make for yourself which will positively impact you and your loved ones. It will serve as the catalyst to further strengthen your future commitments, pride, confidence and self esteem!

Lastly before we begin!

I, too, have transformed my entire life by changing my body. Experiencing others' success is what actually drives me. In fact, it has been my passion to live through each and every success. So please-- as your body transforms-- contact me. Let me know how your life changes. We are all meant to grow and become better. I believe this fundamental truth is so that we have something to give back and contribute to others. I invite and encourage you to join my mission and inspire others through your own changes. --*Bill Yeager*

Mental Strength

It's time to get started on some awesome goals for yourself and make some big changes in your life, but first things first. We need to lay the proper foundation for success. Whatever challenges you have gone through have led you to where you are today, struggling to have met your goals. Often people start taking action toward their goals and then for "some reason" they go off course and stop working toward them. For example, when I've worked with people years ago who wanted to change their body, some people wouldn't show up for training sessions and/or they didn't do anything I asked them to do in regard to their nutritional changes, yet others did everything I asked to the letter. The "some reason" is solved here so please open your minds, your heart, trust and believe that the answers are now at your fingertips. This is going to change your life forever.

The following is the foundation or a warm-up to get you to start practicing mental strength. This is a very important part of following through with your goals. People have gone through so much challenge and adversity in their lives and have developed patterns of mental thoughts, outward spoken words and actions that have given them the results of their lives as it is today. I'm saying that you, my dear friend, are experiencing what you are because of the result of these patterns. The lessons taught here are to get you to start conditioning new mental patterns to in-turn create new action patterns. That's it, It's really that simple and basic!

Is it always easy? No, it's not always easy. As I said, you need to condition yourself to change your patterns of action and THEN it will become easy because new patterns will have been created in your brain. To say it simply, your brain has been formed in a way to access these patterns so at times we get confused or it becomes challenging because we are doing new activity that the brain isn't seeing as normal so it has no reference point. Over time, we will be changing our brain chemistry to allow those old disempowering patterns to die off and install new empowering patterns of action. Often this is done through challenges and adversity. People don't realize that it's through these challenges that our brains begin to change, yet they give up on their goals too early after these perceived "failures". These are only considered failures because of the label you gave it, a "failure". Know that this is part of the process which will be covered more later on however, understand that we need to change your brain and based off of a lot of factors such as your history, beliefs, actions and methods used (to say the very least) the time it takes to change your brain will vary person to person. The strategies to do this are in his book, just keep persisting and believing you are going to achieve this time, because this time, we're changing your brain.

To get a little warm up with your mindset, before you move on, I want you to get relaxed for at least a few minutes in a comfortable place. Put on some calming music, take a few deep breaths and close your eyes. I want you to visualize you already have met your goal. What do you look and feel like? Who are you with and what are you wearing? Where are you and what are you surrounded by? How has your life changed and what do you have now that you didn't when you started this book? Most importantly, pay a lot of attention on how you feel. What does this feel like? What emotions are present now? Stay in this state as long as you like, it's a great place to be, isn't it? Oh and great job, you were successful with the first exercise in changing your brain!

Self-Love & Care

Congratulations for getting this far! Did you know so many people buy a book and don't even get through the first few pages? I'm glad that you are taking this seriously and made a real decision to make positive changes with a positive mindset. It makes sense that we start with how you take care of yourself. If you've also started any of my other mindset, nutrition and/or training programs then congratulations, you're well on your way to the best version of you. Know that this section plays a foundational role in your success. The understanding of self-worth is the beginning of progress.

The most important care there is, is the love and care you have toward yourself. How could you possibly care for others if you don't first love and care for yourself? The fact is, you will be "pouring from an empty cup" if you try. We normally don't pay enough attention to how we treat ourselves so I want to challenge you to make this just as much of a focus and attention as you would any other loved one. The best and easiest focus you can have to achieve self-love is to love yourself as you love others. Really! There are times in this book and in normal life experiences that will stir all types of emotions, both positive and some negative. Use these emotions as action cues for positive change and never stop loving and caring for yourself. Here is what I recommend and do for myself.

Eat right, exercise and practice mental strength.

You may be looking to change your body to have more muscle, tone, less fat, healthier... etc which is great! Eating right, exercising and further educating yourself to empower your mindset are great strategies for self-love so I'm expecting that you have already started or will shortly be starting a healthy program as soon as possible. Using proven strategies will get you to where you are to where you want to be very quickly and efficiently.

Spend the time to love your body.

In addition to following your mindset, nutrition and training program, take the time to point out all the qualities you do have and verbalize out loud and if not, at least in your mind so you come from a place of appreciation. This is best to be done during your wake time or warm up before or during exercise. Another great time to do it is before you go to bed. Make sure you spend the time to do so, no matter where you do.

Do not compare yourself to others.

Okay, so there are going to be times where it's beneficial to want to look and/or feel like someone else who has what you want as long as it's motivating and empowering you. Only with the focus from an empowering mindset and belief that you will achieve these goals however, as stated, make sure these emotions are going to be action cues and not causing disempowering internal and external conversations over an extended period of time. Emotions are to be used to be a cue to you that change is needed, use them for that only and you will be empowered. Do not stew over them or they could disempower you. Be sure to stay aware so you can identify disempowering states.

So, when you see pictures and videos of people are you being aware of the filters being used these days? It's like they put a mask over who and what they really are. It's not even fair to yourself to compare yourself to these because they may not even be real. Honor your body because we are formed and made in a beautiful way, in a way that came from our parents, grandparents and ancestors. Appreciate that.

Do things for yourself that you love to do.

So often people stop their hobbies to make up for time or whatever other reason but what happens when we do that is it puts an end to a powerful tool for self-love. Wouldn't you tell a friend to do the same? It makes sense to enjoy yourself and doing things you love by yourself much like you would spend time with someone else doing things you enjoy together. Pamper yourself as much as you can and get quality rest so your energy can be invigorated. When you are tired, your brain uses patterns to reference to function, the same patterns we're practicing to change.

Surround yourself with empowering people.

People that care and love you will reinforce how you feel about yourself however, the opposite can happen as well. If you hang around people who treat you poorly then you are tolerating that. You will only get what you tolerate and if you accept disempowerment in your life then you are proving to yourself that you care less than you could and should. Whatever you pay attention to will be reinforced in your life. Be sure to spend time with those who will empower you or go make some new friends.

Your internal & external talk about yourself needs to remain positive.

The best way to empower yourself is to catch yourself stating something disempowering and replace it with an empowering statement. Here's an example: "Oh gosh I feel so doubtful I'm going to be able to complete this book and make a difference in my life." Once you catch yourself say STOP, then replace the statement with an empowering one. "I'm going to completely empower myself and others while transforming my body and mind throughout my journey." Say the empowering statement 5+ times with complete certainty. Do this with any negative or disempowering statements you catch yourself stating. Also, choose 3-5 empowering statements to rehearse in the same manor. Such as, "I am lean strong and vital." "I am courageous, proud and a humble human being." These empowering statements will create amazing emotional strength. It will empower you and allow you to stand taller and taller, prouder and prouder. If someone's "word" impacts you now, then once this starts working for you, you will be so empowered that you will release any power someone's "word" has over you and your self-confidence, emotional strength and Internal Drive will flourish!

My Self-Love & Care Checklist

- ✓ Eat right, exercise and practice mental strength.
- ✓ Spend the time to love your body.
- ✓ Do not compare yourself to others.
- ✓ Do things for yourself that you love to do.
- ✓ Surround yourself with empowering people.
- ✓ Your internal & external talk about yourself needs to remain positive.

Attitude

I'm sure you've heard the phrase "Attitude is everything" right? It may not be everything but it sure is a BIG thing! You have complete control over your attitude because it is a choice. Yes, environment and circumstances will impact your emotions however, you have complete control of your responses. Here is what empowers people to reach their goals greatly.

