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REWIRED STUDY GUIDE

NAME: _____

DATE: _____

CHANGE | GROW | EXPAND | ADAPT

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“If it was only about the technicals, every trader would be successful.”

- Mark Hutchinson

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Introduction: Background Information

What thoughts or observations do you have on the “Picasso Story” mentioned by Mark?

Write down below:

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Why You Don't Succeed as a Trader

Key Takeaways:

Based on *Trading in the Zone by Mark Douglas*:

· Over 95% of traders lose within the first year of trading.

· Fundamentally speaking, there's something wrong with the way we think about trading, life and the world in general.

· The Rewired audio program is a revolutionary training program that will virtually rewire your mind so that you become a more conscious trader.

Why Rewired is an Audio Based Program

Key Takeaways:

· Your eyes and ears may deceive you.

· Audio programs tend to stimulate your imagination.

· The eyes are useless when the mind is blind.

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Rewired Definition

rewire verb

Save Word

re·wire | \ (ˌ)rē-ˈwī(-ə)r \

rewired; rewiring

Definition of *rewire*

transitive verb

1 : to provide or connect (something) with wire again

especially : to replace the electrical wiring of (something, such as a building or electronic device)

// *rewired* the house

// *rewire* a circuit board

2 : to make lasting and usually beneficial changes to the neurological or psychological functioning of (a person or brain)

// The injured brain, moreover, can *rewire* itself.
— Joan Didion

// Not only do studies show that meditation is boosting their immune system, but brain scans suggest that it may be *rewiring* their brains to reduce stress.
— Joel Stein

// ... nearly nine out of 10 adult smokers started smoking by age 18; nicotine can *rewire* youths' brains, making heroin and other opioids even more addictive.
— Delia DeRiggiWhitton

// Can you *rewire* yourself? I went back through pivotal points in my life, when one should be happy.
— Kim Korson

First Known Use of *rewire*

1881, in the meaning defined at sense 1

Key Takeaways:

· Rewire = Change | Grow | Expand | Adapt

· Like consciousness, the universe is constantly expanding and changing. That's why they say, "if you're not growing, you're dying."

· If you're not making profits in trading, then you can't trade the same way you're trading now.

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3 Stages of the Rewired Process

“If you're not growing, you're dying.”

Key Takeaways:

The rewired process is structured into 3 stages:

1. **Awareness/Consciousness**
2. **Willingness to Unwire**
3. **Openness to Rewire**

Do you have any thoughts or observations? Write down below:

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Objective of Rewired Audio Training Program

Key Takeaways:

· To help you achieve your deepest desires and dreams

· Activate certain neural circuits by hardwiring & priming your brain

· Achieve goals faster and in a more efficient manner

· Increase awareness to alter/modify certain behaviour

· Have a truly transformational experience or breakthrough

· Uncover your true potential

· Drastically improve your chances to become consistent in the markets

Preparation

Get a pen and a new, unused journal. This is going to be your Rewired Journal where you take notes, do your exercises and journal any thoughts or breakthroughs that you have on your journey to becoming REWIRED!

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Commitment is Key!

I, _____ (*full name*) commit to the following:

· I commit to this training.

· I will do whatever it takes to change for good.

· I will finish this training within 14 days.

· I am willing to invest my time, energy and focus in order to rewire myself.

Signature: _____

Write down any of your current thoughts or observations:

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Module 1: The Golden Rule

"In a forest of a hundred thousand trees, no two leaves are alike. And no two journeys along the same path are alike."

Who are you currently getting advice from?

E.g. my mom, dad, school teachers, friends, family, etc.

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The Golden Rule Explained

The Golden Rule consists of 2 components:

· The first component is what goes on inside your mind. This is how you think and how you feel. This is based on your “Why”. The first component consists of:

- ***thought patterns***
- ***desires***
- ***dreams***
- ***goals***
- ***mental attitude***
- ***intentions***
- ***emotions***
- ***energy***
- ***feelings***
- ***your WHY***

· The second component is HOW you get to your WHY. Here are some words to describe the second component:

- ***trading techniques***
- ***strategies***
- ***action steps***
- ***plans***
- ***physical actions***
- ***executing trades***
- ***backtesting***
- ***forecasting***
- ***journaling***
- ***methods***

Key Takeaways:

· Don’t spend an equal amount of time thinking and acting.

· The thinking part is 99%; thoughts are the most important part.

· Work on the thinking process first before blindly taking massive action.

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Now grab a journal and a pen (preferably black or blue ink).

Exercise 01: Building a Dream Team

Let's think about (or imagine) a dream team. Not just any average team, a HIGH PERFORMING team. A team that gets RESULTS! Essentially, they get the job done! Think about all of the qualities, characteristics, and traits this team possesses.

Don't rush this. Take your time and list them below:

_____	_____
_____	_____
_____	_____
_____	_____

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Here is a list of words Mark came up with:

· focused
· confident
· committed
· responsible
· open-minded
· optimistic
· punctual
· disciplined
· good listener
· loyal

Let's separate the list into two categories, SKILLS vs MINDSET.

SKILLS related words are marked with a star, and MINDSET related words are marked with a circle.

· focused ◯
· confident ◯
· committed ◯
· responsible ◯
· open-minded ◯
· optimistic ◯
· punctual ☆
· disciplined ◯
· good listener ☆
· loyal ◯

Do you see the pattern? 8 of them are MINDSET related!

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"...why men with little or no schooling often succeed, while men with extensive schooling are failing all around them. Look carefully and you will discover that great successes are the result of understanding and use of a positive mental attitude. Mental attitude is the quality of mind which gives power to one's thoughts and plans."

- Andrew Carnegie

What thoughts and observations do you have so far? Write them down:

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WHY did you make the decision to take the Rewired program?

Now think about what drives you in life.

Write down your answer:

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"To get what you want, you have to deserve what you want. The world is not yet a crazy enough place to reward a whole bunch of undeserving people."

- Charles T. Munger

Exercise 02: Shifting Focus

Whenever you catch yourself focusing on the HOWs throughout the day, shift your focus to the WHY, or the intention.

E.g. I wonder how I can find the next winning trade.

Replace with: Why do I want to find the winning trades?

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Flow Zone (noun.) Definition:

The mental state of oneness. A focused state of awareness and consciousness in which the mind seamlessly flows with the markets.

Key Takeaways:

· Majority of people don't achieve their goals because they don't focus on the WHY. They lack intention and consistently focus on the HOW.

· Over 95% of the traders fail, and this is one of the main reasons why they fail.

Do you often focus more on the HOW or WHY?

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Module 2: The Flow Zone

On a scale of 1 to 10, how do you feel?

(1 being the worst such as low energy or weakened, and 10 being the best such as feeling great, confident, etc.)

My current rating is around: _____.

Flow Zone (noun.) Definition Recap:

The mental state of oneness. A focused state of awareness and consciousness in which the mind seamlessly flows with the markets.

Have you experienced flow state in the past?

If you have, write down any memories that come to mind.

This could be specific feelings, routines, conversations, meetings, etc.

_____

_____

_____

_____

_____

_____

_____

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The Flow Zone Scale (FZS)

· The Flow Zone scale is a scale between 1 to 10.

· We divided the scale into 4 sections.

· The purpose is to identify how you are currently feeling and what you can do to bring yourself one step closer to the Pure Flow Zone, which is between 9-10.

· You can't go from a 1 directly to a 10. But you have the power to go from a 2 to a 5, 5 to a 6, etc. It's all about incremental growth.

Now think about what area of the FZS you're in when you're trading. Have you seen any patterns in yourself, especially how you feel while trading? Write them down below:

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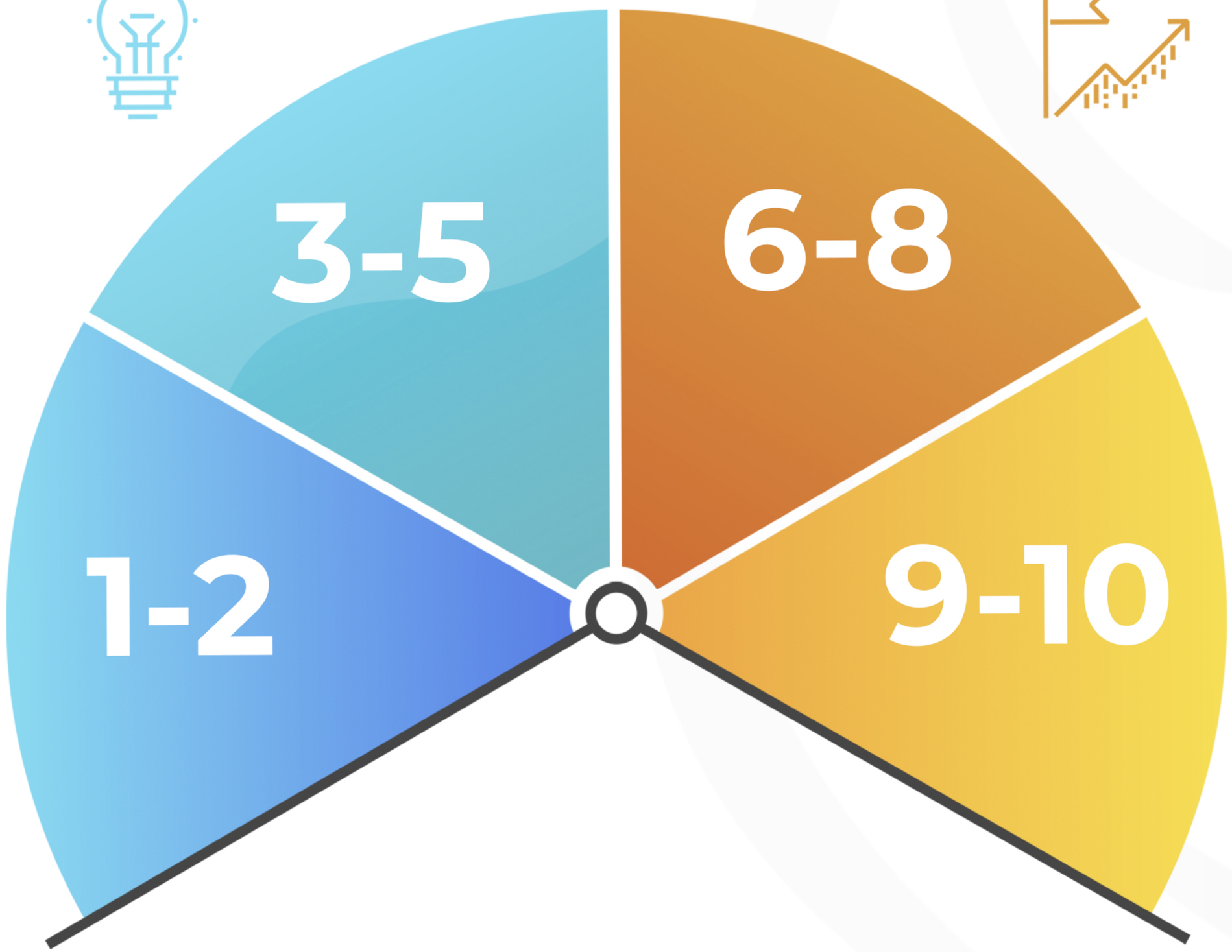
Upward Potential State (UPS)

- Common feelings: blame, worry, doubt, overwhelm, frustration, impatience.
- Action step: Practice flow zone checklist (mentioned in additional modules).

