

POD 6 TOC Technique Training Exercise

Beliefs about My Rich Mind and My Worth Directions:

- You can answer these questions yourself or work with a partner for this exercise.
- Write down what Mom, Dad, friends, relationships, etc., taught you about your worth and your ability to create your life. You are not telling your story—just mentioning briefly what you learned to believe about yourself.

Questions

1. What did Dad tell you about your worth through his words and actions?
2. What did Mom tell you about your place in the world through her words and actions?
3. What were you taught to believe about your social obligations to your family, job and culture?
4. What school experiences did you have that framed my self-worth?
5. List 3-5 of your greatest fears about increasing your success.

Exercise: Clearing Beliefs about My Rich Mind

In this exercise, you take the beliefs you discovered and use The One Command® to change them into the experience you truly want.

Use the Simple Format for Forming a Command handout.

1. Identify the belief you want to change, remove or improve.
2. Identify what you would like instead.
3. What will improve as a result?
4. Using the Six Steps handout, go through the Six Steps and The One Command® to create what you want.

Directions

Change the most important beliefs first. You can now go through the steps while sitting. Have your partner read through the 6 Steps once you have your commands formed. Have your partner read your command at that stage in the process.

- Ground
- Align
- Go To Theta
- Command
- Expand – here is the new information to visualize.
- Receive – unwind old beliefs and rewind new beliefs.

Change at least three beliefs in this manner and then change roles with your partner and let him or her go through the process..

Second Practice Exercise: What do I believe about Receiving?

1. What do I believe about receiving?
2. What are the ways that I receive now?
3. What are the new ways I can receive?
(use your imagination)

In this exercise, you take the beliefs you discovered and use The One Command to change them into the experience you want instead. You use the “Simple Format for Forming a Command” handout if you wish.

1. Identify what you want to change, remove or improve.
2. Identify what you want instead.
3. Go through the 6-Steps and The One Command to create what you want.

Your Personal Inventory

These exercises are for you to investigate and uncover more about yourself. Answer the questions and then summarize what you learned about yourself.

Exercise: Investigate what you believed to be true about yourself. What was your birth order and from that position you learned to believe you have to.....

Because of your gender what did you learn to believe about being female/male? Your family's social position was--example (poor, rich, well established, drunk and disorderly). List how this affected you in your ideas about yourself and the world.

Your family taught you_____ spiritual religious practices and today you believe: List beliefs.

In school you were what kind of student? And how did that make you feel about yourself?

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n school what was your social position and how did that make you feel?

Exercise: Changing beliefs that inhibit your greater success: Please email your conclusions to clientcare@successbyyourcommand.com and ask for your Certificate of Completion.

In this exercise, you take the beliefs you discovered in your personal inventory and use The One Command® to change them into the experience you truly want.

What is great to know is that you are not changing the experience – you are only changing the decision you made about the experience.

For example maybe you think you are not smart enough because of some school experience. You Command I don't know how I am smart and capable NOW I only know it is so and I am fulfilled.