Happiness is your governor, so be happy.

Happiness impacts your energy and the results of your life comes from the manifestation of this energy, simply put, it's time to get happier! I don't mean lie to yourself either. It's ok and very normal to experience several emotions daily however, I'm asking you to practice being happy more often. Your happiness is not dependent on anything external in your life. You have the key to be happy. Don't give that key to anyone, anything or any situation. Happiness is created on the inside. This is don't by practicing being in control of your feeling and responses to stimuli. This is done by living your purpose, doing what matters to you and operating from inside out instead of going "If this works out THEN I'll be happy" or "If I get that spouse or that raise, THEN I'll be happy." This is the backward approach that so many choose to use. Every time you say those type of statements, you're giving the key to your happiness to something you don't fully control.

Some people will dispute this and have a disempowering belief going against it. I often hear, "Well Bill, I'm not going to get all excited before reaching my goal. I've learned that it's easier that way in case I don't reach it." Well, that may very well be the case AND you may not reach your goal as quickly as you think and actually, I don't disagree however, I can tell you that you are risking the chances of reaching your goal by NOT putting your mind and energy on the same frequency to obtaining it and one of the ways to do that is to be happy and excited about it, so ask yourself. Is it really worth lowering the percentage of a chance of achieving your goal just to protect yourself from the pain of not achieving it? I hope the answer is no however, if it isn't yet, keep practicing the other strategies in this book and I assure you that mindset will change! Keep this in mind as well, ***delays to reaching your goals are not their denials, you're meant to either not achieve it and off to better things or you're meant to grow first before achieving it!***

Keep your energy positive to manifest your goals.

Like attracts like, therefore you need to put yourself in a mental and physical representation of where you want to be. Earlier I asked you to visualize your goal and feel the emotions as if you've already reached it. Please spend a few minutes to do that again, I'll wait... [Ok Bill, I'm doing it now...] It's my hopes that it was easier, and the visualization was more vivid than last time. Now that those emotions are felt again, visualize the incredible phenomenon that just happened inside and outside of you. What happened was that you created energy that left the tuner in your mind to then create a manifestation of it into reality. It takes positive energy to amplify this creation. The more often you keep yourself in a positive mindset, the more often you will train your patterns to change and create your goal to become a reality.

In changing these patterns, you will have times where negative or disempowering times are present. It is your job to practice acknowledging them, learning from them and changing back to positive energy. You will learn later on how to use emotions as notifications to take action but for now, let's focus on staying positive and how to do that.

Use your body to adjust to positive energy.

You can use your body to become happier or even sad, it is actually a choice. I know this may sound a little silly but it's so fascinating how easy it is to control our emotions once we know how. This also takes practice and can be a lot of fun once you get a hang of it. Negative emotions lowers your physical energy and movement where positive energy can create more physical energy and movement. Positive energy can be induced by movement as well. Do this, close your eyes and picture someone who has a disempowered, negative mindset and is down or maybe looks depressed. Here's an image to help you out:



You can point out specific things her body is doing such as.

- *Seated position*
- *Head down*
- *Mouth frowned*
- *Arching body down*
- *Hand covering face*

Some other things we may not see in the picture.

- *Shallow breathing*
- *Eyes looking down*

You may be able to come up with some more, but I think you get the point. Now, let's take the time to do the opposite. Close your eyes and picture someone who has an empowered, positive mindset and is happy or even excited. Here's an image to help you out:



You can point out specific things her body is doing such as.

- *Standing erect position*
- *Head up*
- *Mouth & face smiling*
- *Hands up*

Some other things we may not see in the picture.

- *Deep breathing*
- *Dancing, jumping or feet moving*

Now that you see the differences you have the ability to act like either! YES! In times of disempowering emotions, once these emotions have served you, you can put yourself in the actual physical place the happy and empowered person is which just by doing so will change your emotion to a positive one. Here are some more things to amplify this while changing your body.

- Put on music that creates happiness inside you. Often people have emotional associations to music. Have some recordings of music that you can use to empower you. Dance too, get up and move!
- Images or videos of happiness. You can also look up images or videos and see people smiling which is a great combo to everything suggested here at once.

Come up with some other ways in addition to what is shared that will make you happy and that you really enjoy in times that it is needed. Write them out here:

My Attitude Checklist

- ✓ Happiness is your governor, so be happy.
- ✓ Keep your energy positive to manifest your goals.
- ✓ Use your body to adjust to positive energy.
- ✓ Come up with some other ways that will make you happy.

Focus

What you decide to focus on is going to make a dramatic impact on what you feel and ultimately achieve. You have the ability once you practice and learn how, to be able to identify if you need to change what you're focusing on to empower you. This section has some amazing power to it and this alone can have a dramatic outcome for the course of your life.

What's created in our focus is created in our life.

What you decide to focus on, thoughts or words and feelings are going to be what you find. You will see trends that begin to become obvious in this book. I talk a lot about the manifestation of the energy you put out. It's a large focus because you have to be very guarded and mindful of what you decide to focus on because the energy will be returned to you. When you see a glass filled with water halfway is a great example. If you see the water half full then you have the mindset to create positivity to be attracted back toward you which greatly increase the speed in which you reach your goals. You will be focused on opportunity instead of scarcity if you see the glass half empty. Look for and find empowering meaning to events in your day to day life with gratitude for them.

Change how you're doing things or viewing things.

When people struggle reaching their goals often times it isn't the process they're following that's the culprit, it's how they are viewing things in their life that impacts their actions to follow through with the process. You have control over what you decide to focus on although seemingly simple, can take time to overcome a disempowering thought pattern. Practice is how you over come these types of patterns, keep practicing.

Focus on empowerment instead of diseases.

There is a focus that is proven to cause actual disease in your physical body in addition to steering you away from your goals. The opposite is true as well. The right focus can allow people to heal, create empowering thought patterns and actions, recreate themselves and reach their goals a lot quicker. Remember, everything starts with a thought. I personally at one time in my life allowed myself to get in a rut and focus on disempowering things and although it's a simple process because it's easy to learn, can take time to make dramatic change. This book explains the right things to focus on at the right times so that you can gain mental strength, reach your goals and experience an extraordinary life. I need to also point out what to NOT focus on for a prolonged period of time. Remember that it is okay and normal to feel these at times, however, they can be used as a notification to take action toward something so they should be used in that manor. However, the longer you are focused on these things, the more you practice disempowering patterns.

DO NOT FOCUS ON:

- **Worry:** This can turn into anxiety or worse and usually causes people to become overly cautious, so they do not take risks. It is important to take risks and go all-in to something, when you do you learn and grow a lot faster.

- **Self-doubt/defeat:** This is an action destroyer. Typically, people focus on these because they have been told by someone or even themselves that they are worthless, a failure or another disempowering statement. Its antidote is belief. Turn “I can’t” to “I can!”
- **Fear:** This is brought up at different times throughout this book. We will be debunking any fears that you have later on however, if there is something holding you back, know that there is a process to relieve it. In short, turn fear on itself, meaning, for example, if you fear that “attempting to reach your goal will ultimately bring you to failure so you want to avoid the pain of failure” then by turning that statement on itself you can change it to “I’m going to avoid the pain of failing to reach my goal because I’m certain that this time I’m going to do it no matter what.
- **Pessimism and/or Complaining:** Stay far away from having this type of focus. It’s another nasty action destroyer. If you hang around people who are pessimistic, maybe they are the wrong people to be hanging around during your time of empowerment. Be VERY careful what you allow to feed your focus, it can destroy your goals. Practice optimism as it is its antidote.
- **Indecision:** This is where you need to either go all-in or all-out with something so you can get to your result faster. If you’re “on the fence” about something, then you are pausing and prolonging reaching any goal. Jump off the fence and go somewhere because even if it’s the wrong side of the fence, you will learn quicker and get to the right side.
- **Disempowering assumptions:** How often do we do this and prove to ourselves that we made something out to be way bigger or different in our minds than what they truly turned out to be? Use these occurrences as reference points and stay away from disempowering assumptions. Its antidote is preparation.
- **Rumination about the past or blame:** We are all on a journey and have had different challenges. These challenges are meant for us to grow and empower others with our lessons. Sometimes we had control over an event and sometimes we didn’t. The control comes in because we have an opportunity to dictate our response to the event. Sometimes this requires forgiveness as well, to either yourself or someone else. This doesn’t release either from responsibility however releases you from a monkey on your back that may be holding you down.
- **Anger or frustration:** These can be the worst and cause significant drops in success toward your goals. Avoid staying focused on these emotions at all costs.

