

AWAKEN THE GIANT WITHIN

How to Take Immediate Control of Your Mental, Emotional, Physical & Financial Destiny

ANTHONY ROBBINS

MAIN IDEA

By applying the fundamental principles of self mastery, any person can take control of their life and harness the forces that shape destiny.

Self mastery holds the key to the quality of life. In particular, the nurture and development of a powerful belief system is vitally important. When a far-reaching belief system is established and regularly strengthened, a person's life must follow the direction and ultimate destiny of that belief system.

You can literally have and achieve anything you want in life and create your own destiny by developing an appropriate underlying belief system, and then by using that system to influence everything you say, do and think.

Part 1 - UNLEASH YOUR POWER

1. Dreams of Destiny

Many people know what they should be doing to be a success in life, but few people actually follow through and do what is required.

2. Decisions: The Pathway To Power

It is your decisions and not your conditions that determine your destiny. The key is not what you know but what you commit to do.

3. The Force That Shapes Your Life

Whatever you link pain to and pleasure to shapes every aspect of your life. Every person has the ability to change these associations at will, therefore changing actions and ultimately destinies.

4. Belief Systems: Power To Create Or Destroy

It is not the events of our lives that shape us, but our beliefs as to what those events mean.

5. Can Change Happen In An Instant?

Neuro-Associative Conditioning (NAC) is a process which associates incredible and intense pleasure with whatever you wish to embrace and unbearable and immediate pain with whatever you wish to shun.

6. How To Change Anything In Your Life

Use Neuro-Associative Conditioning.

7. How To Get What You Really Want

In the final analysis, your life's greatest desires are intimately linked to the way you want to feel. All you really want from life is to change the way that you feel most of the time.

8. Questions Are The Answer

Thinking is the process of asking and answering questions. Therefore, to think and act differently, you need to ask different questions.

9. The Vocabulary of Ultimate Success

By changing your habitual vocabulary, you can actually modify how you think, feel and experience.

10. The Power of Life Metaphors

Choose carefully all metaphors, as they will influence everything.

11. The 10 Emotions of Power

Emotions are simply a signal to feel one way or another.

12. The Magnificent Obsession

Every person can create their own compelling and magnificent future.

13. The Ten-Day Mental Challenge

Refuse to dwell on any unhelpful thoughts for 10 consecutive days.

Part 2 - TAKING CONTROL - THE MASTER SYSTEM

14. Ultimate Influence: Your Master System

If a person wants to change anything about their life, they must either change how they feel or how they act. Of the two options, changing how you feel about events in your life is potentially more powerful because changing how you feel automatically changes how you act.

15. Life Values: Your Personal Compass

You can literally change your life's direction simply by realigning your values to more accurately reflect your ultimate destination.

16. Rules

Most people live by a self imposed set of rules - a set of conditions which, if achieved, gives them permission to feel good and if not, gives permission to feel some pain. In reality, however, these types of rules are totally self-imposed. Therefore, to spend more time feeling good, develop a new set of personal rules which are achievable on a consistent basis, independent of the actions of anyone else.

17. References

The fabric from which a person's core beliefs and values are selected are their references - their personal experiences or the personal experiences of other people they may hear about, read about or see in the media. The greater the number and quality of references a person has available, the more effectively they can make meaningful choices for their own lives.

18. Identity

Your identity are the beliefs you use to define your own individuality - what makes you unique. Your identity has a direct influence on how you choose to use your capabilities and also how you may choose to interact with others.

A person's identity defines their life and their view of themselves. Therefore, identity is a key to any person's future actions. To change for the better, simply create a new and more powerful identity for yourself, and then go out and live up to that identity you have chosen.

Part 3 - A LESSON IN DESTINY

Make certain you live life to the fullest while here. Experience everything, and have fun. Enjoy the process as well as the destination you're heading for. Combine the spontaneity of youth with the wisdom of experience and keep growing and learning and loving. Live each day as if it is the most important day of your entire life, because in reality, it is.