Relaxed Peak Performance (RPP)

- Common feelings: consistent, hopeful, optimistic, positive expectations.
- Action step: Practice flow zone checklist (mentioned in additional modules).



Low Vibratory State (LVS)

- Common feelings: victimized, insecure, rage, jealousy, anger.
- Action step: Identify your pain points.
- If you understand this simple idea and implement it into your trading, you will be able to filter out a large portion of your losses.

Pure Flow Zone (PFZ)

- Common feelings: enthusiasm, passion, empowerment, love, acceptance, probabilistic mindset.
- Action step: Anchor your feelings by tapping into different senses.

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"You cannot attract high energy results with a low energy vessel."

Scale between 1 - 2: **Low Vibratory State (LVS)**

***Common feelings*:** victimized, insecure, rage, jealousy, anger.

Action step: Identify your pain points.

If you understand this simple idea and implement it into your trading, you will be able to filter out a large portion of your losses.

Scale between 3 - 5: **Upward Potential State (UPS)**

***Common feelings*:** blame, worry, doubt, overwhelm, frustration, impatience.

Action step: Practice flow zone checklist (mentioned in additional modules).

Scale between 6 - 8: **Relaxed Peak Performance (RPP)**

***Common feelings*:** consistent, hopeful, optimistic, positive expectations

Action step: Practice flow zone checklist (mentioned in additional modules).

Scale between 9 - 10: **Pure Flow Zone (PFZ)**

***Common feelings*:** enthusiasm, passion, empowerment, love, acceptance, probabilistic mindset.

Action step: Anchor your feelings by tapping into different senses.

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Exercise 03: Flow Zone Desire Exercise

Instructions:

Step 1: Grab your Rewired journal. Open a blank page. Write down your current Flow Zone Scale (between 1 to 10)

Step 2: Imagine money is not an object. You have an infinite amount of money in the bank. You can get whatever you want in the world.

Step 3: Set a 5-minute timer on your phone.

Step 4: DO NOT stop writing until the timer is up. Write down ANYTHING that comes into your mind. Don't judge it, just write it down. (Example: I'd like to live in a new house with a swimming pool; I'd like to travel with a private jet; I'd like to have a new pet; I'd like to have an ultimate romantic relationship with my life partner; I'd like to manage a million dollar trading account, etc.)

Step 5: After the exercise, reevaluate your Flow Zone Scale by writing a number between 1 to 10.

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What would you like in life if money was no object?
(You can get anything you desire in the world)

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Module 3: The Conscious Trader

On a scale of 1 to 10, how do you feel?

(1 being the worst such as low energy or weakened, and 10 being the best such as feeling great, confident, etc.)

My current rating is around: _____.

Now take a minute and think about this question:

Why do you feel the way you do?

Let's continue today's module!

"Success in life and building the right framework is about incremental growth."

- Mark Hutchinson

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Your Mindset is Your Greatest Asset!

Over 70% of lottery ticket winners eventually lose everything.

This is why when you search for a get-rich-quick and actually find it, it can be detrimental.

Do you think it's Warren Buffett's skills that made him a lot of money or his mindset?

Do you have certain mindsets that hold you back from succeeding in trading? Write them down below:

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Are You a Conscious Trader?

Characteristics of a conscious trader:

· Takes responsibility for their thoughts, feelings and actions in trading (Taking responsibility means believing that all of their outcomes are self-generated/driven)

· Understands that the external world is simply a reflection of the internal world. If your inner world is chaos, you won't be able to show up to the market and take your prize.

"Most traders don't believe that their trading problems are the result of the way they think about trading or, more specifically how they are thinking while they are trading."

- Mark Douglas, Trading in the Zone

Do you have any thoughts or observations? Write them down below:

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Conscious vs Subconscious Mind

Key Takeaways:

· The **conscious** and **subconscious** are not two minds.

· They are merely two spheres of activity within one mind.

· Your **conscious** mind is the reasoning mind. It is the sphere of mind that chooses. (E.g. You consciously choose books; you choose the home to live in.)

· Your **subconscious** mind is the intelligence that runs your body. It's making sure your heart is kept functioning properly; it's making sure the vital functions of your body such as digestion, breathing and circulation are working.

· Your **subconscious** mind accepts what is impressed upon it or what you consciously believe.

· Your **subconscious** mind does not reason things out as your conscious mind does.

· Your **subconscious** mind does not argue with you controversially.

· Your **subconscious** mind does not engage in proving whether your thoughts are good or bad, true or false.

· Your **subconscious** mind responds according to the nature of your thoughts or suggestions. (E.g. if you consciously assume that something is true, even though it may be false, your subconscious mind will accept it as truth and proceed to bring about results that 'prove' it's true.)

· Your **subconscious** mind cannot differentiate between imagination and reality.

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More Data Revealed

Key Takeaways:

· The **subconscious** mind works day and night.

· Your heart pumps 2 gallons of blood per minute (around 120 gallons per hour)

· Every second, you lose and produce 25 million cells.

· "*You cannot entirely control your **subconscious** mind, but you can voluntarily hand over to it any plan, desire, or purpose that you wish to be transformed into concrete form.*" (Think and Grow Rich 1937, Napoleon Hill)

· The **subconscious** mind is one big memory bank.

· Thought is one of the most potent forms of energy known to man.

· You must have passion & commitment in order to override your programming.

· Your belief system is a composite.

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After going through the previous two pages, do you have any thoughts or observations? Write them down below:

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Belief System (BS)

Key Takeaways:

· The ideas fixed in your **subconscious** mind will be referred to as your Belief System (BS).

· Your current results are the effect of your past programming, which also means the way you trade and the way you handle the markets have to do with your belief system.

· Changing a person's mindset and beliefs is not an easy task. That's why most traders rarely do it, and that's why most traders fail.

· Your **passion** and **commitment** will give you the fuel necessary to override your old belief system or programming.

· Your belief system is comprised of your **thoughts, feelings and actions**.

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The Power of Your Brain

Key Takeaways:

· An average human produces 60,000 - 70,000 thoughts per day, and 90% of them are the same as the day before, which means:

- Same thoughts lead to same choices
- Same choices make same behaviours
- Same behaviours lead to same experiences
- Same experiences produce same emotions
- Same emotions make same thoughts
- Repeat..

· Every time you learn something new, you make a new neural pathway in your brain.

· This is why you have to learn every day.

· “If you’re not learning, you’re dying.”

· When you learn new bits of information, you go through this cycle:

- New thoughts lead to new choices
- New choices make new behaviours
- New behaviours lead to new experiences
- New experiences produce new emotions
- New emotions make new thoughts
- Repeat..

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Neurophysiology

Definition:

Neurophysiology is a branch of physiology and neuroscience that is concerned with the study of the functioning of the nervous system.

Key Takeaways:

· The brain receives over 400 billion bits of information per second.

· Our conscious awareness can only process around 2,000 - 3,000 bits per second.

· Reality is happening in the brain all the time, but we are unable to process that much information because our field of awareness is too narrow.

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Exercise 04: Dealing with “Error Thought”

Here is a method that will help you deal with a negative belief system or negative thinking:

Step 1. Every time you catch yourself thinking a negative thought, this is a perfect opportunity to rewire the neural pathway. Simply acknowledge the thought, accept it and declare that it is an ‘error thought’.

Step 2. Substitute (or replace) the ‘error thought’ with a positive one. Go to your memory bank and pull information that’s filled with love, compassion or any other positive emotions. (aka. Pattern Interrupt)

Step 3. When you replace the image, in order to make it easier and more effective, go into as much detail as you can from the positive thought (or memory).

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Brain Waves

An EEG, short for electroencephalogram, is a method of eavesdropping on the overall electrical activity that arises from the activity of neurons. German physiologist and psychiatrist Hans Berger recorded the first human EEG in 1924, and researchers in the 1930s and 1940s identified several different types of brain waves:

Delta (below 4Hz): Occurs during sleep, dreaming

Key Takeaways:

· Between birth and 2 years old, the human brain mainly functions in the lowest brain-wave cycle, which is around 0.5 to 4 cycles per second.

· These lower brain waves are called delta waves.

· Adults in deep sleep are in delta.

· This is why newborns usually can't stay awake for more than a few minutes at a time.

· Even at age 1, babies still function primarily from their subconscious mind.

Theta (4 - 8Hz): Associated with sleep, deep relaxation, visualization, creativity, insight, reduced consciousness

Key Takeaways:

· Children between ages 2 and 6 are predominantly in Theta brain-wave cycle.

