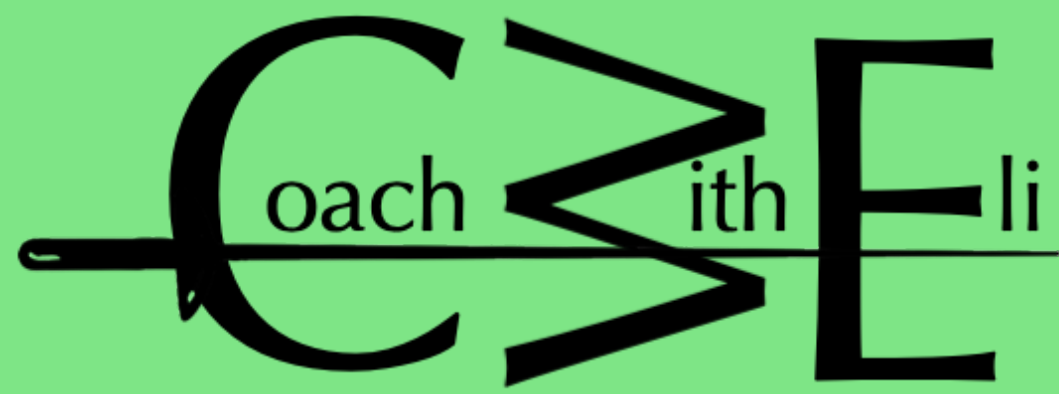
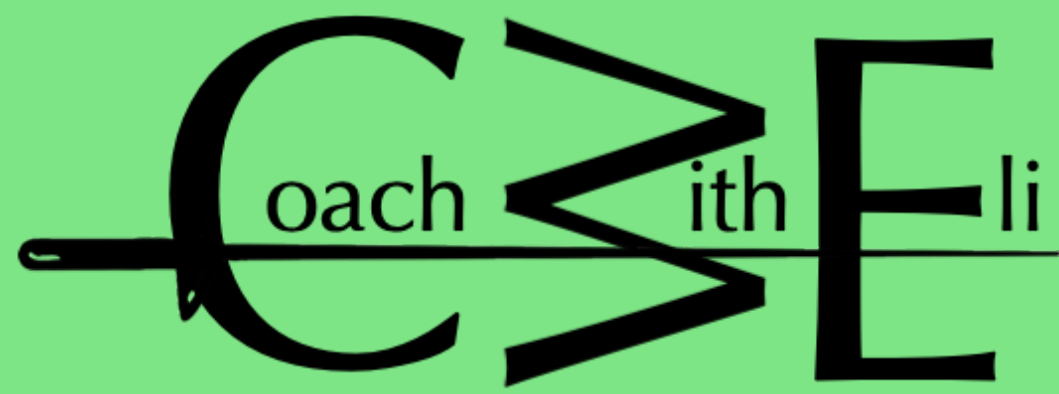


# Practice Makes Perfect(er) *Rewind Technique*



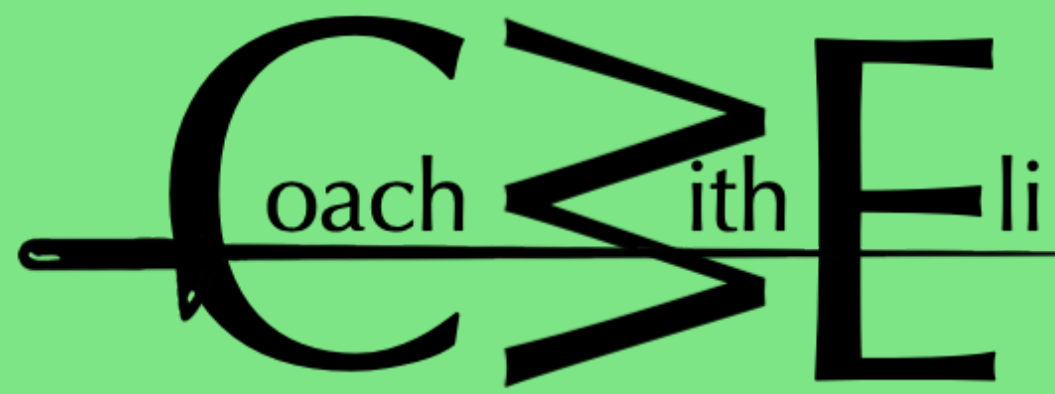
## Why use the Rewind Technique?

