

HAPPY IN LIFE

By Olimpia

ACCELERATED PERSONAL DEVELOPMENT
achieving excellence



MORE THAN A WORKBOOK

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HAPPY IN LIFE

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Content

YOUR GOALS FOR THIS PROGRAM.....	2
PRESUPPOSITIONS, EMPOWERING BELIEFS.....	3
BE, DO, HAVE	4
THE TWO MINDS	5
MEDITATION	6
THE MODEL OF THE WORLD.....	8
VALUES AREAS OF LIFE	9
CAUSE AND EFFECT THEORY	10
PERCEPTION IS PROJECTION	11
GETTING RESULTS, CHANGING REALITY	12
VISUALIZATION	14
EMOTIONAL BASELINE UPDATE.....	15
LIMITING DECISIONS OR BELIEFS	21
FINDING YOUR LIMITING BELIEFS	22
FILTERING - AFFECTING THOUGHTS, FEELINGS AND BEHAVIOURS.....	28

PRESUPOSITIONS, EMPOWERING BELIEFS

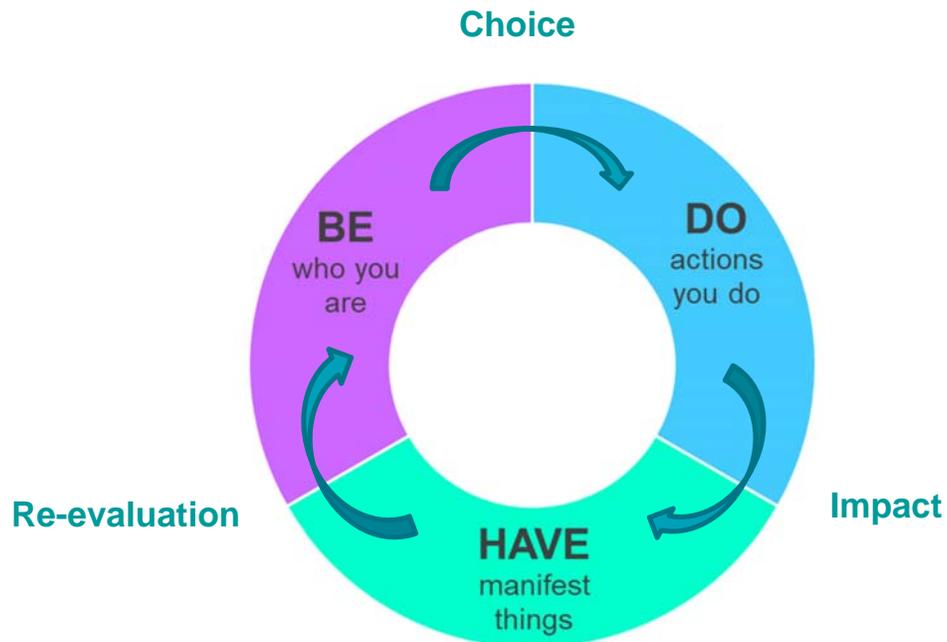
Assumptions and beliefs for achieving excellence in whatever you do:

1. Everyone has their own unique model of the world.
2. The map is not the territory. The words we use are NOT the event or the item they represent.
3. People always do the best they can with the resources they have available at the time.
4. The most important information about a person is their behaviour. Behaviour is geared for adaptation and present behaviour is the best choice available.
5. People have all the abilities to succeed, there are no un-resourceful people, only un-resourceful stated
6. A person's behaviour is not who they are. Accept the person, change the behaviour.
7. I am in charge of my mind, and therefore my results.
8. The system (person) with the most flexibility of behaviour will control the system
9. Mind and body form a linked system, they affect each other.
10. If what you are doing isn't working, do something else.
11. We are always communicating; even when we remain silent, we are communicating. Non-verbal communication can account for a large proportion of a message.
12. The meaning of your communication is the response you get. It is the other person's interpretation and response that reflects your effectiveness.
13. There is no failure, only feedback. Everything that happens is only feedback. I learn.
14. Anything can be accomplished if the task is broken down into small enough steps.
15. All procedures should increase choice. Don't "change behaviour", increase choice.
16. Resistance in a discussion partner is a sign of lack of rapport. There are no resistant people, only inflexible communicators.

Discover what happens in your life if you simply act as if the following statements are true.

BE, DO, HAVE

If you don't yet have what you want, it's because you ARE NOT yet embodying that person's beliefs, thinking patterns, values, beliefs and qualities.



Evolving Cycles

WHO do you need to BE to HAVE what you want?

Start by creating a new authentic way of **Being** in alignment with your goals. Once the new identity has been created, the course of actions taken from that space will take you toward your goals.

The WHO (or the BE) that does the DO is what drives you to the HAVE.

THE TWO MINDS

CONSCIOUS MIND

thinks in a literal fashion, responding to the factual meaning of words

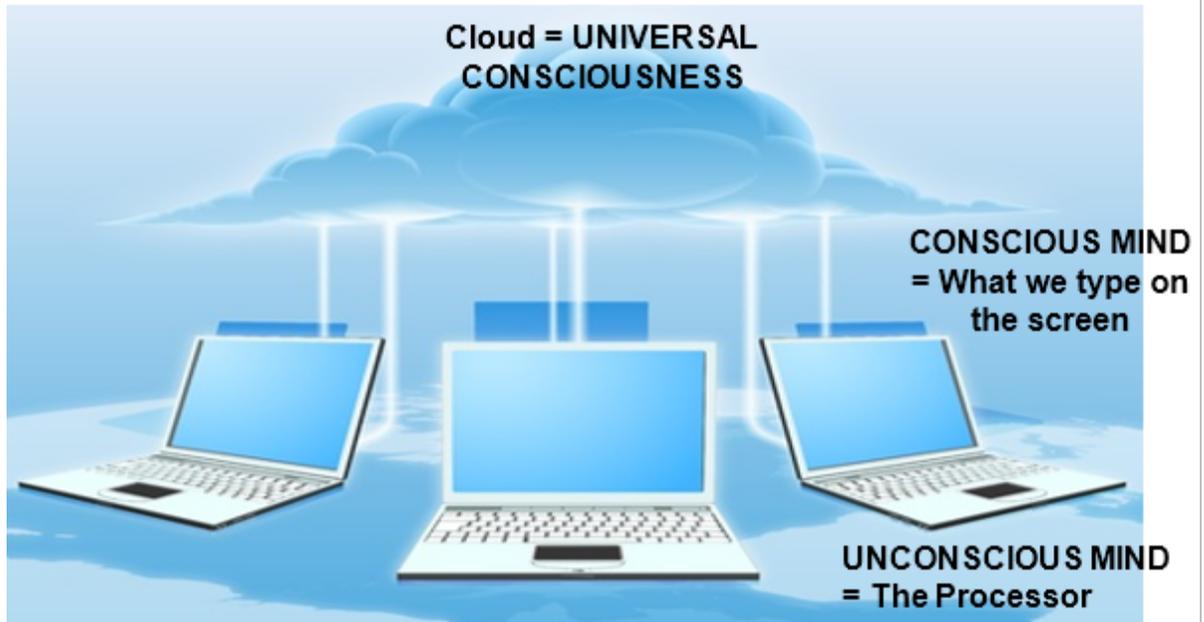
- Everything you pay attention to in an awoken, active state
- Processes 7+/-2 bits of information per second

