

INNER STRENGTH

SUCCESS JOURNAL



GET ALIGNED, GET INTEGRATED, GET RESULTS:
CREATE A LIFE OF EXTRAORDINARY MEANING,
PURPOSE & FULFILLMENT



ANTHONY ROBBINS ULTIMATE EDGE™

ULTIMATE EDGE™

Welcome to your first two sessions of the Ultimate Edge™—your gift and start to getting the most out of life regardless of the circumstances that confront you and achieving the results you want, be it your finances, relationships, body, emotions, time—everything that matters to you most.

The *Ultimate Edge*™ is a program designed to follow a series of steps, in order to maximize your results. Through these two introductory sessions you will reclaim your Inner Strength® and start to apply the key principles for ultimate transformation.

STEP 1: Listen to the audio sessions. These sessions are designed to deliver the greatest impact for transforming your life in the least amount of time.

STEP 2: Take notes and complete your assignments in this Inner Strength® Success Journal. This workbook is specially designed to accompany these audio sessions. It provides a deeper explanation and assignments to get you taking action and ultimately achieving results!

STEP 3: Continue the momentum. By the end of these audios you will experience a new found Inner Strength®. You can continue this momentum with the complete system of the *Ultimate Edge*™ found at www.tonyrobbins.com, which includes Personal Power® Classic and Get The Edge®, then the final session of Inner Strength®. The system also includes a powerful piece on Identity, the first of three bonuses from the PowerTalk®! audio series. To make sure the momentum you build doesn't stop we also include the following with the Ultimate Edge™:

1. \$100 discount coupon toward any of Tony Robbins' multi-day live events.
2. Your convenient one-on-one personal Strategy Session with a trained coach.
3. Your online Personality Profile that will give you enormous insight into what really drives you and show you how your individual emotions, behaviors and style can be harnessed to help you achieve whatever it is you want in your life.

The *Ultimate Edge*™ starts with an awareness of the forces that lie within—take advantage of your Personal Power to create unstoppable momentum in your life now!

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SESSION 1: DECISIONS & DESTINY

UNDERSTANDING AND DIRECTING THE FORCES THAT SHAPE YOUR LIFE

To take our lives to the next level, we need to understand that the external world is not the driving force in who we become or what we choose to create for our lives. We all want to take control of the internal forces that shape the direction of our lives so that we may fully realize our emotional, physical, financial and spiritual potential. In this session we will learn the insights, tools, strategies and triggers that can change the quality of your life in a moment.

During the times in life where we get frustrated or overwhelmed or maybe even feel stuck, often there is something that snaps—a moment when everything changes. Regardless of what stage of life you may be in (if you are on a roll and want to continue to the next level, or if you are experiencing challenges you need to turn around), this session of the Ultimate Edge helps you to cultivate the inner strength necessary to forge a path toward true meaning and happiness.

Whether it's changing your body, turning around your finances or finding passion in your relationship, you will discover not motivation but inspiration for you to accomplish what you've always wanted and shape your own destiny.