· Children operating in Theta are very connected to their internal world. They live in the realm of imagination and daydreaming. They're still not able to show signs of critical, rational thinking.

· Theta is a super learning state, where children are very open to suggestion.

· People in hypnosis and animals are also in this frequency.

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Alpha (8 - 13Hz): Occurs when physically and mentally relaxed (aka Window of Opportunity)

Key Takeaways:

· Between ages 5 and 8, the brain waves have shifted into Alpha frequency.

· This is when the analytical mind begins to form.

· Children start to interpret and draw conclusions from their environment.

· Children in this age group tend to have one foot in each world, using left and right hemispheres of the brain at the same time.

· People who meditate are often in this peaceful and relaxed frequency.

· Alpha is a great state for brainstorming, creating ideas, learning, etc.

· You cannot bring your feelings of guilt and anger with you into Alpha brain waves.

Beta (13 - 32Hz): Normal alert consciousness, active thinking

Key Takeaways:

· From age 8-12 and onwards, brain activity increases to anything above 13 cycles per second.

· This is the world of conscious, analytical thinking.

· The mind is awake, focused and alert and is capable of logical thinking.

· Adults spend most of their time in this state.

Gamma (32 - 100Hz): Heightened perception, learning, problem-solving tasks

Key Takeaways:

· Gamma brain waves are the fastest brain waves produced in your brain.

· Gamma waves are evidence that you've reached peak concentration.

· You're intensely focused, and your brain is very actively engaged in solving problems.

· Gamma helps you to process information.

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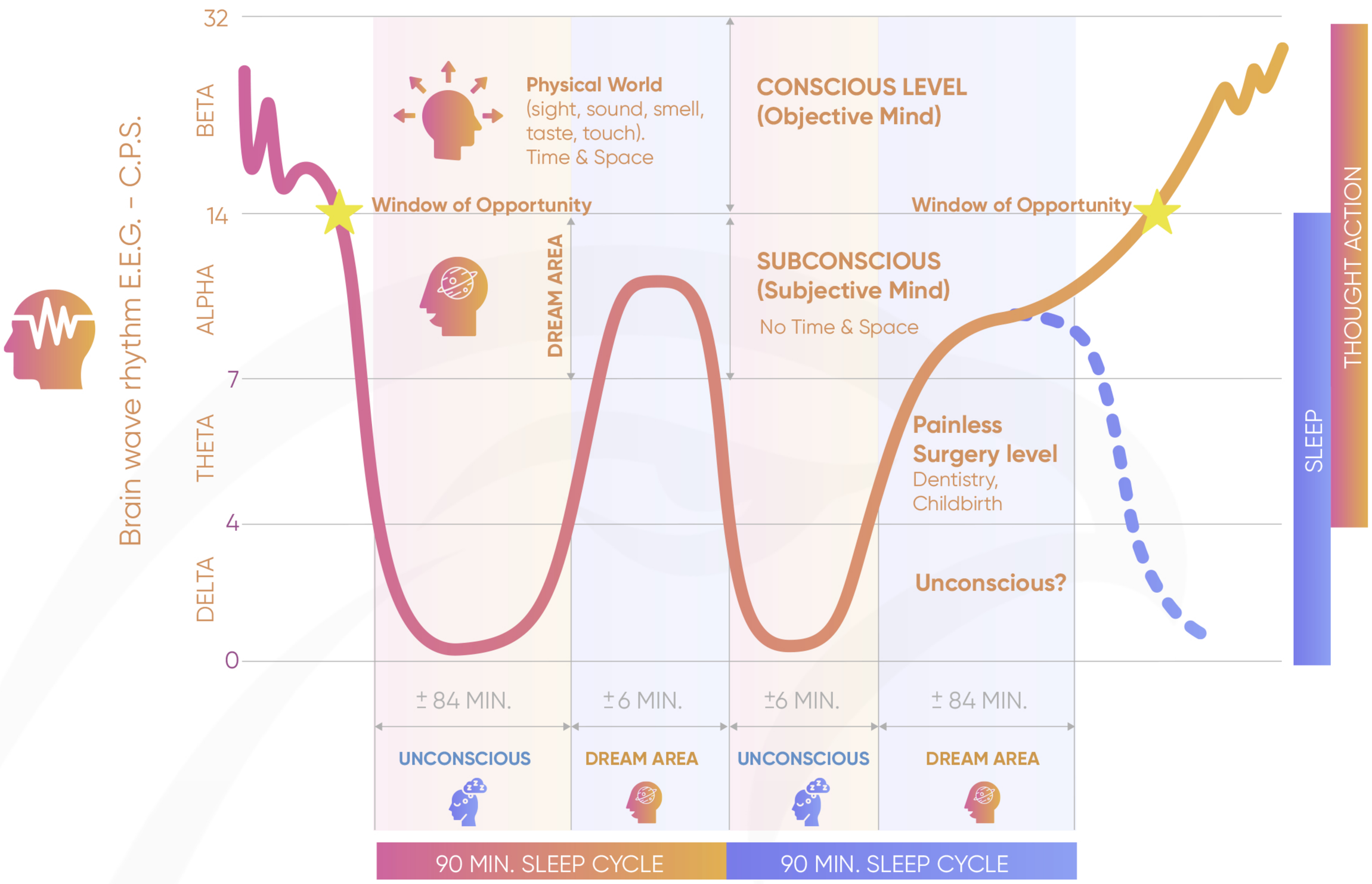
Sleeping Cycle & Window of Opportunity (WOO)

Key Takeaways:

· Every day you drift into sleep from Beta brain wave to Alpha brain wave.

· Window of Opportunity: 10-15 minutes before going to bed and after waking up in the morning.

· Action steps you can take during Window of Opportunity: Write in your journal, build your dreams, listen to positive audio, read a good book, etc.



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The 5 Stages to Processing New Information

Stage 1: Unconscious Incompetence

You don't know what you don't know.

Stage 2: Conscious Incompetence

You know that you don't know.

Stage 3: Conscious Competence

You know what you know.

You have to consciously apply the info in order to reach the next stage.

Stage 4: Unconscious Competence

You know the information very well, it goes to your subconscious mind, and it happens automatically with less conscious effort.

Stage 5: Self-Refinement

Even when you reach the unconscious competence stage, you will always seek ways to be aware of the basics and consciously evolve.

It's not like there's nothing to learn or improve upon once you reach unconscious competence.

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Example 01: Tying Shoelaces (or a Tie)

1. Unconscious Incompetence

You don’t know what shoelaces are. You’ve never seen them.

2. Conscious Incompetence

You know what shoelaces are but don’t know how to tie them.

3. Conscious Competence

You learn how to tie shoelaces and start to practice the right way to do it.

4. Unconscious Competence

You get to a point of proficiency. You no longer have to look at the shoelaces or think about how to tie them. You can do it naturally (unconsciously).

5: Self-Refinement

Knowing that you know how to tie shoelaces, you not only seek to find the best, most effective, most productive way to tie shoelaces, but you also constantly refine the process. This is how you master the skill of tying shoelaces.

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Example 02: Driving a Car

1. Unconscious Incompetence

You don’t know what a car is. You’ve never seen one.

2. Conscious Incompetence

You know what a car is. You’ve sat in one before. You thought of learning how to drive a car, but you don't know how to drive.

3. Conscious Competence

You start to consciously learn how to drive a car. You're being very careful, constantly thinking about the steps to drive, park, change lanes, etc.

4. Unconscious Competence

You can drive unconsciously without thinking about how you drive the car.

5: Self-Refinement

Knowing that you know how to drive a car, you not only seek to find the best, most effective, most productive way to drive a car, but you also constantly refine the process. This is how you master the skill of driving a car.

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Example 03: Forex Trading

1. Unconscious Incompetence

Never heard of trading and don't know what forex exchange is.

2. Conscious Incompetence

Heard about forex trading, but never tried it.

3. Conscious Competence

Start to learn forex trading. Consistently practice the right way long enough (repetition).

4. Unconscious Competence

Becoming a profitable trader, executing excellent, profitable trades, becoming a master trader.

5: Self-Refinement

Knowing that you know how to trade (profitable, consistent, successful), you still seek the best, most efficient ways to constantly improve your skills and level up the way you see markets and the way you execute, like an artist crafting his or her masterpiece.

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On a scale of 1 to 10, how do you feel after the lesson?

(1 being the worst such as low energy or weakened, and 10 being the best such as feeling great, confident, etc.)

My current rating is around: _____.

What's your biggest takeaway from this module? Take some time to write down your thoughts and observations:

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Module 4: The Rewired Formula

On a scale of 1 to 10, how do you feel? (1 being the worst such as low energy or weakened, and 10 being the best such as feeling great, confident, etc.)

My current rating is around: _____.

Most importantly, take a moment and think about WHY you're feeling this way.

_____

_____

_____

Let's begin today's module!

"Learn how to see. Realize that everything connects to everything else."

- Leonardo da Vinci

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Thoughts are Things!

Key Takeaways:

· Every action and every result in our world first begins as a thought.

· Thoughts can be very powerful when combined with the right emotions.

· If you want to change your life and your results, you must change the way you think and feel.

Do you have any observations on the power of your thoughts?

Write them down below:

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Rewired Formula Explained

The Rewired Formula is a two-part equation.

Part I:

⭐ **THOUGHT + EMOTION = FLOW ZONE**

***FLOW STATE IS MEASURED BY FLOW ZONE SCALE**

Part II:

⭐ **FLOW ZONE X REPETITION (OR DURATION) = REWIRED FORMULA**

· **Thoughts** are the **electrical charge** in the quantum field; **feelings** are the **magnetic charge** in the quantum field.

· Repetition: how frequently you do it

· Duration: how long you do it each time

· REPETITION is KEY!

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Example: Entering a Trade

Trader A:

Trader A has developed thought patterns of a successful trader. He/she asks good questions. No fear of missing out (FOMO) over the markets. Flow zone scale falls between 6-8 which means he/she operates from a place of abundance.

