

# UNLOCK YOUR LIFE



## STEPS TO DEVELOPING THE THEATER OF YOUR MIND

### STEP ONE

Take a pad and pen and write out a brief outline of description of the mental movie you intend to create, experiment with, develop, and view in the **THEATER IN YOUR MIND**.

### STEP TWO

Set aside 30 minutes daily, preferably the same time each day. Find a quiet place, relax close your eyes, enter your **THEATER**, start playing, editing and replaying **YOUR MOVIE**.

### STEP THREE

Gradually nurture your movie, direct it so that the star (you) performs exactly as you desire, achieves the experiences and results you desire. Work to reach this point within 10 days.

### STEP FOUR

During the remaining 11 days, continue to rehearse, see, and experience your movie repeatedly without fail.