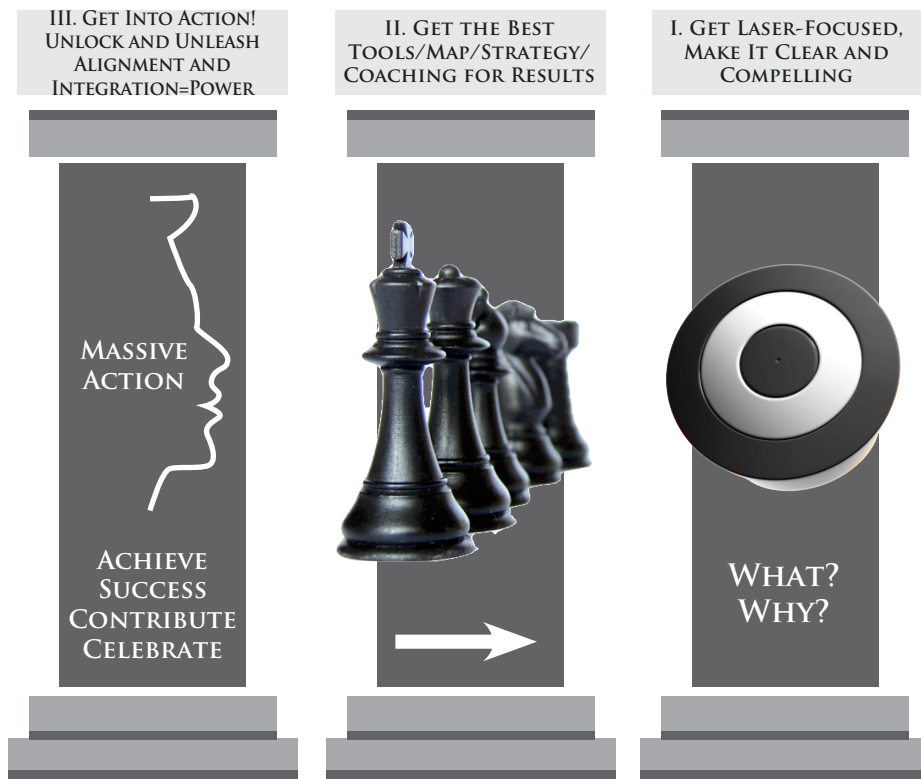
“THE POSSIBILITIES ARE NUMEROUS ONCE WE DECIDE TO ACT AND NOT REACT.”

—GEORGE BERNARD SHAW

SESSION 1: DECISIONS & DESTINY

THE 3 PILLARS OF PROGRESS

The road to transformation begins with the foundation of the 3 Pillars of Progress.



First Pillar: Get Focused and Clear, and Make It Compelling

The first step is to clarify the results you desire in your life. What do you want most in the areas of life that are important to you? What is your definition of an extraordinary quality of life? What do you need to take your life to the next level?

Without a clear and compelling vision for what you want today, you won't be able to even find the target of lasting happiness, let alone hit it. Your chances of knowing what your bullseye looks like, however, depends on how honest you can be with yourself. When you've got a clear and compelling vision of what it is you want, it shifts your mind and emotions, giving you the impetus to shift your actions toward your goals.

Second Pillar: Get the Best Tools for Results

Once you've defined your target, you need an effective and efficient game plan to hit it. In order to close the “gap” between where you are and where you want to be, you need a proven map, an effective mentor and training to drive you to take action. Armed with proven tools, high-quality skills, an effective coach to constantly measure your progress and an empowering community to hold you to a higher standard, there is no way that you won't get the results that you deserve!

Third Pillar: Get Integrated and Get Aligned

However, sometimes tools are not enough: you need to unlock what's blocking you and unleash your power. Why is it that sometimes we know what to do, we have great motives for change, and yet we fail to follow through? Or we make changes in the moment, but they do not last long term? What's missing is a practical understanding of human psychology: why we do what we do and how to change it. By understanding your personal blueprint—how you create meaning and emotion and what causes you to think, feel and behave the way you do—you can not only gain the answers to these questions but learn how to create lasting change and fulfillment. Through the process of discovering, understanding and aligning your internal drives, you are able to channel them so that you naturally move in the direction you desire more—a direction that serves not only you but also all those you care about.

SESSION 1: DECISIONS & DESTINY

RESOURCES VS. RESOURCEFULNESS

The biggest illusion we have in life of why we can't achieve something is that we start to believe that we're lacking adequate resources. I don't have enough money. I don't have enough time. I don't know the right people. I don't have the right training. While any of these may in fact be true, there has certainly been something in your life where one or more of the above factors didn't stop you. You found a way. You may not have had the money, but you were creative enough to get it. You may not have had the education, but you found another way to learn a skill.

If the obstacle seems absolutely impenetrable but you're focused enough, will you find a way anyway? Of course you will, if you have enough determination, enough flexibility and enough creativity. The truth is resources are never the real problem. The real problem is a lack of resourcefulness, and the ultimate resource is human emotion. Human emotion is how we get the resources we need. We tend to forget this because we live and operate in a cognitively driven world, that is, we lean on our ability to figure things out. And if we reach a point where it seems like we can't figure out a solution, that's when the illusion of failure keeps us from reaching our goals. But in reality, if we feel strongly enough about something, no amount of time or perceived lack of resources would keep us from achieving what we want.

