

10 MINUTE TRANSFORMATION

create the reality you were
born to live



Robert E. Britt

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All that being said, this e-book is sent out to the world with the love of the author to all who want to make a change for the better in their lives. Namaste.

One of the most important things you can do to make a complete transformation in your life is to decide to change. That might sound like it is too basic, but there are an awful lot of people who want to change someday, or maybe even today, but they don't decide now is the time. Someday never comes.

Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday ... nope, no Someday in the week.

So now that you have decided to change and it is going to start now, what do you do? You need to stop talking yourself out of things. There are so many 'what ifs' and 'I can't's' in your life that it is no wonder you don't make progress and get to your dreams. Frankly, I am surprised that many people get anything done at all.

Mostly what I am talking about is negative self-talk driving people down. This is you sabotaging yourself. Why would anyone want to do that?

But we all do it, all the time. Since it is time for your transformation, it is time for you to recognize that you are doing it, and control it. Stopping it altogether is like climbing Everest, but limiting the damage is as easy as a walk in the park. Knowing you have to control it is the first step, and you've already accomplished that, so pat yourself on the back.

Next time someone gives you a compliment, say "Thank you." Don't try to deflect it. How many times have you said to someone that you thought they looked nice and they had to say "My hair is a mess" or "I'm glad you think so." Where does that get them? It is impacting their self-esteem and also invalidating your opinion.

Think about this from the other person's point of view for a minute. If someone gives you a compliment and you deflect it, you are insulting them for giving you a compliment, whether you realize it or not.

Did you get that? When you invalidate someone's compliment, you are telling them that their opinion is wrong. Embrace the compliment. Say thank you!

You also don't have to compliment someone back. That pretty much negates the value of the compliment received, because you are dismissing the compliment from your mind by thinking of a response instead of integrating the belief into yourself.

The next thing that stops people is habits; good habits, bad habits, it's all the "same stuff different day" habits. You have habits that you think are serving you, but they are not. I'm sure you've heard the phrase that the only difference between a rut and a grave is the depth. Are you in a rut that will carry you right to your grave?

Many people are. I'm certainly not saying that you should give up all your routines and habits; some of them may be right for you. I am saying you should step back from your situation and look at what you do. Is your behavior moving you in the direction you want to go? If the answer is no, then you need to change.

Transformation is change, and it may start with the smallest change -- one that you might think is nothing, but might be your tipping point.

Don't be scared, or at least don't let the thought of your impending new life stop you from making the steps. It has been said that most people really aren't afraid of failing, they are afraid of succeeding.

You know how to act, what to do, what to say in your current life, but a new successful life will put you into a zone that you may find uncomfortable. No one likes to be uncomfortable, so you say, "That's too hard" or "I think I'd rather just stay here."

You are not alone in thinking those thoughts. I have the same thoughts.

I don't like playing games for the first time; I might suck at them and then I'd look foolish. But what if I didn't? What if I was great at something, but I never bothered to try it? What a waste that would be! Don't be afraid of success.

OK, this book is called *Ten Minute Transformation*, and the point of that is that it doesn't take a lot of time to make a change in your life.

Maybe the couple pages you already read have got your wheels turning a bit, so those few minutes have already changed your life IF you act on your thoughts. That is the key.

This whole book is short.

Life is short, and the time you need to change your pattern is short, so why should I belabor the points I need to make and fill this up with fluff? I won't do it, because I don't want to waste your time.

I am trying to set your mind so you are willing to do the short exercises detailed in the next few pages. You may want to do them a few times a year. When your goals change, it's time for another transformation in your thinking.

Everything I am going to outline is simple but totally effective. I started explaining a little bit about self-talk, and now I want to go into a little more detail.

Self-talk is the key to personal transformation. The trick is to have the right self-talk and not the negative self-talk that so many people engage in. Most self-esteem issues are about things we have convinced ourselves are true. But they probably aren't true at all or, at most, have minimal truth in them.

I said this on the web page that brought you to buy this book.

I believe there are at least five different versions of everyone:

1. You as you truly are.
2. You as you think you are (in other words, your self-image).
3. You as you want others to think you are (your projected self image -- as you hope others see you).
4. You as others see you.
5. You as you want to be.

