THE WINNING STATE OF MIND

Unstoppable Confidence & Success!

Unleash YOUR Inner Hero
THE WINNING STATE OF MIND
UNSTOPPABLE CONFIDENCE & SUCCESS!

Unleash YOUR Inner Hero

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DEAN GRAZIOSI

THE WINNING STATE OF MIND

Unstoppable Confidence & Success!

Unleash YOUR Inner Hero
Part IV
Unleash YOUR Inner Hero
It’s all about two things; State & Confidence

GLOSSARY – KINDRED SPIRITS:

Kindred Spirits are two people that make a special connection by sharing a bond that has joined them by the means of an experience that has drawn them together on a higher level of consciousness.

When you change your story, when you change your state, anything is possible.

3:08 – WHAT IS THE IMPORTANCE OF CONFIDENCE?

I’ve seen lack of confidence destroy so many people when they are off just a little...

4:08 – RICHARD ROSSI STORY

It’s not the ones who are the smartest, it’s not the ones with straight A’s; it’s the ones with confidence that go on to do amazing things.

NOTES:

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6:05 – How do we gain the confidence to make us bullet proof?

6:47 – The Myth of Confidence

1. Confidence is the key to success. It actually is a four step process.

The 4 C's to Confidence:

1. COURAGE

2. COMMITMENT

3. CAPABILITIES

4. CONFIDENCE

Confidence can only occur after you gain the courage to try something new.

Confidence can only occur after you jump in and commit to that thing.

And confidence can only occur after you gain the right capabilities.

Confidence = Results You Want!
WHAT’S COOL ABOUT YOU?

1. 

2. 

3. 

4. 

5. 

6. 

7. 

8. 

9. 

10.
When life gets tough we start to look at what we aren’t instead of remembering what we are and all the incredible things we have done.


What’s cool about you? Don’t you DARE tell yourself nothing!

GLOSSARY - THE GAP:

The gap occurs when we compare our lives to the PERFECT life. We forget to take in all the beauty that surrounds our lives and all the positives of our lives and focus only on what we don’t have.

It’s not about avoiding the gap, it’s about how fast you can get out of the gap.

NOTES:
THE GAP – CHASING THE HORIZON
*Drop the Perfection*

<table>
<thead>
<tr>
<th>IDEAL YOU</th>
<th>YOU</th>
<th>PAST YOU</th>
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The simplest way to get out of the gap is to turn around… simply turn around and see how far you have come.

Go back to the list of what you are good at, and dedicate some time to become great at it.
26:33 – **Unique Ability Circle:**

What on your list of things you are good at can you get great at?
# The Winning State of Mind

## 30:15 – Pic Your Future – Worksheet

### Pic Your Future

#### PHOTO #1

#### PHOTO #2

<table>
<thead>
<tr>
<th>Old You</th>
<th>New You</th>
</tr>
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<tbody>
<tr>
<td>What is the Story:</td>
<td>What is the NEW Story:</td>
</tr>
<tr>
<td>Limiting Beliefs:</td>
<td>NEW Limitless Beliefs:</td>
</tr>
<tr>
<td>Habits:</td>
<td>Habits (NEW):</td>
</tr>
<tr>
<td>Stand For:</td>
<td>Stand For (NEW):</td>
</tr>
<tr>
<td>Acceptance:</td>
<td>Standards (NEW):</td>
</tr>
<tr>
<td>Passion:</td>
<td>Passion (NEW):</td>
</tr>
<tr>
<td>Evolution:</td>
<td>Evolution (NEW):</td>
</tr>
<tr>
<td>Average Emotion:</td>
<td>Average Emotion (NEW):</td>
</tr>
<tr>
<td>Confidence Level:</td>
<td>Confidence Level (NEW):</td>
</tr>
</tbody>
</table>
Take your two pictures and put them next to each other.

1. Name the old you. What was that person’s story? What were those person’s limiting beliefs? What were their habits? What did they accept in life? Etc…

2. Name the new you. What is your new story? What are your new limitless beliefs? What are your habits? What do you accept in life? What are your new standards? Etc…

Take those two pictures with you everywhere you go. Have them on your phone, at work, at home, when you are on the road, everywhere. These pictures will be the trigger to take us from our negative state to our positive state. It can take us from lame-o to us 4.0 in a matter of seconds.

No one can make you feel inferior without your permission

Stop looking through grey glasses with a scarcity mindset and kill that villain

Who do you want to run your life? The inner villain or the inner hero?

NOTES:
THE WINNING STATE OF MIND

41:14 – 50:20 UNLEASH YOUR INNER HERO – WORKSHEET

UNLEASHING YOUR INNER HERO
It’s all about Two Things: STATE and CONFIDENCE (Cheat Sheet)

KEEP THE NEW YOU ALIVE!

STATE:

TRIGGERS:

• POWER PHRASE
  WHAT IS YOUR PHRASE?

• OUTER APPEARANCE
  STAND UP, SHOULDERS BACK, SMILE ON YOUR FACE

• WORDS YOU USE
  NEW POSITIVE TRIGGER WORDS

• REMEMBER YOUR WHY
  TOP 3

• YOUR NEW STORY

• WHAT MAKES YOU COOL
  TOP 3

• YOUR PICTURE OF SUCCESS
  PIC YOUR FUTURE
SECTION 1 = EXPOSE THAT INNER VILLAIN

SECTION 2 = KILL THE VILLAIN WITHIN

SECTION 3 = UNLEASH YOUR INNER HERO

NOTES:
# Where Are You Now?

<table>
<thead>
<tr>
<th>WHERE ARE YOU NOW?</th>
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<table>
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<tr>
<th>WHERE DO YOU WANT TO GO NOW?</th>
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<table>
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<tr>
<th>HOW ARE YOU GOING TO GET THERE NOW?</th>
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Final Message From Dean:

Nothing would be more rewarding for me than knowing that you’re living your best life possible. Please, don’t just like what I shared, APPLY IT... Take one step at a time and exercise your new success muscles and show the world who you were really meant to be.

Change is not something that happens overnight; rather it’s something sculpted like a beautiful work of art over time. It is something; however, that’s attainable with a little hard work and focus.

And look, I know change is scary, but how scary were other “firsts” in your life that turned out amazing? Maybe your first kid? Your first day at your favorite job? Maybe your first day as a married couple with the love of your life?

Each and every one of those were probably nerve-wracking…until you realized how truly amazing they were.

And remember, the most important investment you have in life is you, and once you start to see the amazing change in your life, then future changes won’t scare you as much.

It’s been a pleasure sharing my wisdom with you. Now go change your mind and change your life :)

Sincerely,

Signature
Dean Graziosi
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