

How to Tackle What is Holding You Back From Success

February 26, 2018

- TNL, February 27th at 7:30 PM CDT at Mannatech Corp offices or www.mannatechlive.com - Kevin Robbins Presenting
- Next Dallas Business Training – Saturday March 3rd at 9 AM CT Mannatech Corp offices or www.mannatechlive.com Put on your Calendar TODAY
- Are you registered for Mannafest 2018...an event not to miss.
www.mannafest.com
- Have you checked out the document in the library – “Manapol The World’s Greatest Aloe” <http://library.mannatech.com/9622>

Mannafest: BE THERE!! Here are some ideas...

Notes from 1 Session of 2-Day seminar by Gary Cox

1. 2 things that cause us to succeed:

a. Belief

b. Value

Another MYTH out there is Belief is Everything! NOT!! Must have Value
...level of importance you put on something.

Two Real types of Values:

1) those that make you move forward

2) those you try to avoid

2. Why you behave the way you behave...

a. We are a sum total of our experiences

When we experience something up to 5+ years old, something that scares us...stays with us...we are all emotional responses because we are not cognitively advanced we don't consciously do this, it becomes programmed

b. Now when we experience something like that, our same emotion is triggered and rather than dismiss it (because that is calling ourselves a liar), it controls us

c. It is time to consciously wire your brain

3. EID...Emotionally Impacted Decisions

a. When we have a tragedy, behavior results. So, emotionally impacted.

b. Value and Belief...is what changes us. Do not let negative emotions impact you
So, start evaluating “why do I react like that?” Is it from Value and Belief or emotion?

4. We Have VALUES

a. Everyone...list your top 10 Values

Most based on: Faith
Friends
Finances
Family

b. When we don't get it, the world doesn't rotate

c. 3 kinds of values:

- (1) What you say they are
- (2) What they should be
- (3) What they really are

d. Talk is cheap: ACTION is what counts

- 1) If you feel conflicted/unfulfilled, then your values are not clear you are at a Crossroads.
- 2) To take action and take it consistently, get clarity on your values

e. 2 things happen when move through Life when it comes to our values:

- (1) energize you
- (2) desensitize you

The Jeffrey Dahmers of the world the guy in Florida ...

they desensitize as to their values by starting to kill animals...then it is people

How does an alcoholic become an alcoholic? 1 drink at a time

THAT is why you need to be aware of VALUES

Conscious of them everyday...every moment so you don't start "1 drink at a time"

Notice the gradual desensitization...

5. How do you own/use pain to motivate you?

a. How to take action when you don't feel like it...

Values access your emotional state

CONFLICT (work second job to provide OUCH; rather make this work!)

b. We Justify...

6. Make sure the conditions for experiencing values are not based on other peoples actions or experiences! Giving other people control of your life!

"If (somebody) does (something), then I will take action." NO!!

6. Find out in the past which of these feelings are triggered:

We need to FOCUS on being happier...

If you can't talk about something in your past without negative emotions, it's still in your emotional hard drive. So, haven't reached emotional freedom yet.

7. DESIGN YOUR LIFE to make you experience your highest values more often

a. We have created Rules that we've hard wired our brain...

b. HOW TO CHANGE YOUR VALUES

we allow external stimuli to control us sometimes

c. Use Common Sense. Why don't we use it?

Every one of us gives Power to something...what are you giving POWER to??

d. The nervous system can't tell the difference between imagination and reality

(1) A Story is a Story is a Story

(2) Imagine what you can do about it...by changing your story, you can take control!

Whether it is finance, relationships, whatever...become a Master of Your Story!

8. Who influences you the most? YOU DO! You spend the most time with YOU!

You better make sure you know what your recording is!

Here is a Process to change Value and Belief System at same time

4 "Page" Process of Changing a Belief

Page 1: WHY to change

Need a high enough Value on WHY to move the Needle...

(he used the fear of holding a live snake)

1. Control over my mind and emotions

HOPE is the anchor of the soul

Purpose is critical

*Look for things/ways to have more HOPE

(Don't need to know where the phobia came from, Just need to CHANGE the association)

Page 2: Empowering Beliefs

"I'm in control"

"I don't have to run"

"It won't bite me"

"No Problem"

Feelings change last...

("when my feelings (Page 4) are not in harmony with my goals, IGNORE my feelings")

We need to change our nervous system: imagination and reality ...nervous system does not distinguish

Page 4: Limited Beliefs

need to find these out

For every belief I act on, I get a result

I have to run (see a snake)

It will bite me

We tend to reward a limited belief

We are programmed...slave to feelings

(1st 5 years are most impressionable...so shows you why you are a slave to your feelings as that is how you spent the entire first 5 years of your life! Need an entire life to overcome this.)

Page 3: New Feelings and Emotions

(we never had these before and we had Page 4 since we were 5 years old so we now need to make these > than those on page 4)

After you have a breakthrough, write out a strong statement capturing your emotions, and details of event, so when you need to revisit, reading it will get you right back to the strength you had during the experience. THIS rids of your initial response and creates new response/emotions putting you in charge.

NOTE: WE are a slave to our feelings. Anytime you try or act opposite to what you feel...You will feel like you are lying. That is why we tend not to operate against how we feel...and thus, our feelings control us!

LANGUAGE/ACTIONS we can take to "lose our fear of snakes"

1. Say "No Problem"
2. "Grin"
3. "I am going to give \$1 million (versus the snake) to you." to which the student said No Problem without any hesitation!
4. say "I want control over my mind and my emotions"
5. Change position
6. Need a way to counteract Page 4
7. Snake is coming...keep saying Page 2 Louder and Louder

Goal: Start at a 10 with those issues controlling you in Limiting Beliefs; a 1 on Empowering belief; Goal is to reduce the 10 to 1 and raise the 1 to the 10

This whole exercise was AWESOME!!