



Delivered by Duncan Victorin
For Performance Potential Ltd

PERFORMANCE
POTENTIAL^{LTD}

WORKSHEET

CAUSE AND EFFECT

AWARENESS

SESSION 1 WORKSHEET: CAUSE AND EFFECT



Your subconscious mind is all-wise. It knows the answers to all questions.

However, it does not know that it knows. It does not argue with you or talk back to you. It does not say "you must not impress me with suggestions of that sort."

When you say things like: *I can't do this, I am too old now, I can't meet this obligation or, I was born on the wrong side of the tracks*, you are planting seeds in your subconscious with these negative thoughts. It responds accordingly. You are actually blocking your own good. You are bringing lack, limitations and frustration into your life.

Speaking life into your thoughts

If you want the subconscious to work for you, you have to give it the right request and get its cooperation. It is always working for you. It is controlling your heartbeat, and circulation of your blood. It regulates your digestion, assimilation and elimination. Your subconscious mind controls all the vital processes and functions of the body. It knows the answer to all problems.

Whatever thoughts, beliefs, opinions, theories, or dogmas you impress on your subconscious mind, you will experience them as the objective manifestation of circumstances, conditions and events. What you write on the inside of your mind, you will experience on the outside. You have two sides of your life; visible and invisible, thought and its manifestation, cause and effect.

THINK: One of the main things that influence whether we succeed or fail at anything is our state of mind. Have you noticed how sometimes you simply know that you are going to succeed at something? You know you are going to be at ease, confident and handle the situation well -and you do.

At other times, you are unconfident and it doesn't go well at all. The difference-is all to do with your mind-set.

The central key to this course is having the ability to manage your mind-set. Therefore, you must impress it with right ideas and constructive thoughts. By learning to manage your state of mind you learn to take control of your destiny.

Every thought is a cause, and every condition is an effect. This is the reason it is so essential that you take charge of your thoughts. In that way, you can bring forth only desirable conditions.

EXERCISE: KEEP A JOURNAL

Over the next 6 weeks (or time frame you decide to complete this course in), you are encouraged to keep a digital journal.

You can take the opportunity to further self-explore with Duncan in one-to-one sessions (only available once this course is fully completed). There, you'll be able to upload your notes and worksheets for further review.

The majority of the time our lives are on autopilot. You may notice this sometimes when you are driving or walking somewhere... You arrive but have no real recollection of how you got there.

This course encourages you to bringing mindfulness to your day to day activities, *becoming more aware of your daily experiences.*

- 1) **TASK:** Throughout the duration of this course I would like you to keep a journal recording your day to day activities, including your meditation and yoga practice. Please make a note of any insights or discoveries and how you felt at the time.