

Module 3

Our mind - a Blessing or a Curse

Practical Exercise 1 - Not feeling like doing something?

When you don't feel like doing a task, just close your eyes and visualize yourself doing that thing. Just 15 seconds are enough. Try it. See yourself performing that action for 15 seconds.

You'll find your motivation to do that task increases significantly. Sometimes you'll just start doing the visualized action without even realizing it.

You must understand however that it works the other way around as well. If you see yourself playing computer games, or eating, or watching movies, that's what you'll feel like doing. So it's important to replace those unproductive images in our mind with images of the behavior we want to have.

15 seconds. Try it.

Practical Exercise 2 - Do you want a stronger imagination?

Look at your hand for 10 seconds and try to memorize it visually. Then, close your eye and try to see your hand in your mind's eye. Try to see it as clear as possible. Do this until you can clearly see your hand in your imagination.

This exercise will help you improve your ability to create and hold images in your mind. Having a strong imagination enables us to find solutions more easily, become more creative, simulate actions in your mind, and of course change our self-image (which is the most important factor).

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Practical Exercise 3 - Do you want a stronger willpower?

This exercise is by far the hardest exercise in this entire course. It is recommended that you do this exercise for at least 30 days.

Draw a small dot on a wall. Then place a chair in front of that wall. Sit on that chair for 5 minutes and look only at the dot. Try to keep your eyes and your mind focused only on the dot. When you feel your mind wanders, bring it back to the dot and don't feel bad about it.

The key is to observe your thoughts as they come into your mind and ignore them in order to focus on the dot. In other words, stay present. Don't let yourself be carried away by your random thoughts. Let them pass and keep your attention focused on the dot. Stay present for 5 minutes.

One of our favorite authors said: "Attention is the maximum level of personal development that can be achieved."

Think about it. If you have attention, you have everything else. You are able to choose what you think and how you act all the time. What else do you need for outstanding success?

Note:

Do not try to implement more than 2 practical exercises in your daily routine. It's better to be consistent with small steps than to do everything at once and get burned out in a few days.