

30 days to breakthrough results

30 Days To Breakthrough Results



Francisco Bujan

www.vitalcoaching.com

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Intro

The goal of this e-book is to help you overcome any challenge in 30 days.

The goal is simple: focus for 5 minutes a day on your challenge taking one step at a time.

In these 30 days you will discover key sources of power and energy and as well effective strategies to win this challenge.

This e-book is organized in 30 chapters (30 days of the month). You can follow up day by day, going deep into one chapter at a time.

Of course, you are welcome to speed up the process and head straight to what you need the most in this e-book.

Every strategy has its own value. If you trust your instinct, you'll naturally be guided to what you need the most

Take a minute to print this book. Having it in front of your eyes will help you stay focused!

Good luck and stay in touch

Francisco Bujan

#1 Choose your targets

Hi and welcome to these 30 days of instant dynamite.

You heard enough theory, so let's jump straight into it:

You want results!

The first step is to find your target. The more you focus, the more chances you have to reach your target.

If you have too many targets, you get distracted, so here is what we will do:

Step 1: select your top 3 priority targets

- Choose your 3 top priority targets

Here are only some possible choices. If you have already other targets that you don't recognize there, feel free to select them.

Be more positive
Be successful with what I do
Better organized
Business skills
Business strategies
Change job
Change my attitude
Change my diet
Change my life
Change my life style
Change something in me
Change the way I act
Change the way I relate to others
Clarify my vision for the future
Clear clutter
Clear the past
Clear up my financial situation
Communication skills
Confidence boost
Connect with someone
Dating skills
Deal with a conflicting situation
Effectiveness
Emotional freedom
Enjoy life more
Establish better boundaries for myself

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Feel great in social events
Financial success
Find a new career
Find a solution
Find someone to share my life with
Finding answers
Focus on the future
Fulfilling relationship
Gain self confidence
Get fit
Get rid of an addiction
Happiness
Life skills
Make choices more effectively
Marketing strategies
More creativity
More energy
More freedom
More happiness
More harmony
More power
Motivation
Moving house
Not to feel limited, feel freer
Professional success
Protect my personal space
Relationship skills
Simplify my life
Social skills
Solve a crisis
Something has to change!
Take action!
Take an important decision
Take decisions
Trust myself, trust my instincts
Use my time more effectively

What are your three targets?

- **Target 1:** _____
- **Target 2:** _____
- **Target 3:** _____

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Think about the order as well. What is really your priority number 1? The one that would make a big difference if it was achieved within 30 days?

Take a white page and write them down

I suggest you get a folder and keep the materials of the "30 days to break through results" together somewhere accessible, so that you can check them daily.

That's it for today

Tomorrow, we'll get clarity on these targets

Think big!

#2 Strategy

Yesterday, you designed your targets. Today, you will design your strategy.

As I mentioned yesterday, the goal is to focus on one target at a time. This will go for the 30 days.

Once you discover the way to breakthrough your limits in one area, you'll realize that the same can be done for other goals.

So let's get started with strategy design

Strategy

- Right now, what are 3 simple steps you can take that would bring you closer to your goal?
- How does it look in time frame?
- When can you start taking action?
- How will you feel once you take action?

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You can answer these questions directly in the core of the email. Or write the questions on a white page and answer them by hand. If you have a voice recorder, you can record your answers.

This is the first draft for your strategy plan.

There are two options, either you feel that taking action is within your range or you feel that there are some invisible or visible resistances.

Here is what you can do: genuinely try to take the first step. I say try! If you must call someone, pick up the phone, dial the number and say what you have to say.

Experimenting and trying is the highway to success.

We'll meet again tomorrow with a surprise!

Try it!

#3 Measure your success

Today, we'll focus on what happened yesterday

Did you succeed in taking action?

If yes, how did you feel when you took action?

If no, what stopped you?

What did you learn from trying?

What holds you back?

Here are some of the forces which can hold you back:

- Negative past experiences
- I don't believe I can do it
- I can take the first step, but I am not sure of how to handle the next steps
- Lack of support
- Lack of skills
- Lack of energy or real desire
- Fear of rejection
- Fear of being laughed at
- I simply do the wrong thing
- I get distracted
- I keep hesitating
- Actually, I have other priorities.
- etc.

Do you recognize any of these in you?

Which ones do you recognize?

Do you recognize other reasons which are not mentioned? What are they?

Right now, what we are doing is digging in the core of your mind and identifying key behavior mechanisms and emotional reactions. I know it can feel challenging but simply look at it and understand what is there at the moment.

This is a sharing. It is opening up.