- Leverage subconscious confidence and motivation
- Discover how to easily accomplish your goals
- Uncover resources
- Gain insight
- Calm your thoughts
- Become a morning person *overnight*



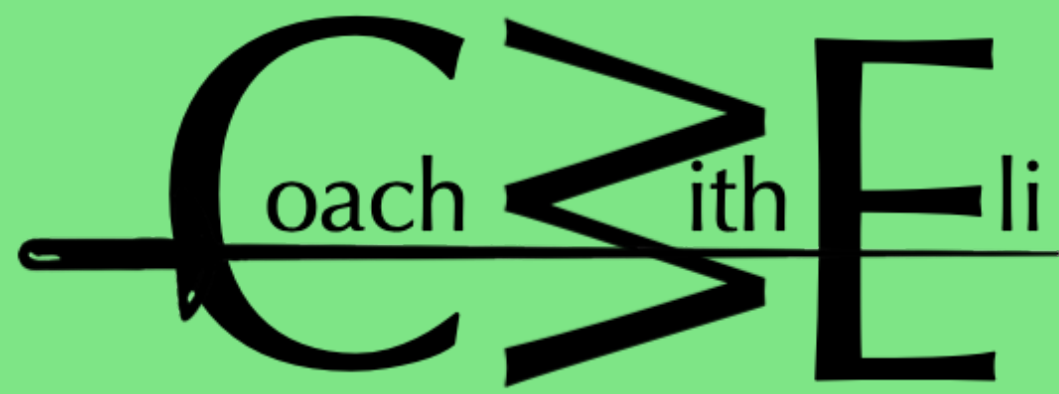
## The Basics of the Rewind Technique

- The subconscious mind runs on a track
- The subconscious mind enjoys clear direction and detail
- This technique overcomes the convincer filter



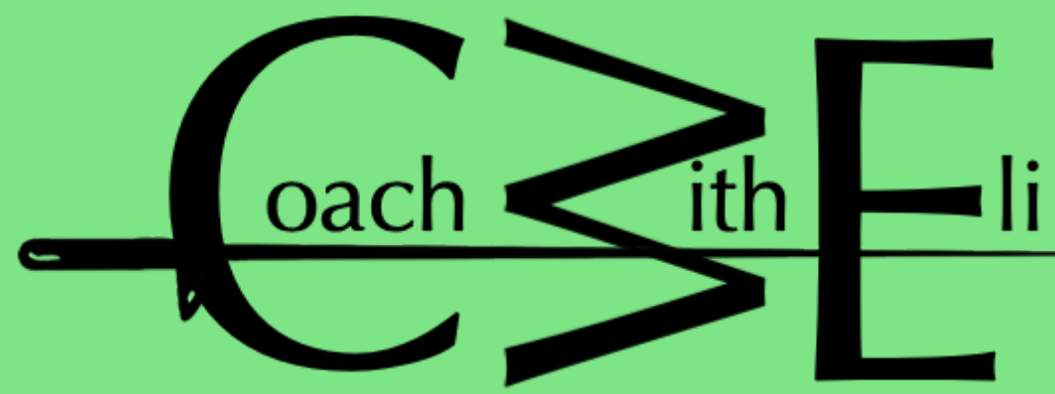
## The Steps of the Rewind Technique

1. Imagine the outcome you want in detail and float into that moment (*associated*)
  - a. What will you see, hear, think, feel?
2. Imagine going through the 15 minutes *after* the successful completion of the event
  - a. Notice evidence that will be there
3. Float out of the picture and observe yourself 15 minutes after the successful completion of the event (*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
  - c. Adjust the submodalities to make it as compelling as possible



