

UNPUBLISHED CHEAT SHEET:

**“How to CONTROL & MASTER
The Underlying *EMOTION*
BEHIND
The Underlying Fear”**

In The Film “**After Earth**” Will Smith said to his son, “...It dawned on me... Fear is not real! The only place that fear can exist is in our thoughts of the FUTURE!

It's a product of our imagination; causing us to fear things that do not at present and may not ever exist!

THAT is mere insanity.

Do not misunderstand me...

DANGER is very real.

But fear is a choice.

We are all telling ourselves a story.

Does yours need to change?”

PUT SIMPLY: *The Emotion Behind Underlying Fear is simply chemical and electrical signals in your brain, which cause an unpleasant sensation, which filters into your whole body...*

The Way To CONTROL and MASTER The EMOTION Behind Underlying Fear is realising fear is not real, it's a electrical/chemical reaction to new information... .

You Control it by altering YOUR Interpretation of Information...



Elliot Odle

**ANNIHILATE PROCRASTINATION BY CREATING 2 NEW HABITS!
PROGRAMMING YOUR BRAIN TO:**

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HABIT 1. OVERRIDE FEAR & CONTROL YOUR EMOTIONS

HABIT 2. AUTOMATE ACTION FOR INCOME GENERATION

Your brain operates with neural circuits. And these neural circuits are built by your brain any time you watch something, taste something, smell, hear, touch, do. A neural strand is formed in your brain. Your brain is basically recording memories of everything.

So when you do something a microscopic sized strand is formed in your brain. If you do it again, another strand is formed, over the first strand you created. If you keep doing it, what happens each time you do it? A strand is created, eventually you have a thick cord of strands bound together, that's what we call a habit. It's Automaticity your brain makes it hard wired, so you can do it without thinking.

"In recent years... neuroscientists have discovered that **the adult brain is actually very plastic**. ...If neural circuits receive a great deal of traffic, they will grow. If they receive little traffic, they will remain the same or shrink. The amount of traffic our neural circuits receive depends, for the most part, on **what we choose to pay attention to**. Not only can we make decisions by focusing on one idea rather than another, but we can change the patterns of neurons in our brains by doing so consistently... [this] has been demonstrated by experiments."

MARIO BEAUREGARD | THE SPIRITUAL BRAIN: A NEUROSCIENTIST'S CASE FOR THE EXISTENCE OF THE SOUL

Once YOU form a habit a new comfort zone is created. Just like tying your shoe, it's automatic, you don't have to think about it, you just do it. It's 2nd nature! You can re-train your brain. You can take action where you were procrastinating before.

When you understand how to override fear and your emotions you activate the motivational centres of your brain regardless of what circumstances you face, you'll be able to take action more frequently and consistently to achieve your goals and dreams. I want to show you how to win this game with your brain once and for all.

So let's ANNIHILATE PROCRASTINATION by creating **2 new habits!
PROGRAMMING Your brain with...**



HABIT 1: OVERRIDE Fear & CONTROL Your Emotions!

How well you control emotions and override fear is correlated with your bank account, because of the amount of action, you take, the quality of action you take and how consistently you take action...

So let's say you have this goal to start a business and get it to **\$10,000/mo** you can put whatever number you want. If you want to hit **\$10,000/mo** but you're conditioned and wired to earn **\$3,000/mo** What most people don't realise is, if there's a disconnect between the conscious mind's goal and the subconscious mind's conditioning that creates something called neuro dissonance.

If what you're earning is **\$3,000/mo**, that is hard wired into your brain as a result of repetition and consistently making the same amount of money, by implementing the same activities.

All of your beliefs, your habits, your perceptions and all of your behaviours are aligned with what you are earning. As soon as you impress or think about a brand new goal that you haven't yet achieved. The same thing that would happen in your brain, if you went to jump of a **30ft** diving board happens with this new goal.

There is a disconnect between what you want and what your beliefs and behaviours are and what your neuro patterns are.

All information that travels through your eyes, ears and other senses goes to your brain for processing. And if there is a disconnect between what your goals are that might cause you emotional pain, suffering, loss of money, any type of real or potential danger between what you want and what you have right now. Your brain does everything it can to steer you away from what it isn't already aligned with by causing you to retreat!

If your brain were to be scanned you would see the **Amygdala** would light up and the reason that happens is because it's sending a fear signal to the **Emotional** brain. Which is the motivational center. And it stops you in your tracks, you find yourself looking for something more comfortable to get rid of the emotional pain you're feeling.



When you have a fear a doubt, uncertainty a lack of confidence, a lack of knowledge or skills the Amygdala part of your brain lights up (that's your fear centre) and it says, Oh no there's danger here and it doesn't know the difference between something real or imagined.

Your brain really can't distinguish between something you are actually looking at or something you imagine, or a picture or a video. The moment you give your brain something that has real or potential danger. The instinctual brain fires signals to make you aware and the those signals create sensations in your body that feel really unpleasant and your right pre-frontal cortex lights up.

When your **right pre-frontal cortex** lights up, which happens by default, it's just the way your brain is set up. You start to retrieve messages from your memory banks, experiences of previous

disappointments, failures, loss of money, rejection by people, anything that has any relevance to anything you're about to do. And it is brought to the right pre-frontal cortex and it causes you to project into the future all of the potential negative consequences of taking action.



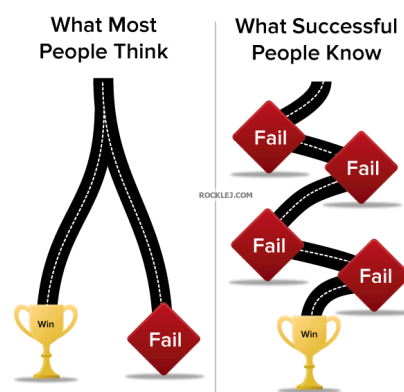
And instead of really learning, that, it's just an automatic response in the brain. You panic and do something comfortable. You can learn how to recognise that feeling as being out of your comfort zone. Being different from what is normal for your brain to experience and you can actually activate the **left pre-frontal cortex**, and that then lights up all of the potential ways that you can achieve a goal.

