

FREE REPORT

from Personal Development Academy

How To Be Happy All The Time ...

...creating a *Happiness & Joy & Excitement* Anchor

In everything we do, what we *actually* want are *Changes of State*, leading to **pleasure**. We simply want to feel good!

You are after the feelings you *think* that money, relationships, your own business, having kids, finding love, getting a promotion, retiring to the South of France will bring you ... not the things themselves.

Ask anyone, about anything they are doing, "*why do you do this?*", then ask them again, "*yes, but why do you do THIS?*", "*Ok, but why do you do this?*"... and eventually they'll say, "*Well, because it makes me feel good!*"

That's what it all boils down to!

By the way, when you *feel* good, you perform better, you relate better to people, and you get better results!

Let's drill this feeling into you!

The Monkey Finger Trick

Scientists took a monkey and they taped down 4 of its fingers. Then they took its one un-taped finger and bent it backwards and forwards 10,000 times.

For you to do this once, your brain needs to make connections between nerve cells in your brain. To do it once, a thin 'thread' would grow between one neurone and another. Do it again, and you have two new threads. Do it 10,000 times, and guess what: you are **hard-wired** for this.

They un-taped the monkey, and what does he do now all the time, for no good reason? Bends that finger back and forwards! He's wired, conditioned to do this.

Now, how does this relate to you?

How many of you go to work the same way every day? The same roads, the same traffic lights ...

How many of you have got this same pattern every day? How many of you have had to go **the opposite way** on the highway, one day, but somehow find you're on the **same** road you go on every day?

You're a MONKEY! You condition yourself - you go "there" so often and you're wired to be "there"?

You can condition yourself to be quick to anger.

You can condition yourself to be overwhelmed at the drop of a hat.

You can condition yourself to feel love all the time ... even when people say "*I hate you!*"?

You can condition yourself to feel **happy** as a

consistent way of living?

Most people don't believe that, but of course it's true. It's the same nervous system. However, our environment reinforces negative behaviour more than positive.

- "My life is so AMAZING! EVERYTHING IS FANTASTIC!"

- "Yeah, easy for **YOU!**"

You don't want to feel **too** good, because your peer group would be unhappy with you ... because *they're* not feeling good.

Also, when you're down, when you've got 'problems', you get loads of sympathy. All this attention you equate to love and connection ... and we all want love, right?

So you learn to downplay it. Which means you don't reward yourself when you're up, and so your brain doesn't go for more. Because you've got to stay in your little comfort zone ...

We're going to **condition** you to be at a **peak state!**

They discovered they didn't need to bend the monkey's finger 10,000 times, but only 12-24 times maximum. If, while they do this, they stimulate the pleasure centre of the brain of the animal - by pushing a needle in that area of the brain.

When they do that, instead of one thread being created every time, they create **500**.

You can condition yourself to feel ANYTHING on a consistent basis, and by linking PLEASURE to that feeling you can get this done in a much shorter period of time.

Let's get ourselves in Peak State (happy, excited, energetic!) repeatedly as a training tool for our nervous system!

By the way, after the experiment, the monkey would feel pleasure ANYTIME IT BENT ITS FINGER BACKWARDS AND FORWARDS! Its brain was WIRED for this!

You can do EXACTLY the same thing with yourself! And you don't even have to stick a needle into your brain!

Any emotion is nothing but a pattern, involving your **Physiology** (how you use your body), what you choose to **Focus** on and what you **Believe**, and finally the **Words** you say to yourself. Any emotion or feeling we experience is based on those 3 things. **You don't have an emotion, you do an emotion.**

The Triad of Human Emotion

1.

The number one way to change the way you feel is to radically change the way you move!

Emotion is created by *motion*. Use your physical body

Physiology –

**the way you
use your
body**

to immediately change your state: stand tall, breathe fully, look up to the ceiling, put a big silly grin on your face! And start running, exercising, or playing a sport!

It is hard to feel depressed when you do that!

Create some "Power Moves" - no matter how low you feel, use them to immediately change your state and feel great! Unstoppable! Strong! Powerful! Confident!

Change your physiology, and negative beliefs go away. The secret is to *condition* this feeling so that it stays.

**2.
The power
of focus**

The second way of changing your state immediately is through changing what you focus on, what you are paying attention to.

Instead of focusing on a pain, focus on a task that needs to be done.

There is tremendous power in this!

There are only so many things we can focus on at any one time. Since we can't focus on everything and perceive it all, we delete/ignore most of the things happening around us.

You need to focus **CONSTANTLY** on the most amazing times of your life and on what is **great** in your life **RIGHT NOW!!!** Your day-to-day quality of life depends on your state of mind.

No matter how good things are, you can always focus on what's bad or doesn't live up to your expectations, thus making yourself miserable.

Success = creating constant pleasure in your life. Failure = creating misery in your life no matter how good it is.

You decide on what you focus on. Turn off the automatic pilot and take control!

Thinking is the process of evaluating things. We are constantly asking questions.

**5.
What you
ask yourself
determines
your focus**

Your brain is a supercomputer: it can provide you with an answer to **any** question.