The mind needs fuel. It operates very differently when you're passionate about something than when you're frustrated, angry, bored or dejected. Your mind will wire itself differently when you're feeling excited, eager, enthusiastic, inspired or engaged in what you want to achieve, like there's a real purpose behind your goals. That passion expands into your thoughts, actions and the way you interact with people.

Change the fuel that drives the mind, and you change the experience of anything you're trying to accomplish. We're either unresourceful or resourceful based on the habit of emotions that we use most often. Once you realize that you are in control of the fuel that directs your thoughts and actions, the next step is to recognize the power of the decisions you make from moment to moment and throughout your life.

SESSION 1: DECISIONS & DESTINY

TWO MASTER LESSONS OF LIFE

Gaining the ultimate edge in life requires mastering two skills: the Science of Achievement and the Art of Fulfillment.

1. **The Science of Achievement**—going from where you are to where you want to be—requires a plan, a specific strategy. You can achieve anything you desire simply by following certain laws. Whether you want to improve your financial outlook, enhance your relationships or sculpt your body into fantastic shape, following a set of scientific principles will guarantee results.
2. **The Art of Fulfillment** means experiencing tremendous joy in the process—so you feel not only the excitement of the pursuit but the enthusiasm and gratitude for the little things in life along the way.

If you're going to feel happy, alive, excited and passionate about life, you must understand that these lessons go hand in hand. Consider the very famous—although they achieve the heights of success, some never feel fulfilled despite the money, accolades and more. Remember, success without fulfillment is the ultimate failure.

SESSION 1: DECISIONS & DESTINY

THE POWER OF DECISION

Can you think about the areas in your life where you feel most fulfilled, be it your relationship, your career, your body or your family? The path to fulfillment is progressive—an ongoing journey or a project that engages your love, passion and time. More often than not, however, you can pinpoint a moment of significant change that inspired or triggered the actions that led to personal achievement. It is in these moments that you align and focus the power of your inner world to accomplish success and fulfillment in the external world.

The goal is to provide you with the knowledge and tools to create and take advantage of these moments of personal empowerment. Utilizing this power—this emotional fitness—to work against fear and doubt and overcome any obstacle allows you to become the architect of your own destiny instead of simply reacting to the forces in your environment.

**The Ultimate Edge = Psychological Strength
Mental edge and focus that maximize who you are, what you're
capable of and what you get to enjoy out of this life.**

The Power of Decisions

We are able to exercise this emotional fitness and psychological strength through action. Nothing changes without new action. It is also essential to remember that every action is parented by a decision. Before you take action, you have to make a decision. No matter how inconsequential a decision may appear to be, even the smallest decisive notion could change the outcome of your life. It's in your moments of decision that your destiny is shaped.

Decisions = Destiny

Each day we're making new decisions and creating new actions, all fueled by the power of emotion. It is up to us to nurture the emotions that engender a level of positive activity and growth through consistent and focused decision-making. Some decisions may only have short-term impact, and others affect us far beyond what we could imagine in the moment. Either way, remember: decisions are shaping your life's destiny.

SESSION 1: DECISIONS & DESTINY

THE THREE DECISIONS

There are three decisions you're making every moment of your life, either consciously or unconsciously. Developing the capacity to make the changes you want to make in life depends on your ability to become conscious of the decisions that you're making all of the time.

First Decision: What Are You Going to Focus On?

Every moment of your life you have to decide what you're going to focus on. If you don't consciously choose where to point the lens, your brain just goes into the habit of what it usually focuses on. Most people focus on what they're afraid of, and whatever you focus on, you feel. So if you keep focusing on what you fear, you bring it to life. As you think about it, it becomes alive inside of you. On the other hand, if you focus on the potential in an event or situation, then opportunities begin to present themselves.

Second Decision: What Does This Mean?

The minute you focus on something, your mind has to come up with a meaning for it. From an evolutionary standpoint, the human nervous system has to know: is this going to mean pain or pleasure? Whatever meaning you give to an experience, then that experience becomes that meaning because you make it real in your body and mind. If you don't consciously choose what things mean, your old patterns show up. Come up with an empowering meaning, and you change how you'll feel.

