

The Fast-track Framework. Clarity.

Much of persuasion and other forms of changing minds is based on a relatively small number of principles.

If you can understand the principles, then you can invent your own techniques/style.

It thus makes sense to spend time to understand these principles.

The Universe



Concepts:

All is Mind.

Everything that is
created is first
created in the mind.

Ancient Wisdom
proved by modern
science.

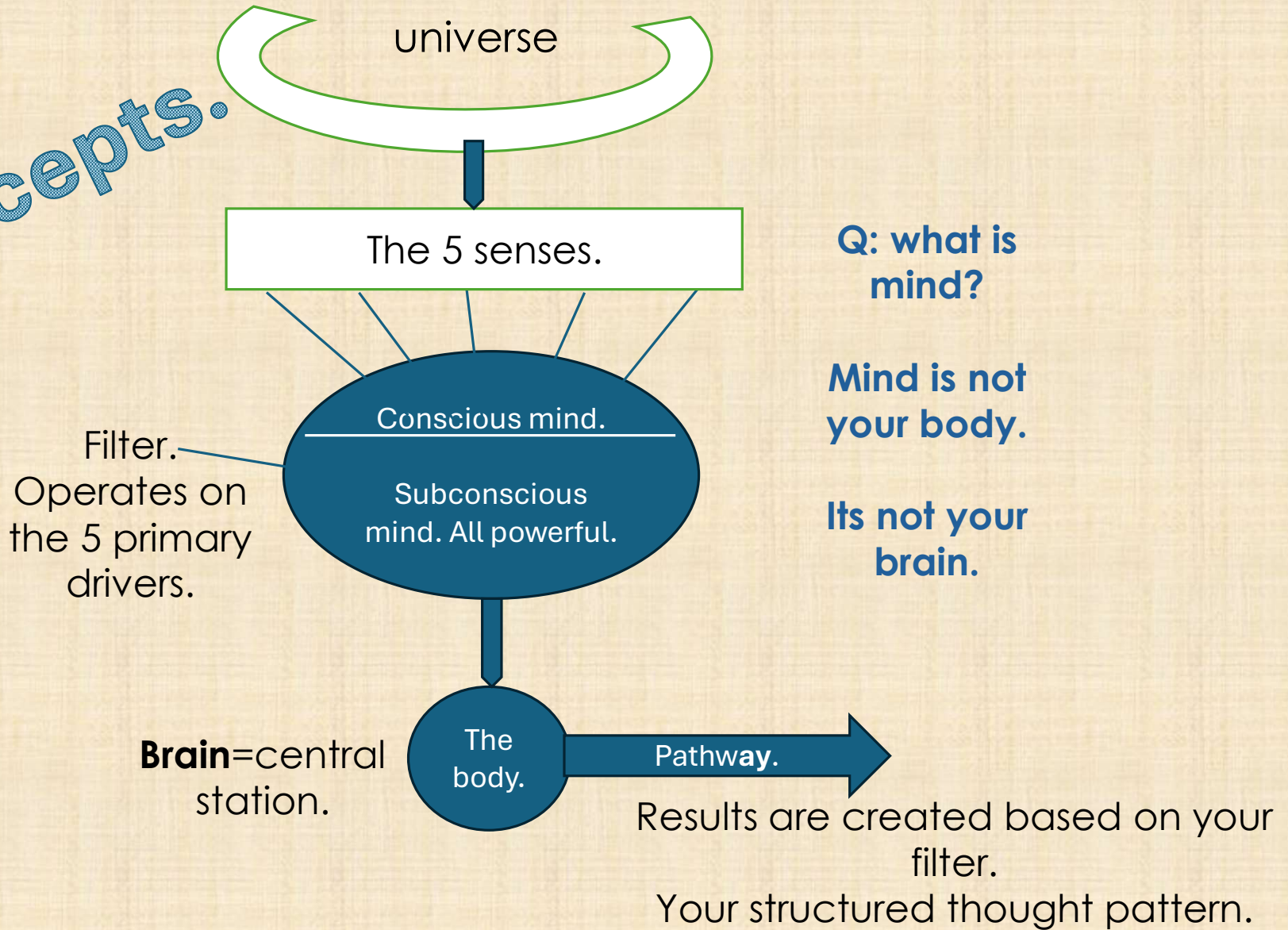
**Infinite
possibility:**

**Universe has
structure.**

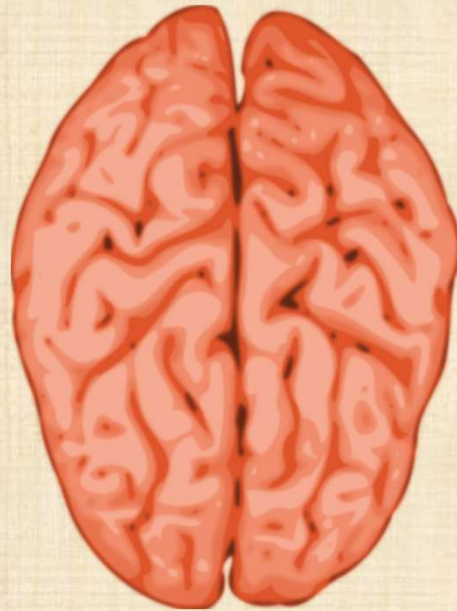
Has laws.

**Its
Consistent.**

Concepts.



The Fastrack ..Before and After.



The brain is your central train station.

It process your thoughts and sends them down the predetermined pathway that you have created (over time.)

Structure.

The key insight is that by altering the basic structures of our lives, we can change the direction of our actions.

