



The Mind Force Method

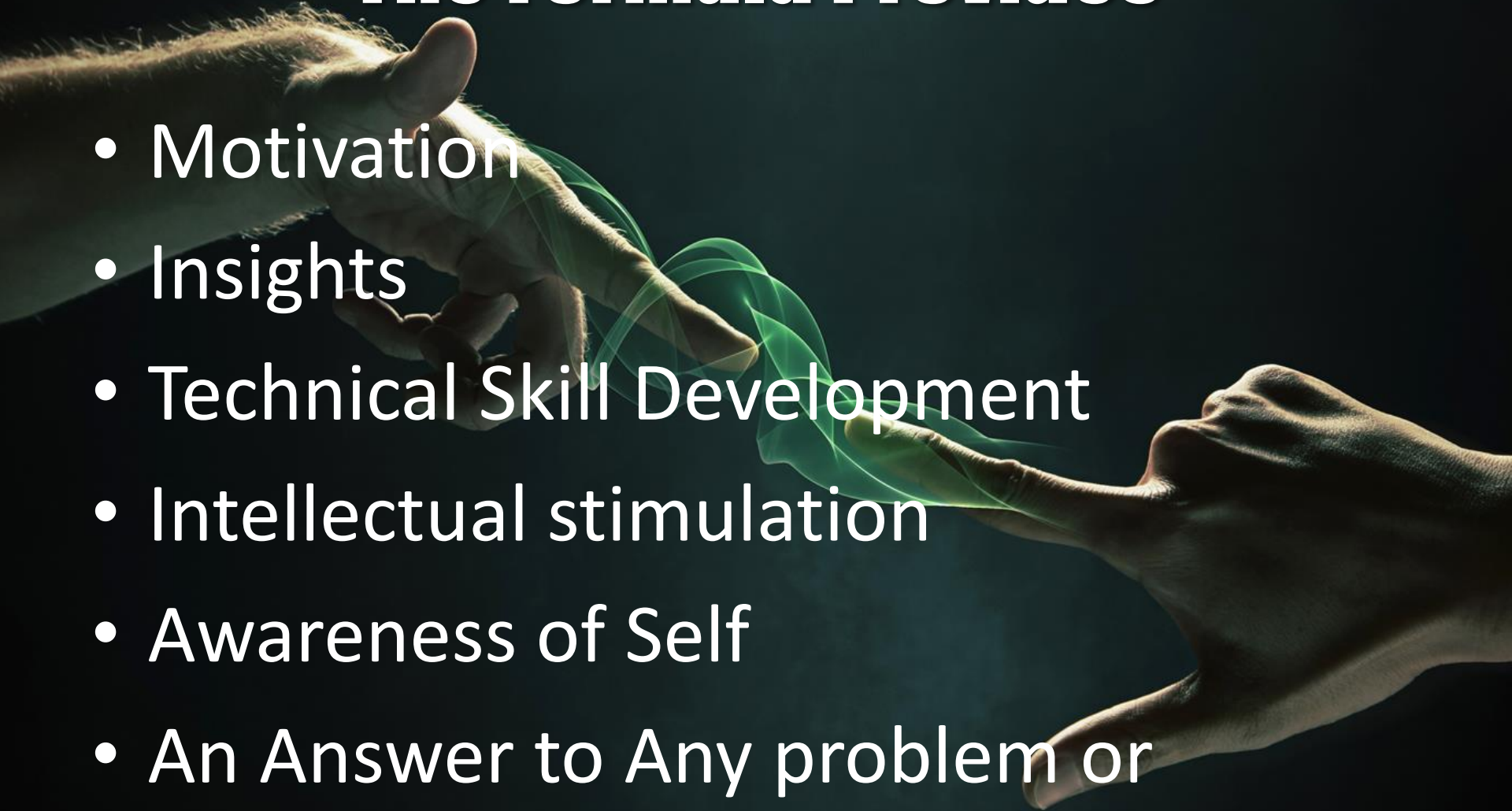
“The Formula”

Powerful Formula

- It works every time you apply it
- It is like a “Mental Elixir” to regenerate Mind Power
- It is designed to regenerate activity in your mind
- It creates a disciplined set of actions

The Formula Provides

- Motivation
- Insights
- Technical Skill Development
- Intellectual stimulation
- Awareness of Self
- An Answer to Any problem or challenge



The 4 Pillars of Inner Game Entrainment

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- A background image showing two hands, one from the left and one from the right, reaching towards each other. Between the hands, there are several overlapping, translucent green waves or ribbons of light, suggesting a flow of energy or a connection. The hands are lit from above, creating highlights on the skin and fingers. The overall background is dark and slightly hazy.
1. Reading Books
 2. Listening to Audios & Watching Videos
 3. Association
 4. Mentoring & Coaching

The Right Books

- Books that develop your mind
- Books that assist in your creation of power thoughts
- Books generate Self-Esteem Enhancement
- When you read, you reflect inward

Specialized Knowledge Books

- Books that teach you a skill
- If you read 10-15 books on a subject, you'd be an expert on that subject
- Specialized knowledge gets you far
 - Health & Fitness
 - Finance
 - Sales
 - Marketing

How To Read

- Take Notes
- Hi-light the important parts
- Take your time and digest each word.
- Think about what you read