The fifth one is the you that you are willing to sacrifice many things to become but are either scared to become, or you only want to sacrifice in your daydreams. You have to be willing to sacrifice in real life sometimes to really get to where you want to be, to become the person you want to be.

A few years ago, the US Army had a motto “Be all that you can be” that speaks directly to your ego. Be the best You.

Your job is to become who you are destined to be. Become the best you and get rid of the clutter in your mind that is holding you back. Don't hold onto what has happened in the past. The things you cling to may be the very things that are stopping you from your peak!

Why do we allow the negative portion of our lives to decide how we face the day? It gets back to my earlier point. We allow ourselves to get into a rut, and we are comfortable with the familiar nature of the hole we have dug for ourselves.

So we need to construct a ladder to climb out of the hole we have dug. The first step of that ladder is building better self-esteem. Building better self esteem can be as easy as pie.

There are no wrong answers on these exercises. If you can't think of something to write, just skip the question and move on. When you are done with all the questions, go back to the beginning and try to fill in the ones that you skipped. Or don't.

The important thing is getting through this and getting to the next step. Answer as honestly as you can, and it is OK to get help from anyone you like. You've heard of "open book tests"? Well this is an "open life" questionnaire. If there is a question that doesn't pertain to you, skip it.

If there is a question about your parents and you don't know the answer, you may call your parents and ask, or skip the question and move on. If you are an orphan, use whatever surrogate parent or parent figure you had. If you are an only child and the question about a sibling comes up, skip it. The important thing is getting this done and impacting your life.

All the answers should be in the form of a statement such as "I got an A in Math in 10th Grade." Or "Mrs. Jones told me I am smart." They should all involve the word "I" "Me" or "My."

If the question is "What is your best memory of high school?" your answer might be "I was voted best dancer" or "I made the football team." It might be that you graduated, or that you met your best friend. It doesn't have to be some fabulous event, just something that was your best memory -- "I graduated."

If the question is about another person's input, you might say "Mrs. Jones said I was very creative."

Some questions might have five answers, others might have none. Just stick with it, and get it done. There is no right or wrong, just positive thoughts, intentions and memories. Now we begin.

Section 1

- 1. Name the thing you are most proud of doing in your life.**

- 2. What accomplishment do you most remember from high school?**

- 3. What is the best compliment a teacher ever gave you?**

- 4. What is the best thing your grandparents ever said about you?**

- 5. What is the nicest thing your parents ever said about you?**

- 6. What is the best thing one of your siblings ever said about you?**

- 7. What is the best compliment your boss ever gave you?**

- 8. What is the nicest thing a co-worker ever said about you?**

- 9. What is the best compliment you ever got from a child?**

- 10. What do you recognize as the best thing about you?**

Section 3 – Future Intentions

In this section, you need to really let go. This is the truly transformational section. Think about the person you want to become.

Have you always wanted to be a powerful public speaker? Do you want to be comfortable socializing at parties? Do you want to be the best juggler in the world? This is where you decide on your future skills.

This is your intention in life. Where do you want to go? Remember, this is all in the form of “I,” “Me,” or “My.” “I am a best-selling author on the NY Times book list.” “I can understand complicated math formulas.” “I am an A student.” “I make a difference in the world.”

On my personal list, I have “My writing is appealing to others and helps expand their thoughts and improve their lives” and “I am a nationally known improv comedian.”

Don’t limit yourself.

