

How to stick with ME!



I want you to know how serious I am about helping you be successful!

Before I start teaching you everything I know, I have to address the HUGE BARRIER that would cause you to stop opening my e-mails and not allow me to teach or help you at all!

This is why 90% of really good self-help books never get read beyond the first chapter!

This barrier is your brain!

Yep, your brain and mine LOVE routine and LOVES to pay attention to things that give immediate rewards or punishments. Meaning your brain focuses on the NOW, not the what could be future. The future could be **totally incredible** if you just get in the routine of opening my e-mails, watching my videos and following my simple instructions. Seems so simple! Why not commit to this and get the future reward?

But your brain doesn't care about a future reward! It cares about problems and things going on right now!

So how do you train your brain to WANT to open my e-mails, watch my videos and learn from me so as to get the awesome future you really, really want?

First, I'm going to do my BEST to be so compelling, interesting and attractive that you just MUST open my e-mails, but even that might not be enough! ☺ So here are a few VERY IMPORTANT tips to establish ME as a routine in your life!

Trick #1: Establish a time for ME!

This is more than a trick, it's so important I would call it a requirement! When you establish a time for only your self-improvement, you'll do it. Morning is a great time because your brain is refreshed and will learn a whole lot better than at the end of the day when you've got a dozen things on your mind! Yes, getting up early will be a bit of work for a few days until your body gets used to the new schedule. When you're not viewing my stuff, you can use this time to read the other books and videos I will suggest. Make this your YOU-TIME!! **I can't emphasize enough how important this is for your success!!! PLEASE, PLEASE DO THIS!!**

Trick #2: Write me on your to-do list

Seems too simple that just by writing “watch Dave’s video, do assignment” on a list, your brain now has an immediate “task” that it WANTS TO COMPLETE and thus get the reward of its completion! Don’t underestimate the power of making a list of things your brain would rather procrastinate on. Make a list and your brain switches to wanting to do those listed items and you’ll feel great crossing them off your list causing powerful positive reinforcement!

Trick #3: Reinforce me into your subconscious

The goal is to get your brain programmed to automatically want to open my e-mails and enjoy & do my lessons. How you reinforce anything is after you do it, you give yourself or you receive positive reinforcement. You can do this by reinforcing that you enjoyed, learned from or really liked what you just learned. The strongest programming takes place when you make out loud statements like:

- “That was some great stuff, I can really see how this is going to help me!”
- “Wow, I never even thought about that...This IS a different program!”
- “Dave is awesome... I really Love having him as my teacher!” (*I prefer this one* 😊)
- “I feel so good after Dave’s lessons, he really knows his stuff...each lesson improves my life in some little way!”
- “He’s so darn real...I can tell his heart is in the right place to help me!”

Trick #4: Simplify your e-mails and make me your only coach

If you’re like me, you probably have a lot of other e-mails coming to your in-box that can draw your attention away and rob your time. I know I used to. I had so many thing that I couldn’t give any of them the attention they required. If you have any other diet, weight loss, motivation type tips coming to your in-box I would suggest you block them to your junk box so you are not tempted to spread yourself too thin! There’s a TON of information out there and I will give you EXACTLY what you need in the best way. Just trust me to be your ONLY online coach so you don’t become overwhelmed and thus struggle.

I really, really, really want you to make me a regular important part of your life so I can help you to the success you want! If you use these ideas you’ll soon establish a new routine that will keep you on track!

Dave