Would you agree if I say that your present limits are not your real limits?

Tomorrow, we will focus on empowering beliefs and the strength behind words and affirmations.

Congratulations for taking steps

#4 Empowering beliefs

Today's message focuses on the power of your thoughts.

If you are someone who feels extremely positive on a daily basis, these ideas won't surprise you.

On the other hand if you feel that you are sabotaging yourself with negative beliefs, you are about to discover how to turn a negative thought into a stream of power.

Here we go...

Yesterday, you had a chance to identify some limiting beliefs. Did you recognize any of them?

- Negative past experiences
- I don't believe I can do it
- I can take the first step, but I am not sure of how to handle the next steps
- Lack of support
- Lack of skills
- Lack of energy or real desire
- Fear of rejection
- Fear of being laughed at
- I simply do the wrong thing
- I get distracted
- I keep hesitating
- Actually, I have other priorities.
- etc.

If you know what your negative beliefs are, write them down on a white page.

Selects the top 3 negative patterns.

Now, very simple! We are going to identify the exact opposite pattern.

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Suppose these are your 3 key negative beliefs:

- I don't believe I can do it
- Fear of rejection
- I get distracted

Here is what you get

- I don't believe I can do it ---> I believe I can do it!
- Fear of rejection ---> I am rejection proof
- I get distracted ---> I stay focused

A thought is simply a conditioning.

Sometimes it is the result of what others said. Sometimes it is the result of an experience. The truth is that your mind is a tool you can tame, train and instruct with what you need, and what you want.

Your mind is your vehicle and you are in charge of it.

Realize that: You are in power of your life.

You are the person who can change, shift, clear, renew your thought patterns. In other words, you are the person who has the greatest influence over your mind.

These words are only catalysts to make you realize that actually you are in charge.

You are the architect of your mind, the designer of your life.

My presence in your life is only to show you that you have the power in you to shift any limiting belief.

Tomorrow, we'll discover how to strengthen what you just learned. There is a simple trick to give empowering beliefs the priority.

To your inner power!

#5 Repetition

Repetition!

It is as simple as that.

Let's go back to this empowering belief you created yesterday:

Which one was it?

Write it down again (yes do it again) on a new white page.

Suppose your empowering belief is:

- I am rejection proof.

As you can imagine, the consequences of walking in life with such belief can radically change everything for you... Your level of initiative can rise from 50-60% to 300%!!! just because you know that rejection can't stop you!

Here is a key: yesterday, you wrote down this sentence on a white page

Suppose it is this one:

- I am rejection proof.

24 hours later, here we are again, and you write it again. You repeat the message. Your subconscious mind gets it with repetition.

Remember years of education?

This is conditioning.

It sometimes takes years to build a thought.

Why?

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Because it is like clearing a channel, creating it, repeating it and strengthening it in your mind.

Here are some simple ways to repeat a message in your mind.

- **You can think about it during the day.**
- **You can write it down** (yes, write it again) before you go to bed.
- **You can translate it in different languages** (think about being able to say "I love you" in 124 languages... How would this impact on your love life?).
- **You can talk about it with friends.**
- **You can practice it!**
- **You can write down ideas which can come to your mind** (why not even writing a book about it! Here is a title: "I love rejection, do you?")
- **You can answer this question:** "Why I am rejection proof"

Do you see what is happening?

We took a simple negative mind pattern and we turned it around into a mighty river of powerful belief!

In the beginning, writing down a positive affirmation can sound overdone...

Did you actually even have the feeling that you were cheating with your mind or cheating with yourself? Some people do.

When you write down the first time "I am rejection proof", you might think: "Yes, but it's not really me!!!"

Let me ask you some questions:

- What is "you"?
- Are you your past conditioning?
- Are you the judgment that others did put on you for years?
- Are you limited by the size of your past experiences?

No way! You are more than that!

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A thought or a mind pattern is just a frame. It is something you use to strengthen and stabilize your mind vehicle.

It is a belief.

It is a thought.

A thought is a simple wave on the surface of your mind.

You can identify yourself with these thoughts or realize that there is a deeper essence in you which is untouched.

Can you see the impact?

We simply get used to a mind environment.

Creating a new thought environment evolving around "I am rejection proof" can feel funny in the beginning because you have to get used to it.

After a while though, you quickly come to realize: "Feels good, I love that!..."

Let's get it clear, this is not about hiding your identity behind some superficial positivism.

You stay realistic about life.

Your two feet are on the ground.

Negative thoughts are like anchors which stop your from taking off.

It is this permanent resistance which slows down all your moves and drains your energy.

