



The Process to reorder your Mind

List your biggest struggle first and ask yourself 5 times WHY, to get a deeper understanding of the situation?

What to change?	How to improve?	How to make fallbacks impossible or difficult?
1. <i>Patience</i>	<i>Train and relax in stressful moments.</i>	<i>Putting this template in front of my workspace, home-chillout-spot to reorder & stay focused on the things I want to improve.</i>
2. <i>Awareness</i>	<i>Meditate & track minutes and create dreamrecord.</i>	
3. <i>Tidy</i>	<i>Have everything right in place, this creates a sharper mind.</i>	<i>All other templates are at least for 1 min reviewed everyday day to keep my mind sharp.</i>
4. <i>more Sports</i>	<i>Count & track push ups, situps, squats & yoga.</i>	<i>In addition I speak the whole Structure of Success(templates) into a recorder and mix it with good mood frequencies together. I listen to this 3:30am before meditation to regroup myself.</i>
5. <i>Daily Thoughts</i>	<i>Frequency music 24h, clean mind be aware, document daily impressions.</i>	
6. <i>Content Building Process</i>	<i>Work harder, be supersuccessful.</i>	
7. <i>Income</i>	<i>Work with higher impact.</i>	
8. <i>Fasting</i>	<i>Eat at least 1 day a week nothing.</i>	

ReOrder Process

How to make your life exciting?



What do you want to change to enhance life-excitement?

1. *Meet new people.*
2. *Move to different places.*
3. *Improve my Program*

How do you relief your stress pressure instantly?

What are your strategies to calm down? How can you control & prepare yourself in those situations?

1. *Hardcore Wim Hof Method Breathing*
2. *Hardcore Wim Hof Method Ice-bath*
3. *Just stop breathing, and think: is it the rant really worth it (in terms of the whole lifespan)?*
4. *Imaging the conflict-person looking funny, hilarious.*
5. *Make a Joke*
6. *Reflection Interuption Technique (NLP)*
7. *Change tonality to calm down*
8. *leave the situation and relief stress with sport*



High Positivity

What are your tricks to keep your mind in a positiv state? #moreCreativity

1. *take it easy*
2. *laugh loud*
3. *have fun, make jokes*
4. *walk with a big smile*
5. *breath 30 x a day 4-7-8*

Tree of Super Success

Review, gain intrinsic motivation, loop & improve.



5. Process
4. Milestones
3. Timeline
2. Habits
1. Guideline