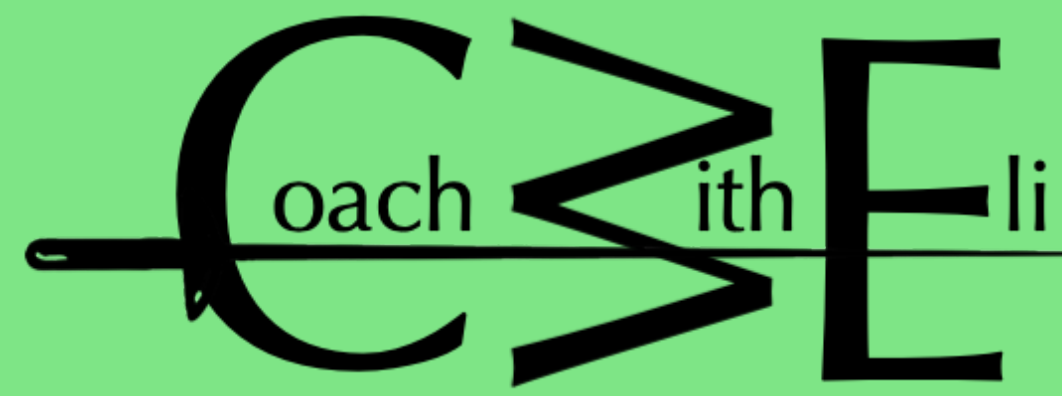
## The Steps of the Rewind Technique

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 the outcome (*associated*)
8. Run through the next 15 minutes
9. Float of of the picture and rewind the video all the way back to now (*dissociated*)



## The Steps of the Rewind Technique

10. Future pace and check for congruence
  - a. Ask what will happen (*Ex. What will happen tomorrow morning? What will happen when you...?*)
11. If congruent and confident, you are done!
  - a. If not...
    - i) Check on desire for stated goal (*if the goal is not desired, the technique will not work*)
    - ii) Go back to the goal and future pace it with more convincing detail
    - iii) Repeat steps 1-11



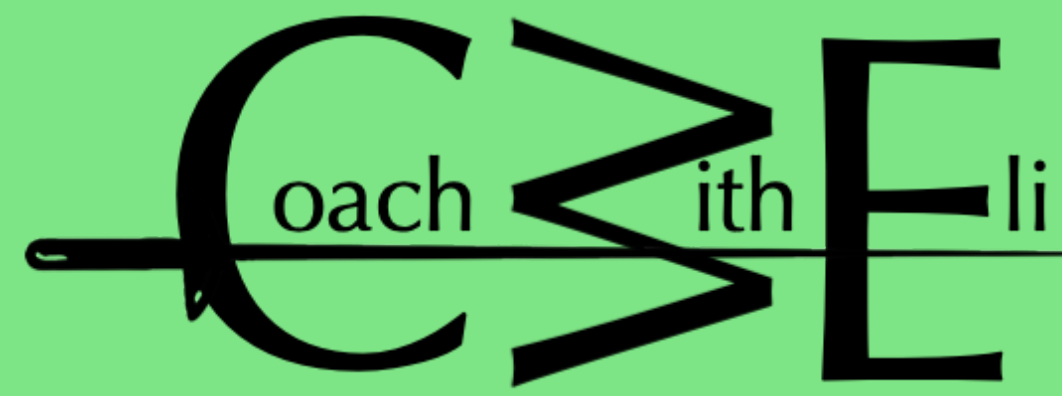
## Practice

In your breakout room, practice the rewind technique.

Share a (SMART) goal with your partner - make sure it is specific.

Run the rewind technique.

Switch.



## 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 training?
- What is your plan for implementing the skills you worked on today?