

"Unstoppable Self-Confidence" 2 of 2

By Andrew Leedham

May 11, 2020

- Weekly Product and Business Meeting – Every Saturday, 10 AM CT. <https://zoom.us/j/215452258> or www.allaboutmannatech.com
- Next TNL, May 12th www.allaboutmannatech.com
- New 3 Lap Mini-incentive?
- Are you using the Customer Referral Program? Docs are in the library

STEP 3: Installing the Mindset of the 1%

1. Reclaim your Superpower: "You are a superpower pretending to be an ordinary person." Richard Wilkins
 - a. Open your mind to what's not only possible but what is probable when you get your thinking right. Really, daydream on who you could become...your grandest visions you had about yourself and your life.
 - b. You are not capable of having a dream or desire that you are not capable of achieving. What truly controls your life is your mind so by allowing that to run free, you are never able to create what you choose. Change your thinking, change your life! Your ego is a problem! Thoughts that cause pain...makes you feel bad, block your success are coming from ego. Let it go!
 - c. There is nothing wrong with you and there never was...you don't need fixing. All of those limits....not good enough, not capable enough, not deserving, not being the person who can...is NOT who you really are. Your limits are a result of all the layers of bad teaching, muddled thinking, stifling, limited social thinking, bad undermining thoughts of most of society that you came to think were normal.
 - d. Build a strong default state. You need to unlearn layers of limited thinking, limited patterns that work against your confidence. Here is the process he uses;
 - 1) Every morning: spend 5 minutes in bed thinking of what you are grateful for. First thoughts are calm grateful and happy. see abundance 1st thing!
 - 2) Then as shower etc. start daydreaming on what you want.
 - 3) As get dressed and eat breakfast, back to adding to your gratitude.
 - 4) As ego enters in, don't fight it 'cause that gives it power. Observe and be aware of it...robs it of power.
 - 5) Whenever feel bad, go back to positive thought 15 secs then "No Mind" 15 secs.
 - 6) Before go to bed at night, bring in NO Mind, bringing in what I am grateful for and recognize everything happening is exactly what I need to get to my highest good. When we change our thinking, we change our world. Let go of all judgment, fighting and resistance. The quality of your thinking controls the quality of your life. Have a healthy ROUTINE!
 - e. Our frustration is not that we don't know what to do but rather we know and we still don't do it! Your default state needs to be powerful. What is yours? Working on your mindset every morning should be like brushing your teeth. What are those affirmations (affirmations ...Noah St John) you use everyday!
 - f. Start everyday with thoughts of "What am I grateful for
 - g. Your subconscious is your power...never go to bed without giving your subconscious a problem.

g. *"Listen to your intuition. It will tell you all you need to know."* Anthony J. D'Angelou

2. The incredible power of authenticity-Part 1 p. 272

a. *"The privilege of a lifetime is to become who you really are."* Carl Jung. Fully authentic...when was the last time you were really you? We become programmed by other peoples' rules, lies about us, experiences. When we can just choose who we are! *"When you realize the truth that it's not you, the real you but your ego (your false self) that you don't like, then the whole equation of confidence and self-doubt transforms."*

b. "I am. Two of the most powerful words for what you put after them creates your reality." Bevan Lee

c. *"Success and confidence is achieved by realizing the incredible truth of who you are and in a calm workmanlike way changing your default setting back to your naturally confident and successful state."*

d. Second part is to Create New Rules: Your code for Life (see attachments)

e. Living authentically is to act with complete integrity. When you lie to someone (including yourself), you are saying they (you) can't handle the truth. That is disrespectful and patronizing.

f. Integrity and honesty are the "meta values": foundational stone for all other values. The 1% who live their lives on their terms embrace truth in every aspect of their lives.

"Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving." James Faust

3. The Incredible Power of Authenticity-Part 2

a. See Marianne Williamson quote..." "We ask ourselves "Who am I...Authenticity is the opposite of people pleasing.

"We ask ourselves, 'Who am I to be brilliant, gorgeous, talented and fabulous?' Actually who are you not to be? Your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. As we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." ~ Marianne Williamson

b. When you play small, you rob the world. Modesty is one thing, playing small so you do not overpower others is another. Your voice needs to be heard so play full out.

c. How easily do you see good in yourself? Most just see the negative...in fact amplify the weaknesses in ourselves. Truth is you are talented beyond measure!

Putting yourself first is not saying you do not care about others. It is just saying you are smart enough to know if you don't take care of yourself, you are no good to others. How do YOU rate your relationship with yourself?

d. Do you love yourself? We think that is conceit...A BIG LIE! *"Notice how your ego reacts against what I say about me."* Notice what you think when you say the same things about you? pages 297- 299

"Loving yourself is not vanity it is sanity!"

e. When you do not love yourself, you are not filled with love so you enter into any relationship in order to GET, to take from the other person! Through self-love you now can give more love to the world. Becoming the best you is the greatest gift you can give this world.