It connects you with the executive director of your brain the subconscious mind which controls **97%** of everything you do. And where there was a disconnect before, you now form a connection. A neuropath way is formed. Just one. But it's still weak, it's not hard wired. It's not a habit, it's not automatic,

So the key is to implement this multiple times **over 90** days and it becomes hard wired into your brain to activate the left pre-frontal cortex by default instead of allowing the right pre-frontal cortex, to wreak havoc. You'll automatically when fear shows up, begin to think of all the potential ways you can achieve your goal automatically, rather than finding something more comfortable to do and procrastinate.

I hope you're getting all this. Because this really can make the difference between whether you earn that **\$10,000/mo** or not! There is a way to change all of this and it all starts with mastering your emotions, overriding fear instead of letting your emotions master and control you. !

If you remember in the CHEAT SHEET: "The Ultimate SUPERCHARGED Brain Hack For Overriding Underlying Fear PERMENANTLY", I shared with you, it's just a case of reframing your view of failure... you're not really failing, you are implementing a test, an experiment, where you will inevitably get the result you want eventually.



It may be now it maybe later, but you **WILL** get your outcome and you don't have to take huge risks to accomplish it. So it's all about reframing your mind and retraining your brain to do it, so it's automatic and that's what we are here to do today!

I've done the unthinkable and stolen some strategies from the Brain Hack secret training portal to give you the answer to your excuse, to get over your excuses and join me on the inside!

So here is my #1 trick for suffocating fear before it has a chance to fester and sabotage your success!

Realise that any time you are about to take new actions at new levels and you feel all these emotions, your heart is beating fast, a plethora of “**what ifs**” spring up. Realise it just a signal chemical and electrical reactions happening in your brain to feel scared and nothing else.

Nothing bad has happened and nothing bad will happen, that it's your brain's automatic response! It's just signals and realise those signals are inside you not out there and they have no bearing on what will occur out there. It's true the saying it's all in your head.

And you should feel those things, it's designed to protect you when a real threatening situation occurs, so you can appropriately respond and get to safety. Fear isn't bad or something to be avoided conversely, it's something you want to embrace, fear is actually a sign that you are doing what is needed to move in the right direction.

An absence of concerns should signal that you are only doing things you are comfortable with and that will only get you more of what you have right now.

As strange as it may sound you want to be scared until you have to push yourself to new levels to experience new fears again. To be quite frank it's more scary to me to have a complete lack of fear altogether.

What is fear anyway? Is it even real? You know most of the time what we fear doesn't even occur!

It's been said fear stands for False Events Appearing Real, which implies most of what you are afraid of doesn't even come to pass. Most of what you are afraid of is provoked by emotions not rational thinking.

Use fear as a reason to move forward rather than an excuse to stop or retreat! Use it as a green light to signal to you, what you should do...

When we were children we found fear in irrational things, like the boogie man under the bed, I still haven't found him! Because as all children eventually find the boogie man doesn't exist anywhere other than in their minds.

Adults have their own boogie men, the unknown, rejection, failure, fear of success and these boogie men should be a sign to take action as well...

For example if you're afraid to call a client, then it's that sign that you should call the client. Fear of requesting the clients business is a sign you should request the clients business and keep asking until they say yes!

So how do you **suffocate fear before it has a chance to fester and sabotage your success!** I handle this by omitting time from the equation.

Since time actually fuels fear, it drives fear, the more time you devote to the object of your apprehension the more preeminent your fear becomes, so **what I do is starve fear of its favourite fuel time**, by removing time from its tank!

For example let's say Chloe needs to make a call to a client, a task that immediately causes her to feel anxiety, rather than picking up the phone and making the call immediately, Chloe gets a cup of hot chocolate and thinks about what she's going to say or do!

Her lengthy contemplation only causes her fear to grow as she imagines all the ways the call could go badly and all the potentially terrible things that might happen. If confronted she's likely to say that she needs to prepare before she makes the call.

But preparation is merely an excuse for those who haven't been trained properly! And use it as an excuse to justify their last minute reluctance.

What Chloe needs to do is the 4 step cognitive priming technique I taught you in the the CHEAT SHEET: "The Ultimate SUPERCHARGED Brain Hack For Overriding Underlying Fear PERMENANTLY"

She needs to recognise her fear is a signal, she needs to consciously begin to reframe the fear that she is having is not necessary as she is merely conducting a test to see what works, releasing the fear, take a deep breath and make the call and retrain her brain by making a habit of doing that!

Otherwise she will only feed fear the more time she adds to the equation. **Nothing happens without action, fear not only tells you what to do, it tells you when to do it...**

The best time to take action is that very moment immediately. Most people don't accomplish their goals because they take to pull the trigger and the reasons why you can't drown the reasons why you can.

If you just take action from the inception of the idea, by the time the reasons you can't have a chance to come to your mind you already have results that suggest you can. There's no need to add time to the equation, there's no need to prepare.

The only preparation you need is to remember whatever you are doing, think of it as a test, it is going to give you a result and if it works great, if it fails awesome, now I can try another strategy that will be an improvement on the last one and if I keep doing this I'll build a system for doing this that works like gang busters every time it's deployed and be rewarded by the market place as exceptional!

Here's what to do to be successful: Build a habit if you think about an action, do it immediately! Don't worry about the result! Just get used to acting in spite of fear and if you do this everyday for 30 days it will become habit, do it for 90 days it will become hard-wired! Do it for a year you will do it automatically unconsciously!

People will think you are fearless and will admire you! You might still be scared but it doesn't matter, you have just built the when I'm scared I take action anyway muscle!

If you leave that muscle to atrophy, somebody else will take action and get the result you wanted. Now that's what you are regretting. It's far preferable to fail while DOING something, than to fail by over preparing and somebody else scooped up the prize you wanted.

This happens everyday people give their fears more time than they deserve, they wait to make the phone call, write the email because they fear the outcome. People share the same excuses for waiting as reasons why not to take action right now.

The client just left town, the client just got back in town, it's the end of the month, it's the start of the month, the client has been in meetings all day, the client is about to go into a meeting, they just brought something, they don't have the budget, their cutting back, business is bad, there's been a change in management, I don't want to bug them, they never return my calls anyway, nobody else can sell them, they are unrealistic, I don't know what to say, I'm not ready yet, I just called them yesterday.... and on and on!

