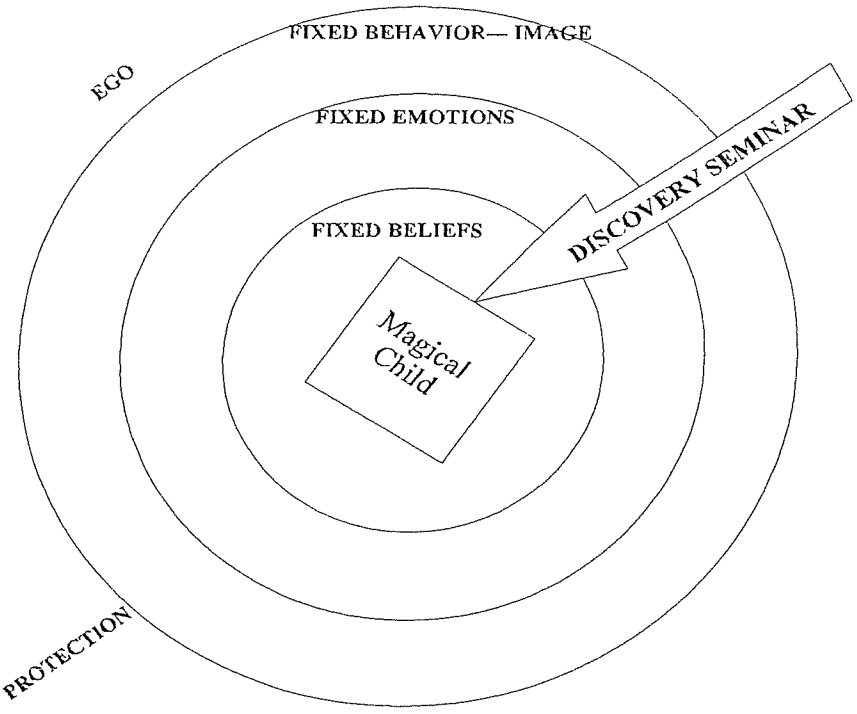
PREMIER EDUCATIONAL SEMINARS

DISCOVERY

A dynamic and innovative seminar for
Premier Educational Systems
created by Resource Realizations

LAYERS OF FIXEDNESS

Notes



RIGHT= MY BELIEFS WRONG = ANYTHING NOT MATCHING

What are some of your self limiting/ self enhancing fixed beliefs?

What fixed emotions do you deny and avoid?

What fixed behaviors keep you stuck in your image?

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Notes



WHAT YOU CREATE IN DISCOVERY IS A "MIRROR" OF WHAT YOU CREATE IN YOUR LIFE

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SELF LIMITING BELIEFS

Notes

I'M NOT	I AM
GOOD ENOUGH	BAD
LOVEABLE	AT FAULT
SMART	TROUBLE
RESPONSIBLE	A MESS
AS GOOD AS	TERRIBLE
WANTED	LOUD
OK TO BE ME	OBNOXIOUS
BRIGHT	WRONG
GOOD LOOKING	STUPID
IMPORTANT	UGLY
STRONG	DIRTY
PRETTY	UNWORTHY
THIN ENOUGH	UNLOVABLE
WORTHY	LAZY
ETC.... ..	ETC..... .

THE PURPOSE OF EDUCATION IS TO UNSETTLE THE MIND

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RIGHT/WRONG

Notes

RIGHT	WRONG
SMUG	HELPLESS
SUPERIOR	JUDGED
ACCEPTED	WEAK
POWERFUL	REJECTED
CONFIDENT	HEAVY
WINNER	LOSER

BOTH BLOCK OPPORTUNITY TO LEARN AND GROW
LIMITS RISKING AND CREATIVE CHOICE
WE TELL GREAT STORIES TO BE RIGHT

BASED ON YOUR RESULTS YOU HAVE EXACTLY WHAT YOU INTENDED

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WORKING/ NOT WORKING

Notes

WORKING DEFINITION:
I am producing the results,
experiences, relationships, and quality of life
that enhances my life and life around me.

