

**How to Achieve Roaring Success at Anything in Life –
*And Knock it Out of the Park!***



per·for·mance: the process of accomplishing an action, task, or function

Invincible Mindset Training: a guide to achieving peak performance –
...and not just for athletes

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To each of my clients. I've learned so much while coaching you through your issues and I appreciate the trust that you have in me, which has allowed you to really open up and make big changes in your life.

To you who wishes to better yourself by taking the time to read this book, participate in the Tap-Along sessions provided throughout the book, and doing the work to develop new skills that will not only improve your own life, but also influence others.

Forward



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So many factors contribute to improving performance. Among areas that are influential are physiology, bio- and neuro-chemistry, biomechanics, mental and emotional components, pre-rehabilitation, rehabilitation, technique and skill, team building and cohesion, tactics and strategies.

Within each of these categories experts have come up with a wide variety of tools that may enhance an individual's performance by using specific methods to address problems. Just as a carpenter uses a hammer for nails and a screwdriver for screws, a great practitioner uses the tools available for a very specific purpose to help the client take that next step towards adaptation – bringing the athlete closer to reaching his or her performance goals. Anecdotally, I have found the greatest of these tools to be a combination of both mental and physical components specific to the athlete's needs.

While working in a professional athletic organization I have witnessed many athletes who fail to recognize the importance of taking care of their bodies. They don't always understand that everything they do has an effect on how their actions relate to their own confidence and ability to perform. As a result, many athletes may not come close to reaching their potential. This discrepancy may only be minimal quantitatively yet may mean the difference between making a play and dominating their competitor. It may even ultimately determine whether or not that individual succeeds.

With that said, I have also witnessed athletes with no limiting thoughts and a positive attitude who dominate more physically superior athletes. If you could combine the mental with the physical you would increase your chances of creating success.

Robert Rudelic does just that. Robert is an accomplished sports therapist who has integrated tapping into his practice to address the mental limitations that many of us place on ourselves. While performing a variety of therapy techniques he can concurrently address any limiting

thoughts one may have with tapping. Anyone can take advantage of this powerful technique. He has refined the tool of tapping and simplified its application so that we can all personally benefit from it mentally as well as physically.

As a practitioner, I am always interested in what works. I have had the good fortune to witness many great practitioners use a variety of tools to help individuals improve their performance. Robert is one practitioner who gets results. Within a very short period of time he has transformed obstacles into challenges, and limitations into non-existent issues. This empowers athletes to accomplish all that they are intended to accomplish. This tool can also enable you to create a new path for success.

I encourage you to approach this book with an open mind and a willingness to take that next step towards improving who you are and what you want to achieve. You will gain the confidence to know that you can do anything.

– Tim Adams

Oakland Raiders

Former Performance Enhancement Coach,

Strength & Conditioning Coordinator

Introduction



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Millions of books and programs relating to self-help, motivation, peak performance, spirituality and the like are purchased and read every year, but never put to use. The self-help/personal growth industry is huge, as evidenced by online book sellers and coaching programs on how-to insight in order to achieve happiness in life or love, to managing your finances, and business success. A quick Internet search for any of the related terms reveals tens of thousands of entries.

While there are many excellent volumes on self-help, peak performance, and living a rich, successful, and satisfying life, I have come to the unshakeable conviction that the techniques I lay out in this book can positively transform virtually anyone's life if earnestly and consistently applied.

What makes this book unique is that I have integrated video PowerTapping coaching sessions within the chapters that you can access in the moment and join me to enhance your experience mentally, emotionally, and physically so you have an actual experience. Having the actual experience takes you beyond just knowledge – you know! Knowing is internal. You feel it!

As a Peak Performance Coach, Integrative Sports Therapist, and the Creator of Invincible Mindset Training, an author, speaker, and nutritional product formulator, I want to give you some background on who I am and how I came to develop this body of work. It is important because my life experiences have formed the basis for my philosophical roots.

Growing up, sports was the center of my universe. Both my father and my grandfather were professional football players, and baseball, ice hockey, and basketball was *my* life. Because I practically lived to play sports, physical education and health was a natural fit for my formal education.

I had many struggles as a young athlete; my dad was a tough minded coach. Not only was he focused on my athletic endeavors but he owned a successful business: he was an entrepreneur and a leader. I was often very anxious and worried that I would not live up to his expectations.

I had to learn to be strong and resilient and push back against my dad but with respect and kindness, because I realized if I was silent the message I was sending was that of agreement and compliance. I was determined to be the Victor – not a victim. I didn't realize it at the time but I was building my own Invincible Mindset!

I'm forever grateful for all those early experiences and the battles I fought and won. My dad was a disciplinarian and I was a rebel because I wanted to be in charge of my own life yet my dad was the one in charge. Because of this, throughout my life even when I suffered losses I looked at it as a learning experience. This was when I began to develop emotional resilience.

Because of my upbringing and my desire to win, I began to develop the Invincible Mindset Training – the ability to refine the thoughts, attitudes, and beliefs that impact physical and emotional confidence, composure, and focus to achieve a successful outcome of any given task.

Early in my practice as a sports therapist and injury specialist, I recognized something that led me to my current area of expertise and passion: teaching how to master the mental game.

I began to question why two people can have the same injury, receive similar therapy, and recover quite differently. One is back in action quickly and the other never fully recovers and becomes hesitant and fearful.

It was then that I started to dive in and research the mind body connection and what that really means. What I learned in my research is how emotions affect our behavior in all aspects of life.

This personal philosophy is the foundation of my work. Owning an Invincible Mindset... that's the key to performing at your best in any situation!

I teach the art of emotional composure! I was very aware of how important this is because of my own struggle with anxiety and self-doubt and how I learned to defeat it.

After a great deal of study I developed tools and the skill to apply them to overcome these issues and so many more. I now teach these tools to everyone and they see immediate results.

I've been blessed to work with many professional and Olympic athletes, and to teach them how to stay composed and have an appropriate emotional response to any strong stimulus, then regain their emotional composure quickly.

So, whenever I'm in front of an audience or one-on-one with someone, no matter what the situation is or whether it is a man or a woman, young or old, all I see is an athlete they're just playing in a different arena.

I believe everything in life is a performance – from the time your feet hit the floor in the morning until you go to sleep at night – everything you do in your day is a performance. It has been my experience that the majority of people want to develop and become the best they can be and seek opportunities that will help them achieve that.

People who work with me expect profound results quickly and what you will learn here will give you powerful tools to own an Invincible Mindset and eliminate self-sabotage, forever!

It will give you that edge in life that sets you apart from others.

But – you have to stay engaged ... Create a contract with yourself and commit to doing the work.

We nourish the roots – it is up to you to tend to your garden.

Robert Rudelic

Chapter 1



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What This Book Will Do For You

The information you will learn here is a blueprint on how to train your mind like a champion and have the mindset of a Victor not a victim. You'll learn how to set goals, succeed as a confident entrepreneur, be a high level achiever, make connections, and influence others. By the time you finish reading this book and apply the amazing techniques I will teach you, you will own the art of tapping into your power and know how to get out of your own way and let yourself through. You don't have to ask permission from anyone – you take it! You own it! You have the power to claim your future. Nothing is achieved without discipline and consistency and what you will gain from this cannot be underestimated. You will have the skill to break from what's holding you back. You will know how to immediately put a stop to the blocks that are keeping you stuck, and how to engage in a new life-changing way of responding to habitual reactions and to negative, overwhelming, and debilitating feelings!

It all starts in Chapter 2 where you will learn the tools necessary to make any and all changes in yourself to achieve the success you desire in all areas of your life. Any good coach or mentor must supply you with the tools you will need to accomplish your goals. The goal of a mentor is to teach the student to surpass their current level of success. That includes giving them the tools and teaching them to be self-responsible. The Tap-Along coaching session videos at the end of each chapter will guide you through some of the challenges you'll be faced with on your way to massive success.

In Chapter 3 you'll begin to use your new tools to eliminate one of the biggest mental roadblocks to your success that has sabotaged you in the past. Chapter 3 is where you will train yourself to have a Victor's mindset and feel what it's like to know you're on the right path and doing the right things to be successful and fulfilled.

Chapter 4 explains why positive thinking will never be enough to lead you to the success you desire in your personal and professional life and being satisfied with your achievements. There's a better way and in this chapter you will learn all about it.

Chapter 5 is about the fear of rejection which is a part of everyday life and it comes in many forms. You will learn what to do to eliminate fear of rejection before it happens and how to develop a resilient mindset that allows you to quickly let go of those moments when the rejection hurts.

Chapter 6 is so important because it is about how to stay focused, not just on your goals but the task at hand. You'll be surprised at what it takes and how often you make excuses for yourself that reinforce your belief that you can't focus or concentrate. Pay close attention to this chapter if you want to become more disciplined and focused so that you can accomplish more in a shorter amount of time.

In Chapter 7 you'll learn that anger, frustration, and disappointment are inevitable when you're challenging yourself and you're outside of your comfort zone. Anger, frustration, and disappointment are just part of this journey. In this chapter you'll learn how to quickly recover from a moment of anger and how to stay composed in situations where you're likely to get angry.

In Chapter 8 you will learn how to stand up for yourself when you're confronted in any way. While others cower and run away from confrontation, you stand your ground and stay composed. In this chapter you will learn how to pre-set your mindset to always respond with strength and kindness. This is an essential part of having an Invincible Mindset.

In Chapter 9 you will learn the indispensable, cutting edge process that ensures your best performance so you can truly hit it out of the park on a regular basis.

In Chapter 10 you'll learn that to be good leader – Everything Matters!

This book is designed to be read in the order that the chapters are laid out because it builds on itself. My approach is very different from conventional wisdom and psychology. I had to rid myself of those old paradigms to finally get to where I am today, and the toolset I've developed reflects that different approach. My toolset is designed to have high impact in a short amount of time; it is straight forward, no nonsense and highly effective. I teach you how to be responsible

for yourself and be your own best therapist. Everything in life is a performance and you are responsible for the outcome.

“The only person you are destined to become is the person you decide to be.”

**- Ralph Waldo Emerson
American Lecturer, Philosopher and Poet**

Once you learn what is revealed in this book you will be equipped with the knowledge and own the tools to be confident, self assured, and composed in any situation, get engaged, and walk away with a complete understanding of what to do to:

- ⊕ Alleviate self-sabotage and limiting beliefs
- ⊕ Neutralize anger and resentment
- ⊕ Restore positive communication in your professional and personal relationships
- ⊕ Intensify your inspiration and motivation
- ⊕ Recognize new opportunities and view possibilities without limits
- ⊕ Completely release resistance and own your INVINCIBLE MINDSET!
- ⊕ Maintain your amazing new skills and never look back...

Embrace the meaning of in•vin•ci•ble: Too powerful to be defeated or overcome!

We bring the art of emotional composure together with resilience and self-empowerment to stand up and push back with confidence – and with kindness! We don't just tell you how to do it; we give you the tools to get it done

By clicking on the links throughout the chapters in this book you will have instant access to a tap along coaching session with me. It is like having a one-on-one coaching session that you can return to at will and as often as you want and get the help you need in the moment to quickly regain your emotional composure.

The things I teach you in this book are focused on the following:

Situational: Recognize that the current state of affairs is just temporary and to own the vital skills to be in control and succeed.

Transitional: Embrace the changes ahead, reset your state of mind, claim a new perspective to take action and triumph over fear.

Entrepreneur: Boost your commitment, perseverance, grit, and determination to inspire you to keep going and enjoy the journey.

Leadership: To positively impact your life so you can positively influence the lives of others.

In the next chapter I teach you the ultimate mental-and-emotional self-management tool – ***PowerTapping***. Learning this easy technique is truly life changing.

Chapter 2



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How to Train Your Mind Like a Champion

Are you ready to take your personal and professional life to another level? Are you tired of being an underdog? Are you ready to claim the power to realize your potential? Mindset is everything; it makes the difference between success and failure.

Characteristics of an Invincible Mindset:

- **Emotional composure:** the ability to stay composed in stressful situations and the ability to recompose yourself on your own in three minutes or less
- **Self-reliance:** the feeling of being self-assured of your decisions and beliefs
- **Self-responsibility:** taking ownership of your thoughts, words, and actions
- **Self-confidence:** being able to take action in spite of your fears and concerns
- **Emotional Resilience:** it's not about winning the battle – it's having the strength and courage to take action and keep going

“Champions have one thing in common – they have an Invincible Mindset!”

