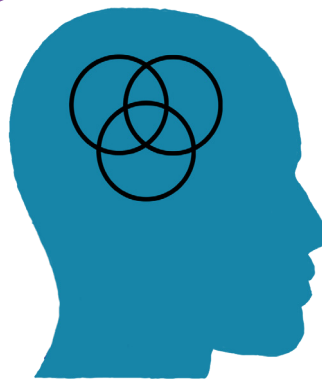


MindStory Inner Circle

Getting Started Guide



**Get the On-Going Inner and Outer Game
Support You Need to Grow Your Business
so You Can Make an Excellent Living While
Making a Big Difference**



My Top 3 Goals and Dreams

Here write down your top 3 goals and dreams that are most important to you. What has motivated you the most to sign up for this MindStory Inner Circle group? The more specific, the better.

For example:

I want to break free of feeling lost in terms of business direction

I want to stop procrastinating and complete _____project

I want to triple my income by this time next year

I want to have better self esteem

I want to work smarter and not harder

I want to have a happier marriage and family life

1. _____
2. _____
3. _____

Agreement with Myself

I, _____, agree to focus on this material, going through each step as outlined giving it my best possible attention so that I can create the life of my dreams.

I hereby commit to doing whatever it takes within the guidelines of good moral intention and integrity, to achieve the greatness that I know is within me. I will do what is necessary to achieve my life's destiny, because I know that not fulfilling my destiny will leave me feeling short-changed in my life. I understand that the life plan I design will be reached one step at a time, with each step bringing me closer to the life of my dreams. I build and maintain the power, creativity, knowledge to make it happen.

I commit to living the life of my dreams!

Signature _____

Date _____

Overview



Hi, this is Dave O'Connor and Carla Rieger, and congratulations on your smart decision to join MIC, the MindStory Inner Circle. As you probably know, 95% of your success in any area of life happens on the inside. While most business growth membership groups give lip service to the “inner game” support, we put it front and center.

After years of coaching people to achieve success, we noticed that no matter how many strategies a person had, if they had subconscious blocks, nothing would change.

Here you get access to the most advanced brain training technology to upgrade your mindset, rewrite inner stories, AND learn the strategies, knowledge and skills necessary to be successful in your business.

By joining MIC, you're getting the rare opportunity to upgrade your mind's operating system. Most people don't know how to do that, and that's why learning these tools and habits will set you on the leading edge in your field or industry.

How Do I Get Started for Best Results?

Here's our recommended path for getting started:

1. Watch the Welcome Video
2. Look around the MIC Members Area to get familiar with the different tabs.
3. Go to the ASSETS tab and download your Month 1 Neuro-Blueprint. These are daily mind retraining audios. You listen to for a different one each month - there's an AM and a PM.
4. Choose whichever other program in the ASSETS tab appeals. Just focus on one for the first month, if you're busy.
5. Go to the CLASSES tab to see when the classes are scheduled. Feel free to email us at Support@MindStoryAcademy.com to ask for personal coaching on any of the calls you can attend.
6. Start the MONTHLY ASSIGNMENT which is a new workbook each month with a fill-in-the-blanks process.
7. Go to the ASK A COACH tab if you have a question. It might already be answered there. If not, ask your question and then go back to the tab about 24 hours later and search for the title of your question, and you should see your answer.
8. Sign up for your LAZER coaching session by emailing Support@MindStoryAcademy.com.
9. At the end of the month, go to the TRACK PROGRESS tab and fill out your Self Assessment and Progress PDFs