UNCONSCIOUS MIND

responds to the emotional meanings of words, gives free rein to its imagination and interprets symbols.

- Processes 2,000,000 bits of information per second
- Is programmed to seek more and more (learning)
- Behaviour
- Beliefs
- Change
- Stores all memories
- Governs the emotions
- Preserves the body – responsible for your health and wellbeing
- Controls perceptions and the senses - what you see, hear, feel and notice
- Is habitual – needs repetition
- Generates, stores and transmit 'energy'
- Takes everything personally
- Does not process negatives
- Needs to be given orders
- Works on the principle of last effort
- It's highly moral (feeling of guilt)

METAPHORICALLY



MEDITATION

COMMUNICATION BETWEEN CONSCIOUS AND UNCONSCIOUS MIND

Through meditation we can exert control over the Unconscious Mind and retrieve information. The process synchronises the brain waves in each hemisphere, lowers the frequency of brain waves and alters our consciousness.

It's been proven -meditation improves psychological well-being, physical health and mental performance. The following results have been measured:

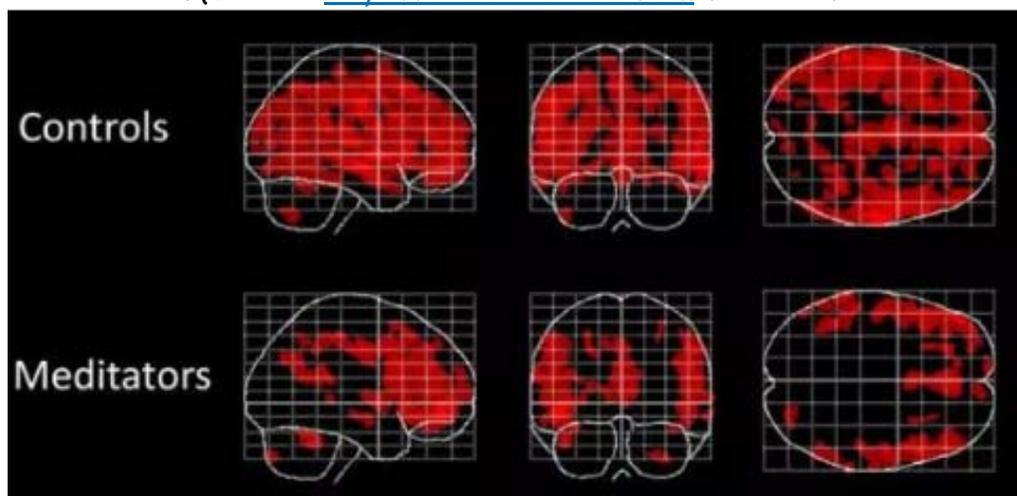
Physical benefits:

- Increased energy and stamina
- Faster recovery from illness and /or operations
- Reduced frequency and severity of asthma attacks and other allergic reactions
- Significantly lowered blood pressure
- Reduced stress and stress-related illnesses - heart disease, hypertension and insomnia
- Significantly alleviates physical pain e.g. back pain
- Improves response time, motor skills, coordination and other physical responses

Psychological benefits:

- Increased creativity
- Increased concentration
- Greater productivity
- Greater emotional stability and resilience
- More accurate judgement
- Improved mental health
- Independence and outgoingness
- Spontaneity
- Reduced anxiety and depression
- Reduces dependence on drugs (prescription, over the counter)
- Empathy
- Improved memory and intelligence
- Long-term meditation can reduce age related effects

