



# SmartStart !Instant Act!on

*Success tools and techniques for superior self-motivation*

The purpose of the **!Instant Act!on** series is to help you **break free of your limiting mindset** so you can get started and then keep moving forward in creating your personal success story. To do this, you are going to have to ask yourself some very big questions. And you will have to let go of all the requirements and restrictions you have learned up to this point in your life.

**"The only limitations you will ever have are those that exist in your mind!"**

We create our own futures. And you have **18 billion brain cells waiting to be activated** to do exactly as you command. Most are untapped. Meanwhile, the conditioning you've received in your life to date is so complete you'll need to spend half a lifetime unlearning what you've learned thus far and reprogramming yourself to be who you truly are so you can experience more fully what can be made of your existing human potential.

I'm going to introduce you to many tools and techniques to help you with this. **Fewer than 10%** of you will actually ever do the work. But for those of you who do, the most incredible things will happen.

I suggest you buy yourself a very special journal in which to record the work of mapping out your success plan and track your progress. You are about to set out on an incredible journey of personal and professional transformation called **Future Diary**.

**"You are the only qualified author of your Future Diary."**

In these private pages, you must **let go of all conventions and rules** and **replace them with the freedom of thinking bigger** than you've ever thought before. Be spontaneous. **Draw on your intuition** in expressing yourself.

Train yourself to get comfortable with asking bigger and bigger questions. Mind-blowing huge questions. Because **when you ask yourself progressively bigger questions, your subconscious mind will immediately get to work on answering them for you.**

**"Tap into your resident genius!"**

Did you know **you were born with genius inside of you?** Then you got older, went to school and promptly forgot most of what you were born knowing. You've been inundated with negative thinking. This means **you are now a composite of the belief systems and life assumptions of your peers, parents and teachers.**

## INSTANT ACTION continued

**“Discover how much mind power you really and truly have!”**

If you are going to be successful you’re now going to have to **let go of all that mental conditioning**. It won’t be easy, but it will be worth it.

You won’t always understand why I’m asking you to do some of these crazy exercises. And I won’t be offering an explanation at the time of the assignment. I will only give you the instructions. It’s up to you to do the work. In the next month’s bulletin, I’ll tell you exactly what was behind the previous assignment and what it tells you about yourself.

This work will have a much greater impact on you if you do it before finding out the reasoning behind it. And please don’t cheat yourself by not doing the work. Regular systematic work of this kind will teach you how much mind power you really have. Prepare to be amazed!

### Assignment #1

### YOUR LIFE MATRIX

#### STEP 1

Create a table with 100 cells numbered 00 through 99 organized as a matrix. You can create this in any way using any tool you wish.

Design the matrix based on your intuition (e.g., 4 columns of 25 cells, 10 columns of 10 or whatever makes the most sense to you). Each cell represents 1 year of your life; the columns key stages in your life. You do not have to put an equal number of cells in each column.

#### STEP 2

In each cell (and for all 100 cells), list the skills you can recall starting to learn in that year (whether or not you mastered them in the same year is irrelevant) or, for those cells greater than your current age, that you intend or hope to acquire in that year of your life.

Friends and family can help you identify past skills for your chart. Future skills can be anything you want.

#### STEP 3

Consider all 9 aspects of life mastery (physical, emotional, intellectual, social, moral, sexual, professional, financial, and spiritual).

When you have completed your life matrix as best you can, consider each skill you listed individually. If you have mastered the skill AND are still using it to support present day living in any way, highlight it using coloured text, bold, or italics to distinguish it from other skills.

**P.S.** In next month’s lesson, I’ll help you interpret what your chart tells you about yourself. I’ll also explain why we started with this exercise and not the more usual “goal setting” stuff! Don’t worry, I will be teaching you effective goal setting strategies; it’s just not the best place for you to start for reasons that will become clear soon. So you’ll just have to trust me when I say you are not anywhere near ready for goal setting just yet.