

The Secrets of The One Command Revealed

The Foundation Course:

The Secret Power of Your Rich Mind

POD 3 The Foundation Course – Applying The One Command For Your Success

This practice exercise is for your learning only. You do not submit it to anyone for review. So take the time to be honest with yourself to uncover what is within you that wants to change.

If you have a friend, partner or family member to work with you as a One Command Buddy, you can work on this together and take turns taking each other through the 6-steps on paper.

Using the answers about your highest values from Practice Exercise POD 1, use the handout “A Simple Format to Create a Command” to form your commands.

Example:

What do you want to change, remove or improve?

I never have enough money.

What do you want instead?

To have all the resources and money I need.

What will improve as a result?

I will feel safer and more relaxed knowing that I have enough.

Now you are ready to go through the Six Step Process into theta, make your command and change your life. Use those command that you just created during this exercise.

Grab your One Command Buddy. Print out the 6 steps and lay them out horizontally on the floor. Have your Buddy guide you through the 6-steps using the handout “The Six Step Process Long Version.”