My Future Intentions

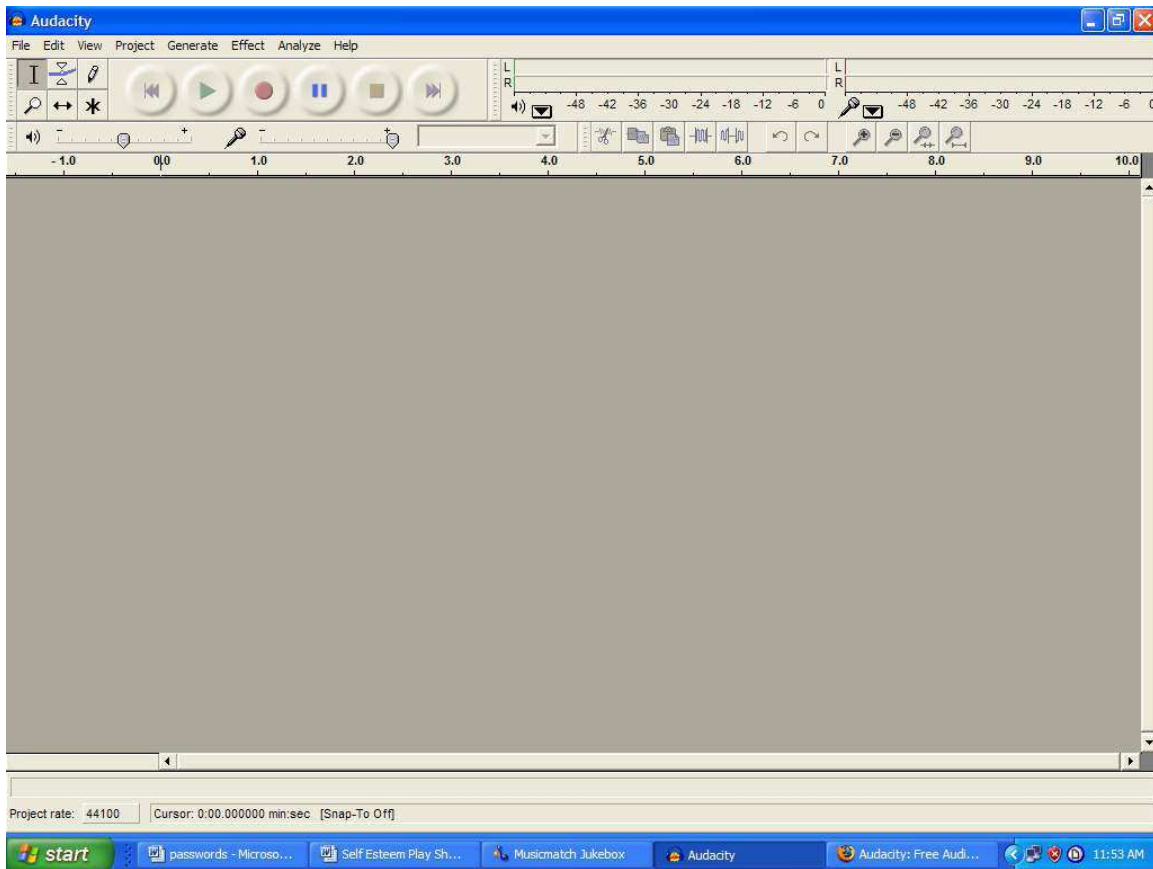
<http://www.10MinuteTransformation.com>

The next step will be taking that speech and recording it using any audio recording program you might have on your computer. Most computers these days have a recorder in the “accessories” section of your start menu.

If you don't have one on your computer, I would recommend a program called Audacity. This is a free program that is very easy to use. If you already have a microphone (and most computers either come with a mic or they have one built into the monitor), you are $\frac{3}{4}$ of the way done. Download the program from here:

<http://audacity.sourceforge.net>

Once you have that set up on your computer and you open the program, you will have a window that looks like this:



To record, you simply click on the record button (the red circle) and begin speaking into your microphone. When you are done, click the stop button. Use the “File” dropdown menu and export your recording as a .wav file to whatever folder you desire. My suggestion would be to save it as ‘SuccessSpeech1’.

An alternate free recorder can be found here: <http://www.roemersoftware.com/>.
The second recorder down is the FREE Hi-Q recorder.

I have found Audacity to be simple, reliable and effective, but the Free Hi-Q recorder may be more intuitive for some people. It’s your choice, like everything else in your life.

I have found that using this worksheet makes recording very easy. Simply use this as a script, reading the statements you have written in response to the questions.

A shortened version might read like this:

I graduated from college with a 2.7 grade point average.

I auditioned and was picked as an actor in my high school’s version of “Oklahoma.”

My mom said I am smart as a whip

Mr. Jones said I am a good worker.

I am an attractive person.

I love giving speeches in front of large groups of people.

I am a successful business person.

For the second part of this, we are going to record again, this time changing the “I” to “You.”

Example:

You graduated from college with a 2.7 grade point average.