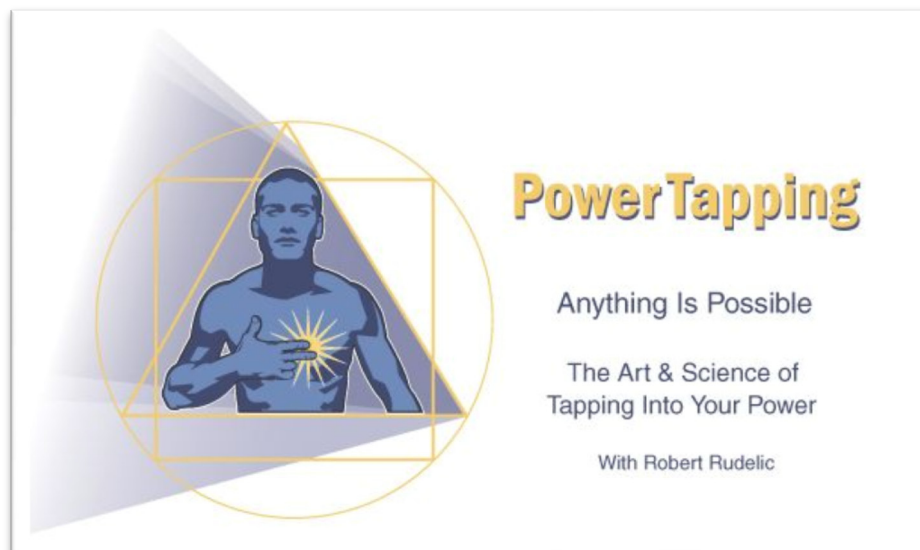
- Robert Rudelic

To begin your journey and to own an Invincible Mindset, you must be ready to embrace every possibility and to move beyond the problems of today, the regrets of yesterday, and the worries of tomorrow. Stay present to the opportunities around you and what can be done right now.

Stamp out worry; shake off disappointments and set-backs. Clear your mind and lunge forward into your unfolding future.

Trust that the road ahead will be better than anything in the past. Tap into your power and expand your imagination for what's possible. Broaden your skills, increase your knowledge and upgrade your strategy. Commit to creating a life that demonstrates your gifts, your passion, and your greatness. This is your time! You have GREATNESS within you!!

Learning and using my amazing PowerTapping technique is the easiest and quickest way to change your mindset, to transform your weaknesses into strengths, to build confidence, to take action in spite of your fears, and to get what you want.



WHAT IS THE POWERTAPPING TECHNIQUE?

The PowerTapping Technique, sometimes referred to as Tapping, is a powerful process that can help just about anyone achieve genuine freedom from the emotions and beliefs that have created problems in their life. Tapping techniques have been described by some as one of the most important breakthroughs in the area of psychology in this century and has been used successfully by thousands of people with a broad range of difficulties.

PowerTapping is known to many amazed users as a modern miracle. It can dramatically relieve emotional issues along with many physical symptoms. It often works in minutes with results that are usually long lasting, and side effects that are almost always positive.

PowerTapping is versatile and has been used confidently by thousands of therapists on millions of clients with successes on even the most difficult problems by relieving imbalances in their clients' energy systems. Most importantly, PowerTapping does not rely on a practitioner forcing their ideas or agendas on you. You can become your own best therapist. Once the technique is learned, you can get to what is standing in your way very quickly and work through it anywhere and anytime you feel the need to clear up negative thoughts.

“Put away your skepticism; this really works... I’ve had great results with tapping in my own life.”

**- Dr. Wayne Dyer
Author and Speaker**

HOW POWERTAPPING WORKS

PowerTapping is based on a revolutionary discovery that violates most of the beliefs within conventional psychology. It contends that the cause of all negative emotions is a disruption in the body's energy system. With remarkable consistency, PowerTapping relieves symptoms by an unusual (but scientific) routine of tapping with the fingertips on a short series of points on the body that correspond to acupuncture points on the energy meridians. Where there is an imbalance, there is a corresponding blockage in the flow of energy through the meridian system. The tapping serves to release the blockages that are created when you think about or become involved in an emotionally disturbing circumstance. When this blockage is released, the emotions come into balance. Once balanced, you cannot get upset about the circumstance no matter how hard you try. The memory remains but the charge is gone. Typically, the result is lasting and your awareness usually changes in a positive way as a natural result of the process.

Most energetic imbalances may be partially or completely relieved within a short time using this process. Other more stubborn issues may require repetition of the process to achieve the desired result.

A scientific way to explain this, based on current research, is that tapping sends signals directly to the stress center of your brain, which controls the fight or flight response, specifically the amygdala. When your amygdala is triggered you automatically go into a high emotional state and your brain can't think clearly. Tapping sends calming signals to the amygdala that calms down the emotional response to whatever triggered you. When your emotions calm down, you can think clearly again because you've regained your emotional composure. The exciting part is, you can completely eliminate or erase permanently the old emotional response to the trigger and replace it while tapping in a new behavior or belief that will then become your default response. When you erase and replace something it has a positive effect on all aspects of your

life. Over a short period of time you'll see significant changes on how you perceive and experience life. You'll be in control.

UNDERSTANDING THE ENERGY SYSTEM

Understanding how emotional healing with PowerTapping works may require an open mind for some people. The effectiveness only makes sense if it is related to the human energy system. Fortunately, you do not have to believe any of this to receive the positive benefits of using these techniques; all you need is a sincere desire to change and the willingness to do the work. In addition to having a physical body, which is fueled by food, we humans also run on an intricate energy system, which is fueled by electrical impulses that run through the body. This energy system holds the key to many of the disturbances we experience in our daily lives. When it is out of balance, our emotional life could be compared to a car that is in desperate need of a tune up. The result may take the form of any type of emotional disturbance including phobias, anger, depression, grief, guilt, anxiety, and a full range of fears, to name a few. There may also be physical symptoms like pain, headaches, asthma, and tension that are related to the emotions. PowerTapping provides relief from the majority of these disturbances. What is even better is that it often provides relief in minutes and the results are usually long lasting. In fact, it frequently provides relief where other techniques fail and has a high success rate, typically 80% or better and best of all it is self-administered.

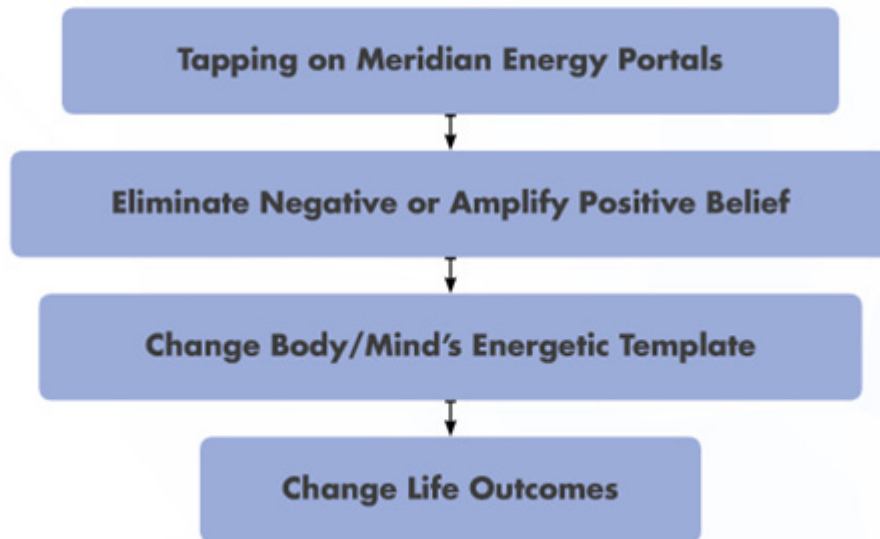
Some examples of energetic patterns that have been successfully cleared using PowerTapping:

- Fears related to performance such as public speaking, focus, sports, etc.
- Phobias such as the fear of heights, flying, enclosed spaces, driving, etc.
- Emotional trauma faced by First Responders or combat incidents, physical abuse, etc.
- Disturbing emotions such as depression and anger
- Emotions related to addictive patterns such as eating and smoking
- Insomnia
- Emotions related to physical conditions

“The power to remake your world and achieve your heart’s desire is truly at your fingertips.”

- Robert Rudelic

SIMPLIFIED FLOW CHART EXPLANATION OF WHY POWERTAPPING WORKS

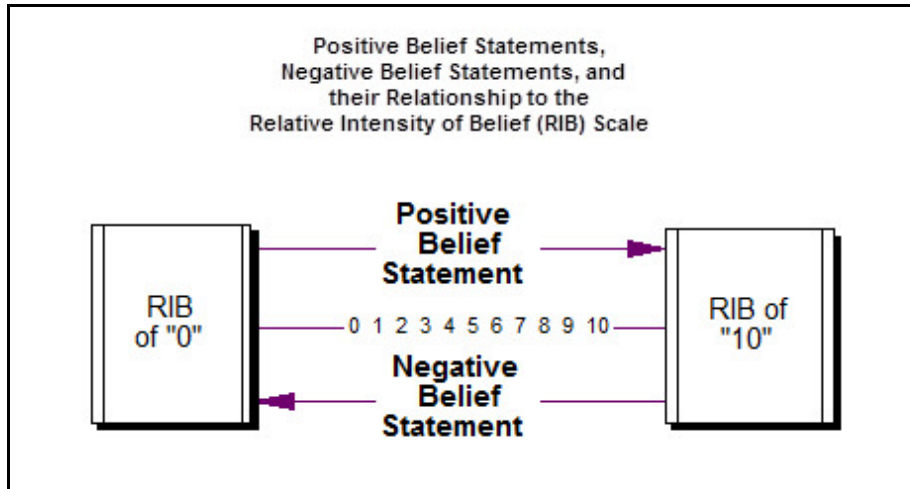


For some of you, reading about how to do a PowerTapping session will be easier than for others. For those of you who are visual learners, I encourage you to read this section and then watch the video at the end of the chapter to really cement the information into your brain. Regardless of your learning style, you will benefit greatly from the training video at the end of this chapter.

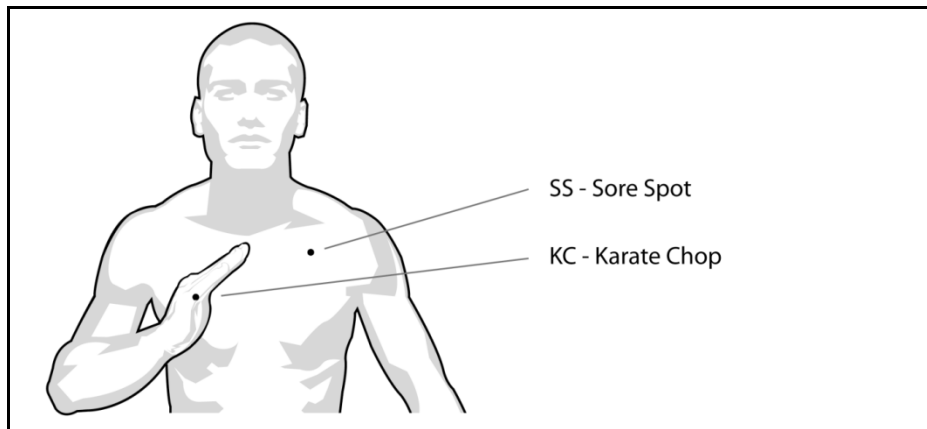
TO BEGIN A BASIC POWERTAPPING SESSION –

1. **Become Aware of Your Blocking Beliefs:** Become aware of any limiting negative beliefs that you hold with respect to any particular issues or goal in your life, including both intensely held negative beliefs (e.g., “I have this intense physical pain that won’t go away” or “I will never have a satisfying relationship or financial success”) as well as weakly held positive beliefs (e.g., not really believing that “I am a powerful self-starter” or that “I am loving and lovable”); a good place to start is to focus on any problems that you may have in any area of your life, and then ask yourself “What do I believe about this?” or “What’s in my way here?” or “What is blocking me?”
2. **Pick a Blocking Belief or Problem to Work On and Rate Its Intensity:** Once you have chosen a belief to work on, you need to make a subjective determination of how intensely you hold this belief; PowerTapping uses a Relative Intensity of Belief scale, or

“RIB”, that indicates how intensely you hold a belief; the most intense negative belief you can have is rated as a “10,” and the goal is to bring it down to a “0,” while the weakest positive belief you can have is rated as a “0,” with the goal being to bring it to a “10”;



The Karate Chop Point



Begin by tapping on the Karate Chop point using your open fingers on the opposite hand. Either hand may be used. Tap firm enough to feel a tingling sensation on the Karate Chop point.

