

The Power-Scripting Training Program Presentation #2

The "Mental Component"

Conscious Mind

Subconscious Mind

Hardwired Functions

Softwired Functions

Vizualization / Imagery

Deep Thought/ Meditation

Positive Affirmations

Positive Self-Talk

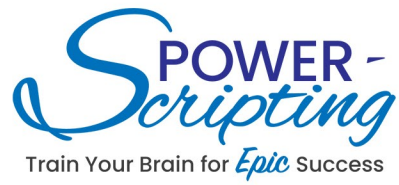
Physical Actions

- Perceptions
- Assumptions
- Beliefs

Messaging in our Mind

The PS Process:

Step 1. Clarify your Long Term Goal(s)



**The Power-Scripting Training Program
Presentation #2 (continued)**

Step 2. Identify Daily Enhancements

Step 3. Systematically Apply Messaging Techniques

Summary: Through **Power-Scripting** you will be harnessing the powers of your mind. This process will help you to accelerate towards your long-term goals while enhancing your day-to-day life.