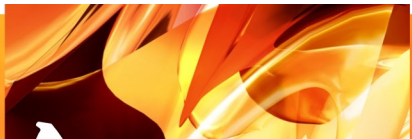


**Discover the 3 Proven Brain Secrets to
Eliminate Stress, Anxiety and Overwhelm...**
Maximize Your Success and Enjoy the Journey!

Secret #3 – The Answer to Why You Get Stuck!

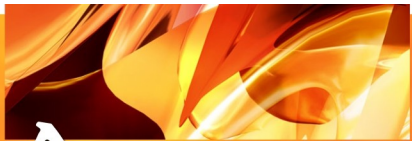
Leanna Fredrich
AmazingMondays.com



AMAZING MONDAYS

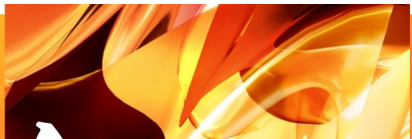
What is Today's Secret?

- Psycho-Cybernetic Mechanism (PCM)
- The Comfort Thermostat in your brain.



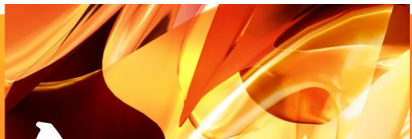
What Dictates Your Comfort Zone?

- Beliefs system.
- Stored in subconscious.
- Gathered before age of 6.



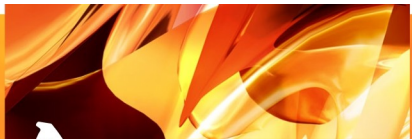
Example

- Amy Winehouse.
- Belief: “Not worthy of success.”
- Psycho-Cybernetic Mechanism causes constant discomfort.
- Numb discomfort and anxiety by addictions.
- Rather die than live in dissonance to beliefs.



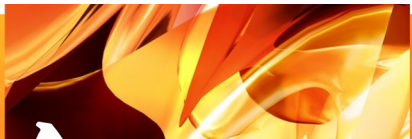
How does the PCM work?

- Job is to keep us in our comfort zone.
- Comfort = Safety
- Stops us from growing & moving forward.
- Causes self-sabotage.
- Extreme: Self destruction



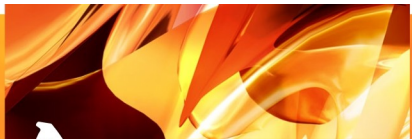
How Does the PCM Help Us?

- Keeps unsafe risk-taking in check.
- Maintains comfortable stress level.
- Corrects “off-course” behavior.



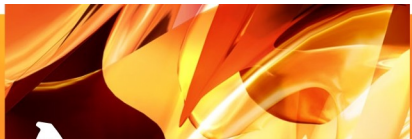
How Can We Make Our PCM Work For Us?

- Identify limiting beliefs.
- Work on changing them.
- Keep taking action.
- Expand your comfort zone!



Benefits of Expanding Your PCM

- More freedom in life.
- Ability to create and have more—automatically.
- Get unstuck and move forward.



Next Steps...

- Finish homework from Day #1
- Email homework to:
leanna@AmazingMondays.com
- Schedule your *free 30-minute* Strategy Session

