

THE PHYSIOLOGY OF SUCCESS

Achieving your goals QUICKLY and AUTOMATICALLY



the **REMMERT**
METHOD
subconscious reprogramming







GOAL-STOPPERS

What stops most people...



No control over their emotional state



Subconscious limiting beliefs



Distracted and put off by challenges

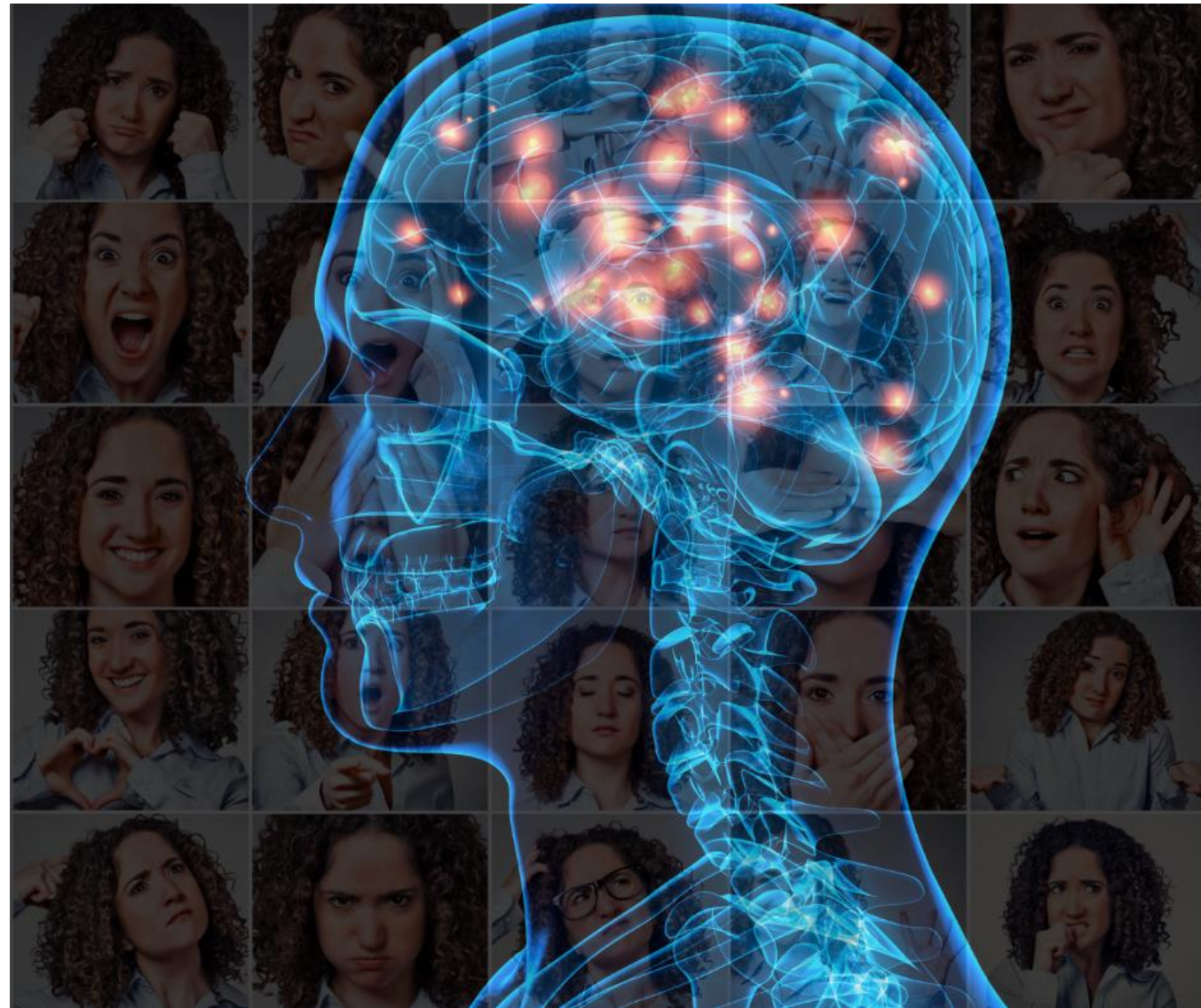
First Key



PART 1

Learning to Drive







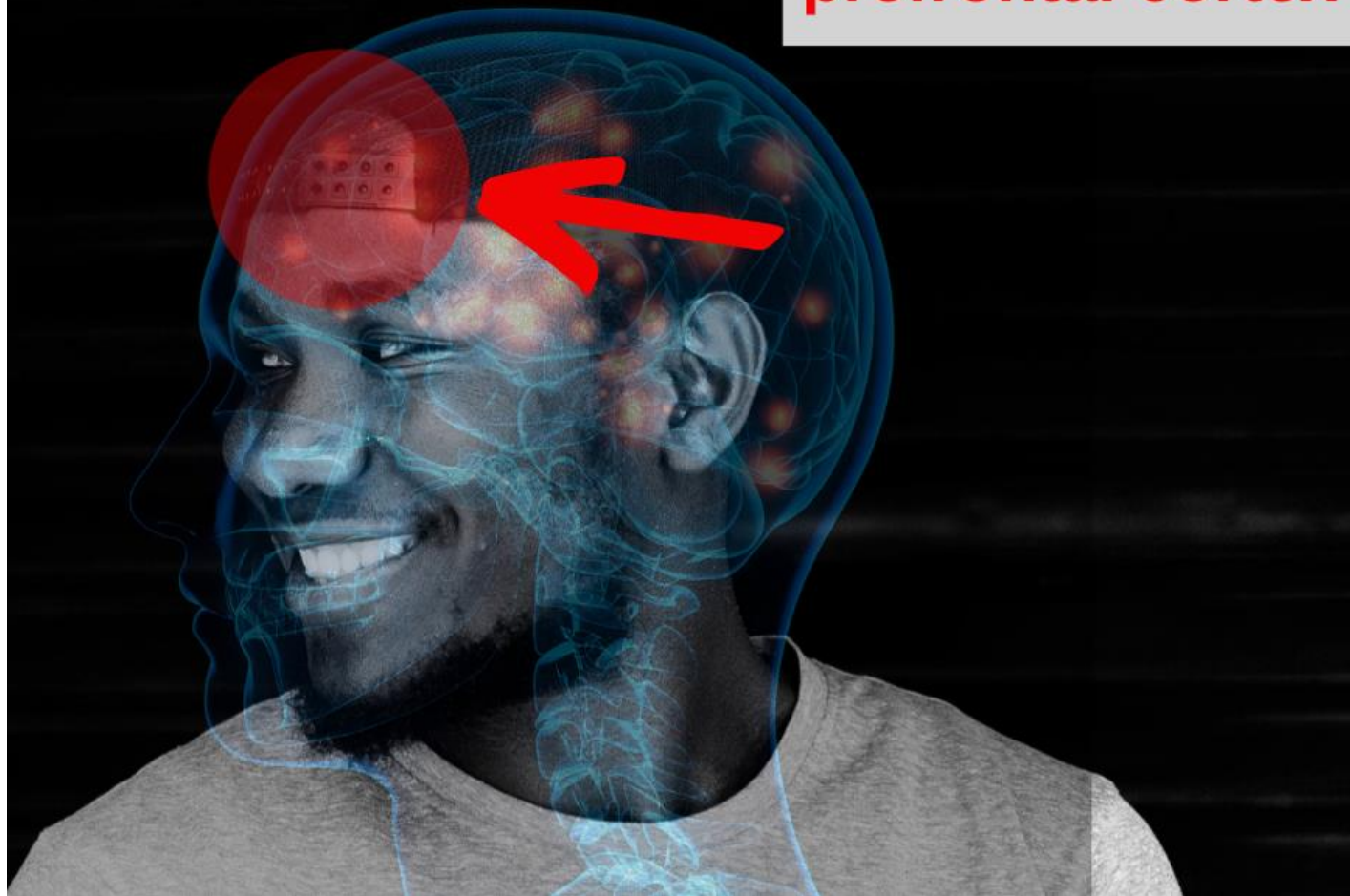
Prefrontal
Cortex

Blood drains
to back





**Blood returns to
prefrontal cortex**





First Key



PART 2

Releasing the Handbrake

Second Key



Changing the
GPS Coordinates

The background features a large, stylized number '3' on the left side, composed of overlapping triangles in shades of gold and yellow. The right side of the image has a white background with a bokeh effect of soft, out-of-focus light spots in various colors, including purple, blue, and yellow.

1. Subconscious references
created.

2. Subconscious prompts
chemicals (emotions)

3. Conscious mind responds
automatically

The background features a large, stylized 'X' shape formed by overlapping triangles. The left side of the 'X' is filled with a bokeh effect of golden light spots, while the right side is plain white. The text is centered on the white area.

Subconscious References

=

“EVIDENCE”

LIKE A COMPUTER:

The subconscious...