NOT WORKING DEFINITION
I am not producing the results, experiences,
relationships, and quality of life
that enhances my life and life around me.

BOTH CREATE AN OPPORTUNITY TO LEARN AND GROW
BOTH INCREASE WILLINGNESS TO MAKE NEW CHOICES
AND RISK QUALITY OF LIFE =
LONG TERM PLEASURE/SHORT TERM PAIN

THAT WHICH IS
NOT
ACTED UPON
IS NOT LEARNED

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WAYS TO PARTICIPATE

Notes

WAYS TO AVOID

SLEEP	PROCRASTINATE	PLAY DUMB
LIE	LEAVE	SPACE OUT
TIRED	SICK	CONFUSION
ANGER	BATHROOM	IMAGE
BLAME	DAYDREAM	WORK
STORIES	DRUGS	COOL
READ	"I DON'T CARE"	IMAGE
REBEL	"I DON'T KNOW"	DRINKING

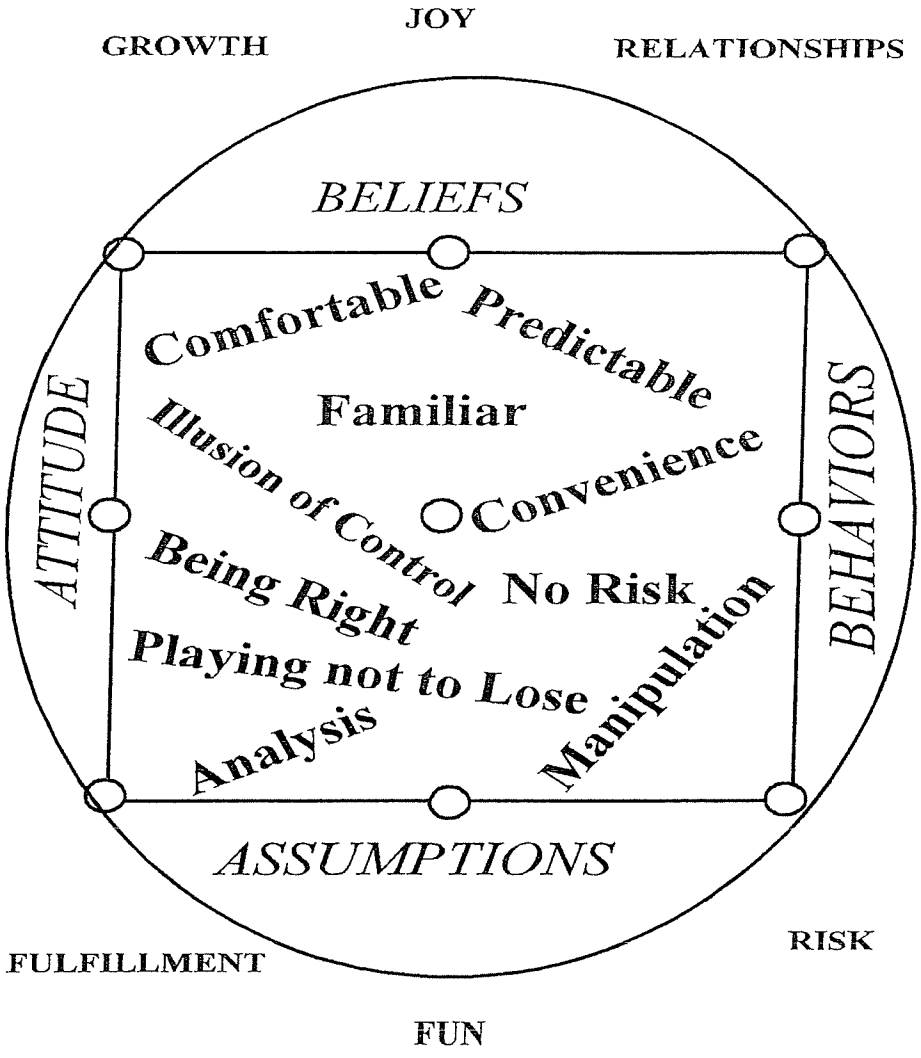
WAYS TO CREATE VALUE

HONESTY	WILLINGNESS TO RISK
DIRECT	BE VISIBLE
WHOLE TRUTH	CHALLENGE SELF
FEEDBACK	LISTEN

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COMFORT ZONE

Notes



GROWTH CAN ONLY HAPPEN WHEN YOU ARE UNCOMFORTABLE

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TEEN SEMINAR GROUND RULES

1. Maintain absolute confidentiality of other students' expressions and experiences. What goes on in this room stays in this room.