Assets and Golden Ticket TABs



9 Neuro-Blueprint audio tracks	5 Skillbuilding Modules	Golden Ticket-activate as needed
Month 1 - Alchemy Achievers AM Month 1 - Alchemy Achievers PM	Mindset Mastery - 30 Day Challenge	Presentation Prosperity
Month 2 - Destiny Designer AM Month 2 - Destiny Designer PM	Memory Imprint Journal - 30 Day Challenge	Storytelling in Business
Month 3 - Belief Blaster AM Month 3 - Belief Blaster PM	Repatterning Your Story	Confidence Gold for Speaker
Month 4 - Overcoming Obstacles AM Month 4 - Overcoming Obstacles PM	21 Day Mindset Momentum	Speaker Marketing Course
Month 5 - Abundance Activator AM Month 5 - Abundance Activator PM	Influencing with Stories	How to Stay Focused & Get Things Done
Month 6 - Emotion Eradicator AM Month 6 - Emotion Eradicator PM	Overwhelmed by Your To Do List	Profitable Selling Done with Integrity
Month 7 - Happiness Habit AM Month 7 - Happiness Habit PM	The Top 3 Habits of Highly Resilient People	How to Pitch Your Ideas so People Listen
Month 8 - Resourceful Resilience AM Month 8 - Resourceful Resilience PM		How to Manage Change with a Sense of Humor
Month 9 - Accelerated Awareness AM Month 9 - Accelerated Awareness PM		Speaking on the Funny Side of the Brain

Ask a Coach TAB

The “Ask a Coach” TAB in your members area is where you can get written coaching from Dave, Carla and their certified coaches on pretty much anything you want. Anytime you’ve got a question about anything - money, relationships, business building, goalsetting, breaking free of bad habits, being stuck, self-sabotage, getting ready for a presentation, negotiating a sale, literally anything, you can post it and ask us and get an answer in 24 hours or less. The reason people love “Ask a Coach” is because sometimes you want an answer to something happening in your life right now, and you don’t want to wait to take it to a Zoom class, or to your laser coaching session. So, the Ask a Coach has been a real lifesaver. And sometimes others have asked a similar question and you can see how others are dealing with it.



Classes TAB



This is where so much of the magic happens inside MIC. One the CLASSES TAB you’re going to see a calendar of all of the live Zoom calls you get access to as a MIC member. This is where you get access to watch and even be coached on a live call with Carla or Dave or one of our certified coaches. MIC members absolutely love this, as watching someone else get coached can be as powerful as getting coached yourself.

Dave and Carla are world-class coaches, so these are calls you don’t want to miss. There’s so much value in their coaching that the classes alone are truly worth the price of admission,

There’s even a new member call at the first of the month to

make sure you know exactly what to do and how to get the results you want through MIC. Best of all, we also post all of the call replay videos on this exact same page so you can watch at your leisure. All you have to do is simply find the call you want, click play, and you get full access at your own convenience.

Now, the other big part of MIC is the monthly assignment that we have put together for you. Every month, we cover another powerful leadership, communication, or mindset topic including things like how to live your purpose, self-confidence, story crafting, marketing, money, how to get things done, how to change your past, how to resolve issues with others,. There’s so many others. On each month’s class page, you’re going to find the current month’s worksheets. All you do is simply review the worksheet at the beginning of the month, and then you follow along each day with the exercises that we lay out for you.

It’s structured for the busy person, so it’s a small drop in the bucket regularly that makes for long term change. As you focus in this way each day, you start to see real results, and that’s just the mechanics of real transformation.

Track Progress TAB



We invite you to track your progress in MIC. You're going to download and reuse 2 PDFs - **The Self Assessment PDF** and the **Progress Tracking PDF**. Both are quick and easy to fill out. You do it at the end of each month and then send them in. We then add your points to your user profile.

It's not required to track your progress, but it's highly recommended because it's going to help you focus on your wins and your insights and to see where you still need to focus more. It's another place to ask a private question, and by acknowledging your progress, it's going to help you feel motivated.

It's the honor system, although we do spot-checks to ensure people are playing by the rules. If you do cheat, it's really on you that you're cheating. It might be tempting because as you

achieve more and more points, you receive more perks, but be honest with your progress and use it as a motivator to keep going and get the massive results that await you.

You do need to have Adobe Acrobat Reader in order to view and save this file. We've put the link under the video in the "Track Progress" tab, so you can download it for free. It's a really great thing to have on your computer if you don't already have a good PDF reader. If you try to open this PDF in another PDF reader, you won't be able to edit it. You want to be able to add your points, so make sure you have Adobe Acrobat Reader DC.

