



## Tony Robbins

### Notes from Unleash the Power Within & Date with Destiny Seminars

#### The Big Ideas

##### Six Human Needs

What drives your life?

##### Your Primary Question

What is it?

##### Good Judgment

Fail forward to get it.

##### Where's Your Focus

Pay attention.

##### Horror Movies

Go to a new movie.

##### Doing Depression

Quit doing it. Now!

##### Rearview Mirrors

Quit looking backwards.

##### Your Body Doesn't Lie

Applied Kinesiology.

##### Quality Questions

Ask good questions.

##### Shoulding on Yourself

It's stinky. Stop it. Please.

##### Laugh

Why wait?

##### Confusion

Celebrate it.

... And a LOT more!

"Who will you have to become to achieve all you want?" ~ Tony Robbins

Tony Robbins is part philosopher, part comedian and part rock star. At least that's my conclusion after attending his *Unleash the Power Within* and *Date with Destiny* seminars.

He's seriously one of the funniest guys I've heard and is INCREDIBLY good at what he does. I filled up an entire notebook during my *Date with Destiny* week-long event and have captured over 20 of my favorite "Big Ideas" from this event as well as the weekend workshop *Unleash the Fire Within* (you know, the one where you walk on fire :).

Let's jump right in with the Six Human Needs and then check some of my absolute favorite lessons (Your Primary Question is one of the most powerful things I've ever learned)!

#### ■ Six Human Needs

Tony likes to say we have six fundamental needs. The needs for 1. **Consistency**; 2. **Inconsistency**; 3. **Significance**; 4. **Connection/Love**; 5. **Growth**; 6. **Contribution**.

Now, all of these needs are present and important. The question that'll shape our destiny is, which are our top needs?!?

Is it **Consistency**? If this runs the show, we're afraid of change and can't dare to take a new step. Is it **Inconsistency**? If so, we need to always be at the edge and can't relax. Is it **Significance**? If so, we've gotta look good at all times and impress the world. Is it **Connection/Love**? If so, we need to feel connected and loved above all else and may sacrifice our authentic selves if turned up too high. Is it **Growth**? If so, we need to feel the sense of expansion and evolution into our highest selves. Is it **Contribution**? If so, we need to feel that we're giving our greatest gifts in the greatest service to the world.

Again, we want to work with and master all of these, but what's running your show these days? In your most freaked out moments? In your highest moments? The ideal two or three to lead the show? Growth, Contribution and Love. Lead with those and then the rest will flow...

#### ■ Your Primary Question

Tony teaches that we all have a primary question we ask ourselves whenever we're under stress. And it's not nice. Can you think of a question that has gone through your brain