Twitter Thread by Brother Eddy■



Brother Eddy■
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THE TRUTH BEHIND WHY ONLY 2% OF PEOPLE SUCCEED AND 98% OF PEOPLE FAIL

(Plus a 30 minute exercise to get you into the top 2%)

//Thread//

Quick PSA: If you get value from this thread, please share some Knowledge Karma and retweet the first tweet ■

Thank you.

Now let's upgrade your life..

I'll start by addressing the elephant in the room.

This is not another thread about "positive thinking" and us ing affirmations to get what you want.

You will need to take action for this to work.

If you are willing to do that

Read on ■

Psychological Fact #1 : Reality = What you experience in your mind.

Reality is not objective.

This is why a man with a million dollars can say he's "depressed"

While a man with nothing in his pocket can say he's "happy"

and they can both be right at the same time.

A plastic surgeon noticed a pattern in his patients.

Even though a patient underwent transformative surgery and OBJECTIVELY looked more beautiful

Many came out of surgery and still saw an ugly person in the mirror.

How is this possible?

It all boils down to self belief.

We all carry with us a mental image of ourselves.

All of our actions, feelings and behaviour are consistent with that image.

Thoughts turn into images.

Images turn into belief.

Repetition of these beliefs creates what we call "reality."

If we want to change our reality...

then we must reconstruct it.

Remember the process:

Thoughts ■ Images ■ Belief ■ Reality

The reason why most people fail is because they constantly think of their past failures.

They relive these failures in their mind to try and consciously fix the problem...

but the REPETITION of these past experiences REINFORCES their false belief that they are a failure.

This repetition keeps them TRAPPED in a toxic self-belief.

The only way to change that belief is to experience success.

But how do you experience success if you only have $10...

in your pocket?

Again:

Thoughts ■ Images ■ Belief ■ Reality

Reality comes from your thoughts, not the other way around.

If you want to experience success, you begin by changing your thoughts and images.

Repetition of these two will "install" a new reality in your mind.

How to install "You 2.0" in your mind.

■30 minutes daily

1) Sit in a comfortable position.
Imagine you are laying down on your back.
Consciously "let go" of your muscles by imagining them "sinking" into the bed like a heavy weight.

2) Think of your Biggest problem...

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Now imagine waking up tomorrow morning knowing that problem is completely solved.

How do you feel?

IMAGINE this scenario with all the vivid details.

Ignore all conscious resistance and be POSITIVELY DELUSIONAL IN YOUR BELIEF that this moment is happening now.

Final step ■..

3) Think of a recent win (however small)

Eg If you've never done a pull-up and your win was doing 1 pull-up, think of that.

The only thing that matters is that it made you feel like a WINNER

Relish that feeling of VICTORY.

What you're doing is associating this feeling with...

your biggest goal (which you imagined accomplishing in step #2)

If you do this exercise daily for a month

I guarantee you come out a different person.

This exercise taps into your cybernetic system, the goal striving machine in your brain.

I discovered this system...

from the book Psycho-Cybernetics by Maxwell Maltz

If you want a science-based process to rewire your brain (and not some woo-woo stuff), get this book.

Then use my notes in THE VAULT to apply it to your life.

Not in the vault yet? Join here ■

https://t.co/XiyNn9dILp