













# Unleash The Power Within

## MASTERING YOUR COMMUNICATION (CONT'D)

Even more importantly, you must begin to recognize and understand the personal communication incongruencies that exist within yourself. Can you think of any examples of incongruent communication or behavior you might have exhibited in your personal interactions with others?

---

---

---

---

---

---

---

---

---

---

Most importantly, however, you must begin to recognize and eliminate the personal communication incongruencies you may be expressing in your communication *to yourself*. Some of these incongruencies may be subconscious; that is, some may be examples of which you are not fully aware. This realization is the most fundamental part of mastering communication with yourself, and the key to all successful communication. List below any communication incongruencies you may be aware of in respect to your own internal communication. And remember, be honest with yourself!

---

---

---

---

---

---

---

---

---

---



# Unleash The Power Within

## THE ULTIMATE SUCCESS FORMULA

1. Know your outcome—the result you are after.
2. Know the reasons *why* you want this result!
3. Take massive action!
4. Know what you are getting and notice the results.
5. Change your approach and be flexible.



# Unleash The Power Within

## 3 STEPS TO LASTING CHANGE

What would you like to change in your life?

A Behavior? An Emotion? A Feeling?

1. **Create Leverage!**—a greater consequence. Remember, if you can't, you **MUST!**
2. **Interrupt your limiting patterns!**
3. **Create an empowering alternative!**

Think of a situation in your life where you unsuccessfully attempted to create lasting change. Be sure to detail the situation, your strategy then, and the results.

---

---

---

---

---

---

---

---

Now, try a different strategy. You may have to refer to this section over a period of time to chart your continuing success with the long-term change you are about to create using the 3 Steps to Lasting Change. Use the space below to detail the situation, your **NEW** approach, and the results.

---

---

---

---

---

---

---

---

# Unleash The Power Within

## THE DRIVING FORCE

What is the source of power within you and your organization that can be used immediately to change or improve anything?

### Momentum!

## THE SCIENCE OF MOMENTUM: 5 STEPS

Most people fail to achieve their goals in life for one simple reason:  
They never take the first steps.

### STEP I

PUT YOURSELF IN A **PEAK STATE** FOR PEAK PERFORMANCE.

PHYSIOLOGY/FOCUS

### STEP II

#### FIND YOUR PASSION!

VALUES FUEL THE DRIVE

- What do you love?
- What do you hate?
- What are you passionate about?
- What do you really want?
- What really drives you in life?

### STEP III

#### DECIDE, COMMIT

#### & RESOLVE!

UNLEASH YOUR POWER!

### STEP IV

Take immediate, intelligent, consistent, and **MASSIVE ACTION!**

INTELLIGENTLY EMPLOYED MASSIVE ACTION CAN BE A CURE-ALL.

- Get a proven model (or create one).
- Get a plan.
- Do something immediately, before leaving the sight of setting your goal. Urgency is power!

### STEP V

#### BE S.M.A.R.T.

BE HONEST WITH YOURSELF.

#### STRATEGY

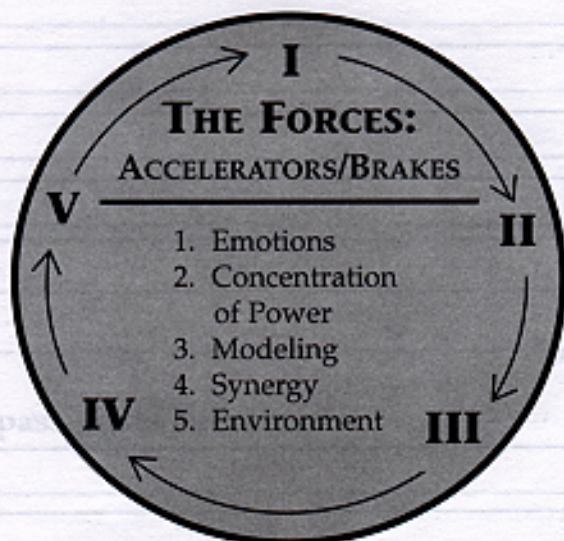
- Check it. Change it. Reengineer it. Reinforce it. Strengthen it.

**M**EASURE more often!

**A**SSESS whether it's giving you the emotional reward you want.

**R**EINFORCE what works and take new action to continue the momentum.

**T**AKE new action!



# Unleash The Power Within

Many times people are unclear about what they truly have a passion for in life. Surprisingly, far more people seem to know what they passionately do NOT want, rather than what they passionately DO want.