You auditioned and were picked as an actor in your high school’s version of “Oklahoma.”

Mom said you are smart as a whip

Mr. Jones said you are a good worker.

You are an attractive person.

You love giving speeches in front of large groups of people.

You are a successful business person.

In the third section, you control your own destiny (sort of like in real life, actually). This section should be divided into the passive and active voices, as well. If you want to get straight A’s, say it. If you want to get your driver’s license, say it. Have your own business? Be a millionaire? Say it.

Example:

I play the piano extremely well.

I am comfortable speaking to large crowds.

I am a millionaire.

<p>I own my own company.</p> <p>I am great at talking to strangers.</p> <p>I am outgoing and enjoy engaging people in conversations.</p>
<p>You play the piano extremely well.</p> <p>You are comfortable speaking in front of large crowds.</p> <p>You are a millionaire.</p> <p>You own your own company.</p> <p>You are great at talking to strangers.</p> <p>You are outgoing and enjoy engaging people in conversations.</p>

Together, these three sections will change your self esteem and transform your life. They will help you to move to a whole new level.

To explain a bit deeper, the first section conditions your mind and gets you in a receptive state. You have to be comfortable talking to yourself and admitting to yourself that there are positive things about you. The passive voice (using “I”) allows you to ease into this exercise.

The second part is where it gets really fun. You are an authority on you. Who better to tell you to straighten up and fly right?

The third section is the capstone to the process. You decide your fate. You choose your future. You can do whatever you choose. Really, you can and you must. If you

don't do what you are capable of, you are denying yourself and the world the gifts you have to offer. It is time you accept how exceptional you really are.

And when you think about it, you are exceptional. We all are. No one has had quite the life you have led. You bring a unique perspective to any situation. If you don't believe me, you will after only a few days of listening to yourself.

You will talk yourself into a better place, a better state of mind. And most importantly, a more truthful place, where you can finally let go of the negative thoughts that have been holding you back.

These audio tracks should be listened to every day for at least 30 days. I listen to mine every day, and I also read them most days. It only takes a few minutes, and it will change your life!

After listening to the two success speeches, you may want to re-record them.

These can be improved or changed. It's your life! Make it the best one you can! When you become a millionaire, change the speech to Multi-Millionaire or Billionaire.

Once you have gone through these life altering exercises and are believing in yourself more than you ever have before, make sure you start paying attention to your actions throughout your day. If you find yourself thinking or talking badly about yourself, Stop! Hit the rewind button.

I've heard people recommend saying "Cancel, Cancel" every time you catch yourself in this self-sabotage. I like to stop and say the opposite thing. If I find myself saying "I am such a klutz," I could turn that around and say, "I am normally a graceful person."

This alternative statement might sound false at first, but the more you take counter-measures to invalidate negativity, the more real the statements will become.

I hope you take this seriously and play your tracks daily for at least 21 days. The total time for both tracks should only be around ten minutes, so it's not like you are going to need a lot of time to do this.

Only ten minutes a day for three weeks will change your life and help you transform into the person you want to be.

Do not limit yourself. Do not allow others to discourage your dreams. Only you can offer the world the things you are capable of doing.

You are the creator of your reality. It is a simple fact. Use this to create the reality you were born to live.

If you have any questions, please e-mail me at RobertEBritt@yahoo.com

I will walk you through this "playbook." I will help you with Audacity. I want you to succeed.

My dream is for everyone in the world to be able to pursue their dream lives. We are on this earth for a reason, and it probably isn't to do what you are doing now. I wrote this because I think it will make the world a better place.

Could you imagine a world of people where no one drives angry? A world where people might actually smile as they walk through the grocery store?

I can imagine it, and I am trying to make it happen. That is my dream.

<http://www.10MinuteTransformation.com>

Thank you for helping me realize my dream,

A handwritten signature in black ink, appearing to read 'Robert Britt', with a stylized flourish at the end.

<http://www.RobertBritt.com>

Please share the link to [10MinuteTransformation.com](http://www.10MinuteTransformation.com) with those you think could use this information. I am only charging \$8.97 for this so it is affordable to as many people as possible.

I hope you succeed beyond your wildest dreams.

Thanks,

Rob