

# THE 5 – DAY CHALLENGE

*“Whatever you can do, or dream you can, begin it.  
Boldness has genius, power, and magic in it. Begin it now.”*

– GOETHE



# PROVOKING THE POSSIBLE

My Goal is to bring you to a place that from moment to moment you stay in positive thought, with your creative mind flowing and directed towards bringing you what you desire. When something comes up that does not work for you – a thought, a behavior, a belief, anger, fear, frustration – you can get rid of it by tapping it out, or amplify any less-than-firm positive belief that comes up by tapping it in until you are 100% behind it. When the weight of the past is released and you become focused on your future, you'll find both your personal growth and your ability to manifest your true potential constantly accelerating. You'll no longer live in a place where your emotions are running high, in a place filled with conflict, but instead live in a world of infinite potential, a world where anything that is possible is truly possible.

If you have purchased self-help books and programs in the past but failed to do the exercises or to follow the course, let me invite you to try something different and take my Challenge, as described below. If you are serious and diligent, in just a short time – just five days – your life could change forever for the better. The results of tapping are real. The only prerequisite for PowerTapping to work is a sincere desire to change!

My goal here is to help you get you through your situation and out of your belief that you're the martyr, the victim, the walking wounded. It angers me when people have a whole litany of excuses as to why they can't do what they want or need to do, can't have what they want to have, and can't achieve what they want to achieve. It's as if they want to keep their

“bottled up emotions”: they are comfortable with it, they have already built up a whole world of justifications for why they should stay where they are. With all the chaos, noise and pain that happens in life, it's easy to get lost and not recognize there is a solution – you can be happy, healthy, and whole by identifying the problem, be specific and get rid of the problem through tapping out. See if there is anything else there that you need to get rid of ... and tap it out, then tap in the belief that you do want, and then move on! Don't even give the problem another thought once you are through with it. If you do give it another thought, you are clouding the new imprint that you have just tapped in with doubt, at which point you'll need to tap out the doubt. So, why take extra steps?

PowerTapping is a magic key, and you have merely to stick it in the keyhole of your life and turn it in order for your whole life to open up. All the beliefs that you've had that don't work for you can be wiped out, and all the justifications that you've had for believing what you believed will come to be looked upon as just that: justifications. Yes, it may be somewhat painful to see that you could be fooling yourself, that you're afraid and terrified of going beyond your comfort zone in order to be happy. But let me ask you this: wouldn't you rather experience some shock, pain, discomfort, guilt, etc., as opposed to never even finding out that you had been living a life that was far below your true potential?

Let's imagine your whole life is changing, maybe you're living in a different place, you're alone instead of with a partner, every day

things are unfamiliar and when you're in a deep sea of the unknown it's easy to feel frail. Many people basically see themselves, deep down, as being frail. I have known professional athletes and powerful business executives who are all huff and puff on the surface and throw their bravado around like it was confetti on New Year's Eve. But underneath, these successful people have unachieved goals, personal fears and health issues, and a good amount of "bottled up emotions" that, like nearly everybody else, they just do not want to deal with. Please understand that no matter how rich, powerful, or successful someone might seem, it is very likely that they are covering up their issues and justifying why they needn't do anything about them.

Resignation is one of our society's biggest problems. Many people, because of their life experience, have resigned themselves to believing that life can't and won't work for them, that they don't have enough money, aren't smart enough, aren't healthy enough, aren't good looking enough, and so on. If a person doesn't want to change whatever it is that is interfering with their ability to be happy, then they will be resigned to doing nothing, and they will build up all sorts of stories, reasons, explanations, justifications, and so on, for why they can't possibly change.

When you are resigned, you don't have to risk failure, you don't have to risk success, and it becomes very easy to agree with all of

your nay-saying friends that life is essentially difficult, hard, and unpleasant. You'll note that when someone steps out and says, "No! I don't want to be resigned to this kind of life, this is not what I want!" their friends will quickly try to drag them down and get them to rejoin the pack in its ongoing mediocrity. If you are not strong enough, or have resigned yourself to a great many things you don't really want to have, you'll generally go back to the pack.

What's important is that we have the ability to reason, to forward-think, and to change how it is that we participate in the co-creation of our personal realities. So let me invite you, once again, to be honest with yourself as you undertake my Personal Challenge. No one has to know what you are working on, what your fears are, or what you are tapping in or tapping out. Some may find that the very hardest thing for you to admit to is that you have any fear; once you admit this, you will find that with PowerTapping the rest of your issues become relatively easy to deal with.