Today, decide to go for it and give your mind this stream of refreshing thoughts and beliefs.

Take the line of mastering your thought patterns.

This means expanded awareness.

Believe me, it is worth it!

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Once you start on this road, you won't be able to stop yourself.

Using your mind to its full potential is an energizing and thrilling experience.

It gives you speed, power and an incredible sense of satisfaction and fulfillment.

Don't you love that?

Tomorrow we'll answer another simple question: "What does it take?"

Dare!

#6 What does it take?

Suppose there is a behavior or a pattern you don't like in you.

What does it take to change it?

Of course, it depends on the "size" of this behavior.

Let's suppose that it is something simple like:

"I want to take more initiative"

How long does it take to significantly change this behavior?

My answer is: one week.

Let me explain what happens

- **Step 1: you get used to the idea this pattern can be changed**

This has to do with desire and belief.

Most of your behaviors can be changed or shifted if you want to. You can create something better or something worse depending on your choices.

This stage means overcoming the self defeating patterns and responding to a desire to do something about a particular behavior.

- **Step 2: you make it your priority number 1**

You only have so much "RAM" (free memory space) in your mind.

Making it priority number 1 means that you allocate your free energy to changing that pattern.

Change requires focus.

Change is as well an integration of new patterns.

It does create some form of stress on your system.

- **Step 3: you design action strategies to rebuild this new behavior.**

Designing a plan gives you coherent action. You see where you are going.

- **Step 4: you take action and consciously shift this pattern**

You start taking more initiatives

You actually do it. In real or in simulation first (by yourself in front of the mirror, in a training situation, etc)

- **Step 5: you do that for a week and let go.**

You practice your new behavior for a week. Then you let go, relax and see what happens.

- **Step 6: you repeat this "week exercise" again.**

If the pattern is not yet a habit in your life, focus on the same 1 week cycle again.

If you started changing on week 1.

You are now beginning of week 3 or later (beginning of week - you started 1 month ago)

- **Step 7: you make it a habit or your new behavior pattern in your life**

Your new behavior is now part of your life and a natural reflex. You master that behavior and understand all the emotions involved in it.

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So, here it is to summarize:

If you want to make a significant behavior change in your life, I would say it takes 1 week to get familiar with this new behavior and 1 month to make it fully part of your life.

You need as well free energy to invest in that process (time and energy). This means that your mind must be free.

You might be thinking... That's too much effort.

Absolutely not.

Imagine that every week, you focus on a new behavior or aspect of your life you want to change.

You simply give it attention and priority for 1 week.

This could simply mean taking a couple of significant steps every day.

Within a couple of months, this means 8 new behavior patterns shifted in your life.

This means real renewal!

You then use these new skills or tools for the rest of your life!

Would you agree if I say you are worth it?

Tomorrow, we'll focus on the one factor that makes all the difference.

Let's rock on!

#7 Conquering power

Would you agree if I say that action is the key to breakthrough results?

To take action, you need another force: Conquering power.

Thinking is great.

It expands your awareness.

Now, action is not about thinking anymore.

It is about doing.

The force behind action is manifestation power.

It is the ability to make it happen.

This conquering power is what supports action.

When it is not there, you simply freeze and stop!

Breakthrough means there is resistance. If you are taking this program, it's because you probably tried but did not manage to still do it. Why? inner and outer resistance.

Today, we will focus on simple techniques to build up your conquering power.

- If you had to build up your conquering power today, what would you do?

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- Do you recall any moment in your life when you have been using your conquering power?
- What was special about these moments?
- What was the consequence?
- If you wanted to reconnect with that feeling, what would you do?
- Do you know of any one who has a high level of conquering power?
- What do they do?
- What are their key behaviors and attitudes?

Conquering power is a fire which burns in us. Modern life often softens that part in us simply because the survival drive is less needed. There is a natural tendency to feel comfortable in life, protected between the walls of a house. There is tap water, electricity and most of what we need is accessible with a simple push of a button on a remote control.

Conquering power is connected with survival drive. It is an instinctual force which is very much part of our "animal" nature. While our mind and mental abilities keep expanding every day, our original nature instincts tend to disappear under layers of conditioning.

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Connecting your conquering power is reawakening an original force which was simply dormant. Society forces us to live in close contact and relationship with each other. The conquering force is often tamed by daily behaviors which simply bring this conquering fire to as still point.

Waking up your conquering power means tapping into a natural source of energy. You are right now sitting on a sleeping volcano of resources and energy. This fire can be stimulated, and used in the most constructive ways. You are the master!