Trader B:

Trader B always seems to lose. He/she projects FOMO into the markets. The same old behaviour repeats over and over again. He/she feels lack, fear, and frustration around the markets.

Based on these two descriptions, what would you say is the compound effect of both traders?

Who tends to become a successful trader over time?

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On a scale of 1 to 10, how do you feel at this current point in time?

(1 being the worst such as low energy or weakened, and 10 being the best such as feeling great, confident, etc.)

My current rating is around: _____.

Time to write down your thoughts and observations!

What are your biggest takeaways from this module?

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Module 5: Self-Image Correction

On a scale of 1 to 10, how do you feel at this current point in time?

(1 being the worst such as low energy or weakened, and 10 being the best such as feeling great, confident, etc.)

My current rating is around: _____.

Now think about WHY you feel the way you feel.

Write your thoughts down below:

_____

_____

_____

Let's discover and break through your current programmed self-image in this module..

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Self-Image & Programming

Key Takeaways:

· Definition: Images are mental pictures created by the mind. They are not true "reality". They are CREATED images that you believe to be true.

· Our desires/wants are not based on our true values.

· If you live in the United Kingdom, for example, the "images" you have been programmed with are different from the "images" of someone who lives in another country.

· Programming also comes from EVERY word you speak out loud and every thought that you think.

· Attached to these pictures/images are all the other sensory components including smell, temperature, sound, colour, texture, and emotion.

· Methods of programming: TV, books, movies, radio, magazines, social media, advertising, words, authority, people older than you, parents, etc.

As a trader, do you have any programming or mental images that you weren't aware of? Write them down below:

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6 Stage Self-Image Correction Technique

"A strong positive self image will act like a protective shield against all negative self-image programming."

- Mark Hutchinson

Preparation

· Before you jump into the actual correction technique, make sure you get rid of any negative self-images that hold you back.

· Grab a piece of paper and write down all the negative self-image or negative beliefs that you are aware of at this time.

· MUST DO: Rip the paper up, roll it up, or throw it away*

(*This process psychologically diminishes the negative impact and effects that these images have on you.)

7 Aspects of Life

1. Personal (or Self Growth)
2. Family
3. Spiritual Growth
4. Social (or Network)
5. Physical Body (or Health)
6. Career (or Business)
7. Legacy

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Step 1: Grab 7 Pieces of Paper

On each piece of paper, write:

"This is the image I intend to create of myself. In this new image of myself, in relation to _____, I am the type of person that....."

Ideally use black or blue ink and white paper.

Fill in the blank with these 7 areas of your life:

1. Personal (or Self Growth)
2. Family
3. Spiritual Growth
4. Social (or Network)
5. Physical Body (or Health)
6. Career (or Business)
7. Legacy

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Step 2: Read, Focus, Write Down

· Read the headline (either silently or out loud)

· Think, feel, look, search within (this could only take a few seconds as words might come to you instantaneously).

· Don't judge the word, just write it down.

· Go back to step 1 and repeat this process until you finish all 7 pieces of paper.

Example:

You read the headline out loud. Then you begin to think, feel, look and search, but it may seem before you even do that, you already have a word come to you such as HAPPY. So, simply write down the word HAPPY.

Note: In order to finish the sentence correctly, you would say "IS HAPPY." You can choose to simply write "HAPPY" or you can write "IS HAPPY". Either way is fine.

Then, you start to read the headline again silently, and as you are reading it, before you even finish reading the headline, another word comes to mind: MOTIVATED. You finish reading the sentence silently. But you think, "Do I really want to be motivated?" Do not worry about that now. If the word comes to you, write it down.

At this point, you want what is programmed inside you to come up.

Just let it flow.

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Step 2 (Continued)

After you finish all 7 pieces of paper:

· Make sure you go through the list you wrote. See if there are any changes, removals or additions that you want to make.

· You might finish this today. Some of you might want to take a break, while some of you will do a little bit every day for the next several days. Go at your own pace.

· The next process is designed to get you to "free flow" your thoughts, wants, desires, choices, and preferences.

· The process is designed to let the "programming" come to the surface and open up the "subconscious" bank of memories/vibrations/frequencies and energy. (Remember, each self image is associated with a positive or negative frequency/vibration)

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Step 3: Go Through the Life Menu

Now, open the life menu attached to this module. This will get your juices flowing! You will find amazing life experiences, certain dreams and goals that make you feel good.

All you have to do is fill in the blank. Pick whatever you resonate with and feel good about. Don't worry too much, we will filter them later.

Step 4: Filter the Items, Cross Out Ones You Don’t Like

After going through the life menu, you will have expanded your consciousness with regard to possibility and potential. Now cross out the items that you no longer need and leave the ones you really like!

Step 5: Reorganize & Prioritize the Items

Reorder your items based on priority and importance. Feel free to copy your work on a new piece of paper if you’d like to keep it clean and organized.

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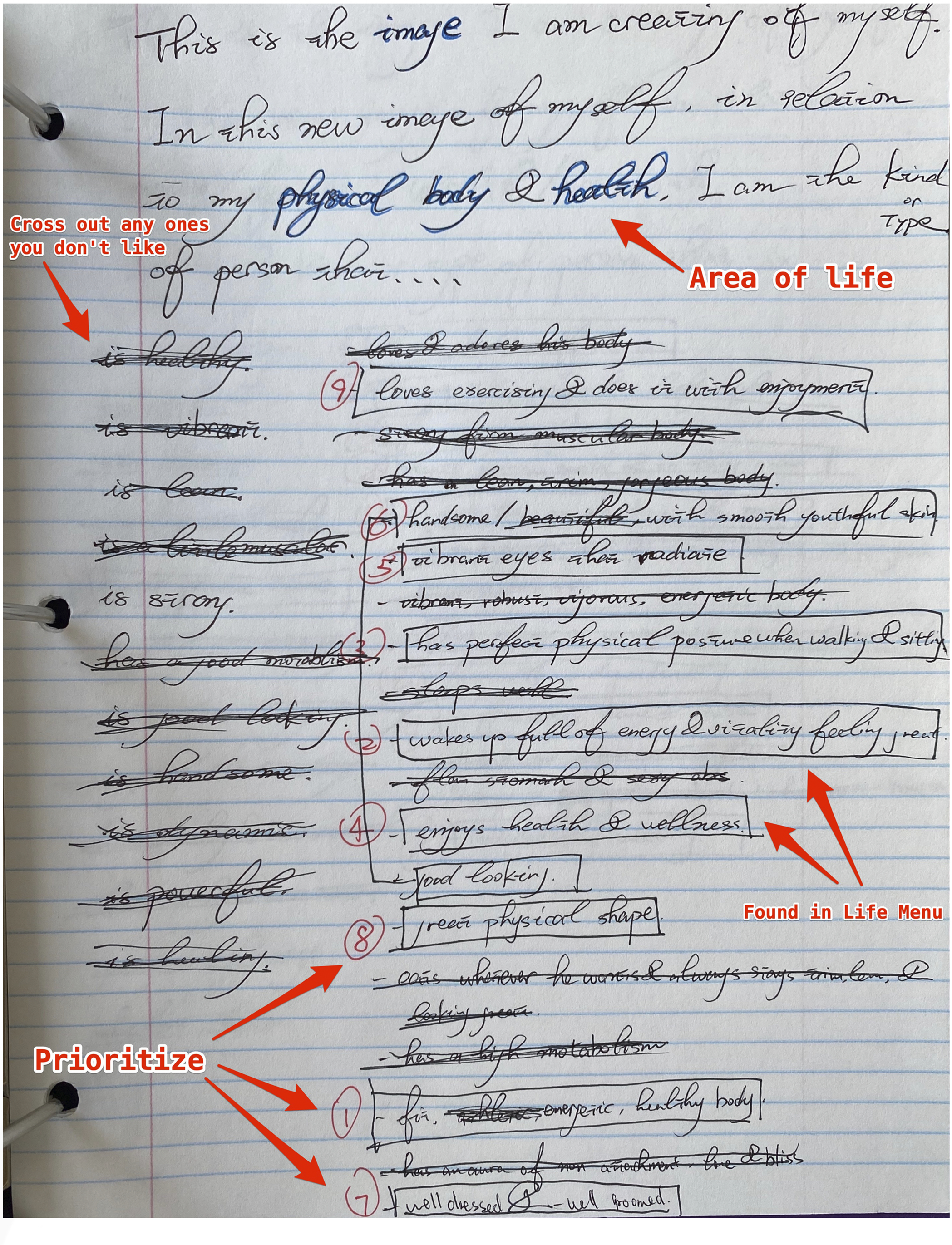
Student Draft Example:



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Step 6: Affirmation Preparation (Flash Cards)

After you finish the first 5 steps, grab 7 portable flashcards that you can carry with you throughout the day.*

Utilize what's taught in the next module and start the affirmation process.

Focus on 1 trait a day. Carry the card with you, and read the card repeatedly out loud with EMOTION.

Do this regularly throughout the day (at least 3 times per day)

*Flash card sample will be provided at the end of the next module.

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On a scale of 1 to 10, how do you feel at this current point in time?

(1 being the worst such as low energy or weakened, and 10 being the best such as feeling great, confident, etc.)

My current rating is around: _____.

Time to write down your thoughts and observations. What's your biggest takeaway from this module?

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Module 6: The Secrets of Affirmations

On a scale of 1 to 10, how do you feel at this current point in time?

(1 being the worst such as low energy or weakened, and 10 being the best such as feeling great, confident, etc.)

My current rating is around: _____.

Take a deep breath. Think about WHY you feel the way you feel.

Write it down below:

_____

_____

_____

We're now on the third stage of the Rewiring Process!

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Why Certain Affirmations Don't Work

Key Takeaways:

· 1. **Emotions** aren't present. (You can't repeat certain affirmations over and over without attaching a strong, positive emotion. Emotion is where you start to attract the vision into reality.)

· 2. You can't describe **positive emotions** with **negative words**. (E.g. you intend to affirm "I am healthy" but your words are "I don't want to be sick!")