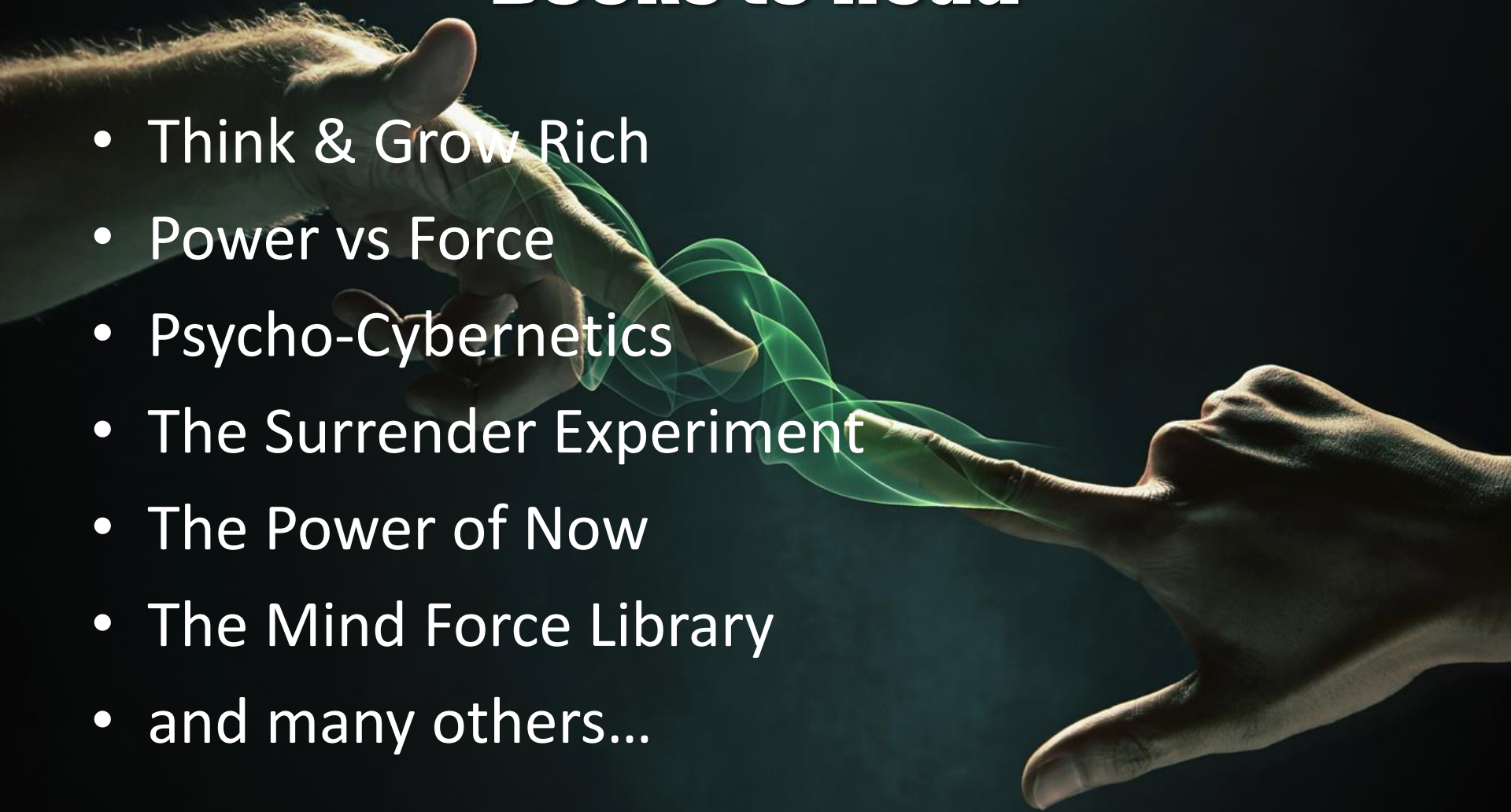
Reading is a Power Structure of Growth

- Form a Mastermind of people with a common interest
- Visit forums on the topics
- Most Leaders are readers
- Become hungry for knowledge and it will enhance your life.



Books to Read

- Think & Grow Rich
- Power vs Force
- Psycho-Cybernetics
- The Surrender Experiment
- The Power of Now
- The Mind Force Library
- and many others...

