

Vibrant Health

Change Your Habits, Change Your Life!

HABIT 19

PROGRAMMING FOR SUCCESS



22 Key Habits to Transform the Health & Wellbeing of Your Mind, Body & Spirit

Devised by
**Stephen Kirkbride
& David Orrey**

www.VibrantHealth.me.uk

Quick Guide

Habit 19 is entitled ~ **Programming for Success.**

This will help you to attract what you truly want!

Working closely with habits 17 & 18, this one will not only rewire your brain but more importantly your body to naturally attract what you really want.

The side effect is that you will feel wonderful too 😊.

Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Habit No 19 ~ Programming for Success

“As you’re the director and star of the **movie of your life**, it’s completely up to you what happens!”



Programming for Success

This is part 3 of your high vibe triangle 😊!

Habits **17**, **18** and **19** are all closely linked to get your body, mind and expectations all working together in a high vibrational (feel good) way.

Habit 17 is to condition your body to feel good, habit 18 is to condition your mind to naturally expect the best, so they both raise your vibration and makes you feel good.

Habit 19 builds on those two foundations by identifying and writing down what you would like to feel/experience, so the universe knows exactly what you want.

It will condition your mind and body to experience events playing out in an ideal/perfect way (prior to the actual event), by **mentally and emotionally rehearsing them**.

This is for everything from small daily experiences to big events in your life, whatever is important to you.

1. Scripting the outcome

This process is for the really important events/goals in your life.

It is often referred to as **scripting** as you are effectively writing the script for an important upcoming event in your life.

As you know, you communicate with the universe via your vibrations (from your thoughts and feelings) that you continually broadcast and in turn, the universe gives you back events and circumstances in line with your vibration.

So, if you have an important event coming up, you obviously want it to go a certain way, but rather than leave things to chance, you can mentally rehearse how you would like it to play out, so you **evoke the feelings you would like to feel** from the imagined ideal outcome.



By doing this, you are telling the universe **what you want to feel** by broadcasting (via associated thoughts and intense good feelings) the vibrational outcome you would like.

Start by writing it down...

Pick an important event or big goal that you would like to happen.

Write down a detailed script of how you want everything to go (perfect scenario). Just imagine you are writing the script for a movie director to direct your scene (obviously you are the central character here) and you need to convey all the emotion of it.

N.b. As described in habit 13, the process of writing by hand engages the 4 key parts of your brain to enhance the emotional elements of it (very important!).

Then you rehearse the scene/event it in your mind whilst feeling how you want it to feel throughout the scene/event. Here's an example;

Let's say you have a **romantic date** scheduled; the script may go something like this...

As I gaze in the bedroom mirror, I look and feel fantastic, I think to myself "he's going to be blown away 😊!" As I enter the venue, I notice in my peripheral vision lots of people staring at me in admiration, I feel very hot indeed!

I spot my date waiting by the bar and head towards him, he looks up, sees me and his jaw just drops to the floor! He seems in awe of my appearance and tells me how stunning I look. I've never felt so attractive!

We sit down to the most fantastic dinner, the conversation just flows, we laugh and share many stories. He's kind, thoughtful, romantic, funny, it was effortless talking to him, it was though we were in a world of our own and no one else was in the room.

He is everything I could wish for in a partner, we spent the whole night staring into each other's eyes, this is the 'first date' I'd always dreamed of. Although I didn't want the night to end, we eventually kissed goodnight and arranged to meet again in 2 days. As he was walking away, he kept turning his head to look and smile at me, which made me feel absolutely wonderful 😊.

Now rehearse it

As you rehearse it, pick the thoughts, feeling and behaviours you want and **feel all the good feelings/emotions as intensely as you possibly can.**

You go through it in your mind as though it is happening to you NOW. You live as though that reality is happening in the present moment.

Just lose yourself in it, tweak it and fine tune it as much as you want, to really ramp up the emotions.



Your aim is to feel absolutely wonderful as you rehearse the experience in your mind, it's as though your body is going through the experience for real (your subconscious mind doesn't know the difference between reality and vividly imagined scenarios).

When it comes to the actual event, there will be a familiarity in your mind and body as you've vibrationally already experienced the thoughts and feelings/emotions you desire.