Cannot use logic or reason



Can't tell reality from imagination



Can't judge "unrealistic"

The background features a large, stylized 'X' shape formed by overlapping triangles. The left side of the 'X' is filled with a bokeh effect of golden light spots, while the right side is plain white. The text is positioned on the white side of the 'X'.

To Change the RESULTS...

You need to CHANGE
the EVIDENCE



Can Memories Really be Changed?

- ▷ Memories are not accurate or permanent
- ▷ They're already changing all the time
- ▷ The subconscious can't tell the difference

Considering...

- ▷ Childhood memories “prove” who we are
- ▷ Memories are already changing
- ▷ The subconscious can't tell the difference

We can create NEW “proof”
– to support our SUCCESS.

SUBCONSCIOUS BLOCK-CLEARING Basic Worksheet

NOTE:
It may be a
different topic
but same
feeling!

1. Name a doubt, fear or obstacle
2. How do you know?
3. How does that feel?
4. When did you feel that in your childhood?



SUBCONSCIOUS BLOCK-CLEARING BASIC WORKSHEET

www.TheRemmertMethod.com

1. When you think of your GOAL, what DOUBT or OBSTACLE comes to mind?

2. How do you KNOW this doubt or obstacle to be "true"? / What's the WORST thing about it?

3. How does that FEEL?

4. Where in your childhood did you feel that same feeling? (Remember: It may be a different topic, but will be the same feeling).
Name of Memory: _____ Approx. Age _____
Name of Memory: _____ Approx. Age _____
Name of Memory: _____ Approx. Age _____
Name of Memory: _____ Approx. Age _____

Use the information in the Free Starter Pack to change these subconscious references.
Get your free Starter Pack at:
www.TheRemmertMethod.com

An Example:

- ▷ 1. Want to start my own business
- ▷ 2. I don't have the money
- ▷ 3. Feels like being held back
- ▷ 4. Parents held me back

Money was now playing the
role of her parents.

The background features a large, stylized letter 'X' formed by overlapping triangles. The left side of the 'X' is filled with a bokeh effect of golden light spots, while the right side is plain white. The text is positioned on the white side of the 'X'.

New Memories...

Now a Successful Consultant
and Event Producer

How to change the memories?...

The background features a large, stylized 'X' shape formed by overlapping triangles in shades of gold and yellow. The central area of the 'X' is filled with a bokeh effect of soft, out-of-focus light spots, creating a shimmering, textured appearance. The text is positioned to the right of this graphic.

Live Demonstration

Changing Subconscious
References

To get your **FREE Starter Pack**,
fill in your info below ...