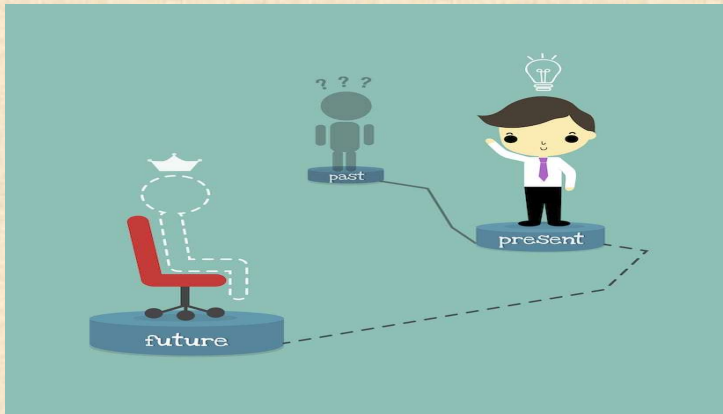
Instead of merely addressing behavioral adjustments, we focus on modifying the underlying structures.

Think of it as reshaping the cow paths of our lives—the well-worn patterns we follow—into intentional, purposeful routes.

Practical Implications:

Recognize that changing behavior without addressing underlying structures often leads to a return to old patterns.

Identify and modify the structures that lead to undesired outcomes.



Dream Life.

Known destination.

SET CLEAR
INTENTIONS



Confusion in the central train station will prevent you going anywhere.

You either have a destination or you're creating a new one.



Stuck and unknowing what to do.



Create a new track to the destination of your choice.



Most people when travelling into the unknown need a guide.



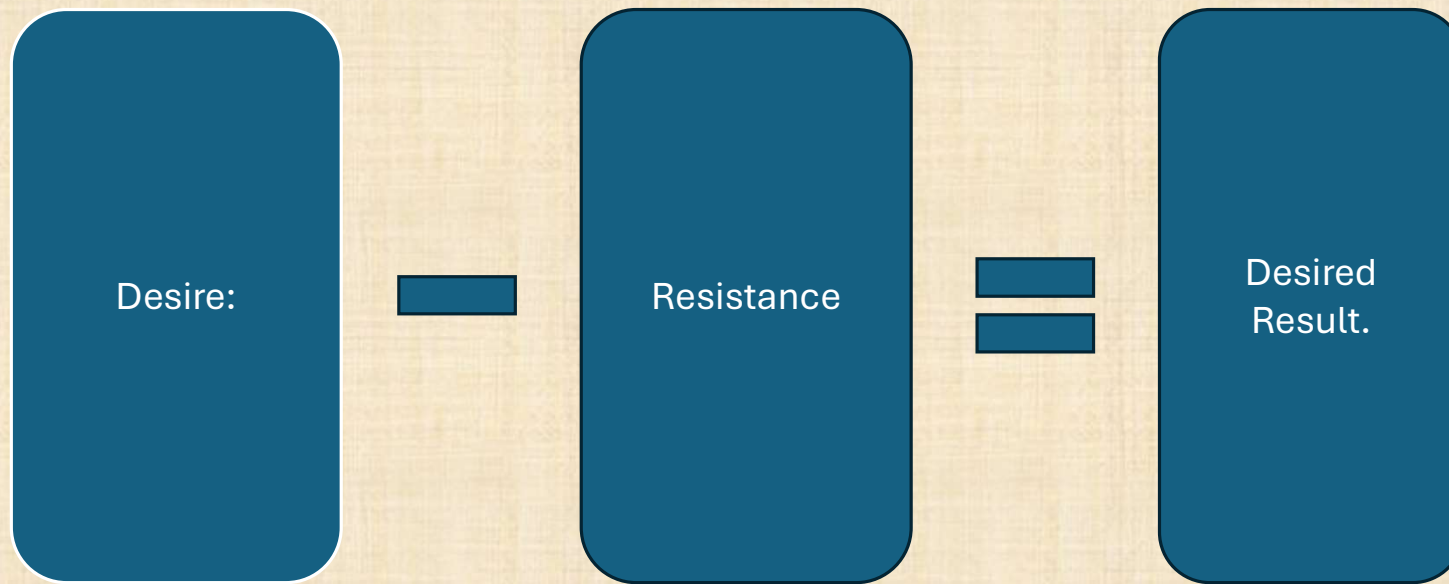
The concept of baby steps is essential. Persuading the body to follow the mind is challenging.

