



The Perfect Day Visualisation Plan

Transcript

In this lesson, we're going to look at something that I love to do every year ...

In fact:

It was one of the first things I did when starting my journey in lifestyle and fitness.

And it's what I call:

The Perfect Day Visualisation Plan: How To Freakishly Attract The Things & Lifestyle That You Want

This lesson is designed to show you the possibilities of what you can have, to help you show up in the greatest way to the world and give you the belief of what your world can, and one day will be.

Now, this kind of thing you'd generally find filed under the self help section in your book store ...

But if you know me, then you know I'm someone who is very practical.

I like how to- hacks and science - things to tell me step-by-step on what to do, in order to change, to move and to give me what I call small wins (because that's the stuff that usually equals change).

This exercise isn't magic. You don't write stuff down and have it happen instantaneously. This isn't The Secret or any wishy-washy "power of attraction" shit.



But it should get you thinking. And it may get you motivated to start to forge your path in life.

I've never been a big believer in the whole "think your way to success" or just "wishing" things will happen and the whole law of attraction idea on it's own.

I do, however, believe in psychologically setting yourself up for success by rewiring your brain, setting plans and giving yourself a vision ...

And that's why you're in this mindset engineering module.

Here's what you're going learn:

- The powerful visualisation tool high performers and celebrities use to achieve the lifestyle they want
- And my 5 step process for unconsciously rewiring your brain to work towards your dream
- And the science behind why it all works

A few years ago, I went away with some friends to try and immerse ourselves in a practical experience of community, action and brotherhood.

At the time, I didn't have a whole lot of direction. I wasn't sure where I wanted to go or where I was at this point in my life ...

What I did know was that I wanted change ...

After chatting with a guy outside of the group, I was asked if I had ever done any visualisation before and that's when I was introduced to what I'm going to show you today.

It wasn't until afterwards, over a year later, that I found a letter I had sent to my future self that said word for word, the current life I was living.



I read it out loud to a friend. Smiling. Realising that everything I had said had come true without really thinking about the exercise or exactly what was going on.

That was when I realised the power of it.

You see, what I'm about to show you has been done by guys such as Jim Carrey, Arnold Schwarzenegger and Will Smith ...

And during this time, I was introduced to a book that connected the dots for me.

It was an old book published in 1994 called "Psycho Cybernetics" by a renowned doctor, Maxwell Maltz.

In this book, he talks about the power of using the subconscious mind and how to use it to reach your goals, without constantly thinking about them every step of the way.

Think of it like a heat seeking missile.

In the book, he says:

"A human being always acts and feels and performs in accordance with what he imagines to be true about himself and his environment...For imagination sets the goal 'picture' which our automatic mechanism works on. We act, or fail to act, not because of 'will,' as is so commonly believed, but because of imagination." - Maxwell Maltz, New Psycho-Cybernetics



And today, I'm going to walk you and your imagination through the advanced process of this, and we're going to craft the vision for your new life as you go from living a skinny guy life, to a superhero life.

But as I said, I like evidence to back up a lot of what I teach ...

The Visualization Experiment

A study by Dr. Blaslotto, asked a group of students to take a series of basketball free throws.

The researchers first counted how many shots the students made, and then the students were divided into three groups and asked to perform one of a few different things over a period of 30 days:

Group 1 was told not to do anything with a basketball for 30 days, and to not practice or do anything.

Group 2 was told to practice shooting free throws for 30 minutes every day for 30 days.

Group 3 was told to visualize making free throws and making the shot, every day for 30 days (with no physical practice involved).

Now, here's where it gets pretty damn freaky ...

After 30 days, the students were told to come back and the researchers had them take the same number of free throws.

And here's what they found:

Group 1 (that didn't practice at all) didn't improve at all – not surprising, right?!

Group 2 (that practiced physically for 30 mins/day) improved by 24% – which is pretty great!



And the third group, well here's the kicker ...

Group 3 (that only visualized taking shots), improved by 23%.

Craaaazzyyy, huh?