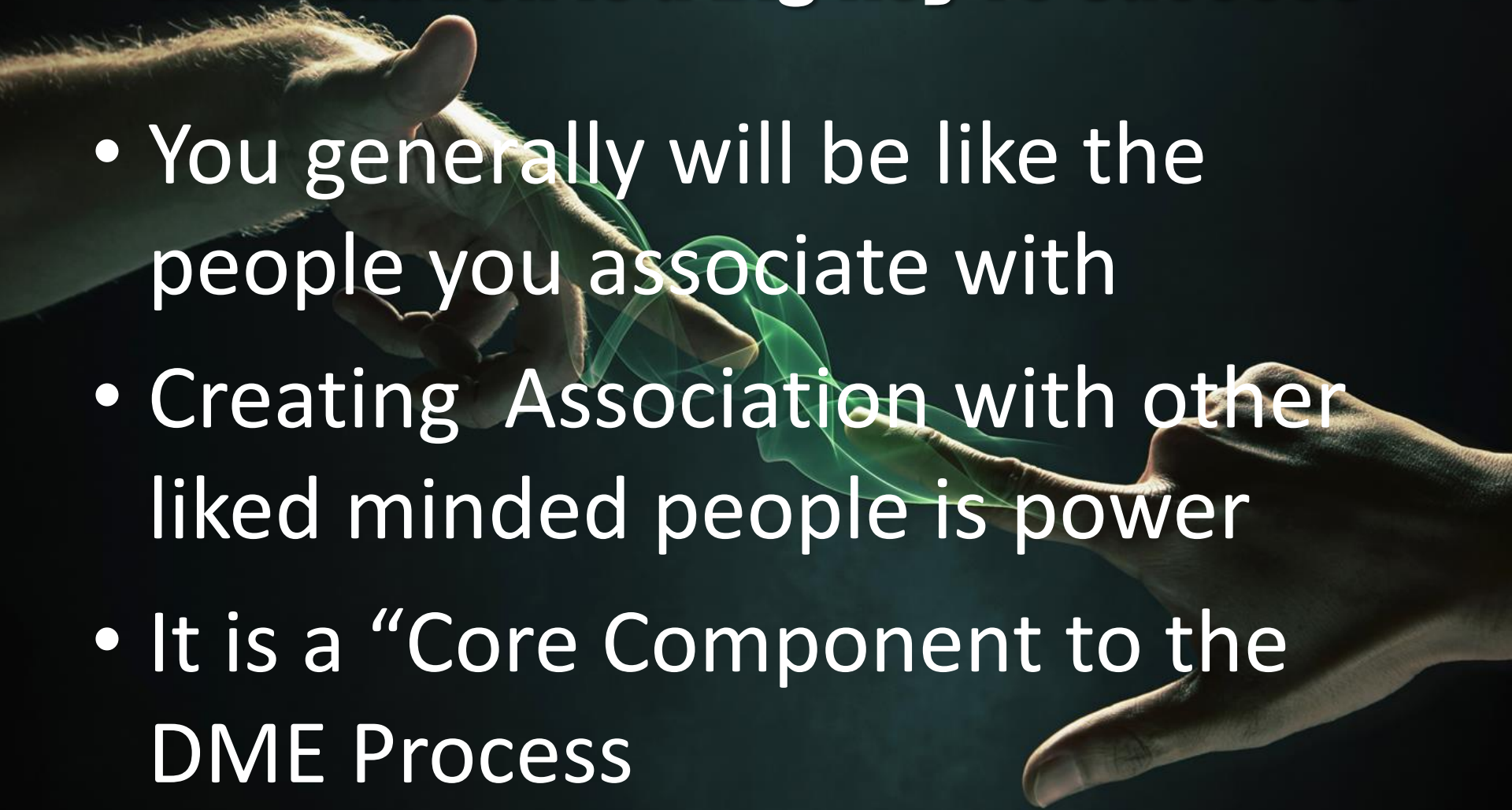


“Mentoring, Coaching & Association”



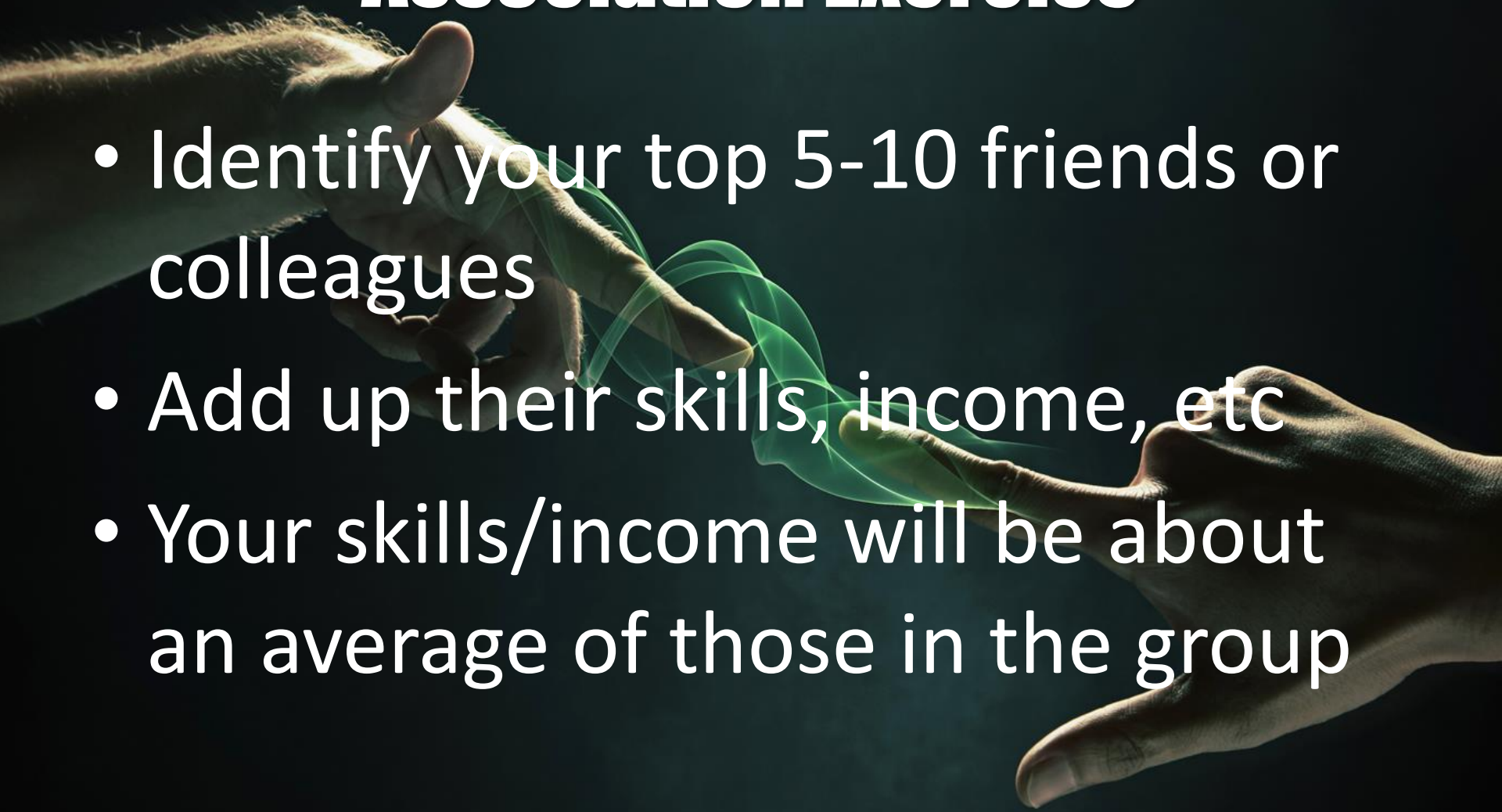
Association is a Big Key To Success

- You generally will be like the people you associate with
- Creating Association with other liked minded people is power
- It is a “Core Component to the DME Process