4. The Carefree Operating System

"Being free brings a lightness, a carefree surrender to all that is happening around you, and above all, an acceptance of reality." Deepak Chopra

a. Carefree people have a wonderful energy. They have not just self-confidence, but confidence about life. Deep calmness like serenity. They too have problems but they recognize they are bigger than their problems.

b. It doesn't mean you don't care. You just are not attached. "You desire but do not need." "Instead of forcing life, you work in harmony with life." Simultaneously make your best life and live your best life.

c. *"Everything that happens in your life, happens perfectly in order for you - and everyone involved with you - to grow exactly in the way you've needed and wanted to grow."* Neale Donald Walsch . Attachment and need come from thinking that things have to work out a certain way.

Andrew talked about his divorce...if it never would have happened then his life would not have entered into his journey to write this book that came out of pain. *"Everything works out of the best even though it looks like the very worst thing to happen to you."*

You no longer fear of bad things happening to you. Confident and successful people have no attachment to outcomes. Challenges are just situations to deal with and overcome. Yet another victory.

b. 5 Step process to deal with any challenge that arises:

1) Slow down, calm your mind, control your thoughts, not your ego.

2) Remind yourself of the TRUTH: no matter what happens you know life will work out for the best...and this is for your highest good.

3) Consider all the possible ways this could work out for the best for you.

4) Decide what your desired outcome is...acknowledging there may be others that happen but clear on your desired one.

5) Consider all your options on creating the desired outcome, and work to create them.

c. 3 things you need to acknowledge:

1) Your greatest power comes from surrender.

2) *"It ain't what you don't know that gets you in trouble. It's what you know for sure that just ain't so."* Mark Twain

3) You relax into the uncertainty of life knowing it is nothing to fear, instead something to be enjoyed, an adventure.

d. The transformative power of gratitude. *"If the only prayer you said in your whole life was 'thank-you,' that would be enough."* Meister Eckhart

1) Make a gratitude list and refer to it often. (If you don't do it today you will be unlikely to ever do it.)

e. Why do we feel we should feel bad? Could've would've should've has a lot to do with it. Let it go! All things happen to grow from not to feel bad about.

5. The Secret Method for getting what you really want

a. "Life punishes the vague wish and rewards the specific ask." Tim Ferriss; when you ask people what they want in life most answers are totally vague. Then, can't create success.

b. He highly recommends Andy Shaw's work, Life Design Workshop (www.saltori.com)

c. Don't go passive. To reach your goals you need to actively go after them. So, rely on the Law of Attraction...then go passive. Avoid this trap! It takes work by you.

d. Creating your life by design...Natural goal setting:

1) Give yourself complete freedom to choose what you truly want

- 2) Completely let go of any sense of it being unrealistic (Steve Jobs *"The ones that are crazy enough to think they can change the world are the ones that do."*)
- 3) Forget about goal setting...you are designing your dream life.
(see recap of the Life Design Process attached hereto 1-11)

6. How to live life on purpose

"The purpose of life is to find your gift. The meaning of life is to give it away."

David Viscott

- a. Life falls in place when you live it on purpose. Mistake many make is tying it to money! You follow your life purpose and you will attract all the wealth.
- b. Motivation is temporary. Inspiration lasts forever.
- c. Finding life purpose Steve Jobs *"We are here to put a dent in the universe. Otherwise, why else even be here?"*

- 1) Defining what your purpose looks like (what your dream life looks like...create a full list)

- 2) Consider each item on the list...*"what would fit all things on your list?"*

- 3) Allow the answer to emerge: don't force it

"The difference between great people and everyone else is that great people create their lives actively, whilst everyone else is created by their lives, passively waiting to see where life takes them next." Michael Gerber

Andrew Leedham: ***"The difference between the 1% who unleash that greatness and the 99% who waste it, is choice."***

7. Unleashing your natural abundance

"Expect your every need to be met. Expect the answer to every problem. Expect abundance on every level." Eileen Caddy

- a. Most people do not feel they deserve abundance. They expect lack! They unconsciously program their subconscious minds to seek out lack.
- b. Deprivation mindset will create lack. Abundance mindset will result in abundance. Direct and focus your mind and emotions on abundance!
- c. *"We don't see things as they are. We see things as we are."* Anais Nin
- d. Our egos only look at things a certain way...how we have trained it by our limited thinking. We only look at one side of the risk equation...never the full picture.

