

Top 30 Lessons Learned at Unleash the Power Within Event



Listen to the audio recaps here:

Lessons 20 – 30: <http://goo.gl/9yYaxU>

Lessons 10 – 19: <http://goo.gl/unaxlt>

Lessons 1 – 9: <http://goo.gl/l79w6M>

1. Bigger vocabulary = better life.
 - a. Use words that are real and it will change you
 - b. Words create the emotions of our life
2. Best way to destroy a limiting belief is to get an experience
 - a. If I think “I can’t do it” then need to experience something that shows I can do it
3. Change my expectations to appreciation
4. Our state and blueprint control our life
5. No such thing as work/life balance. The key is work/life integration.
6. Complexity is the enemy of execution
7. Do what you did at the beginning of a relationship and there won’t be an end
8. What if you thought life is happening for you and not to you?
9. I can wire myself to feel whatever I want to feel – big one
 - a. Train myself to laugh
 - b. It’s intelligent to be in a good state. It’s stupid to be in a bad state.
10. Find ways to meet our needs in empowering ways
11. Passion is an emotion – what do you love? What are you passionate about? What do you really want?
12. My job is to meet other people’s needs – our job is to meet other people’s needs.
 - a. Power moves to those committed to serving
13. When Tony was learning to speak he did 3 speaking events a day so he could compress decades of experience into months
14. Resolve to do something. Think “It’s #\$\$%#@ done, b#)@\$.”
15. Keys to business success
 - a. Get them to crave it. Use it. And share it with others.
 - b. Your story is worth a fortune.
16. Create magic moments. Those moments are what we remember. That and relationships. That’s it. On our death bed, we’ll think of regrets, magic moments and the people who were in our life.
 - a. You can have a meal or you can create magic
17. Give, give, give
 - a. Give to someone within 48 hours who can’t give back to you
 - b. Give myself a gift – one hour per week to do something really enjoyable
18. Who you spend time with is who you become
 - a. our lives are a direct reflection of the expectation of our peer group
19. Proximity is power
 - a. In business and in relationships
 - b. Find peer group playing the game higher than you
20. Think of everyone as my team mate
21. To help other people change
 - a. Get leverage – what is it that makes it a MUST for THIS person to change
 - b. Interrupt pattern

- c. Create a new pattern
- 22. Nutrition
 - a. When you think you're hungry you're usually dehydrated
- 23. Breathing is the fastest way to alter your state
- 24. To master anything
 - a. Model someone who is outstanding
 - b. Learn by total immersion
 - c. Do spaced repetition
- 25. Progress = happiness
 - a. Momentum – to-do lists
- 26. Some lessons stick with people. Some don't.
 - a. Waiting for the bus. Exfoliate your feet
- 27. Have a power move
 - a. [Amy Cuddy – Your Body Language Shapes Who You Are](#)
- 28. Emotion is created by motion. Wiggle your butt in the chair. Create the movement and you'll create energy
- 29. Celebrate – just because.
- 30. Use uncertainty to your advantage
 - a. Speaker – more engaged audience
 - b. Audience – will learn more