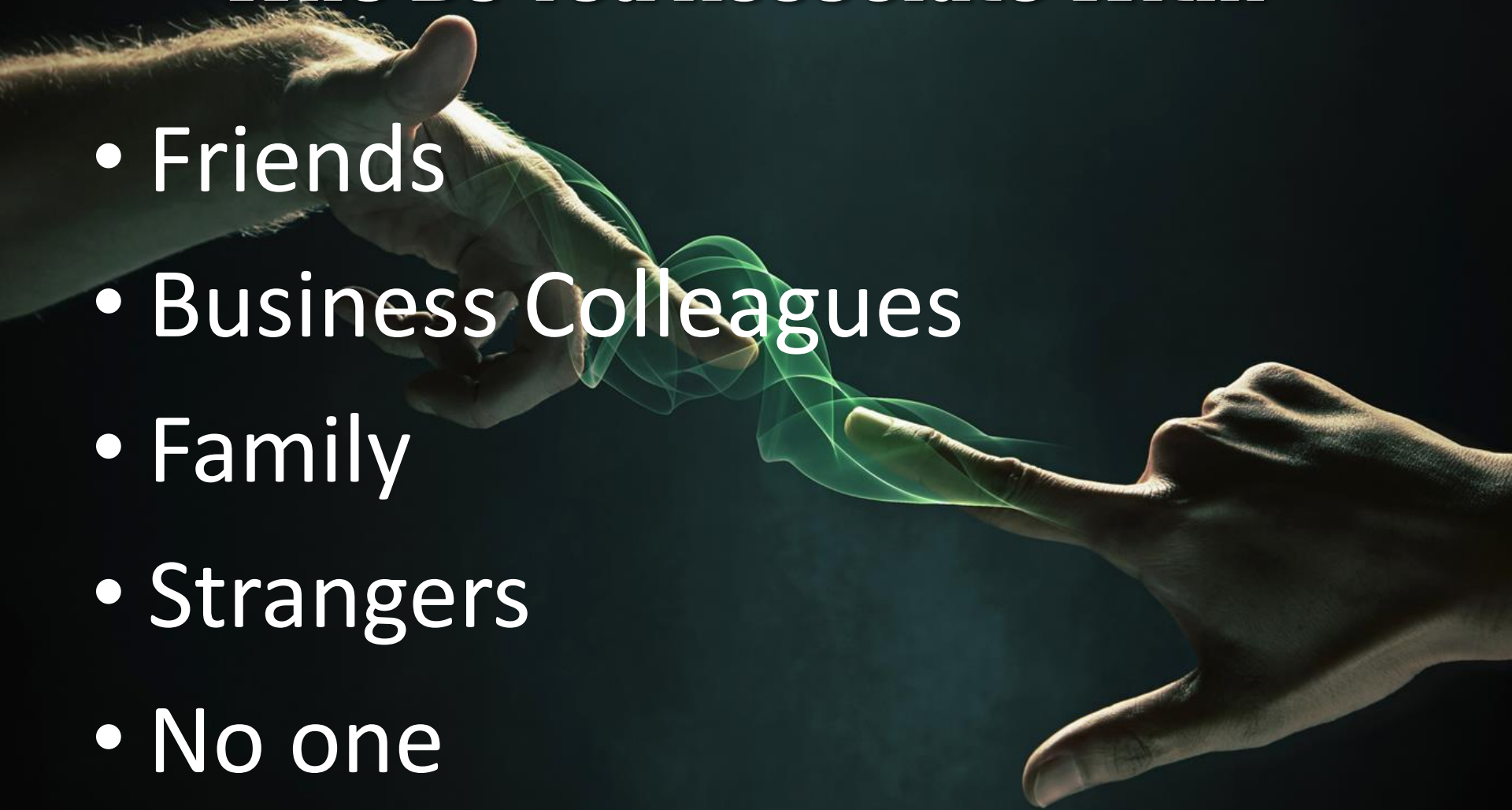
Association Exercise

- Identify your top 5-10 friends or colleagues
- Add up their skills, income, etc
- Your skills/income will be about an average of those in the group



Who Do You Associate With?

