



Secrets For Creating Mental Strength: Part I

Change Your Thoughts...Change Your Life!

Congratulations, in taking this first step in creating powerful thoughts that then become your powerful life!

Before we get going a few pointers that will assist you in your transition to become the powerful person you truly are.

1. Print this out
2. Put all the pages in a binder for future reference
3. Chunk down the information in workable segments then read the information often – suggested once a month
4. Do the assignments
5. Journal your experiences and results

About Warrior Mind Power System™

Developing an understanding

The Warrior Mind Power System is based on the TFAR model below:

Before moving on though, it is important to establish a definition of a “warrior”, so in this system and other tools we will have a common reference point.

Warrior: One Who Conquers Oneself

Notice that a warrior is not about conquering others or engaging in battle, it’s all about the individual. Once an individual can conquer, control and command their own thoughts, then they are a warrior.

Einstein once said: "We can't solve problems by using the same kind of thinking we used when we created them."

The main premise of the Warrior Mind Power System is that a person's beliefs create their reality. These beliefs create thoughts, which in turn, evoke emotions. It is the emotions that create the need for action or the opposite...the fear in not taking action. The action (or lack of) produces the results...your reality. Reality is the result (the effect) of a set of beliefs (the cause) which started their manifestation as thoughts. The TFAR model suggests that Thoughts leads to Feelings, which in turn, leads to Action that creates Results. In basic terms, this is the Law of Cause and Effect.

T: Thoughts – You have thousands of them in a day. In our sojourn together it will be more productive to understand that there are no “good” or “bad” thoughts, only thoughts that are empowering or disempowering. Depending on your goals and desired outcomes, your thoughts will either be supportive or non-supportive. The investigation of these thoughts is at the heart of Warrior Mind Power System.

F: Feelings – Once you are conscious of your thoughts and their qualities you'll then be able to access the unique feelings and sensations associated with them. These “gut feelings” are many times mislabeled, misidentified or simply dismissed. Once awareness is developed about your feelings, the connection with Action is easily related.

A: Action – A persons actions (or lack of) are fueled by their Feelings. You can be inspired to take action, afraid to take action or indifferent in taking action. But notice how there is a specific Feelings associated with each action. It is the Action that will create your results.

R: Results – This is where it all comes together...this is the reality YOU created. Funny thing about reality...to untrained observer it appears that reality creates the feelings and then the thoughts follow. Warrior Mind Power System will assist you in taking control of your thoughts...then your desired results will automatically follow.

Thoughts and feelings are invisible, part of your “inner-world.” Your results are visible, part of your “outer-world.” Your action is the bridge between the two worlds.

$$(T+F)+\underline{A}=R$$

It can often be tricky getting to a belief directly. But through **curious and direct questioning** about your results, you can start investigating the thoughts around those results. This investigation of the thoughts will gently unfold the beliefs that support them, thus allowing you to determine if this belief is supportive or not.

In some situations we may also reverse the formula. If you know what results you want, we can then determine the actions to get you there. After identifying the actions, you'll investigate the feelings behind the actions and uncover the thoughts around those feelings. Then, once the thoughts are exposed and examined the core belief will be revealed. You'll then be able to if this belief is supportive or non-supportive in achieving your desired outcome.

If you decide to take your training deeper I would recommend taking a look at the Warrior Mind Power Self Study course or the Warrior Mind Power Teleclass. If you're really, really, really ready to completely change your life I would strongly encourage you to investigate the Warrior Mind Power Intensive.

I'd like to thank John Kehoe, Jon Benson and [T. Harv Eker](#) with their assistance in the development of the Warrior Mind Power System. I've personally used this system for years and have achieved astonishing results. The Warrior Mind Power System is a practical course which will help you to achieve ANY goal you choose. In reading this information you may end up asking yourself, "Where else can I use this information?" I'll tell you...everywhere!

WARNING: *If you approach this system and process with the same mindset and motivation that you used with other programs you will get the exact same results. If however, you're open to a new way of thinking and take action on this information, everything in your life will improve and improve dramatically!*

So...You're Looking to Change Your Life, Right?