Look all the excuses in the world will not change one simple fact that fear is a sign to do whatever it is you fear and do it quickly... Don't feed fear with time and allow it to get stronger on you, opt instead to get it done

quickly as fast as possible and you'll learn that it's simply better to you to take the quick approach even if you're unprepared.

You will experience this when you just take the plunge and face the fear, which is much easier to face when you see whatever you are doing as a test and the result doesn't matter, it's just feedback which will get you closer to your result whether it works or not! And your end result will inevitably be obtained in due season.

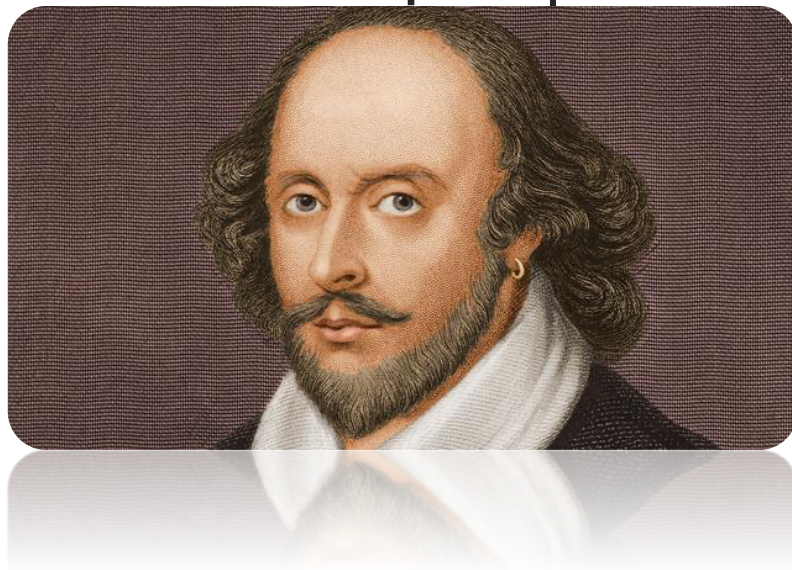
You will be amazed you will become over time and how confident you are to do new things... Taking massive action repeatedly will build you a reputation that you are fearless. Let everybody else submit to fear and prepare unnecessarily for false events appearing real. You have a job to do!

Everyone fears something however it's what you do with that fear that distinguishes you from others. If you have ever watched a fire eater perform. You will observe that the trick to it, is to completely exhaust the oxygen that fire requires for life...

When the fire eater pulls away to early, the oxygen refuels the fire and burns the fire eater. The same is true with fear, if you back off from it. You give it even the slightest bit of oxygen to stay alive, it will get bigger. So remove time from the equation entirely and you will snuff out your fears entirely!

A Little EXTRA Help On Creating a Re-FRAME

**“There's nothing good or bad, but thinking makes it so”
William Shakespeare | Hamlet!**



What does that have to do with anything, when creating your emotions? It's a powerful way to live, most people don't think like this.

Most people think their feelings are dictated by external circumstances

, you get promoted fired, create a successful business, you go bankrupt, you start a new romantic relationship, you break up with someone.

All this stuff creates the emotions you feel, right? Someone pays you a compliment you feel great. On the flip side someone insults you feel frustrated and stressed and angry.

The truth is what's creating your emotions is you, it's how you think ABOUT the environment that creates the emotions. This is something that is within your control, this is something that can be changed. Even when the environment is against you, you can change how you interpret it.

These feelings block you from achieving what you want. It's not the circumstances that determine how far you'll go in life. It's how you feel about stuff, how you interpret stuff...
It's hard to believe. If you're just starting a business. Emotions are generated by our interpretation of something.

So if you're building a business and you're struggling because your stressed your first time out. You think the challenges are causing you the frustration.... What you'll discover is that the emotions are generated not by things outside but your interpretation of things.

You might understand this on a practical level, but you don't on emotional level. You see things and you say that person makes me feel happy, that person makes me feel angry loved. This situation makes me feel frustrated.

But let's see what's really going on. Right now for most people. They have a circumstance that happens, it generates the emotion they feel.

Say you have a raise at work you feel happy, so you take action cause you feel better, those actions cause you to get better results another raise, a new career. Those results are the external environment that then feed back in and it creates more positive emotions. So that's how most people live their lives.

But here's what really happens when you are consciously aware of what's really going on. What you have is an external circumstance, (let's say you've just been given a raise) then what you've got is you don't have an emotion, you have thought.

You have thoughts (about the circumstance) which create an interpretation filter. So that external circumstance the raise, hits your eye or your ear, you see it or you hear it...

Then it goes into your brain then you've got this filter of interpretation that goes on. But this happens so fast instantaneously that you're not aware of the thoughts which are shaping that.

Your mind has a thought which creates emotions, which triggers chemicals and electrical reactions in your brain and you have these feelings, which make you feel happy...

So those emotions seem natural and the trigger was the external circumstances so you think it's the circumstance that made you feel happy when in fact it was your interpretation of the information that made you feel that way.

You took action based on that emotion and you created some sort of results. So the key to life is this **LAYER OF INTERPRETATION**. If you can master consciousness choice over that filter you become so powerful.

This layer is what determines the financial results experience because of your actions, which determine the whether you live in the house you want. Have the bank balance you want.

If you are not conscious of what you are doing you basically leave the success you want to experience up to chance...

Being conscious of what you are doing is the equivalent of having a superpower. Which is to assign meaning to external circumstances with your mind.

But when you abdicate that power to someone or something else to determine how you feel. Then what happens is you create chaos and poor results.

Your Thoughts About Things Create Emotions. Emotions Create Actions.

Your promotion, has no value or meaning in and of itself other than the meaning your interpretation gives to it. But if you have automatic meanings assigned to these things, you feel happy when promotions come, without giving it much thought, to the fact that you made yourself happy.

Based on a choice you made about external information. **YOU made yourself happy**. The same works in reverse when YOU make yourself angry.

If someone cheats on you, you think you had a negative event. Well really you just had an event. You interpret it as negative. Or you try something in business to make more money and the event is you didn't get the result you expected. What kind of thoughts are you going to give to that? **Because it's your choice!**

You can think thoughts that make you feel good or bad. You can think. Man everything I try doesn't work. Now what am I going to do.

