

Robert Notter

SUCCESS COACHING

Mindset Reconditioning Method

Step 1: Silence & Reflection

Spend time in silence each morning to create a relaxed brain state of receptivity and intuition.

Step 2: Affirm & Declare

Create powerful new affirmations and declarations of what you want in your business and life that are in alignment with your vision and mission.

Step 3: Visualize

Visualize those outcomes as already having occurred and see, hear, touch, feel even taste those results in your mind.

Step 4: Emotionalize

Connect this visualization with positive emotions in your body and move those feelings through the body with full attention.

Step 5: Movement & Emotional Integration

Do some type of movement while you visualize and declare, that integrates this success vision into your belief systems and body.

Step 6: Gratitude & Thanks

Write or think or say everything in your life that you're grateful for and feel this gratitude in your body and mind.