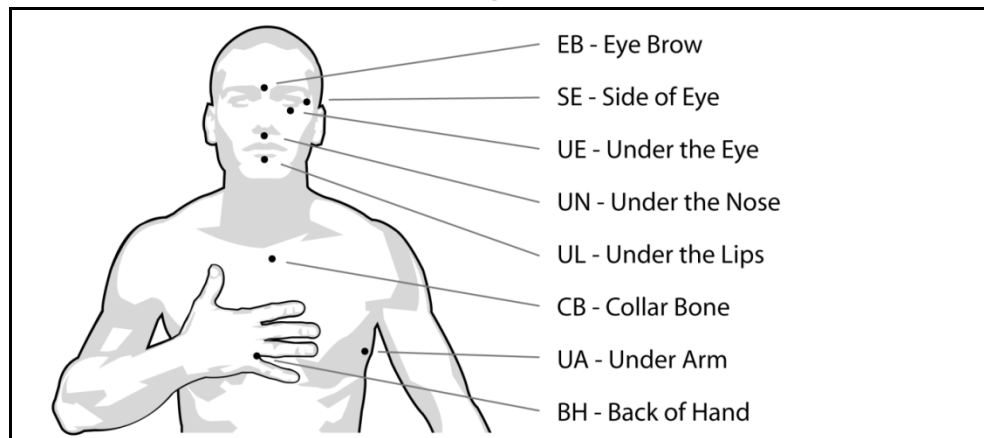
3. **Correct for “Psychological Reversal” while Speaking Aloud the Belief You are Working on:** You prepare yourself for tapping out (eliminating or zeroing out) negative beliefs, or tapping in (amplifying or bringing to a “10”) positive beliefs, by first rapidly correcting for what is known as “psychological reversal,” a type of energetic disorganization and self-sabotage; to do this, you state aloud the belief that you are working on in a specific way (which differs for positive and negative beliefs) while either rubbing one of the “sore spots” on either side of your upper chest, or by working with what are called “karate chop” points on the sides of your hands;

The intention statement states the problem that’s bothering you. Use this as a template in the beginning.

Even though I _____ **STATE PROBLEM** _____, I deeply and completely accept myself. (For example, “Even though I am afraid that I will make mistakes, I deeply and completely accept myself.”)

Rub vigorously on the spot just below your clavicle close to the collar bone (sore spot) while saying the entire intention statement three times.

Basic Tapping Out Points



NEXT – TAP ON EACH SPOT SHOWN ABOVE 7-10 TIMES WHILE SAYING THE ABBREVIATED INTENTION STATEMENT.

Example: Even though I’m angry with my boss, I deeply and completely accept myself. In brief say “**angry with my boss**” while tapping the points and tuning into the feelings.

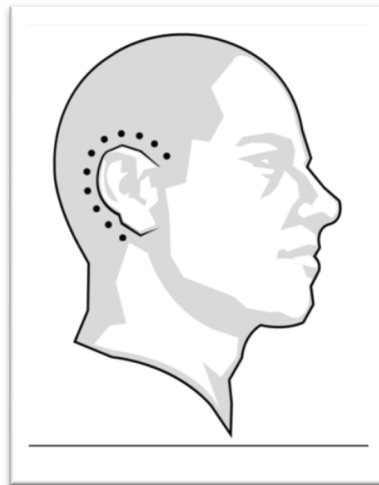
1. Tap with two fingers on the inside point of the eyebrow (on the hair).
2. Tap with two fingers on the side of eye (on the orbit bone).

3. Tap with two fingers under the eye (on center of bone).
4. Tap with two fingers under the nose.
5. Tap with two fingers under the lower lip.
6. Tap with two fingers on the collar bone.
7. Tap with an open hand under the arm.
8. Tap with two fingers on the back of the hand.

**Please note: This is the simplified version for learning just the basic tapping-out points.

Go through this sequence two to three times then re-evaluate the Relative Intensity of Belief and repeat the whole sequence if the negative belief is rated higher than a two.

Temporal Tapping – Tapping “IN” Points



Now – replace the old belief with a new belief *with* Temporal Tapping “IN”!

Temporal Tapping In helps people build confidence, optimism, and self-esteem while replacing old habits with constructive behavior. Once the problem is no longer a problem, create a positive affirmation statement (what you want to believe or have happen) and tap it in. The new belief statement has to be a present tense “I am” statement. Example - I am always calm and confident when confronted by my boss. The subconscious mind takes in as fact anything you tell it so even if the said behavior or belief is not real *yet*, the moment you tap it in it becomes real and your behavior will reflect it.

1. Create your statement.
2. Start tapping at your right temple in front of the ear canal and continue tapping on the scalp around the top edge of the ear until you reach the back center of the ear, just opposite where you started. The active spots are only along the upper half of the ear, from front center to back center. Tapping with all your fingertips bunched together ensures that all the points along the Temporal-Sphenoidal (T-S) line are stimulated. Say your affirmation while you tap; repeat this procedure three times.
3. Repeat the statement to yourself and evaluate how much you believe it, if the RIB is not 10, repeat the process one to two more times. If 100% belief has still not been achieved ask yourself why and whatever answer first comes to you go back and tap that out. Then return to tap in the statement again and evaluate your level of belief.

How instilling new beliefs in the subconscious mind with Temporal Tapping works –

This energy technique helps break old habits, attitudes, or emotional responses by establishing new ones. Simply tapping on the head around the top of the ear calms the part of the nervous system that fights to maintain your current belief systems and patterns of behavior. The brain is then more receptive to learning new beliefs and instilling new affirmations.

Once you've Tapped Out or greatly reduced your belief about something you need to quickly replace it with a new belief that supports the desired behavior in the future. Temporal Tapping or "Tapping In" around the right ear stimulates the releases an amino acid called glutamate which is present when you are in a state of learning or realization. This makes installing new beliefs into the subconscious mind easier and faster.

Begin by identifying a habit, attitude, or condition in your life that you would like to change. Then describe the change in a single sentence, and state it as an affirmation in present time as if the condition already exists. For example, you could say, "I always have more than enough money to pay my bills," or "Right now, I am prosperous." Affirmations can be anything you wish to become true and operative in your life. They can be specific or general, and in your own language, your own lingo, and aligned with your own values. For easy recall, make them short and to the point.

To perform the Temporal Tap In, start tapping on your right temple in front of the ear canal and continue tapping on the scalp around the top edge of the ear until you reach the back center of the ear, just opposite where you started. The active spots are only along the upper half of the ear, from front center to back center. Tapping with all your fingertips bunched together ensures that all the points along the Temporal-Sphenoidal (T-S) line are stimulated. Say your affirmation while you tap; repeat this procedure three times.

Do this several times a day, repeating the same affirmation. You can tap for as many different affirmations as you wish as long as you can easily address them all several times a day. Reinforcement is part of the process.

Temporal Tapping has helped people build confidence, optimism, and self-esteem while replacing old habits with constructive behavior. It can be used for almost any area of your personal life, including mental, emotional, physical, spiritual, occupational, domestic, and social. People have used it to lose weight, to improve job performance, and even to stop fingernail biting. It is a simple yet powerful way to change many patterns or habits. Focus on what part of your life you most want to change, and create a simple affirmation that reflects your highest ideals and start tapping.

Simply Put –

- PowerTapping is a breakthrough approach to problem solving – putting YOU in the driver’s seat of your life.
- Using this scientific approach, you will immediately have the tools to eliminate the beliefs and emotions that get in the way of being your best. It has a high impact in a short amount of time, and you do it all yourself.
- This technique goes way beyond using positive affirmations. It’s a step-by-step procedure for permanent change – change that is imprinted upon every cell of your body.
- You will no longer be held hostage by past experiences or traumas. PowerTapping is a revolutionary path to high performance, emotional well-being and good health.

SOME FREQUENTLY ASKED QUESTIONS ABOUT POWER TAPPING

Q How long do the results last?

A PowerTapping is generally long lasting. Physical healings are often impressive and long lasting as well, but are more likely to re-emerge than emotional issues.

Q Are PowerTapping results due to either placebo effects or distraction?

A No! Placebo effects require some belief in the process and this is rarely the case for newcomers to PowerTapping. Also, although PowerTapping may appear to be distracting, it will not work if you, in fact, are distracted. That is why you continually repeat a phrase which "tunes in" to the problem.

Q Are there any negative side effects?

A By comparison to almost any other process, PowerTapping is quite gentle and rarely has any side effects. In fact side benefits are more likely. It is often used instead of other procedures, because it's gentle, non-invasive, and far more effective.

"PowerTapping is the next evolution in EFT or Thought Field Therapy (TFT)."

**- Dr. Joe Vitale
Author, Speaker, Spiritual Leader**

WHY YOU MAY NOT HAVE HEARD OF POWER TAPPING BEFORE

(or other related techniques)


The use of this technique is relatively new and may be a part of the beginning of a complete revolution in the way we handle our emotions. In many cases, difficulties that have persisted in spite of years of work using the methods of traditional psychology may be relieved in minutes. If not, relief is generally possible within days or weeks rather than months or years.

Emotional Freedom Technique (EFT) - one of the foundations of PowerTapping was developed earlier in the 1990's by Gary Craig whose academic training includes a Stanford Engineering Degree. While personal healing has been his passion for over 30 years, Gary is neither a licensed therapist nor a trained psychologist. Many of the concepts underlying EFT came from Gary's training in Thought Field Therapy (TFT) under the tutorship of Dr. Roger Callahan. TFT is a highly effective, non-invasive, healthy self-help alternative to long-term, or drug-related psychotherapy; it combines traditional Chinese medicine (acupressure) with traditional western psychology.

EFT and PowerTapping are similar in that they employ only one comprehensive tapping routine, which is used for all emotional and physical problems. Because of this, they are easy enough to be mastered by most people.

Practice and Persist with PowerTapping

“Practice makes perfect” certainly holds true for PowerTapping. Although it is relatively easy to become familiar with the various techniques in a very short time, it is nonetheless a learned skill, and you must do the learning in order to use PowerTapping most effectively. Persistence is just as crucial, both with respect to any individual goal or issue, and also with respect to developing a real-time PowerTapping practice, that is, a PowerTapping practice that enables you to tap in or tap out, whenever necessary, so that “anything is possible” becomes not just a phrase, but an instantly accessible “power tool” and even a way of life.

 Click on the video below to view and join me for the Basic PowerTapping Tutorial where I show all of the tapping points and explain in detail how to do an actual tapping session, plus some extra insights that will help you get the most out of all the rest of the Tap-Along videos at the end of each chapter.



Dr. Peta Stapleton – Is Therapy Facing a Revolution?

Watch one of the world's leading researchers and Tapping experts, Dr. Peta Stapleton, explain the science of how and why tapping works in this very informative TED Talk. Dr. Stapleton has over 25 years' experience as a registered Clinical & Health Psychologist and is currently an Associate Professor in Psychology at Bond University (Australia). She is the co-founder of Mind Heart Connect – teaching awareness of the mind-body connection through evidence-based practices.



“Tapping works and remarkably fast. Research is showing that only one hour of tapping can change 72 genes in your body.”

**- Dr. Peta Stapleton
Psychology Professor, Bond University**

Chapter 3



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Develop the Mindset of a Victor – Not a Victim

“Stop validating your victim mentality. Shake off your self-defeating drama and embrace your innate ability to recover and achieve.”

**- Steve Maraboli
Speaker, Author, Behavioral Scientist**

The term "victim" brings to mind an image of someone who is powerless, incapable of standing up and being in control of their emotions and blaming others for their negative feelings of disappointment, hurt and anger, and constantly being offended by others. It's always someone else's fault that things aren't happening for them like they want them to. It's as if the whole world is against them.

The term "victor" is Latin in origin meaning *winner* or *conqueror*.

Being a Victor means taking your goals head on and working persistently, accepting setbacks, and even failures. It means modifying and fixing and redoing if necessary and still moving on. It means not giving up. It means striving for excellence. It means sticking to something until the outcome is excellence. The meaning of excellence is *outstanding* or *extremely good*.

If you are one of the many people who has fallen victim to not living up to your own expectations and scrambling to try and unlock your potential, which you know is in there, then you must, for your own happiness, reignite that spark for life!

When you remain a victim, you not only suffocate your own dreams, but you will also be sabotaging those who love and care about you with your lack of inner drive and enthusiasm for life.

It's time to stop being a Victim and start to live up to your potential. Claim your power to "make it" and stop wasting your time wondering, "What do they have that I don't?"

A client of mine, NFL Great Bill Romanowski said this to me and it really stuck; "*if not me who? if not now when?*" The who is YOU and the time is NOW. Dream big, be a Victor and commit to what you want, make a plan to get it and take massive, immediate action.

The environment you live in and the people you surround yourself with will have a huge impact on your efforts, your effectiveness, and your outcomes in life. The suggestions below may cause you some stress because you'll realize some of the people closest to you are some of your biggest impediments to moving forward and being a Victor.

"One hour of tapping can reduce the stress hormone cortisol by 24%."

**- Dr. Peta Stapleton
Psychology Professor, Bond University**

The first place to start is:

- Stop seeking advice from people who aren't where you want to be.
- Stop waiting for things to come to you and start taking action.
- Stop waiting for the perfect time to get moving – just get moving.
- Stop surrounding yourself with negative people.