We recommend that you do it near the end of the month and get it in before the first of the next month. You start by doing your **Self Assessment PDF**. Most people focus on what they haven't accomplished when looking back on their month. Meanwhile, they've probably accomplished a lot, and so we want you to track that. You'll also be able to see where you need to put more attention and focus..

Then you're going to fill out the **Progress Tracking PDF** in four different areas: your participation, your self-assessments, coursework, and sharing.

By the way, after you've hit your six-month mark in MIC, you get what's called VIP Status. The month that you reach your six-month status, you get a hundred points. If you've been in for a year, you get 200 points, and that's called Diamond Status. Then once you've been in MIC for two years, it's called Double Diamond Status, and you would get 500 points for that. Of course, you get a lot more perks as a VIP and then even more as a Diamond, and even more as a Double Diamond.

Once you fill it out, just go under click Save As in Acrobat Reader. That way you have the original one for next time. You add your name and the month and year to the title. That way, when you send it to us, we can keep track of the ones you've been doing.

Then all you do is you send this PDF as an attachment via email to support@mindstoryacademy, It literally only takes about 10 minutes. It's fun to do it, makes you feel good, and it helps us see how you're progressing.

What Are the Neuro-Blueprints?



These are the “secret weapon” we’ve used for over a decade to get superior results for our coaching clients. They do away with conventional visualising altogether. The combination of relaxation, active meditation, mental rehearsal, hypnotherapy, neuro-repatterning phrases and just allowing our voices to guide you, along with beautifully composed musical scores has been proven over and over again with thousands of our clients worldwide to accelerate their success much faster than they can by themselves.

We have created the Neuro-Blueprints with the exact same structure that our private clients pay us to do for them, where

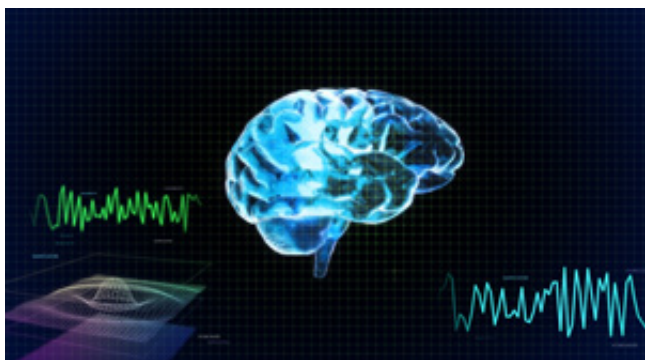
they have paid up to \$10,000. Research shows if you allow someone skilled to guide you deeply into the subconscious realm in order to do your own repatterning, you will go much deeper than you could ever do by yourself.

We find these are essential tools for break free of old self sabotage that most people seem to have. We start our life with subconscious programs that are good and useful, like tying your shoes. That is an efficiency of the mind. If you didn’t have that as a subconscious program, you’d have to re-learn tying your shoes, each time you wanted to do it. The bad news is that sometimes we have subconscious programs that block our success. For example, if you watched your parents struggle with finances, you may have taken that on as a subconscious program so you enter into your adult life finding similar patterns at play. The good news is that we’ve now cracked the code on how to dissolve what we call “Mind viruses”, and get some Mind Anti-bodies in there so that you have empowering MindStories.

Best Practices for Using the Neuro-blueprints

Here’s what works and what doesn’t. When you stimulate your brain with new ideas, beliefs, information, emotions and associations, then you deliberately create new neural networks. Now, here’s why this is so important to strengthen the neural networks that you want so you can have the life you want. The more any new patterns are repeated and emotionalised, and absorbed from a state of unconscious attention...the more you create empowering neural networks. What you don’t want to do it listen from a place of shallow conscious attention.

For example, you’re busy texting, while walking your dog and trying to listen to the neuro-blueprint. Or if you listen but you’re thinking mostly about something else. Yes, your mind will wander from time to time, so just gently bring back your attention. It’s about training the higher mind or the Neo-Cortex as the authority and the “monkey mind” or Survival Brain as the servant, and NOT the other way around (like it is with most people). For example, many people most live in a state of overwhelm, worry or chasing inappropriate goals based on what others or society think is best.

