

Choose a Color to Make A Command

1. Write down something that is not working for you.

Example: Slow cash flow, need to go past my existing money earning barrier rate it at negative 7 (for example)

2. Write down something that is working for you.

Example: Quality time with family, praise at work rate it at positive 8 (for example)

3: Calibrate on a scale of 0-10 their impact on you either negative or positive

4. Assign a color value to both experiences

Example: #1 is Yucky grey #2 is Bright Blue

Based only on the positive #2 color command:

"I don't know how I came to be so Brilliant Blue and have Brilliant Blue experiences. I only know I am Brilliant Blue now and I am fulfilled!

Go back and recalibrate

- What do you know now that you didn't know before?
- How do you feel about your negative experience now - rate them on the 0-10 scale again.
- More neutral?
- Release stress and fear – eliminate them as motivators to get you to take action. They never work.
- The peaceful relaxed state is what does take you to a greater level of success.