Third Decision: What Am I Going to Do?

Once you focus on something and give it a meaning, it produces an emotion. Those emotions filter what you do and trigger action, or even non-action.

If you're angry, are you going to do something different than if you're feeling grateful? If you're fearful, worried or stressed, are you going to do something different than if you feel determined, curious or playful?

It all comes down to these three decisions. They're shaping your life moment to moment. If you take control of them, everything changes. You don't have to wait to be emotionally fit in order to start down the path that will lead to your ultimate edge. You have to decide to raise the standard of what you expect for yourself now. You have to decide that it's time to go to the next level.

SESSION 1: DECISIONS & DESTINY

THE TWO FORCES THAT CONTROL OUR DECISIONS

There are two forces that influence every decision we make:



1. State

Ultimately, we want to feel states of empowerment, like confidence, certainty or adeptness, that will positively impact the quality of our decisions most of the time. Few people are in empowered states all of the time. But even “negative” states of emotion—frustration, anger, envy—can sometimes be useful to propel us to make changes. Being conscious of our moment-to-moment state gives us better control over how we feel, hence control over the quality of decisions we end up making.

2. Blueprint

Our Blueprint is our Model of the World—a specific set of beliefs about how we’re supposed to be, how life’s supposed to be or how other people are supposed to treat us, which determines what we’re even willing to consider doing or not doing. In short, our Blueprint will have a massive impact on the decisions we make both in the short term and in the long term because it colors how we look at our lives.

Blueprint: A Brief Introduction

We experience happiness whenever our Life Conditions (what is actually happening with our career, body, relationships, finances, etc.) align with our Blueprint or Model of the World. Since there is no gap between our expectations and reality in this area, we are happy.

Life Conditions = Blueprint = Happiness

But if there is an area of life that is causing you pain, it’s because your Life Conditions do not match your Blueprint.

Life Conditions ≠ Blueprint = Pain

SESSION 1: DECISIONS & DESTINY

YOUR ASSIGNMENT

Let's Take a Look at Your Life

1. What is an area of your life where you are really happy?

2. Why are you happy in this area?

3. What is an area of your life where you are not happy?

4. Why are you unhappy in this area?

SESSION 1: DECISIONS & DESTINY

THREE CHOICES

When we are unhappy and our Life Conditions do not match our Blueprint, we have three choices as to how we're going to handle the challenge:



First Choice: Blame

The first choice people have is to assign blame, and there are three things you can blame:

- **Event.** There's a story, something that happened, behind why things are the way they are. However accurate the story may be, blaming an event is convenient because it helps preserve an identity designed to shield us from our true fears: fear of failure and fear of not being loved or accepted.
- **Others.** "I'm in this situation because this person ..." Similarly, the story may be true, but it's convenient and gives you comfort in the moment. "There's nothing wrong with me. It's this other person. There's nothing I need to change."
- **Yourself.** Most people think that this is being responsible, but blaming yourself will not make it better. There's a difference between responsibility and beating yourself up—between "Here's a pattern that I've got to change" and "I'm not good enough."

Blame is a choice that doesn't give you anything.

Second Choice: Change Your Life Conditions

Take a new action, something that will help you make significant progress. If you want to have happiness, you have to understand one thing: progress = happiness. If you feel like you're making progress in an area of your life, you will start to be pleased in that area. You start to get more focused and specific about what you want to change, and you build momentum toward the results you want. If, for example, you want to open your own business, find an achiever to mentor you. Get focused on why you want to make the change and commit to something new in your life.

Third Choice: Change Your Blueprint

Sometimes things are outside of your control, but you CAN control how you configure your rules about how things should be. Your happiness is going to be limited if you want success but aren't willing to ever be judged or want love but distrust the opposite sex. Sometimes adjusting your Blueprint means compromising some of your rules that are difficult for you and others to live up to or are simply impossible to fulfill.