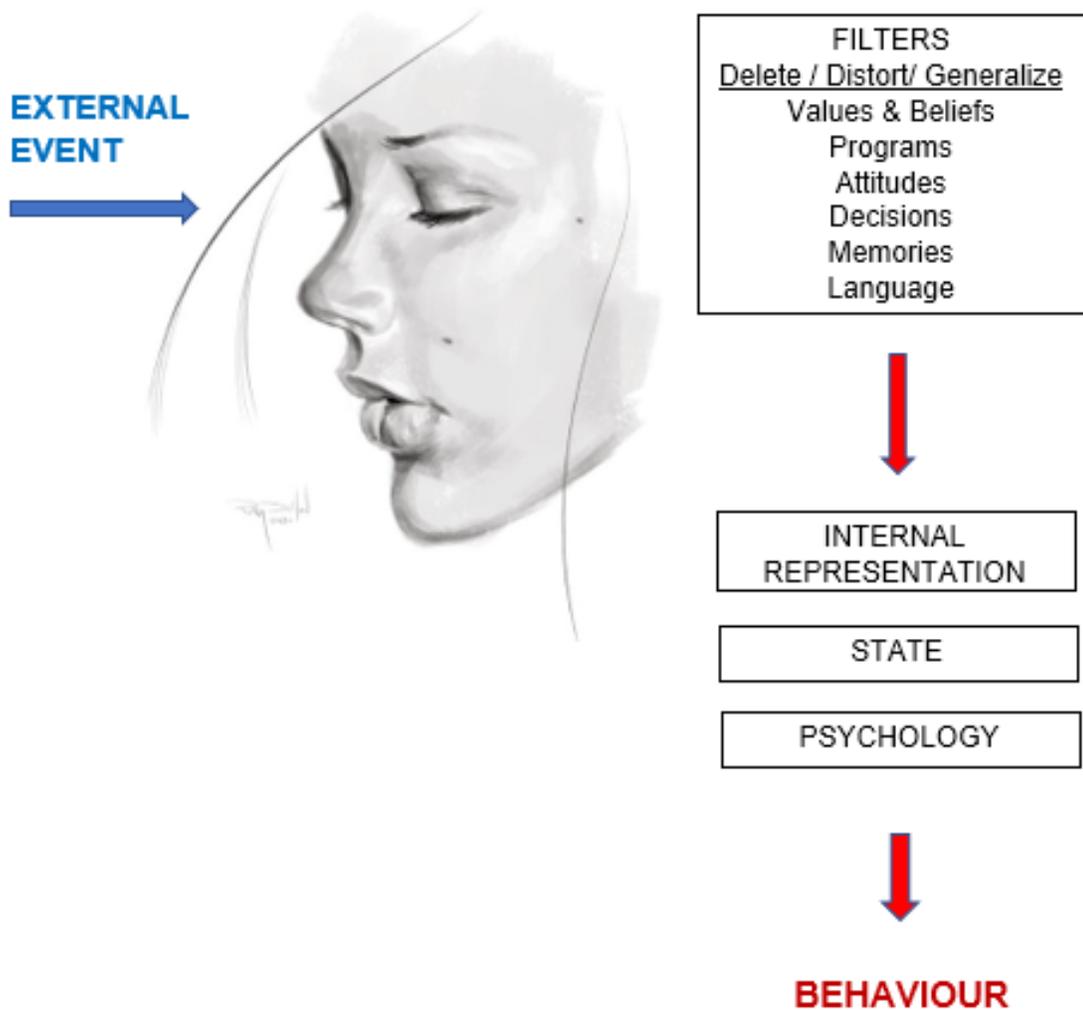
Brain scans of meditators and non-meditators. Areas of the brain affected by aging shown in red. (Source: <https://inside-the-brain.com> / Credit: Frontiers in Psychology).



THE MODEL OF THE WORLD

Everyone has their own unique model of the world.

The Brain makes up the difference between the information received by the Unconscious Mind (2 mil bits) and the information processed by the Conscious Mind (7/±2 bits).



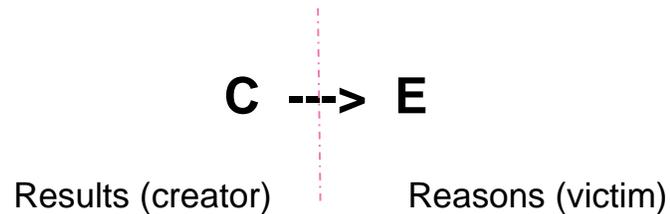
VALUES AREAS OF LIFE



HEALTH AND FITNES - includes addictions (smoking, drinking, ...)

CAUSE AND EFFECT THEORY

It seems to be a law of the universe that everything that happens has a cause. You just don't get things happening without there being a cause for them. 'Chance' is the name of a not yet recognized law.



On the CAUSE side: you are the creator of your experience. Everything that happens to you is caused by you. You create, decide, change and cause your experiences to be as you choose.

On the EFFECT side: things happen to you. You have no control, cannot change anything, you are a victim to outside circumstances.

Being at effect equals being in judgment – judgement of ourselves, or judgement of others (e.g. this happened to me, she did this to me, ...).

You can choose which side of this equation to live your life from.

PERCEPTION IS PROJECTION

Carl Jung: Whatever we perceive in someone else is within us. You cannot be aware of a character trait in another unless it is within you.

Whatever you perceive in someone else or something else, it is your projection on them (not who they are).

We tend to perceive people and events around us based on our preconceived filters.



Yes, it's all you!

If you smile, the world will smile back to you. If you cry, the world will cry back to you.

When the projection is unconscious we think it is someone or something else's fault that things are the way they are.

If you have negative emotions about someone, they more likely are a projection of yours. We tend to perceive people and events around us based on our preconceived filters. The key is to realize that everything is you.

Questions to ask when you have an emotional reaction to someone's behaviour:

1. What does their behaviour mean to me?
2. Where in my life I'm behaving similarly? (it can be in a different aspect of your life).
3. What is it in me that I need to deal with (stop doing, or do something different) so that I can cease having this negative experience?
4. Then resolve the 'it'.

Until the projection becomes conscious, meaning that you look outside and realize "what I observed outside of me is just me," things won't change.

GETTING RESULTS, CHANGING REALITY

Doing more of the same, creates more of the same. If you want to change your results, you must change your Unconscious Mind. Your thoughts, beliefs, values, decisions which got you where you are today will not get you where you want to be tomorrow.

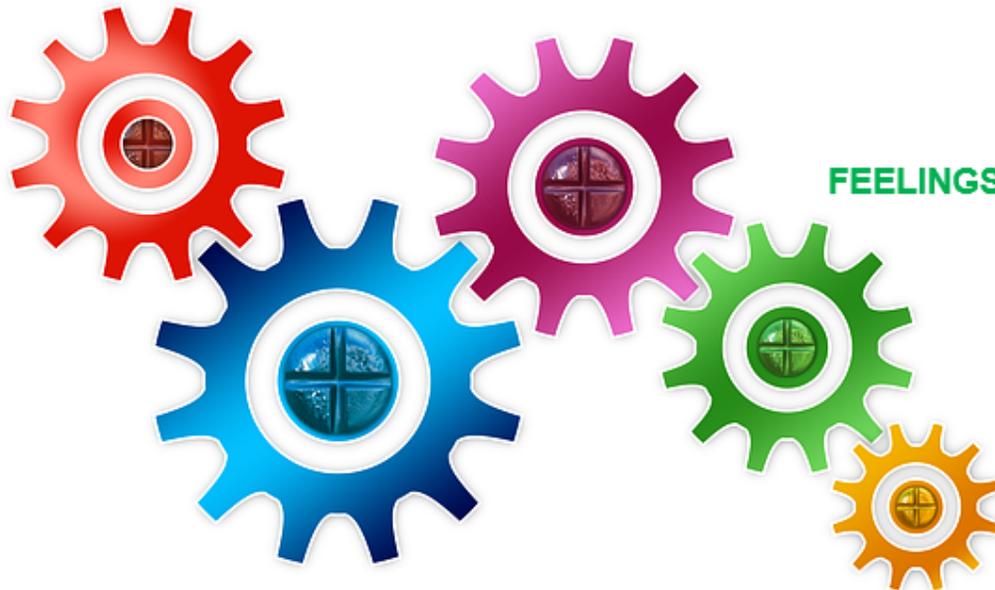
If you want to change your results you need to change your behavior, to do things differently. In order to do things differently you need to change how you think and how you feel, what you tell to yourself unconsciously. You need to look inside.

