

# **The Secrets of The One Command Revealed**

## **The Foundation Course:**

### **The Secret Power of Your Rich Mind**

#### **POD 1 Practice Exercise – The Core Concepts of Your Rich Mind**

This 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 do this exercise together.

#### **What are your 5 highest values?**

Take a few minutes to write out what your 5 highest values are. Ask yourself, are you living your values?

#### **What are your fears & concerns about living your highest values?**

Be as honest as you can—go deep. The deeper you go, the greater change you can make.

#### **How would your life be different living from your 5 highest values?**

Grab a magic wand and wave it! Be imaginative – wish for what you want with no restrictions.

#### **In what part of your mind will you find your highest values?**