Finding your passion is a critical step in the cycle of gaining momentum in your life and unleashing your power within! Use the questions below to gain clarity on what your passion is, and what really drives your life.

## 1. What do you love?

---

---

---

---

---

---

---

---

---

---

## 2. What do you hate?

---

---

---

---

---

---

---

---

---

---

# Unleash The Power Within

3. What do you really want?

---

---

---

---

---

---

---

---

4. What really drives you in life?

---

---

---

---

---

---

---

---

5. What are you passionate about?

---

---

---

---

---

---

---

---

# Unleash The Power Within

## DECIDE, COMMIT, AND RESOLVE!

You can define your life by the decisions you have made.

Our lives are filled with daily decisions. Maybe we are deciding what to do for a living, or who we are going to spend time with. Maybe we are deciding who to marry or whether to have children. Or, maybe we are just deciding what to believe.

If you look back on your life over the past ten years, what decision would you have made radically different?

---

---

---

---

---

What are two past decisions you made that have shaped your life most powerfully?

---

---

---

---

---

What is a new decision to which you are committed, and how will it change or improve your life forever?

---

---

---

---

---

---

---

---

---

---

# Unleash The Power Within

## BUILDING YOUR TEAM

### The Master Key to Wealth and Happiness

#### ASSIGNMENT #2:

Do you have a relationship in your life that didn't end in a negative way, but you each got caught up in your own lives and you "drifted apart"? Perhaps you became so busy that the longer you did not talk, the weirder you felt about contacting them.

1. Call them.
2. Acknowledge how the relationship ended.
3. Create a connection with them.

---

#### For Example:

1. "Hi. Remember me? I certainly remember you, and I miss you."
2. "You know, I have been so caught up in my life, and I know you are probably caught up in yours, and we haven't talked in so long it feels strange to even call."
3. "You may be really busy right now and that's okay. I just wanted to call you for one minute to let you know how much I really care about you, and that I'm thinking of you. Even though we don't talk all the time, you are always on my mind. I really care about you a lot."

#### Record Your Results Below:

---

---

---

---

---

---

---

---







# Unleash The Power Within

## BECOMING TOTALLY INTEGRATED

You use your five senses to take in all information:

1. Visual—Seeing
2. Auditory—Hearing
3. Kinesthetic—Feeling
4. Olfactory—Smelling
5. Gustatory—Tasting

Everything you experience that makes you happy, sad, able to learn, or able to experience comes through these five senses.

However, when you communicate, you also use the same five senses. To be honest, most of us do not communicate using our senses of taste or smell. On a day-to-day basis, we primarily communicate through our visual, auditory, or kinesthetic senses.

Some people are visually driven, others are more auditory, and some are partial to kinesthetic communication. When a person is expressing a preference, it is possible to understand a great deal about them and their overall communication style, as well as ways to improve your communication with them.

Knowing these communication preferences about others can help you understand why certain business and personal relationships do not work. Sometimes you may like the person, but your styles are so radically different that a separation occurs, or a communication problem steps in to divide you.

Think about your own communication style. Use the space below to determine whether you are primarily visual, auditory, or kinesthetic. You may want to describe what about your communication style indicates so.

---

---

---

---

---

---

---

---

# Unleash The Power Within

## BECOMING TOTALLY INTEGRATED (CONT'D)

We all have examples of people with whom we have had communication problems. Maybe a past relationship ended due to lack of communication. Or perhaps, you had a boss you just couldn't seem to get your point across to and you just decided you did not "get along." In the space below, describe at least one example of a communication breakdown you have had in your life where each person might have been operating from different styles and was, therefore, unable to communicate successfully.

You may want to suggest ways in which your new understanding of visual, auditory, and kinesthetic communication strategies might have been able to improve the situation or outcome.

---

---

---

---

---

---

---

---

If you really want to be an effective communicator, you must learn to have enough flexibility so that you can change modes quickly. That is, if a person you are communicating with is in a particular mode—it does not matter which one—you can adapt to their mode and thereby, enter their world rapidly.

If fact, if you are really going to be effective, you must become a totally integrated person, able to communicate with ease in all three areas. List below the two areas you need to work on and any methods you might use to develop those areas that need improvement.

