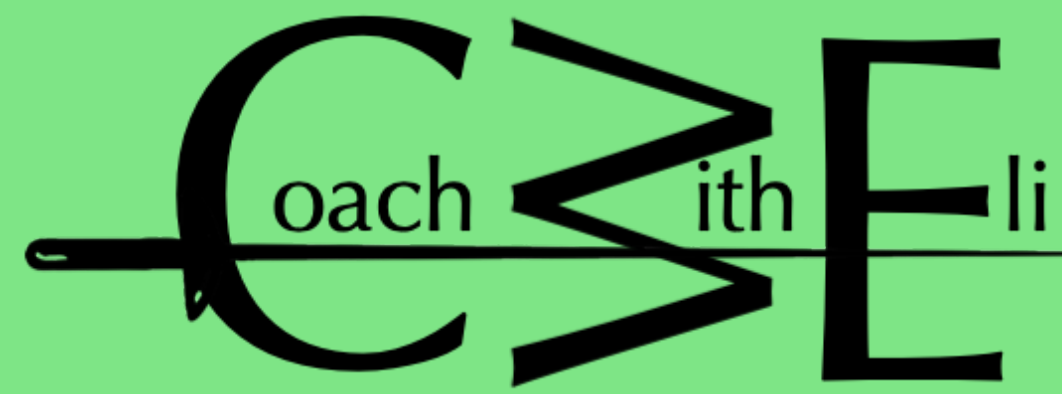
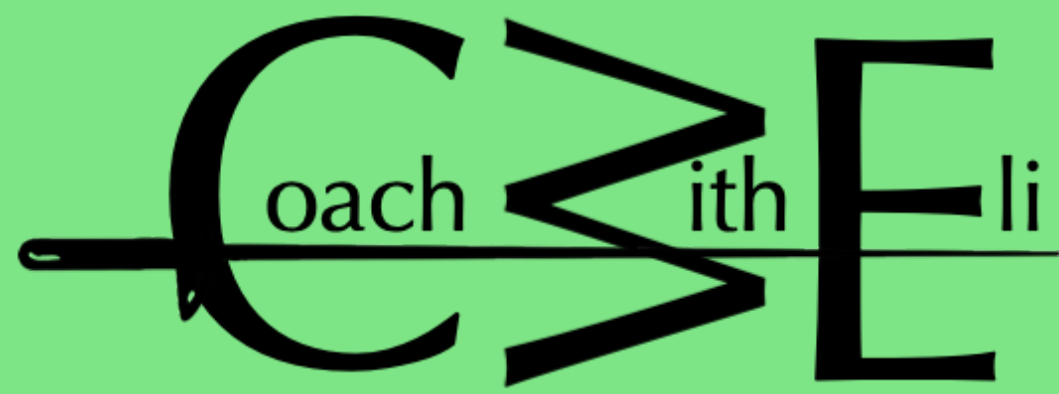


Mind Mastery Series
*The Morning Power Technique*TM
(Becoming a Morning Person)



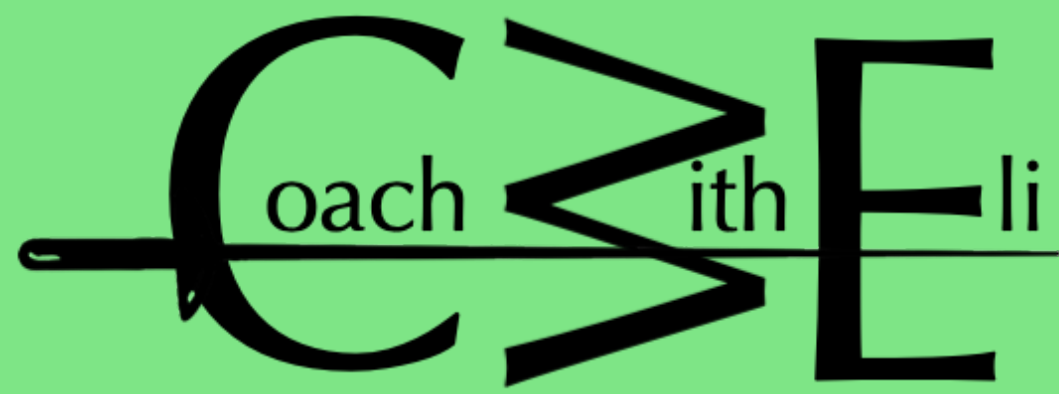
Why Use this Technique?

