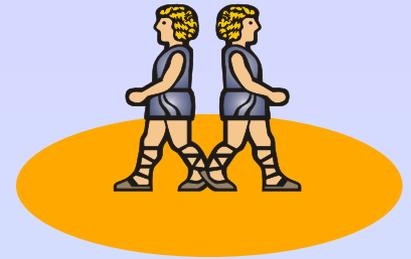


# Power of the Present



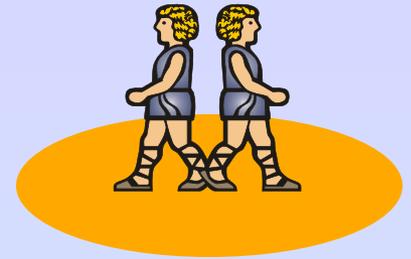
This session requires prior knowledge of:

- Well Formed Personal Goals.
- The Small Action Success Method.

Click when you are ready to start Power of the Present.

# Power of the Present

## The roadmap



## The principle

The Power of the Present principle.

## How to use it

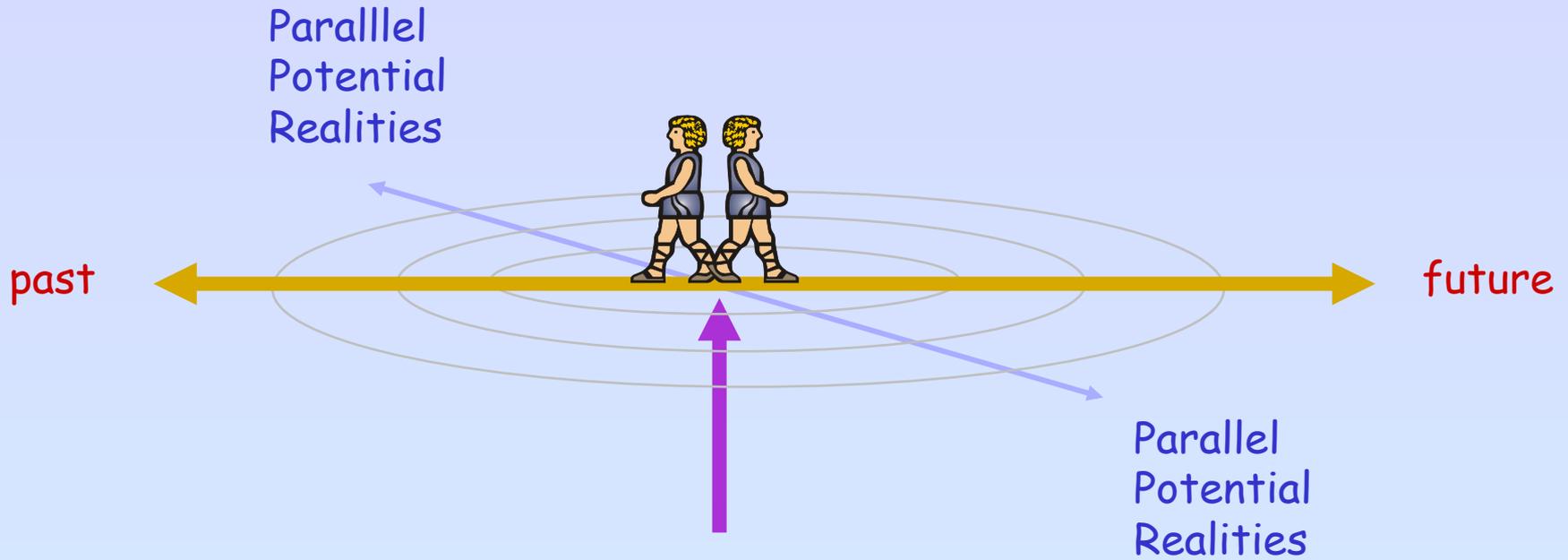
Reduce smoking

Loose weight

Enhance creativity

Improve memory

# Power of the Present



The point of power  
is in the present

Your unconscious will make true  
what you feel to be true.

We have influence over our future  
by giving close attention to our repeated  
thoughts and feelings in the present.

# Power of the Present

Some food for thought

Every thought causes a shift in the whole field of reality...

The future is a probability,  
planted by your feelings and thoughts in the present.

Feelings of success, breed success!



# Power of the Present



Success breeds success

## The principle

1. Your goal → Use the Well Formed Personal Goal criteria.
2. Your small action → Start with a small action towards your goal.
3. Your 'smart affirmation' → Affirm the result **in the present**.