My Focus Checklist

- ✓ What’s created in our focus is created in our life.
- ✓ Change how you’re doing things or viewing things.
- ✓ Focus on empowerment instead of diseases.

Using Emotions

We talked about your focus which included emotions and what to focus on and what not to. Let's dive into what to do when disempowering emotions present themselves so you have the tools and strategies to control how you feel and still use these emotions for the purpose that they were given to us. I'm not at all telling you to avoid these disempowering emotions completely as they are expected and normal, I am however, asking you to practice identifying their purpose, using them for notifications to take action and then dropping them. I often hear that people overeat or use some other kind of sedative like smoking, alcohol or other drug when they get sad or other negative emotion. They do this to feel better in the moment but adds future pain because it can derail them from their goals. The purpose of the mental strength sections in this book are to give you the tools and strategies to put into practice when the going gets tough, so you have a different way to handle those circumstances. These strategies can make a huge difference in your decision making. By practicing and cultivating these emotions when you have challenges you will face them with motivation instead of with questions. This has nothing to do with ability because we can all do this stuff and has nothing to do with your journey or your story, it's got everything to do with applying the new skills. Explained below shows the ultimate power that managing your emotions will have on the success of your mindset, goals and life.

Emotions = Decisions = Actions = Patterns = Results

Emotions are where your decisions are made and turn into the actions you take which create patterns in your brain and ultimately where the results of your life come from. This is a deep-rooted statement that proves the power in our emotions. In order to fully be in control of our destiny we need to get in control of our emotions. In a moment your life can change forever and when opportunity comes if you practice these techniques then you'll be ready to take them on.

Successful people know how to control their emotions.

There is an obvious difference in people when it comes to those who know how to use their emotions and those who don't. The ones that do, are successful, period. This doesn't mean that they're happy all the time either, it means they use a process that is proven to use them effectively. If you try to avoid them, they will keep presenting themselves stronger and stronger until you finally use them to take a different action. Let's keep the monster small and deal with them when we first notice them.

Acknowledge the emotion as a notification for action

As humans we typically ignore negative emotions to stay in a positive mindset or they use them to tell them something. Here are some common ways this is done and consider if you do any of these.

- 1) People try to avoid disempowering emotions like hurt, fear, rejection, anger, guilt etc... by turning their back to the situation thinking it will go away on its own.
- 2) People try to depress their feelings and make it sound like they're fine by denying or disassociating

- 3) People use it for competition in chat, sounding much like “Hey, you think your life is bad, you should look at my life, here’s why...”
- 4) People can learn from emotions and utilize them to make progress and change.

We need to use emotions to empower us instead of disempowering us. You choose to allow yourself those feelings and vibrations (energy) based off a set of rules or beliefs you have. You create these emotions by giving meaning to an event you’ve had.

Try this exercise:

Try starting a physique transformation goal with the feeling of inadequacy. Visualize it, seriously. Don't you see how it has a chance to not occur?

Do this:

Visualize the same situation but instead of feeling inadequate, swap it with a feeling of expectation and certainty. Don't you feel like you're going to reach your goals? Didn't you have a choice whether to choose what to feel? You are the one who determines what you choose to focus on and ultimately feel therefore giving YOU the power to create your emotions and the results of your life.

Disempowering emotions give us an opportunity to us as a notification to take action.
ex. Fear = Prepare

Here is what to do when you feel one:

- 1) Acknowledge the emotion and that there is something being communicated with it.
- 2) Separate yourself from the emotion. Okay, you felt the emotion, acknowledged it and now, you must first detach it from you in order to be able to move on. Let the emotion become as small as possible as soon as possible. This can be done by commanding it to do so or even writing it on paper stating the emotion is no longer in you, it's on the paper. You learned earlier how to get to happiness by moving your body, etc, use those strategies now so make the situation out to be bigger in your head.
- 3) Ask yourself, “How can I use this emotion to empower me, grow from or take action with. What is this telling me to do?”
- 4) Explain what you want & what needs to change (which is either how you're doing something or how you're viewing something. Right, remember that?) Either way you need to change your response, how you're behaving or communicating something.
- 5) Get yourself to feel certain you can handle this & begin to act immediately.
If you ignore an emotional notification, it will intensify, you can depress it or ignore it but it will keep showing up making matters worse and worse.

Create an environment where less disempowering emotions can be present.

Your emotions come from the connotations you give it. Always ask yourself a question when you feel a disempowering emotion, what else could this mean? Choose meanings that will empower you, not disempower you without lying to yourself. Don't overexaggerate emotions either. Do you know people who do this? Make things out to be way bigger than they are? Change the words you use if you find yourself doing this. Change hurt to annoyed as an example, by taking away some of the power behind the emotion.

The Internal Drive book has techniques throughout it to create an environment in your brain and in the external world as well that with practice, disallow disempower emotions to be present for long at all.

Below gives you some techniques to practice as well:

- Do everything out of love
- Appreciate the people around you & what you have
- Be passionate and determined about what you do daily
- Be flexible and the ability to be open minded
- Have confidence and faith
- Be cheerful and spread that cheer
- Feel healthy by being healthy
- Empower yourself to in-turn empower others
- Be truthful
- Do not judge others, they're on their own journey
- Always treat people with respect, even in disagreement

Remember to schedule time into your day for this program; Give it your all!

DAY 1:

- ❖ You need to have **Assignments #1, #2 and #3** completed within 24 hours of receiving this program. Do whatever it takes to do so. The universe likes speed, and there is power in momentum. NO EXCUSES. Excuses bring bad habits.

If you practice making excuses, you will do so during your program. If you practice breaking poor habits, you will create the lifestyle change you deserve! Be a good student and get some amazing results.

Assignment #1: WHAT DO YOU REALLY WANT???

In this Assignment, you're going to discover what you **truly** want, so that you are provided with more clarity. Gaining more clarity in exactly what you want is extremely critical and motivating, and it is a crucial first step in this program.

Step 1: Lie back in a comfortable, quiet place. Take three to five deep, cleansing breaths to relax. You need to have no distractions. You may listen to calming music or use your favorite techniques to allow you to relax and focus.

Step 2: Think about what it is you really want your body to look and feel like, right now. It is essential for you to visualize exactly-- in detail-- what you want your body to look like.

- Clearly see it,
- Feel it,
- Smell it,
- Hear it and
- Taste it, as if you are in the moment.

In your mind's eye, experience everything there is to experience about this goal.

- What outfit/clothing are you wearing? Visualize what color and style it is.
- Where are you while you are wearing this clothing? On a beach? Out for the evening at a restaurant? At an event?
- Who are you with? What are you doing?
- Are you laughing and having fun?
- How are you feeling at this moment dressed in a great outfit and having a great time with someone you love? Are you feeling confident? Attractive?
- Or, are you wearing your team uniform? Looking and feeling strong?
- Are you sensing all those admiring eyes on you as you win the game?

These are the specifics you want to see/experience in your head. The more details, the better.