- Friends
- Business Colleagues
- Family
- Strangers
- No one

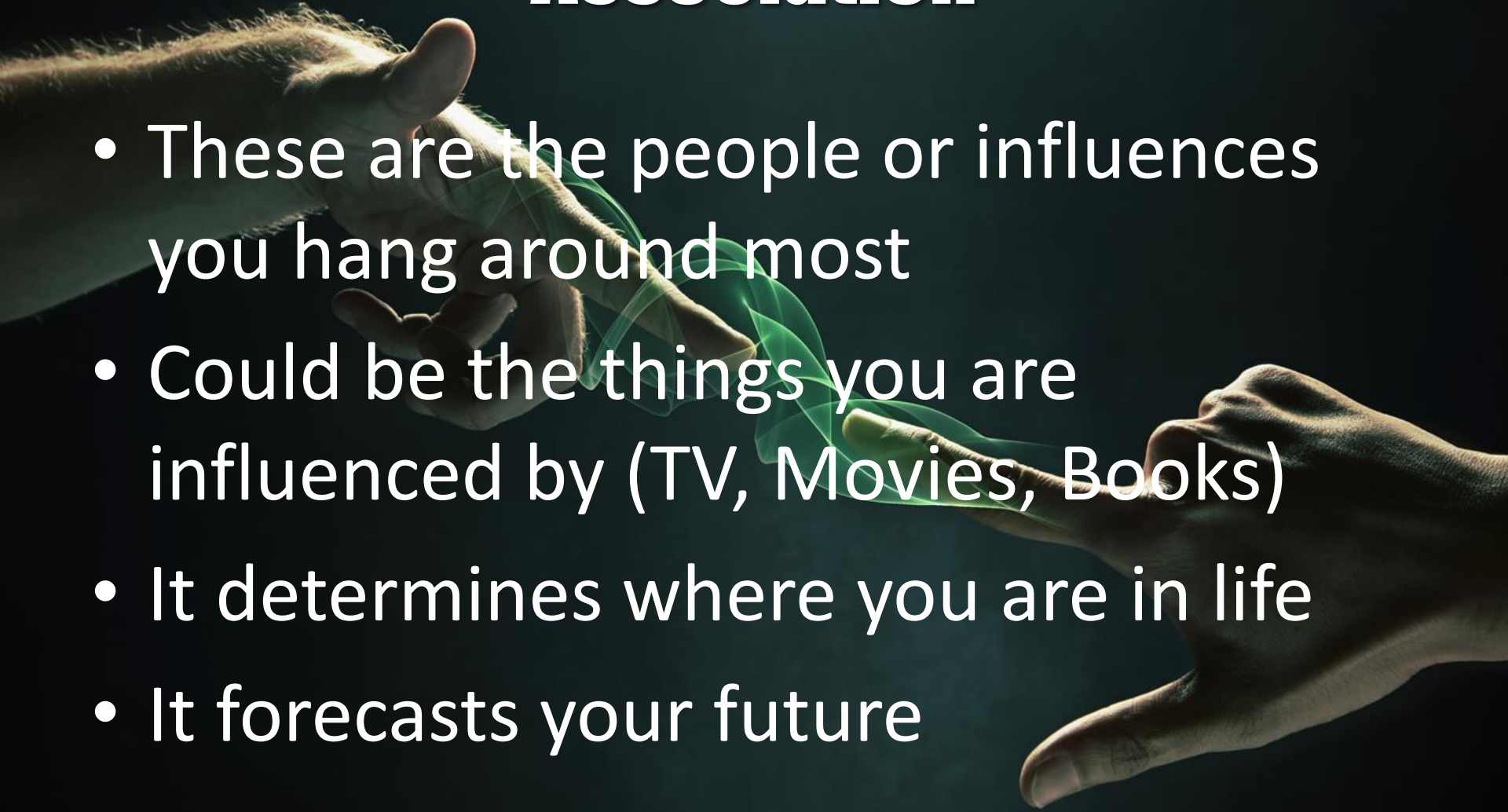


The Power of a Coach or Mentor

- Every Professional Actor, Musician, Sports Superstar has a Coach, Mentor, Agent, etc
- Smart people seek out a mentor or coach
- They don't always have to be wealthy, just wealthy with the knowledge you need.
- You can never be your own coach or mentor
- "In the multitude of counsel there is wisdom"

Association

- These are the people or influences you hang around most
- Could be the things you are influenced by (TV, Movies, Books)
- It determines where you are in life
- It forecasts your future

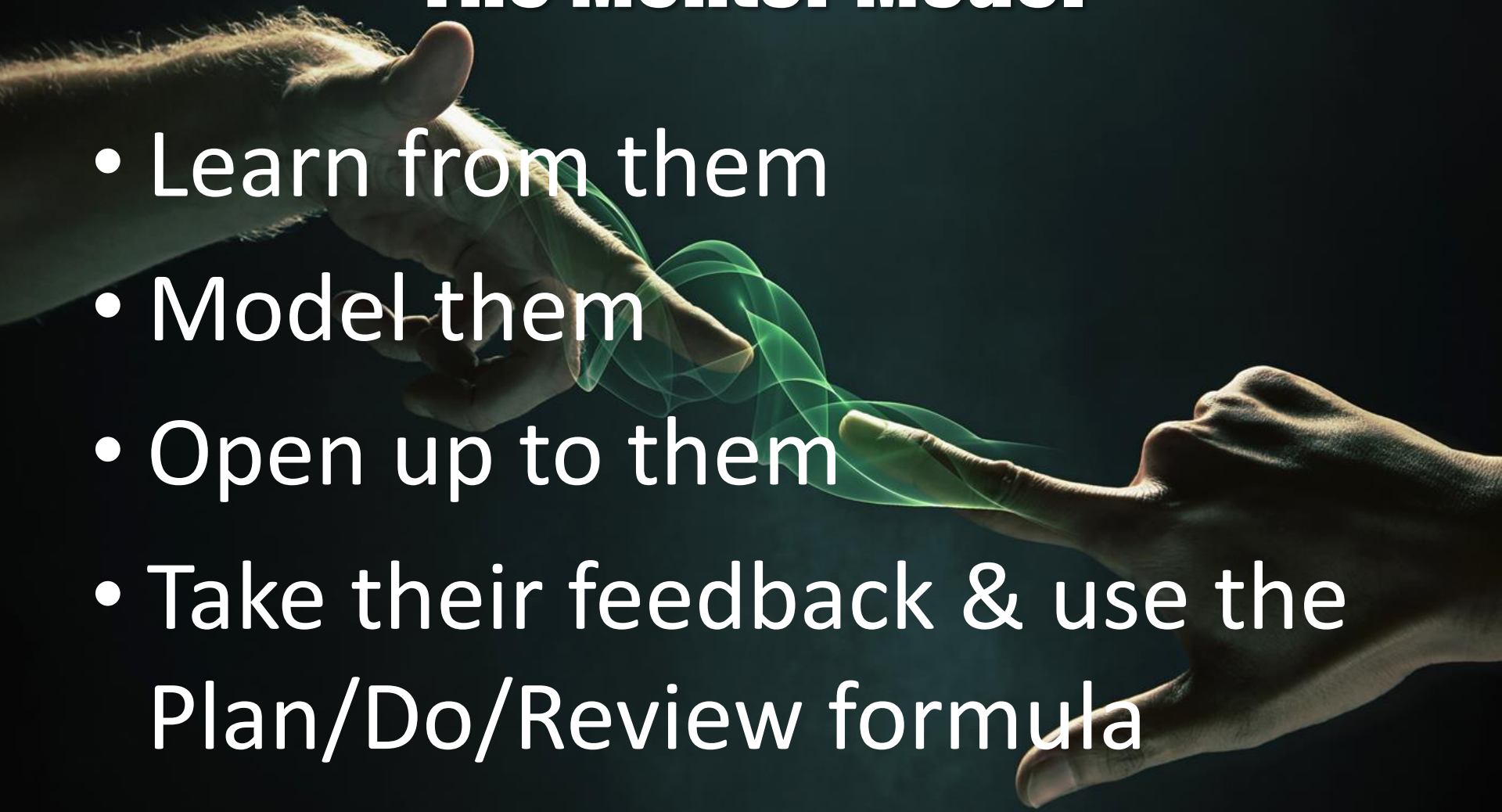


Mentor/Coach

- Everyone needs a third party perspective
- A Mentor or Coach guides you and protects you from yourself or others
- It is the Mental Melding of two or more minds for a common goal, purpose or objective