Your self-image, self-worth creates your actions and habits, from subconscious. All starts with inner work.

**RESULTS
PERFORMANCE**

THOUGHTS

FEELINGS



ACTIONS

EMOTIONS

Start by changing your Thoughts, Words and Actions.

Positive emotional states created by passion, gratitude, love, ... get you "in the zone", incredibly efficient and inspired?

Negative feelings like anger, anxiety, boredom, ... create disorder in the brain, impacting your performance and ultimately your life.

THE FORMULAE FOR ACHIEVING RESULTS

$$\text{RESULTS} = f (\text{INTENT, ENERGY, TIME})$$

INTENT = Clarity, Vision, Knowledge,

ENERGY = Commitment, Confidence, Desire, Passion, Action

Exercise 1:

Write one Result you want to achieve in the next 12 months. Then rate in percentage

- 1) where you are today (%)
- 2) where do you need to be to achieve the outcome (%)
- 3) what is the action needed to take you to the results. Maybe to study new things, or put more focus, or maybe you would need to fire up your passion...

Result

	Status Today (%)	Needed (%) to achieve goal	Tasks to do to bridge the Gap?
Clarity			
Vision			
Knowledge			
Commitment			
Confidence			
Desire			
Passion			
Action			

Be open to the idea that things can change, it's important to get your Unconscious Mind to start somewhere.

VISUALIZATION

Visualization is a technique for creating a mental image of a future event. When we visualize our desired outcome, we begin to “see” the possibility of achieving it.

Sports legends like Michael Jordan, Larry Bird, Tiger Woods and pitcher Roy Halladay have confirmed using visualization to improve their performance and achieve their personal best.

According to research, using visualization works because neurons in our brains (the electrically excitable cells that transmit information) interpret imagery as equivalent to a real-life action. Remember, the UM takes all the information as real, it does not differentiate between watching a movie, or reading a book, or real events.

When we visualize an act, the brain generates an impulse that tells our neurons to “perform” the movement. This creates a new neural pathway (clusters of cells in our brain that create memories or learned behaviors) that prepares our body to act as we imagined. All of this occurs without performing the physical activity yet achieving a similar result.

If you're not getting what you want, the problem you may be facing is a lack of clarity within the visual cortex (located in the back of your brain), which helps you shape your goal into a concrete image.

Exercise the visual cortex in order to send a visual of what you want to your "idea center," your left prefrontal cortex. This is where your sense of self is developed.

Exercise 1:

Envision yourself reaching your desired outcome. Create a detailed mental image of what you want to achieve using all of your senses.

For example, if your goal is to sign a major deal, visualize yourself receiving the contract through post and counter-signing it. Or maybe your secretary brings the parcel to you.

Hold that mental image as long as possible. What does it feel like to open the envelope, the feeling and smell of the envelope, where are you? Does the place smell of coffee? What sound is present? Who is there with you when you receive it? Your colleagues, your team? Imagine the excitement, satisfaction, and thrill you will experience as you walk towards them and give them the news.

Visualization does not guarantee success. It also does not replace hard work and practice. But when combined with diligent effort (it is a powerful way to achieve positive, behavioral change and create the life you desire.

EMOTIONAL BASELINE UPDATE

Negative emotions are part of a protection mechanism - our Unconscious Mind let us know we have to learn from a certain experience, so we don't repeat the mistake.

The Emotional Baseline Update involves the replacement of subconscious, sabotaging old emotional patterns, beliefs and values initially created for protection, in response to emotional events in the past, which are no longer useful.

If you want to succeed TODAY, you need to update your emotional mindset with processes that get you where you want to be today.

Our emotions lock in our beliefs and perceptions of the reality, and these emotional processes run stronger than the mind. This means that, to remove the perceptions and to override the emotional circuits, we need more powerful tools than the mind itself.

PowerCoaching® is a system specifically designed to do exactly that, creating the most powerful transformation.

The five primary negative emotions

1. Anger
2. Sadness
3. Fear
4. Hurt
5. Guilt

All other negative emotions which we experience fall underneath these primary ones.

Responsibility for our emotions

Nobody makes you feel a certain way. As a first impulse most people object - "I can't choose how I feel - they make me angry/sad" ...

The question is: "how does what they do, cause you to choose to feel sad?"
"How do they make you angry/sad? Do they wrap the feeling and give it to you by force?"

The fact is nobody makes you feel a certain way. We say something to ourselves and then make a decision as to how to feel.

Apply Emotional self-control. Consciously choose how to feel: feel content, feel grateful, curious, motivated, feel calm... You can self-induce positive emotions and learn, through practice, to interrupt your body's response when negative emotions are triggered.

Exercise 1: I'm angry about ...

A large, empty rectangular box with a thin blue border, intended for the user to write their response to the exercise prompt.

Exercise 2: I'm sad about ...

A large, empty rectangular box with a thin blue border, intended for the user to write their response to the exercise prompt.

Exercise 3: I'm afraid of ...

A large, empty rectangular box with a thin blue border, intended for the user to write their response to the exercise prompt.

Exercise 4: Things that have made me feel hurt ...

A large, empty rectangular box with a thin blue border, intended for the user to write their responses to the exercise. The box occupies most of the page's vertical space.

Exercise 5: I'm guilty about ...

A large, empty rectangular box with a thin blue border, intended for the user to write their response to the exercise prompt.