Now:

The condition I wish these researchers had tested would be the combination of visualization and continual daily practise.

But nevertheless, the group that visualized the shots only were ONE PERCENT less than the people that actually physically performed the task.

So imagine what results you're going to have by following a similar method with your mindset PLUS all the action steps you'll be doing as part of your superhero transformation.

So with that, are you ready to get this working for you?!

Now here's the mistake a lot of people make:

A lot of people make this too broad. They skip the details, they aren't clear on what exactly they want.

And without the specifics and clarity, it's worthless.

I recommend you visit this plan often – weekly, daily, monthly, whatever amount feels right for you, get it on your calendar.

Before You Dive Into P.D.V.P You Need To Know Something ...

This plan should touch upon every detail you want in your life – from the physical stuff, to the emotional stuff.



This will allow you to step into your dream life and discover the subtle details that make it concrete and slip into your subconscious ...

There's some rules to this whole process ...

1. It's super important that you write down your day and NOT your life.

You don't want to think about how you are going to achieve the body, and lifestyle. This part comes later on and needs to be done separately.

2. Each answer should profoundly RESONATE with you.

It should be an absolute HELL, YEAH! Don't worry about filtering it through a lens of "Is this possible" write it from your gut and a place of not giving a fuck.

3. Again - don't try and fit your current situation into the new one - this needs to be THE ABSOLUTE BEST.

4. You have to FEEL yourself doing the process. Use SENSES by asking yourself:

- What do I see?
- What do I smell?
- What do I hear?
- What do I touch?
- What do I feel?



Let's look at the 4 steps to The Perfect Day Visualization Plan ...

Step #1: Paying Gratitude Towards The Current Day (Current Day)

“One of the greatest gifts of being human is the ability to choose what to focus on. Regardless of what happens on the outside, if you're perfectly calm and still on the inside, you can handle anything.” - The 5 Minute Journal

In this section of the 5 Minute Journal, they're talking about something called Gratitude.

Which is simply put:

To find things you're thankful for in the smallest doses of life.

So, if you want to live a happier, more fulfilled life, I think it really starts here.

We're doing this first because before we dive into your dream, and look at the future, I want you to find greatness in this current moment.

So, in the fun sheet with this lesson, you'll be looking at writing this.

Sound good?

Step 2: The Morning Wake Up Call (Perfect Day)



When you have a great morning, the perfect morning, one that gets you out of bed feeling relaxed, refreshed and ultimately like you could take on a super villain, that's when the stars align.

So, in this step, we'll be outlining what your perfect morning would look like, what time do you wake up, how do you feel, is there anyone with you – you'll go into detail about a morning that would get you pumped to reach your life and body goals.

And don't worry, I'll walk you through it step-by-step in the fun sheet.

Step #3: Surrounding And Mentorship (Perfect Day)

You've probably heard the cliché often:

"You are the average of the five people you spend the most time with." — Jim Rohn

And you never truly believe this more than when you're surrounded by superstars that lift you up and help you reach the next level.

In this section, we look at who surrounds you on this perfect day.

Do you have a mentor?

Who are your friends?

We'll get specific on who you're surrounded by.

And, of course, the community here can come into place.

Step #4: Your Down & Up Time (Perfect Day)

There's more to life than the gym.

At this point, I'm hoping you know I believe in a balance.



This is where we'll look at what you do in both your down time – your quiet time to reflect. And your party time or in other words, what you like to do for fun.

It varies from person to person, but we'll cover both.

Bonus Step #5: Paying Gratitude Towards The Perfect Day (Perfect Day)

After this is all done and you've done the fun sheet.

You'll want to frame things as though they're currently happening ...

For example, if you want to be in a healthy relationship, then you'd write ...

"I am grateful to be in an incredible healthy relationship with a partner of my dreams." – just don't forget to clearly define the person in the process too.

There you have it!

That's the perfect day visualization plan.

So download the fun sheet now, go through the steps and create your Perfect Day Visualisation Plan now.

After that's done, I'll see you in the next lesson!