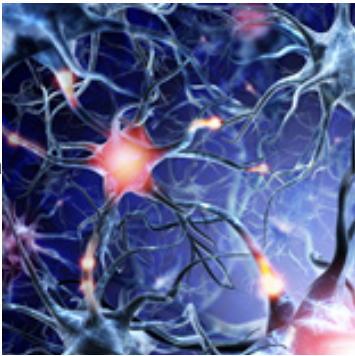


Limiting versus Empowering MindStories

A limiting MindStory is like a virus on your computer that makes it hard for your to function at your best. Most people are walking around with dozens, if not hundreds of limiting MindStories. One limiting MindStory can spawn other ones. Similarly, an empowering MindStory is like an anti-body to the virus. They tend to replicate in a good way.

In other words, there's a kind of domino effect in either direction. Your brain likes to be as efficient as possible, depending on what you feed it. If you feed your brain worry thoughts about money, your brain will get very good at seeing the world from a place of scarcity. As such you will tend to attract more scarcity, because of how you're seeing the world. Conversely, if you feed your brain thoughts of gratitude about the prosperity you DO have, your brain will get very good at seeing the world from a place of prosperity. As such you will tend to attract more prosperity, because of how you're seeing the world.

In other words, HOW your brain is being efficient, is up to you. So think about this just for a moment. Have you ever heard a song on the radio and it caught your attention and you'd never heard it before? Often it creates an emotion and an association if you hear it while you're doing something memorable, like at a dance event with friends. If you hear that song over and over again, soon you know the song and can even sing along, right?



As you do the Neuro-blueprints, remember this, it took you some time to learn to walk and then run. How did that work? #1 you had to watch others with 2 legs like you walking around. Then you had to decide – I'd like to do that, too. Then maybe you're mom helped you learn to stand on wobbly legs. Then once you got some grounding your dad encouraged you to take few steps. You fell down, you got up. You took a few more steps, more encouragement. And soon you're walking around the house and getting into things. And then your older brother runs by and you want to keep up with him so then you copy him and start trying to run, but you fall down, and then try again, and eventually you and your brother are running around the park together. All of this you had to learn. You weren't able to do this before. That is what the Neuro-blueprint are all about. We give you the steps to stand, walk, then run.

How Long Does it Take to See Results?

It depends how much you apply yourself to the MIC program. If you attend the classes, Ask questions. Get Lazer Coaching. Listen to the materials on the Assets tab. Do the monthly assignment. It's actually not a huge amount of time, and the payoff is exponential. While many of our clients feel a shift taking place within the first week or two, within 21-30 days everybody who has stuck to the program is saying, 'positive change is happening. For some people it may take a little bit longer because they may have been stuck in their life for a very long time and are therefore still living on the residual of their past negative thoughts, emotions, stories, actions and non-actions. Latest research shows that a minimum is 66 days to form new habits. So as a rule, we say commit to MIC for at least 2 months and ideally for 1 year and you should be able to see incredible differences in your day-to-day results.



Even if you've done mindset training before, start at the beginning, because you may find that our approach is different. The more tools you have, the better. The good news is that we've kept MIC simple, easy to use from anywhere in the world, and flexible with your time schedule.

