

The One Command Technique Training Exercise

POD 4

POD 4 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.

Form your commands.

Example:

What do you want to change, remove or improve?

I never have enough money.

Or

It seems difficult to connect with others

What do you want instead?

To have all the resources and money I need.

Or

I successfully co-operate with larger organizations

What will improve as a result?

I will feel safer and more relaxed knowing that I have enough and I am connecting with others.

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."