- Leverage the power of your subconscious to gain confidence and motivation
- Become more productive
- Uncover resources to help you be more successful
- Gain insight into patterns that create motivation for you
- Calm your thoughts and reduce stress
- Become a morning person *overnight*



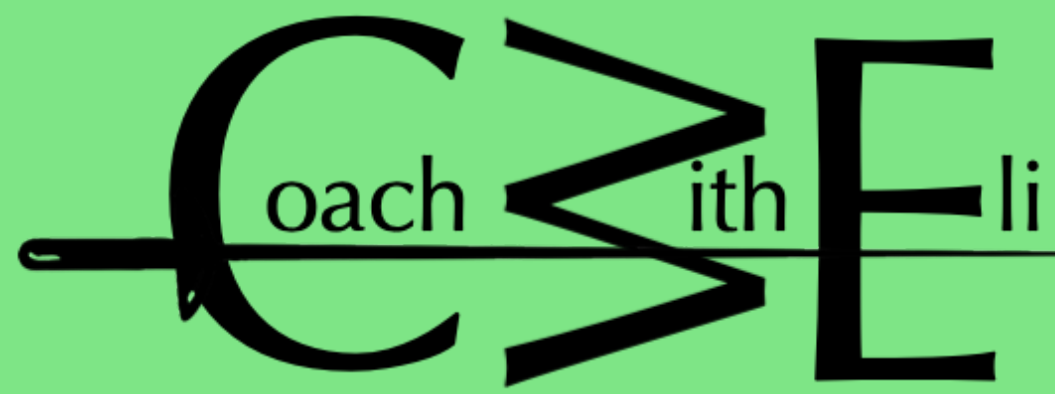
The Basics of the the Morning Power Technique™

- The subconscious mind runs on a track
- The subconscious mind enjoys clear direction and detail
- This technique overcomes the convincer filter so your conscious and subconscious mind support each other effectively



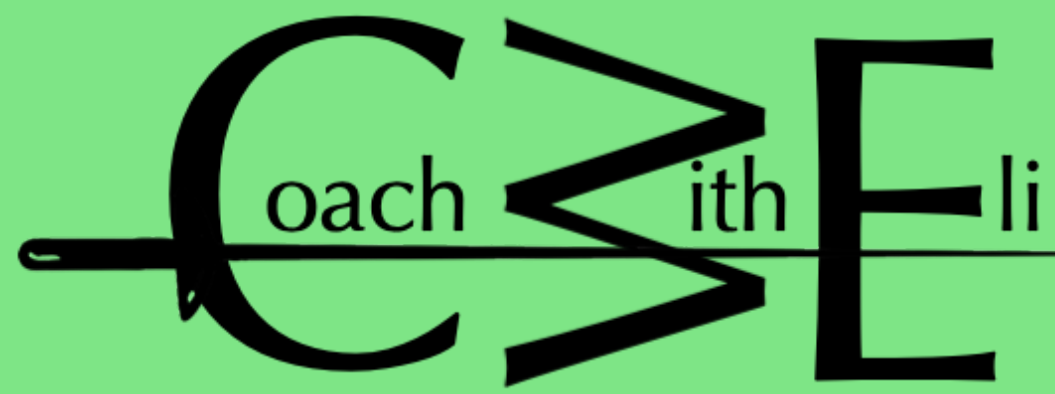
The Steps of the Morning Power Technique™

1. Imagine the perfect morning you want in detail and float into the first moment as if it's happening now (*associated*)
 - a. What will you see, hear, think, feel?
2. Imagine moving through the first 15 minutes of your day in the most perfect way possible
 - a. Notice all the evidence that will be there
3. Go back to the the first moment and float out of the picture. Watch yourself going through the first 15 minutes of your day with all the details from before (*dissociated*)
 - a. Notice any additional evidence
 - b. Observe how you carry yourself, what you're doing, what you're wearing, where you are, how you feel, any sounds, anything that supports your success
 - c. Adjust the submodalities to make it as compelling as possible