This is a key point in these 30 days to breakthrough results.

Tomorrow we'll discover the key to wake up your conquering power

To You!

PS: here is an outline of what you did so far

Day 1: Defined your targets

Day 2: You have a strategy that you designed on day 2.

Day 3: You tried to take some steps and identified possible resistances

Day 4: You focused on empowering beliefs. This means making your mind your greatest ally

Day 5: The secret of repetition

Day 6: We found out what it takes to shift a behavior pattern

Here we are on day 7: hardly any action has been taken, right? What we did over this first week was understand the dynamics of action and renewal. If action has not been taken yet, it is precisely because the energy which stimulates action (conquering power and determination) is still in the growing phase.

#8 You are priority number 1

The key to build up your conquering power is to give yourself the priority.

There are many side tracks on the road to success. As you build a plan of action, you are telling your environment that you are about to take action.

The key to build up your conquering power is to make your project number one in your mind.

Your project is number one priority.

Other people will want your attention, energy or input in their project. Don't let that happen! Your agenda is number one! Always. That's the way you build up your conquering power.

You first!

Check your environment and answer these simple questions:

- What are the "other" projects going on in your life which stop you from focusing 100% on your number one priority?
- Is your mind right now invested in worries or projects that don't belong to you? what are they?
- Is anything draining your energy?
- Are you feeling angry with yourself or your environment? Why?

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- Is your "breakthrough project" the number one priority in your life?
- If not, what is your number one priority?

Building determination is mainly about putting your project in the top position in your mind.

You have an infinite reserve of conquering power. The trick is that instead of being concentrated on one powerful line, this energy can be dispersed and dissolved in too many streams and projects.

If 90% of your daily actions evolve or focus on your number 1 target or priority, you will notice that what you build is a powerful channel of energy.

Distraction kills your conquering power. The risk is to forget altogether about your target.

Focus! This is the key!

Stay tuned!

#9 Gather support

Right now there are hundreds of sources of support you are not using. To breakthrough, you need a concentration of forces. Stay away from what is draining you and connect with what can help you.

- Who are the people who can help you breakthrough with your number 1 target?
- Did you ask them for help and support?
- Do you need expert advice?
- What is stopping you taking steps and asking for help?
- Do you believe it's better to do it alone?
- Would it be more fun if other people were getting involved?
- Are there any tasks you can delegate?
- How can you get others involved in your project?

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- Is anyone helping you right now?
- Did you acknowledge them for their help? Did you thank them for their help?
- Who else can you contact that would be a reinforcer to your goals?

When you get other people involved in what you want to achieve, their presence reinforces your goals. Tell them openly you need their support and find out what's in it for them. What can you give them in return for what they do for you?

Concentration of forces creates wonders!

To you and your 10'000 friends!

#10 Be a way leader

Think of it this way:

Every one of your actions impacts on those around you.

Ultimately it impacts on all of humankind to a lesser extent.

Your action or breakthrough is not only important for yourself: it is important as well for those you can influence.

Have you heard about collective consciousness?

-
- Who is directly strongly influenced by your actions?
 - For you, what is a way leader?
 - What is the role of a way leader?
 - Why is a way leader important?
 - What is stopping you being a way leader?
 - What steps can you take to be a way leader?
 - Is there anything you need to shift in your mind to become a way leader?

- What is collective consciousness for you?
- How does it work?

Leadership is not an outdated idea or principle.

It is not something that gives you the right to control others or tell them what to do.

As a way leader, you impact because you are a model.

You develop patterns and behavior patterns not just for you but for the rest of humankind as well.

- Can you feel the impact if everyone was a way leader?
- How would this impact on the planet, civilization and humankind?

I have an immense respect for who you are and what you can achieve.

Your friend

#11 What results?

This is why you are here: you want results!

- What results do you want to achieve?
 - How would you feel if you had achieved these results?
 - What actions can you take to get one step closer to getting these results?
-

Let's try to make a shift and focus on the present for an instant.

Zen philosophy focuses on just that: the perfection of the present moment.

Focusing too much on the future can be alienating... Do you agree?

The present is always the centre of your existence.

It is the core of your galaxy.

Good idea to keep that in mind, even when we are riding the waves that lead to future goals.

Here and now!

