

What You'll Learn...

- The top three things that **stop 90% of all change efforts DEAD**, almost *before they start...* and what you can do about them!
- How judging yourself harshly splits you into two people: the one who thinks you should or shouldn't do something, **and the one who refuses to obey!**
- How to find out all of your hidden fears about yourself... so you can systematically **eradicate** them *forever!*
- How to turn all the things you think you “have to” do, into **precious gifts you give yourself!**
- Why **you will never win** unless you learn to bet on yourself!
- Why fighting yourself only makes your problems **worse** — and what to do *instead* to become the person you want to be, instead of *the person you're afraid you are!*
- How to eliminate ANY unwanted feeling — not just the ones that cause procrastination!

What You'll Need...

- This handout, and the corresponding CDs
- A pen or pencil to take notes and to fill in the blanks on these pages
- A small amount of a food you dislike: the mere thought of this food should make you grimace in disgust. (You will use this to practice rapidly eliminating a learned negative response with the technique you'll learn.)

(Note: this workshop is both the middle section of *The Procrastination Cure*, and the first day of *Seven Days to Live Your Dreams*. If you've already gone through it as part of the other course, you can skip it and proceed to the next part of this course.)

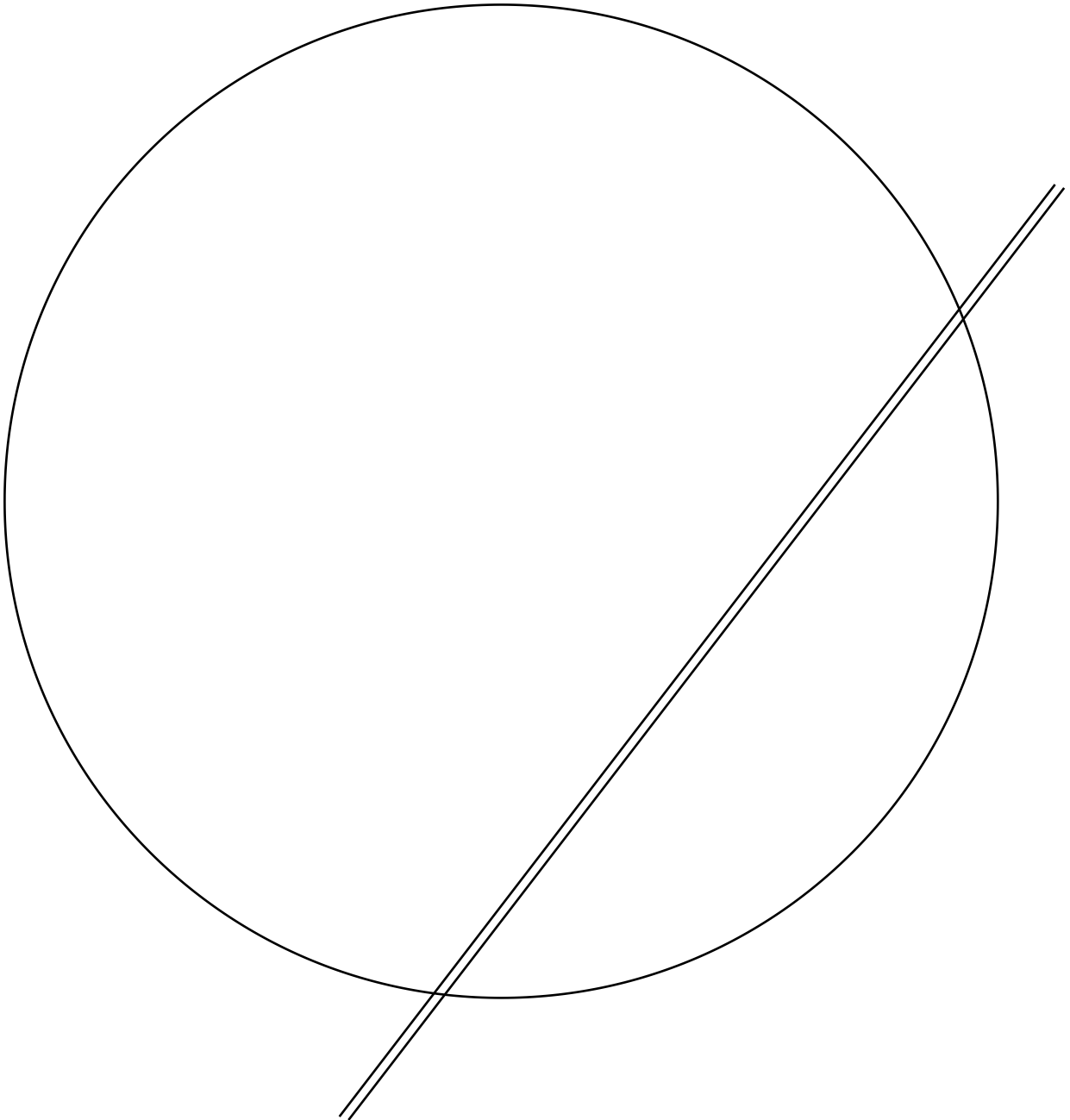
The Top 3 Things That Stop 90% of All Change Efforts Dead In Their Tracks

