



QUICK REFERENCE GUIDE

Thank you for joining us for The BIG Minute training.

The technique you have learned is really quick and easy. When you commit that one minute several times a day you will recognize dramatic results in your life in 30 days or less.

Now it is time to take action

The state that you are in at any moment determines the action you will take – but far more importantly, the states you are *habitually* in determine the actions that you *habitually* take.

It's those habitual actions that change the quality of your life, good or bad. A single workout at the gym is fine – but a daily routine of working out every day will transform your life.

We know we need good habits. Good habits really just mean good actions consistently, and for that we need to make sure we are in good states consistently.

The BIG Minute System is a powerful tool to help you do just that.

It's really simple, and so powerful and easy to understand that once you have learned it, you may feel compelled to take real action, have a lot of fun and take your life to the next level.

Using The BIG Minute System

To use **The BIG Minute**, you take a single minute, several times each day, to re-set your focus and physiology, your state, basically your ENTIRE SELF – in the right direction.

You can also rejoin us for a review on our regular **BIG Minute** half hour training each Wednesday: 5pm PST / 6pm MST / 7pm CST / 8pm EST

Register at: <http://TheBigMinute.com>

Preparation: Set Your Goal

Choose your Number One goal.

Write it IN THE PRESENT TENSE exactly as if you already have it now. Use juicy language that really gets you excited. Not “I weigh 180 pounds,” but “*I weigh 180 pounds of hard lean muscle and I am HOT!*” or whatever works for you.

Say your goal to yourself - and as you say it, LIVE it – with your whole self. Just for this one minute completely immerse yourself in your goal as if you already have it now.



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Mind

Repeat your goal with emotional intensity – living and feeling it for the entire minute. It is critical that for the duration of The BIG Minute you completely immerse yourself in your goal as if you already have it now.

My Goal:

As you live and repeat this goal in your mind, complete these 5 steps to refocus your physical state:

Body

Step 1 : Deep Breath - 5 Seconds

Take a deep breath right into your diaphragm, so your belly expands.

Hold for 5 seconds and release.

Use full deep breathing during the whole minute (but only 'hold' for 5 seconds once at the start)

Sit in a chair with your feet pointed straight ahead and your hips rolled forward arch your lower back.

Interlace your fingers together and take your arms overhead pressing your hands towards the ceiling with your palms up.

Look up and keep your arms straight.

HOLD for 15 seconds.

Step 2: Hydration - 10 seconds

Drink a small glass, 6-8 ounces, of pure water.

Step 5: Energizing Water-Based Snack

Finally take a few mouthfuls of a healthy water-based energy snack such as baby carrots, sliced apple, strawberries, celery sticks, sprouted sunflower seeds or bean sprouts, soaked almonds, etc.

Do your BIG Minute every hour that you can each day for 30 days - and let us know about the extraordinary changes you experience.

Step 3: Cellular Exercise - 15 seconds

15 seconds of Cellular exercise. This means 'shaking' or 'bouncing' every cell in your body.

Good examples are: jumping jacks, rebounding on a mini-trampoline, simply jumping up and down on the spot.

If you're unable to do this vigorously, it doesn't matter. Just 'jump' on the spot, keeping your toes in contact with the floor while lifting your heels off the ground.