Technique to Help You Bypass Your Analytical Mind:

If you want to be rich, you keep saying "I am rich", but in reality, you were born in a poor neighbourhood. You've never seen money in your life. Your conscious analytical mind will present all the reasons why you should not be rich and why it's wrong to be rich.

Before you jump into the statement "**I AM**" (which most people do), you may consider statements like these:

"I **intend to be** the type of person that is a successful trader."

"I **would like to be** the type of person that is a successful trader."

"It is **possible** that I could be the type of person that is a successful trader."

"I **allow myself to be** the type of person that is a successful trader."

"I **deserve to be** the type of person that is a successful trader."

"I am **worthy of being** the type of person that is a successful trader."

How do you feel now? Think about what your analytical mind would say to you. It's not going to completely reject the statement, but instead, it will slowly 'believe' what you affirm to be true.

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The Power of Words

"Whether you think you can, or you think you can't – you're right."

- Henry Ford

Key Takeaways:

· When you hear a word, or read a word, and do not know the full meaning of the word (and its origins), you are instantly put in a state of **confusion** to a certain degree. It also creates fear which leads to instability.

· When you're reading, have you found that whenever you read a word you don't fully understand, anything you read beyond that point is not remembered?

· This all leads to **suffering** and **pain** on all levels to varying degrees.

· When a person can't fully express himself or herself through words, he or she tends to use physical violence to deal with things and people. (Crime rate of a city is correlated with people's vocabulary level.)

· Words have **origins**. An English word might have its roots in German, Greek, Latin, or French.

· As you are an **eternal being**, you have memory of all words, their meanings, origins, and original power.

· All words were given "**power**" (**vibration**) when they were created. That power still exists. It is only unleashed when the power is activated. It is activated by memory (recall), understanding, and awareness.

· "Success" in all areas of life comes in part from "communication" with words to and from others. You use words to convey thoughts, concepts, ideas, images and intentions to others. You need to understand the words you use, with full certainty, understanding, and comprehension in order to unleash the power of words, create affinity and connection with others, and keep the **free flow of energy** without **blockage**.

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Do you have any thoughts or realizations at this current point in time?

Write them down below:

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Real Life Affirmation Example

Let's say your affirmation is:

"I give myself permission to be the type of person that is a successful trader."

Ask yourself:

· What does "permission" really mean?

· Sit quietly and search within. How would you define the word "permission"?

· Do you have any negative images associated with the word "permission"?

· Does it remind you of a childhood memory? Maybe your parents? Your school teacher?

Let's define the word:

Permission (noun.)

1. the action of officially allowing someone to do a particular thing; consent or authorization.

2. the act of permitting.

Now, let's look at this statement again:

"I give myself permission to be the type of person that is a successful trader."

Do you have more clarity and confidence reading the statement above?

In your daily life, if you read, hear or listen to any words that you don't fully understand, simply reference a dictionary to make sure you fully comprehend and understand the words and clear out any frustration or confusion you may have.

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Delayed Gratification

Key Takeaways:

· You can't plant a seed and expect it to grow into a big tree within a year or two.

· Many people (traders) set big goals and intentions, but they're impatient. They want instant gratification. They want things really fast!

· In order to succeed in life, you need to do the right things consistently with patience.

Have you experienced 'instant gratification' before?

Write down any events that you can recall:

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Flash Card Technique

Step 1: Pull out your new self image set (7 pieces of paper from module 5)

· Find 10 new flash cards.

· Check out some of the examples below.

Step 2: Copy statements onto the flash cards

· Grab a pen (preferably black or blue ink)

· Copy what you have on the 7 areas of life onto 7 flash cards

Step 3: Carry daily & repeat

· Every day, focus on 1 area of life, meaning you need to carry 1 of the 7 cards with you wherever you go.

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Set 1: Use this for the 1st month (first 30 days)

· I **wish** I was the type of person that...

· I **would like** to be the type of person that...

· I **want** to be the type of person that...

· It is **possible** that I could be the type of person that...

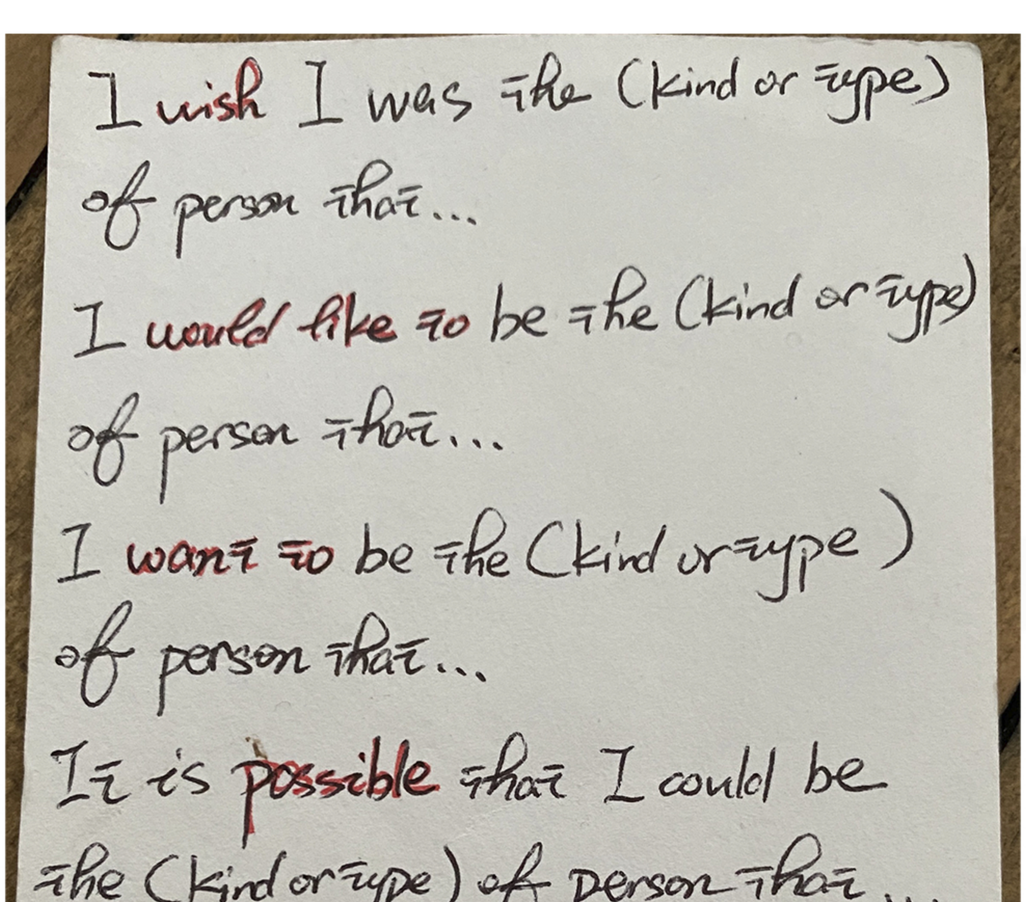
· I **might someday** be the type of person that...

· I give myself **permission** to be the type of person that...

· It is **ok** that I am the type of person that...

*After 30 days, you should feel confident that becoming the type of person you strive for is totally possible.

Flash Card Sample:



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Set 2: Use this for the 2nd month

· I am **in the process** of becoming the type of person that...

· I **command and decree** that I become the type of person that...

· I **will be** the type of person that...

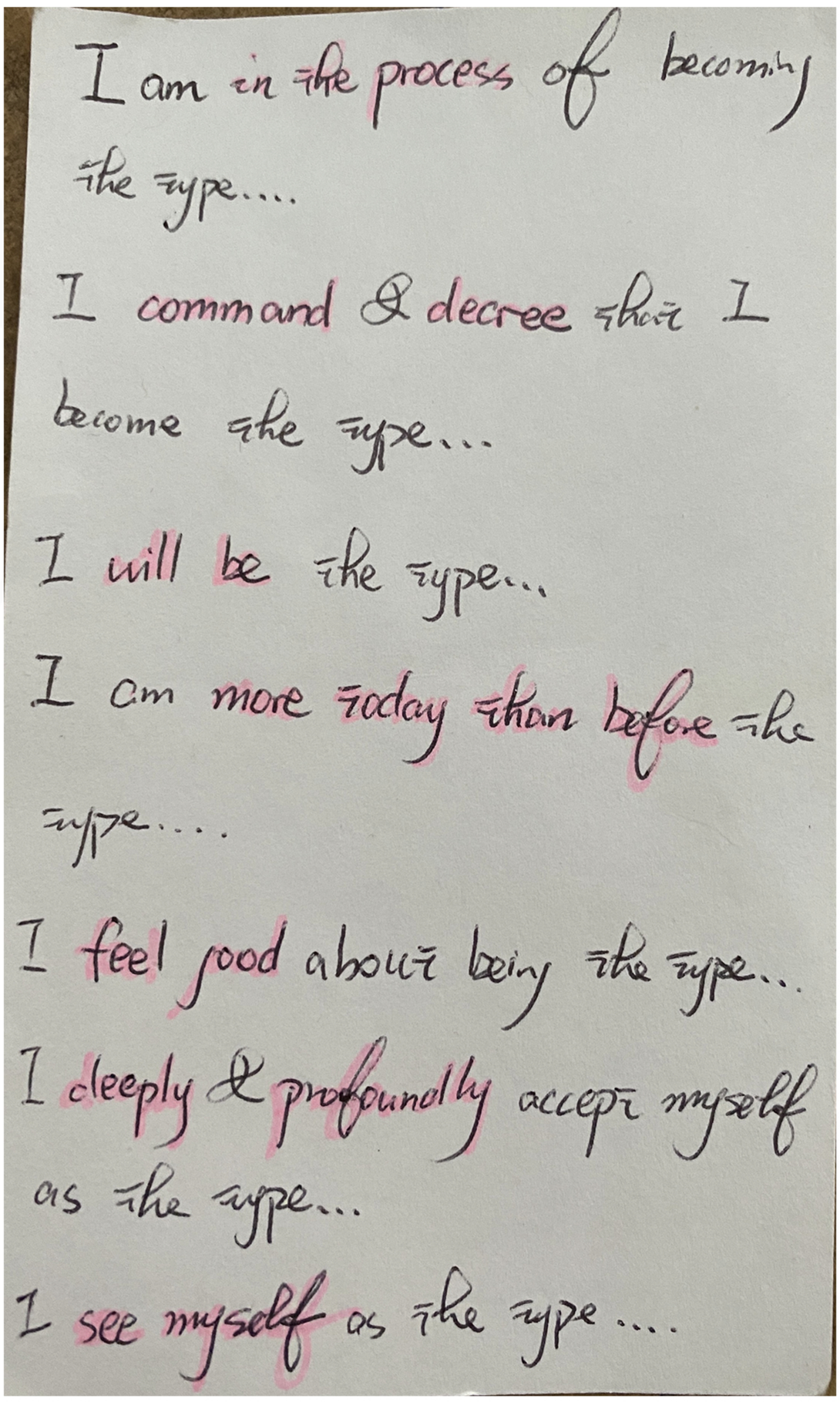
· I am **more today than ever before** the type of person that...