Aim high and don't sell yourself short. Maybe you think you need to be "realistic" based on someone else's standards. But, you **CAN** reach the goals you want. The very first step, however, is that you **must** see it and then **believe** it!

Step 3: Your image is now crystal clear, so describe it all on the lined paper on the following page under “**MY FUTURE,**” as if you were an author of a novel showing the reader what it is you experienced.

Use intricate details including color and style of clothing, the details of the outfit or clothing you are wearing in your mind’s eye:

- sleeveless,
- off the shoulder,
- fitted waist,
- tailored suit,
- shorts/skirt above the knee, below the knee, at the knee, etc.
- your team uniform or team swimsuit

This description needs to be as thorough and as elaborate as you can possibly create it.

❖ Writing Empowering Words

When you write throughout this entire program, use words of *expectation*.

For example: “***I will have,***” and “***I have,***” instead of “***I want to have.***”

Moving forward, ensure your words are *empowering* and in no way sound like you won’t achieve your goals or that there is any doubt or uncertainty. I challenge you to start thinking and communicating in this way from now on.

- Change “I can’t” or “I might,” to “***I am,***” “***I have,***” or “***I will.***”
- Catch yourself saying these words of uncertainty and interrupt yourself with the correct change.

Step 4: Now that your distinct vision of yourself having achieved your goal is in *written* format, you need to put it into a *picture* format as well. This will help to make your vision a reality.

- For physical transformation goals, search for photos that show as much skin as necessary, because this will give you more clarity as to what you want to and ***will*** achieve. Be sure to find a similar body type & features as your own and know from the start you will have genetic differences than they will and may even look better.
 - For financial success, be creative. Copy and paste a picture of a ***suffering*** bank account, and then manipulate that same document (in MS Word) to have more zeroes on the end to show a thriving flourishing bank account. Post that in your future pictures.

(Note: a picture with large, baggy or bulky clothing will not be useful to your vision in achieving a healthy, trim body and successful life).

- ✓ Cut out magazine pictures of celebrities, sports figures, or even unknowns—those with the goals you want to achieve
 - ✓ Find pictures on the internet
 - ✓ Recover past pictures of how you used to look when you felt great about yourself and your appearance
- Print and apply those images to the ***MY FUTURE PICTURES*** Page. (There are some shaded examples of what to look for and where to attach them.)

Step 5:

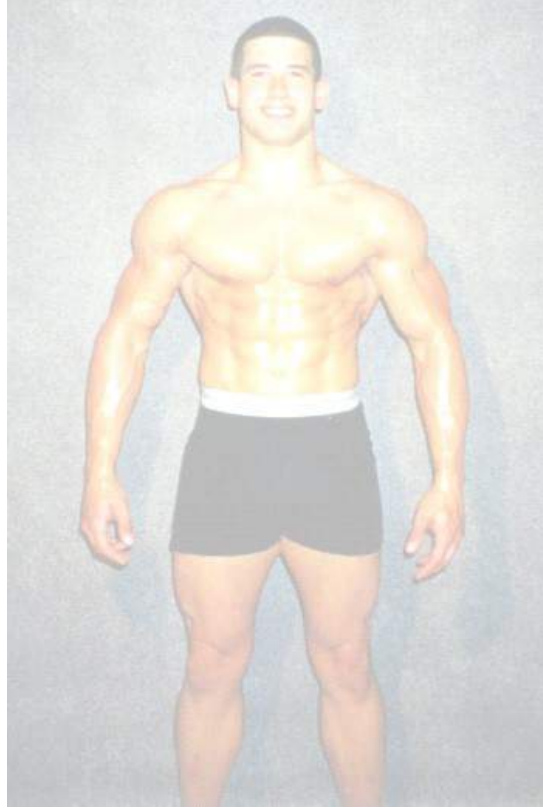
- Keep this booklet, copies of what you wrote and the pictures you have gathered in Steps 3 and 4 together, with you everywhere!
- Post these visuals in front of you where you can see and review them: at work, in your car, on your refrigerator, on your nightstand, in the pantry, on a mirror, etc.
- Read the vision that you described in detail multiple times throughout the day.
- Look at the photos you accumulated multiple times throughout the day.
- These items need to be fresh in your mind; they act as constant reminders as to what you are working towards.
- Post them at least three places that you frequent, so you see them daily.

Your thoughts will create your future.

*****FOCUS your ATTENTION on your INTENTION*****

[illegible]

MY FUTURE PICTURES (Assignment #1; Step 4)



Assignment #2 (Day 1): WHY DO YOU WANT IT???

Now that you have your goals and visuals fresh in your mind, your next assignment is to explain, clearly, **why** this is a **requirement** for you.

Be specific and tap into your deepest emotions to discover your *WHY*.

For example:

- “I want to get fit because I’m tired of being on medications for ailments due to my weight gain.”
- “I want to gain muscle because I’m tired of being the skinny guy that people look down on.”
- “I want to open my own business and have financial success and stability! I’m frustrated and sick of just ‘getting by’ and living paycheck to paycheck.”
- “I want to get faster, have more agility and be a star on that field [or court], because I’m so tired of playing 2nd (or 3rd) string.”
- “I want to lose fat because I want the confidence that comes from being able to rock a bikini on the beach or a cocktail dress at a party.”
- “I want to gain muscle, lose fat and have more energy, because I can’t keep up with my kids and/or grandkids and I want to *play* with my children/grandchildren.”
- “I want to transform my body because I’m so tired of looking in the mirror and hating what I see.”
- “I want to have more confidence in the clothes I wear. It is depressing that my clothes do not fit any more and that I’ve let myself go.”
- “I want to feel great again—have energy again—not be stared at in a condescending way because of my body.”
- “I want to be healthy! My doctor and my family are concerned because I’m a prime candidate for heart disease and high blood pressure-related illnesses. I’m scared life is passing me by, or worse, something dire may happen due to my poor health.”

Detail every reason for needing to transform your body or your life. Write as many detailed reasons that you can think of, even if they apply only a little bit.

Purpose has power.

There are driving needs that everyone has.

When writing about your true purpose, your true reason for transformation in the exercise above, you may make some discoveries that you haven’t even thought of yet; these can/will be used for drive later.

Find those powerful reasons, including each one of the following needs, and then you will uncover some major drive. Ask yourself why you truly want to reach your goal. Do any of your reasons contain the following driving needs? (Hint: they more than likely do)

1. **Love/Connection**
2. **Growth/Improvement**
3. **Give/Share (Contribution)**
4. **Assurance/Confidence (Certainty)**

5. Variety/Adventure (Uncertainty)
6. Importance/Meaning (Significance)

For instance, if you want to be healthy and have a trim, attractive, strong body because you want a great relationship, write **why** you want that relationship.

Don't just write *"I want to look good to get better relationships,"* because it does not connect the true emotion to your reasoning.

In this exercise, put as much thought and effort as you can, because this will be the foundation for you to achieve your goals.

If you want a better-quality relationship through achieving a better body, for instance, then try this example:

(Remember to speak and write with confidence, and certainty)

"I will have lean, washboard abdominals, sculpted shoulders, tight non-flabby arms with lean and sculpted sexy legs. I will be fit and healthy and active. Because of this, I will achieve a better-quality relationship, because I am confident and happy and taking great care of myself, and I will attract a man who is confident and happy and is taking good care of himself."

Or

"I will achieve a muscular upper body, with washboard abs, a chiseled chest and tight, muscular shoulders, biceps and triceps. I will be healthy and fit, and due to this fact, I will attract a confident, fit woman who takes fantastic care of herself because it will be evident that I am a confident, fit man taking fantastic care of myself."

- ✓ It is important that you use powerful, descriptive, effective words, and that you pour 100% of your focus into this!
- ✓ Make reference to every important aspect of your life and clearly write down **why** it is going to happen for you.