This will make the event much easier when it happens and just as importantly, you've already put out a phenomenal vibration to the universe, who will reciprocate a matching energy.

It's just like rehearsing for a play or say a presentation, if you've rehearsed it multiple times, your level of confidence and belief increases dramatically, and it will show in your body language and energy.

How many times should you rehearse it?

All the time 😊!

This is crucial to understand...

If the event is very important to you and you've written out the script of your perfect scenario and ramped up the emotions that make you feel absolutely wonderful as though its already happening, **why wouldn't you want to rehearse it all the time?**

You feel fantastic when you rehearse it which means you're continually putting out a corresponding vibration to the universe that is saying **'this is what I want!'**

It's a win, win scenario 😊, you go around feeling fantastic in a phenomenal state of vibration.

I know they told you in school not to daydream, but we're giving you permission to daydream as much as you want 😊, if you use it for this purpose!

You can daydream (or call it fantasise if you prefer!) about it in just a few seconds, so rehearse, daydream away, as much as you like.

Here's the caution though...

When the event comes, if you've rehearsed it very well and put yourself into a fantastic vibration, you're going to be emitting this vibe to those around you.

However, you still have to **detach from the outcome** (remember habit 13!), although you've rehearsed how you wish it to be and feel, you can't control other's actions.

Your job is to vibrate high by feeling as good as you can (as though the outcome has already happened) but still go with the flow.

So, if you think that Paul has to be 'the one' because that's how you rehearsed it, you will likely try and force the situation (easily done).



What you don't know is that although Paul seems like the obvious one, his vibration might be slightly out of alignment with you, however Luke who you are going to bump into at work tomorrow, is in perfect vibrational alignment with you, he's single, even better looking and is already hoping to get your number!

This is where the phrase **“Man plans and God laughs”** comes from, as you don't know what the universe has in store for you.

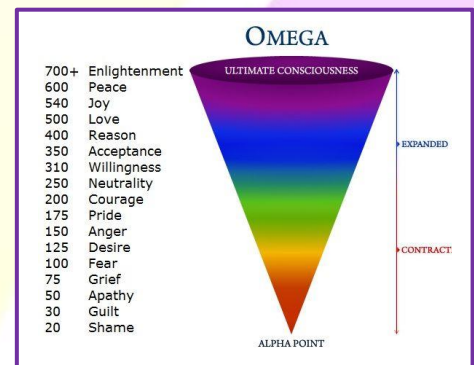
When things line up vibrationally for you, you'll know it's right, you'll feel it in your gut.

Your job is to **get into the best emotional feel-good vibration** you possibly can as often as you can, **let go** (of attaching to any predetermined outcomes) and **just allow events to flow**.

Don't ever put a deadline on events, feel as good as you possibly can when you think about it and let the universe decide who/what comes into your reality and when the right time is. You'll instinctively know.

This process is simply using the law of attraction. Play around with it, once you really get into it, you'll find it very enjoyable 😊.

Feeling good/great/wonderful is always your highest Priority at all times!



Influencing your day

This process is more for your upcoming day-to-day events that you would like to go very favourably for you.

It's a combination of the positive expectation tools from habit 18 and scripting. Although, you don't need to write it down, unless you want to.

Let's say you have an important business presentation due tomorrow in a different town that is an hour's drive away.

You identify the key elements of your day that will have the most impact, this might be;

1. The drive there, getting parked and finding the premises.
2. Walking into the reception, making a good first impression.
3. Giving a good presentation that engages everyone present.
4. Getting a commitment to work together (your objective).

What you now do, is create a scene for each one in your mind or on paper (choose what works for you) going exactly as you would like. For example...

1. You imagine... a smooth enjoyable journey where the traffic is flowing nicely, you make good time, and all the other motorists are very courteous. You find the location very easily and there are plenty of parking spaces to choose from.



2. You imagine... walking into the reception and immediately feel very welcome as you are made to feel important. You are introduced to the key people who are very engaging and seem very keen to hear you present.

3. You imagine... giving a very smooth and confident presentation that completely engages your audience, you've effectively got them hanging on your every word. At the end of the presentation, you get a rapturous applause, and everyone is smiling and very warm towards you.