· I **feel good** about being the type of person that...

· I **deeply and profoundly accept** myself as the type of person that...

· I **see** myself as the type of person that...

Flash Card Sample:



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Set 3: Use this for the 3rd month

· I **deserve** to be the type of person that...

· I am **worthy** of being the type of person that...

· I am **willing** to be the type of person that...

· I **choose** to be the type of person that...

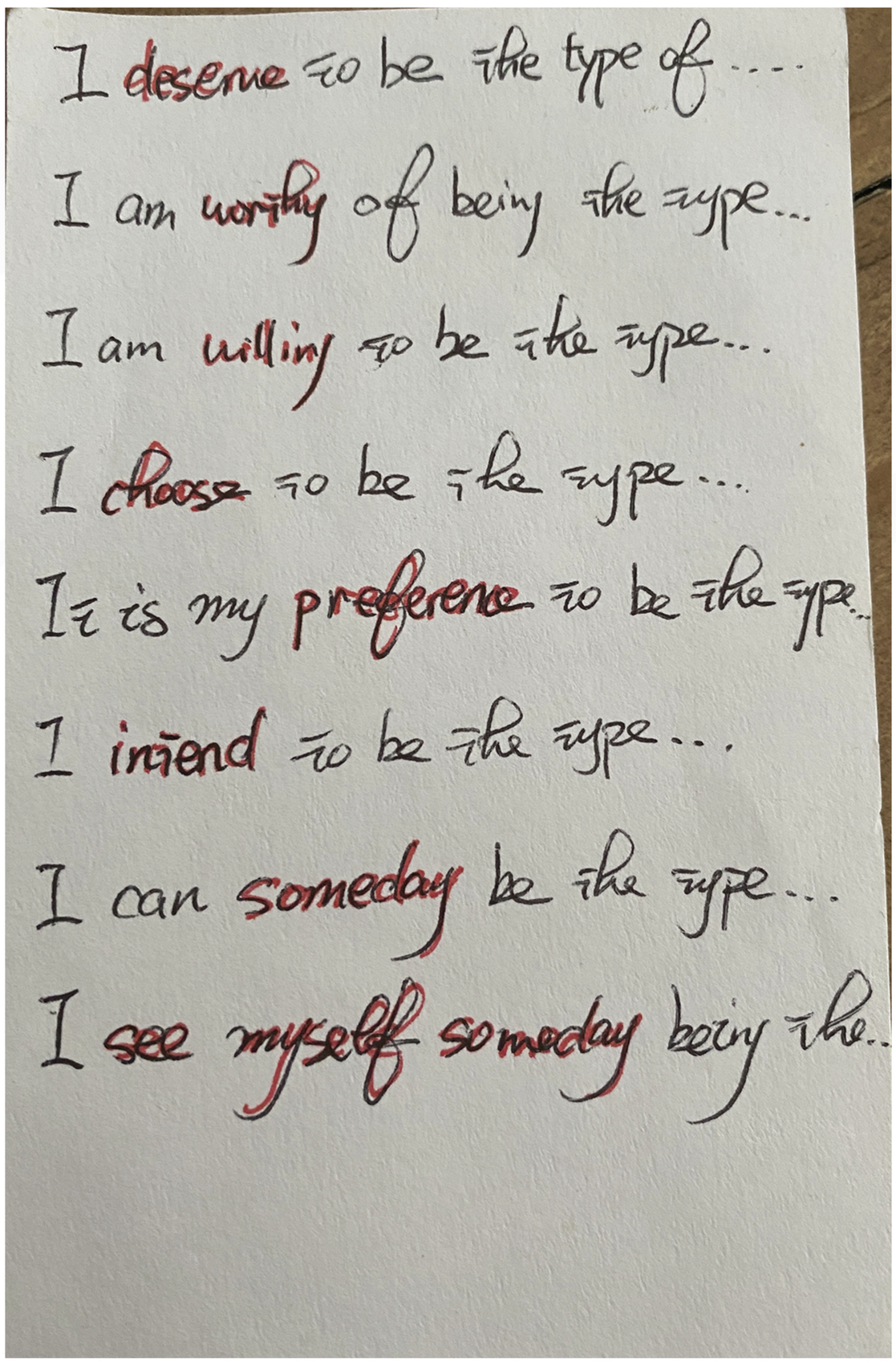
· It is my **preference** to be the type of person that...

· I **intend** to be the type of person that...

· I can **someday** be the type of person that...

· I **see myself someday** being the type of person that...

Flash Card Sample:



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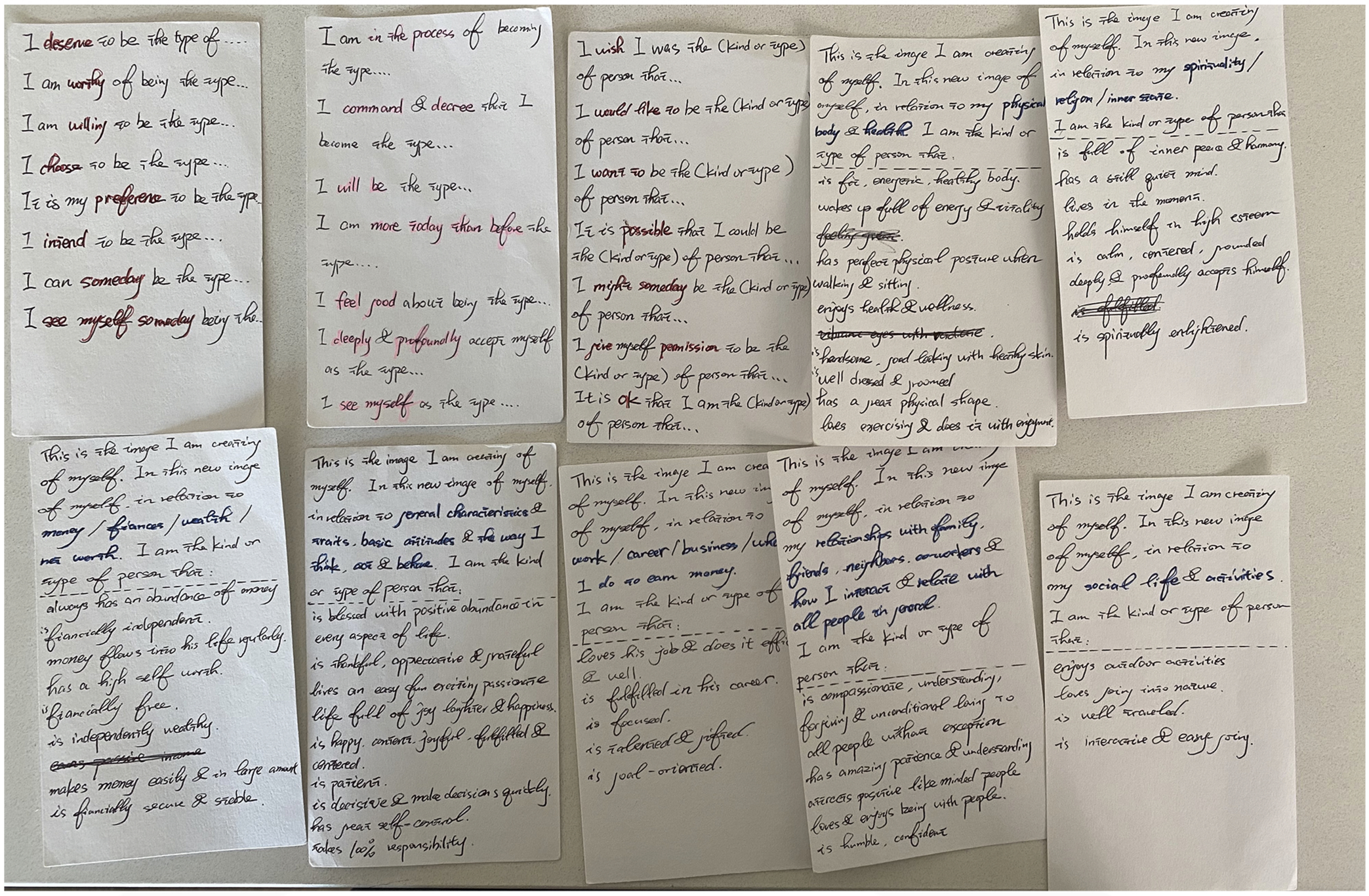
All Flash Cards Sample by Rewired Student:

The first 3 flash cards are the statements.

The remaining 7 flash cards are the 7 areas of life.



Remember the power of words. Make sure you fully understand the words in the affirmations such as “profound”, “command”, “decree”, “permission”, “possible”. You will naturally unleash the power of these affirmations.

After 3 months of practicing this technique, you may slowly transition to the final statement of the affirmation:

“**I AM** *the type of person that...*”

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On a scale of 1 to 10, how do you feel at this current point in time?