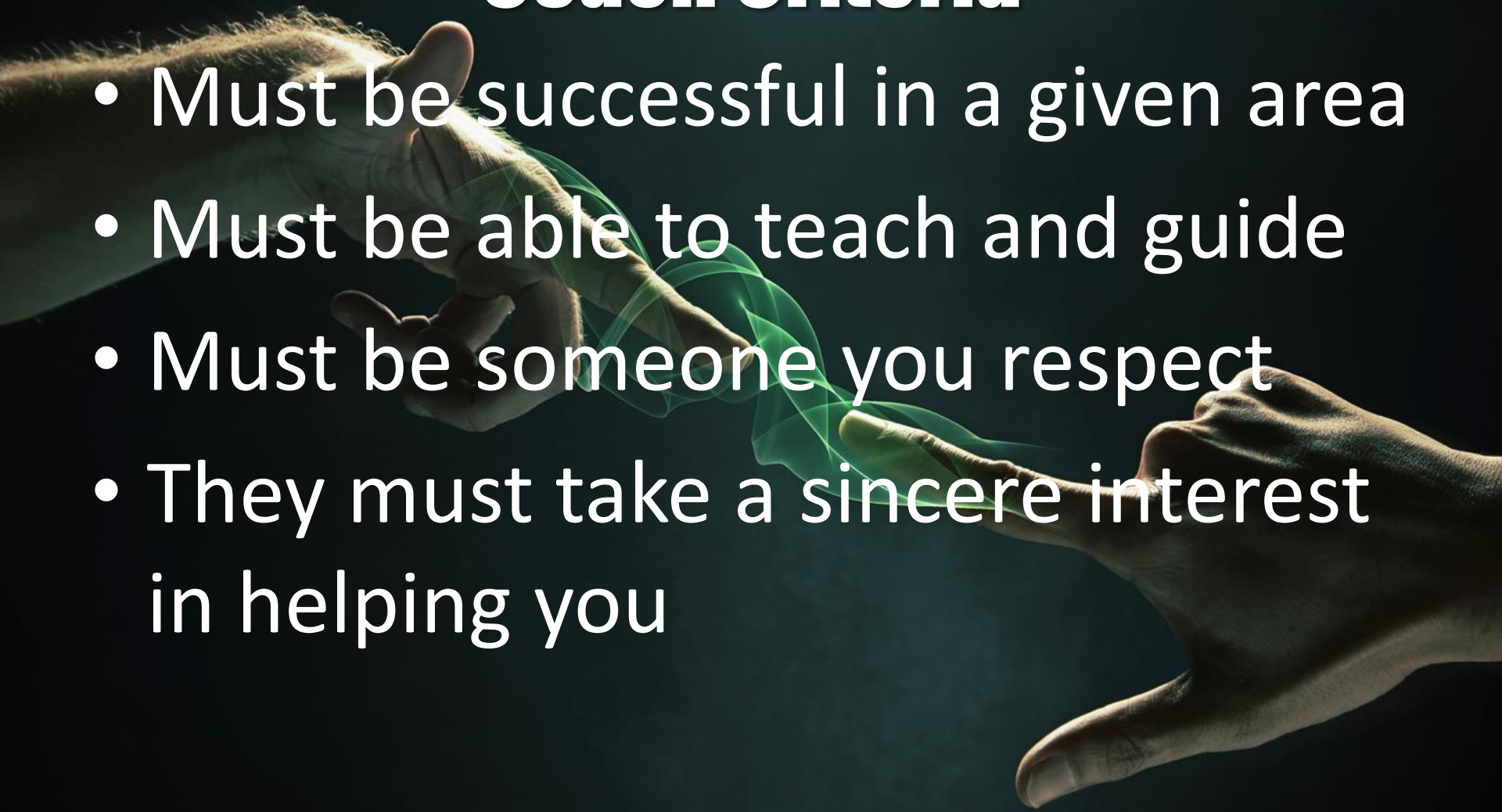
The Mentor Model

- Learn from them
- Model them
- Open up to them
- Take their feedback & use the Plan/Do/Review formula