1.

2.

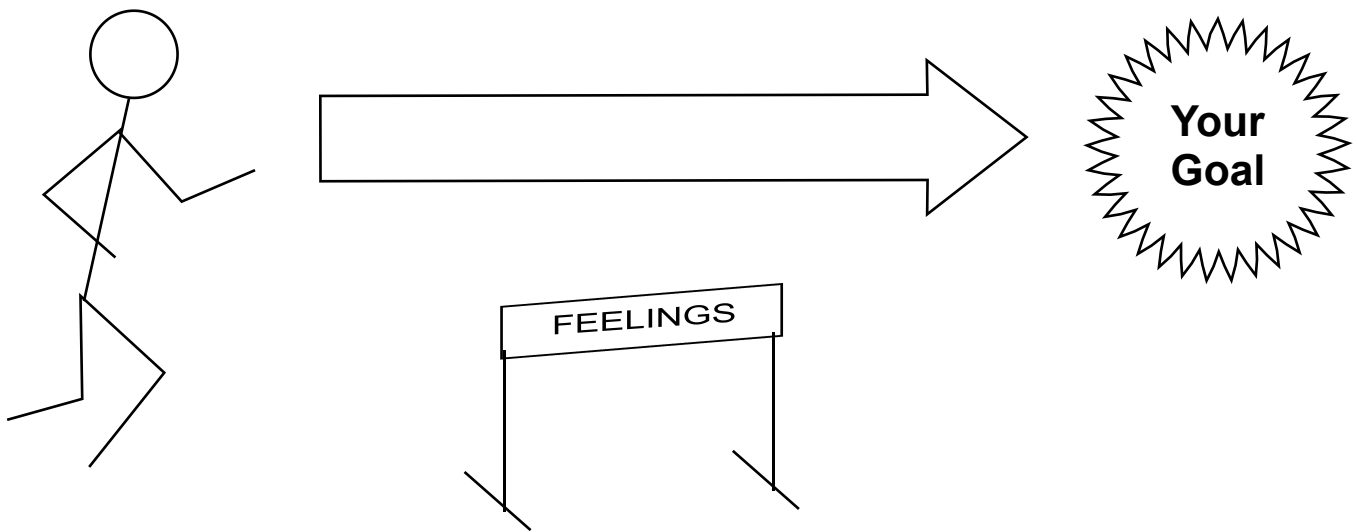
3.

How You Lose Control of Yourself ...and Your Life



Resistance is futile... accept to move on!

Use Your Goals to Find Your Blocks



You won't get anywhere by standing still!

