

# Chapter 1



[www.InvincibleMindsetTraining.com](http://www.InvincibleMindsetTraining.com)

## What This Book Will Do For You

The information you will learn here is a blueprint on how to train your mind like a champion and have the mindset of a Victor not a victim. You'll learn how to set goals, succeed as a confident entrepreneur, be a high level achiever, make connections, and influence others. By the time you finish reading this book and apply the amazing techniques I will teach you, you will own the art of tapping into your power and know how to get out of your own way and let yourself through. You don't have to ask permission from anyone – you take it! You own it! You have the power to claim your future. Nothing is achieved without discipline and consistency and what you will gain from this cannot be underestimated. You will have the skill to break from what's holding you back. You will know how to immediately put a stop to the blocks that are keeping you stuck, and how to engage in a new life-changing way of responding to habitual reactions and to negative, overwhelming, and debilitating feelings!

It all starts in Chapter 2 where you will learn the tools necessary to make any and all changes in yourself to achieve the success you desire in all areas of your life. Any good coach or mentor must supply you with the tools you will need to accomplish your goals. The goal of a mentor is to teach the student to surpass their current level of success. That includes giving them the tools and teaching them to be self-responsible. The Tap-Along coaching session videos at the end of each chapter will guide you through some of the challenges you'll be faced with on your way to massive success.

In Chapter 3 you'll begin to use your new tools to eliminate one of the biggest mental roadblocks to your success that has sabotaged you in the past. Chapter 3 is where you will train yourself to have a Victor's mindset and feel what it's like to know you're on the right path and doing the right things to be successful and fulfilled.

Chapter 4 explains why positive thinking will never be enough to lead you to the success you desire in your personal and professional life and being satisfied with your achievements. There's a better way and in this chapter you will learn all about it.

Chapter 5 is about the fear of rejection which is a part of everyday life and it comes in many forms. You will learn what to do to eliminate fear of rejection before it happens and how to develop a resilient mindset that allows you to quickly let go of those moments when the rejection hurts.

Chapter 6 is so important because it is about how to stay focused, not just on your goals but the task at hand. You'll be surprised at what it takes and how often you make excuses for yourself that reinforce your belief that you can't focus or concentrate. Pay close attention to this chapter if you want to become more disciplined and focused so that you can accomplish more in a shorter amount of time.

In Chapter 7 you'll learn that anger, frustration, and disappointment are inevitable when you're challenging yourself and you're outside of your comfort zone. Anger, frustration, and disappointment are just part of this journey. In this chapter you'll learn how to quickly recover from a moment of anger and how to stay composed in situations where you're likely to get angry.

In Chapter 8 you will learn how to stand up for yourself when you're confronted in any way. While others cower and run away from confrontation, you stand your ground and stay composed. In this chapter you will learn how to pre-set your mindset to always respond with strength and kindness. This is an essential part of having an Invincible Mindset.

In Chapter 9 you will learn the indispensable, cutting edge process that ensures your best performance so you can truly hit it out of the park on a regular basis.

In Chapter 10 you'll learn that to be good leader – Everything Matters!

This book is designed to be read in the order that the chapters are laid out because it builds on itself. My approach is very different from conventional wisdom and psychology. I had to rid myself of those old paradigms to finally get to where I am today, and the toolset I've developed reflects that different approach. My toolset is designed to have high impact in a short amount of time; it is straight forward, no nonsense and highly effective. I teach you how to be responsible

for yourself and be your own best therapist. Everything in life is a performance and you are responsible for the outcome.

***“The only person you are destined to become is the person you decide to be.”***

**- Ralph Waldo Emerson  
American Lecturer, Philosopher and Poet**

Once you learn what is revealed in this book you will be equipped with the knowledge and own the tools to be confident, self assured, and composed in any situation, get engaged, and walk away with a complete understanding of what to do to:

- ⊕ Alleviate self-sabotage and limiting beliefs
- ⊕ Neutralize anger and resentment
- ⊕ Restore positive communication in your professional and personal relationships
- ⊕ Intensify your inspiration and motivation
- ⊕ Recognize new opportunities and view possibilities without limits
- ⊕ Completely release resistance and own your INVINCIBLE MINDSET!
- ⊕ Maintain your amazing new skills and never look back...

**Embrace the meaning of in•vin•ci•ble: Too powerful to be defeated or overcome!**

We bring the art of emotional composure together with resilience and self-empowerment to stand up and push back with confidence – and with kindness! We don't just tell you how to do it; we give you the tools to get it done

By clicking on the links throughout the chapters in this book you will have instant access to a tap along coaching session with me. It is like having a one-on-one coaching session that you can return to at will and as often as you want and get the help you need in the moment to quickly regain your emotional composure.

The things I teach you in this book are focused on the following:

**Situational:** Recognize that the current state of affairs is just temporary and to own the vital skills to be in control and succeed.

**Transitional:** Embrace the changes ahead, reset your state of mind, claim a new perspective to take action and triumph over fear.

**Entrepreneur:** Boost your commitment, perseverance, grit, and determination to inspire you to keep going and enjoy the journey.

**Leadership:** To positively impact your life so you can positively influence the lives of others.

In the next chapter I teach you the ultimate mental-and-emotional self-management tool – ***PowerTapping***. Learning this easy technique is truly life changing.