4. You imagine... the key decision makers are very keen to work with you immediately and are ready to sign the agreement. Your walk out of the building feeling 10 foot tall and have a very pleasant drive home feeling fantastic.

You can rehearse this in a few minutes, you identify the **key components** that signify the individual success's (i.e. arriving on time, very warm welcome, engaged audience, lots of smiles, agreeing the deal, walking out feeling 10 foot tall).

Just as with the scripting, you create the scene in your mind and add the emotion of how you want it to **feel** on the day.

As usual, tweak it and ramp up the emotion so it **feels like it has already happened** when you think about it.

Suggestion

At the end of each day whilst putting a to do list together or planning your diary for the following day, use the 'influencing your day' process to run through the day.

Imagine it going exactly how you would want it, light traffic, everyone smiling and courteous, the day flows beautifully, and you come home full of energy and satisfied 😊.

You will influence events on a quantum level but most importantly (I know I keep labouring the point 😊) **you will feel good** which **raises your vibration** and by law, you'll attract better circumstances into your life.

The accumulative effect of developing this habit will make a significant difference to your life once you get into the habit of rehearsing the emotional 'feel-good' outcomes that you want.

There'll come a point with the combination of these 3 habits (17/18/19), where you'll only ever feel/think/expect the best in all circumstances and by universal law, you'll then attract/experience the best circumstances frequently 😊.

Negative experiences (it's just an illusion)

If you experience any negative events along the way, you should get excited!

This is **expert level feel-good...**



Let's now continue the earlier 'influencing your day' example.... Now on the way to the important presentation, your car breaks down and there's no way you'll make it that day.

Most people would get upset and frustrated but **you're going to get excited!**

Here's why...

You've planned and rehearsed the presentation so well; you feel and vibrate like you've already got the sales contract that you really desire.

Now that you've broken down, you can't pitch today and know that the chances of getting another pitch/sale with that company is very slim.

Anyway, you get towed to a car dealership so your car can be repaired. Whilst sat in the waiting room you strike up a general conversation with the other person in the room.

*You're chatting for a while when they ask what you do. You explain your expertise and what you offer when they say, **"I run a big company and we're looking for just that service, would you be able to come to my office sometime and explain it further."***

This person already likes and trusts you and has pretty much made the decision to have your service as long as the deal is fair.

Bingo!

You have been putting out such a good vibration that you attracted the breakdown to help you land the bigger fish (the universe works in mysterious ways 😊!), that is how vibration, and the law of attraction works!

If you insist on events going to your precise expectation, you'll get angry and frustrated if something curtails it (remember detachment from habit 13!).

But if you get excited instead in anticipation of what the universe has in store for you, you'll keep your vibration very high and who knows what you'll get!!!

This of course takes practise and is at the 'expert level' but makes absolute sense when you think in terms of vibration and using the law of attraction.

This is what the elite do and teach their kids, they understand vibration and the law of attraction.

Practise getting excited at what others would deem as negative, it will freak them out 😊!

Final word

From your big dreams to the everyday events that matter to you, mentally rehearse the outcome you sincerely want and bathe in the associated feel-good emotions, as though its already happened.



Book recommendation

[‘Ask and It Is Given ~ Learning to Manifest Your Desires’](#): Esther and Gerry Hicks

Recommended habit action steps

- ✓ Write down a list of all your dreams and goals. Review regularly.
- ✓ Write out a script for each dream/goal and **continually rehearse** the thoughts, feelings, and behaviours as though each one has happened.
- ✓ Do a daily ‘influence your day’ process rehearsal of the following day’s events.
- ✓ Practise getting excited when something is ‘perceived’ to go wrong.

Here are the related essential programme visual aids....