For example, use an "Edison Pad". Thomas Edison would keep a pad of paper on his bedside table and, just before going to sleep, he would write down a question he was desperately seeking an answer to. Throughout the night his subconscious mind would 'search through his files', to come up with a solution. Try it out! It works!

If you ask your brain *consistently* for a solution to **anything** you want, or to **any challenge** you're facing, with absolute certainty that you **will** get an answer,

then trust me, you **will** get an answer.

Ask yourself "Why do I always screw up?" and your brain WILL come up with a whole list of answers! (if it doesn't find anything, it will make things up! But it will **always** come up with an answer). If you believe nothing ever works for you, that belief is going to take over, and you'll begin to feel that way.

Ask yourself, "How come I'm so lucky?"

You have habitual focuses that come from habitual questions - discover what they are.

The quality of your life depends on the quality of your questions.

Don't use "Why" questions - they only create an endless loop of self-recrimination and focus on the past.

Questions do 3 things:

1. **Questions change what you focus on** - they change your state immediately. It makes your brain search your mind's files for an answer. "What is really great in my life right now?" "What am I grateful for in my life right now?"
2. **Questions change what you are 'deleting'** - delete negativity and focus instead on what makes you feel great! You must control the focus of your questions. As long as you are deleting stuff, why not delete the negative stuff?
3. **Questions allow us to access our internal resources** - everything you need to succeed is in your mind, you just need to learn how to access it. "How can I make this happen right now and have fun doing it?" ... instead of "Gee, can I really do this?"

Ask yourself more empowering questions, like:

- "How can I learn from this situation?"
- "What's actually funny about this that I hadn't noticed before?"
- "How will I grow as a person as a result of this?"

6. Remember: whether you believe something is true, or you don't ... you are right.

The power of beliefs

If you believe "I am the greatest public speaker on the face of the Earth!", you will **act** that way, and you will **manifest** that belief.

Your beliefs are the floodgates that open up the power and possibility within you. Limiting beliefs shut you down and chain you to limitations.

Change your core beliefs to beliefs that support our goals! **What beliefs do YOU need to feel GREAT about yourself on a regular basis?** (write them down!)

**Language –
what you
say to
yourself**

Depression may be triggered by a situation, or by something someone says, but a person's state is not controlled by any external factor. Your state is a consequence of *what you tell yourself* about what has happened. It is absolutely critical that you master your 'Inner Communications'.

You react to a trigger in the environment – but can someone else get the same trigger and react completely differently? The answer?

Of course! It all depends on **people's internal dialogue**.

**Master your
inner talk**

Does the economy, weather, your relationship, etc... determine how you feel? Absolutely not!

How you feel about any situation you experience at any given time is something that **your mind** controls and determines. Once you realise this you have tremendous power in controlling your emotional states!

Only **one** thing determines how we feel at any given moment: **The way we communicate with ourselves**.

If someone calls you something nasty and hurtful, it isn't what they've said that's hurtful ... it's hurtful because of the **meaning** your brain creates about the incident – it's hurtful because of **what you tell yourself!** (*"He called me a \$%&@, so this means he doesn't like me, but I want people to like me, and this means maybe I'm not a nice person, so I'm going to MAKE MYSELF feel upset about this".*)

This person also insults someone standing next to you. This *someone* thinks to himself (his inner talk), *"He called me a \$%&@, so this means he is probably hurting inside and is not very happy. Poor guy. I wonder if there's anything I can do to help him ..."*

You're in an accident and end up in a wheelchair – what **MEANING** do you attach to this? Could this simply be a challenge that God has thrown your way to make you grow ... to push you to do everything you can to overcome this situation? Could it be that you were put on earth to advance the rights of disabled people everywhere?

Or does it mean your life is over and there is no point in going on?

YOU determine this. NO ONE ELSE!

What if your child passes away? What if you're sexually abused? What if your business goes under?

What meaning do **you** attach to this?

How can you turn this around so that such events **empower** you? What new belief do you need to adopt? What new **meaning** do you need to attach to the event?

You must master your Inner Communications!!!

**It's OK to
feel bad ...
for a while**

There is no single skill in your life that will be more important to master. But few of us do, because we're busy doing other stuff, and we think that if we do enough of the *other* stuff we'll finally feel good..

We're all going to "react" at times, but you don't need to 'stay' there (**doing** that emotion) for months on end, or even years. Sure, we have feelings of hurt, sadness, disappointment, pain, but we don't *live* there.

Sometimes it's good to have these feelings - use your entire emotional palette. That's what makes us human. And besides, don't you appreciate the 'sunshine' all the more after stormy weather?

But some people do this emotion (i.e. depression) over and over and over again until pretty soon it is conditioned, and they go "*I can't break out of this! I don't know what to do.*"

**You control
how you feel**

Your state is not controlled by what somebody says, or acts, or something you see in the environment.

You have the ability to change your state in a heartbeat! This is so fundamental for making your life work!

Because **making your life work will come down to having or experiencing certain emotions on a daily basis.**

Love, connection, Gratitude, Abundance, Certainty, Peace, Connection to God ...

