



RECIPES

*“Secrets of magic revealed” says that the illusion was “you’re a bad cook” – but it is now revealed that it was the cookbook – not the cook – that was in error. When you change the cookbook you’re using – when you change the neural programs and strategies and patterns that you’re using to create your life – the **Inevitable You®** comes forth. The inevitable life you were meant to have comes forth! So when your family-of-origin gave you the cookbook of the world and said “This is what life’s about – this is who you are – this is what you’re good at – this is what you’re not good at. This is what **is** good; this **is** what is bad, about the planet.” If they gave you a positive message, you believe in fairness and hope and the ability to succeed. If they gave you challenging messages, you believe that the planet is mean and unfair and dangerous. You believe according to your cookbook, your blueprint.*

Give yourself a one-hour Performance Review. Disassociate yourself – distance yourself – from you as You. Become a disinterested party examining an interesting person. And, we’re reversing the “normal” review process which spends 57 minutes on weaknesses and invests only three minutes on strengths. For the first 57 minutes of *your* Performance Review, make a list of the top 10 – top 15 or more things that you have done well – that you have done phenomenally – in the past six to twelve months. Be fair. Be generous. Be a great leader – inspire yourself.

“You’ve all heard me talk about good/ bad cooks and good/ bad recipes. Does it make any sense to blame the cook for a bad meal and reward the cookbook for a good meal? Rather, I say, blame the cookbook for a bad meal and reward the cook for the good meals!”
- Facebook, October 19, 2010

For the final three minutes of this review – what are two areas that were “bad?” Remember, you’re in a disassociated state. (So you can be charitable and be generous.)



Think of the cookbooks used to raise you. “The Cookbook of Your Life” – what does that mean to you?

What recipes of life were you given?
Your recipe for Love....

Your recipe for Hope....

Your recipe for Anxiety....



What other recipes do you wish to tee up for observation so that we can really eliminate them later in the workbook?

Think back to your parents' and grandparents' cookbooks and recipes. Which ones do you still use today?

Which ones did you vow never to use? (And never to have)?

Which ones have you used at one time and discarded?

Which ones do you still struggle with and wish that you didn't have?