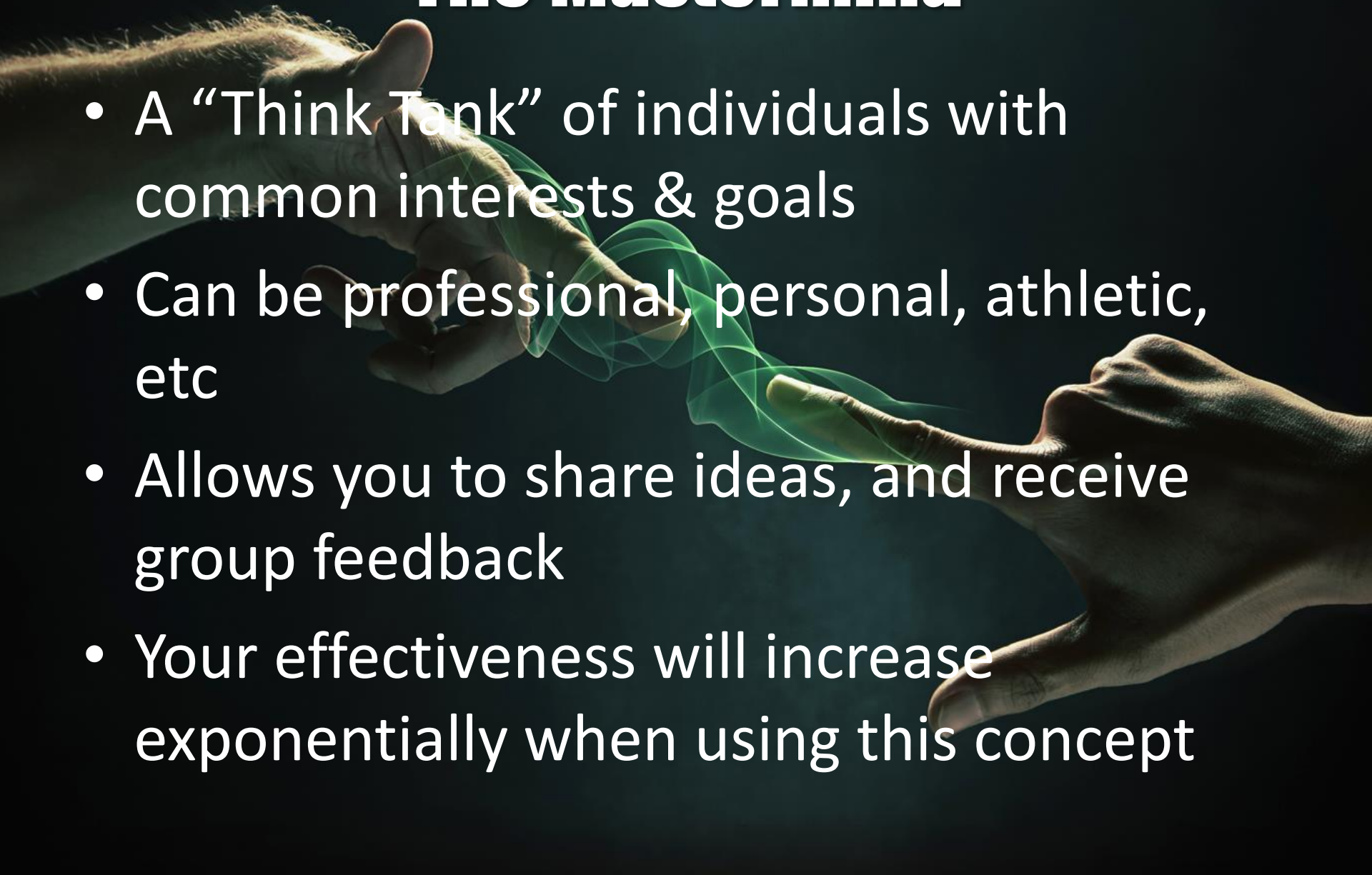
Coach Criteria

- Must be successful in a given area
- Must be able to teach and guide
- Must be someone you respect
- They must take a sincere interest in helping you



The Mastermind

- A “Think Tank” of individuals with common interests & goals
- Can be professional, personal, athletic, etc
- Allows you to share ideas, and receive group feedback
- Your effectiveness will increase exponentially when using this concept



Take a Millionaire to Lunch

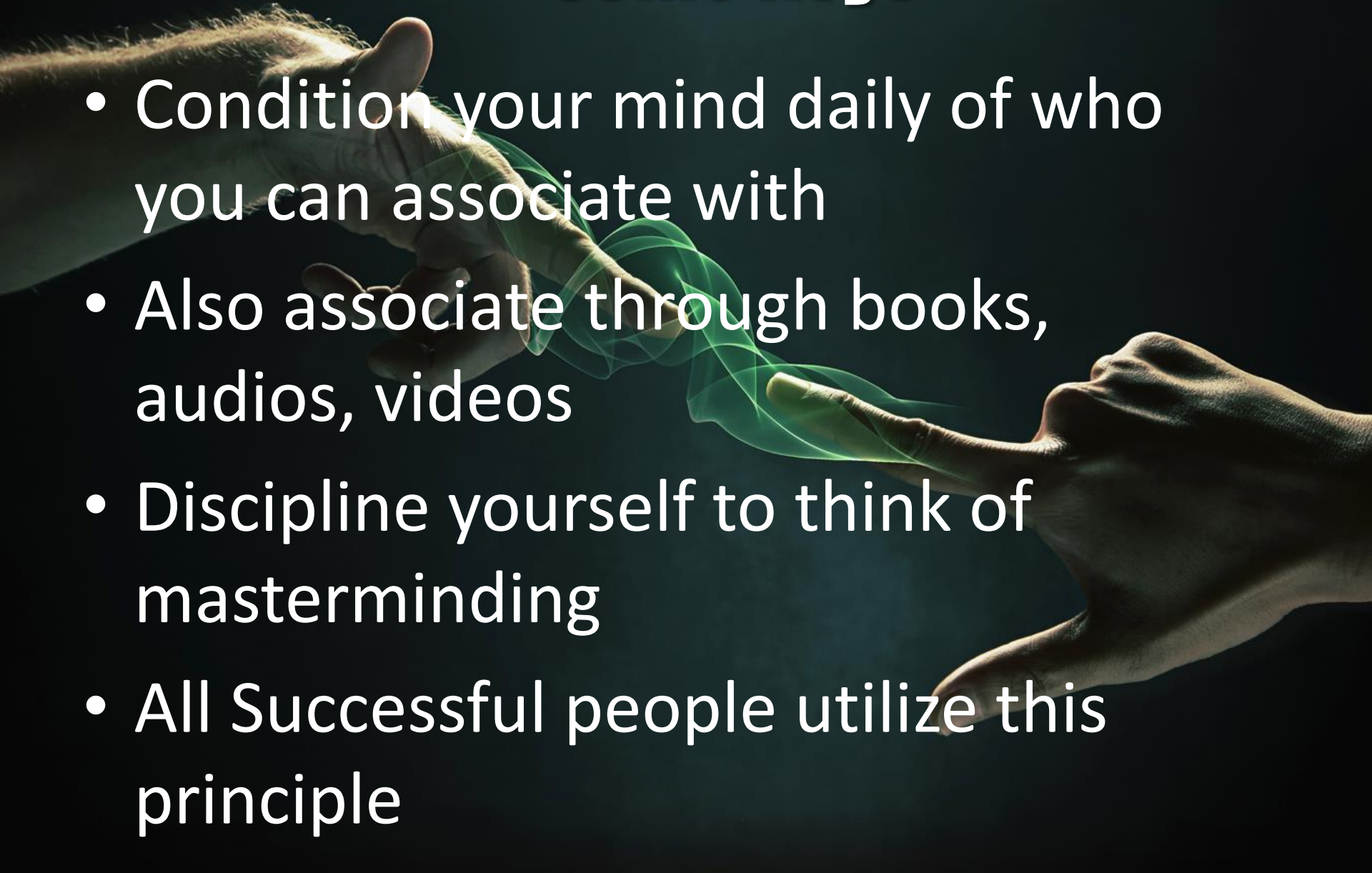
- Take someone successful to lunch
- Ask them questions about how they got to be
- Who, What, Where, When, With Whom
- Pick their brain
- Ask if they will mentor you
- Interview potential mentors or coaches

