

LESSON FOUR

THE SECRET GENIE— Unlocking the Secret



- You have the ability to create dreams, originate ideas or discover solutions to problems from this energy as it flows into your conscious mind.
- The only limits placed on these dreams are the limits that you consciously choose to place on them. This is where the creation of a new future for your life originates.
- Vibration is a natural law of the Universe. Everything vibrates ... nothing rests. We literally live in an ocean of motion. Your body is a molecular structure in a very high speed of vibration.
- You become emotionally involved with your dreams as you move them from your conscious to your subconscious mind. As the subconscious mind is in every cell of your body it necessarily follows that the vibration of your entire body is altered with the emotional involvement of the dream.
- These vibrations are not only expressed in action, they also set up a magnetic force and you begin attracting to you everything that vibrates in harmony with you. The action/attraction is what alters your results.
- Feeling is a word we invented to describe our conscious awareness of the vibration we are in.
- When you find that you're not feeling good, know that you are emotionally involved with the wrong idea.
- If you find the things that are coming into your life are not to your liking, you've got to ask yourself, "How am I acting? What am I emotionally involved with? What kinds of ideas am I thinking?"
- You can always tell what's happening on the inside by what's happening on the outside.

THE SECRET GENIE INDIVIDUAL WORKSHEET

The outside world is a reflection of what takes place in your mind. Your paradigms are in your subconscious mind and to a large degree control your behavior and your outside world. The following exercises will help you become aware of the activities in your brain and will enable you to alter the cause of the results you no longer want.

1. Begin by examining how you spend your days.
 - i. What time do you generally wake up? Time _____
 - ii. When you wake up, do you get up immediately? ☐ Yes ☐ No
 - iii. When you get up, how long does it generally take you before you become productive?
Hours _____ Minutes _____
 - iv. When you get up in the morning what mood are you in? _____

v. Do you have your activities for the day prepared and prioritized when you get up in the morning? ☐ Yes ☐ No

vi. Do you take a break for lunch or do you work through lunch?

vii. If you work from home, do you have numerous interruptions?
☐ Yes ☐ No

2. If a disappointing situation occurs, do you react or respond to that situation?

3. Do you have difficulty staying focused on a project?

4. Do you have an organized continuing education program?

5. What are your greatest strengths?

6. What are your greatest weaknesses?

7. Do you intend to eliminate your weaknesses? ☐ Yes ☐ No

i. Which ones?

8. List six habits that you will change:

9. What is a belief you have difficulty with that you would like to strengthen?

10. Think of a very close associate or friend. What behavioral patterns do they have that could be considered annoying?

11. If that person were doing this exercise about you, what do you think they would say?

12. What daily actions do you have that are habitual that ensure you are moving toward your goal?

SECRET GENIE TEAM WORKSHEET

1. What is the worthy goal the team has set for itself?

2. What are the current results of the team?

3. How are current results a reflection of what is going on in the team's collective paradigm?

4. Have each individual team member verbally state what improvement they will work on to strengthen the team.

5. What is something each team member can do for one other member of the team?

3 THE THREE R'S EXERCISE — REVIEW, RE-THINK, REWRITE

1. **Review** the ideas, exercises and tools you have received in this Lesson Four of *Thinking Into Results* and outline what you have learned.

2. **Re-think** what action steps you will take based on this Lesson that will move you and your team closer to the goals you identified in Lesson One.

3. **Rewrite** your goal. Does your goal need clarification? Is the image clear? If you gave the written description of the goal to an absolute stranger, would that description create a picture in their mind that is the duplicate of the one you are holding in your mind? If not, bring more clarity to the written goal.