2. Be on time. Be seated by the time the music ends.

3. Use no consciousness altering agents or chemicals in or outside the training unless prescribed by a physician. Follow your doctor's or nurse's orders.

4. Remain in the training room except for breaks. In case of a physiological emergency, create agreement with the team captain to leave the room.

5. Ask questions, talk or share when acknowledged by the facilitator during designated sharing periods. No side talking. (When acknowledged, stand and share. When receiving or delivery feedback, please stand.)

6. Wear your name tag in a visible location at all times in the training room. Turn in your name tag when so designated. Do not write on your name tag.

7. No recording or note taking in the training room, unless otherwise instructed by the facilitator.

8. Do not disclose or discuss the processes of the training with anyone who has not graduated the DISCOVERY training.

9. Sit next to someone new after every break.

10. Do not eat, chew gum, or drink beverages while in the training room.

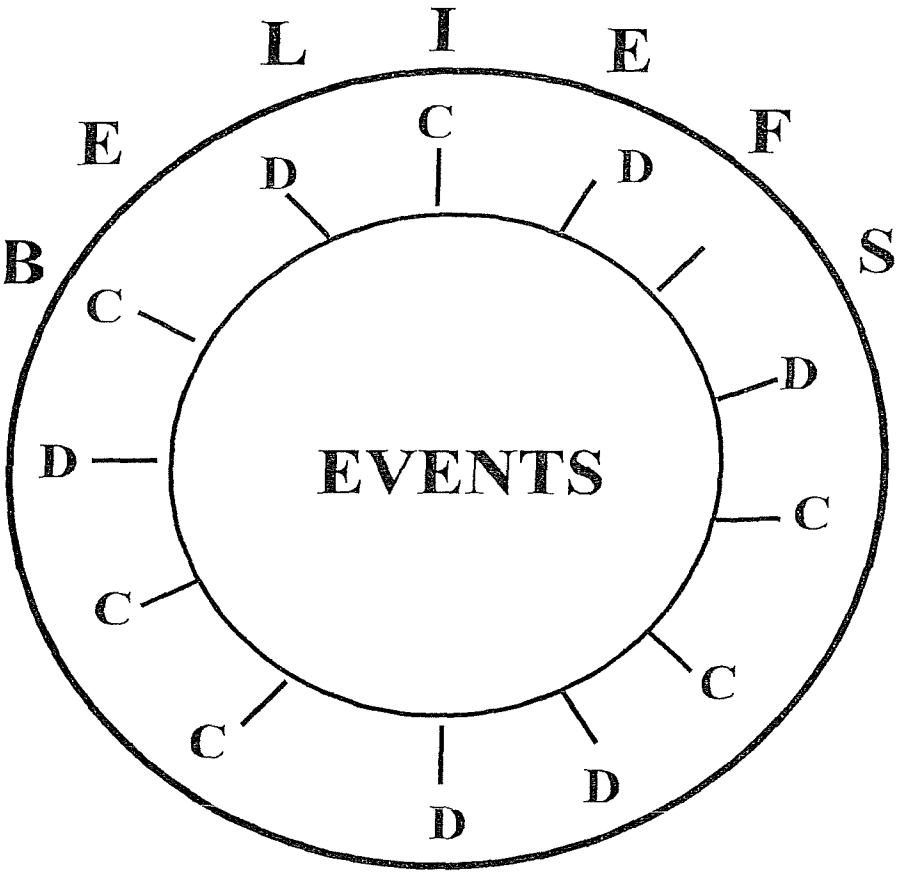
11. Complete the training.

