

## SESSION 9

# INTERNALIZING YOUR IMAGE OF ACHIEVEMENT: A 30-DAY ACTION PLAN

## **OBJECTIVES**

---

At the end of this session you'll be able to:

- *Perform in sequence all of the steps in the daily routine for internalizing high-achiever habits.*
- *List the steps in the morning action plan.*
- *List the steps in the afternoon action plan.*
- *List the steps in the evening action plan.*
- *Maintain a daily plan for high-achiever goal internalization for 30 days.*

## **BACKGROUND**

---

Developing and internalizing a new high-achiever behavior into a permanent habit takes time, patience and practice. The 30-day action plan outlined on in this audio session is cybernetic in nature. On your 30-day plan, you'll go through a cybernetic action cycle. you'll select and code into your nervous system a daily performance goal relating to your desired high-achiever behavior.

As you go through the day, you'll attempt to control your performance to meet the standards and requirements you set for yourself in relation to your desired goal.

At the end of the day, you'll evaluate your day's performance, utilizing it as feedback. Based on the information you glean from your performance evaluation, you'll make mental corrections in an attempt to refine your behavior.

Then, on the following day, you'll re-program the desired performance and then proceed again through the entire cybernetic cycle of performance evaluation.

## **PRACTICE**

---

1. Listen to audio Session 9, "Internalizing Your Image of Achievement: A 30-Day Action Plan."
2. Review the list of steps in the morning routine outlined in the "Action Summary."
3. Review the list of steps for the daytime routine outlined in the "Action Summary."
4. Review the list of steps for the evening routine outlined in the "Action Summary."
5. Review the sensory goal you'll be working on during the next thirty days.

## **POINTS TO REMEMBER**

---

It is vital to the success of the program that you keep your Oxygenation/Relaxation skills conditioned. You should go through a complete tensing and de-tensing session once per week.

During the early stages of your action plan you'll experience periods of both success and failure. You should learn from your failure, apply that knowledge, and then get back on track toward internalizing your goal.

Your morning and evening action sessions should take about 10 minutes each to complete.

You might find it useful to play audio Session 9 for the first couple of weeks as you establish your daily routine. It will serve as a model for the step-by-step procedures you must learn.

If are in the advanced stages of Oxygenation/Relaxation and Competence Programming, you can process the 30-day action plan entirely in the central focus eye position. Simply replace all eye coding instructions with a central focus position.

## **PROGRESS CHECK**

---

Answer each question with the correct answer.

1. List the steps in the morning action plan exercise.

2. List the steps in the afternoon action plan exercise.

3. List the steps in the evening action plan exercise.