LIMITING DECISIONS OR BELIEFS

A belief is an acceptance that something exists or is true. It is a judgement and an evaluation about ourselves, others and the world around us.

We all have beliefs that are useful, and we also have beliefs that limit us, restricting our possibilities. They don't always make sense, logic is the realm of the Conscious Mind.

Most beliefs are developed through experiences, sometimes they are the result of a confusing or traumatic experience that we may have forgotten.

Beliefs are stored in the Unconscious Mind, outside of our awareness, so you may not know you have them. With the UM controlling the senses, the experiences that don't fit your belief will be filtered out.

For example, if you hold the belief that "you need to work hard for money" your UM will filter out any experience or opportunity suggesting you can earn money easily. It will cause you to pay attention to all those things that confirm how hard you need to work.

Beliefs vs. Affirmations

A belief cannot be changed by using affirmations. Affirmations are good at changing our state, however when it's about beliefs your UM and CM will reject the affirmation.

An example: Try using the affirmation "all the grass is blue", "blue grass is everywhere". Say them over and over until you believe it.

Your mind will reject it and will remind you of all the green grass out there.

Examples of Limiting Decisions

Below are few common examples of limiting beliefs, you may find out you have some more unique and fascinating ones:

- I can't ...
- It's not possible to ...
- I'm not good enough
- I don't deserve ...
- I'm not worthy
- I'm too old to ...
- That's just how it is
- I have ...
- I haven't ...
- Life's hard
- I'm not lovable
- I can't have a private life and a career

FINDING YOUR LIMITING BELIEFS

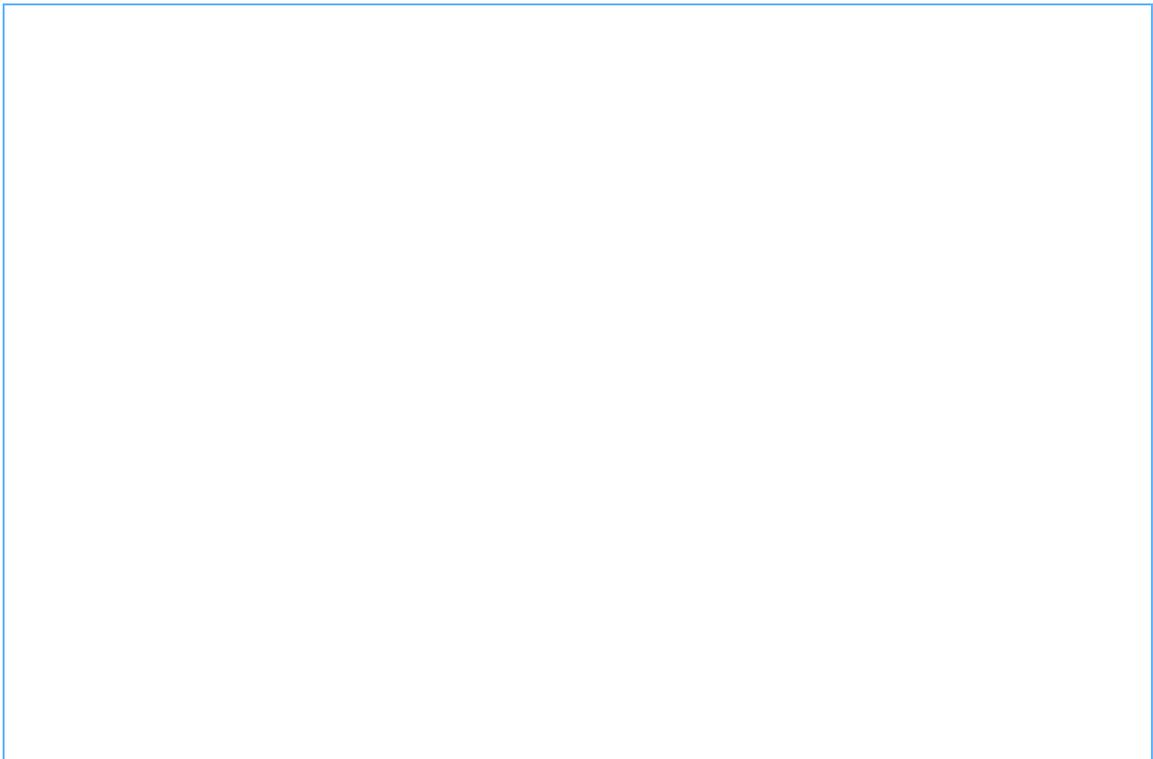
Exercise 1: WHO ARE YOU?

As you think about who you are, are you being the person you really want to be?

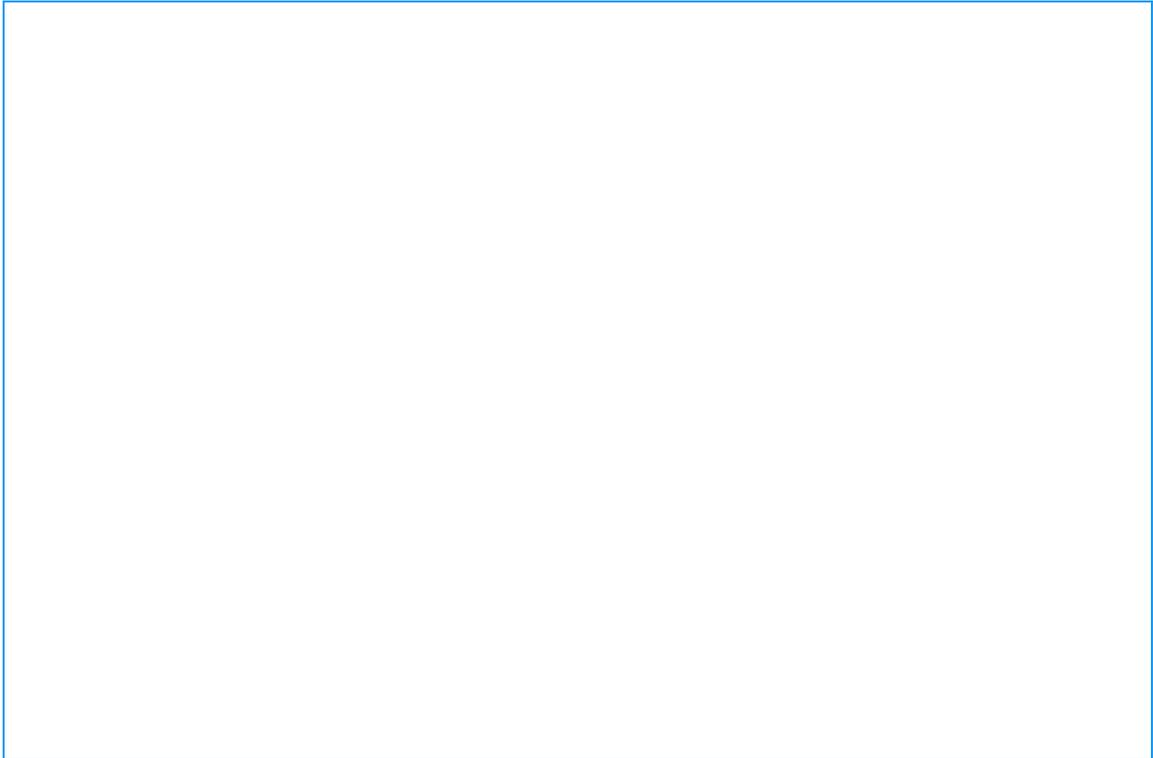
WHO or WHAT is it that you want to be? (e.g. 'great mother', or 'successful entrepreneur')