---

---

---

---

---

---

---

---

# Unleash The Power Within

## DETERMINING YOUR VALUES

Values are emotional states that we believe are most important for us to either feel or avoid. There are two motivating factors that affect every move we make in our lives:

1. The desire to feel pleasure.
2. The need to avoid pain.

These two factors mean that there are basically two types of values—those you are trying to move *toward* and those you're trying to move *away* from. Every day you are making decisions on how to get more of what you want, and less of what you don't.

We all have different emotions we would categorize on these lists. Detail below the things you are trying to move *toward* in your life.

---

---

---

Now list the things in your life you are trying to move *away* from.

---

---

---

Your values determine your direction in life. They are closely related to your beliefs. Whether you feel successful or not is based on your beliefs. It is critical that your values and beliefs are congruent in order for you to feel successful in your life. Do you have any limiting beliefs that are currently creating internal conflicts?

---

---

---

---

---

# TAKE YOUR LIFE TO THE NEXT LEVEL!

## EXPERIENCE ANTHONY ROBBINS' UNLEASH THE POWER WITHIN

**LIVE!**

Have you resolved to truly achieve what others merely dream of: an extraordinary quality of life? Are you committed to making a quantum leap in your daily experience, beyond books and tapes, to unleash the power in every dimension of your life?

Your time has now come to step-up and experience Anthony Robbins in person—in his cornerstone weekend program, UNLEASH THE POWER WITHIN! If you enjoyed what you've heard in this program, you will be blown away when you experience Anthony Robbins' UNLEASH THE POWER WITHIN live.

Availing yourself of information is one thing—but to be inspired, to feel the joy of living at your best, to tap into your inner pride, strength, commitment and courage is something entirely different. These are the emotions that will drive you to apply what you have learned, for real and lasting results. This is what Anthony Robbins delivers when you join him in person at UNLEASH THE POWER WITHIN.

### Expect These Results:

- Develop Absolute Certainty
- Extraordinary Relationships
- Outstanding Vitality
- A Plan for Your Dreams
- Massive Achievement
- Inspired Future

You will find no dabblers at UNLEASH THE POWER WITHIN. If you are prepared to step up and commit with the passion and focus that this program demands, your rewards will be enormous.

Anthony Robbins conducts UNLEASH THE POWER WITHIN only four times a year in the United States. These programs sell out well in advance, and seating is limited.

**Call (800) 898-8669 today for a complete schedule of events.**

**Unleash The Power Within**

**NOTES**

***WITH EVERY ADVERSITY THERE  
ALWAYS COMES THE SEED OF AN  
EQUIVALENT OR GREATER BENEFIT.***

***—NAPOLEON HILL, THINK AND GROW RICH***

# Unleash The Power Within

## NOTES

Have you ever had a vision, a desire, or a dream that others simply dream of? Do you possess a quality of life that you know is not to be taken for granted? Do you have a daily desire to be successful in all that you do? Do you have a vision of a better life for you and your family?

What if you had a way to make your vision a reality? Anthony Robbins has shown us a way to do this. He has shown us how to unleash the power within us. He has shown us how to make our vision a reality. He has shown us how to make our dream a reality. He has shown us how to make our desire a reality. He has shown us how to make our life a reality. He has shown us how to make our future a reality. He has shown us how to make our destiny a reality. He has shown us how to make our life a reality. He has shown us how to make our future a reality. He has shown us how to make our destiny a reality.

As a result of this program, you will be inspired to do things that you have never done before. You will be inspired to do things that you have never done before. You will be inspired to do things that you have never done before. You will be inspired to do things that you have never done before. You will be inspired to do things that you have never done before. You will be inspired to do things that you have never done before. You will be inspired to do things that you have never done before. You will be inspired to do things that you have never done before. You will be inspired to do things that you have never done before. You will be inspired to do things that you have never done before.

### Expect These Results:

- \* Decisive Absolute Leadership
- \* Extraordinary Relationships
- \* Outstanding Vitality
- \* A Plan for Your Success
- \* Massive Achievement
- \* Inspired Future

**THERE IS A POWERFUL DRIVING FORCE  
INSIDE EVERY HUMAN BEING THAT, ONCE  
UNLEASHED, CAN MAKE ANY VISION,  
DREAM, OR DESIRE A REALITY.**

—ANTHONY ROBBINS