

Training #5

Your Champion Life – Rewiring Your Brain

Hello Champion!

A repetitive thought or action becomes a habit which creates grooves and embosses the idea or behavior inside of your subconscious mind. This becomes a part of who you are (positive or negative), how you see the world, and how you move through your life.

My intention with this training is to help you discover the negative grooves that have been embossed into your subconscious mind, hindering you from living your best life. We will dig out the roots and get rid of these negative habits and thought addictions, so they no longer affect your growth or the Champion inside.

God bless you,
Coach Ron

As you go through this training please remember - -

Honest is Key : Focus on capturing your true thoughts and feelings. Remember, there are no good or bad answers – the only thing that really matters is the truth. If you don't capture the truth, it will hinder this process.

Invest Time: The more you invest in this process, the more profound the positive impact on your life. Your commitment determines the outcome. I encourage you to delve deep into this journey, and I look forward to you carving out, experiencing, and living Your Champion Life.

Key Concept:

All of your memories have a thought and an emotion attached to them. How much you are attached to them is determined by how deeply it has affected you. The stronger the emotion the more control it has over your behavior.



Training #5 Workbook: Rewiring Your Brain

Watch the training as many times as is necessary for you to find the addictions, detrimental thought processes, and negative fixed cycles that have been hindering you from being a Champion.

#1 – How are the Grooves in your brain developed? (Circle one)

Through a One-Time Experience

Through Repetitive Experiences

#2 – When you have an addictive thought, and you know in your head that it is wrong, why do you continue doing the negative behavior?

#3 – What are the 12-Steps in the Actionable Belief Process to reverse the Negative Fixed Cycles?

Step #1 _____	Step #7 _____
Step #2 _____	Step #8 _____
Step #3 _____	Step #9 _____
Step #4 _____	Step #10 _____
Step #5 _____	Step #11 _____
Step #6 _____	Step #12 _____

#4 – Refer to Training #2 (7 Hindrances to Your Champion Life) and identify the two hindrances you previously selected. Record them here:

1.) _____

2.) _____



#5 – Refer to Training #4 (Fixed Cycles) and identify the 3 NEGATIVE Fixed Cycles you previously identified. Record them here:

- 1.) _____
- 2.) _____
- 3.) _____

#6 – Utilize the Hindrances and Negative Fixed Cycles provided above, along with your personal experiences, to assist in identifying and bringing to light any Negative Fixed Cycle Addictions or Negative Fixed Cycle Behaviors you may currently be dealing with.

Place an “X” in front of any of the behaviors listed below that resonate with your experiences. Use the blank lines below to add any additional behaviors not listed that you may be dealing with.

Substance Abuse:

- Alcohol
- Tobacco
- Illicit drugs (e.g., cocaine, heroin, methamphetamine)

Prescription Medication:

- Painkillers
- Benzodiazepines
- Stimulants
- Reliance on sleeping pills or sedatives for sleep

Food-Related Addictions:

- Binge eating / Bulimia
- Compulsive overeating
- Sugar addiction
- Anorexia

Gambling Addiction:

- Excessive gambling and betting

Technology and Internet Addiction:

- Social media addiction
- Online gaming addiction
- TV addiction



Shopping Addiction:

- Compulsive buying and shopping

Workaholism:

- Excessive focus on work to the detriment of personal life

Exercise:

- Compulsive and excessive exercise
- No or little exercise

Sexual addiction:

- Pornography
- Hypersexuality and compulsive sexual behaviors (excessive)
- Hypoactive Sexual Desire Disorder (under active - when married)

Compulsive Lying:

- Habitual and uncontrollable lying

Self-Harm:

- Cutting or other forms of self-injury
-

Gaming Addiction:

- Excessive video game playing

Hoarding:

- Compulsive hoarding of objects or possessions

Plastic Surgery Addiction:

- Excessive and unnecessary cosmetic procedures

Nail-Biting or Hair-Pulling:

- Repetitive body-focused repetitive behaviors (BFRBs)

Compulsive Cleaning:

- Obsessive cleaning and tidying

OTHER:



#7 - Similar to your assessment of the Negative Fixed Cycle Addiction section above, leverage your Hindrances and Negative Fixed Cycles outlined earlier, coupled with your personal experiences to aid you in recognizing and unveiling any Negative Fixed Cycle Addictive Thought Processes you might have.

Mark an “X” in front of any addictive thoughts listed below that align with your experiences. Use the blank lines below to add any additional thought processes not listed that you may be dealing with.

- I can’t speak (fear)
- I was meant to be poor or not successful
- I don’t trust the opposite sex
- I can only count on myself to get things done right
- I will not participate if I don’t know everything, or I can’t be the best
- My worth is rooted in my performance
- Telling lies is okay if it makes someone feel better or if I’m trying to cover up a mistake I made (a good lie)
- All men look at women with lust in their eyes – that’s who men are
- Women can’t be trusted
- Showing emotions is a sign of weakness
- Money is evil
- Whenever something goes wrong, it’s all my fault
- External factors are what is keeping me from moving forward – in all situations (victim mentality)
- I avoid situations where I might face criticism or disapproval (fear of rejection)
- I was meant to be fat
- I constantly compare myself to others
- I avoid the discomfort of starting tasks or facing challenges, saying I will have time to do it later (procrastination)
- When things are going well, I find ways to sabotage
- I always anticipate betrayal or disappointment when trying to develop meaningful relationships

OTHER:

_____	_____
_____	_____
_____	_____



Step back and analyze all that you have discovered and listed above:

- Hindrances from Training #2 (7 Hindrances to Your Champion Life)
- Fixed Cycles from Training #4 (Fixed Cycles)
- Negative Fixed Cycle Addictions and Behaviors that you have identified above
- Negative Fixed Cycles Addictive Thought Processes you have identified above

Now, choose 1 Addictive Behavior and 1 Addictive Thought Process and explain how each one affects your life - relationships, fitness, faith, family, finances.

1 Addictive Behavior -- _____

1 Addictive Thought Process -- _____

Keep this worksheet with you. In the next training I will walk you step by step through the 12-Step Actionable Belief Process which will teach you how to eliminate these two Negative Fixed Cycles from your life. You will then be able to use this same process to heal from any other Negative Fixed Cycles you have uncovered through this training or any that arise in the future.

God bless you,
Coach Ron

