Impact Health

Navigating the Business of Health

Session #3

"Choice, not chance, determines destiny"

Making Changes and Memory

1. _____ – you cannot achieve what you cannot perceive

2. _____

most effective part of nervous system:

_____

3. _____ – create connection with others

4. _____ – reproduce a consistent result

—> _____

things in conflict with what we really want

How to Remember?

➔ To Remember things…(old way of thinking)

- Get REALLY focused

➔ New way of thinking

- SPIKE _____
- After you _____ the information

The Power of Beliefs

A belief is a feeling of _____ about what something means.

Unfortunately,

➔ Most of us did not _____ our beliefs

Beliefs and Mindsets – for Lasting Change

As with most things in life, change, and learning something new:

_____

_____ _____ change now

_____ _____ change it now

_____ _____ change it now

>>>This is when _____ begins

People fail because they look backwards

The _____ does not equal the

_____ unless you live there.

"The past is entirely contained in your head. It is nowhere else. The present is all that exists and that is where YOU exist."
- Naval

3 Steps to Lasting Change

Before we get to the three steps to lasting change, let's discuss what things change us

➔ _____ or _____

All progress comes from _____

_____ is a process,

just like _____

What would you like to change in your life?

_____— action or reaction to a given circumstance

_____— feelings accompanied by physiological changes

Love, hate, fear, heartbeat, respiration, crying

_____ — emotional perception or attitude

Feeling of joy; feeling of sorrow

_____ — combination of circumstances

The 3 Steps to Lasting Change:

1. _____ the past

   _____ the pain

   Change is never about _____;

   it's about _____

   Associate *massive*, *extraordinary* and *immediate* ***pleasure***

2. _____ the Limiting Pattern

   >>>

   >>>***Impact Workshop & Retreat***

3. _____ an empowering

   _____

   Or

   _____

The Driving Force

Forward motion with energy = _____

➔ Forward motion with emotion = _____

Most people fail to achieve their goals in life for one simple reason:

- Because they are looking backwards, they never take the

_____

The Forces

Accelerators or Brakes?

Which of the following are accelerators and which are brakes for you toward you becoming who and what you want to be?

1. Do you attach _____ to the very thing you want?

2. _____ of power – where is – or who – holds the power of your decisions?

3. Who are you _____?

4. _____ – who are you – or who do you need to cooperate with?

5. _____ – do you need to change your environment?

How do we make a decision to make a change in our life?

Step 1 >> Put yourself in a _____

Before you can get into a _____ you must:

make a conscious decision to:

- Let go of the past
- Master your emotions
- Maintain a mindset of excellence

➔ Be Alive. Seek Truth

➔ I live in the Overflow??

➔ Free throws

➔ Invictus (“Unconquered”)

Invictus

By William Ernest Henley

Out of the night that covers me,
Black as the pit from pole to pole,
I think whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeoning of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how straight the gate,
How changed with punishments the scroll,
I am the Master of My Fate,
I am the Captain of My Soul.

The 5 Levels of Healing

- Dietrich Klinghardt, MD, PhD

1 - _____

- See
- Feel
- Hear
- Smell
- Taste

2 - _____

- "_____"
  a. We are electric beings
  b. Cells are crystals

3 - _____

- "Mental Fields"
- Beliefs
- Attitudes
- Thoughts

4 - _____

- Unresolved trans-generational family issues
- Alcoholism
- Failed Businesses

5 - _____

- Between you and your God

<Handout>

➔ This allows us to reach ***Peak Performance***

Through

➢ _____ and _____

- Mind (Mentally)
- Body (Physically)
- Spirit (Spiritually)

Step 2 >> Leverage your Passion to find _____

- What do you love?

- What do you hate?

- What are you passionate about?

- What do you REALLY want?

Step 3 >> Decided. Commit. Resolve.

What are 2 decisions you made in the past that have positively shaped your life?

1 -

2 –

- How did these decisions change your life for the better?

- What are 2 decisions you are committed to making now?

- How will they powerfully improve your life ***forever***?

Step 4 >> Take Immediate, Intelligent, Consistent, Massive Action

- *Get a proven _____ or _____ one*
- _____ a plan
- Do it _____. (Urgency has _____)

1. ***Are you aware of a proven model?***

2. ***How are you going to build a plan?***

3. ***Make a commitment -NOW- to when you will have a model and a plan***

Step 5 >> Be S.M.A.R.T. and honest with yourself

a. Strategy

- _____ it
- _____ it, if necessary
- _____ it, if necessary
- _____ it, if necessary

b. Measure

- You can not _____ what you do not Measure
  - The power of placebo???

c. Assess

- Is it giving you the _____ reward you want

d. Reinforce

- What works

e. Take New Action

- If warranted

5 Keys to Asking Intelligent Questions

1. Ask _____
    a. Define precisely _____ you need and _____ you need it
    b. _____ what you'll be able to produce with it

2. Ask _____ who can _____
    a. Someone with the _____ to help
    b. Find those who have what you _____/_____ and figure out what they do right.

3. Create _____ for the person you're asking
    a. Figure out how you can help the person you are asking first
    b. What can you offer them? If you are adding value to them, they will listen to you

4. Ask with _____ and _____ beliefs
    a. If you are NOT convinced about what you're asking for, how can anyone else be?
    b. Have conviction in your _____

       and _____

5. Ask until you get what you want
    a. _____/ _____ until you achieve what you want
    b. When you study successful people, you'll see that they kept asking, kept trying, kept changing – b/c they knew that sooner or later they would find someone who could satisfy their needs.

Think: Christopher Columbus

"Everyone talks about changing the world, but no one thinks of changing themselves."
– Leo Tolstoy