PARADIGM SHIFT

A change from
one way of
thinking to
another.



Our Methodology.



This happens over time.
Most people live in the instant gratification world.

Are thoughts somehow connected to your feelings?



Thoughts are real things and influence your life?

If we continually think the same thoughts every day, we create a pattern of thoughts and thoughts lead to emotions/feelings and actions.

This is a time in history when both the information and the skill to apply the knowledge are both accessible.

We know and know how.

Why Is The Be-Do-Have Mindset So Useful?

Be-Do-Have Model

Who I must **BE**



What I will then **DO**



So that I can **HAVE**

@tira.cole

It shifts the focus.

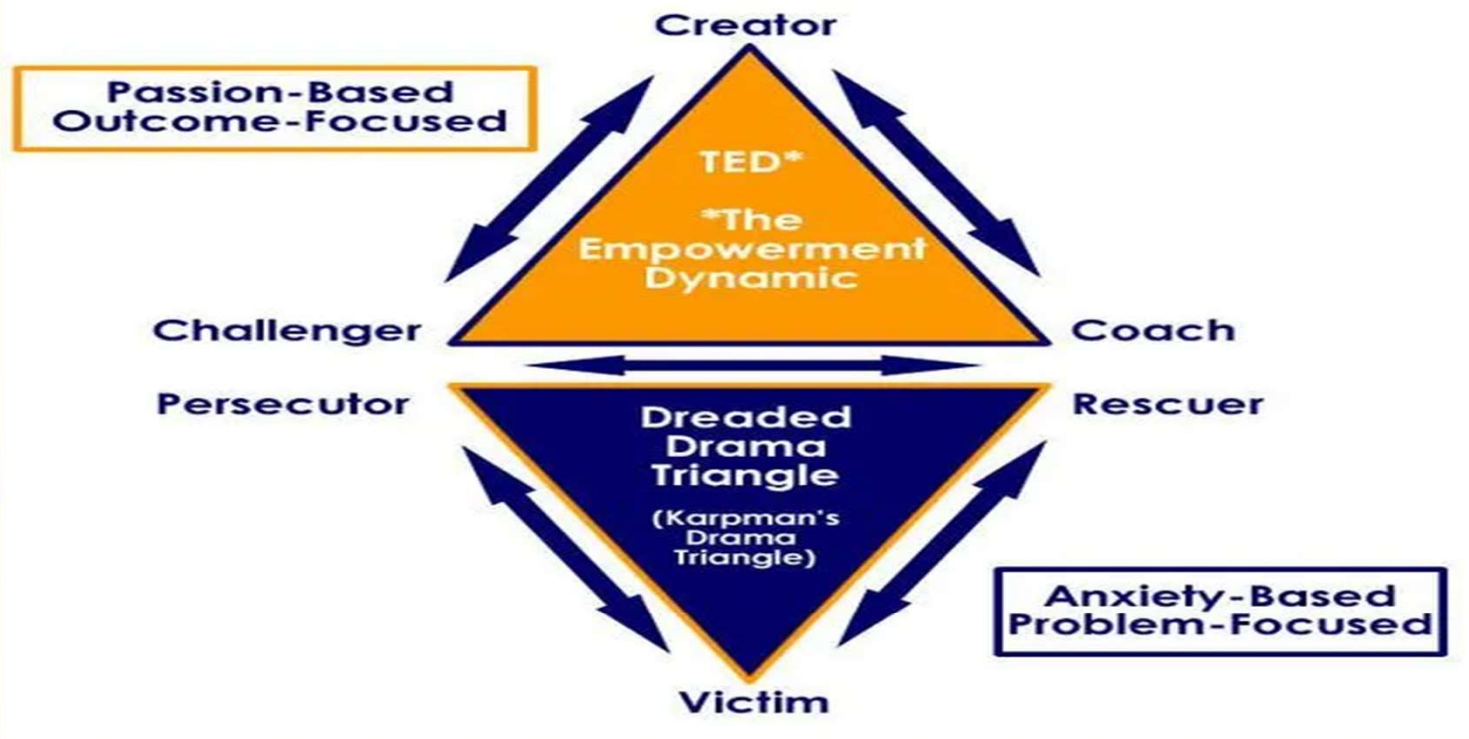
from external possessions (what you have) to internal qualities (who you are).