Although almost everyone wears masks to cover up their fear and imperfections – and often present different masks to different people in their lives – in just a short time you will not need to wear masks any longer. You will have had the opportunity to change those masked imperfections into badges of honor, and the very act of taking the Challenge, the very choice to try something different, in a very short time will have already changed you for

# THE CHALLENGE

the better.

Are you ready to take full responsibility for your happiness? If so, then I invite you to take my Personal Challenge, which is fairly simple and consists of five steps, as follows:

1. Admit that you have unwanted emotion that you would like to see changed – fear of being alone; painful memories; loss of a dream; your relationship with your children; an aspect of your physical health; a lack of confidence in moving on in life and having what you really want ... anything at all that bothers you, is less than you want, or that you otherwise would like to experience differently.
2. Print (multiple copies) and use the chart below and write down three things that bother you the most about your life right now.
3. Fill in your initial RIB (relative intensity of belief) score for each of these items; the

most intense negative beliefs that you hold are rated a “10,” with the goal being to move them to a “0”; the weakest “positive” beliefs you hold are rated a “0,” with the goal being to bring them to a “10”.

4. Review HOW TO BEGIN A BASIC POWER TAPPING SESSION and then spend 10 minutes in the morning, and 10 minutes before going to sleep, on each of the 3 items you have written down in the Personal Challenge Chart.
5. At the end of five days (Monday through Friday works great), reevaluate your final RIB score for each of these items, and how you feel about each of these items – has there been any real improvement or not? Is the problem as intense as it was? Is there anything else that you would now like to try PowerTapping on? (If there is – go for it!)

Please note that I am indeed asking you for a time commitment here, twenty minutes a day (10 minutes in the morning and 10 minutes in

Problem or Issue	RIB Score pre-Challenge	RIB Score post-Challenge	Any Real Improvement?
1.			
2.			
3.			

Why am I asking you to do this? So that you can prove to yourself that there is a way to have the things that you want. If you find that PowerTapping doesn't work for you, then all you have lost is a relatively small amount of time. The good news is that the very act of taking the Challenge shows that you are ready and willing to make change in your life, that you are no longer resigned to mediocrity. If you are the type of person who is waiting for all their ducks to be lined up and all their planets to be lined up and everything else that might be necessary for real change to be lined up – then you will have already moved beyond your typical stuck pattern even if all you have done is take the first three steps above and admit you have stuff, write three types of your stuff down, and rate just how bad that stuff is for you. Congratulations! You are already moving into a new life of new possibilities, one where you are no longer resigned to merely waiting for something to happen.

If, up until this time in your life, you have chosen

not to really go out and challenge yourself, then odds are you will have gotten what you've created, and you will probably not be very happy. But if you have finally chosen to take another direction, if you are willing to use the techniques in this book to get out of your stuff and to achieve what you want, then your time has come. And you will get what you want, because you have finally chosen to get what you want.

No doubt about it: it is uncomfortable being out there by yourself. But if you are strong enough to make this move, strong enough to get off your duff and move out of your mediocrity, and strong enough to take the Challenge, then you will find that your movement will attract all the things that you need to get the job done. If you are bold enough to tap into your true power, then as Goethe suggests, the magic of the Universe and your own personal genius will deliver to you your fondest hopes and dreams in ways that will surprise, delight, and perhaps even astonish you.

Contact us: <http://robertrudelic.com/contact/>

# SAMPLE SCRIPTS

The statements below can be used as is or customized in any way that makes them resonate more fully with what you are experiencing. You may notice that when you start tapping on these statements, thoughts and feelings will arise that you can then turn into new tapping statements, which will then give rise to still more thoughts and feelings, which you can use to create additional tapping statements, and so on. I call this following the thread, and it's a very efficient way to release a lot of painful emotions in a short amount of time.

Apply the three step process to create your Tap Out statements –

1. State the problem in full and write it down.
2. Ask yourself “why” you feel this way or why you believe this and write that down.
3. What else? When you've exhausted the why's ask yourself is there anything more? If there's not, create your statements.
  - Even though I procrastinate at times that are crucial, I completely love and accept myself [a negative belief, to be tapped out]
  - Even though I'm doing the best that I can, and realize now that this is not working for me, I completely love and accept myself [a negative belief, to be tapped out]
  - Even though this way of doing things no longer works for me, I completely love and accept myself [a negative belief, to be tapped out]
  - Even though I'm scared to death of failing, I completely love and accept myself [a negative belief, to be tapped out]
  - Even though I'm scared to death of succeeding, I completely love and accept myself [a negative belief, to be tapped out]