People respond differently to the same circumstances because of the interpretation filter they have. **Instead of negative thoughts, have positive thoughts about the same situation.**

If you think pleasant thoughts you can't help but feel excited, feel optimistic because now you're looking at a scenario as something that happened FOR you and not TO you, in order

to bring you an improvement. You'll find yourself grateful that it happened...

If you see the opportunity you feel excited. That feeling will lead to emotions which bring actions, which will generate results and that reinforces more positive emotions.

So the question is:

What kind of cycles are you creating for yourself? Do you recognise that you are creating a cycle? And what happened is you are creating it because you have a certain filter, which YOU chose.

"If you are distressed by anything external. The pain is not due to the event itself but due to your own estimate of it and this you have the power to revoke at any moment" - Marcus Cerillius

You have the superpower to create your own estimate of things. So that means when something happens to you that most people call negative, you can determine the thoughts you assign to that event.

Which means that you can create the emotions you want, which will trigger off the kind of actions that push you forward, which will then lead to the results you want. It's a choice you have.

Why would you think positive thoughts about a negative situation? Yes you can think negative if you want. But if you think consciously about it, you create cycle of negative thoughts, emotions, actions, results. Then the results you get trigger more negative thoughts, emotions, actions, results.. Then the cycle continues.

So that's one option you have. The alternative options you have something negative happen to you and you think wait a minute... wait a minute, I'm consciously aware that I'm in a negative frame of mind.

Let's change this, If I think negative thoughts about a negative situation, if I interpret it in a negative way it's gonna create negative thoughts, negative actions, negative results, do I want a negative life, do I want to take negative actions, do I want negative emotions?

I don't want that? I have a choice in the matter. ***My thoughts dictate how this goes, maybe I should go contrary to what I perceive to be natural. I want an Epic life. I don't want to live like everybody else.***

But this takes conscience choice. I want to build up my life regardless of negative circumstances outside of me. If something good happens to me I'll take it and make it better, if something bad happens to me, I'll take it and I'll think of the good about it and I'll win no matter what...

That's the fun way to enjoy this game of life. I don't want to leave anything to chance.

I want to take full control and responsibility, I can't control everything, but if I can simply change the course of my life by simply changing my interpretation filter. I'm changing the filter.

When you change the way you look at things, the things you look at change...

Your perception of the same situation changes and because your perception changes, your emotions change, your actions change and now your results change and so the things you look at change!

Even if right now I'm not a master, I can create a habit out of this and become a master. If you don't change your filter, then negativity will remain automatic. And you will keep manifesting negative outcomes. You can make good outcomes literally become automatic in your life.

Why is this hard to do? Why do we let circumstance dictate emotions. There are numerous factors, the family we grew up in didn't teach us, the media doesn't, school doesn't and it not only do you need to know about this, you need to practice it, until it becomes a habit.

You've probably hard wired this negative way of operating for years, decades. And it's hard to admit that we are the cause of our own anger, stress, anxiety, frustration and negative results. As soon as you admit it, you realise you are responsible and have to work hard to change yourself.

You can grow but if it's to be it's up to me. **Take 100% responsibility for positive emotions and negative ones. It's not circumstances causing you to feel a certain way, it's not somebody else's actions it's you.** Nobody is causing you to feel loved, happy, depressed. You cause it!

I want you to focus on negative emotions, when they happen, stop and notice. Think of the thoughts you are having about a negative situation and realise, hey it's not coming from outside, it's coming from the way I'm looking at things. Then think what kind of thoughts Am I thinking?

Then the subconscious thoughts will pop up into your awareness. It might be something like, "oh what am I going to do now?" That thought might make you feel anxious. "What Am I going to do now this person walked out my life, where am I going to find a person like that again" That thought will make you feel lonely.

Notice it's the thought making you feel that way not the circumstance...

Don't try to stop the negative emotions. Let them run. Just be aware of the thought that IS running the emotion. Try to do that whenever you have a negative emotion. You won't be perfect at this, just try to CATCH them...

Then you will make connections in your mind about the thoughts about situations that create the emotion you are feeling...

Then you think ok if I change my thoughts am I going to feel differently.

Let me try that... then you're gonna do try it and feel differently and you will amaze yourself.

Wow this is powerful...

If you do this you will create an Epic Life for yourself!

Try this really commit to it, you'll amaze yourself...

NOW LET'S BUILD A PERMANENT HARD WIRED DOERS MIND PATTERN...

SO YOUR HABITS STICK FOR GOOD! (LONG TERM)

This is something called a **Cognitive Priming Technique**, it's a way to Train Your Brain to accept something new, which it currently doesn't accept, in fact it normally rejects it. We go in to depth in the Full Immersion **PAB** Training, so you can master this. So I'm not gonna go too deep here...

The way to train your brain to accept something new, so you can achieve the success you want in your business and your life is to LIE TO YOURSELF! If you keep telling yourself a lie long enough, soon enough you actually believe the lie true. So for your habits to stick for good, your belief needs to align

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with the activity you implement. Right now, fear of failure/risk is the truth. The fact that failure is good is a lie. So let's say for example your reason for procrastinating is a fear of failure, as it is for most people!

The **Cognitive Priming Technique** to get your brain to accept something new is, which currently rejects is... Deliberately taking scheduled time out to do step 2 which we just learnt. **RETRAIN**

SOLIDIFYING THE LAYER OF INTERPRETATION IN YOUR MIND TOWARDS FAILURE

Talk to yourself about, why failure is good, and why you want it, to take you to success, so that you begin to look forward to it, do this for 5 minutes every day!

This will build a hard wired thick neuro circuit of strands in your mind and you will have formed a belief system. In the full immersion training I have a statement I read at specific times every day. Which will help you with this...



Now let's design your life so you make sure you turn **OVERRIDE Fear & CONTROLLING Your Emotions** into a habit and do **THOSE** money-making actions consistently!

HABIT 2: AUTOMATED ACTION FOR INCOME GENERATION

How to program yourself to automatically take massive action relentlessly and make all the investments you've made in the past, actually worth the money invested and get all those strategies you've paid thousands to learn to finally put cash into **YOUR** pockets! So instead of feeling the guilt of having a non-productive day! You're **New Comfort Zone** is income generation!

We're created in such a way that whatever it is that you repeat, your behaviours, your thoughts, your emotions. Whatever you do over and over and over again. Automaticity takes over because our brains were designed to form habits in order to make good automatic in our lives.