When it comes to the three choices you face on how to handle a problem, the first choice isn't really a choice at all. Blame leaves you stuck, spinning your wheels with no options to change as you tell yourself, "There's nothing I can do about it because ...". We all use blame at times, but the quicker you can get out of it, the faster you'll be empowered to either change your life conditions or change your perspective, both of which are real, tangible options that can instantly transform a relationship, your career, your finances or your life.

SESSION 2: YOUR HOUR OF POWER

THE KEY TO PERSONAL TRANSFORMATION & RESULTS

There are two forces controlling every decision in our lives:

1. State: How you feel in any given moment.

2. Blueprint: Your structure of beliefs and values.

Hour of Power is designed to help you create rituals to condition empowering emotional states. Gaining the ultimate edge in life means experiencing the primary emotions you want regardless of life's events, not just attaining a life that works out every way you want it to. Sometimes, life rains on your parade, but you can control what it means to you. And when you control what it means to you, you have the edge, the ultimate advantage.

To make that happen, you must recapture what's missing—time for yourself, time to heal mentally and emotionally so that consistent space facilitates a shift in your habitual thoughts and feelings. You don't want to wait to attain a goal you've been looking to reach for a long time before you start feeling good about life. You want to direct the course of your life. Fulfillment is not an automatic result of success. Fulfillment is an emotion you must nurture to enhance your quality of life as you work toward your goals and beyond.

SESSION 2: YOUR HOUR OF POWER

THE THREE PATTERNS THAT CREATE ANY EMOTION: THE TRIAD

Anything in life you want, you only want because of the feeling you think obtaining it will give you. But the truth is that you could have that feeling right now—simply by changing the following three patterns:

1. Your Physiology

- Emotion is created by motion. Whatever you're feeling right now is related to how you're using your body.

2. Your Focus and Beliefs

- Whatever you focus on is what you're going to feel whether it is true or not.

3. Your Language

- Questions: Thinking is nothing more than mentally asking and answering a series of questions. Eliminate any habitual questions that do not serve you (e.g., "What's wrong with me?").
- Words: If you want to change your life, pay attention to the words you repeat to yourself. Certain words can change the way you feel: I think you're mistaken vs. I think you're wrong vs. I think you're lying.
- Incantations: When you repeat a phrase with enough emotional intensity, you start to believe it. Utilize the power of incantations by using the ones that support you the most.

Sample Incantations

"Every day and in every way, I'm getting stronger and stronger."
"At last, at last, the past is past; I've broken free and won. And now it's time to love myself and really have some fun."

Tap Into Your Awareness

Get into the habit of evaluating your triad and conditioning yourself to experience the great emotions you want. What are you doing with your body? What are you focusing on or believing? What are you saying to yourself?

SESSION 2: YOUR HOUR OF POWER

YOUR DAILY HABIT FOR EXTRAORDINARY HEALTH & HAPPINESS

Train yourself to jump out of bed immediately, with no hesitation, and start your day with movement.

Phase 1: Move and Breathe (5 Minutes)

- Keep your shoes beside the bed, and hit the ground running! Get up each day and physically move, going outside and starting with a walk to warm up your body and wake up your metabolism. Take several diaphragmatic breaths in the ratio: inhale for one count, hold for four counts and exhale for two counts.
- Then, for the first five minutes of your walk, practice the pattern of “breathwalking.” Inhale four times through your nose, exhale four times through your mouth and repeat continuously.

Phase 2: Get Grateful and Visualize (10 Minutes)

- Think about everything you’re grateful for. Start with yourself, and include your family, friends, business associates and special moments in your life
- Visualize everything you want in your life as if you have already achieved it and you are grateful for it. Your brain can’t tell the difference between something you vividly imagine and something you actually experience; whatever you focus on, you’ll move toward.
- Focus on what you want to create today. What do you want to make happen?
- What do you want to do, achieve or accomplish? See it happening the way you want it.

Phase 3: Use Incantations and Exercise (15–30 Minutes)

- Do your incantations out loud. Speaking engages your physiology and conditions the ideas into your mind.
- Exercise and then celebrate!

Your Assignment

Step 1: Today, keep your eyes open for magic moments.

Step 2: Tomorrow, first thing in the morning, start your day by doing your Hour of Power, 30 Minutes to Thrive or 15 Minutes to Fulfillment.