12. You are to keep all current ground rules of your facility. Any major infractions of these ground rules may result in being asked to leave the training.

13. Follow the instructions of the facilitator.

EVENTS–DECISIONS

Notes



C = CHOICES **D = DECISIONS**

THERE ARE NO ACCIDENTS

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GRUNGIES/ PAYOFFS

Notes

GRUNGIES

ANGER	TIRED	SAD
HATE	RESENTMENT	CONFUSED
LONELY	HEAVY	JEALOUS
JUDGMENTAL	DEPRESSION	INADEQUATE
GUILT	REBEL	PITIFUL

PAYOFFS

CONTROL	COMFORT ZONE
MY WAY	MANIPULATE
SYMPATHY	RIGHT
NOT RISK	INACTION
ATTENTION	LEVERAGE

EXCUSE NOT TO

RISK BE HONEST BE VULNERABLE

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VICTIM/ACCOUNTABLE

Notes

VICTIM

BAD	OUT OF CONTROL	ANGRY
HURT	DEPRESSED	INADEQUATE
GUILTY	SAD	SICK
LONELY	TIRED	RESENTFUL
POWERLESS	JEALOUS	HEAVY
CONFUSED	BLAME	STRESS
UNHAPPY	LESS THAN	HOSTILE
FEARFUL	DEJECTED	WEAK

ACCOUNTABLE

POWERFUL	HAPPY	ADEQUATE
SMART	POSITIVE	LEARN
RISKY	IN CONTROL	DIRECTION
PURPOSE	FREEDOM	JOY
CONSCIOUS	DIRECT	HONEST
GROWING	IN CHARGE	FOCUSED
DELIBERATE	OKAY	SUCCESSFUL
EXCITED	SELF-RESPECT	GROWTH

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ACCOUNTABILITY FORMULA

STOP — This is about becoming neutral and observing the event as if I am outside it. Look at the event as if watching a video camera Stop, take a deep breath. Break the old pattern, slow down, become quiet STOP before behaving in that same old automatic way

LOOK — Look is about my internal state of being First I notice how I'm feeling My feelings will allow me to see the interpretations I am making about the situation. In other words, what are my beliefs, attitudes, and assumptions regarding this event? Is there a pattern to these feelings and my reactions? Are these patterns driving my behavior? When and where did these patterns begin?

CHOOSE — Choose is about being responsible in the moment of now Make a conscious choice to Respond and decide what I want to create now, rather than React and go straight into autopilot behavior. Based on my "looking," what choices or changes do I need to make in order to create what I want?

VOTE — Declare to the universe that which I have chosen. Commit myself to what I declare. Accountable people declare in order to draw strength and support from the universe around them

