

Training #6

Your Champion Life: Actionable Belief 12-Step Process (Rewiring Your Brain)

Hello Champion,

In Training #5 I showed you how Negative Fixed Cycles – Thought Addictions and Behavior Addictions – are formed, and I gave you an overview of the Actionable Belief 12-Step Process that will be used to overcome the negative and replace with Positive Fixed Cycles. Understanding and using the Actionable Belief 12-Step Process (Rewiring Your Brain) is essential to living Your Champion Life, so in this training I am going to take you step-by-step through each question and give you examples to help you discover your own answers.

Steps for Your Success:

- Print this Workbook and go through each question with me.
- As you listen to this training, pause as often as needed so you can fully answer each question.

Once you have taken one Negative Fixed Cycle through this process, go back to the work you've done in Trainings #2, #3, #4 and #5 and take the remaining Negative Fixed Cycles through this process when you are ready. This is how you overcome those things that are hindering you and keeping you from living Your Champion Life!

God bless you,
Coach Ron

Key Concept:

***It's important for you to reiterate
and confess the truth of who you've
now become!***



Training #6 Workbook: Your Champion Life: Actionable Belief 12-Step Process (Rewiring Your Brain)

Write 1 Negative Fixed Cycle Thought Addiction or Negative Fixed Cycle Behavioral Addiction (from the Rewiring Your Brain Training):

Step #1 - Intended Goal: Choose a positive desired outcome for the Negative Fixed Cycle.

Step #2 – Inspiration: The reason you are here, in this program, is because you’ve been “**inspired**” and desire change. In times of struggle, it’s important to remember what inspired you to get involved. Write what your inspiration was.

Step #3 – Motivation: – What is more important to you than the current Negative Thought Addiction or Behavioral Addiction that you struggle with? Write down one thing that is more important than continuing the Negative Fixed Cycle.



Step #4 – Willpower: Willpower is the energy that moves you forward that helps you to become consistent in thought and action while you're developing a new lifestyle. Name one thing (or things) you can do to protect or extend your Willpower so you can reach your intended goal. (Example, food addiction – have an outlined eating regimen and always have the foods on your plan available.)

Step #5 – Troubleshoot: In troubleshooting, you want to slowly trace back as far as you can to where this Negative Fixed Cycle / Addiction originated or got its roots and write it below.

Step #6 – Surrender: To the depth which you're willing to surrender will determine how effective your outcome will be. Reflect on any elements that might hinder you from completely surrendering to this transformative process. Write them below. (Examples could include fear, pride, denial, detached, shame, etc.)

Step #7 – Reassociation: Examine the Negative Fixed Cycle you are taking through this process and reassociate it, so you can reach a positive outcome.



Step #8 – Thought: The best way to change a negative thought is to replace it with a better, more powerful, new, positive thought.

What are the negative thoughts you have concerning the Negative Fixed Cycle that you are taking through this 12-Step Process?

What are the new thoughts that will create a new positive fixed cycle?

Step #9 – Meditation: Spend time meditating over and over again out loud, as well as in deep quiet thought, on the new positive thought process from Step #8.

Step #10 – Visualization: As you have mediated on the new positive thought process and positive fixed cycle (intended goal) what positive visualization has come out of that? Write down the positive things you see after meditating.



Step #11 – Actionable Beliefs: It's important to take the new more powerful thoughts that you are meditating on and visualizing to develop your Actionable Beliefs, because this is who you are.

Write three (3) Actionable Beliefs that support your New Positive Fixed Cycle:

#1) _____

#2) _____

#3) _____

Step #12 – MANIFESTATION is a transformation of the previous negative fixed cycle into a new positive fixed cycle. Once you reach this point you should no longer talk the same, think the same, feel the same, or act the same. This is the product of manifestation. It is now what your life presents. Circumstances will test you to see if this new fixed cycle is liquid or concrete. It's important for you to reiterate and confess the truth of who you've now become, which is the new Positive Fixed Cycle.

Once you have completed converting this Negative Fixed Cycle through this 12-Step Process, you will search for additional Negative Fixed Cycles and take them through this same process. Overcoming each Negative Fixed Cycle Thought Addiction or Behavioral Addiction will move you closer to living Your Champion Life.

God bless you,
Coach Ron

