

TRANSFORMATION THE ADVANCED THINKING EXPERIENCE

WITH CHRIS CARDELL

SEMINAR FIVE

**CHANGE: HOW TO
SET ACHIEVABLE GOALS
AND PROGRAMME YOUR
MIND FOR SUCCESS.
PLUS: ADVANCED
THINKING AND HEALTH**

BEYOND GOAL SETTING

PROGRAMMING YOUR BRAIN WITH TARGETED OUTCOMES

The most important question in Life is:

“What Do You Want?”

Why most people struggle:

1. They never get clear on what they want.

2. If they do ask the ‘What do you want?’ question, they don’t come up with answers that are specific enough to give the brain direction

3. They don’t back up the goal with a powerful decision to achieve it.

THE STRUCTURE OF SUCCESSFUL OUTCOMES/GOALS

Your goals need to be:

1. SPECIFIC

2. ACHIEVABLE

3. IN YOUR CONTROL

4. Supported with a Powerful DECISION

THE ULTIMATE ACHIEVABLE GOAL / OUTCOME PROCESS

1 Pick an important area of your life, or something you want to change, or a goal you want to achieve.

2 In this context, What do you want?

Keep asking “what do you want” until you get an answer that’s

Specific

Achievable

Something you have control over

3 Think of one of your greatest achievements in life. Close your eyes and picture it. Notice where the picture is located

4 Make a picture of you having achieved your new goal/outcome. Position the picture exactly where the picture of your previous achievement was.

5 Take a powerful, positive feeling and loop it faster and faster to make the feeling stronger, while you’re looking at the picture of you achieving your goal. (Use the Neurological Looping process from Seminar Two)

6 Keep looping the feeling and making the picture and make a clear DECISION that this is going to happen.

TEST. Stop the process, talk briefly about something else and ask “Think about your goal/outcome and tell me what you notice.

ADVANCED THINKING AND HEALTH

- 1** Much of what we've covered can be applied to health. EG Your beliefs about health, food, exercise, alcohol etc will probably impact how long you live. When dealing with a specific health issues, your beliefs about possibility will often determine your outcome.
- 2** Virtually every health issue has been resolved for thousands of people across the world.
- 3** The human body is a system. The belief that it is a system is not generally evident in traditional western medicine.
- 4** Successful people believe that excellence can be duplicated. This principle can be applied to health and healing
- 5** Be aware that the world of health includes rare high achievers, just as every other field of human accomplishment does.
- 6** Beware of distorted use of language and also generalisations in health. Be particularly aware of statistical generalisations
- 7** Language and Health. Acupuncture is not 'alternative' in China
- 8** What if symptoms / pain were a message?
- 9** The Placebo effect and the Power of Beliefs.
- 10** Research Mind/Body Healing
- 11** Can illness have a positive intention? If that intention was met in a different way, what would happen?
- 12** Advanced Thinking and Life Extension