#12 Reality check

- In your opinion, what is a reality check?
 - How would you do a reality check on your number 1 target?
 - In a scale of 0% to 100% (0% = totally unrealistic , 100% = totally realistic) how realistic is achieving your number 1 target?
 - If your target is not 100% realistic, what can you do to make it more realistic?
 - What is a pipe dream?
 - Is your first target a pipe dream?
 - What would you do if your target 1 was a pipe dream?
-

Never stop believing

#13 Today's action

- Write down 10 simple actions you can take in the next 24 hours that will bring you closer to your goal
- Put them in the order of urgency
- Put them in the order of your preference
- Put them in order of easiness

Now, let's make a deal. Let's say that you take 3 of these actions (you can select them now) and do them within the next 24 hours.

- How would you feel if you took these actions?
- What difference would it make to your life?
- What difference would it make in you?

Tomorrow, we'll do a check on these actions

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Take action!

#14 How do you feel?

Take action!!!

As expected, my questions today evolve around your actions.

- Did you take action?

If your answer is: "Yes, I took action..."

- How do you feel?
- How successful was your action (0% - 100%)?
- What did you learn from taking action?
- What are the next 3 actions you can take in the coming 24 hours?
- Write them down and let's make a deal: Tomorrow, when you open your next "30 days to breakthrough results" message, you will have taken these steps, okay?

If your answer is: "No, I did not take action..."

- How do you feel?
- What exactly stopped you?
- Will the situation be different in the next 24 hours?
- Let's make a deal: try again.

Simple, not complex.

Commit yourself to at least try it in the next 24 hours.

Let go of high expectations.

Let go of will power, wanting to breakthrough.

Just go ahead and try it. (if you want to slightly redirect or redefine your action at this stage, it is okay)

Take action

Did I mention?

Take action!

Take action! Action is your friend!

#15 I love risk

We have reached a key turning point in the "30 days to breakthrough results".

This is the key limiting belief we are going to target right now.

90% of people do not like taking risks. Risk sounds like danger. It sounds like something which can hurt you back.

In fact this is the number one reason for avoiding action: You don't want to get hurt.

Now, we will challenge this belief and turn it around the way your learned on e-session #5

-
- What is the opposite affirmation to "I hate risk" (easy! check the title of this session)
 - Invent 5 other ways of expressing this same sentence (I love risk)
 - How would you feel if your were taking more risks in life?
 - How would it impact on your life?
 - In what area do you feel you could be taking more risks?

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- If you had to write a book on risk taking, what would be your title?
 - If you had to convince your best friend that risk taking is good, what would you say? (you don't have to believe what you are saying here, simply go with the flow and write it down. You'll have a week to let these words sink in your mind. Very soon, they'll sound very familiar and actually true)
 - Imagine yourself as a "risk taker". Close your eyes. What do you see? (write it down)
-

It's all a game!

Life is an experiment

PS: for those of you who took actions 2 days in a row, broke through their limitations and love risk, take your third step and head for another set of 3 actions in 24 hours in a row. If you run out of ideas. Stretch your limits and head for new territories and new challenges.

#16 Connect

The situation you are in right now has been probably experienced by hundreds of people.

You sign in for "30 days to breakthrough results" to precisely achieve results.

Do you recognize yourself in one of these profiles?

- **I prefer doing it alone:** "I want to do it myself alone and even getting ideas from friends is too much. It's only me I can trust. I will be satisfied and proud about the results only if I reinvent the wheel myself"
- **I am a bit shy:** "I am open for external ideas but I want to stay anonymous. I feel a bit shy about telling my friends about what I am trying to achieve. I am not sure anyone would be interested by my story anyway"
- **I have no time to focus on it:** "I would like to gather ideas and support but I simply have no time to search for answers. I am too busy with other things and can't focus on it right now"
- **I would love to get feedback from others:** "Sure, I am excited about hearing what others have to say. In fact I would love that. The idea of getting feedback and ideas on what I am experiencing would be just great. I would tap into any source of help right now"

Whatever profile you recognize yourself in, I want to tell you: I fully respect who you are and where you are at.

For me you are just great the way you are!

Okay, the secret is that when you send the word out, there are always friends and people willing to help.

Now there are other sources of collective wisdom: Online forums.

Only in the last 2 months, I got 5 key questions answered through online forums.

They are great!

- Guys, here is where you can start: www.menshealth.co.uk.

Great place with thousands of messages arranged in a comprehensive and user's friendly way.

Not to be missed! Check it out!

Women, that's where you have to go if you want to find out more about the male psyche!

- Women, here is your gateway: www.ivillage.com

Alternatively make a google search for online forums on the topics you are looking for.

Tap into the collective wisdom!

#17 Stay flexible

One day, a friend of mine told me: "I am trying to live today with a choice I made 20 years ago"

Have you ever felt that you are sometimes pursuing a goal you chose a long time ago but is not accurate anymore?