Say:

Today I am ..... (small action result) then yesterday!

Feel:

Enjoy the **feel** of it.

4. Your progress → You gradually create a new reality by practicing the 'new feel'.

You will progress as long as you can believe in your affirmation.

If you do no longer believe it, go back to step 2.

# Power of the Present

How to use it

First illustration

If my target is to

Reduce my smoking habit  
and feel good about it.



Success breeds success

# Power of the Present

## First illustration



**Goal** Reduce my smoking habit and feel good about it.

**Small action** Smoke one cigarette less each day.

**The smart affirmation** Today I smoke less than yesterday.

**Progress: Today I smoke less than yesterday!**

**True?**

Practice to **feel** the new condition.

- conditioning of the new reality

**Not true?**

What are the objections?

- deal with them

Success breeds success



# Power of the Present

## First illustration

To be free of the smoking habit and feel good about it.

# Time for reflection

or click for the next example.

# Power of the Present

How to use it

Second illustration

If my target is to

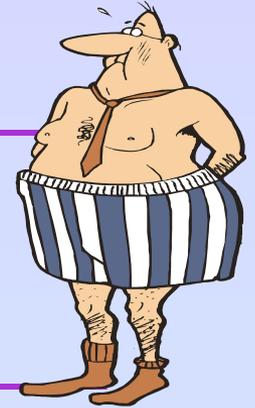
Reduce my weight  
and feel good about it.



Success breeds success

# Power of the Present

## Second illustration



**Goal** Reduce my weight, feel lighter.

**Small action** Do a, one time, modest, 24 hour diet.

**The smart affirmation** Today I am lighter then I was yesterday.

**Progress: Today I am lighter than I was yesterday!**

**True?**

Practice to **feel** the new condition.

- conditioning of the new reality

**Not true?**



Beware, the measurement trap. [Click for details](#)

**What are the objections?**

- deal with them



**Success breeds success**

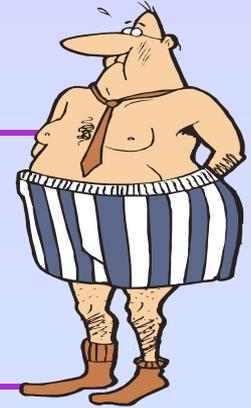
# Power of the Present

## Second illustration

**Goal** Reduce my weight, feel lighter.

**Small action** Do a, one time, modest, 24 hour diet.

**The smart affirmation** Today I am lighter then I was yesterday.



Beware .... the measurement trap!



Your feelings will be ahead of actual results .....  
stay away from the weighing scale for the first two weeks !

# Power of the Present

Second illustration

Reduce my weight  
and feel good about it.



The 24 hour diet

## Time for reflection

or click for the next example.

# Power of the Present

How to use it

Third illustration

If my target is

To be more creative,  
without going to art-school.



Success breeds success

# Power of the Present

## Third illustration



**Goal** To be more creative.

**Small action** Do the Creativity Multiplier session and then return.

**The smart affirmation** Today I am more creative than I was yesterday.

**Progress: Today I am more creative than I was yesterday!**

**True?**

Practice to **feel** the new condition.  
- conditioning of the new reality

**Not true?**

**What are the objections?**  
- deal with them

**Success breeds success**



# Power of the Present

How to use it

Forth illustration

If my target is

To memorize better,  
without spending weeks  
in learning memory systems.



Success breeds success

# Power of the Present

## Forth illustration



**Goal** Improve my memory for facts and figures.

**Small action** Do the Memory Booster session and then return.

**The smart affirmation** Today I memorize better than yesterday.

**Progress: Today I memorize better than yesterday!**

**True?**

Practice to **feel** the new condition.  
- conditioning of the new reality

**Not true?**

What are the objections?  
- deal with them

Success breeds success



# Power of the Present

Forth illustration

To memorize better.



## Time for reflection

or click to move on.

# Power of the Present

Your turn

Design your own project



Success breeds success

# Power of the Present

## Design you own project

1. Your goal → Use the Well Formed Personal Goal criteria.

2. Your small action → Start with a small action towards your goal.

3. Your 'smart affirmation' → Affirm the result **in the present**.

Say:

Today I am ..... (small action result) then yesterday!

Feel:

Enjoy the **feel** of it.



Success breeds success

Power of the Present

This ends  
Power of the Present

Close and return to menu.