And it **IS** going to happen; you **are** going to reach your goals!

Once you get started, I can assure you that it will all start to flow. Your thoughts and feelings will begin to pour out of you more quickly than you can even write.

- Specify your "why" clearly.
- Write as many empowering reasons and beliefs as you can think of. And have some fun in the process.

[illegible]

Assignment # 3 (Day 1): CAUSE AND EFFECT STATEMENTS

In Assignment above (#2), there were six driving needs listed. You were to state “why” reaching your goal was a requirement containing any, or all of, those six driving needs.

In this Assignment (#3), you are going to take **each of those driving needs** and put them into a sentence filling in the blanks.

(Driving need #1 [LOVE])

“When I reach my goal of [fill in the blank], I will have more **Love** in my life, because [Fill in the blank]. “

Example 1:

(Driving need #1)

“When I reach my goal of losing 40 pounds, I will have more **Love** in my life, because I will be able to spend time with my children/grandchildren and I won't get tired, and I will have the energy to play with them, causing us to bond more.”

Example 2

(Driving need #6)

“When I reach my goal of making Varsity football, I will have more **significance/meaning** in my life, because I will be a superstar on the field!”

The idea is to state your WHY with regards to each of these driving needs.

Try your best to use **each one of the driving needs** listed. Not all needs will always apply to your goal. Connect as many as you can, and use as many examples as possible.

Here are the Six Driving Needs again:

1. **Love/Connection**
2. **Growth/Improvement**
3. **Give/Share (Contribution)**
4. **Assurance/Confidence (Certainty)**
5. **Variety/Adventure (Uncertainty)**
6. **Importance/Meaning (Significance)**

MY CAUSE AND EFFECT STATEMENTS *(Assignment #3)*

1: _____

2: _____

3: _____

4: _____

5: _____

6: _____

7: _____

9: _____

10: _____

11: _____

12: _____

13: _____

14: _____

15: _____

16: _____

17: _____

18: _____

19: _____

20: _____

Assignment # 4 (Day 1): MAKE IT KNOWN

In this Assignment, I want you to tell everyone (close to you and maybe even not-so-close to you) you are going through this program.

- Tell them **why** this is important to you, and don't be afraid to explain the details of why it's so important. *Use your assignments in this program as guides for what you will share.*
- By making it known, it will help to hold you accountable!
- The more people who know, the more chance of success for you!
- Use social media and tag me in the post, too!

DAY 2 to 3:

Congratulations for making it to Days 2 and 3!

Assignment #1 needs to be started today. The following assignments need to be completed **in order** and by the end of the day tomorrow (Day 3). I advise you to be open to the stirring-up of emotions. If you are not stirring up emotions, then you are not using your full potential. Any negative emotions will only be focused on for a short time.

Strong emotions create the internal drive you need to succeed!

Assignment #1 (Day 2-3): EMOTION FOR DRIVE

- What really and truly **bothers** or **disturbs** you about the way you look and feel?
- What makes you absolutely **angry** about your body and/or your life?

During the next day you need to carry this booklet or a notebook with you **wherever you go!**

ENSURE YOUR NOTEBOOK IS WITH YOU EVERYWHERE!

- Now, search for, magnify and become keenly aware of everything about your body and life that disturbs, upsets, bothers and angers you, and what upsets you about **NOT** having the body and life you really want and deserve.

Everything—no matter how small—that bothers you about your body, physique, situation, and life.

- Write down (on the next page of this booklet) situations and scenarios--*in your recent or deep past, as well as in the present*—that pertain to your current body, life or life-situation, in as much detail as possible, that make you angry, upset, sad. Do this for only the next two days but do it at least for the next 24 hours.

These negative emotions (that are being caused by the fact that you do not have the body and life you want and deserve) need to be identified and specifically pointed out/written down. Find these situations and emotions, and fully experience them.

Don't forget to describe them all with powerful, effective, descriptive words, and do not be afraid of tapping into those negative emotions (just temporarily) that your current body and health are triggering, because we are using these emotions as powerful motivators.

Examples of feelings you might have and scenarios you might experience:

"I'm feeling angry because I can't walk up two flights of stairs at age 40 without feeling like my heart is going to explode! This happens every time I go to visit my grandmother in her 2nd floor apartment. I feel older than she is!"

"I feel so disturbed at seeing myself naked in the mirror, and watching all the giggly fat bounce around, where my flat stomach used to be! I feel ugly and I have zero confidence. I want to go run and hide!"

"I feel enraged when someone puts me down and I don't have the confidence to dis-believe their words or to stand up for myself!"

"I usually feel furious that when I go to the beach, I have to wear cover-ups to feel better while everyone else is rocking a bikini, and I'm angry that I don't have the confidence to even look people in the eye because I'm so dang mortified about my body! Makes me not want to go to the beach at all any more, and I love the beach!"

"I often feel unbelievably annoyed that I'm the one constantly sitting on the bench during games. I practice so hard, and yet, I'm still not allowed to play most of the time. I want to be the one scoring the points!"

"I frequently get infuriated that every time I need energy, I don't have it. I want to be able to keep up with my kids so I can create memorable magic moments together!"

"It kills me that I'm still living paycheck-to-paycheck when I should own my own business and be making good money!"

"I feel so disgusted at the way people look at me when I go to purchase food at a restaurant. The snickers of people behind the backs-- or right in front of --heavier people are so hurtful! This happens every time I go to the store (and just happened yesterday), or the DMV, or to pump gas into my car!"

"I absolutely HATE that I don't love myself enough to find the partner of my dreams that I so truly deserve!"

"I'm so sick and tired of wearing everything in BLACK just because black is 'thinning' and still I don't look 'thin.' In July, I want to wear Pink, Red, Blue, White, and not stand out looking ridiculous in this unfit body that I'm in! No one wants to wear black everything with long sleeves to cover up their body! I hate feeling embarrassed to wear shorts or sleeveless (comfortable) shirts!"

"It is embarrassing to not be able to play with my grandchildren, because of my body and poor health! I always looked forward to being a grandmother but I can't keep up with my grandkids, and it breaks my heart!"

Pay close attention to what happens as you begin this assignment. It should bring awareness to so many things you keep turning your back on or rationalizing away.

After starting this exercise, you should experience a period where you are finding many things that make you upset and angry! This is not only okay, but it is helpful in the process that you are undertaking. Just remember that you won't be focusing on the negative for long--only long enough for you to light a fire under you to become motivated to make a change.

The only way to do this assignment *wrong* is to not give it 100%. Allow yourself to feel the negative emotions that you have been trying to push down inside of you. Again, this will be one of your best motivators.

Once you recall each situation that makes you upset and angry about your current body, state of health, or life situation, and once they are written down, stop for a moment.

Remind yourself that you WILL change!

But also remember to practice ***self-love***, and ***self-forgiveness***--an important part of your growth exercises. Be reminded to truly ***love*** yourself, with each situation you write down. We are all human and do not deserve to be looked down upon for our physical appearance, our lack of fitness, our financial situation or where we are at today in our lives.

Please keep this in mind.

Remember this While Writing and Observing

- 1) Describe the event or action that took place. What is occurring?
What were you doing?
- 2) How is this scenario negatively affecting your life?
 - Is it taking away your Confidence?
 - Are you lacking Adventure because of it?
 - Are your finances at all suffering because of it?
 - Is it negatively affecting your career?
 - Is all of this negatively affecting your health? Your family? Your life?
- 3) Use Powerful and Effective words to describe how you really feel.
- 4) Why *specifically* does it bother you?
- 5) End it with compelling, impassioned statements as to **WHY** you want to achieve your goal.
If done correctly, these statements should awaken emotions from you and from anyone who might read them.
- 6) Make sure your "WHY" has a connection with Love, Significance, Growth and Contribution. How will you either give or receive these things? What will it mean to you and your purpose in life?
- 7) End each with a self-love statement. Be kind and forgive yourself.

