

# Training Video #2

# Inspired Action

## The Worksheet

*Think Big. Believe. Give. Receive.*

Complete this sentence:

Fear is the activity of a \_\_\_\_\_.

What is the edge of your comfort zone called?

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### ***1) Inspired Actions***

What are the two types of actions you can take?

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How do you recognize an inspired idea from an idea picked up by your Reticular Activating System?

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### ***2) The Law of Rhythm***

What is the Law of Rhythm about?

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Give three examples of the Law of Rhythm at work in the Universe.

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How can you use your awareness of the Law of Rhythm to your advantage?

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What is the one thing that can bring you from one opposite end of the cycle of life to another?

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### 3) *The Stickman Concept*

Picture the first thing that should come to your mind when you think of you.

What is mind?

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What is the conscious mind and what is it's most important role?

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What is the subconscious mind and what is it's relationship to the conscious mind that can be creative but also destructive to you at the same time?

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Can the thoughts you think in your conscious mind change your vibration? (No of course not!)  
What needs to happen before they can change your vibration?

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Where do habits come from?

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What happens when you have an XY-vibration?

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How do you break through the Terror Barrier?

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What is the most important thing you need to remember about fear, doubt anxiety and especially discomfort?

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Write down the affirmation you can use when you're at the Terror Barrier below. I highly recommend that you create one that suits you and makes you feel empowered. Remember to use the present continuous tense (words ending with -ing) to paint a picture of movement in your mind.

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What two important words can you use to identify the underlying X-conditioning or counter-intention within you?

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Name 3 clearing techniques you can use to clear this counter-intention from your energy system.

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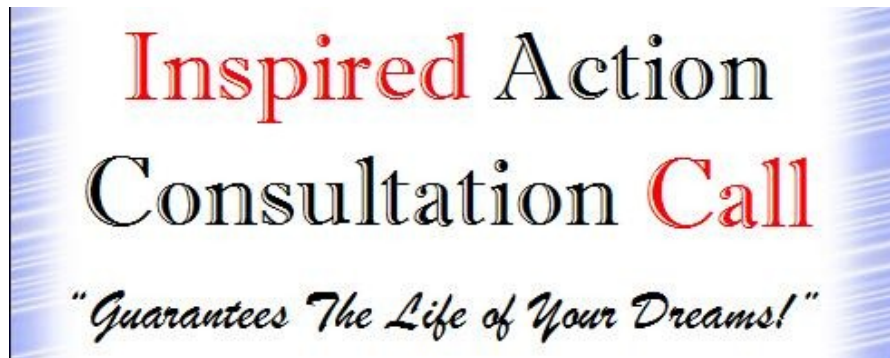
What 4 things can you start doing today and make a habit that will loosen the bolts of that thick metal terror barrier?

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From the 27<sup>th</sup> May to 29<sup>th</sup> May 2008, I am giving 10 lucky individuals free consultation calls. (worth \$100)

**Who should be interested and who do I want to talk to?**

- 1) You if you *haven't manifested anything yet*.
- 2) You if you have manifested some things into your life but *you've been trying to manifest somethin BIG* but it doesn't seem to be happening and you feel like you might need some assistance to help you get there.
- 3) You if you are *interested in being one of the lucky few to be coached by me one-on-one* for a certain period of time (and at the same time guaranteeing that your BIG intention will finally be manifested)

**If you are in either one of these situations, then I'd love to talk to you! =>** It will be a friendly and fun conversation and if you're thinking of joining my Inspired Action Coaching Program, you definitely want to speak to me so that you know how great your experience will be.

Please drop me an E-mail at [saifulrizal@asksaiful.com](mailto:saifulrizal@asksaiful.com) to make an appointment and tell me what problem you want me to solve.

Then add me on Skype (free download at <http://www.skype.com>) with the name "saifuldinho" and we'll be having a lovely conversation before you know it =>