Liking Yourself Means...

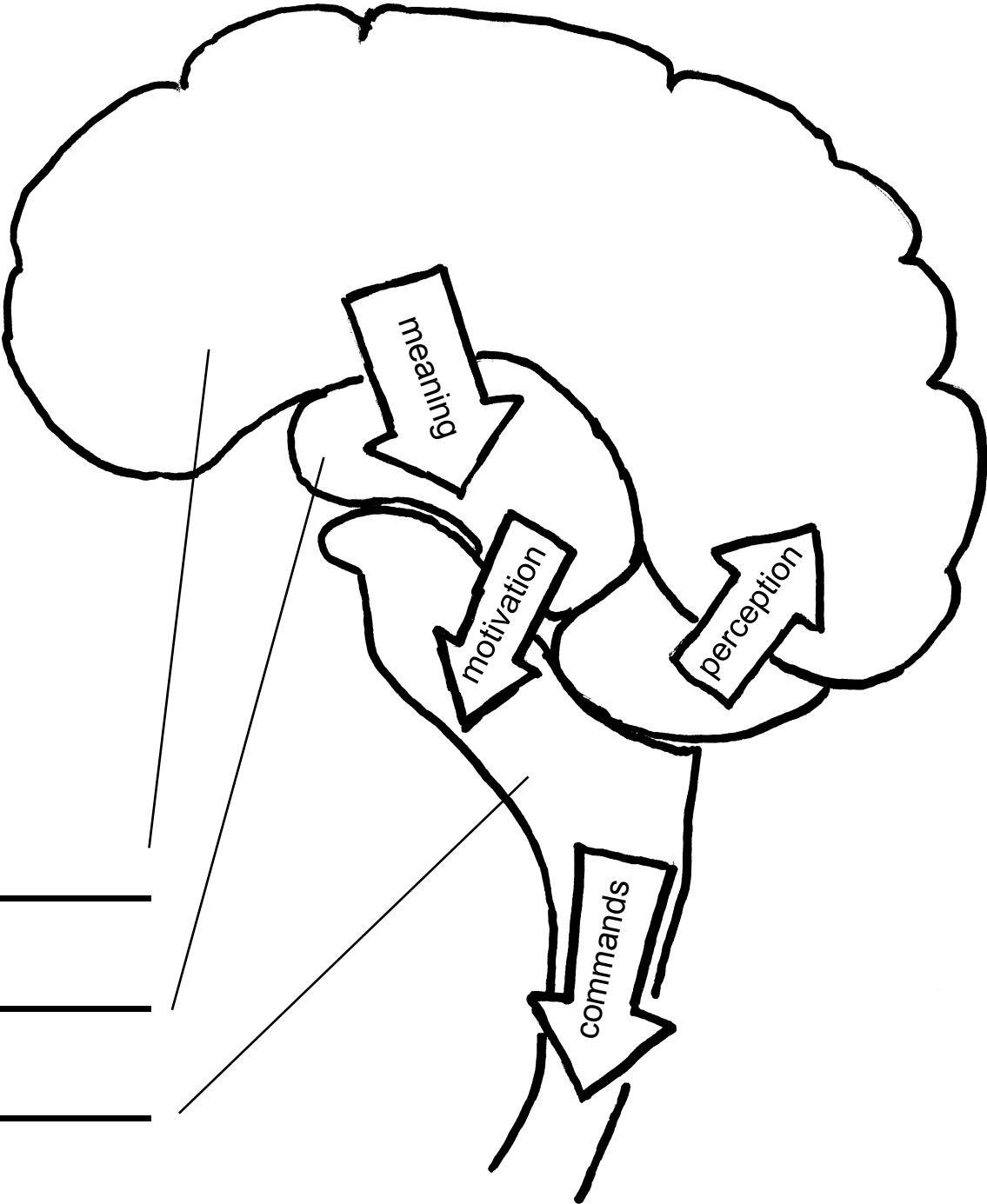
1. Going out of your way to:

_____ _____
_____ _____!

2. If you want to win, you have to:

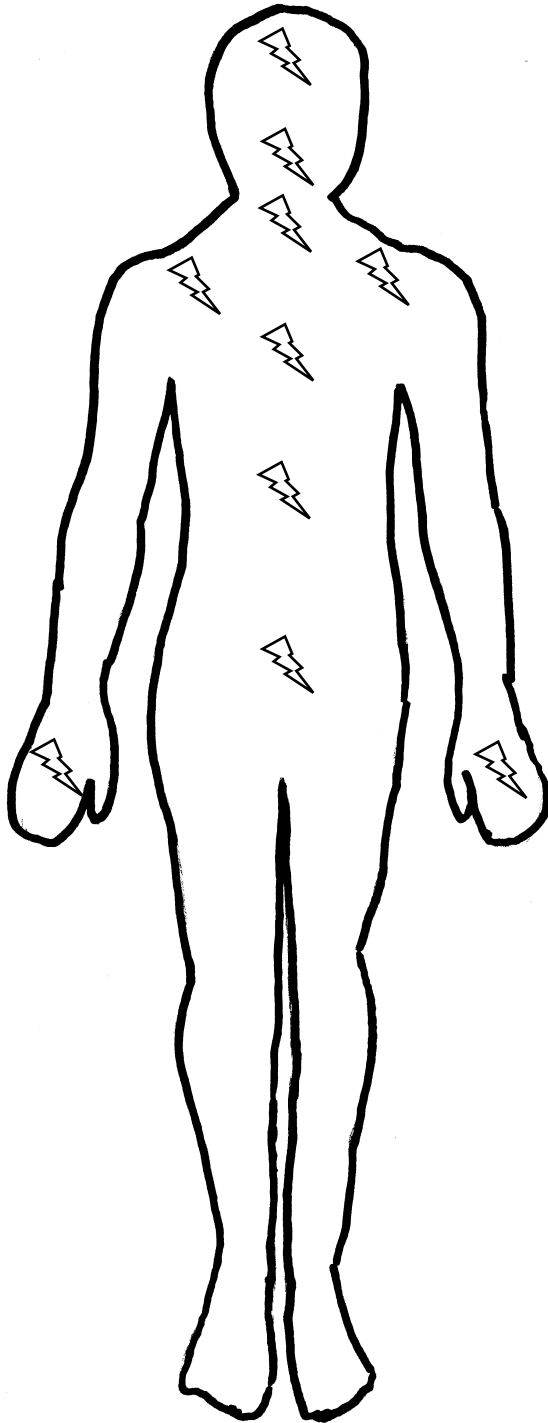
_____ _____
_____!

An Oversimplified Model of Your Brain



- 1. _____
- 2. _____
- 3. _____

Find The Feelings in Your Body (Not your mind!)



Some key areas to check:

- Forehead
- Jaw
- Throat
- Neck and shoulders
- Chest
- Diaphragm
- Belly/“Gut”
- Arms and Hands

Some sensations to look for:

- Tension
- Irritation
- Shivering or trembling
- Feelings of “weakness”
- Clenching, spasming
- Heat or cold, clamminess or sweating

Also pay attention to:

- Breathing (From chest, belly? Fast, slow? Deep, shallow? Nose, mouth?)
- Spinal curvature (Extended? Contracted? Curved forward, back?)
- Repetitive movements (e.g. rocking, tics)

**Note: these lists are just a starting point!
You may have other sensations or find
them in different parts of your body.**

How to “Delete” A Feeling

Step 1: Hold

Step 2: Mark

Step 3: Test!

Review and Q/A

Wrap-up and Feedback

1. What did you enjoy most?

2. What are you going to start using immediately?

3. What kind of difference will it make to your life?

Send answers to feedback@dirtsimple.org