(1 being the worst such as low energy or weakened, and 10 being the best such as feeling great, confident, etc.)

My current rating is around: _____.

Time to write down your thoughts and observations! What's your biggest takeaway from this module?

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Module 7: Rewired Momentum Cycle

On a scale of 1 to 10, how do you feel at this current point in time?

(1 being the worst such as low energy or weakened, and 10 being the best such as feeling great, confident, etc.)

My current rating is around: _____.

Again, take a moment and focus on WHY you're feeling this way:

_____

_____

_____

Congratulations for making it this far!

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What does success mean to you? (E.g. Earning 100k/year? Having a family?)

Write your definition of success below:

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Rewired Momentum Cycle Explained

Key Takeaways:

Success – Confidence – Activity – Results

· Success builds confidence.

· Confidence creates activity.

· Activity creates results.

· Results create confidence (cycle repeats)

In life (or trading), you need to set yourself up for success. It's the initial taste of success that creates momentum. Many people (traders) in life use the inverse of the Momentum Cycle.

What thoughts or realizations do you have about the Rewired Momentum Cycle?

Write them down below:

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Current Education System

"I have never let my schooling interfere with my education."

- Mark Twain

Key Takeaways:

· Roughly **85%** of the millionaires in our world do not have a college degree.

· About **3 out of 10 (29.9%)** billionaires around the world do not have a bachelor's degree.

· Have you learned how to make money in school?

· Have you learned how to have a healthy and fit body in school?

· Have you learned how to have a romantic relationship in school?

· Did you learn about self-image or self-awareness in school?

· Did your school teacher teach about focusing on the WHY or focusing on the HOW?

"School doesn't teach you how to live your day-to-day at a high functional level. What people ended up with is the **PROGRAMMING** *that tells you that you can't do what you want to do, because you don't have a certain degree. "*

- Mark Hutchinson

When was the last time you used what you learned in high school?

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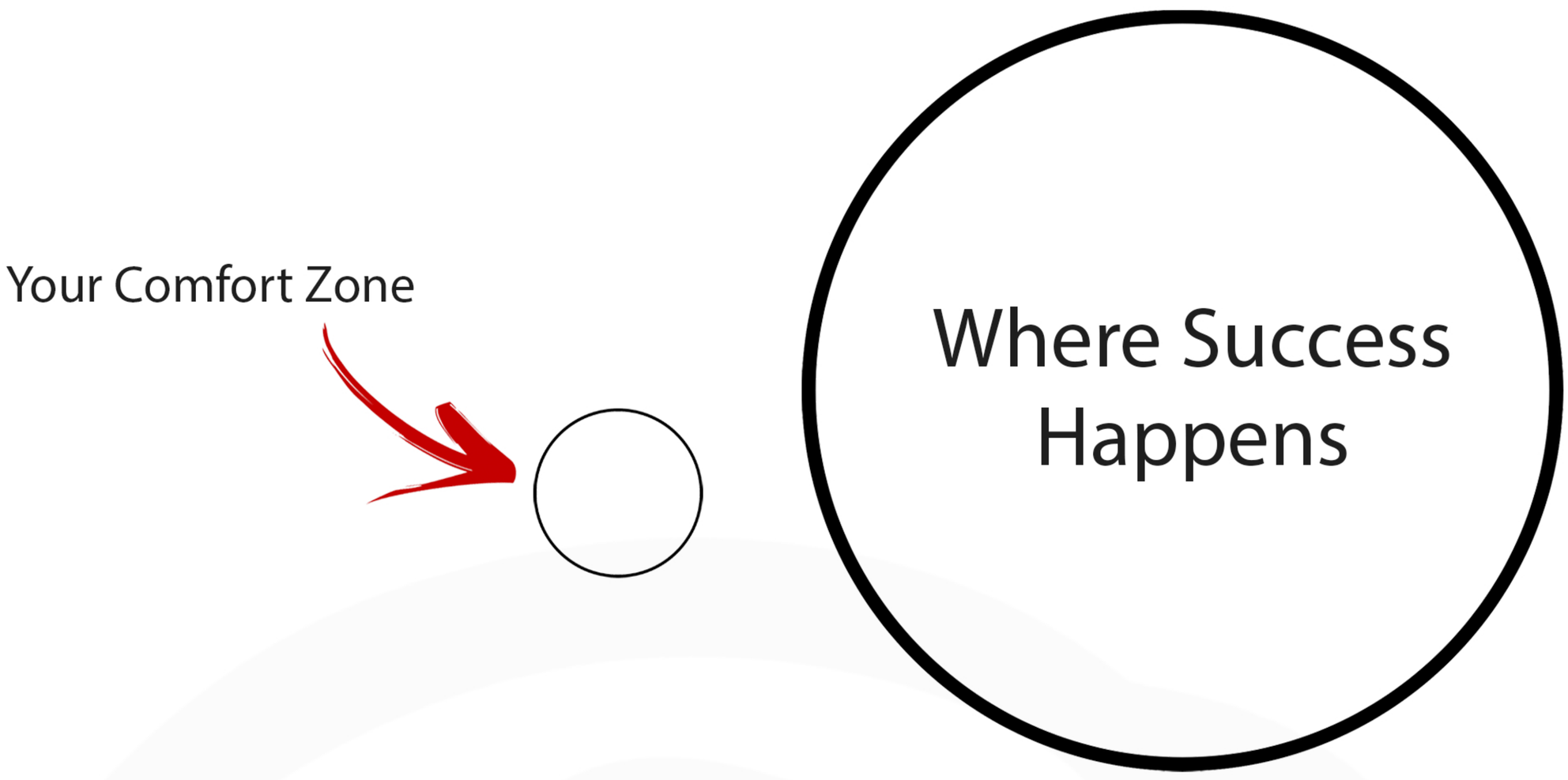
Comfort Zone (CZ)

Key Takeaways:

· Everyone has a comfort zone. Some of them are big, some of them are small.

· All possibilities that lead to successes are out of the Comfort Zone (CZ).

· Your CZ either holds you back or expands with power and opportunity.



· The wall (or circle) of your comfort zone is called the Defining Boundary (DB).

· At the Defining Boundary (DB) in your life, you either step forwards in power or you step backwards into fear. When they're given the opportunity, most people step backwards into fear and run back into their comfort zone.

· The comfort zone is the most dangerous place to be because you're never setting records in the comfort zone. You're only repeating what you've already done.

· The greatest risk in our world today is taking no risk at all, which is what occurs in your comfort zone.

· After your CZ gets expanded, the new circle becomes your CZ.

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Comfort Zone (Continued)

Key Takeaways:

· You need to learn how to be comfortable being uncomfortable (Remember, if you're not growing, you're dying).

· All successes and magical things happen out of your CZ (That's where the magic happens).

· The "Conscious Trader" must constantly look at their boundaries, first defining them, then thinking of how to expand them.

From here on out, when life opportunities present themselves to you, are you going to stay in your comfort zone or break out of your comfort zone?

Write your answer below:

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Traits of Successful People

· **Willing to learn**: Warren Buffett spends around 80% of his day reading.

· **Patient**: patient on the macro and aggressive on the micro.

· **Disciplined**: successful traders have a high sense of discipline. They do not deviate from their plan.

· **Willpower**: it takes a great amount of willpower to unwire and rewire.

· **Motivated**: many successful traders are self-motivated.

· **Brave**: you have to be brave and fearless in order to achieve goals in life.

· **Consistent**: how you do one thing is how you do everything. Consistency is a state of mind.

· **Confident**: your confidence level has a lot to do with how you make decisions.

· **Belief**: successful people (or traders) believe in themselves. They don't need outside circumstances to validate their beliefs.

· **Willing to change**: your willingness to change is as important as your willingness to learn. No matter how much you learn, if your willingness to change is low, you won't be able to have a breakthrough moment.

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Characteristics of Successful People

· Successful people are willing to do what other people are not willing to do.

· Successful people don't look for shortcuts, nor do they hope for the "big break".

· Successful people never blame circumstances or other people; instead, they take full responsibility for their lives.

· Successful people practice the daily disciplines that will take them to their goals.

· Successful people focus on having a positive outlook.

· Successful people read at least ten pages of a powerful, transformational book or listen to at least fifteen minutes of educational and inspirational audio every day.

· Successful people work on their philosophy first, because they know it is the source of their attitudes, actions, results, and the quality of their lives.

· Successful people understand that they can increase their success by doubling their rate of failure.

