



TAKE BACK THE POWER OF YOUR BODY



4 STEP MINI COURSE

DESTINY TUNING



STEP 1

**TOOL: METAPROGRAM
OBJECTIVE: DISCOVERING
YOUR STATE OF MIND AND
HOW YOU THINK**

QUESTIONS

WHY DID YOU DECIDE TO DOWNLOAD
THIS GUIDE '?

WHAT ARE YOU LOOKING FOR FROM THIS 4-
PART TRAINING?

WHAT WILL THIS CHANGE IN YOUR LIFE?

WHAT GOAL WOULD YOU LIKE TO REACH?



ANSWERS

PROACTIVE: you answered DIRECTLY as if it flowed from your mouth

REFLECTIVE: you took your time to think about it

MOVING AWAY FROM: you answered in the negative 'I DON'T WANT'

MOVING TOWARDS: you answered in the positive 'I WANT'

MOVING AWAY FROM: you answered in the negative 'I DON'T WANT'

PROCEDURAL: you wrote down details and milestones

POSSIBILITY: you wrote about future visions and values



INTERPRETATIONS



PROACTIVE

You are someone who is dynamic and knows exactly what you want. You don't wait for things to happen, you seize your life and go for it!

REFLECTIVE

You are someone who can't be pushed into things. You need to think about it and don't appreciate being surprised by life.

MOVE AWAY FROM

You have a negative posture. You tend to see the glass HALF EMPTY rather than half full. This will make you see everything negatively.



INTERPRETATIONS

MOVE TOWARDS

You have a positive posture. You see the positive in everything. You are the type of person who will even see the positive in having cancer. (glass HALF FULL)

PROCEDURAL

You are someone who needs to write out all the steps that you are going to go through. You will need the doctor to be precise and you will tell your family step by step what is going to happen. This helps you create a picture and feel comfortable.

POSSIBILITY

You are a visionary. You tend to dream a little. The dreams help the bad news go down better, it helps you to disconnect from reality and what you are going through.