By prioritizing being, you lead by example and influence others.

It's a mindset that fosters self-esteem and fulfillment.

Remember, the Be-Do-Have model encourages us to build our lives from the inside out, emphasizing personal growth and authenticity. ✨

David Emerald's TED* (*The Empowerment Dynamic) triangle provides an alternative to the Karpman Drama Triangle



T.E.D.... Pre-frame.....
watch it read it
understand it.



The Path of Least Resistance.



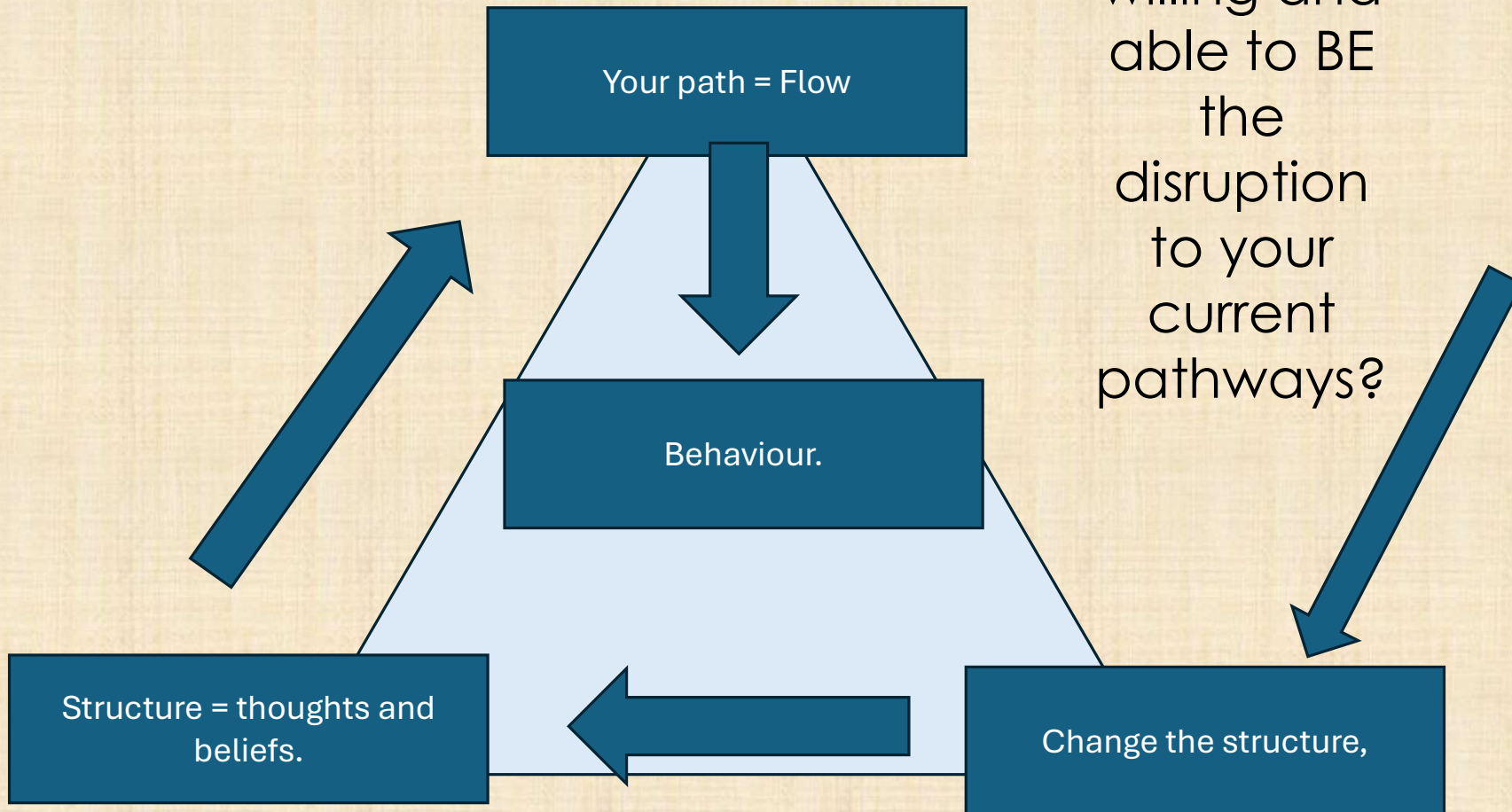
Easiest or most convenient option

The "path of least resistance" refers to the easiest or most convenient option.

It is the choice that requires the least effort, discomfort, or resistance.

People often choose this path because it feels more comfortable and involves less risk.

Structure.



Are you willing and able to BE the disruption to your current pathways?

Acting from Environment.



As a rule, people generally work from environment.

For example, your environment is a welfare-based community.

We could prove our framework is effective.

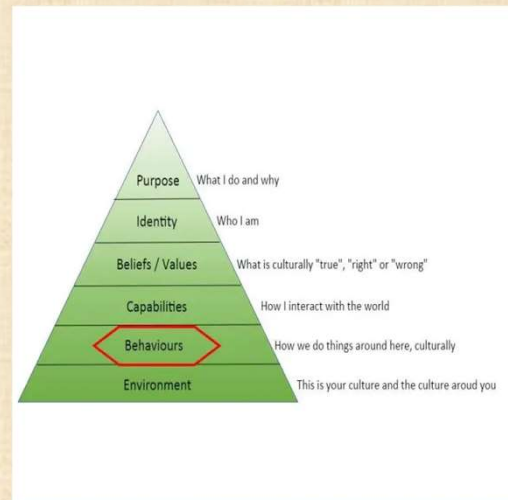
Turning your world upside down.

Most of us work from environment.

Begin to act from your future self.