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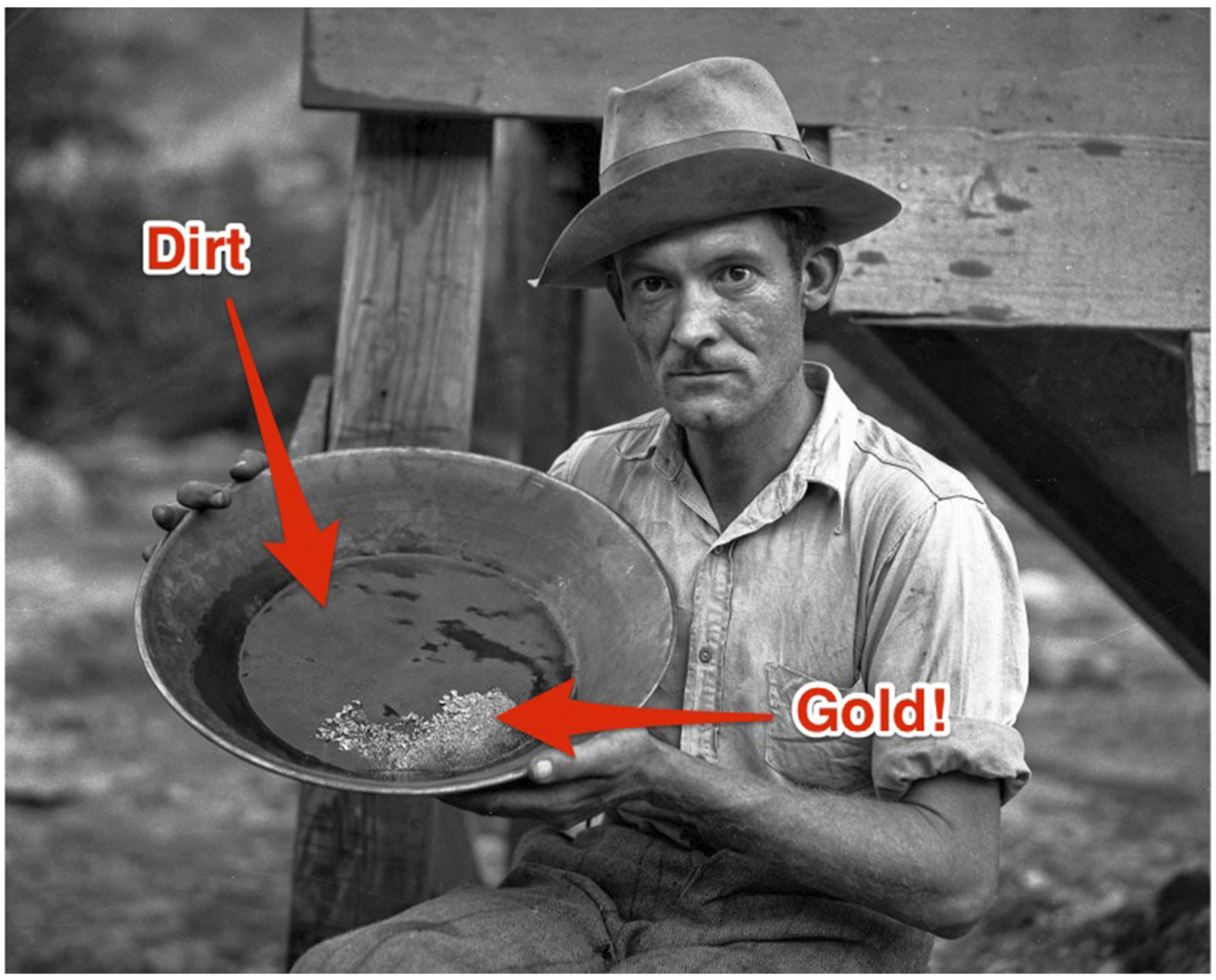
Gold vs Dirt



Back in the Gold Rush era, people had to move tons of dirt in order to find gold. Meanwhile, they never focused on the dirt. They always focused on finding the gold. The same rule applies in life. It's easy to find 'dirt' in situations and people, so you need to train your ability to focus on the 'gold' in every situation, event, person and circumstance.

"Where attention goes, energy flows."

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Congratulations! You have completed the entire core training of the Rewired audio program.

On a scale of 1 to 10, how do you feel at this current point in time? (1 being the worst such as low energy or weakened, and 10 being the best such as feeling great, confident, etc.)

My current rating is around: _____.

Time to write down your thoughts and observations. What's your biggest takeaway from this module?

_____

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Life Menu

- *confident*
- *easy-going*
- *makes 6 figures a year in the markets*
- *reads one trading related book every month*
- *gets things done*
- *makes things happen*
- *has $10,000/month positive cashflow*
- *relaxed and at ease*
- *attracts positive things, people and events*
- *handles situations with ease*
- *keeps total account exposure at or below 1% at any given time*
- *risks a maximum of 1% per trade*
- *in control*
- *has character*
- *finds the good in people and all situations*
- *willing to learn*
- *willing to change*

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- *willing to grow and adapt*
- *multitalented*
- *lives life to the fullest*
- *enjoys the freedom, abundance in trading the markets*
- *happy, full of joy and passion*
- *follows through on commitments*
- *always excited about learning new things*
- *keeps his or her word*
- *honest, ethical and trustworthy*
- *extremely grateful for all profitable trades*
- *even-tempered*
- *has great self-control*
- *always lucky and fortunate*
- *healthy, strong and muscular*
- *happy, fulfilled and joyful*
- *has a still and quiet mind*
- *calm and centered*
- *soft-spoken*
- *is a successful, consistent profitable trader*
- *respectful, pleasant, kind and generous*

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- *practices proper risk management*
- *lives in the moment*
- *everything always turns out perfect*
- *emotionally detached from profits or losses*
- *always lets trading opportunities present themselves*
- *lives an easy, fun, exciting, passionate life full of joy, laughter and happiness*
- *happy to take profit*
- *always invests in trading and education*
- *laughs and smiles a lot*
- *has a great sense of humour (*how do you define 'sense of humour'?)*
- *lives life to the fullest*
- *loves life*
- *objectively defines the edge in the markets*
- *is a world-class person*
- *enlightened*
- *spiritual*
- *focused*
- *easily lets things go*

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- *a magnificent creator*
- *blessed with positive abundance in every aspect of life*
- *believes in his or her trading strategy*
- *things always work out perfectly at the perfect time*
- *all needs are always met*
- *committed to doing whatever it takes to succeed*
- *always finishes what he or she started*
- *takes full responsibility in life*
- *well-behaved, good-mannered, polite, courteous*
- *keeps a journal for all trades*
- *detail-oriented*
- *dreams big*
- *big thinker*
- *comfortable with self*
- *relaxed and at ease while trading*
- *loves and feels good about himself or herself*
- *decisive and makes decisions quickly*
- *is clear about his or her vision*

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- *lives her or his dreams to the fullest*
- *spends time wisely and meaningfully*
- *always gets what he or she wants*

  (how do you define this?)
- *stress-free (do you want to focus on 'stress'?)*
- *gets his or her points across*
- *fully accepts mistakes and failures*
- *energetic and enthusiastic*
- *flexible*
- *says only positive things about people & events*
- *has unlimited resources in every aspect of life*
- *is mindful and present*
- *deeply & profoundly loves and accepts self*
- *loves and enjoys being with people*
- *has a big network*
- *handles stressful situations well (this might attract more 'stressful situations'!)*
- *free from any attachment to money*
- *consistently makes profits in trading*
- *is compassionate, understanding, forgiving*
- *unconditionally loves all people*

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- *loves and adores his or her body*
- *takes full responsibility for his or her actions*
- *feels good with his or her body*
- *overcomes adversity with ease (this might attract more adversity to overcome!)*
- *takes objective approach to the markets*
- *keeps busy all the time (do you want to be busy all the time?)*
- *achieves things peacefully*
- *is a winner and loves to win (do you want more competitions in life?)*
- *sticks to trading plan*
- *willing to shift mindset*
- *is a foodie who loves to cook and enjoys eating*
- *loves gardening and being in nature*
- *is musical*
- *is always inspired and inspiring others*
- *very artistic and creative*
- *allows himself or herself to feel the full range of human emotions*
- *lives an amazingly abundant luxurious lifestyle*

MoneterTools.com

· *supremely confident yet humble*

· *never gives up (do you want to focus on "giving up"?)*

· *understands trading is a game of probabilities*

· *has amazing patience and understanding*

· *is surrounded by amazing people*

· *has confidence in trading strategies*

· *is always inspired and inspiring to others*

· *radiates positive energy*

· *always deals with integrity and truth*

· *is attached to nothing, open to everything*

· *is detached from people or things or outcomes*

· *has an aura of love and bliss*

· *heals himself or herself emotionally*

· *makes people feel good*

· *likable and lovable*

· *has a well-proportioned body*

· *chooses trading for long term gain*

· *always rational in the markets*

· *has flexible, healthy body*

MoreInterTools.com

- *carries himself or herself well with confidence and optimism*
- *easily achieves his or her trading goals*
- *has a lean, trim, gorgeous body*
- *handsome (or beautiful) with smooth skin*
- *healthy and vibrant*
- *has a vibrant, vigorous and energetic body*
- *naturally in tune with the markets*
- *feels supreme bliss at all times*
- *deep thinker*
- *can sense the right time to take action*
- *a smart forex trader*
- *has deep knowledge about the forex market*
- *well-read*
- *believes in his or her ability to be a successful FX trader*
- *passion-driven*
- *voracious reader*
- *is athletic and super fit*
- *willing to expand forex knowledge*

MoverterTools.com

- *has a great memory*
- *a great dancer*
- *a great singer*
- *learns things quickly and easily*
- *stays focused and determined no matter what*
- *is excellent with languages*
- *has perfect physical posture when walking and sitting*
- *trusts intuition when making trading-related decisions*
- *has a high self-worth*
- *holds himself or herself in high esteem*
- *makes everyone feel at home*
- *loves to swim*
- *brings joy wherever he or she goes*
- *loves forex trading*
- *forex trading comes naturally*
- *loves his or her job and does it efficiently*
- *has a song in his or her heart*
- *is fulfilled in his or her trading career*
- *brings out the best in people*

MeanderTools.com

- *loves to play and have fun*
- *money flows into his or her life regularly*
- *quick learner and gets things easily*
- *looked up to and admired*
- *highly focused and aware when making trades*
- *sleeps well*
- *always looks rested, refreshed, alive and alert*
- *has amazing power of concentration and focus*
- *wakes up full of energy and vitality*
- *feels great*
- *has 6-pack abs*
- *has a firm grasp on the market*
- *has a bulletproof mindset*
- *wakes up rejuvenated and feeling great*
- *feels good being in her or his body*
- *enjoys health and wellness*
- *good-looking*
- *is playful and spontaneous*
- *knows when to act and when to wait patiently*
- *independently wealthy*
- *financially free*

MoverterTools.com

- *makes money easily and in large amounts*
- *has multiple sources of income coming in on a regular basis*
- *maintains a trading journal*
- *believes in himself or herself*
- *is spiritually enlightened*
- *is internally free and liberated on all levels and all dimensions*
- *financially independent*
- *is financially secure and stable*
- *debt free (do you want to focus on 'debt'?)*
- *all bills are always paid in full*
- *has inner peace*
- *uplifts all those around him or her*
- *attracts positive like-minded people*
- *is friendly and charming*
- *goal-oriented*
- *well-dressed and groomed*