8. The power of perspective

"Nothing has any meaning in life except that which we give it." Tony Robbins

- a. Perception is more important than reality. *"Each and every experience we have is mediated through our perception - the lens, the meaning, we place upon those experiences."*
- b. Deal with failure as an incredible experience...learn to fail forward.
- c. Your perspective creates your reality.

"First you make your beliefs, and then your beliefs create you." Marisa Peer

STEP 4: LIVING LIFE ON YOUR TERMS

1. The steps to become unstoppable...installing the right thinking

"You have the greatness within you and a responsibility to manifest that greatness." Les Brown

- a. We have a responsibility to become "THE BEST YOU." In every relationship you can always be on a path of improvement so why are you not? Why have you sold out? Operate from the best version of yourself and you will unleash the greatness of the relationship.

- b. Einstein's incredible insight: "No problem can be solved from the same level of consciousness that caused it." When we become better...., we become better in everything because we "are operating at a higher level of (our) their true potential."
 - c. The shorter time between making a decision and acting upon it, the greater your chances of success. *"That is because momentum is the key to success."* Andy Shaw says "READY FIRE AIM"...in other words take ACTION!!
 - d. Requires that you are willing to be a beginner...quit worrying about being the expert. Deciding not to get started because you don't know enough, etc etc., only guarantees you will NEVER BECOME AN EXPERT!
 - e. *"The size of your success is measured by the strength of your desire, the size of your dream and how you handle disappointment along the way."* Robert Kiyosaki
 - f. Here are a Few very powerful thought structures...because your ego will catch you off guard and reverse your thinking so BE AWARE of loser thinking!
 - 1) Detach and observe: when something gets you off balance, STOP...get back control of your mind (2 step process of 15-15 seconds, then gratitude), then realize whatever you're facing is "just a situation to deal with."
 - 2) Expect problems to resolve themselves...shifting your mind from doubt to certainty. Expect what you do will help resolve the problem.
 - "You have hidden talents, strengths, resilience, and genius. Adversity reveals these talents, comfortable ease hides them away and they atrophy."
 - g. So, each day just make the effort to be a little better than the last. See how ego gets in the way...stops you from being your best?
2. So, what will you do now?
- "You have to build systems to protect against your lesser self."*** Neil Strauss
- a. Consistently be mindful to protect against the "I am not enough..." syndrome. Go back to the 15-15-gratitude exercise.
 - b. Stay in reading positive books, positive Affirmations (Noah St John).
 - c. We all need a routine until it becomes second nature so set reminders on your phone, on your computer, habits you never vary from re-instating all of these powerful habits to allow you to live your life to its fullest.
 - These are like brushing your teeth! You do them the rest of your life!

Your Code for Life

1. I don't accept others rules - I will define my own.
2. I make the intelligent but bold choice - I do not play small, ever.
3. I am 100% authentically me, no matter what.
4. I say 'no' to things that don't work for me and that don't align with my values.
5. I spend time every day working on my mind.
6. I am clear and direct in my communication.
7. I am kind, decent and act with integrity but I will never tolerate anything less than the same from other people in my life.
8. No negativity.
9. I do not let anyone treat me badly, ever, under any circumstances.
10. I ask for what I want and express how I feel.
11. I put myself first, because only then can I give the very best of myself to others.
12. I am 100% responsible for the quality of my life.
13. I observe not judge.
14. I look for and take the benefits from every situation and leave the baggage behind.
15. I remember that everything works out for the best.
16. I don't hide any part of me away or pretend to be something I'm not.
17. I don't seek anyone's approval, ever.
18. I accept that the only thing I can control is my mind. I work diligently on achieving the outcomes I desire but I detach from needing any specific outcome to happen.
19. I live in alignment with the truth that failure is how success is achieved.
20. My job is to be the very best version of me always. I recognize and completely accept that some people will love me, and some will not and I am completely ok with both. My measure is how I feel about me.
21. I recognize that fear is an illusion my ego uses to keep me playing small. So I never allow my fears to limit my choices.
22. My highest goal is my happiness.
24. I focus on progress not perfection – momentum is my friend.

Recap of the Life Design Process

1. Create your list of your life desires.
2. Score each desire with a percentage of how important it is to you.
3. Rank your desires in order of importance.
4. Work out why you want it – to make sure you really do want it and not just think you should want it.
5. Start creating your detailed designs.
6. Find your anchor thought for each one.
7. See all the ways it could happen, not definitely will, just could.
8. In your mind go forward in time and see your designs as done, complete, as having already happened.
9. Feel the incredible feelings the incredible sense of gratitude you feel having this design as part of your life.
10. Keep going until you have removed all doubts.
11. Go and create and keep going UNTIL your designs have become your reality. Focus on taking the next step and only the next step. Then the next, then the next.