When you follow my simple instructions in this book and when you put them into action you will have the skills to:

- Boost creativity and productivity
- Be a fast learner
- Stop your inner bully from manipulating you

- Be confident and own emotional composure
- Eliminate anxiety and the fear of disappointment

“ When you trust yourself, you’re a force. When you have an unshakable belief in yourself, you’re invincible.”

- Robert Rudelic

To install your Victor Mindset, you must know what it is you want to achieve and eliminate the fears and beliefs that may be holding you back. To do this “Tap Out” your feelings of self-doubt or your fear of rejection and “Tap In” your desire to succeed and create a life where those closest to you love and support your dreams and goals.

Next, sit down with pen and paper (not on your computer) and determine what you want for yourself in the area of your life you’re addressing. Dream BIG! Put aside those “this will never happen” thoughts; it’s the time to write down everything you’ve ever wanted for yourself in this area of your life.

Go back through it and choose the things that really inspire you and make you feel hopeful. Write them down and put them into a statement of what you want.

Next, commit to making it happen by “Tapping In” that statement over and over until on a scale of 1-10 your belief that you’ll achieve it is at least an 8 or above. Put the statement in writing on your mirror, in your car; put it in writing everywhere so that you’re constantly keeping your goal in sight.

Make the commitment now to take massive action and you will see the results you desire. The decision you make now to take action will put you on your path to a totally different life.


Lastly, make your plan of action. Start with where you want to be ... the goal; then determine what steps you’ll need to take to achieve that outcome. This is where coaching is invaluable. Keep in mind your plan is going to be adjusted along the way so don’t be afraid to plan your work and work your plan. Perfection is not the goal. We are all fallible. Happy, successful people are flexible and they make adjustments, persevere, and don’t stop until they succeed.

You will be able to push your potential beyond what you thought possible, leaving onlookers baffled by your exponential growth!

You will have confidence and the drive to push your boundaries even further and truly be a Peak Performer.

In a nutshell, YOU WILL BE ON YOUR WAY TO FEELING INVINCIBLE!

Quitters never win and winners never quit! Continue to seek to learn more. Learning must be an ongoing practice to incorporate into your daily habits. This is why having a mentor or a coach is essential.

 Click on the video below and join me in this Tap-Along coaching session where I take you through a process to eliminate the beliefs that cause you to see yourself as a victim and cause you to feel like a victim. We will then install the beliefs necessary to have a Victor's mindset, and how to continually build on that, and reinforce it until it becomes your default mindset.



Chapter 4



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Why Positive Thinking is Not Enough

Positive thinking is the notion that you can positively influence your life and situations by consciously thinking positively. Putting a positive spin on things is not the solution when you are constantly forcing yourself to have positive thoughts while actually feeling negative. It often leads to frustration and disappointment.

When you only think positively, your mind will react as if you've already gotten the things you want; positive thinking can support procrastination and lead to less motivation. Fantasizing or dreaming about your future without a solid plan and the tools you need to put the plan into action will lead to inaction.

- Positive thinking is of the conscious mind and holds no power over the subconscious beliefs that rule your behavior.
- Positive thinking has no roots in your belief system; it is fleeting and changes from moment to moment. It can lead to disappointment and low self-worth.
- Positive thinking cannot override your beliefs and cannot change them either.
- Positive thinking is no better than hoping and wishing.
- Positive thinking can lead to failure and self-doubt – you're always in a state of becoming, of convincing yourself of something. The over use of "I can" or "I am" statements is tiresome.
- When you're constantly in a state of trying to think positively, it's draining and leads to mental exhaustion.

Understanding the Roots of Beliefs – The Subconscious Mind

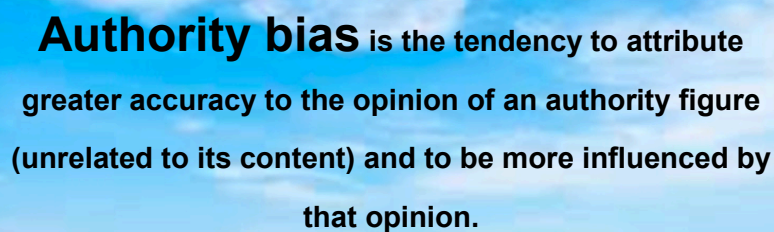
You think with your conscious mind, and whatever you habitually think about sticks... in other words, your conscious mind has the power to accept or reject information presented.

Your subconscious mind is subjective. It does not think or reason independently; it's merely a storage house of beliefs you've accumulated over time. It is your subconscious mind that dictates your actions and behaviors.

Your subconscious mind has been programmed from early childhood, Beliefs were programmed before the brain had the ability to think critically. Many of your beliefs are formed in your early years from what you see, hear, and experience. At that time your critical thinking skills are not intact and there are no filters so there is no reason or even a way to question the mental programming that is taking place.

The understanding of this dates back to the Jesuits from 500 years ago when their leaders declared "give me a child until he's seven years old and I will show you the man." What that means is if you give me the first seven years of programming I will create what will happen. They somehow knew that no matter what the individual wanted, that it was the subconscious that was going to run the show anyway. So if I could program your subconscious I could control your fate.

In today's environment a simple example could be that you grow up hearing things like "if you don't study hard and get good grades in school you'll never be successful and have a great career." This then leads to growing up with the unconscious belief that you're not capable of having a great career, or don't deserve one because you didn't do well in school.



Authority bias is the tendency to attribute greater accuracy to the opinion of an authority figure (unrelated to its content) and to be more influenced by that opinion.

All too often people place far too much importance on what they're told by people such as psychologists, doctors or teachers because of their status or position. As a result, this inhibits critical thinking and the natural desire and curiosity to ask your own questions and do your own research, and try things your own way.

Your childhood experiences undoubtedly play a huge role in programming your subconscious mind, but it doesn't stop there. As you got older and graduated high school, went to college, and entered the workforce, you encountered countless individuals (instructors, mentors, and

supervisors) who added to the programming of your subconscious mind. The more times you are influenced by a certain piece of information, or a certain way of thinking – especially if that information is coming from a person or source of perceived authority – the more likely it is that the subconscious mind will use that information, as opposed to less commonly encountered information, to form beliefs. These subconscious beliefs will govern your life and rob you of your ability to think for yourself.

It is from these experiences that your beliefs, habits, and behaviors are formed. The conscious mind constantly communicates with the subconscious mind, which is what provides you with the meaning to all your interactions with the world.

It is when these unconscious habits prevent you from taking action to change what's not working they become impediments to being a Victor and reinforce the old victim mentality.

The subconscious mind is like a programmed computer. You can tell it over and over again to stop playing that same old song, but it will continue to play that same song until it's reprogrammed. My PowerTapping toolset is like a super software installer – with this toolset you can delete an old, obsolete program and download a new updated one in minutes. When you install the new program you will be empowered and own the life-changing skill of emotional composure. You'll truly be In•vin•ci•ble: Too powerful to be defeated or overcome!

One of the greatest myths is that the lack of self-control and the inability to be assertive and empowered occurs to only those who exhibit low self-esteem or no self-confidence. This is not always true. I've worked with many people who are highly professional, clever and articulate with decades of work history behind them, but when faced with a serious challenge it can feel as if life is falling apart. No matter how strong, responsible and intelligent they may be, worry and fear can take over. The reaction to feeling paralyzed by uncertainty is now running the show. Positive thinking is not working!

Training your subconscious mind is the key to staying composed, not only in volatile situations, but on a moment to moment, day to day basis. When you can reduce the intensity of your emotional responses, you will own the moment and you'll have taken control of your life. Just thinking positively is not powerful enough to calm you down fast enough to keep your head on straight to make good decisions in the moment. You must have a better set of tools going forward. PowerTapping is that set of tools.

What must happen is for change to occur at the subconscious level not just at the conscious level. Positive thinking occurs at the conscious level, but your behavior comes from the beliefs stored in the subconscious level and these beliefs are unaffected by positive thinking. The conscious mind and subconscious mind learn differently. You must change the programming in the subconscious mind in order to change your behavior.

“We operate from the conscious mind less than 5% of the day. Unless the subconscious mind has the same programming as the conscious mind, the power of positive thinking will not work.”

**- Bruce Lipton, PhD
Author of *The Biology of Belief***

To make changes at the subconscious level you must have a tool set that addresses the physical body and how you feel. PowerTapping does just that. You access the subconscious through tapping on the acupuncture points and sending electrical signals throughout the body on all levels. This lessens the intensity of how you feel and therefore changes how you respond to the stimulus or situation. By focusing on the issue while tapping you can erase any limiting or blocking belief forever and replace it with a new belief that supports the new behavior you're establishing. By doing this you can perform at your best at all times and be victorious more often in life.

You can erase and replace any limiting belief such as I'm not good enough, smart enough, big enough, lucky enough, connected enough and replace it with a core belief that you are enough, you are courageous, you trust your intuition, and you are worthy of respect and love – all by utilizing the tools and following the guidance in this book.

No more wishing and hoping and feeling insecure and unsure of your decisions. From now on you'll program your core beliefs about yourself and what you're capable of on a daily basis and become confident, self-assured, and composed. Without thinking about it, you will just be that way and everyone around you will take notice.


“Tapping is at the forefront of the new healing movement.”

**- Candace Pert PhD
Research Professor, Georgetown Univ.**

Follow these action steps to replace positive thinking:

- Whenever you catch yourself wishing you could do something or be a specific way or have something, write it down (if possible in a journal).
- Do some tapping while you think it through and notice your thoughts. What is holding you back from accomplishing or having what you desire? Keep tapping and work through the beliefs that are blocking you.
- Figure out what you need to do to get it. Make a plan, then take immediate, massive action.

Whenever you find yourself wishing for something, the way to shift from simply wishing to actually getting it is to determine what you need to do then do it right away to get the necessary momentum to effect change.

 Click on the video below and join me in this Tap-Along coaching session where I take you through a session to eliminate your normalcy bias. Normalcy bias means; having a difficult time reacting to something you have never experienced before and runs contrary to what you already believe – such as your belief that all you need to do is think positively and everything will work out. In this session you will replace your need to just think positively and install a core belief of optimism which will then become a part of your everyday mindset.



Chapter 5



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Eliminate the Fear of Rejection

"It's not whether you get knocked down; it's whether you get up."

**- Vince Lombardi
NFL Hall of Fame Football Coach**

Being rejected damages your confidence, makes you doubt your worth, and can even lead to the fear of future rejection. When you have the feeling of low self worth. it can stop you from even trying to achieve your dreams, and then a vicious cycle begins that keeps you from taking action and moving forward at all.

Taking rejections hard and finding it very difficult to take rejections means that you consider yourself a victim.

Nobody likes being rejected, but when you find that you take it too personally, then you are allowing the rejection to be who you are. A person might reject you not because they have issues with you, but because they are having problems of their own. People will critique you based on their perception of themselves. Many times that has nothing to do with you and who you are.

You must be able to differentiate between someone critiquing your work and criticizing you. You must also be able to take rejection for what it is – merely someone else's opinion.

Emotional resilience refers to one's ability to adapt to stressful situations or crises. More resilient people are able to "roll with the punches" and adapt to adversity without lasting difficulties; less resilient people have a harder time with stress and life changes (both major and minor). It's

been found that those who deal with minor stresses more easily can also manage major crises with greater ease, so resilience has its benefits for daily life as well as for the rare major catastrophe.

Perspective: Resilient people are able to learn from their mistakes rather than deny them, see obstacles as challenges, and allow adversity to make them stronger. They can also find meaning in life's challenges rather than seeing themselves as victims.

I know what it's like to feel frustrated and disappointed with the outcome when my approach or presentation doesn't meet my expectations.

The techniques I use and teach my clients are not for everybody. Sometimes things are just not a fit and respecting that is key. Just because you think your product or service is right for someone, it doesn't mean that it is.

With an Invincible Mindset you will have the ability to conquer your fear of rejection when you hear "NO – I'm not interested."

Simply accept it with courtesy and poise and move on. Share with people that have or express interest in what you're offering.

The last thing you want is to become a member of the NFL – oh that's the NO FRIENDS LEFT club!

So, it's important to understand that you'll face criticism, fear, rejection, self-doubt, financial pressure, competition, disappointment, and many other frustrations as you grow personally and professionally. Your financial success will coincide with your personal growth.

When you have an Invincible Mindset you'll feel too powerful to be overcome. You will have the courage, patience, and persistence to succeed.

Invincible does not mean indestructible. It means that if you truly have an Invincible Mindset you are emotionally resilient; you feel self assured, and you are confident and decisive.

“Most fears of rejection rest on the desire for approval from other people. Don’t base your self esteem on their opinions.”

**- Harvey Mackay
American Businessman and Bestselling
Author**

If you’re afraid of hearing “no” ... often it’s because deep down you think that hearing “no” means they don’t like you. Don’t take it personally. They are not rejecting you; they are rejecting what you are presenting them.