NAME

EMAIL

PHONE (optional)

CHANGE YOUR SUBCONSCIOUS PROGRAMMING



It's **QUICK**
and **FREE!**

INCLUDES

- ▷ **MP3** Audio Guide
- ▷ **Step-by-step** explanation and instructions
- ▷ **Video** with step-by-step guidance

Third Key



Staying on the
Road

FIGHT-FREEZE-FLIGHT

Why it's EASIER to feel
BAD than to feel good

STRESS
CHEMICALS
are for
SURVIVAL!



WAYS TO FEEL GOOD

Getting back on the road

Feeling good means your brain is online!

- ▷ Listen to music you love
- ▷ Think of someone or something you love
- ▷ Watch funny videos on YouTube
- ▷ Do physical exercise
- ▷ Look for 5 things you're grateful for
- ▷ Play with your children or pets

TO GET YOUR FREE STARTER PACK

Fill out the postcard

CHANGE YOUR SUBCONSCIOUS PROGRAMMING

To get your **FREE Starter Pack**, fill in your info below ...

NAME _____

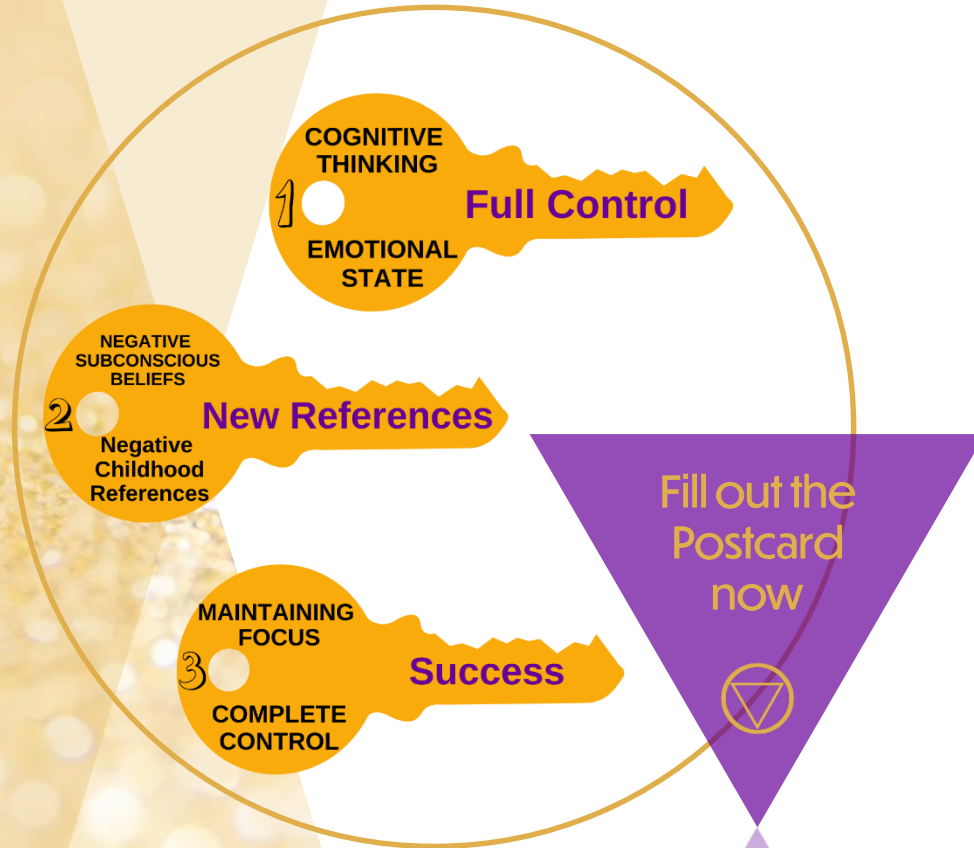
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You Have the Power to Make 2020 YOUR Year!