Your Genius Code Unlocked
Reset your Brain for a Vibrant Life

The Workbook

Vibrant
Results

YOUR GENIUS CODE UNLOCKED WORKBOOK

MODULE #1: Discovering Your Genius Code

Recording Your Dreams and Desires

It is quite simple to communicate with your subconscious mind. However, there are certain rules you need to observe to be really effective in achieving what you desire in life.

Knowing what you want

Most people feel that they don't know what they want in life.

However, if you choose to become more aware, more conscious, and more attuned to your feelings, you will gain clarity regarding what you want.

Declare in the **present moment**, as clearly as you can, what you DO want.

Hint: Usually, it's simply the opposite of what you DON'T want.

EXERCISE: What do I Want?

Pay attention to how many times a day you say, "I don't know what I want."

Listen to when you say,

"I know what I don't want." or **"I don't want that."**

The moment you hear yourself saying, **"I don't want…"**, immediately ask yourself, **"What do I want?"**

Next, ask yourself the question, **"Why do I want it?** Then ask, **"How do I want to feel when I receive what I want?"**

Take notes in a journal and write down your answers.

1. I don't want: _____
   _____

2. I want: _____
   _____

3. Why I want it:_____
   _____

4. How I want to feel:_____
   _____

EXERCISE: Dream List

Make a list of all the things that you would like to have in your life. Allow yourself to fantasize, emotionalize, and visualize. **Pretend that you have all the money, time, and resources you need to acquire your deepest desires. There are no limits.**

Let yourself dream about adventure, fun, and joyful things that you would like to feel if you were to have the health, wealth, career, relationships, spiritual growth, creative expression and contribution to the world that you really want. Let your ideas flow. Be bold. Dream big and explore your imagination.

Experiences you would love to live:

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Health:

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Wealth:

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Career & Work:

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Relationships:

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Spiritual Growth:

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Creative Expression:

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Contribution to the World:

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EXERCISE:

Write and connect your desires in the form of a story in the **present tense**, **assume that you have already achieved what you want or dream of having.** In other words, write your story 'as if' you are living it now. Describe it in detail using your five physical senses.

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YOUR GENIUS CODE UNLOCKED WORKBOOK

MODULE #2: Design Your Blueprint

The human brain is always asking and searching for answers to questions. The brain works automatically with more intensity and searches for answers when you ask it direct questions.

EXERCISE: Means Goals vs End Goals

People easily chase after "means goals" such as: graduate from college, get a particular job, and save money for retirement. But if you ask them, "Why do you want that?" There will always be a "so" in their answer.

So, if you want to develop your genius mode, as you create your Genius Code (GC), forget about your "means goals".

"Means goals" are usually dictated by your cultural environment. Choose instead to go straight to the "end goals".

1. **What experiences** do you want to have in life? I want _____ so that I can do _____.

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2. How do you want to **grow**? **Growing is a goal in itself.** It is one of the key elements that drives us as human beings.

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3. What **contribution** do you want to make to the world? H**ow can you give back to the world?**

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When you have all three lists complete: your desired experiences, your personal growth, and your contribution to mankind, this becomes your end goals list. **Everything else is a "means goal".**

With this end goals list, you will start to rewire your brain and live your life by design - not by default. You will be able to short cut and bypass so many hindrances, obstacles, and limitations that are presently in your way blurring your vision.

EXERCISE: Empowering and Disempowering Questions

Observe your thoughts and become consciously aware of your internal dialogue. Listen to the negative questions that you are asking yourself daily.

For example: Why am I so tired? Why can't I concentrate? Why am I not making more money? Why does this always happen to me?

- Make a list of the most disempowering questions you may ask daily.

1._____
2._____
3._____
4._____
5._____

Stop Doing That and Start Doing This

On the other side, we call empowering questions the types of questions that cause the brain to concentrate on what you have instead of what you lack, leading you to increase your self-esteem and create a positive self-image.

Your brain automatically focuses on what is right "about you," not on "what is counter-serving you."

For example: Why do I feel so awake? Why am I so focused and organized? Why am I a money magnet? Why do I attract what I want with ease and grace?

- What are the opposite empowering questions to your answers above that you can start to ask yourself daily?