So...fear of hearing “no” and fear of rejection – they go together, because FEAR is **F**alse **E**vidence **A**ppearing **R**eal. When we are in victim mode, we perceive everything negatively and often incorrectly. Another’s words may hit home, but it’s only their opinion; it is not fact.

You must recognize that your feeling of rejection is not to be taken as something to derail you, but to challenge and develop you. Having an Invincible Mindset is necessary to be victorious.

Your thoughts are essential; they frame the triumphs or setbacks of your life. Getting past adversity requires a change in your belief about setbacks and challenges. It is not what happens to you, but how you respond to it that matters.

You have the power to change your mindset, create the self-confidence and self-empowerment you need to kick your fear to the curb!

One thing I teach to everyone I work with is how to coach yourself and the importance of urging yourself on in the second person and why it is the key to achieving success. Instead of saying to yourself “I CAN DO IT” say “YOU CAN DO IT! YOU’VE GOT THIS – YOU CAN DO IT”!

THE REASON I TEACH THIS – IS BECAUSE IT WORKS!

A study published in the Journal of Sports Science reveals that athletes who urge themselves on using the second person are more likely to triumph. New research has found that using the precise grammar of urging oneself on makes the difference. It's believed that "you" helps competitors stay in a disciplined mindset because it reminds them of being spoken to by authority figures such as parents, teachers, and coaches.

Talking to yourself this way promotes clearer thinking, better choices, and enhanced performance. This applies not just to athletes, but to anyone – in any situation.

To address the fear of being rejected you must know why you're afraid of being rejected in the first place. Often it has to do with feeling embarrassed, feeling unworthy, or not fitting in.

While tapping on the Karate Chop Point, examine why you fear being rejected. Whatever comes up, do several rounds of tapping on each aspect several times a day for three days. Rejection has many aspects and you'll want to take your time and expose and erase each one.

Then reinforce beliefs you know are true or want to be true for yourself by tapping them in. I like to "Tap In" –

"I deeply love and accept myself, I'm worthy of love and respect."


"The reason I don't blend in is because I was born to stand out."

"Why fit in when I was born to stand out."

"I am grateful for the opportunity to make adjustments in myself so I feel confident and self-assured."

"It's only their opinion and everyone has one."

Tap on your own and also watch the video and tap along with me, they are both very effective.

 Click on the video below and join me in this Tap-Along coaching session where I take you through a process to eliminate the fear of being rejected and explain how to prevent feeling rejected when someone tells you no. You will learn the difference between actually being rejected (being told “no”) and the **fear** of being rejected (being afraid of potentially being rejected).



Chapter 6



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Stay Focused and Accomplish More

“Focus on the possibilities for success – not the potential for failure.”

**- Napoleon Hill
Author of *Think and Grow Rich***

The ability to stay focused can help you accomplish almost anything: from performing at your best in any situation, improving your personal and professional life, and problem solving more effectively. In order to stay focused you have to put yourself in the right mindset and reduce distraction. To be able to focus you need self-discipline so that you can focus when you need to – for as long as you need to – so you can accomplish more.

Focus is defined as “to concentrate on something in particular.” There are many reasons why focus is an issue but there’s more to it than that. All too often people are led to believe that their inability to focus is genetic; they’ve been told they have ADD or ADHD and that’s the reason they can’t concentrate, or sit still and put their attention on the present task. Once they believe that, it becomes a built in excuse and therefore there is no motivation to develop the skills that enable one to focus and accomplish more. Don’t let your past beliefs define you; that’s where all your excuses come from. Focus on the present. Be open to continual learning and personal growth to develop self-discipline. Personal growth and development is one of the main keys to success, which is often underestimated.

There are many reasons beyond genetics that can affect your ability to focus, such as:

- Lack of sleep
- Hunger
- Anxiety and excessive worry
- Emotional stress
- Physical pain
- Multi-tasking
- Being uninspired (you don't like what you're working on)
- Being easily distracted by others
- Drowning in clutter
- Not having a plan
- Not being committed to getting it done

Before we go on, you might be surprised to know that your mind's normal state is disorder. The brain is designed to notice, recognize, and respond to a variety of random sensations, perceptions, and thoughts – all of which are competing for attention, all at once.

As our brains develop and we're taught discipline, we become better able to manage the minds' disorderly state and turn it into reasonable order. The result is the ability to prioritize and commit to accomplishing the task at hand and the ability to focus and concentrate.

Sharpen Your Mindset and Avoid Distraction

Have you ever started a project feeling focused and ready to succeed, just a few minutes later to find yourself thinking about something that has nothing to do with what you are working on? Your goal to accomplish that task has just faded away.

When you are easily distracted and unable to focus, your productivity and accomplishments can be reduced to zero, and resorting to multitasking to make yourself feel busy is not the answer. When you switch to multitasking, you trick yourself into thinking you're being productive, but in the end you still haven't accomplished the necessary task.

Your mind is not able to focus on many things at once. Instead, when you 'multitask' you are simply switching from one thing to another and often without finishing anything.

When you have several goals you must narrow those goals to the most important ones and then focus on them one at a time. Once you do that and accomplish the first one your other goals will follow easily. You'll realize how much more effective you are when you put your full focus on one task at a time.

“The trouble with not having a goal is that you can spend your life running up and down the field and never score.”

**- Bill Copeland
American Historian, Poet, and Author**

A Plan to be Productive and Achieve Your Goals

- **Clear Vision:** You must have a clear vision and define why you want to accomplish it in the first place. When you define your purpose you will maintain your inspiration to achieve your goal.
- **Create a Master Plan:** A good way of staying focused is to create a master plan that you can refer to often to stay focused on your tasks at hand as well as your long-term goals. Writing down your goals helps you organize and clarify where you are at any given moment, which increases your chances of succeeding.
- **Set Boundaries:** Setting up your personal boundaries prevents you from getting sidetracked so easily. That may mean that you are sometimes unavailable or you need to turn off your phone. Setting boundaries is absolutely necessary for staying focused on your short-term and long-term goals. Boundaries will help maintain the habits that are necessary for accomplishing goals that require a consistent dose of discipline and commitment.
- **Create a Focus Statement:** A focus statement is something that you say to yourself several times a day while tapping “in” around the right ear; this will help you stay focused on the task at hand. Your statement must start with “you can” or “you are” because this will inspire you to stay focused and keep going.
- **Recruit an Accountability Partner:** Surrounding yourself with supportive and positive people will help you stay more motivated and on task. When you find yourself getting distracted and off course, having someone who will hold you accountable for staying on task is essential. Having someone there that can catch you when you fall or that can prevent the fall altogether is priceless.

Being around others who will help you find answers and provide you with tools and a strategy to achieve your goals and support you to consistently follow through with your commitments is vital. Your ability to be successful is highly dependent on the environment you place yourself in.

The late, great Jim Rohn once said, “*You’re the average of the 5 people you spend the most time with.*” Truer words were never spoken.

“If you focus on the possible when you experience difficult situations, YOU CAN positively change your outlook, reduce your stress, and concentrate on achieving things that otherwise may not have been possible.”

**- Catherine Pulsifer
Author of *Words of Wisdom***

Self-Discipline

I’m often asked “how can I develop self-discipline so I can focus? I have a difficult time keeping my mind from wandering.” This is not an uncommon problem. Many people lack the skills to focus and stay on course and in order to possess these skills you need to develop them.

These skills are not taught at school, and most people do not know how to develop them. Life is full of distractions and circumstances that can steal your attention, which will reduce your discipline to stay focused.

Most people do believe that self-discipline and focus are important and necessary skills. It’s believed by many that you’re either born with the ability to focus or you’re not and if you aren’t born with this natural ability, these skills are hard to get and requires a lot of time and effort; investing in the necessary time and effort is overwhelming.

Improving your discipline and focus requires a lot of time and effort on your part, but you must first change your beliefs about what’s possible. Think of all the time you spend watching television, interacting with others, and wasting precious time. If you devote a small portion of that time on improving your self-discipline and focus it will increase your ability to follow through with whatever you need to get done.

The more disciplined and focused you are, the easier it is to follow through with whatever you need to do to achieve success.

This leads to the subject of self-responsibility and in particular, being responsible for your own health and well-being. As stated earlier there are many reasons other than genetics that make focus and self-discipline difficult. In order to be able to focus and concentrate long enough to accomplish anything you and only you are responsible for taking care of yourself physically and mentally.

If you are having trouble getting things done the easiest place to start is by taking responsibility for caring for yourself. Getting a good night's sleep is where it all starts. Without that your mind becomes less and less capable of focusing on anything long enough to finish your tasks.

Next is your diet. What you eat will determine how effective your mind and body will function. Supplements are very important as well because they boost the nutrients that your food is lacking, giving you the best chance to think and perform at a very high level.

Exercise is important because it develops self-discipline. You have to commit and plan for it then follow through even when you are not into it. By following through and doing your workout, you build the mental fortitude to persevere even when you might want to quit. This translates into being able to focus when you're being distracted and you'd rather be doing something else.

The advantage you get from constantly engaging in personal development will drive you to accomplish more.

Being responsible and self-reliant is the counter balance to all the excuses you have to not push forward and learn what's needed to accomplish more in life. You are the only person who can make the changes necessary to be more effective. It's time for action!

Winners have razor-sharp focus and a sense of purpose! They're inspired! Allow absolutely nothing to hold you back from achieving what you want!

🔄 Click on the video below and join me in this Tap-Along coaching session where we will begin eliminating any beliefs such as “I am not capable of being focused, disciplined and self-responsible because I have issues like ADD/ADHD, etc.” We will address any self-defeating self-talk that sabotages you when you attempt to be disciplined and push through moments of distraction. We will start rewiring your subconscious mind to feel satisfied when you are buckling down and focused on getting things accomplished.



Chapter 7



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Anger - Let it Go!

There are two ways to look at anger: the positive and the negative.

The Positive: Anger can energize you and can be a success tool. Anger guards you when someone wants to hurt you. It gives you the strength and aggression to help you overcome a stronger enemy. In day-to-day situations, anger can serve as a positive force to motivate you to stand up for yourself and creatively find solutions to the challenges you face.

The Negative: Anger is a mask. It covers up your true feelings like fear, jealousy, frustration, or powerlessness. It's a way of dealing with a situation when you haven't processed the real feelings behind it, or you don't have the tools to work through it constructively.

What's going on in our world today is often described as "An Anger Epidemic." The list of reasons for all this anger is long but some experts state at the top of the list are: financial uncertainty; working long hours; little to no vacation time; opposing views about politics, religion, or tastes in music; and cheering for a favorite sports team. The list of reasons for having so much anger is long, but the real problem lies in the inability to be emotionally composed and to "disagree agreeably" as my Dad used to say.

What has you seeing red? Maybe it's getting cut off in traffic or being verbally attacked. For one guy seen in a viral video, he threw a tantrum over a city street trombone player. I guess he didn't like the tune!

There are meltdowns happening all around us. Whether it happens to you personally, or you see it on TV, or you hear about it on the radio, or you log in to any social media platform, much

of what you see or read is negative, hate-filled meltdowns. Reports from recent polls show that more and more people are feeling angry or irritable than ever before.

Dr. Vince Berger, a highly respected American Psychologist states, "We know what anger is because we have all experienced it, whether as a fleeting annoyance or as full-blown rage." Anger is an emotion you feel; it can completely overwhelm your ability to think rationally.

In general, we may become angry or frustrated whenever we are not able to achieve a goal or get what we want. Life is full of frustrations from minor irritations to something really big. When we use our frustration and anger to motivate us to change something in our life, anger and frustration end up being good and helpful. But for many people anger and frustration result in irritability, rage, wrath, stress, resentment, loss of confidence, depression and other negative behaviors. While anger and frustration are not the same, the distinctions between them are lost and meaningless.

"Anger is a sign that something needs to change."

**- Dr. Mark Epstein
American Author and Psychotherapist**

Understanding Anger and Rage

Anger is an emotional response to a real, felt, or imagined grievance. It may have its roots in a past or present experience, or it may be in anticipation of a future event. Anger is invariably based on the perception of threat – or a perceived threat – due to conflict, injustice, negligence, humiliation; betrayal, etc.

Many words in our vocabulary describe various forms of anger that differ primarily by their intensity of passion and arousal. A partial list includes: irritation, frustration, annoyance, miffed, sulking, offended, indignation, exasperation, incensed, pissed, outrage, wrath, rage, fury, ferocity, and livid.

Anger can be an active or a passive emotion. In cases of "active" emotions, the angry person lashes out verbally or physically at an intended target. When anger is a passive emotion it is characterized by silent sulking, passive-aggressive behavior, and hostility.

Anger can be caused by both external and internal events. You could be angry at a specific person or event (a traffic jam or a canceled event), or your anger could be caused by worrying or brooding about your personal problems. Memories of traumatic or enraging events can also trigger feelings of anger.