Getting angry is one of the first steps to creating a paradigm shift (a fundamental change).
We are not going to stay angry; we are just going there to find what is real!

“It’s from our focus that our meaning of an experience comes from; from that meaning is where our emotions are felt; from our emotions is where our decisions and actions come from; and from our actions is where the results of our lives come from. Choose wisely!”

-Bill Yeager

[illegible]

Assignment #2 (Day 2-3): INDUCED EMOTION FOR DRIVE

In this assignment, I am going to ask that you put yourself in a situation that might potentially bother you, especially if you are searching for a physical transformation. I only ask this of you, because it is necessary in order for you to grow in this program and get you to where you desire to be.

- Take a picture of yourself wearing *minimal* clothing --swim shorts, shorts and a tank, exercise clothes, a two-piece bathing suit-- showing as much body as is acceptable! Form-fitting clothes are best so that you don't hide anything.

Remember if you are covering up parts of your body, it will be difficult to see progress.

- Suggestions on taking before and after photos:
 - Wear the same type of clothing in all photos.
 - Stand against a plain background.
 - Face front with your arms at your sides in all photos.
 - Include your whole body from head to toe; don't "cut out" your legs.
 - Try to fill the photograph with yourself. If you stand too far away, it will be too hard to see your great results.
- If your goal is not body transformation, and instead it is monetary success, take a picture of your ailing bank account that might be suffering. Get creative based on the goal you wish to reach!
- Print out this picture and attach it to this book over the example photos on the next page.

This is your ***"Before"*** picture.

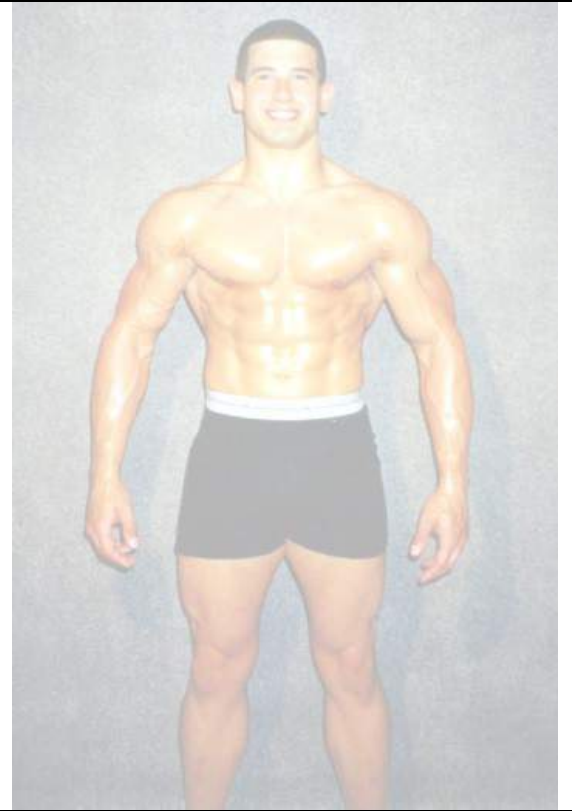
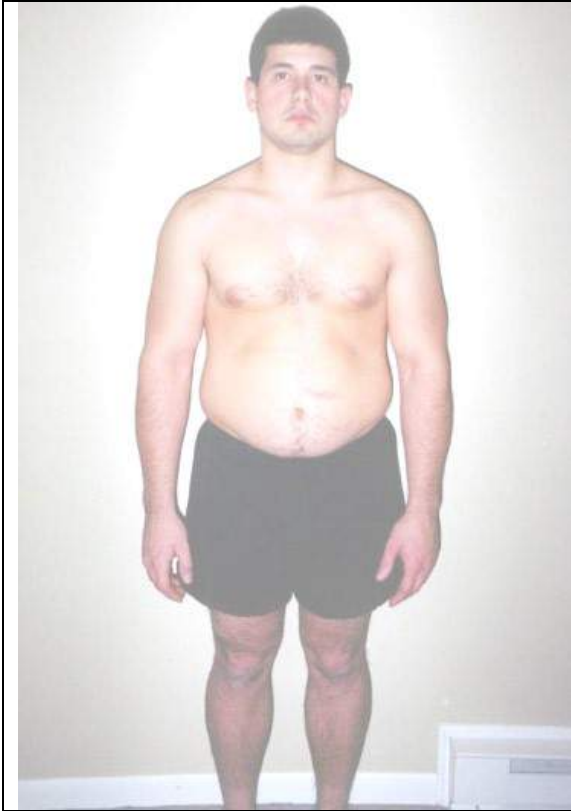
You must ensure you do this today!

When you reach your goal, you can take an ***"After"*** picture, and post it next to the ***"Before"*** picture.

Feel free to post a "prediction" of your ***"After"*** picture (a past picture that you want to look like, or a copy of your current bank account now adding zeroes at the end of the amount, showing a thriving bank account), and paste it as your ***"After"*** picture, until you have your real ***"After"*** picture to paste.

Update your ***"Before"*** picture every four weeks as your progress continues.

MY BEFORE & AFTER PICTURES (Assignment #2; Day 2 to 3)



Assignment #3 Part 1 (Day 2-3): WHAT HAS STOPPED YOU IN THE PAST?

In Assignment #3 (Day 2 to 3), you must:

- List ***all*** the reasons you can think of that have prevented you ***in the past*** from what it is that you want i.e., **Your Goal**.
- Now, write them down!

Once written, it is crucial for you to remain hyper-aware of each reason, so when things start to get tough, you can review what has been preventing you from moving forward.

Now that you have written down the reasons, it's time to get real.

Be honest!

These are not ***reasons***; they are ***excuses and rationalizations***.

The only thing preventing you from what it is you really want is the story you have about why you can't have it.

Everyone has their own excuses that they will use as reasons for not accomplishing something. Excuses, however, do not create results.

The moment your life will change forever is when you stop lying to yourself and realize that part of getting what you want is accepting what you have to change (or give up) to get it.

Part 2 of this Assignment (#3) will be to transform those reasons/excuses into empowering beliefs.

Assignment #3, Part 1

Below, record reasons why you have not **eaten right** and **exercised** properly, or why you have not reached any other goals (career or monetary success), in the past. For this to be most effective, you must take your time to remember every reason and, above all, **BE HONEST with yourself!**

Example: "I haven't taken the time for myself because I'm so busy worrying about the needs of my family members. My family's needs are more important to me, because I love my family."

Reasons:

1: _____

2: _____

3: _____

4: _____

5: _____

6: _____

7: _____

8: _____

Now that you have identified and written down reasons, we need to flip them to ***empowering*** statements.

People often have conflicting beliefs.

Example: ***Look before you leap*** vs. ***He who hesitates is lost.***

Both are sound beliefs, but which belief do you choose? Which is the "right" one? The key is to ensure that whichever belief you choose, that it is *in line with your goal*. The most important thing to understand is, you have a choice.

Assignment #3, Part 2

In this part of the Assignment, you will transform those disempowering beliefs (i.e., reasons) you discovered in Part 1 of this assignment into **empowering beliefs**.

- Transform each belief one at a time.

Example:

"I haven't taken the time for myself because I'm so busy worrying about the needs of my family. My family's needs are more important to me, because I love my family."

- This gets transformed into:

"I will spend some time each day to grow stronger and healthier so I can give even more to my family, whom I love, and I will have even more energy to do so!"

And so, take each of the reasons you wrote down, and "flip them" into these affirmations on the lines below.

Remember, I'm not asking you to lie to yourself. I'm requesting that you *find meaning* in your reasons that will **empower** you that you believe.
No more excuses!