1._____
2._____
3._____
4._____
5._____

EXERCISE: Using Your Drivers

There are two human behavior drivers or motivators:

● Motive (the "why")

● Method (the "how")

As explained in Unlocking Your Genius Code, **motive drives more action than method.**

By simply **reversing the negative questions** that you are using in your daily life with positive ones you will start to be motivated to change your thinking patterns and therefore your results.

For example:

"Why am I so broke?" becomes "Why am I so rich?"

"Why am I so fearful?" becomes "Why am I so confident?"

"Why am I so fat?" becomes "Why am I so healthy?"

The mind is caught up with the reason "why" and assumes that you are rich, confident, and/or healthy. These questions are called: presupposing questions.

Make a list of five **presupposing questions** (PQs) for each category below:

Health:

1._____

2._____

3._____

4._____

5._____

Relationships:

1. _____
2. _____
3. _____
4. _____
5. _____

Wealth:

1. _____
2. _____
3. _____
4. _____
5. _____

Work or Business:

1. _____
2. _____
3. _____
4. _____
5. _____

Self-Confidence:

1. _____
2. _____
3. _____
4. _____
5. _____

Spiritual Growth:

1. _____
2. _____
3. _____
4. _____
5. _____

Contribution to the World:

1._____
2._____
3._____
4._____
5._____

EXERCISE: Increasing the Power by Stacking Presuppositions

While you are learning the power of presupposing questions (PQs), you can also practice stacking them to reinforce an intention.

"Why am I so happy?"

"Why am I so cheerful?"

"Why am I so confident?"

When you stack presuppositions, one on top of the other, and repeat them, you are transmitting an overwhelming amount of information to the conscious mind. This results in breaking through the barriers to the subconscious mind in a very efficient way. Stacking is a great way to distract the conscious mind from noticing or considering a response for the suggestions you are imprinting, making resistance nonexistent.

Write out a list of presupposing questions that you can speak out loud and stack one after the other without looking for the answer. Allow your subconscious mind to do the work. It will seek the answer for you in unconditional ways that will surprise you.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

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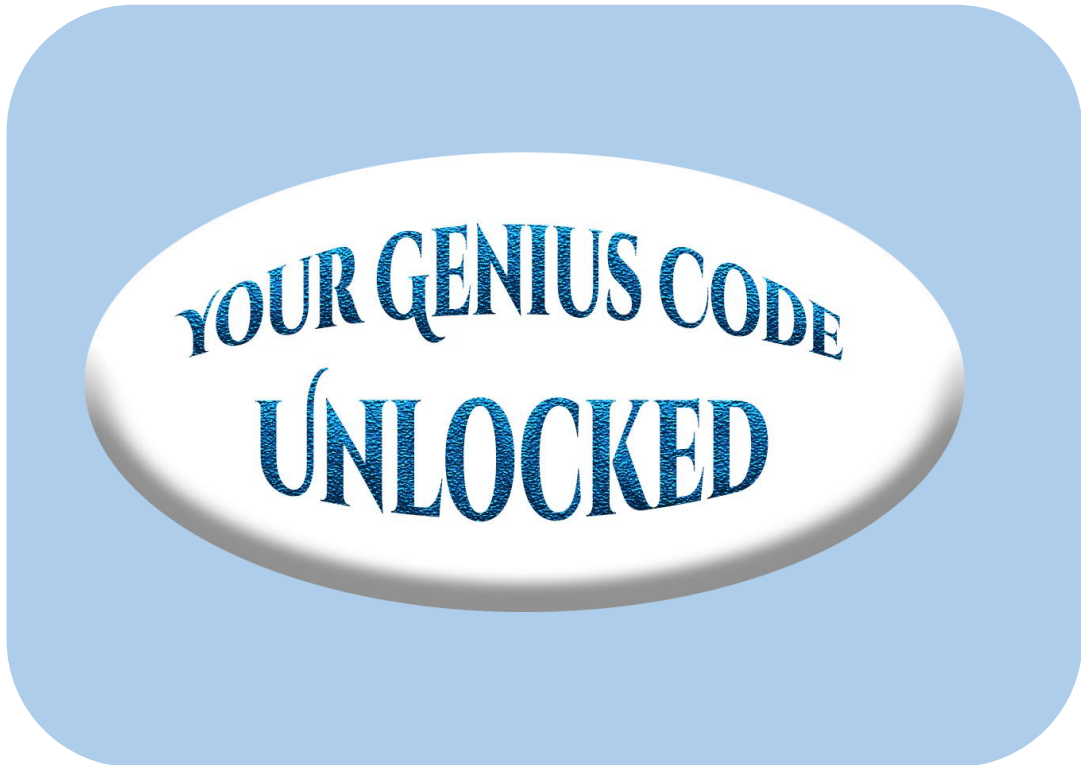
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MODULE #3: Create Your Personal Genius Code

EXERCISE: Create Your Genius Code Script

1. Start by identifying who you are.
   a. Declare your name as people refer to you or how you want to be known:
      i. "I (your name) am a powerful creator of..."
      ii. Declare this statement several times throughout your script.