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control it can turn destructive leading to problems at work, in your personal relationships, your health and in the overall quality of your life. Anger can make you feel as though you're at the mercy of an unpredictable and powerful emotion.

Physiological Aspects of Anger

Like other emotions, anger is accompanied by physiological and biological changes. When you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, (adrenaline and noradrenaline), your rate of breathing increases and your body's muscles tense up. Anger is a feeling – you physically feel it in every cell of your body. You don't "think" anger, you "feel" anger.

While anger has a physiological preparation phase during which the body's resources are mobilized for a fight, it also has a wind-down phase as well. The body starts to relax back towards its resting state when the target of the anger is no longer accessible or an immediate threat. It is difficult to quickly relax from an angry state unless you have the right tools. The adrenaline-caused arousal that occurs during anger lasts a very long time (many hours, sometimes days), and lowers the anger threshold, making it easier for the person to get angry again later on. It takes a rather long time for the body to return to the resting state unless you have the right tools and know how to use them.

Expressing Anger

People use a variety of both conscious and unconscious processes to deal with their angry feelings. Expressing your angry feelings can be done in violent destructive ways or in an assertive, but non-aggressive, manner.

Anger can be suppressed, and then converted or redirected. This happens when you hold in your anger, stop thinking about it, and focus on something positive. The aim is to inhibit or suppress your anger and convert it into more constructive behavior. The danger in this type of response is that if it isn't allowed outward expression, your anger can turn inward on yourself. Anger turned inward may cause hypertension, high blood pressure, ulcers, or depression.

Unexpressed anger can create other problems. It can lead to pathological expressions of anger, such as passive-aggressive behavior (getting back at people indirectly, without telling them why, rather than confronting them head-on) or a personality that seems perpetually cynical and hostile. People who are constantly putting others down, criticizing everything, and making cynical comments haven't learned how to constructively express their anger.

Anger can make us blind to the truth and unable to accept what's sensible and correct. When anger is the primary emotion being felt, we become less able to think clearly and act rationally and in some cases, even our senses do not work properly because of extreme anger.

Anger is often followed by depression. When we feel particularly irate, we tend to express ourselves verbally or physically. Afterwards, when we recognize such outbursts as atypical of ourselves we end up feeling depressed with the reality of what we have just done.

“Hating someone makes them important; forgiving them makes them obsolete.”

**- Karen Salmansohn
Author and Award Winning Designer**

Anger Addiction

Anger as an addiction is not well understood. We all know someone who seems to always be involved in a conflict. They seem to love to argue and are always itching for a fight, or purposely push all the right buttons to get a rise out of those around them. What makes some people so constant in their anger?

One of my early mentors Dr. Candice Pert in her book “The Molecules of Emotion” wrote that emotions are peptides (molecules). When you're triggered the body produces these molecules which are then released into the body where they attach to receptors on the cells and trigger the feeling of the emotion. Then there's a whole chemical cascade that follows that gives you the “HIGH” (increased heart rate, respiration, agitation, etc.) you feel when you get angry. Each time you're triggered more receptors are made that need to be filled or satisfied just like any chemical addiction. The brain goes about filling that need by setting up situations that cause you to be triggered.

So when you see people getting so easily triggered, they are not in control, they are just acting out while under the influence of the molecules (drug) of anger and the resulting chemical cascade that makes you feel high.


Like any addiction you have to be vigilant and address anger every time it occurs. Get good at knowing when to use anger to your advantage and when to get rid of it. Having the tools to handle it effectively is what is most important and that's what PowerTapping does.

The Solution – Overcoming the Addiction to Anger

We are taught in our society that anger is bad therefore after we calm-down, we feel bad in some way or feel guilty for getting angry in the first place. Women are particularly affected by anger – for many it scares them because of the loss of control, it's also unbecoming and can be embarrassing.

The Three Keys to Eliminating Anger

1. Recognize why you got angry and forgive yourself first. I've developed a simple tool to do that in 3 minutes or less. Journal about what triggered you. Getting it down on paper will broaden your understanding of the issues involved and open up some avenues to respond differently in the future.
2. You must desensitize yourself to lower the intensity of your response by "Tapping Out" why you're angry and why this response no longer works for you. Eventually this erases the trigger forever.
3. Put in its place a constructive, emotionally satisfying response by "Tapping In" how you'll respond in the future to any provocations. Do this until on a scale of 1-10 you believe it between 8 -10.

 Click on the video below and go join me in this Tap-Along coaching session where I show you how to quickly recompose yourself and eliminate anger in the moment. This session will serve as a model on how to self-manage highly emotional events effectively. I address anger in two different forms; anger about something that's happened to you and anger towards someone who's done you wrong. The language used may trigger issues you're aware of and issues you were not even aware you had. Watch and participate fully with the video several times in the first week. The changes in how you handle issues as they happen and stay composed will make a huge difference in your attitude, your mindset, and your personal performance.



Chapter 8



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Finding Your Voice

The one thing that you have that nobody else has is you (your voice, your mind, your story, your vision) so you must unlearn what you've been taught about how you are supposed to be. In order to reach your full potential and create the life and lifestyle you've always wanted, you cannot let anyone else define your worth. There are many things in your life that you hold to as the truth because they were taught to you when you were young by those in authority, or those who you trust, but they are not always true. These falsehoods have been ingrained deep into your core and it's time to stand up, be courageous, create momentum and keep it going.

If you have a hunger to succeed, if that drive is there, half the battle is already won.

However, one thing that stands in the way for many is the inability to stand up and break away from the expectations of family members, friends, or society in general. Be resilient and live life on your terms. Don't sit back and wait for something to happen to you. It may be time for you to have what I call The Stage Conversation. It's a blueprint for when you need to have a difficult or possibly contentious conversation with someone and are dreading it.

The Stage Conversation

The Stage Conversation is an exercise for you to carefully decide and rehearse how to have a difficult conversation with someone you may be close to, who has power over you or who has an emotional hold on you. But you must face them – there's no running away from it. It's also highly effective for when you need to let go of a relationship that's already ended but you still have something you want to get off your chest.

It may be time for you to stop letting someone else drive the bus and confidently yet kindly confront the situation. Again, don't just sit back and wait for something to happen.

It's an exercise that makes having a tough conversation uncomplicated, and prepares you to respond rationally instead of reacting when old habits of dealing with differences lead to fights and hurt feelings rather than solutions. Blaming and rehashing bitter moments do nothing but heighten negative emotions and lead to making things worse. But when you are in control of your emotions and can't be triggered you're more likely to prevail.

EMOTIONAL COMPOSURE IS THE ULTIMATE POWER!

The Stage Conversation is an exercise you use when you need to have a difficult conversation and want to practice it first. It's a visualization and tapping exercise specific for working out relationship issues of all kinds.

You create a specific scenario and work through a simple 9 step process. When you're finished you've worked out your feelings, planned your strategy, and feel confident applying it.

LET'S SET THE STAGE

1. Visualize you're in a small theater, it's very dark and you are seated half way back from the stage.
2. You see 2 chairs placed beneath a spotlight facing each other in the middle of the stage.
3. You see the person you're going to have the conversation with come out of a door from the back of the stage and sit down on the chair to the right.
4. Notice what they are wearing and how they look (nervous, curious, happy, sad, etc.)
5. Make your way up the stairs in the middle of the stage and take the seat on the left. Take a moment and look at that person carefully, get a good measure of them before speaking.

6. Look directly into the eyes of the person sitting across from you and with as much emotion as you can generate, say what you want to say. Let it all out. Don't hold back. Notice their emotional reactions as you speak.
7. Pause, be observant and listen for their verbal response. If they respond, carry on a dialog as if it were real. If you feel any negative emotions do a round of tapping to clear it before moving on.
8. If there's no response, ask for one. If no response occurs take it as an indicator of what might happen and prepare yourself for that possible outcome by doing a few rounds of tapping.
9. Finish by getting up out of your seat and walk down the stairs and out the main doors of the theater, either with that person or not, depending on how the talk went.

Note: This exercise is not meant to have a positive or negative outcome. It is designed to have the outcome that's best for you. You'll determine that by how you feel during the conversation.

When you hear that other person's voice in your head, suspend your judgment. Believe and go with it.

After doing the exercise a few times it goes very fast.

Review: To address a situation with someone or work out a relationship issue, go through the 9 step process below.

Getting Started: Write down the names of the people who you feel you need to have a conversation with.

- 1) Arrange them in order of importance.
- 2) Choose one close to the top that you can also follow up with in real life.
- 3) Go through the exercise.
- 4) Follow up by making a date to have the real conversation ASAP.


- 5) Close your eyes and create the stage scene.
- 6) See the person you're going to have the conversation with on stage and join them.
- 7) Have the conversation.
- 8) Tap out any uncomfortable moments and replay that segment until you feel confident.
- 9) Finish by walking off center stage down the main aisle and out the main doors of the theater (with or without the person).

YOU WILL FEEL...

EMPOWERED – to be stronger and more confident, especially in controlling your life and claiming your rights

SELF-ASSURED – confident in your own abilities or character

AT PEACE – free from anxiety or distress



“Be in charge; take control of your life.”

**- Laila Gifty Akita
Author of *Think Great***

TAKE CONTROL OF YOUR LIFE NOW AND START PLANNING YOUR FUTURE

Now that you have the blueprint and the tools to stand up for yourself and set boundaries on how you want to be treated, it's time to further develop who you are and who you want to become by planning your future.

A great way to plan your future and set your goals is to create a Vision/Action Board. This is a very effective tool to help clarify, concentrate and maintain focus on your specific goals. It's a place where you display images that represent whatever you want to be, do or have in your life.

Shaping Your Future – Vision/Action Board

“Have a vision. It is the ability to see the invisible. If you can see the invisible, you can achieve the impossible.”

**- Shiv Khera
Author and Educator**

Our imagination is powerful, yet for many that power remains simply “potential power” and it’s never fully used.

A Vision/Action board allows you to use your imagination repeatedly, creating a clear vision of the ideal life that you want for yourself. If you have a burning desire to realize your dreams, you must have a clear vision of those dreams. Creating a Vision/Action Board can help you develop the skills to define and shape that within your mind.

So how do you stay focused and hopeful on what you want your future to look like when your present is stressful and can even cause you to feel powerless? This is what the Vision/Action Board can do for you. It’s a constant reminder visually keeping what you want in front of you as well as in the back of your mind.

First some basic information; your subconscious mind controls your behavior and you must directly affect it in order to make permanent change. The subconscious takes information in as fact regardless of whether it’s true or not. It imprints the information best visually and emotionally and the more you’re exposed to it the faster your behavior changes. There is also a whole body of work that promotes the concept – the more you are exposed to images of what you want and think about it, the faster you will attract them. This works, it’s about focused intention. Utilizing a Vision/Action Board as a tool that keeps you focused on what you want and where you’re going is invaluable.

The benefits of creating a Vision/Action Board –

- It is a visual representation of the life you want.
- It helps you to become very clear about what you want.
- It makes your goals visible and keeps them in front of your eyes.
- It reminds you of what you want.
- It allows you to choose our goals.
- It reminds you of what you are working for.

- It keeps you in a positive mood.
- It allows you to create a purpose in life.

1) Getting Started

Creating a Vision/Action Board is pretty easy: get a piece of poster board, scissors, glue, and a stack of magazines. The first step is to paste a picture of *you* in the center and then start cutting out all the pictures that represent what you want to see and paste them on your board. You can even go to an art store and find stickers and images if you are searching for a specific picture that you're not finding in your magazines.

2) How to make creating your vision board a powerful experience

When envisioning the future and creating your Vision/Action Board, understand its real purpose and avoid just cutting out pretty pictures. Every image on your board must have purpose and real emotion attached to it.

3) Expand your search

If you just look at magazines lying around the house, you could easily miss images that represent a future you haven't yet imagined. Go to a book store and check out the magazine section. Pick up any magazine that jumps out at you – even if it is something you would normally not look at. You never know what you'll run across and what direction your mind will go. You may discover things you didn't know even existed.

4) Allow yourself to get in touch with what you feel and dream a little

Give yourself permission to get lost in the moment and avoid letting your rational mind take over. You don't have to have all the answers on how you're going to get there in the moment.

5) Observe your process while making the vision board

If you are spending too much time looking for the ideal images it could represent a need for perfectionism. It's more important to keep working on the board and moving forward. Just because you post a picture on your board it doesn't mean you can't change it when you find an image you like better.

6) Why does a Vision/Action board work?

Some believe that the powers of a Vision/Action Board are rooted in the Law of Attraction. It's true that when you put your attention on something, you experience more of it. You also become more aware of opportunities around you and it seems you're in the right place at the right time saying the right thing to the right person more often. Part of this is called "getting in the flow", a state of mind athletes know very well. Part of it is being so committed to a goal - you just make it happen. We all have experienced this state when wanting something so much that you just make it happen.