If you can't take action or do not make any progress, it might be time to do a dynamics check of your target.

Here we go...

-
- When did you decide about that goal?
 - Is that goal a "want" (something you really want for yourself) or a "should" (something you are doing for others or to prove others you can do it)?
 - Did you make that choice under the influence of someone who no longer has power over your life but is still somehow pressuring you to go ahead with that goal?
 - If you had to start anew today, would you make the same choice?
 - Is anything stopping you today from reorienting your choice in another direction?

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- Is the pursue of that goal something that makes you truly happy or is it rather draining your system?

To be successful with taking action, your whole being must embrace a choice. Conflicting interests or desires slow you down and block your energies.

Too high expectations can make you very unhappy and make you forget that life happens today, right now, not tomorrow.

If you are in this type of conflicting zone, here is an option: let go and relax! Not forever, just for 1 week or 1 month, simply to see how it feels.

Be easy on yourself

#18 Destiny line

Let's check this idea today.

You were born with certain natural abilities, potentials. Your country of birth already determines cultural preferences, gives you life trends and possibilities.

A destiny line is not so much a rigid plan. It is rather a natural set of conditions you are manifesting in and around you.

-
- What is your destiny line ? (Dare to trust your instinct with that one. Don't rationalize. Write down what you truly feel, not what you think you should write)
 - Are you right now in tune with that destiny line?
 - Are you forcing your destiny?
 - What is the response from your environment?
 - Do you feel lots of external resistance or is your life flowing naturally?
-

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Forcing destiny is often okay as long as you are aware of it. Suppose you are born in a country which gives you little potential of growth and expansion.

Breaking through your limits might be the thing to do. It might require higher energy and effort, but you know it is worth. You simply have to do it. You want it badly and feel that something responds. You cease opportunities and take risks to get where you want to be.

A destiny line is like a river which flows. A set of personal conditions are given to you at birth. Environmental influences impact on your mind. Your life shapes itself according to a very refined equilibrium of forces.

Mastering your destiny means working with it with awareness. Here and there you might have to put up a higher level of determination to reorient the flow in a direction which suits you.

Work with your destiny forces rather than against them. Use them with awareness.

To your past, present and future!

#19 Synchronicity

By now, you must be now clear about your choices and targets.

You identified, pipe dreams, shoulds and inaccurate choices, you checked with your destiny line. Here is another factor: Timing!

- What does the term synchronicity mean for you?
 - Do you recognize any events in you life where synchronicity was obvious?
 - What did you feel at that time?
 - If you had to increase synchronicity in your life, what would you do?
 - Is your target 1 "synchronized"?
 - Is the timing right?
-

Here is a definition for synchronicity:

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"Synchronicity" is a term used by the Swiss psychologist Carl Jung to describe the alignment of universal forces with one's own life experience. Jung believed that some, but not all, coincidences were not mere chance, but instead a literal "co-inciding", or alignment of forces in the universe to create an event or circumstance.

The process of becoming intuitively aware and acting in harmony with these forces is what Jung labeled "individuation." Jung said that an individuated person would actually shape events around them through the communication of their consciousness with the collective conscious"

Don't you love this definition?

Is your target 1 "individuated"?

To your individuation!

PS: If you are not familiar with the term, check these two links

<http://vitalcoaching.com/lifeskills/topsynchronicitysecrets.htm>

<http://vitalcoaching.com/notes/synchronicity.htm>

#20 Live by instinct

Forget the recipe book.

By now, you might think that taking action is becoming very complex.

It's not.

You are opening key windows in your consciousness and understanding the underlying dynamics.

Once you are familiar with these elements and use them daily, next step is to forget about the recipe book.

Live by instinct!

Check your target 1:

- Go for your next step!

(no more plan, projection or strategy. There is something you can do right now. Don't listen to doubts, fears or hesitations. Just do it!)

- Set yourself in a flow of action and just do it!
-

Live by instinct!

#21 Check up

We are now 3 weeks into the program.

Today you'll take a minute to step back and check what you achieved so far:

-
- What are the top 3 elements you learned so far about taking action?
 - What did you discover about your target 1?
 - What results did you achieve?
 - Did you invest what it takes to get results?
 - How would you qualify your level of performance so far (0-100%)?
 - What is your level of satisfaction about what you did achieve(0-100%)?
 - Who did it?

30 days to breakthrough results

- Could anyone else but you have done it?
- If you already reached you target 1, take a moment to celebrate!
- What exactly did you learn from it?
- Do you need to redefine you target 1?
- What action will you take in the next 24 hours?
- Can you start right now?
- What can take you from where you are to where you want to be (say action!)?

