

# **D**ynamic **M**ental **E**ntrainment

## **Week 1/Module 1**

# Measuring Your Life

- It's the only sure way to know where you are at and where you can go
- It's time consuming, but once you get a "baseline", you know how to build on it.
- Using Measurement tools insure you get the most out of this exercise

# What Do You Measure?

- Work Time
- Food
- Exercise
- Money Spent
- Relationships
- Spiritual
- Leisure
- Mental
- Travel
- Idle Time

- How much time do you spend in each area?
- Why?
- How Can you measure it better?
- What results would you receive as a result?

**The Biggest Killer**

“Idle Time”

# Measurement Tools

- Excel Spreadsheets
- <http://RescueTime.com>
- <http://loseit.com>
- <http://bubbl.us>
- Life Goal Spreadsheet

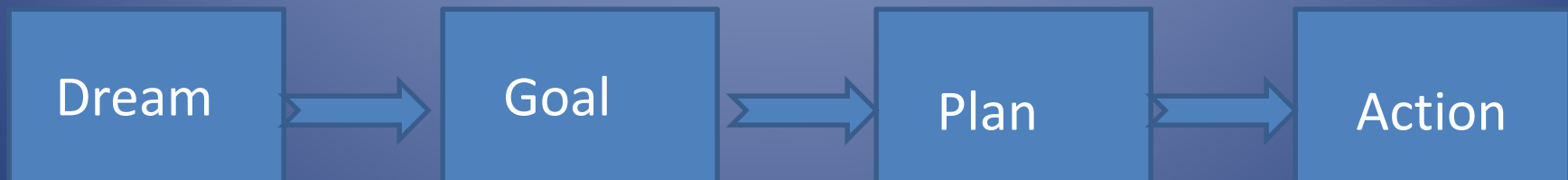
# Measurement Test

- Run it for a full 7 day week
- Pick only the top 3 things to measure
- On the others, try to estimate the time spent
- Once you have actual data, you can evaluate it.
- You'll be surprised with the results- "I Was"

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# 4 Step Formula



# Dream

- Learn The Art of “Dream Building”
- Visit a House That is a Stretch
- Drive a Car You’ve always dreamed of
- Surf the Internet for Dreams
  - Vacations
  - Houses
  - Lifestyle
  - Clothes
  - Jewelry
  - Toys
- Stretch Your Mind
- They Don’t always have to be material
- The Dream is the Destination

# Goals

- The Goal is Needed to Reach The Dream
- Example- You want a \$50,000 car (Dream), The goal is to either finance it or pay cash
- The Goal is The Tangible In Order to Get the Dream
- Another Example is Having The Time To Take a Trip. The Time Off is The Goal.

# Plan

- A Solid Game Plan Provides The Map to Your Destination (Dream)
- It also provides a “failsafe” to regroup and start over
- A Plan can be adjusted and updated
- Every Dream and Goal must have a plan.
- Example: To Get the \$50,000 car, you must have the money and a plan to get the money.

# Action

- Action is the Ultimate Generator
- This is the implementation of the plan
- This is where people fail the most
- You create momentum when you are in movement.
- Always seek action to move your plan, goals and dreams ahead.
- Evaluate all actions

# Exact Measurements

- Pick top 3 Dreams
- Set the goal to get them
- Use 4 Action Steps (plan) for each goal
- Take Action
- At first make it very easy, then ramp up the difficulty.
- Example: To Lose Weight, you cut out your favorite pleasure food for several days.

# The Next Step

- Email Me Your Goals
- Provide the Action Steps
- Also provide where your biggest waste of time comes from
- How you intend to correct it
- Any questions you may have with the process.
- Use [mindforcesecrets@gmail.com](mailto:mindforcesecrets@gmail.com) email address.