Resources

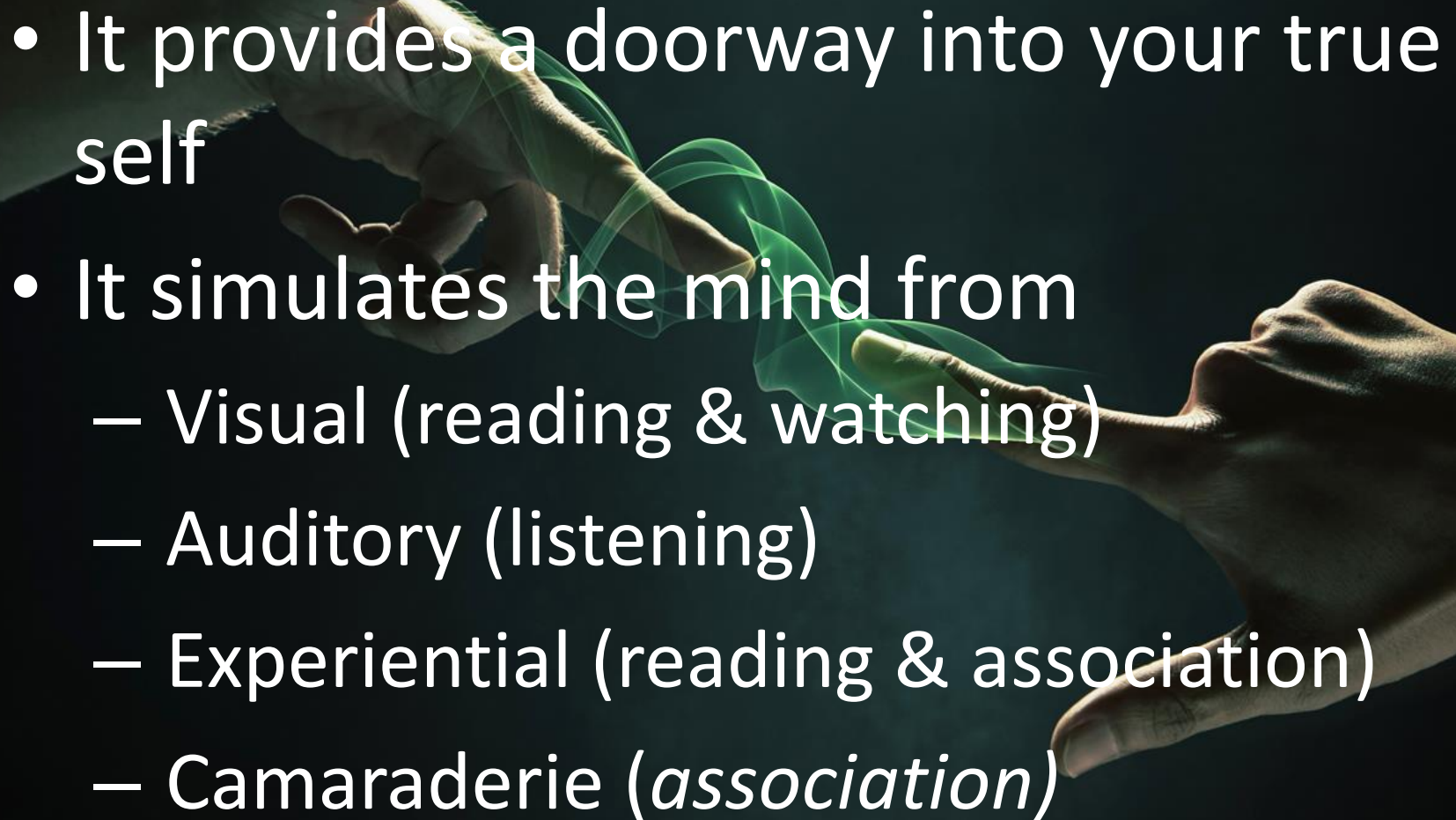
- Find groups in your interest base
- Check www.meetup.com
- Google “Mastermind groups for whatever you seek
- Ask around

Some Keys

- Condition your mind daily of who you can associate with
- Also associate through books, audios, videos
- Discipline yourself to think of masterminding
- All Successful people utilize this principle



Why This Works

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- A background image showing two hands, one from the left and one from the right, reaching towards each other. Between the hands is a glowing, ethereal green energy field or aura that appears to be connecting them. The hands are lit from above, creating a strong highlight on the top surfaces and deep shadows on the bottom surfaces. The background is dark and slightly hazy.
- It provides a doorway into your true self
 - It simulates the mind from
 - Visual (reading & watching)
 - Auditory (listening)
 - Experiential (reading & association)
 - Camaraderie (*association*)

Overview of The Formula