Frequently Asked Questions

1. **Does it serve me to get rid of all negative thoughts forever?** Actually, no. Part of your mind is designed to imagine negative scenarios in order to keep you safe. It's a creative process designed to protect you from making naïve or dangerous decisions. Also, many negative MindStories are encoded into neural circuits. They stay there, but when you train your mind to extract the learning and then focus on the good MindStories, those circuits rarely get stimulated. If they do, you'll observe them and take heed of the advice if there's a real threat. Otherwise, you'll be able to ignore them. The master manifestor observes both the positive and negative voices (or inner speech) and then evaluates the best action to take from a neutral perspective. Learn to be aware of both and then choose to focus on what you desire and what is most appropriate.
2. **What if I don't see any changes in my life after 30 days?** If you really apply yourself to MIC you will probably see profound changes within the first 30 days. That said, it takes many weeks and months to build strong new neural networks to manifest a new life on the outside. The trick is to take massive action once you've shifted your mindset. Here's a simple way to start: 1) Identify a small goal that you know you can achieve in the next day or week and then write down three things you will do to reach that goal. 2) Stay focused on the pleasure of achieving that goal, and the reward you will receive, that will stimulate the motivation to take action and will make the action seem far easier.
3. **What can help me see results quickly?** You can form a new habit in 60 seconds, or it can take a lifetime. According to the extensive research of psychologists and neuro-scientists, many agree it takes about 66 days. A good habit has to override old, bad habits, and if the old ones are pleasurable, addictive, or formed out of fear or trauma, it will take longer to weaken the neural circuits that control them. As you habituate yourself to automatically using a more positive, less stressful strategy for living, the brain will re-organize itself to that. According to the neuro-therapist, Dr. Paul Swingle, "Once the brain has been shown a less stressful way of operating it will tend to default to that new program. The more "important" it is for your survival, the faster you'll form a new habit. For example, building good sales skills brings more money that you can use to create health, security, and happiness, so it feeds into the survival need. By contrast, building good salsa dance skills helps you feel more happy and less embarrassed on the dance floor, but isn't as tied into your survival so will take longer. To form a new habit you need to practice, rehearse, and repeat that behavior many times – both in your head as a mental rehearsal and in your actual life, where possible. Keep repeating the behavior or attitude in novel ways—this keeps your brain interested and motivated. Take daily action, interrupt temptations, and persist until the behavior begins to feel natural. Keep reminding yourself of the benefits the new habit will bring.
4. **I keep procrastinating going through the program – how do I break free?** Here is a 3 step process 1) First, identify HOW you are sabotaging your focus on the program and then write down several counter-strategies. *E.g. I'm so tired come bedtime I can't be bothered to listen to the PM neuro-blueprint. Counter-strategy – listen right after dinner instead of at bedtime.* 2) Re-look at the top 3 goals and dreams you want to achieve from doing this program. Each morning on a sheet of paper, write down one simple, achievable goal for that day – something that would move you closer to one of your goals and dreams. *E.g. Goal is to be less stressed, and have a more balanced, enjoyable life. One goal is to listen to the online course, Overwhelmed by Your To Do List? 3 Tools for Breaking Free.* 3) Post your list near your work station and at the end of the day, evaluate how you did and give yourself kudos for taking even one small action like listening to the program for 15 mins.

5. **I'm feeling overwhelmed by everything in MIC, how to I get over that?** It's normal to feel overwhelmed at first, that's why we give you a step by step process at the beginning of this guide. You can use the various self coaching tools we offer to break free. For example, ask yourself what exactly are you feeling overwhelmed about? There's always an area in your mind that worries, but the moment you identify what you are actually overwhelmed about, you can begin to write down strategies to solve the problem.
6. **In Repatterning Your Story - I'm supposed to identify core negative beliefs and limiting stories. Isn't that going to strengthen those?** Actually, the opposite is true. The technique of making a list of all your negative stories, archetypes, scripts, beliefs, thoughts and feelings has been used by cognitive therapists for over thirty years, with extraordinary success. The newest research shows that when you write them down, the mind begins to disconnect from the words on the paper, and you build the "neutral witness". Then, you deeply relax and then gaze at the sheet of paper without judging your words, the emotional power of those thoughts and feelings weaken. This practice is called "mindfulness" and it's the most effective mind-training strategy to disempower negative feelings and thoughts. Now, the mind can devote itself to seeking goals to overcome them.
7. **My partner/spouse/family/friends don't support me in doing this work, how do I deal with that?** As your confidence, certainty, clarity and self-esteem grows, it will be reflected in your body language and behavior. Seeing is believing, and when they see you applying this program to your life, they will be thrilled. If not, practice some kindness and forgiveness, for yourself and others. Some people may be threatened by you growing and potentially leaving them behind. Some people are committed to their negative viewpoints because it's safe and familiar, but that doesn't mean you have to please them. Take care of yourself! Only then can you be helpful to others in the world.
8. **What if I need help or have more questions?** You can contact Support@MindStoryAcademy.com for technical support. For support on the content and process of going through the material ask us during the live Zoom Classes or post a question on "Ask a Coach".