Congratulations!

#22 Live support

Okay, by now, if your level of satisfaction is under 50%, here are your options

- Give yourself a kick in the but and take action (not sure if I mentioned that before...)
- Sign out from this program and get your money back
- Get live support

What is live support? Simple, have a chat with a coach.

Here is what you can do:

You can visit this link on www.vitalcoaching.com That's me!

- <http://vitalcoaching.com/allareas/signin.htm>

If you would like to check other options and find another coach, here are the two main worldwide directories (thousands of coaches from all over the world are listed here):

- www.coachvillereferral.com
- www.coachfederation.com

You can submit a "request for proposal" and get 20, 30 or even 200 coaches answering your question and offering their services.

This is direct and powerful. This is an incredible sea of collective wisdom and you can tap in it any time!

There are affordable plans and even many 100% free options! So don't turn down this offer! Give it a try. Take at least the first step and check it out! It is risk free!

If you already got the results you were expecting, congratulations! If you didn't, congratulations for trying and going that far.

Now you can step back and start all over again from day 1 or you can use your momentum to project yourself forward. Trust me. Take the next step and move forward into your future.

High speed!

#23 Two options

You might realize it by now:

Life usually offers you two options:

- The first one is to take action, initiatives, risk, move forward, accept any set back as a learning experience.
- The second is to sit back, respond to fear, doubts and hesitation.

The question is simple: where do you want to be?

These 30 days to breakthrough results is much more than about reaching your target 1. It is about developing or refreshing the "initiative" life skill.

This is a technique or a method you can apply to everything in life.

Once you know how to deal with action, that's it, your life is easier for ever!

Fear, doubt and hesitation are nothing but conditionings. They might be the reflection of what you have been told as a child. It might be the remnant of an old negative experience.

The truth is that every time you sit back and hesitate, you are feeding your fears and doubts. Every time you take action you build trust and confidence.

-
- How good are you at moving forward and taking action and initiative (0-100%)

30 days to breakthrough results

- How good are you at stepping back and feeding your fears and doubts (0-100%)
- What can you do to slightly raise your level of initiative?
- Is this easy to do?
- If the challenge is too big, to what other smaller challenges can you head to?

Building initiative in your life happens by taking small steps and shifting a key behavior pattern. No need to do it all at once.

Your present limits are not your real limits!

There is more!

#24 Face your fears

Check it out. Here are some examples:

- Being afraid of spiders
- Afraid of the dark
- Afraid of heights

Here is a simple trick to face your fears. Take very, very minute steps. Train yourself.

Suppose you are afraid of heights. Is there a cliff anywhere nearby?

Imagine you are on top of that cliff. Here is what you do. Walk in direction of the cliff until you feel slightly uncomfortable. Very slightly. Take one step back. Is it better now?

Find the exact distance from the cliff you start feeling uncomfortable with the height.

Would you agree if I say that your fear is 100% irrational at this stage. There is 0% chance that you fall down right?

Now, take one small step in the direction of the cliff. Stop. Stay there for 10 seconds. Step back. Wait 10 seconds. Do it again, step forward. Stay there for 10 seconds. Step back. make a mark on the ground for the distance from the cliff you did reach.

Following day. Do it again, one step further. You do that for a week and see how far you get. You see, training. You train yourself to stretch your emotional resources. You create space in you.

- How does that feel?

- Does that makes sense?

You can use the same technique for almost any type of fear in life.
Small minute steps. Ten small steps become a very big step.

Give yourself a treat!

#25 Be superconductive to life

A stranger walks up to you on the side walk.

Here are two possible reactions:

- You are helpful, open and help that person with their request
- You are stressed, have no time, "what do you want?", you don't trust.

Being super conductive to life is about shifting your natural balance and strengthening your openness.

Openness is what makes you respond to opportunities.

Be super conductive to life! Stop judging and blocking life with lack of trust.

You don't give your life away. You respect your personal space and boundaries. You do all that but you don't stop the flow of life with the rest of humankind.

That's a skill, an invaluable skill. Why? Because if we keep on going the other way (living in isolated boxes) very soon that's what our emotions will look like: an isolated box.

This is no goodie-goodie philosophy. It's much vaster than that: what creates happiness is exchange of life force. With a tree, with an animal, with your family, even with an object, an idea or a culture.

I say it again: what creates happiness is exchange of life force.

The more you exchange, the more you feel energized and happy.

You heard about boundaries. Well, that's the other side of the story. That's the perfect complement to mastering your personal space. That's the way to open your door without threatening your personal balance. You are open! You stay centered!