Apply the three step process to create your Tap In statements –

1. Determine what you want - be specific! And write them down
2. Ask yourself “why” do I want it, write down all of the reasons then go back and choose the top 3 reasons or the reasons you feel strongest about
3. What else, if there's nothing else create your statements
  - I now choose a different way of doing things [a positive belief, to be tapped in]
  - When I have a project in front of me, I sit down, get it done, and move on to the next project and it always feels great when it happens [a positive belief, to be tapped in]
  - I always feel successful, and I am no longer afraid of failure [a positive belief, to be tapped in]
  - I know that I can sit down, get it done, and I'm successful [a positive belief, to be tapped in]
  - I am no longer afraid of success or failure [a positive belief, to be tapped in]

# TURNING YOUR DREAMS INTO REALITY

If you knew that you could achieve your dreams, if you knew that you could not fail, if you knew that anything (that is possible) is truly possible, then what would you do next with your life? Just as importantly, which of your dreams would you pursue?

Sadly, the “dreams” of most people are depressingly mundane, mainly because they do not dare to really dream. Consider the following framework: Most people have a list of daily and weekly To Do items, and then month-long and year-long goals. Beyond their 10 year goals is where we get to their dreams. Dreams, then, are real enough to actually think about (and think often about), but not real enough to start pursuing with specific goals. Even beyond dreams are fantasies, which can be thought of in the following terms: “What if I couldn’t fail? What if every resource was available to me, and that everything I did worked, and I had everything I needed to make whatever it is I’m fantasizing about real ... what would I want then?”

What if your fantasies became your dreams, your dreams became your year-long and month-long goals, and your year-long and month-long goals became your weekly and daily To Do items?

The point is that the amount of time that it might take for you to achieve your dreams and even your fantasies, does not have to be nearly as long as you may have previously thought. Similarly, do you hold the notion that you have to work really hard for anything of value to come to pass? Let me ask you: is that

what you believe? If so, why? Do you believe it because your mother, father, mentors, and society itself told you that that’s what’s true? But what if that’s not what’s true? What if you are inherently astonishingly powerful and creative, with access to many other people who can do things for you that will speed up the process? Would your dreams still take as long? Would they be as hard to accomplish? Would the tasks seem as daunting with a team of people behind you instead of you having to do it all by yourself?

Is the key to achieving your dreams hard work or working smart? Think about how many times you’ve been told you have to work hard, and only hard work gets you there, and that things have to be hard if they’re really worth it. If that’s what you believe, it will be true for you, but you don’t have to believe that, and if you effectively use PowerTapping, then you no longer have to believe this myth about hard work as the only way. Instead, you can believe what you choose to believe with respect to your dreams coming true, and with PowerTapping amplify those beliefs so that they become your reality? If you want to believe that you can accomplish your dreams with a minimum of effort, and that your job is to orchestrate your dreams, thoughts, and the assistance of others, then your dreams can start coming true really quickly.

How do you do this? One way is to state your dream aloud or on paper and then work backwards from there. Think about your dream, and imagine yourself standing right there ... and you’ve already got it! Now, ask yourself, “What did you do just before your dream came

true? What step was that?" Write this step down. Then, step back, and ask yourself what you did just before that, and write that down, and continue backwards until you are in the present moment. When you're done, you will have pieced together a viable plan for attaining your dream.

Then you just need to execute it. The first step in doing that is to ask your self - "What's standing in my way of doing the first step?" Whatever answer comes up here – just dump it. Tap out the underlying beliefs, and in their place tap in a strong positive belief. Then look at your second step and do the same thing.

Suppose your dream is to set up a non-profit foundation that will cost \$5 million dollars and take a lot of knowledge and contacts to get off the ground. Your mind may say, "But I don't know enough about it ... and how will I ever find someone with \$5 million dollars to fund

this? How can I trust anyone to help me?" If that's what comes up, then go ahead and tap out the underlying negative thoughts and tap in some strong positive ones: "I attract people I can trust. I attract people who share my vision. I excite everybody with my vision to be on the same page so that it can all get done in record time." Tap all this in, and then move on to the next step until you can clearly see yourself standing in a state of complete success with your dream fully manifested. Just as 70% of the effort involved in an airplane flight happens at the very beginning as substantial fuel and thrust are needed to overcome gravity, most of the effort involved with achieving even your grandest dreams will occur up-front. With no doubts, no fears, and nothing but a firm conviction that you will indeed accomplish your dream, you will already have done the hardest work (but not all the work!) that will be necessary.

## GET STARTED NOW ON YOUR 5 DAY CHALLENGE & WATCH YOUR DREAMS COME TRUE!

Robert Rudelic B.S., N.M.T., M.E.S.

Contact us: <http://robertrudelic.com/contact/>





**RT**  
ROBERTRUDELIC