And once it's automatic you don't have to think about it anymore. You just do it every day... typing... you don't even have to look at the keyboard anymore. Driving... all those people you call, "Idiots, these people don't think!" You're right! They don't, driving is automatic for them!

All these things required intense thought and concentration at one point, but with repetition conscious thought is rarely required. You can do other things while you're doing them. That's why people text and drive at the same time. They feel they are so competent at one thing, they can add other tasks to what they are already doing. Ok so I think we've exhausted that train of thought enough!

Once a habit is formed things are easy. Unfortunately **bad** habits are often easily formed. But forming **good** habits isn't always so easy. The things that are good for us often take effort and concentration and repetition. Because they aren't comfortable the body needs to make physiological adjustments to calibrate itself to become assimilated to this new behaviour.

EBEN PAGAN GAVE AN EXCELLENT METAPHOR FOR FORMING A HABIT COMPARING IT TO LAUNCHING A SPACE ROCKET!



In the beginning, you need a lot of extra energy to overcome the gravity of your original habits. At lift off The space rocket uses **835,958** gallons of fuel The total weight is **1,607,185** pounds. About **70%** of the fuel is used at takeoff To lift the **4.5** million pound (**2.05** million kg) shuttle from the pad to orbit (**115** to **400** miles/**185** to **643** km) emptying a family swimming pool worth of fuel every **10 seconds!**

Eben Pagan calls this "**Habit Gravity**"... and he calls the point where you get free of the pull of your old habits "**Escape Velocity**." Now once the space shuttle is in space there is little to no gravity to contend with and the shuttle requires a lot less fuel and energy to manoeuvre around compared with lift off! And it's the same with forming good cash generating habits!

So whenever you're about to do the **precise activity which you know will have the biggest impact, the fastest** in generating cash! You have fear, things won't work out...

Do The **5 Minute 4 STEPS SYSTEM**

RECOGNISE You're having a negative emotion holding you back, it's just signals in your brain

REFRAME Failure is what you want, it's awesome, it will get me to where I want!

RELEASE Take 10 deep breaths you reset the chemicals in your brain. You feel different.

RETRAIN YOUR BRAIN Do the income generating activity immediately. Don't think, don't plan, just do it! Within **5 minutes** you'll actually feel like doing what you're and you'll continue!

YOU WANT TO TURN THIS INTO A HABIT!

When starting, you actually get a couple or few days of help... because you're excited and optimistic, but things quickly change, as your system goes into resistance.

Days 1-10: Your optimism turns rapidly into avoidance and even defiance of this habit.

Days 10-20: Strong resistance that begins shifting to seeing the light at the end of the tunnel

Days 20-30: Acclimation & increase in productivity - becomes a natural part you

Days 30-60-90 you form a super thick neural circuit of this habit, it becomes solidified. This is where less and less thought is required. You go from becoming consciously competent to unconsciously competent. It will be the way you naturally operate. What seems difficult to others is EASY to you! I want you to bear this in mind as you go about forming these habits.

Eventually you might not even need the **4 STEPS Recognise, Reframe, Release, Retrain** because, it's just normal to you! So you can use the 4 steps with a new cash generating activity!

Use the **3 STEPS**, you saw in the 7min video training **PICK CASH GENERATING HABIT! Do every day at same time! Promise \$1,000 if you fail to prove you've done it every day for 30 days.**

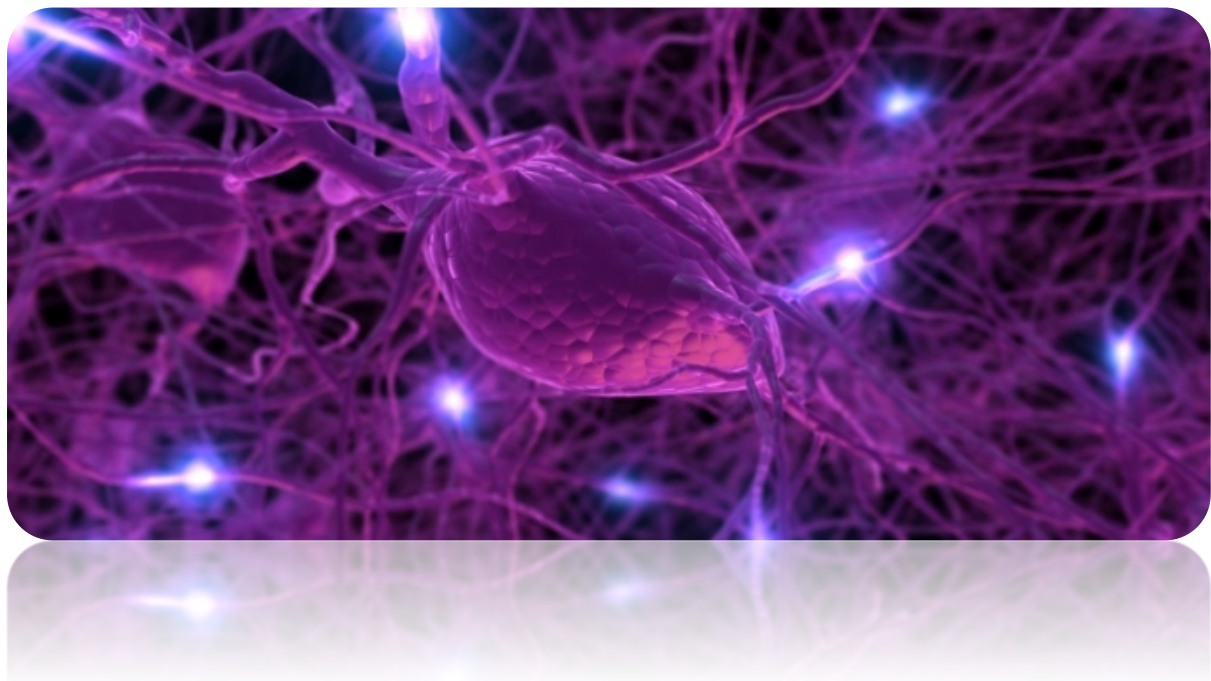
Use those 3 steps with these 4 steps **Recognise, Reframe, Release, Retrain** and you will definitely form a habit of cash generating and it **WILL** become a new comfort zone.

Now for The OPTIMUM Time of Day To Create A NEW Cash Generating Habit Which Lasts!