7) Now that you have created your Vision/Action Board, make the most of it

- Put it where you can see it as a reminder of what makes you happy.
- Take time to observe it every day.
- Take a picture of it and have it with you so you have a reminder of the future that awaits you.



Once that's complete, you've officially completed your Vision/Action Board. Just make sure to spend five to ten minutes each day reflecting on it including the emotions and physical experiences related to each aspect of your vision.

If you do that, you'll make full use of the incredible benefits of your Vision/Action Board to motivate you to action and make your dream more believable than ever before.

 Click on the video below and join me in this Tap-Along coaching session where I take you through a session on how to find your voice by installing an assertive mindset so you can stop giving away your power. We will Tap-In how to stand up for yourself and take confrontation head-on with confidence and self-assuredness. You will then be able to move forward and be who you want to be – not who others want you to be.



Chapter 9



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Preview/Review

Everything in life is a performance. From the moment your feet hit the ground in the morning to the time you go to bed at night, everything you do in your day is a performance. No matter what you're doing – preparing meals, driving the kids to school, playing sports, performing in the workplace, speaking on stage – you always want to perform at your best!

Think for a moment. Think of the times you've shown up and been unprepared and how it made you feel – that meeting, that interview, that dinner party, that date, etc.

When you were not prepared and things did not go well, think of how it made you feel; were you upset, frustrated, disappointed, or angry with yourself? You knew you lost the opportunity, squandered the moment and that often leads to anxiety and beating yourself up.

“Before anything else, preparation is the key to success.”

**- Alexander Graham Bell
American Inventor**

Life is spontaneous and things happen all the time that take us by surprise that we never see coming or that we can't prepare for. When those things happen it ramps up your stress level causing you to doubt yourself, even if it's just for a moment, it starts adding up quickly to a state of overwhelm.

I am a firm believer that being flexible and not trying to control everything allows you to stay composed when things don't go as planned and still think on your feet. The coolest head in the room always prevails. When we are well prepared, we can easily jump from Plan A to Plan B if

needed. Previewing the event and rehearsing it allows you to adapt swiftly when circumstances change.

“Success is where preparation and opportunity meet.”

**- Bobby Unser
Professional Racecar Driver**

In this chapter we introduce a cutting-edge process to guarantee that you perform at your best and greatly reduce stress, anxiety, and overwhelm on a daily basis. This simple, yet powerful process enables you to rehearse everything you’ll be doing during your day enabling you to stay focused, composed, and ready for anything. It also enables you to self correct and improve your performance by debriefing your day and reflecting on what went well and identify opportunities for improvement in your performance and remove obstacles to ensure future success.

Athletes, actors, business professionals and anyone who wants to perform at their best all rehearse and rehearse and rehearse. It’s incredibly important to be ready for anything and using the process I’ll lay out for you, you’ll be ready for anything. You will also present yourself with great composure and confidence, which will raise your performance and improve your results.

“By failing to prepare, you are preparing to fail.”

**- Benjamin Franklin
USA Founding Father**

The Benefits of Being Prepared:

Self-discipline – Getting into a routine and developing the habit of preparing yourself for what’s to come is a form of self-discipline. When we routinely prepare ourselves for both the predictable and the unexpected events in our lives, we enhance our own self-discipline.

The act of getting prepared and taking the time to prepare takes discipline. You have to discipline yourself to overcome the inevitable “I don’t feel like doing this now” or getting excusitis, and procrastinating. Successful people do not engage in excusitis. That is the behavior of a person that is a victim not a Victor, one who finds all sorts of excuses to justify their poor performance, poor results, or lack of action.

Mental/Emotional Resilience – Resilience is that ability to pick yourself up, dust yourself off and go at it again after something bad happens mentally and emotionally. It's one of the most important characteristics to develop for an Invincible Mindset.

It is when we are preparing and rehearsing that we have the opportunity to develop resilience. We all know that not every plan works out and it is through reviewing our failures every day and making adjustments that we're prepared for the next time to reach success.

Being prepared removes fear and anxiety. Fear of the unknown causes stress and anxiety. Being unprepared fuels your fear and amplifies your anxiety. When you are unprepared, you know it. As the moment gets closer for you to perform, your fear and anxiety builds, which shuts your brain down and almost guarantees a poor performance.

By simply preparing yourself for every event in your day you zero out your anxiety and eliminate fear. FEAR is **F**alse **E**vidence **A**ppearing **R**eal. When you're prepared there's nothing to be afraid of.

Other benefits include:

- Being prepared gives you a competitive advantage in negotiations.
- Being prepared eliminates overwhelm by keeping your priorities straight.
- Being prepared enhances your strategic thinking.
- Being prepared increases your flexibility by having your options ready.
- Being prepared guarantees greater success more often.

The Preview/Review Process

The Preview is your opportunity to go over and rehearse every aspect of your day. It's done first thing in the morning before you get going. It is imperative that you develop the habit of giving yourself time to look at your day and prepare yourself for what might happen.

The Review (or Debrief) is when you go back and evaluate your day hour by hour or event by event. Doing this gives you the opportunity to acknowledge your successes and go over the events that did not turn out well and to make the needed adjustments in your approach or strategy so that next time you perform better and get the result you intended.

Preview: It is just part of life to do everyday tasks without giving it much thought but that's not how someone with an Invincible Mindset operates. Preparing for your day everyday lowers your stress and anxiety going in and ensures a more satisfying day and a happier life for you and your loved ones.

The Preview Process

1. First thing in the morning every day (yes, even weekends) mentally go through your day slowly hour by hour while continuously tapping on each point. Go through each event while tapping and work out any concerns you may have about the event.
2. Next while still tapping on the points, review anything that's on your mind that may cause you to be distracted during the day and do some tapping on it until you feel calm about it.

Review: This is a self-educational run-through to evaluate what went right and what went wrong during your day and it's designed to give you an opportunity to make adjustments where things did not work out as you intended as well as create actionable changes.

This can be done at the end of your work day or before bed. I believe that the best time is right after your work day, which will have the highest impact on your happiness as it creates separation from work and your personal life and leaves you in a good mood when you get home.

The Review Process

1. Start tapping and slowly go through your day hour by hour. Take your time and tap out anything that did not go as well as you hoped. Spend a little extra time and tap out any surprises or missteps then rehearse doing it with the adjustments you feel would have resulted in a different outcome.
2. Congratulate yourself (while continuously tapping) and be grateful for everything that went well during the day, either big or small. Go through this slowly and really feel the gratitude. This builds your self-esteem and self-worth and it physically feels great.

3. Finish by continuously tapping and thinking about anything that could possibly cause you to be distracted or stressed tomorrow. Also tap out anything in your life that is still bothering you.

Managing Your Disappointment When You Didn't Knock it Out of the Park

One unfortunate consequence from looking so closely into our life is realizing how often we fall short of our goals or how often we don't prepare well enough to perform at our best and succeed. For many this leads to beating yourself up and getting down on yourself.


It's both unfortunate and an opportunity to clear away old beliefs that support self-destructive behavior. When we can see our faults and weaknesses it gives us an opportunity to change them, and with the tools in this book you'll have what it takes to finally change yourself forever.

In the Tap-Along coaching session for this chapter I take you through a process that will teach you to systematically erase old behaviors and replace them with positive behaviors.

There is a tendency for some to see any defeat or miscalculation including missing a day and not preparing as an opportunity to get down on yourself.

Some Timeless Advice:

1. Stop beating yourself up. Think of it like falling off a bicycle – you've got to get up, dust yourself off, and get right back on. When something doesn't go like you want, it doesn't do any good to brood over it.
2. Stuff happens. Sometimes you can do all your homework, be clear on how you want to present your information, practice, know your material backwards and forwards, and still just miss the mark.
3. Recover. Think of it as a great lesson and move on. Learn from it and don't let it hold you back.

 Click on the video below and join me in this Tap-Along coaching session where I take you through a process that will clear any resistance to creating the habit of preparing yourself for everything as well as to erase old behaviors or tapes and replace them with positive beliefs and behaviors. We will Tap-In a deep desire to be disciplined and self-reliant and the feeling of satisfaction you get from being that way.



Chapter 10



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Leadership – Everything Matters

LEADERS DELEGATE
WORK TO PEOPLE
WHO WILL KNOCK
IT OUT OF THE PARK!

Think Like a Leader

Leaders think differently than other people. Their views of themselves, of others, and of the world shape how they communicate and how they behave. So what is the leadership mindset?

- Leaders think in terms of the team, rather than of themselves. Their language focuses more on “we, us, our,” and less on “I, me, mine”.
- Leaders focus on solutions, rather than on problems.
- Leaders focus on the goal.
- Leaders look for ways to simplify, rather than to complicate.
- Leaders value people.

Do you think like a leader? If not, how would adopting the leadership mindset make your business better?

Everything Matters

What does this mean? Everything Matters. As you become part of something bigger than yourself such as being in a business or a member of a sports team, it's an opportunity to step up, become a leader and develop an Invincible Mindset. Everything Matters will become the way you look at everything. Leaders value the power of connectivity. Successful leaders are looked up to, respected, and trusted. It goes way beyond giving orders and holding people responsible. It's about building others self worth and keeping them focused on their goals. Remember – everything in life is a performance and as a leader you must focus on performing at your best in every situation and getting everyone else to do the same.

I want you to think about this question and answer it in light of everything you've read in this book; it will become part of your "WHY?" The question is: How do you define the difference you want to make in other people's lives?

Leadership is all about movement – moving your team from one goal to the next, one level to the next. Your job as the leader is to generate and maintain momentum.

Resistance

Sooner or later, you're bound to encounter some resistance in keeping that momentum going. So, what do you do?

First, recognize the reason for the resistance. Three basic reasons for resistance have been identified as either:

- They don't get it.
- They don't like it.
- They don't like you.

Many leaders make the mistake of assuming all resistance falls into the first category. They believe if they just explain more or train more; sooner or later everyone will follow along. This works if the problem is lack of information or understanding, but the situation can be made worse if the issue falls into one of the two latter categories.

When the issue is that they don't like the proposed change, no amount of training or explaining will secure real buy-in from your team. This is the time for engaging the team in mutual

exploration to discover what alternative approaches to meeting the goal are more acceptable. As the leader, you may need to give up “doing it my way” for “getting it done.”

When the issue is that they don't like you, it's important to work at establishing or re-establishing trust before pushing toward the goal. Don't think that all the process or relationship stuff is a waste of time...it's time well-spent if it gets your team on board.

Every leader encounters resistance from time to time. Successful leaders know what to do to counteract it. Keep the momentum going in your team by understanding what type of resistance you are facing and then doing the right thing to move past it.

So here are 3 proven things to reestablish your position:

- Refocus them on their why. It's easy to let life distract you from why you're doing what you're doing.
- Task them with something they're good at to get them achieving again – this builds confidence and self-esteem.
- Have them question what others need and help them get it. This makes them feel valuable and appreciated.

“Leadership and learning are indispensable to each other.”

- John F. Kennedy

Lead From The Middle

Often we think about leadership as coming from the top of a business or organization, but the truth is that some of the most effective and skillful leadership may be coming from the middle.

Middle managers, like middle children, are often in the role of peacemaker, bridge builder, and translator between the top tier of the organization and the rank and file. Their ability to communicate and influence others can make all the difference in getting people to buy in to the vision and mission of the organization.

The most critical skill for leading from the middle is deep listening. As a leader in the middle, take the time to hear what the people above and below you in the organization are saying and then find the common ground (the logic, reasoning, or way of understanding things that connects the two perspectives). The simplest way to do that is to speak last, let everyone else get their thoughts out first. This gives you the advantage to craft your responses to fit the needs of the team.

Remember that people need to understand the WHY of things before they agree to the HOW. Mid-level leaders can work to explain WHY a change or decision is needed as well as to explain WHY the change or decision is meeting with resistance. Uncovering the WHY is the key to crafting a solution that meets the needs of everyone in the organization. Speaking last will give you the time to figure it all out.

Be a Bridge Builder

Leadership is about service, not status. It's not about how important you are, but about how influential you are in moving your team toward the goal.

This means that you can lead from anywhere in the organization. In fact, in many organizations, direction comes from the top, but leadership can come from any level.

What it takes is:

- Awareness of self and others
- Listening
- Clear and honest communication
- Empathy for others
- Creating and maintaining trust
- Commitment to the common good

“Judge tenderly, if you must. There is usually a side you have not heard, a story you know nothing about, and a battle waged that you are not having to fight.”

**- Traci Lea Larussa
Writer and Illustrator**

Judge and You Shall Be Judged

This doesn't mean you shouldn't evaluate a situation. Evaluation and judgment are two different things. It's been said that we think with our eyes, so to judge is to form an opinion by thinking about what we're seeing and comparing ourselves to others and jumping to a conclusion when we know nothing about that person. It's just based on a superficial opinion. Evaluation is to determine if something is right. If you feel uneasy or apprehensive about something or someone, your intuition may be trying to tell you something. That is not judgment; that is being smart and practical.