If you want to make changes in your life, you must look to the cause, and the cause is the way you are using the conscious mind - the way you are thinking. You cannot think both negative and positive thoughts at the same time. One or the other must dominate. The mind is a creature of habit, so it becomes your responsibility to make sure that positive emotions and thoughts constitute the dominating influence in your mind.

In order to change external conditions, you must first change the internal. Most people try to change external conditions by working directly on those conditions. This always proves futile, or at best temporary, unless it is accompanied by a change of thoughts and beliefs.

Awakening to this truth, the way to a better, more successful life becomes crystal clear. Train your conscious mind to think thoughts of success, happiness, health, prosperity, and to weed out fear and worry. Keep your conscious mind busy with the expectation of the best, and make sure the thoughts you habitually think are based upon what you want to see happen in your life.

Water takes the shape of whatever container holds it, whether it is in a glass, a vase or a river bank. Likewise, your subconscious will create and manifest according to the images you habitually project upon it through your daily thinking. This is how your destiny is created. Your life is in your hands, to make of it what you choose from.

Your Core Authentic Self

Any child recognizes their power to create. Most even realize the power to mold their own destinies. Children know when they've done something "wrong", even when they're doing it in most cases. They also know the "destiny" that awaits them in the form of dad coming home from work! Perhaps they do not know the particulars, but they get the basic idea.

Somewhere along the way, someone or something talked most of us out of the idea that we have anything to do with our destiny, let alone that we can manifest our moments, literally creating our destiny by existing fully within the moments we are given and making the most out of them.

To some, this sounds as if one is trying to "play God"...but this is not true. Instead, I believe that we are called by existence itself to manage our lives and our destiny through the application of powerful, truthful thinking that inspires consistent, Core-motivated action.

That was a long sentence, but an important one. Let's break it down.

Warrior Mind Power is founded on several principles including a person's core ethics. This applies to your body, mind, relationships...you name it.

Core ethics is a combination of **three crucial and universal truths**:

1. Truth
2. Responsibility
3. Abundance

More specifically, truthful thinking, ruthless responsibility, and flowing abundance. These are the key distinctions within my key distinctions!

All three of these distinctions are covered heavily in the Warrior Mind Power Self study course, but for today I'd like to give you some broad-stroke truths to apply in the art of manifesting your moments.

First, by thinking truthfully (as opposed to "positively" or "irrationally"), one can see that words become our world. James Allen took a passage from the Bible to clarify this in his book, "As A Man Thinketh." What we think produces a conversation with our self -- the most important of all conversations, as it's by far the longest. This produces the words we say to ourselves and to others. These words are either based in truth or based in fiction.

Saying, "I'm going to die if I don't get some ice cream" is, of course, utter fiction. Yet most people use this type of language all the time. The opposite is the "positive thinking" camp -- the ones who look in the mirror and say, "I'm fit, and I'm beautiful!" when they're not...and they're not!

The alternative, and the way to begin manifesting your destiny in the moment, rather than in some far away, mystical "someday", is to say this:

"I am in the process of learning what I need to know in order to become more fit, healthy and attractive every day of my life."

This is not a false statement if you are so much as reading this!

Remember this scientific fact: any form of energy that is non-truth creates dissonance, and dissonance remodels cellular structure. That sounds kinda complex, but all I'm saying is this:

You lie, you die....Really.

Photographs of water prove this point. Saying things that are not true to the speaker changes the structure of water molecules. Speaking words of hate do the same. You are programmed to live in harmony with yourself, and the language we use on a daily basis is often the opposite of harmony. It is the creation of dissonance. And we wonder why we have all this mental and physical disease in our world!

Your very cells scream out, "Take responsibility!" Speak in truth, both out loud and to yourself, and watch what happens.

This level of accountability to yourself will produce flowing abundance, or wealth in every area of your life that flows outward rather than remains bottled up inside of you. "Canning abundance" as I call it is a sure-fire way to total overwhelm in life. You must share it -- and by doing so, you reap more.

Become a manifestor of moments; moments that add up to the time of your life.

You can start today by joining up with an entire team dedicated to three things in your life: your health, your wealth, and your total abundance.

Make the moments, and make them count!

To Your Inner Strength!



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