Flipping the Reasons into Empowering Statement Affirmations:

1: _____

2: _____

3: _____

4: _____

5: _____

6: _____

7: _____

8: _____

Now take these empowering statements and **RECITE** them aloud, at least:

- ✓ *immediately upon waking, and*
- ✓ *right before going to sleep.*

I recommend also reciting them at other times of the day to affirm their truth and strength, because there is immense power in stating these affirmations out loud.

Assignment #4 (Day 2-3): THE PLAN

Chances are, if you have this book in your hands, then you have already been given the proper roadmap to eat right/exercise and/or achieve other goals.

Aside from following those principles, what other changes will you make in your life that will help you?

- ❖ Is it eliminating all the junk food from your house so you can transform your body?
- ❖ Is it seeking a coach or mentor to help you get to where you want to be financially or in your career?
- ❖ Is it deciding to avoid others who might prevent you from reaching your goal?
- ❖ Take a course or somehow further your education?
- ❖ What will it take for you to make the ultimate commitment?

Think about and write down what changes you will make that are now in line with your new beliefs from the previous Assignment (#3).

Example:

"My spouse wants to drink wine and eat unhealthy foods every night. I'm going to ask for his support in removing these items from the house, at least until I feel confident that I won't be compelled to stray from my new healthy eating habits."

1: _____

2: _____

3: _____

4: _____

5: _____

6: _____

7: _____

The Power of Leverage and Environment



---- Rocco V. ----

This is Rocco V. a client that worked with me and is a great example of how he used the techniques in this book but really shows how there is true power in both leverage and your environment. m

Rocco found himself after getting his master's degree that he let his body go while he studied for school. He put all his effort into school and looked at himself in the mirror and asked, "Now what?" After reaching a big milestone and goal that he had for so long of getting his degree and becoming a teacher, he was left with a feeling of emptiness as he reached the only goal he had, so he recognized he had no goals. While looking in the mirror, Rocco got very upset as he could barely fit in the clothes he had. As he stared and critiqued his body, Rocco became disgusted with what he saw and how he felt physically and mentally about himself. Rocco was sick and tired of the way he looked and felt about himself. He was also disheartened by how he felt growing up; his low self-esteem, lack of confidence, how he was timid and shy, was quiet and kept to himself and had few friends because of it. As Rocco reflected, he got more upset that his whole life he didn't have the courage and got nervous to ask anyone out on a date. He felt he couldn't meet people because he didn't have the social skills to do it. He came to the realization that it was time to put his body first. He didn't notice while he was in it, how he let his body go while putting so much effort into his studies and career and that his body became so unhealthy, but he knew that he had a chance to fix it.

On Rocco's path home frequently, he would pass my personal training center and notice the sign. Shortly after his experience in front of the mirror, he drove toward it again but this time, he was stopped at the red light in front of it. He stared at it until the light turned green and instead of continuing home, he pulled into the parking lot and scheduled his first consultation with me. Rocco made his first step toward creating his transformation. We met during his initial consultation and we talked about everything that was troubling him. I suggested he begin a transformation program with him that works on his emotional strength, nutrition plan and exercise program and he agreed to start immediately, which he did.

In a consultation, I ask questions that will help me understand someone's history, current state and goals which typically will create emotion within them. I deeply focus on what people are saying and how they answer the questions so I can create a checklist of emotional strengths they need to work on and organize them in an order of most

impactful to least so I know what to start working on. When I first started working with Rocco, I first congratulated him for the challenge he accepted and let him know he took a crucial step by working with me because by working together he began changing his environment. You see, who you associate and surround yourself with is who you become. If you spend time with those who are living life at higher standards or standards that you want, then you will level up along with them however, the opposite will happen too. If you spend your time with those who are living life at a lower level and are disempowering, then you will naturally level downward. You are or you become who you hang around because of the expectations they have on themselves gets transferred to you. This can happen even by hanging out with people you have little control spending time with, such as a co-worker however, the greatest effect will come from those who you care for, love and respect the most. This happens because emotional energy is given to those you want to spend time with (the ones you care for, love and respect the most) and it is that energy that is transferable so what they think and feel affects you. This is so important to understand and certainly for Rocco's sake because when you set a goal to accomplish something such as changing your physique and health you then create a higher standard and expectation for yourself. Once you've done that you now have a conflict because you've got a higher expectation than those in your environment so you have increased chances of them trying to pull you down, not because they don't care about you, it's actually because they do, they really just don't want to lose you. This certainly doesn't happen in every case however; it happens in many and was going on in Rocco's life. Ever try to set a goal like lose xx amount of weight or anything else but your environment or people you hang around isn't supportive, so you end up quitting? Their leverage on you may have played a key roll and for Rocco, I knew he had to understand this, and we had to rehearse this to make real change for him. One of my requirements for Rocco during our challenge was to work with me on a daily basis and a big part of that was because I wanted to transfer my standards and energy over to him. Sure enough as I predicted, after he started with me he began getting the comments from some close family members like, "Oh come on Rocco, what are you doing that for?" and "You're wasting your money." "This is too much for you, relax and enjoy life." With Rocco's courage and persistence, he persevered. I believe that most people do this unconsciously because when they have a feeling of being left behind it's accompanied with a feeling that they may lose you, which they don't want. This is of course at an unconscious level from people who don't have the emotional strength to know to encourage you. Have you ever heard the story about the two crabs in a bucket? If you put 2 crabs in a bucket, they will realize they are trapped so they take action to get out. One crab lifts the other crab up to escape and once it starts to, the other crab realizes it will be left alone so it pulls the crab back down. This happens over and over. Are there cases where this is happening in your life in some way? If you find yourself in this situation, you will want to empower those people and you can start by having them read this book! There are also cases where the people in your environment do have the emotional strength to encourage you so be appreciative, this is great and I'm very happy for you. Conversely and very sadly, there are those who are manipulative and will purposefully and strategically try to keep you from raising your standards or achieving goals. Be very careful and aware of these types of people and ask yourself if you want them in your life at all. Now, I'm not saying go and dump all of your friends either, some people just need a heart to heart chat with you so you can work together and come from a better place of understanding and usually that works and eventually they come around, as long as you hold your standards higher. Another thing you can do is lead those in your environment by getting everyone else to raise their standards along with you, so you all grow together. In order to be in an empowering environment, you need to make some real conscious choices.

In the early stages of my work with Rocco after reviewing this with him, I asked him to sit down in a quiet area so he can relax and really think about his environment. I had him ask himself, who in his life that he cares about does he need to either remove himself from or have a conversation with so that they can keep their relationship harmoniously while he achieves his goals. Once you do that in a deliberate and conscious way, the truth is brought to you from your own heart and mind so you can take action. I always believe a healthy forthcoming conversation with someone will empower your relationship with them and if they truly understand your expectations and needs then they will make effort to empower you and do what you need to. Always appreciate their effort when you see it and allow others time to grow, improve and work with you. I recommend you not be so rigid that you cut everyone out of your life if they don't change immediately, give people a little time to adapt. Those you know deep down inside that you shouldn't have them in your life, then do both of you the favor, have a good talk but follow your gut and your heart, let them go when the time is right as well.