To maximize results here, you want to start to Build new habits, soon after you wakeup. Why is this the optimum time of day? Well it turns out that first thing in the morning you have the most will power to do things than at any other time of day!

So start your cash generating early in the day! Don't check emails first, do this first! And do it using the 3 steps **PICK CASH GENERATING HABIT! Do every day at same time early! Promise \$1,000 if you fail to prove you've done it, every day for 30 days.** Use the 4 steps if you need them!

IF YOU WANT TO THE HIGHEST SUCCESS RATE OF SUCCESS BUILDING CASH GENERATING HABITS YOU MUST DO THE FOLLOWING:



1. Choose the specific action steps of new the cash generating habit you know will have the biggest impact the fastest!

2. **Identify what step you'll need to take to MAKE SURE you actually do your habit every day** You have to set things up so that you DO this new habit every day, at the same time so that it takes root, and becomes a part of you.
3. Tip: Do new habits early in the day, when you still have willpower.
4. **Set up your environment to make success automatic - and inevitable. by identifying what you will need to do to create an environment where you'll be able to do your habit successfully - what you'll need to add, and what you'll need to remove. Promise someone something you would hate to give away if you don't prove to them you have done the exercise everyday for 30-90 days!**
5. Put a reminder somewhere that you'll see every night before bed, and first thing in the morning when you wake up - to get you on the right track. If you do this, cash generating will be your new comfort zone in **30 days**, if you do this **60-90 days** it will become automatic!

If you're overwhelmed with all this info and want an organised step by step system designed to work with the way your brain is designed to function. This is for you... YOU CAN DO ALL THE ABOVE STEPS AND GET IT ALL RIGHT AND STILL NOT BE PRODUCTIVE IN THE LONG RUN...

If you want to avoid that... here's Something You'll REALLY Like! I can show you how to set yourself up so you can really win in the long run. I'd like to invite you to Advanced Training where I teach all this!

You'll build a natural inclination for creating income! And if you do this the way I show you; You will have tons of happy people buying your products/services!

And you will have **CASH GENERATING HABITS THAT STICK!**

"You now have 2 of my most cherished Brain Hacks...", well I gave ya a little extra... couldn't help myself, this stuff is so awesome... (YOUR'RE WELCOME!!!)

Plus I wanted to entice you to want to [complete your set and give you a free gift] my flagship training **Procrastination Annihilation Blueprint** which is on sale for **\$997** right now... But I want to give it to you absolutely free...

More on how you can claim this gift in just a second. First..."

I have a **MAJOR ANNOUNCEMENT** to make... I've done the unthinkable and made it IMPOSSIBLE for you... NOT to make money... I'll let you in on what's going on in sec...

This is NOT for everyone, it's ONLY for people who bought ("The Ultimate **SUPERCHARGED Brain Hack**)

See, You've made a smart choice, and here's why... You ordered this because you have underlying doubts, possibly in a number of different areas, and probably in areas you really don't want them, and they are not serving you well,

You're gonna find PAB is a program that's designed to show you how to eliminate the doubts faster than anything you've ever seen..."

The **Cheat Sheet** you purchased covers just 1 part of a **7-part Brain Hack Blueprint** and **3 part Execution plan**

To be truly effective, you need all 10 parts..."

I've placed the other 6 Brain Hacks and 3 part Execution plan that will complete your **Procrastination Annihilation Blueprint** in a "vault" under your name right now...

**Wanna Go Far Deeper,
FULL IMMERSION to Master EACH of These???**

Imagine what it will be like to act and feel at your highest level of productivity. And imagine what it will be like to finally achieve your financial goals. So you can enjoy the free time and the abundant cash income to do what's really fun and fulfilling in your life. So that you feel that you're in total control and more importantly you feel like your life is fulfilled. Free from the stress and the draining emotions that steal from your creative energy...

You've got to learn how to manage the emotions that ARE going to come up...

The emotion of fear, fear of success, fear of failure, disappointing yourself and others, shame, embarrassment and guilt. All these emotions ARE going to come up...



THE BRAIN HACKS WAITING IN THE VALUT FOR YOU WILL HELP YOU ANNIHILATE ALL OF THEM INSTANTLY...



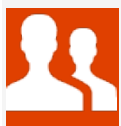
THE DOERS MIND PATTERN BLUEPRINT | INNER GAME

How To Completely Annihilate Procrastination Habits

MODULE 1 – Brain Hacks 1-3



The Epic Secret | Awaken Your Desire for Greatness & How To Tap Into Your Pre-Programmed Greatness, Which Inspires MASSIVE Action, Even In The Face of Severe Adversity Without The Need For Incentives)



The Duty Method | How To Align Your Moral Compass With The Sense of Obligation and Duty To Serve Your Fellow Man/Woman-Kind Tirelessly Without Feeling Burn Out In 15 Minutes



Accelerated Fear Formula | How To Accelerate The Process of Overcoming Fear Rapidly With 5 Questions

MODULE 2 – Brain Hacks 4-7



Emotion Driver Shortcut | How To Create Unshakable Certainty In Your Mind So Fear Never Paralyzes You Again In 1 Month!



Mind Control Science | Master The Science of Controlling Your Mind To Respond To Fear With Action, Instead of Freaking Out!



The Value System | The #1 Secret To Never Needing Motivation



The Paradigm Effect | How To Programme Action Taking, So It Becomes a Permanent Habit In 30 Days



THE SCIENCE OF HABITUAL ACTION | OUTER GAME

Design and Manifest Your Epic Life In 1-3 Years

MODULE 3 – Execution Plans



DEFINE IT | Define What The Epic Life Looks Like For YOU!



BLUEPRINT IT | Design Your Epic Life In Under 1 Hour!



EXECUTE IT | Make Your EPIC Life Become Your Actual VISIBLE Experience in 12-36 Months!

And don't forget, **you already own two of these “Brain Hacks”** And now you have them all in one place... just waiting for you RIGHT NOW...

Normally these hacks would sell for \$97 each and the execution plan \$327 (or \$997 in total) but in just a second I'll show you how you can keep them all... ...100% FREE ...

For **8 years** I wrestled with doubts underlying fears, I didn't conquer the fear like that, it took a little while, but with the proper training, it left me, I got rid of the doubts..