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

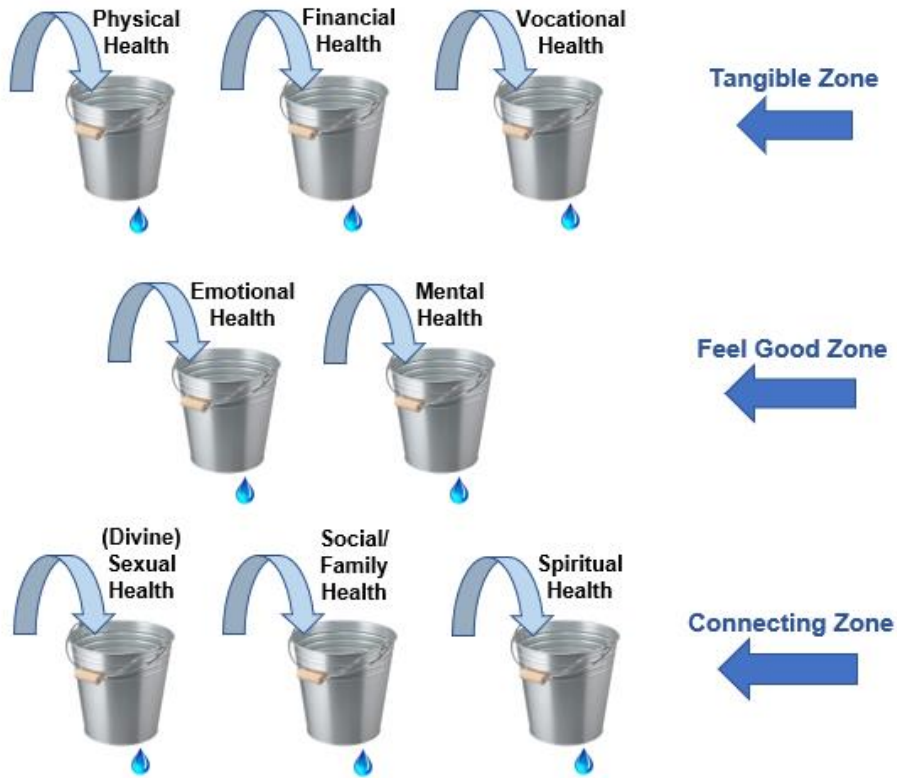
11. You will likely forget all this...but you can remember it whenever you want 😊.



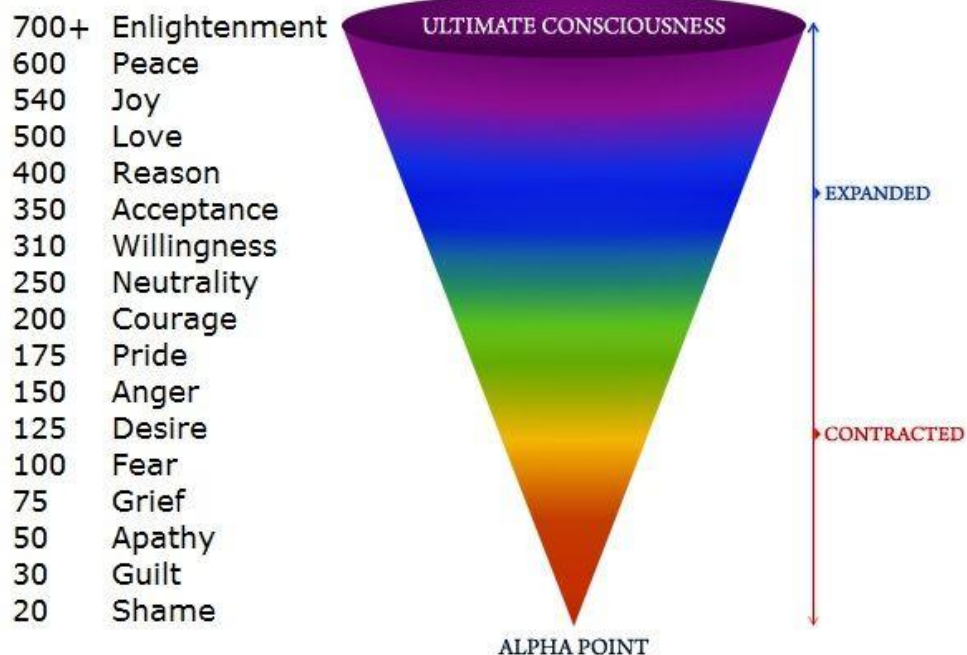
Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA



Your Mind, Body, Spirit Connection

You have a body and a brain existing in the material world, a soul in the spiritual world and a mind in both, **you're a multi-dimensional being.**