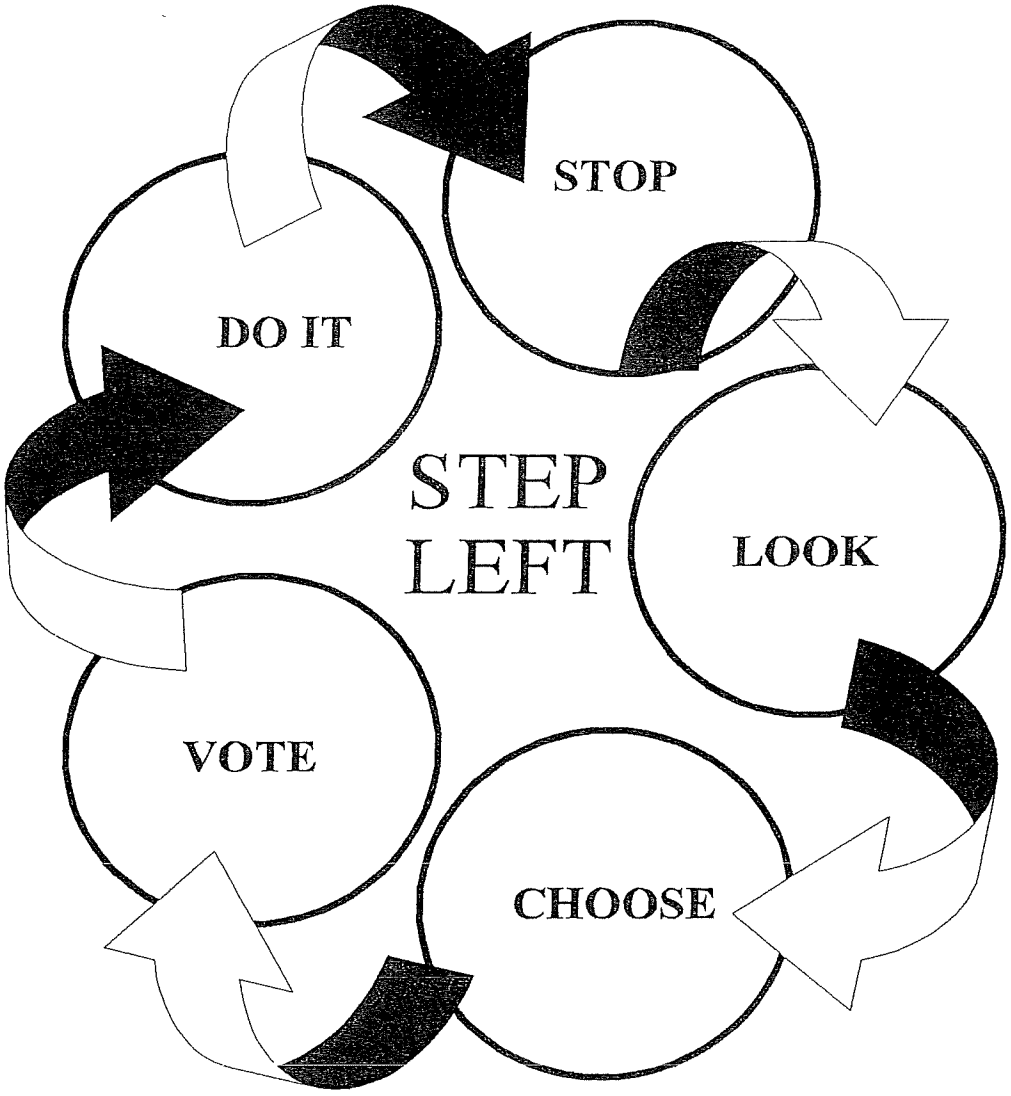
DO IT — Take massive action now. Stay committed Put my heart and energy into it Practice, practice, practice

STEP LEFT — See each new event as an opportunity to learn and choose out of my commitment to personal growth In doing so, I acknowledge that I am responsible for my life and that I have the power to create new opportunities.