Problem/solution

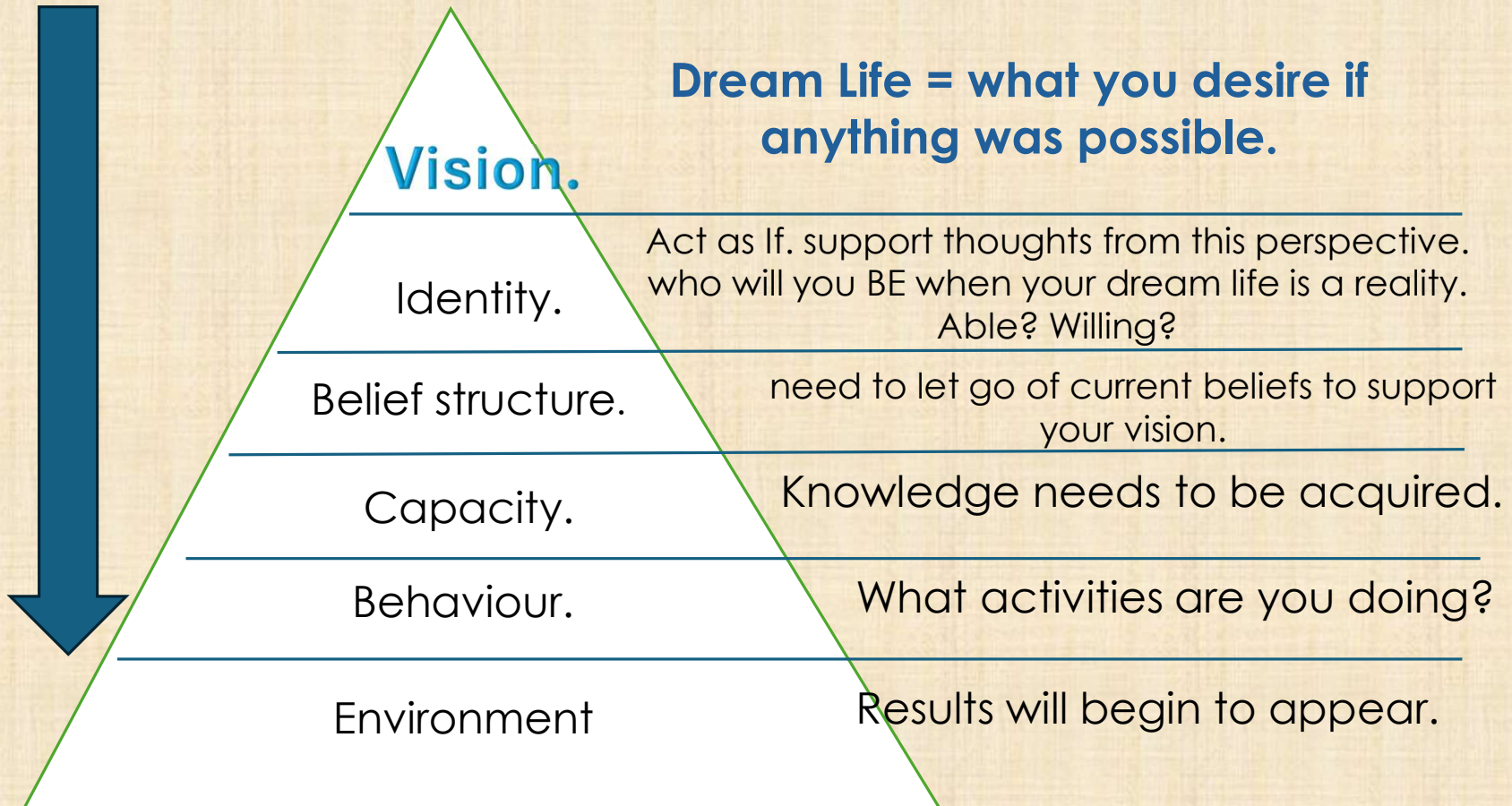


creator.



Acting as if from these psychological proven concepts evolved how we use the praxis framework to solve most resistance.

Choose to act.



This is our framework Concept

Redesign who and how you want to BE?
What is the “end result”?

“Act as If”? Start to think from “the end result.” vision.
Feel “the end result.”

Challenge Beliefs?
What thoughts are appearing that suggest that your “end result” is not possible?

Learning? Skills and Capacity:
what skills does your “end result” have and what do you need to develop to make that real.

Current Behaviour and Actions.
Are your actions in sync with your “end result?”

Current Environment?
Who and what do you surround yourself with.

This is our framework Concept:

What actions are you taking to re-assess your belief structure?

What experiences do you want to experience? How will they make you feel?

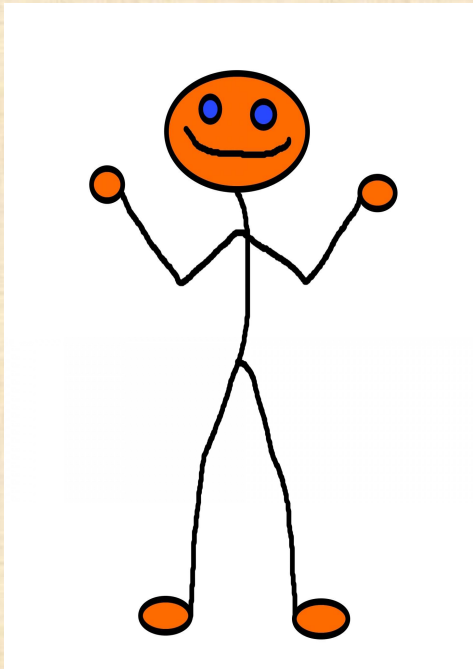
How will you feel, where will you be living, who will be your new circle of friends, etc.

Who are you now? How do you see yourself?