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You can read a book, listen to recordings, go to a seminar and you'll find that immediately there is a spike in your results, they get better, but they come right back down, they don't stick, that's the key difference with PAB, but I've taken it a step further...

See the Next step to getting optimum results with the **7 Brain Hacks** and **Execution Plan**, is to turn the hacks and execution into a habit...

Here at **theEpicLife.co.uk** we deal with getting results that stick like super glue on your fingers, PERMENANT habits, you won't be able to get rid of if you tried. We do it by programming...

The 2 NEW Habits You MUST Create, To Annihilate Procrastination And Create A NEW Comfort Zone Which Generates Cash In 90 Days!

Imagine Following A 90 Day BLUEPRINT

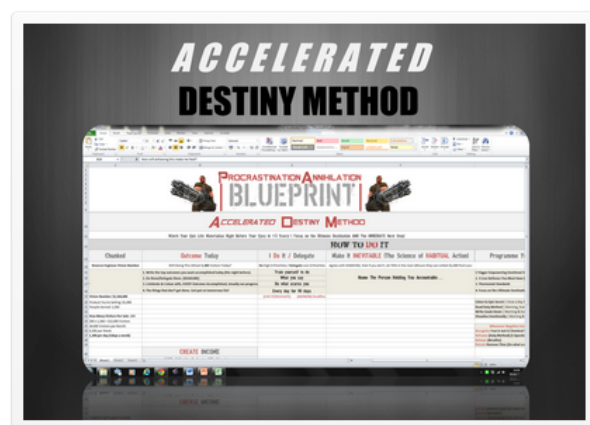
...designed specifically to program cash generating habits into you and a new comfort zone, so that your default activity is being productive making money! Converting the strategies you've made investments to learn in the past into cash!

Join me for the ultimate upgrade for success and productivity for my latest (**PROCRASTINATION ANNIHILATION BLUEPRINT**) Training Program!

By the end of the training, (**The PAB Techniques**) will be hard wired into you, and you will begin using them to earn yourself, **REAL** money, and have a blast doing it...

You will have two new habits one overriding fear, controlling your emotions! And 2 Automated action for income generation...

ACCELERATED DESTINY METHOD



We'll install your "Success Routine" to do each day **FIRST THING**, to set yourself up for a winning day of productivity and success. We start installing your success routine, then refine it each week after, adding more distinctions, more focus, and more elements...

The problem with most programs is that you get so much information it's very easy to get overwhelmed and not know where to start or how to implement things...

One of the most important parts of PAB is how it's designed. The training is intentionally broken down into **10 sessions** released every **9 days**. And each session you learn **ONE New Money Generating Habit** and how to implement it in your life...

You then get the entire next 9 days to practice that habit and develop it into a muscle... This means each week you are only practicing one thing - and that's why this training is so effective...

We are literally building your money making habits as you go through this program, because each week builds off the previous week, so you never get overwhelmed and you are implementing the program as you go through it...

This Program Is Not An "ALL AT ONCE" Training...

Some things can be "crammed" and learned in a day. But creating habits...

The reason why we spend **90 days** together, and do little "baby steps" is because we want to create change that **STICKS**...

We begin **PAB** with an **Introduction Video** - that you watch as soon as you register it will give you the foundational mind-sets and approaches of the **PAB**. We'll then identify what to focus on for the biggest results in your life and business...



Then we get into the **CORE Of The Program!** We will re-train your brain from the inside out and help you overcome what's holding you back and you will develop unstoppable confidence, certainty and clarity and that will give you the personal power to breakthrough anything that's been holding you back in the past...

The cool thing is, **EVEN** when you're scared, you'll **DEFAULT** to the activity which generates income. You'll re-condition yourself to take massive action in the 20% of things you hate and are scared of that get 80% of results pertaining to the income and impact you have...

Isn't that awesome, can you imagine how different your life will be once you know how to do that?

As I said earlier In PAB...

We Focus On PERMANENT Installation of 2 Habits: Override Emotions, and Creating The AUTOMATED Habit of Action (for Income Generating Activities!)

And we take a full 90 days to do it, so you have plenty of time to learn each step, and get it right...

Changing habits doesn't happen overnight. That's why we're going to work together for 90 days... to make sure that they are designed right, implemented right, and that they **STICK**...

Very few people alive know or realize what you're going to learn and all of it will help you break free from your current level of income. Instead of knowing what to do, you will **DO** what you **KNOW**. This is what doesn't happen with the courses you've invested in, in the past and as a result you deviate from the action you start taking within 1-2 weeks...



This isn't even close to the coolest thing you'll learn. You'll Discover The **OPTIMUM** Time of Day To Create A **NEW** Cash Generating Habit Which Lasts! So Instead of getting to the end of a non-productive day feeling the guilt of your comfort zones Facebook, TV! You're New Comfort Zone IS Cash generation!

This is so powerful I'm going to offer this for only **\$2,997** but... I'll let YOU have it, along with The Procrastination Annihilation Blueprint 7 Brain Hacks + Execution Plan your getting free

A Total value of **\$3,994** for just **\$397** only!

Cash Generating Habits That Stick (90 Day Blueprint) (~~\$2,997~~)

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Procrastination Annihilation Blueprint 7 Brain Hacks + Execution Plan (~~\$997~~ FREE)

(Total Value ~~\$3,994~~) **ONLY \$397!**

This is only for people who bought ("The Ultimate SUPERCHARGED Brain Hack)

WARNING: This is a promotional price... The web page this special pricing, will not stay up forever...

What's the catch? The catch is, I appreciate the fact that this may be the first time you are investing with me. My hope is if I blow you away with THIS training, you will want to invest in my other more advanced solutions to 10X the quality and speed of your results...

The real catch is.. I hope we fall in love and that today marks the beginning of The Epic Life for you and your family!

Just imagine what your life will be like when it's your
**habit to Override Fear & Control Your Emotions and
automatically default to your NEW comfort zone
Cash GENERATION!**

This is the supplement training you should take with all other trainings you invest in, in the future,

You apply what you learn in THIS program to ANYTHING and you WILL habitually take massive action with everything you buy... AUTOMATICALLY!

Just imagine where your life will be 1 year from today, if you do that?

**My Promise Is That If You INSTALL
These 2 NEW Habits...**

...that you will ANNIHILATE Procrastination in **90 days** and take massive action relentlessly automatically! It will be **2nd nature** to you!

