

JEFFREY GIGNAC

HAVING IT ALL PRESENTATION

Over the years, I've consulted everyone from the hard-working family man to professional athletes all the way to Multi-Millionaire c-class executives and entrepreneurs. While just about all of my clients come in with a long laundry list of problems, I've found that all of their challenges can be distilled into the following 5 factors.

Top 5 factors that limit success.

1. Limiting Beliefs
2. Negative Self-Talk
3. Poor Decision Making Processes
4. Lack of Focus and Motivation
5. Lack of Creativity and Curiosity

You may notice that I've left out things like fear, stress, addiction, depression, anger, jealousy and host of other elements. The reason is simple: these 5 factors are foundational in nature, in that if any of these are present in your life, one could expect to have an extensive list of problems and challenges in their life as a result.

Here are my top 4 solutions for resolving all of the problems listed above.

- **Solution #1:** Learn and apply hypnotic language patterns to everyday communication with yourself and others.
- **Solution #2:** Learn and apply effective state management principles.
- **Solution #3:** Focused Goal Writing – 3 to 5 days per week.
- **Solution #4:** Brainwave Entrainment Technology

Exercise #1: *Why but should you need to try*

Easy option:

Practice being consciously aware of how you use the words listed below according to Jeff's presentation. Be certain to understand and use them with your full intention at all times.

- But
- Should
- You

- Need
- Try
- Why

Hardcore Mastery Option:

Step 1: Eliminate the words listed below from your vocabulary for one full week according to Jeff's presentation.

- But
- Should
- You
- Need
- Try
- Why

Step 2: Re-introduce these words back into your language with full intention and purpose for the rest of your life.

Exercise #2: Choose Your State!

Easy Option:

Set your watch, alarm, phone or ask someone to call you to remind you to ask yourself the following questions once a day:

Do I like the emotional state that I am in?

If yes! Then ask yourself *Could my emotional state be better for the activity that I am engaged in?* Then change your state using your physiology.

If No! Then ask yourself *What emotional state would give me the best advantage for the activity that I am engaged in now?* Once you get the answer, change your emotional state using your physiology.

Hardcore Mastery Option:

Repeat the above sequence 3 Times Every Day.

Exercise #3: *The Achievement Blueprint*

Easy Option:

Step #1: Discover your top 5 primary goals.

Step #2: Use Jeff's process for creating one well-formed goal statement for each goal.

Step #3: Decide how you will know when you have achieved your goal. What will be different once you've achieved your goal? How will your life change? How will the lives of your family, your friends or co-workers change?

Write down these answers. You can use this information to help build your Vision Boards

Step #4: Build a vision board for each of your goals

Step #5: Get 5 binders and label them with each of your goals.

Step #5 Write down each goal in its own binder 7 times/day, 3 days a week. As you write your goals, make certain that you are in a highly charged emotional state while you look at your Vision Boards.

Step #6: Celebrate when you achieve your goal.

Remember Jeff's presentation about how to write **well-formed goals and starting where you are at** (the ladder concept).

Hardcore Mastery Option:

Do all of the above *except* you will write your goals 21 times a day, 7 days a week while listening to a Brainwave Entrainment track that stimulates alpha, beta, high beta and some gamma brainwaves.

Exercise #4: *Brain Balance*

Easy Option:

Listen to Brainwave Entrainment technology 3 days a week.

Hardcore Mastery Option:

Listen to Brainwave Entrainment Technology with affirmations and/or meditations 7 days a week.