Part 1 - UNLEASH YOUR POWER

1. Dreams of Destiny

Main Idea

Many people know what they should be doing to be a success in life, but in reality few people actually follow through and do what they know is required.

Supporting Ideas

To create a lasting improvement in the quality of your life, you must master:

1. Your emotions
Changing the emotions you feel in any situation will alter your actions. By mastering your emotions and consciously creating the emotion you require, you control your actions.
2. Your physical state
Controlling your physical health generates energy and enthusiasm in every other area of your life.
3. Personal and professional relationships
Sharing success with other people amplifies the rewards and generates a sense of contribution.
4. Finances
A financial destiny of abundance is achievable creating peace of mind and anticipation for future possibilities.
5. Time
A mastery of time allows you to squeeze the maximum possible achievement in the direction of your dreams out of every hour, every day - without going crazy.

Key Thoughts

“Deep within man dwell those slumbering powers; powers that would astonish him, that he never dreamed of possessing; forces that would revolutionize his life if aroused and put into action.”
— Orison Swett Marden

“A consistent man believes in destiny, a capricious man in chance.”

— Benjamin Disraeli

2. Decisions: The Pathway to Power

Main Idea

It is your decisions and not your conditions that determine your destiny. The power of decision shapes your experience of life. The key is not what you know but what you commit to do.

Supporting Ideas

To direct your life, you must exert control over the consistent daily decisions that are made. Decisions are the father of actions, which in turn lead directly to results. Therefore, to achieve the required results, look closely at all decisions which have been made. External conditions have little if any influence on a person's ultimate lifetime or career achievements.

Most people are so busy making excuses that they never take the time to sit down and set a baseline minimum standard for what they will accept out of life. The interesting and exciting principle is that any person can do almost anything they want - if they make a decision to commit to that course starting right here and now.

Making a decision isn't just wishful thinking. It literally means to cut off every other possibility and to focus solely on the one outcome to which you are totally and unequivocally dedicated. That's why what you focus on is so important: because whether you acknowledge it or not, you literally become what you focus on most of the time.

Key Thoughts

“It is in your moments of decision that your destiny is shaped.”
— Anthony Robbins

“Man is not the creature of circumstances; circumstances are the creatures of men. Nothing can resist the human will that will stake even its existence on its stated purpose.”
— Benjamin Disraeli

3. The Force That Shapes Your Life

Main Idea

Whatever you link pain to and pleasure to shapes every aspect of your life. Every person has the ability to change these associations at will, therefore changing actions and ultimately destinies.

Supporting Ideas

Human beings always act rationally to avoid pain and gain pleasure. Every person will consciously or unconsciously act to do whatever they consider brings pleasure, and to avoid whatever action brings pain.

You can use this to your advantage by amplifying the pain or pleasure links. In other words, mentally exaggerate the pleasure that will come from doing something positive or the pain that will come from some negative action. The more vivid and intensive these links the more influence they will have over your decisions.

By making intense emotional links to whatever you choose, you can instantly change your behaviour. In fact, by linking sufficiently intense pain to the behaviours you want to stop, and by keeping those links fresh and vibrant, you won't even want to consider those behaviours any longer.

Note, the driving force is not actual pleasure or actual pain, but a belief that one action will lead to future pleasure while another will lead to future pain that influences actions.

Key Thoughts

“If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment.”
— Marcus Aurelius

“The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you.”
— Anthony Robbins

4. Belief Systems: Power To Create or Destroy

Main Idea

It is not the events of our lives that shape us, but our beliefs as to what those events mean.

Supporting Ideas

The meaning we attach to any event has a great influence of who we now are and where we will be headed tomorrow. Beliefs are the key to how different people view the same event.

Generally speaking, most beliefs are based on past experiences of painful or pleasurable results. They are personal interpretations of the results that can be garnered from any particular course of action. Once accepted, they exert incredible power over our future actions.

The brain cannot distinguish between something that is vividly imagined and something that is physically experienced. That means that you can literally accomplish anything by developing the absolute sense of certainty that powerful beliefs provide. All personal breakthroughs begin with a change in beliefs. To

