



Thirty Day Challenge 2009 – Mindset – Day 04

2009KM04: Money Programs

Running Time: 4mins



Intro

Hello, this is Karl Moore and welcome to another video on the Human Mindset as part of the Thirty Day Challenge.

Now, today I'm going to be chatting with you about a fascinating tool that you can use to truly revolutionise your life and change your business success.

Now, it's not Google Analytics, it's not some fancy new Internet Marketing tool which you've got to buy now, for \$47 before stocks run out - it's nothing like that. In fact, it's been around for a while - a few million years, in fact. It is this [points to his head], it's the human brain - a three pound organ, with a hundred billion neurons, left and right hemispheres, dealing with different parts of the mind and body. It's got a cortical network that can rewire itself - practically re-mapping the brain. It's fascinating!



But you know, when you really boil it all down, the brain is pretty simple - it's sort of like a fleshy VCR. It records and it plays back, it records and it plays back. It's your own human computer, and your success is determined by the programs that you have running on your brain.

So, the question today is what programs are you running on **your** brain? And specifically, what **money** programs are you running on your brain?

Money Programs

Now we all are running various different programs which affect the way we act and re-act to the world around us, and money programs are very, very important to your success - especially in the Thirty Day Challenge.

Now you might be running an **Ebenezer** programme where you sort of think that money is going to run out, and you can never have enough, and you need to keep collecting, collecting, collecting and never enjoy. You might be running a **fear** programme, whereby you might think that you want money, but actually you're slightly afraid of having it, because of the social issues that might bring - you might have to buy all the rounds at the local pub every now and then - you might be afraid of the IRS investigations that will result. There are lots of different concerns and lots of different programs that you might be running.

So, very briefly today, we're going to be chatting about how you can un-install the programs that are working against you.

And here we go, it's a four-part system and the steps are as follows:

Step Number One - Find 10-15 minutes per day and go through all of your financial goals - what would you like to earn? Whether it's \$50, \$500, \$50,000, \$500,000 a day - whatever it may be, go through you goals.

Step Number Two - Whenever you feel resistance building up in your tummy - whenever you feel a little bit uneasy - because you really want something to happen, or because you really **don't** want something to happen, just make a note.

Step Number Three - Realise that when that resistance is happening, it's a **Limiting Thought**, it's one of your programs that are holding you back from success. So decide just to **let it go**, just to release it, just to let go of that squeezing tension you've got around it - just as easily as you'd let go of a ball in the street.

Step Number Four - Continue re-analyzing your patterns, until you may sense some more tension, and then release it again.

So, very briefly, those steps one more time:

1. **Review** your **goals**, make them big
2. **Recognise** when any **tension** or **resistance** comes up
3. **Let go** of that resistance (remember, it's just a thought, a feeling, an emotion - it's not real. Just be releasing it, you can let go of it. You're un-installing the programs that are working against you)
4. Go to step 1 and start again

30 Day Challenge

there is no charge for awesomeness



So, that's briefly how you can un-install some of the mental programs that are holding you back from true financial success in your life.

That's all for this video, we'll see you again next time. Good luck with the rest of the Thirty Day Challenge. Bye for now.

Links:

Karl's Blog: <http://karlblog.com/>