



"Rewired4Success" Manual

Future Pacing and Leveraging

Week 5.



Future Pacing

Future Pacing is Speaking & Feeling as if your Desired Future has already occurred in the NOW.

How to Future-Pace

1. Get clear on a Desired Future or Sweet Spot Goal.

2. Feel & Speak aloud as if it has Already Occurred in the Now.

Bonus: Stacking

3. Future Pace consecutively farther out in time - 30 days, then 90 days, 1yr, 5yrs...



Leveraging

Leveraging is "Pure Focus" with an Accountability Partner or Mastermind. 'Leveraging' their positive thoughts toward your desired future.

How to Leverage

1. Future Pace your desired outcome aloud with supportive partner/group.

2. Everyone "Pure Focus" for 68+sec by seeing, thinking, feeling you already successful.

3. You & Partners share new great images, thoughts, emotions from "Pure Focus" that boost your Desired Outcome.