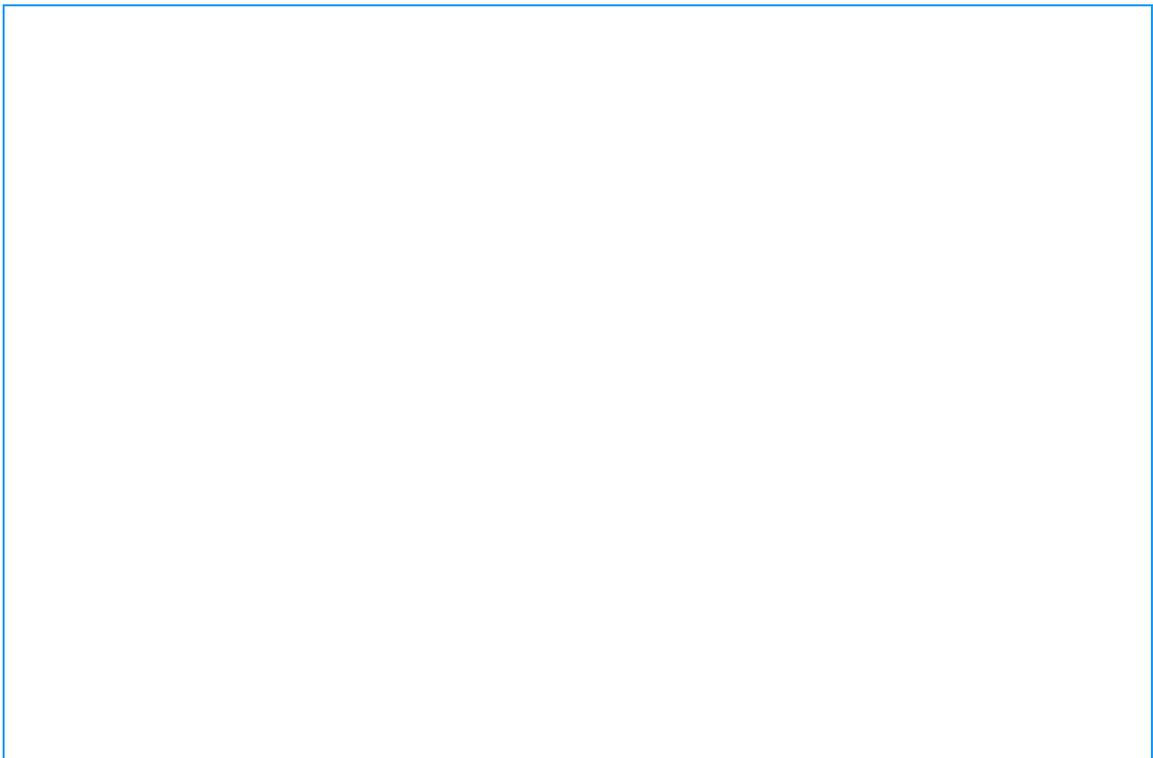
Exercise 2: Ais



Exercise 3: AIs NOT



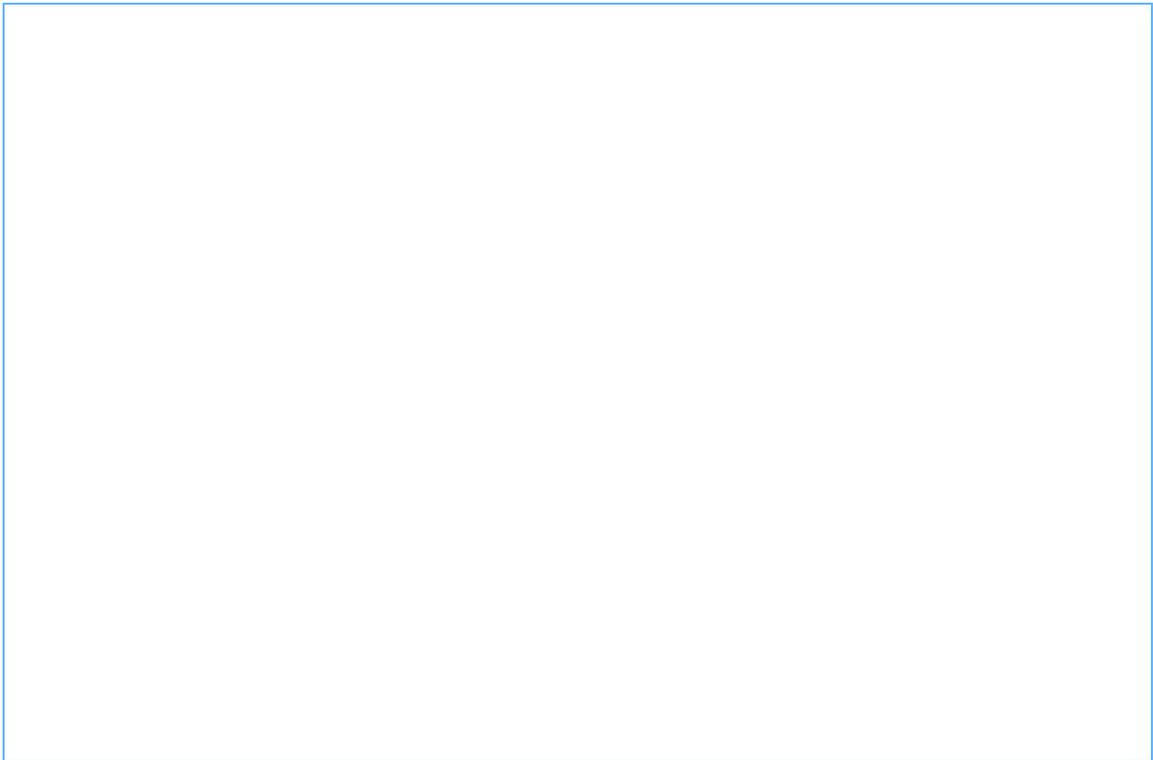
Exercise 4: I'm not the I want to be because:



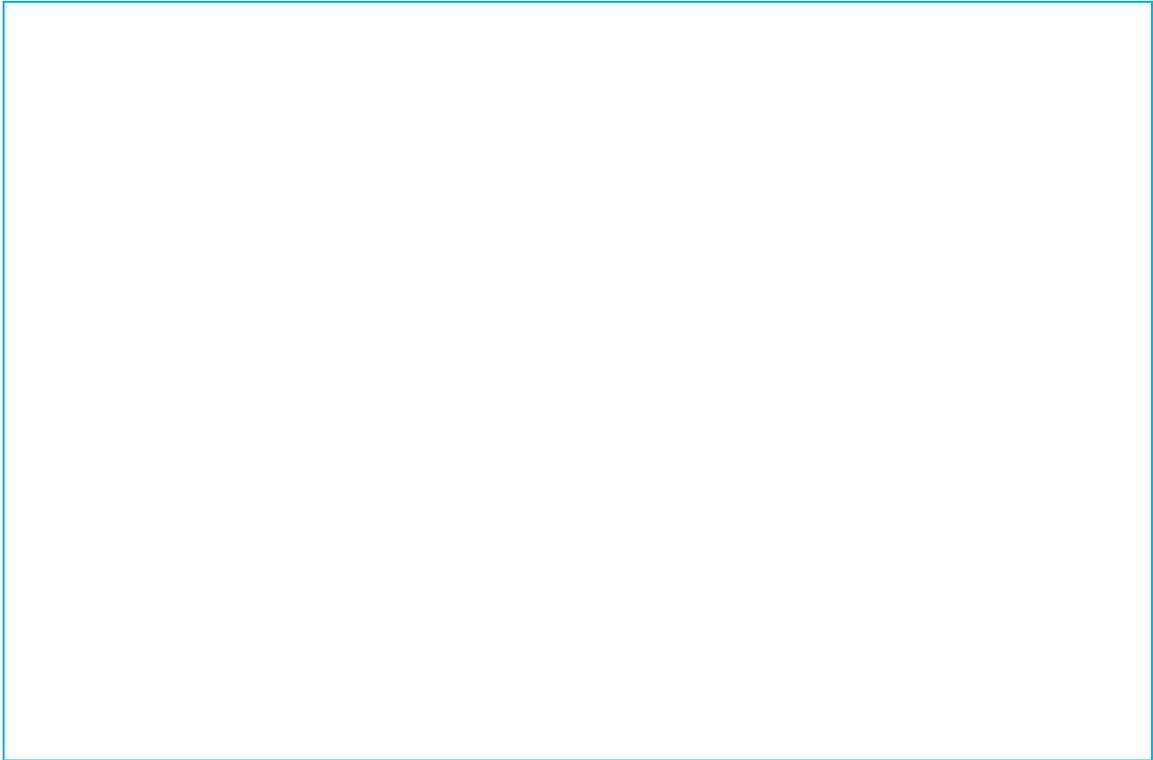
Exercise 5: A does:



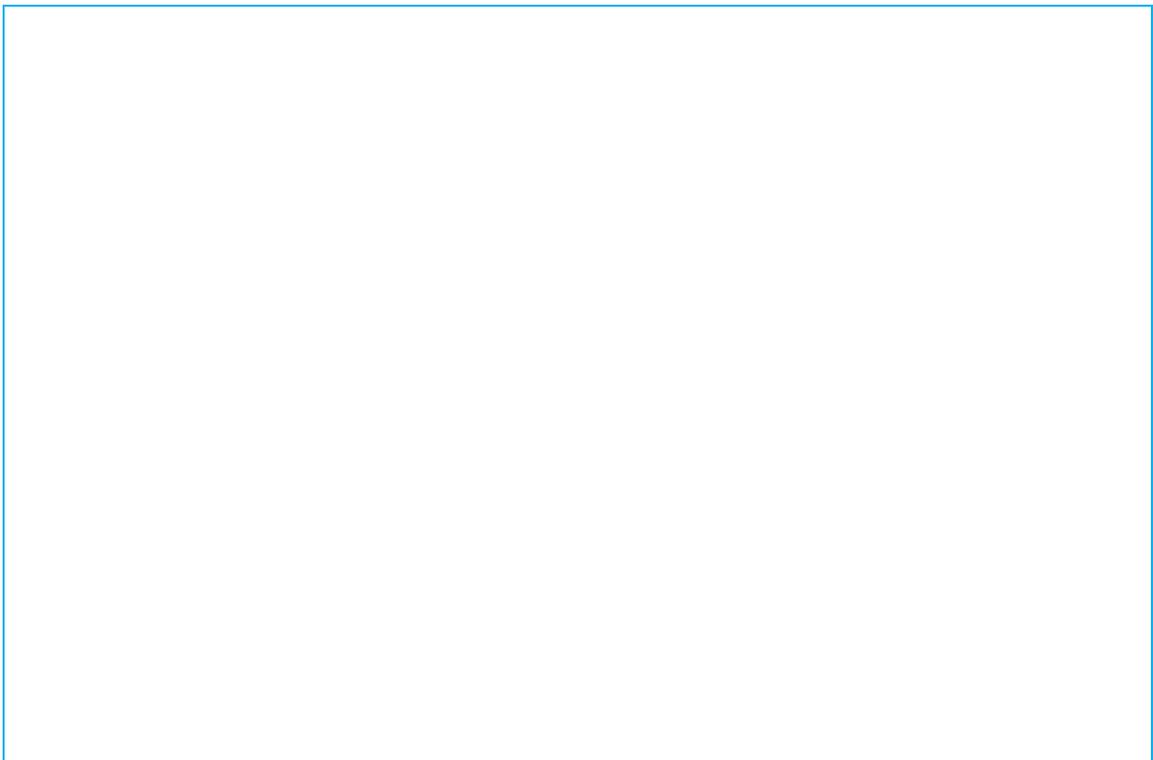
Exercise 6: A doesn't:



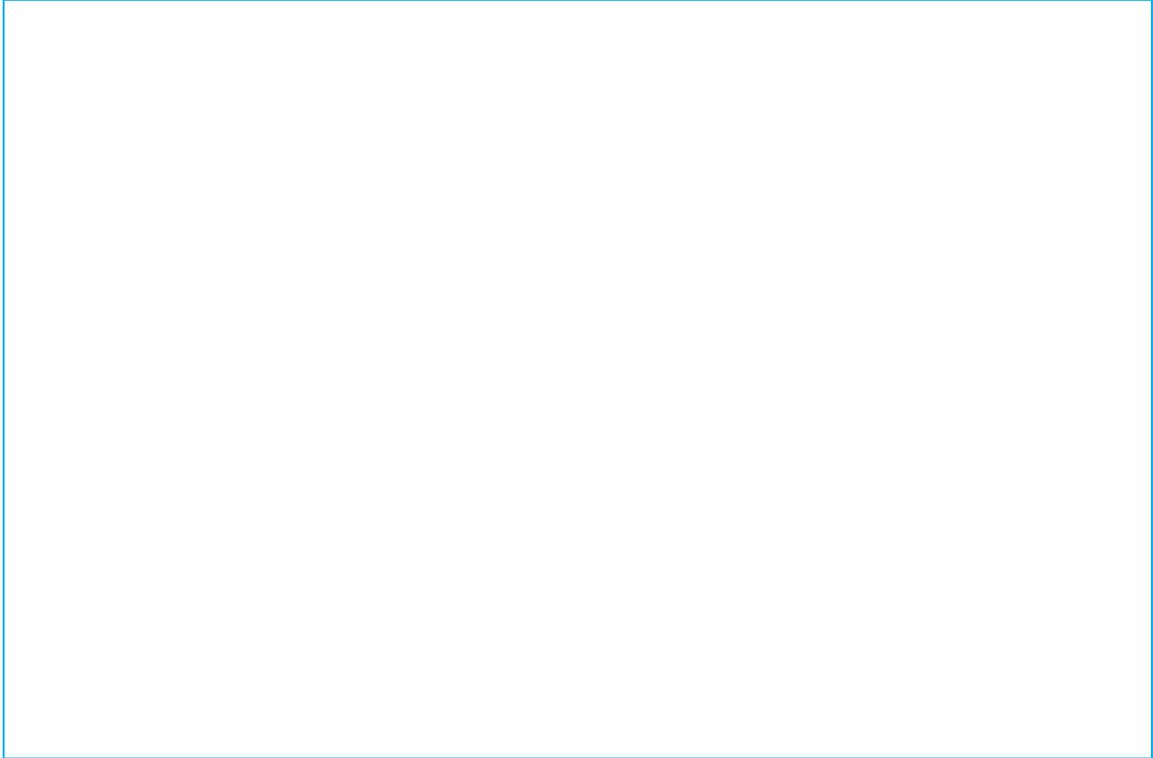
Exercise 7: A has:



Exercise 8: A hasn't:



Exercise 9: I don't have the things I want as a because:



Exercise 10: What are your excuses?

*What are the excuses you use for not being, doing and having what you want?
There probably are not many but you probably use them often.*



Exercise 11: What are your gifts?

A large, empty rectangular box with a thin blue border, intended for the user to write their answers to the exercise question.

FILTERING - AFFECTING THOUGHTS, FEELINGS AND BEHAVIOURS

Our brain receives about 2 million bits of information per second, while it can only process 7 ± 2 bits per second. To decide what information to allow into our conscious awareness it uses filters. Filters are built on our existing beliefs, habits and values.

This means that everyone experiences any given situation differently. It's our internal representations (subjective perceptions) that determine how we view everything we experience. We unconsciously manipulate sensory information to create our subjective perceptions.

Here are three main processes our mind uses to filter the information:

Deletion: occurs when we leave out a portion of our experience/information as we make our Internal Representations. Part of the meaning is left out or lost.

We cannot pay attention to all the information the UM receives, and so we select the information we believe is important to us, the rest is deleted or ignored. Our Unconscious Mind decides which information is important and which is not.

Have you ever been present to a discussion just to realize you don't know what they said? Your UM might have decided the information was not important to you.

If you are in IT purchasing department you might have heard "Buying this system will transform your business". How will it transform the business?

Distortion: is the process of twisting the truth unconsciously so that a person draws conclusions or makes his/her own subjective assumptions.

It is easy for someone to believe that his/her distorted belief is the truth rather than their own perception because they have compared it with their own map of the world and decided it is so.

An example of distortion is the assumption that "It's rude to be loud". The distortion, has no evidence, it's frequently based on family or cultural filter.

Generalization: The process of drawing conclusions so that information can be applied for the achievement of any task.

For example, a lady who learns how to make vanilla ice-cream, quickly generalizes the new ability so that he/she can prepare easily many types of ice-creams.

Similarly, a negative experience may generalize through a person's life and result in issues later on. For example, being bitten by a dog once can result in a phobia of dogs. We come to believe that a single experience can represent an absolute truth.

The reality we experience is largely determined by what we do inside our heads.

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