If you don't have all this right now, why not?

The only reason you don't, is because you keep repeating the same patterns.

Change your patterns, then *condition* it in.

**Maintaining
a positive
state of
mind**

When in a state of overwhelm, you do not have access to all your mental resources.

Your brain is the most powerful super-computer on the face of the Earth! It can come up with a solution to any problem you present it with.

It is absolutely vital, when facing a challenge and trying to come up with a solution, that you are in control of your emotional states. If you are not, your mind will focus on the 'Fear' and the 'Worry', and will be distracted from its task of helping you get through this.

You need to develop a powerfully positive attitude and outlook on life.

**Learn to
manage**

Write down your answers to the following questions, and re-read them frequently every day, with *feeling* (*feel* the answers, don't just read them):

your
memories
better

- **What are you grateful for in life?** (GRATITUDE is a **key** emotion to develop to make your life work!)
- **What are you really excited about right now?**
- **What makes you wonderful?** What makes you such a great individual? What are five of your greatest strengths? List all your successes! List all your 'Empowering Beliefs' about yourself! List all the compliments you ever got!
- **What are you really proud of?** What skills have you acquired that you're proud of? What accomplishments are you proud of?
- **Who do you love and who loves you?**

Create
empowering
rules for
yourself

We all have "rules". They are usually along the lines of: "If ... x ... then ... y."

For example, "**If** I get a promotion at work, **then** I'll be happy ...". Or "**If** she really liked me, **then** she would go out with me ..."

Most upsets come from people not following your rules. But how can they follow your rules if they are not even aware of them?! To discover your rules, ask yourself:

"Am I successful?" Then, **"Well, how do I know?"**

These questions get down to your beliefs that lie behind what you want.

At a seminar, Anthony Robbins had a very successful CEO amongst his audience, who wasn't experiencing any joy in his life.

This CEO was earning \$2 million a year, he had 4 great kids, he exercised regularly and had a great physique.

He said: "*Most CEOs of similar-size companies earn at least \$3 million, I still have 8% body fat, and I can never get all my kids to do as I tell them!*"

It was INSANE!

Most of us have rules that set us up for disappointment!

Life is a process that needs to be enjoyed on an ongoing basis. It isn't a destination!

We've got all these beliefs about what it takes to make us feel like we've succeeded that are absurd!

Most people set themselves up so it's almost impossible to win the Game of Life!

Hey, remember! All those states/feelings that you want to get, you can have them right NOW!

All the emotions that you could ever have or experience are nothing but physiological storms in your brain!

Anchor yourself to happiness

What is an "anchor" - it is a learned association between a specific state and a specific trigger.

How are anchors created - any time you are in an **intense** state, fully associated, with the whole body involved.

If someone **consistently** does anything **unique** at the **peak** of that experience, whatever they do that's unique will get **linked** to that state.

The Four Key Elements of Anchoring:

1. The INTENSITY of the state
2. The TIMING of the anchor
3. The UNIQUENESS of the stimulus
4. Replicating the anchor effectively

Condition yourself to feel the way you want on a consistent basis.

Anchors exist around you all the time. You simply need to be aware of them. Pavlov taught his dogs to associate the ringing of his bell to "it's time for food".

Advertisers anchor us by linking certain pleasurable emotions to their products, and then condition us to believe/feel this by repetition.

See how you can take advantage of anchors around you (music, pictures, sunshine, comedies, memories ...) to create feelings of pleasure every moment of your life!

How to create your own anchors

1. You can anchor yourself to *anything* - being happy, excited, creative, humorous, confident, passionate ... **Choose an emotion** you'd like to be able to feel at any time (i.e. Happiness, Joy, Excitement, Confidence!) ... then anchor it in.

2. Get yourself back to times when you felt that way. Go back to the great state you were in (or do this when you ARE in such a state) ... happy, motivated, excited, joyful, passionate!

Snap yourself into a passionate state! Whip yourself into a passionate frenzy! Be outrageous!

MOVE your body dynamically! Jump around like crazy!

Think of times you were laughing your head off!

Think of times when you felt unstoppable!

Think of times when you were completely happy!

Imagine/visualise yourself as the person you are committed to being! Get inspired! Your Ultimate Self! The kind of Self you want to keep moving towards!

Visualise/Imagine yourself being and having all the things you ever wanted!

3. Right at the peak of the emotion, do something unique, with deep emotion! Link this state/feeling to something UNIQUE such as clicking your fingers a certain way, squeezing

your shoulder while shouting "Yes", clapping your hands a certain way, etc.).

FEEL IT! GET EXCITED!

Remember: create the trigger right at the PEAK.

Then ... REPEAT THIS WHOLE EXERCISE UNTIL YOU HAVE CONDITIONED THIS ANCHOR IN! *(do it 12-24 times)*

Create all these buttons for your brain. NOW YOU ARE IN CONTROL!

There is TREMENDOUS power in this!

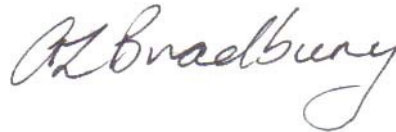
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Yours Sincerely



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