30 days to breakthrough results

- Can you recall an event in your life where you have been superconductive?
- How did that feel?
- How did that impact on your day?
- How would you feel if this was happening more often?
- What would be the impact on life if everyone was becoming superconductive to life?
- Imagine an organization with only superconductive people. How does that look? What do they do?

Now, I'm addicted... What about you?

#26 Be rejection proof

Success is the ability to see set backs as part of the story.

- What can you do right now to be rejection proof?
- What does rejection teach you?
- Can you recall experiences where you have been rejected?
- How did you react?
- How would you react if you were rejection proof?
- What are 10 key empowering beliefs you have in your mind when you are rejection proof?
- How would your life look like if you were 100% rejection proof?
- Do you know people who are rejection proof?
- What do they do?

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- How would life look like if everyone was 100% rejection proof?
-

I know you and I like you!

#27 Try and experiment

We were not born with a right foot and a wrong foot!

Here is how Bob Proctor puts it:

"Everything that happens in your life is moving you in the direction of your goals."

If you never try, you'll never succeed.

- What is the quickest way to gain experience?
- How do you develop a new skill?
- Is there any area in your life right now where you could be trying and experimenting?
- Are you doing it?
- If not, what is "the story" you tell yourself for not trying?
- Imagine a life where you simply dare to try and experimenting. How does it look like?

30 days to breakthrough results

- What would be the impact on your life if you were 100% open to new things?
 - What stops you from trying?
 - How was the light bulb invented?
 - How does a child learn to walk?
-

Did we meet before?

PS: don't do drugs

#28 Speed up

Nike: "Just Do it!"

Reebok: "Don't just do it, do it better"

XXXXX: "Do it faster"

We live in a competitive environment.

-
- How much do you get done in one day?
 - How would you feel if you were achieving 10 times more?
 - What is the main resisting force in your life?
 - How can you lift resistances?
 - How can you do that without turning your life into a stress engine?
 - How performant are you are you right now (0-100%)?

Perfectionism can be stressful. Too high expectations can make you very unhappy. I do tend to aim for good, not perfect. It makes my life easier. I measure my performance by how I feel inside myself.

Speed is about fluidity, frictionless.

Imagine your life being frictionless. Say yes more often! It can be as simple as that. Every time you say: "yes, but..." You are holding back the other person's life force. It's a reflex which is saying: "I want to stay in control".

If you want to speed up life, practice this simple technique for just one day. Try it out: every time you give answer to someone, try saying "Yes, and..." rather than, "Yes, but..."

One last question:

- What is synergy?

I have to go!

Just kidding!

#29 Take action

30 e-sessions for one single message: "take action".

Hang on, this is coming from me...

It's time for you to own it, time for you to say it:

I take action!

I love action!

A few centuries ago, Descartes invented rationalism: "Cogito ergo sum". "I think therefore I am".

We learned to abstract, conceptualize, rationalize and use our logical abilities to measure our actions. The modern world is packed with that way of thinking.

Looking at life from the distance.

I believe you want more: "I act therefore I am"

Action is what makes the difference.

A breakthrough can of course be a realization. That's where it can start. A realization is the mental seed. It's the moment the concept, or idea grows in our minds.

Any action is supported by a mind frame. Thoughts, beliefs are the invisible architecture which sustain our actions.

-
- Are you master of your actions?
 - Do you think that you should be?

30 days to breakthrough results

- What is will power?
- Would you agree if I say that will power is a positive force?
- Do you need power to create and breakthrough?
- Are you using your power?
- Do you own you natural sources of power?
- Does the term power have any negative connotation in your mind?
- If yes, why?
- Would you agree if I say that "power" and "abuse of power" are two very different things?
- What's the difference?

Do you see what I see?

30 days to breakthrough results

I believe there has been a misunderstanding, a mix-up. What do you say?

To your infinite power!

PS: I believe in you

#30 Final

Welcome to the finish line!

Finish or Beginning?

Yes! The beginning. I won't let you go! This has been too much fun. I want more!

Your presence changed my life forever.

Your words are still imprinted in my mind and I would like to give you my gratitude for who you are.

Your life is your masterpiece.

Today's question? There is no question.

Here is one though... Keep it for tomorrow: "What could be your next step?"

I wish you fun, joy and infinite success.

Time to celebrate! Congratulations for taking the steps!

Francisco

Conclusion

If you feel this e-book is not enough, contact me! There is more.

Send me an email francisco@vitalcoaching.com or visit the website www.vitalcoaching.com.

Good luck and stay in touch

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