

## GET IN THE RIGHT MIND

<b>THE 3D SCREEN</b>	<b>THE COMMITMENT</b>	<b>THE MOVE SCREEN</b>
Discouragement	XXXXXXXXXX	Motivated
Defeat	XXXXXXXXXX	Optimistic
Destruction	XXXXXXXXXX	Victorious
	XXXXXXXXXX	Excited

### The MOVE Screen

1. Always keep your mind on the **MOVE** Screen.
2. Always stay **Motivated** until your goal is accomplished.
3. Always be **Optimistic** that you will achieve your goal.
4. Always treat the smallest step towards your goal as a **Victory**
5. Always get **Excited** when you score a victory.
6. Always **MOVE** on to the next task or repeat the cycle.
7. Success is found on the **MOVE** Screen.
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### The COMMITMENT

1. The **COMMITMENT** is a barrier that must always be maintained.
2. The **COMMITMENT** serves to prevent your mind from wandering from the **MOVE** Screen onto the **3D** Screen.
3. The **COMMITMENT** must be renewed every day or as often as needed to keep it in focus.
4. Whenever you experience a disappointment, renew you **COMMITMENT** before making a decision.
5. Sometimes you have to physically **MOVE** away from people who are unintentionally trying to get your mind onto the **3D** Screen.
6. Always be mentally on the **MOVE** - keep your mind focused on your **COMMITMENT**.
7. Renew and upgrade your **COMMITMENT** to keep up with your progress.

## The 3D Screen

1. Never let your mind go onto the **3D** Screen.
2. Never let a “**disappointment**” become a “**discouragement**” (never make an important decision immediately after experiencing a disappointment).
3. The difference between “**disappointment**” and “**discouragement**” is that others or circumstances can **disappoint** you but only you can let them **discourage** you.
4. If you ever feel **discouraged**, snap out of it before you admit **defeat**.
5. If you admit **defeat** and do nothing, the mind automatically defaults to **destruction** (goes temporarily blank for the task you are pursuing).
6. The best way to exit the **3D** Screen is to switch to the **COMMITMENT** Screen and recommit your mind to your Commitment.
7. Failure is found on the **3D** Screen.

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