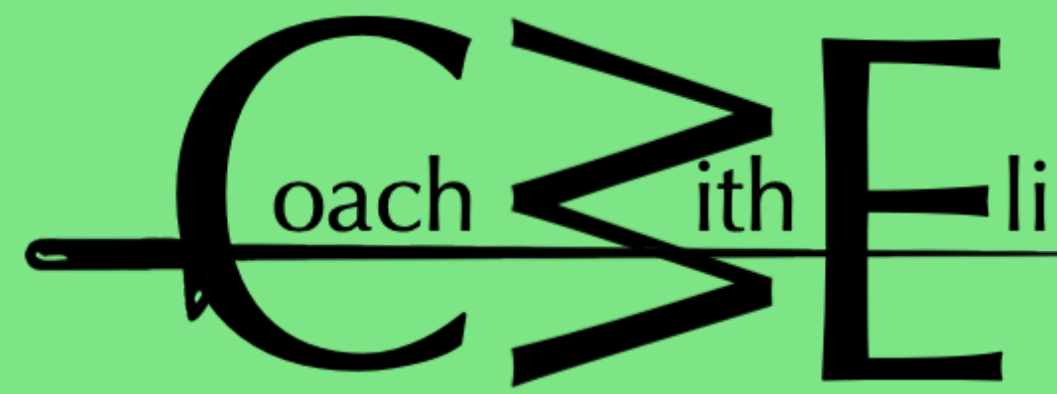
The Steps of the Morning Power Technique™

4. While watching yourself, rewind the video all the way back to the beginning
5. Keep rewinding all the way back to the moment of now and notice the evidence
 - a. How did this happen?
 - b. What made this true?
 - c. What actions were taken?
 - d. What decisions were made?
 - e. What was the sequence of events?
6. Come back into the room - reorient to here and now
7. Float back into the moment of beginning your perfect morning – probably the moment of waking up (*associated*)



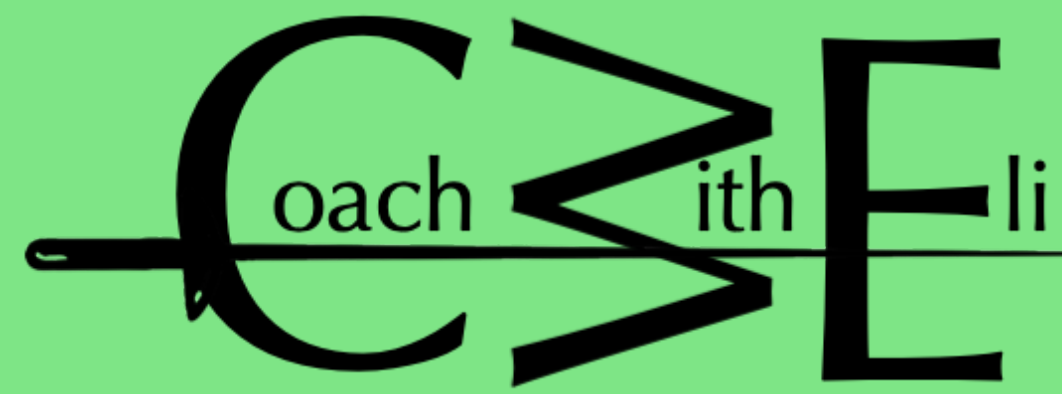
The Steps of the Morning Power Technique™

8. Future pace and check for congruence - Test your expectations and confidence
 - a. Ask what will happen (*Ex. What will happen tomorrow morning?*)
9. If congruent and confident, you are done!
 - a. If not...
 - i) Check on your desire for your perfect morning (*if the goal is not desired, the technique will not work*)
 - ii) Add more convincing details to your idea of a perfect morning - make sure every detail is realistic given your circumstances
 - iii) Repeat steps 1-9



Application

Using your Morning Power Technique™ Worksheet, follow along and complete each step of the Morning Power Technique™



Final Thoughts

- What questions do you have?
- Write down at least 5 AHA's from today's training
- What is your feedback from today's *Mind Mastery* session?
- What is your plan for implementing the the Morning Power Technique?