



Module 4 Skills Enhancements

Listening to good motivational and instructional audios and videos is one of the most important things you can do within the DME process. It's something you can control, modify and refine over time.

Start out with 5-10 minutes per day, and progress from there.

Here are some things to accomplish by next week.

1. Have you listened to all of the audios provided in this week's module? If not, do it right now.
2. Have you downloaded and listened to any of Jeffr Combs MP3s?
3. What specialized knowledge videos or audios are you going to use?
4. Have you created an affirmation audio with the subliminal sounds from the Subliminal Solution System and your affirmations and self talk. If not, make this a priority.
5. Are you starting to add audios into your daily routine? Just play them in the background for a while and you'll notice the difference.
6. What is the most profound thing you heard or viewed this week and how can you apply it to your life?
7. How many minutes per day are you following this part of the system? Th