Can you create **2 NEW Habits** Over **90 days**? Sure you can! This is the game changer! The system will work for you if you put it to work!

It's taken me **9 years 15,000 hours** studying, I've spent the last **3 months** for **6 hours** a day refining and synthesizing it, to perfect, into a form where you can grasp it and act on it, it will instantly impact your performance best of all you won't need to risk a penny to take advantage of this...

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Either Income Generation Becomes Your NEW Comfort Zone Or Your Money Back

PAB not only comes with a **100% money-back guarantee**, like all of my training courses. It comes with a **DOUBLE** guarantee...



Click on the link at the bottom of this ebook right now to upgrade your order.

Your investment is 100% guaranteed... At any point during the next 30 days you can receive a full refund... for any reason. no hassle...

However... Remember my **MAJOR ANNOUNCEMENT?**

I'm making it IMPOSSIBLE not to make money!!!

After **90 days** if you show me you've done all the exercises and you haven't annihilated procrastination, you don't have a new comfort zone and you aren't generating cash automatically,

Go Through The Course For A FULL 30 Days, with NO Risk...

If at any point in the first month you decide that the course isn't right for you, just email my team support@theepiclife.co.uk to cancel your registration, and we'll give a **full refund** - no questions, and no hassles...



Go Through The Entire 90 Days of PAB, and Take The Entire Training With Me...

At the end of 90 days, if you've attended all of your weekly sessions, and done all of the exercises, and **Income Generation** hasn't Become Your **NEW Comfort Zone**. All you have to do is send me your completed exercises, to show me that you actually went through the course and used what you learned. You are protected by our **PROFIT BACK GUARANTEE**...



PROFIT BACK GUARANTEE TM

IT'S IMPOSSIBLE NOT TO MAKE MONEY!

You are 100% protected by our full **90 day** profit back guarantee, not only will I refund you 100% of your money back in full...

I will **personally** pay you an *additional \$1* out of MY pocket!!!

I'm literally **paying** YOU to try this! **Worse case scenario:** is you take advantage of this and earn **\$1 profit** and the reason I can do this is because I know it works.

I want you to be able to say the one investment you made with The Epic Life you made a profit.

I will not only refund 100% of your money, I will take \$1 out my own pocket and give it to you... I want you to be able to say the one investment you made with me you made a profit... It's my **90 day profit back guarantee**... I'm literally paying you to try this...

"This is your last chance to upgrade at this crazy low investment, this isn't available anywhere else..."

Click the **LINK ON THE LAST PAGE** below to
UPGRADE TO [The (90 Day Blueprint) Cash Generating Habits That Stick],

You get all 7 Brain Hacks and The Execution Plan

www.theepiclife.tv

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In PAB Absolutely FREE...

There's no risk... The worst case scenario is you make **\$1** profit guaranteed...

I hope you enjoyed watching this as much as I enjoyed making it for you...

You know you're obviously really serious about **Procrastination Annihilation** and watching the epic life you envision in your mind become your actual visible experience in the next 1-3 years maybe even driving your dream car 6 months from now! and I just want to take some time to acknowledge you for that...

Most people who are serious take a look at **Procrastination Annihilation Blueprint & CASH GENERATING HABITS that STICK,**

Look I don't know of anyone giving the crazy guarantee I'm offering you. It's IMPOSSIBLE Not To Make Money!

Because YOU get PAID to try this! You either love it or I will buy it back from you for \$1 profit. I want you to be able to say that the one investment you made to ultimately transform your mind and your financial life this year you made a profit!

So go ahead even if you're sceptical, bring your scepticism with you to the secret training portal, you will either be amazed or make a profit: so I look forward to seeing you inside...

Click the link at the bottom of this ebook and let's get started..."

Watch this training get it fixed in your mind, and when it's fixed in your mind... You've got it... and you'll KNOW you've got it...

I'm gonna give you a...

NEW Comfort Zone & Habits Which Generates Cash Automatically

Click the button below... See you inside...

Are YOU Ready To Install a Habit EVERY Day Where You Put Yourself Into A Powerful, Motivated, Inspired, Focused State?

What would it be worth to install a habit into your work life so that you focused on the highest-value money-making activities in your business first thing... and did them every day so that you consistently grew your profit and income?

SUCCESS really is about the **ACCUMULATED MOMENTUM** and results you get when you do the right things day after day in your life and business. No long-term success happens in life or business without this as the foundation...

It's all about getting a sense of purpose, control, success... and mastery... so that you can relax and have the deep, felt experience of safety, security and satisfaction that only comes when you're actually **DOING** what you know you're capable of, and living up to your potential. No one is going to do it for us. And no one is going to make sure we do it. It's up to us...



What If You Had Actually Learned How To Building Cash Generating Habits & NEW Comfort Zones A Few Years Ago?

Where Would YOU Be Right NOW?

If you're interested in becoming a successful business person who has financial freedom and discretionary time and freedom to do what you want you'll do what's convenient, but if you're committed you'll do whatever it takes!



Motivation gets you started. Good habits keep you going. We will build good habits, To get what you want you have to deserve what you want...

Your emotional bank account determines, Your financial bank account. You Make Your Choices and Your Choices Make You!

If you are not conscious of what you are doing you basically leave the success you want to experience up to chance. If you become conscious of what you are doing you leave the success you want to experience up to predictable inevitability and after time, the good you have learnt to do consciously becomes automatic...

So here's what to do: make a decision that you're going to break free today and choose one of the best options for you, pay in full or take the payment plan...

IF FINANCIAL INDEPENDENCE IS IMPORTANT TO YOU...

Mastering Your Emotions So You Take Action When You Are Scared
or Don't Feel Like It Is The MOST Important Skill To Conquer...

This will take you from where you are to where you are to where you want to be...



P.S. Out of every 100 people that set a new years resolution, ONLY 8 are committed and follow through with it...

92% are only INTERESTED Vs 8% are COMMITTED...

WHICH ONE ARE YOU?

If You're COMMITTED, I Look Forward to Working With You...



IT'S IMPOSSIBLE NOT TO MAKE MONEY!
CLICK HERE TO CREATE CASH
GENERATING HABITS

Click >> <https://theepiclife.co.uk/pab-checkout-397/>

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