Rocco didn't realize how transforming his mind and body would lead to transformation to flow into other areas of his life. He now has a high self-esteem and confidence level, which grew stronger and stronger on a daily basis as he followed through with difficult tasks, persevered through his program and made accomplishments through adversity. Although Rocco had some close friends and family that became nay-sayers about his newfound fitness routine where before he would have felt victim to their words and discontinued his progress, he had formed the courage and mental strength to deal with them and to keep moving forward. Now, those same nay-sayers have become very proud of Rocco's transformation, the others no longer need to exist in Rocco's life. Rocco's life is completely different now, a total reversal of what it was like before. He has made a lifestyle of practicing and cultivating his mental strength, he eats right and exercises regularly because he has all the tools to stay committed and motivated. Rocco now feels like he has the ability to approach people and spark conversations with others without the feeling of shyness, timid, anxious, scared or nervous like he had before. He knows how to create positive energy, so he is able to do so and go to parties and other social environments. Rocco is so excited to do these things now so he can enjoy himself and have a good time. He looks in the mirror now and can stop and feel good about what he sees (a huge step for him) coming from a place of appreciation instead of ego. Rocco gets compliments now about his whole being and presence, not just his physique, something he very rarely ever got before. Being a teacher, Rocco has the power to impact many people's lives. Now he shares his newfound knowledge to empower others so they too can grow. Rocco's biggest lesson learned is that by putting yourself in the right environment with the people you want to be like you can accomplish anything. And so, Rocco has created an amazing transformation and has discovered balance in his life where he can work on specific goals but now allow his body, relationships, career or anything else interfere or become neglected in the process.

What leverage can you create that will support your success?

You may already have a Personal Trainer, Mindset Coach, or Business Coach, but surely there is more you can do if you are being resourceful.

Who else in your peer group will hold you accountable: Family? Friends? Or social media?

Maybe start a contest with friends or co-workers?

Perhaps enlist a workout buddy?

I strongly urge you to find some other leverage, and positive pressure to keep you on track! Again, be creative!

Write down as many ideas as you can that will create the positive pressure to keep you going, and then write what actions you will take to ensure it!

Example: "I'm going to post on social media that I'm challenging myself for 12 weeks to eat right and exercise. I'm going to ask my friends to check in and support me. I will do this weekly, every Wednesday."

1: _____

2: _____

3: _____

4: _____

5: _____

6: _____

7: _____

Conditioning CONSTANT MOTIVE FOR ACTION

Your will may only get you so far. The emotion that spurred you to begin this program needs to stay fresh in your mind for you to achieve what it is you really want!

THIS IS SO CRUCIAL TO BE SUCCESSFUL!

At least once daily – ideally TWICE (once before bed and once when you wake) -- review with your original conviction and emotion, each Assignment you have completed.

If you want to change your health, body, financial status and life, read your notebook in the morning (perhaps ***right*** before your workout), ***midday***, and ***before*** bed.

- ✓ Read **what it is that you want**,
- ✓ Review the pictures,
- ✓ Renew the emotions and conviction,
- ✓ Reread ***why*** you want it and ***why*** it angers you that you don't have it,
- ✓ Understand what has prevented you from getting what you want in the past, so it does not prevent you from getting it again.

Only when you lose focus of your goal will a perceived “wall” or “roadblock” get in your way. During these times, it is critical that you pick yourself up and go at it again!

FIVE POWERS OF SUCCESS

The Power of Belief

This book guides you through the first steps in creating powerful changes in your life! Some of these strategies may have seemed difficult at one point, but they –with practice– will now become habits.

There will be times –perhaps if you’re tired or distracted by other life events– when you may feel self-doubt. The feeling of self-doubt can completely cripple your success or even prevent you from starting altogether. But only if you let it.

Have you ever heard that “**you will achieve what you believe**”? This is true; you can! I have seen this hundreds of times in every area of a person’s life.

So how do you believe something with absolute certainty?

The course of action in this book is designed to accelerate that belief, but if self-doubt peeks its ugly head, here’s what to do:

- ❖ Upon completing this program, be sure to review the exercises that have caused emotion.
- ❖ Surround yourself with a community of people who support your goals. *We are who we hang around with.* These people will lift you up as you would do for them. And, encourage others to join this support system/group.
- ❖ Practice reaffirming that you will get to your goal with internal and external statements like:

“I am strong, I am energetic, and I am conquering my day!”

It’s necessary to state this in your *mind, out loud* and *using your body*.

How do you use your body?

Pretend you’re a character in a play. You need to embody the confidence of this character. Now project this confidence, chin held high, and authoritatively and loudly state:

“I am strong, I am energetic, and I am conquering my day!”

What you *don’t* want to do is recite this statement in a relaxed state, with your feet up, a frown on your face, muttering it under your breath.

You need to state it with conviction, so that you (and anyone else listening) will believe it.

- ❖ Don’t **try**. Just **do**!
If you want something, go get it, and make it work. Stop making excuses about why it won’t work.
Whenever someone says, “I’m *trying* this new food plan or program,” the first thing that is conveyed is that they are not setting up the right spirit for success.
Stop **trying**, start **doing**! Come from a place of **expecting** to reach your goal. Demand it!!
- ❖ Have faith. In order to accomplish anything, you need to trust. Sometimes that requires a bit of vulnerability so you may need to open your heart a bit and trust in yourself, and also, those helping you and the process.

The Power of Awareness

Awareness will free you from the hypnosis of whatever distracts you from your goals. You will have challenges and adversity in your life. You may identify roadblocks preventing you from reaching your goals.

This is only a feeling or signal that something needs to change.

If you experience this feeling,

- ✓ **Stop,**
- ✓ **Recognize it,** and
- ✓ **Appreciate it.**

Identify that this is a challenge--one that you can respond to in a *positive* and *empowering* way, and one that will allow you to grow and become a better person. When these challenges arise --sometimes to prove to yourself and others that you really **do** want to reach your goal-- I then challenge **you** to appreciate them.

The Power of Contribution

The secret to truly living is giving.

It's amazing what we get in return when we give, no matter how big or small. Every year since 2001, portions of my earnings have gone to fundraising organizations that help others. The feeling of fulfillment from this outweighs the cost of what I give.

In the past, when I have hit hard financial times, I have always found that things end up working out, and I end up receiving the boost that will keep me going, almost as if I have someone watching over me. Call it *karma* or whatever you like, but I do truly believe that this is because when you give, you receive so much more in return!

Contribution is much more than financial, however.

- Donate your time to someone who needs it—even a complete stranger.
- Donate your knowledge.

A Roman philosopher once said, "While we teach, we learn." This is one of the very reasons this program came to fruition. No matter what you choose, the returns are always way more than what you give!

The Power of Appreciation

Do you appreciate:

- Yourself?
- Others?
- What you have?
- Circumstances in your life?

If not, then it's time you experience **true appreciation**.

Appreciating things may require practice if you aren't used to it but will create so much more positive energy in your life. When you practice appreciation, I recommend doing it with intention and focus, anywhere between 15 and 30 minutes a day, such as:

- during exercising,

- driving to and from work, or best yet,
- throughout the day when you notice things/circumstances to appreciate.

There is such strength in gratitude! It will further empower you to grow and reach your goals!

The Power of Change

As humans, we either grow or we die, but either way, it is a process. By working this program and always trying to get better and improve, you are **growing**!

Change is almost always a challenge.

Habits are created in the brain, where we have neural pathways so deep-rooted, that it takes time to break free from them. This is the reason it is often challenging to change habits-- because you are actually changing your brain. The encouraging news is that, over time, new neural pathways will be created, and those old habits will be gone!

Having practiced disempowering habits for so long, you are now changing them to empowering habits! If it feels difficult, keep moving forward until it becomes a new habit, and it **will** get easier, building strength as you go.

It is said, "Old habits die hard," but they can and do die, as long as we want them to.



I invite you to keep growing and to keep learning. Don't allow this to be the end, but instead, make it a new beginning!

As your life transforms, let me know how you are doing, what you liked and disliked about this program, what your experience was like, and how it affected you. I get to relive my own experiences through you. This is my driving force and what motivates me.

Thank you for being a part of this amazing journey, the journey of change and for allowing me to contribute.

Congratulations for taking the first steps to an amazing body and life! I'm truly grateful that you have let me coach you through it.

Finally, please remember that life is a gift. Live yours to its fullest and don't ever settle for less than who you are and who you are meant to become. You deserve a life filled with love, satisfaction, significance, fulfillment and success!

-Bill Yeager