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ACCOUNTABILITY

Notes



STOP
LOOK
CHOOSE
VOTE
DO IT!
STEP LEFT

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INTENTION VS. MECHANISM

Notes

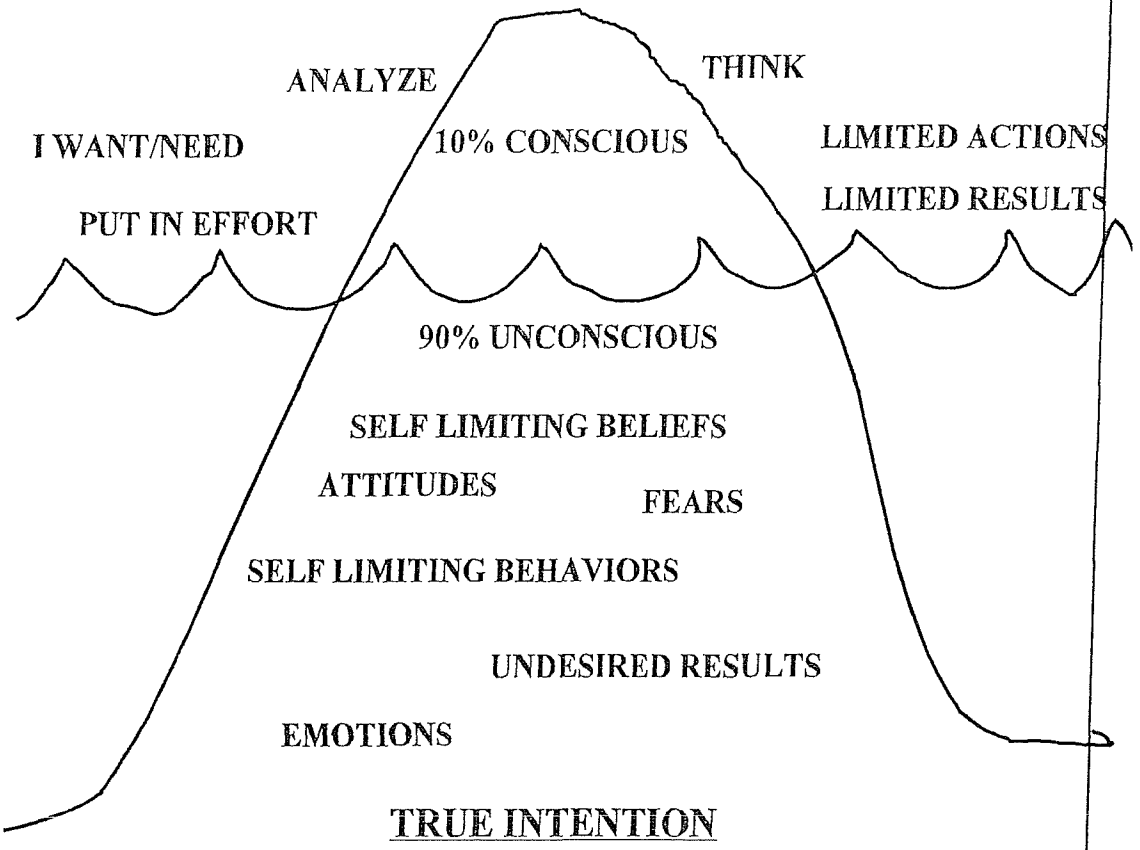
INTENTION	MECHANISM
100%	0% HOW TO
PURPOSE (WHY)	EASY WAY
INTERNAL COMMITMENT	RIGHT WAY
VISION (WHAT)	PERFECT WAY
ENERGY	LOGICAL WAY
COMMITMENT	PLAY IT SAFE WAY
	MY WAY
RESULTS/REAL ME	*STORY/ IMAGE*

ARGUE FOR YOUR LIMITATIONS AND THEY ARE YOURS

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ICEBERG

Notes



BASED ON RESULTS YOU HAVE WHAT YOU INTENDED

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AGREEMENTS

Notes

PRICES FOR BREAKING AGREEMENTS	REWARDS FOR KEEPING AGREEMENTS
LOSE TRUST WITH OTHERS	GAIN TRUST WITH OTHERS
DECREASE SELF WORTH	INCREASE SELF WORTH
DECREASE SELF TRUST	INCREASE SELF TRUST
LOSE ENERGY	CREATE ENERGY
LOSE FOCUS	MAINTAIN FOCUS
LOSE RESULTS	ACHIEVE RESULTS
FORFEIT INTEGRITY	PRESERVE INTEGRITY
LOW POTENTIAL FOR RELATIONSHIPS	HIGH POTENTIAL FOR RELATIONSHIPS

THERE ARE NO LARGE OR SMALL AGREEMENTS

ONLY LARGE AND SMALL CONSEQUENCES

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THE SONG

Notes

What was your initial reaction to doing the Song?