Evaluation Example: Say you're at a gathering and someone walks in that you were looking forward to meeting. You had the impression from talking to others that this person would be a great fit for a project you are working on. When they walked into the room you observed their demeanor, their interaction with others, and based on what you know your customer's needs and desires are, it appeared as if that person may not be the fit you had hoped they would be.

Simply observing and evaluating that person from a distance would not be considered judgment. As a leader, it's important to remember that a person's first encounter with someone whether positive or negative pretty much sticks. And if your impression is not necessarily positive, it's likely that others would view this person the same way. This could lead to impairment to your project. Merely evaluating with an open mind is not judgment.

Judgment Example: Some of you may have heard this story before that was told by a school teacher to her class, but it's a great example of judgment.

A couple was on a cruise when the ship met with an accident at sea. After making their way to the lifeboat, they realized that there was only space for one person left.

At that moment, the man pushed the woman behind him and jumped onto the lifeboat himself.

As she stood on the sinking ship she shouted one sentence to her husband.

Others at the scene could not hear what she shouted but most were in disbelief at what they had just witnessed.

The teacher asked her students what they thought she had shouted to her husband. Several responded with angry statements but the teacher noticed a boy who had been sitting quietly and she asked him what he thought she had shouted to her husband. He replied, "Teacher, I believe she would have shouted – 'Take care of our child!'"

The teacher was surprised, asking "Have you heard this story before?"

The boy shook his head, "No, but that was what my mom told my dad before she died from a disease."

The teacher said, "The answer is right."

The cruise ship sunk, the man went home and brought up their daughter singlehandedly.

Many years later after the death of the man, their daughter found his diary while tidying his belongings.

It turns out that when her parents went on that cruise her mother was already diagnosed with a terminal illness and at the critical moment, the father rushed to the only chance of survival.

He wrote in his diary, "How I wished to sink to the bottom of the ocean with you, but for the sake of our daughter, I can only let you lie forever below the sea alone."

When the teacher finished, the class was silent.

We all need to realize that not everything is as it first seems; there are many complications behind things which are hard to see, which is why we should never only focus on the surface and judge others without understanding them first. This holds true for members on your team. They may be distracted by something devastating that's keeping them from performing at their best. It could look like they are being lazy or could care less, when in reality it has nothing to do with the team or you.

For instance: Because we encounter people daily who may be overweight, wouldn't it be hypocritical to judge someone because of it? Stop and think for a moment. Maybe there could be health issues that this person is going through or perhaps their body type makes it naturally more difficult to lose weight, or, maybe they were neglected as a child and use food as a coping mechanism. Because that's not your experience, you can't understand what that person's life is like. When you view it that way perhaps it's time for a little self-reflection and gratitude for what you have in your life, even though you are striving for more, the key is gratitude for what you already have and the opportunities that are in front of you to shape your future.

I recently read a story that is another good example that could happen to anyone using public transportation to get from one place to another.

A man was traveling on a city bus, all the seats were taken so he was standing holding on to the strap above him to keep from bumping into others around him.

All of a sudden he heard a booming voice from a guy who was sitting diagonally to him. He could only see his rear side, and he is in a bent posture.

He automatically assumed the man was drunk.

He was shouting and asking whether his stop had come or not. No one was responding to him and even the conductor ignored him.

He started repeating it many times yet no one paid any attention to him. A few minutes later the conductor made a harsh announcement of the next stop which happened to be past his stop.

The man stood up with a rush, took his probing cane and made the surrounding people speechless.

He was blind. The man standing thinking the man sitting and shouting was drunk and because of his behavior deserved to be ignored began to feel guilty deep inside as the people around him started making a path for him to exit the bus.

So, this is an example of judging a person unintentionally. But, it's still passing judgment on someone without knowing anything about this man. What if he had simply spoken to him and gotten to know the circumstances that were causing his behavior?

The way you look at other people matters. Do you sometimes view others as less than? Do you view others as a threat, a nuisance, or a burden to you? Do you put your own needs and desires above the needs or desires of others? I'm not saying that your life isn't important, of course it is, but thinking that you are more important and that everyone else is secondary, is not a characteristic of a leader.

A leader lifts others up and treats them with respect. As a leader of your team or organization it is essential to recognize an individual's talents and abilities and to support and encourage them. By doing so everyone benefits and it may surprise you to learn that someone you may have not had much confidence in turns out to be a front-runner all because of your influence on them. Because of your leadership and how you inspired that one person to have the confidence to take action and achieve their goals, that one person may become someone that leads hundreds if not thousands of others to life changing accomplishments. Everything matters to a leader.

Image is Everything

Every leader has a particular style of leadership that is distinctive. However, the behaviors, attitudes or methods of delivery that are effective for one may, in fact, not be effective for another.

Great leaders are aware of their own style and make the effort to learn how their style actually comes across to their team. They learn to flex their leadership style to individual team members so that they communicate and behave in ways that motivate and inspire.

What Your Leadership Image Must Represent

Confidence: If you don't believe in yourself, no one will. Leaders often worry that if they show too much confidence, others will think them arrogant. The reality is people that want to know what you know for sure -- and what you don't. Having the confidence to say "I don't know" but assuring them you will get the answer and get back to them is a powerful skill.

Integrity: People seek leaders who are reliable and meet their commitments.


Honesty: Always do the honest thing. It makes others feel like they know where they stand with you at all times.

Respect: Do not play favorites. Treat all people the same without regard to their station in life, their class, or their rank.

Empowerment: True leaders make their associates feel emboldened and powerful, not diminished and powerless.

In summary, some people are born to lead, but most leaders are made and developed over time. Even a born leader has to learn to be an effective leader and those traits and beliefs can be learned by anyone who has the desire or opportunity to lead others.

People who step up to lead are unique in that they come from all walks of life and through coaching and mentoring will develop into very effective leaders. Often they never knew they had what it takes until they took their first step. In essence when they were offered the opportunity to step up and lead they felt a level of belonging they had never felt before and went for it.

 Click on the video below and join me in this Tap-Along coaching session where we will begin installing the beliefs you'll need to turn yourself into an effective leader no matter what place you'll be leading from. We will then tap out the voices that keep you from stepping up and taking the chance to move forward and lead.



Conclusion



www.InvincibleMindsetTraining.com

Everything in life is a performance and your mindset and beliefs determine your outcome. Developing an Invincible Mindset is a process not an event; it takes courage, patience, and perseverance to stay the course and succeed.

Congratulations on investing in yourself and having the discipline to finish this book, participate in the Tap-Along coaching sessions and the determination to master your mindset, follow your purpose, and selflessly help others triumph and achieve their goals.

The only requirement for the tools and training in this book to work for you is a sincere desire to change and the courage to take action.


Staying engaged and getting the support you need is the fuel that will propel continued momentum towards achieving success. Join us and become a member of Invincible Mindset Training. It's like having your own personal coach. Remember, if you want to be truly great at anything, such as being a great athlete, or a great musician you cannot achieve it without a coach. No matter what your ambitions in life are – from just getting through a difficult time to being a successful entrepreneur, or to prosper at anything you do, personal coaching can be essential to transforming your goals into reality.

One of the most exciting benefits of being a member is our Weekly Group Coaching Program, which includes:

- ⊕ One hour weekly instruction on how to use the tools you've learned to more effectively maximize your potential.
- ⊕ Newest techniques for problem solving and tackling stubborn problems that keep you stuck.
- ⊕ Updates on how to use these tools to manifest abundance and enjoy financial success.
- ⊕ Motivation to remain focused on your commitments.

- ⊕ Opportunities for one to two people to get one-on-one coaching that everyone will participate in and benefit from. It's more than enough tapping to clear your issues while you help others move through their stuff.
- ⊕ Learn the art of application. Each week new topics will be discussed and new ways will be introduced on how to apply the Invincible Mindset toolset to those issues.
- ⊕ A simple weekly course of action to keep you on track and engaged.
- ⊕ You'll feel like you've had a month's worth of psychotherapy in just one coaching call!

Each week you will be participating in the Group Coaching Program. All classes will be conducted by phone with me as your instructor with guest presenters from time to time. It is necessary for you to have an e-mail address and/or phone number as you will be contacted via e-mail or text message with information each week pertaining to the class. Each class will be recorded and posted to the membership site. As a Member you will have complete access to each class to repeat as often as you like, or should you miss a live class you can listen to it at your convenience.

 Click on the video below to learn all about the Invincible Mindset Training program and our membership site. On the page with the video you will find a detailed list of the benefits of being a member.



About the Author



Robert Rudelic, BS, NMT, MES, an acclaimed Anatomy and Physiology Instructor at the National Holistic Institute is an innovator in his field, a Medical Researcher, and Integrative HealthCare Professional with over 25 years of clinical practice in San Francisco, teaching seminars and workshops and Peak Performance Coaching. He has created dramatic results for thousands of people and his work has been the subject of many articles published in the field of health and fitness.

Robert is a Nutritional Product Formulator and produces nutritional products for National Fitness Chains, Direct Sales Companies, and the Retail Market Place. He also brings unique patented delivery systems to the nutrition industry. Robert is closely associated with the International Scientific and Research community and up to date on health-related studies and cutting-edge technologies. This provides a distinct advantage in new product development with his direct links to the latest findings.

Robert is a member of Association for Comprehensive Energy Psychology (ACEP) and the author of the book “Anything Is Possible: The Art and Science of Tapping into Your Power.” Robert has been the featured guest and spokesperson on numerous television and radio programs and his media appearances drive up ratings. He is frequently featured in “The Best of ...” programming.

Robert is a son, husband, father, and grandfather. When he gets away from his busy practice he enjoys spending time with family and participating in sports activities. He is a competitive athlete and his favorite sports are white water rafting, snowboarding, and cycling.

Charity Work

Robert is a top fundraiser for the annual Ryde for Lyme/Marin Century that raises money for the LymeLight Foundation. LymeLight is a non-profit foundation that gives grants to children and young adults with Lyme disease to help pay for their Lyme related medical expenses. Working with clients with Lyme disease has reinforced his commitment to help those in need of treatment and support to have a chance to live a normal life. He has witnessed firsthand the devastating result of not getting proper treatment.

Along with his fundraising for the LymeLight Foundation, Robert regularly donates his time and money to a variety of organizations that help people in need.

PRAISE FOR



"Robert knows and understands an athlete's mind and body. He helps me recover faster, perform better, and stay healthy. I view Robert as one of my secret weapons."

...Bill Romanowski – Former NFL Great and Author

"I am so excited about what I'm doing and my future success since learning these amazing tools. The blocks that kept me stuck are now behind me. I see now how I've been a victim of my own self-sabotage and since working with Robert, I'm now in control. It has been unbelievable, the change in the way I feel when I'm in the same situation that gave me so much anxiety. I'm amazed at how powerful this technique is; the results are amazing and profound."

...Rachael Harris – Business Owner and Entrepreneur

"When I first worked with Robert I was at my low point – I had no confidence. He promised immediate results and he delivered! Within a few minutes I felt a significant difference which translated to the field. Immediately I went out and threw four NO HIT INNINGS! I had never felt quite that dominant as I did that day, I was so focused and in complete control. His PowerTapping technique was so easy to learn and the turnaround was amazing."

...Ross Pomerantz – Independent Baseball League Starting Pitcher

"My old tapes were running in the background telling me that I'm not good enough for anyone to want to work with me in my organization...I don't know enough, I'm not successful enough and I'm not worthy. Your amazing PowerTapping technique has changed all that! Since putting what you've taught me into action, I'm feeling stronger and I'm no longer letting self-doubt get to me. Thank you."

... Ann Papp – Network Marketer

"While going through the San Francisco Fire Fighters Academy as a Cadet, I was struggling with the stress of it. All the rigorous testing and high expectation was putting me in overwhelm! Robert worked with me using his PowerTapping technique and I used it every day on my way to class and it strengthened my emotional resilience. I couldn't have done this without you Robert. Thank you."

...Sasha Trofimova – San Francisco Fire Department

"Participating in the mentoring program has really helped me to pinpoint my emotional roadblocks. Logically, these feelings don't make any sense - they even seem silly sometimes. I love being able to, in the moment, change my feelings and how I respond to them. Learning and practicing the PowerTapping technique is just incredible – it's changed my life."

...Christine Morrison – Independent Business Owner

"Over the years I was able to notice this destructive pattern. I had issues and took necessary action to combat these problems. I did and still do QiGong, Yoga, reading all the top self-help books, healthy diet, etc... While these things were effective they did not solve the problem. After learning what Robert taught me, I noticed my call anxiety went away. I was no longer nervous when speaking with [clients] and my mental energy improved greatly."

...Joseph Cole – Real Estate Broker