What new ways of being are you developing?
New actions

What is your headline story for 12 months from now?
Your being interviewed to tell your story.

You: Your bubble of reality.



You collapse the
infinite field of
possibilities
that exist into your
thinking frame and
create you.

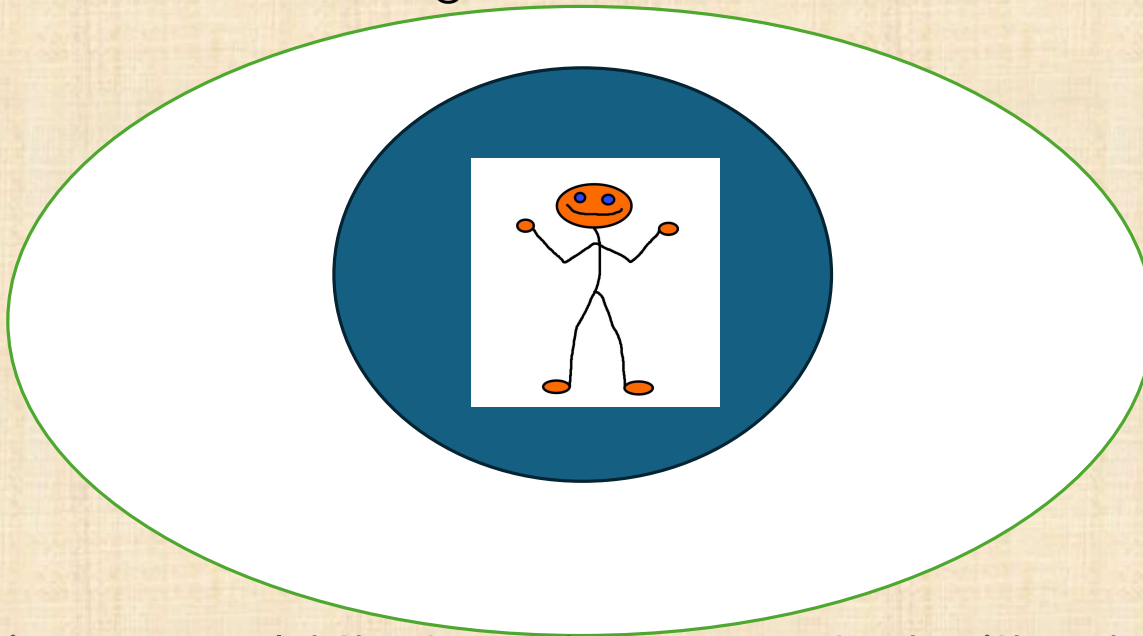
Your reality is
created by
your learnings.

We become
solvers of
problems.
This has been
learned.

Response:

WE choose from this time going forward to take 100% response....ability for our thoughts and actions.

Everything we know has been learned.



This is your world that you have created, either by direct action or by allowing things to be in your life.

**The areas that we
discuss in detail
during the ongoing training.**

Current
situation

Activity

Skills

Beliefs

Personal
Reality.

Often referred to as your vision.

Clarity:

This usually takes some time, because people need to be educated on the concept that goals by themselves do not work for most people.

People do not achieve their dreams primarily because the future is unknown.

They cannot “see it.”
Our imagination works from the known.

Why a role model is important.



The process. It gets results.

Our Coaching business itself is based on 4 core concepts

Vision : Mind Frame: Marketing: Business systems:

How to craft
your Vision:
FutureSelf
Beliefs
Act as if
Rewire the
Pathway.

Mind Frame:
Conscious
Sub
conscious
How to think
greater than
your
environment
What you
allow

Marketing:

How to craft
your offer
Enrollment
Clarity of
client
Clarity of offer.

Business
system:
Residual
income
profitability/
pricing policy
Leverage
Exit strategy

The Ladder of Accountability.



5 step process.
whereby we
measure the
commitment to
solving the
client's
challenge.

What is Quantum Coaching:



The Quantum Perspective on
Personal Growth and Development.

In the realm of personal growth and
development, we often hear about
setting goals, improving habits, and
cultivating a positive mindset.

While these concepts are
undoubtedly valuable, the Quantum
Perspective takes us to a whole new
dimension of understanding ourselves
and the world around us.

Unlocking the Quantum World Within:

Solutions.

Overcoming you.
Starting from the inside out.



The key pieces to the puzzle.