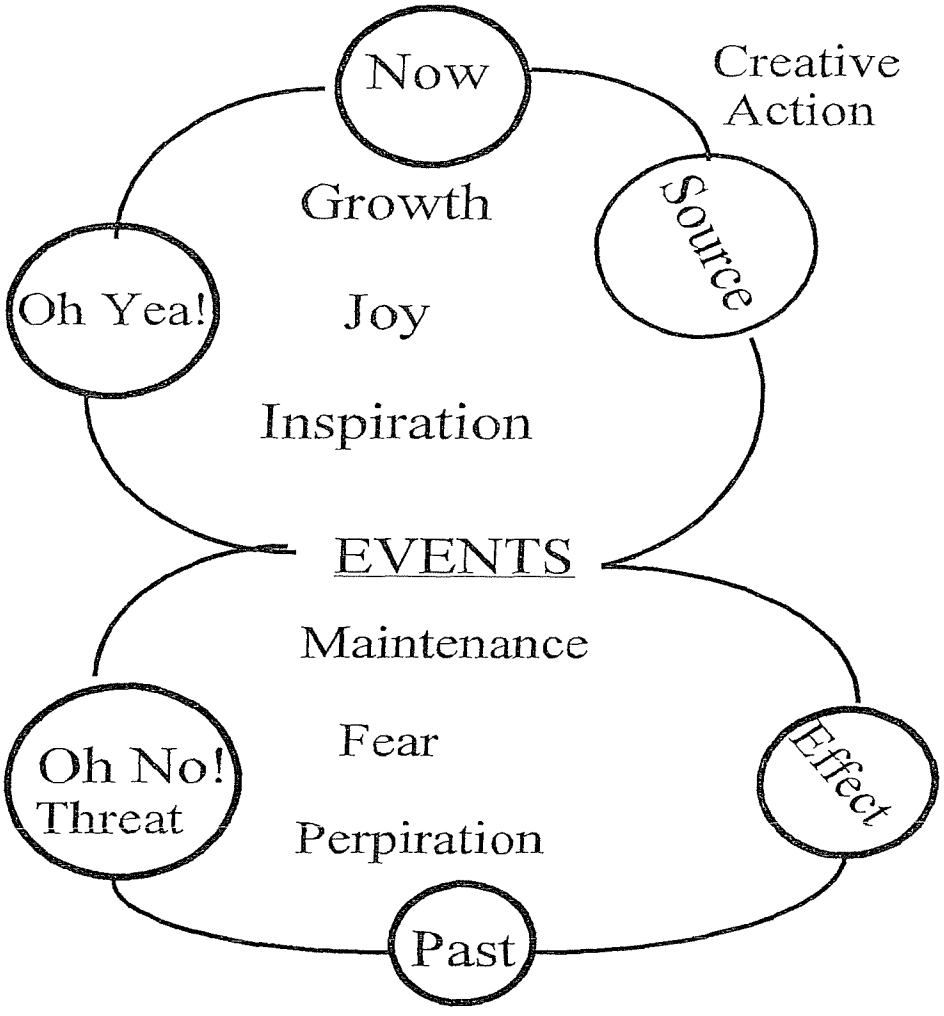
Using the Accountability Formula, what choices did you make and what were the underlying beliefs which drove these choices?

What did you learn about yourself and creating something new? How does your experience of yourself in the song show up in your family?

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GROWTH/MAINTENANCE

Notes



GROW

OR

MAINTAIN YOUR FEAR
MAINTAIN YOUR OLD RESULTS

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