Example: If your name is Peter Brown...

"I, Peter Brown, am a powerful, inspiring, compassionate leader. My company inspires, motivates, and helps people to live extraordinary lives."

Be clear about what you desire to create in your life. Here's how to gain clarity:

   b. Next to each of the areas below, make a list of all the things that you want to have as if you have infinite amounts of money, time or opportunities.
   c. Try to be very specific and as descriptive as possible. What does it look like? Where are you? What shapes and colors do you see? Who is with you? What are you doing? Etc.

Example: I just love to be with my wife when I travel in my comfortable blue Ferrari exploring new places and visiting new friends.

   d. Set a positive tone (avoid **negative** statements or **comparisons** with others).

Example: "My creativity is unlimited. Every single day I am designing an exquisite clothing design for my fashion company. I feel enthusiastic and full of energy."

Make a list of all the things you want in your life. If you need to add more things later, that's fine! Try to define and write precise ideas of what it is.

Remember: in your mind, you are limitless. Feel free to fantasize with infinite resources of money, time, or circumstances.

> a. Acknowledge and declare not only your weaknesses (in a positive tone!) but your strengths too. This is particularly important because when you are declaring these TWO areas, you are identifying with your Amygdala (that part of your brain that 'knows' who you really are!)

Example: (If technology is a challenge and art is a strong area) "It is noticeable that my technological skills are improving every day and it is easy for me to get all the necessary help that I need here. My (art, graphic, furniture) designs are admired and coveted by many. It thrills my heart to feel so acknowledged."

You can refer back to your Dream List from Module #1 homework but now add more specific details to each one.

Experiences you would love to live:

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Health:

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Wealth:

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Career & Work:

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Vibrant Results

Relationships:

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Spiritual Growth:

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Creative Expression:

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Contribution to the World:

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EXERCISE: Write Your Genius Code Script

Write your script in the **present tense**, as clearly as you can.

      a. See yourself already attaining your dream.
      b. Add **a strong emotion** to it.

Example: "I am so **excited** to live in my new comfortable home. I am **delighted** to meet my neighbors. They are so **friendly** and **enjoy** visiting me."

Combine your statements with PQ's (presupposing questions) or 'Why questions.'

Example: "I am so excited to live in my new comfortable home. My neighbors enjoy visiting me and they are so friendly. **Why am I so happy living in my new home? Why are my neighbors so friendly and easy to get along with?**

Health:

Write in present tense...

Wants + Feelings +Improving Weaknesses + PQ's

I _____ _____am a powerful creator of

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Wealth:

Write in present tense...

Wants + Feelings +Improving Weaknesses + PQ's

I _____ _____am a powerful creator of

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Vibrant
Results

Work & Business:

Write in present tense...

Wants + Feelings +Improving Weaknesses + PQ's

I _____ _____am a powerful creator of

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Relationships:

Write in present tense...

Wants + Feelings +Improving Weaknesses + PQ's

I _____ _____am a powerful creator of

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Spirituality:

Write in present tense...

Wants + Feelings +Improving Weaknesses + PQ's

I _____ _____am a powerful creator of

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Creative Expression:

Write in present tense...

Wants + Feelings +Improving Weaknesses + PQ's

I _____ _____am a powerful creator of

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Contribution to the World

Write in present tense...

Wants + Feelings +Improving Weaknesses + PQ's

I _____ _____ am a powerful creator of

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EXAMPLE OF A SCRIPTED GENIUS CODE

Health:

Write in present tense...

Wants + Feelings +Improving Weaknesses + PQ's

- I, Diana Smith, am a powerful, inspiring leader. I am healthy, fit, and energetic.
- I am feeling vibrant. My body is moving with ease and grace. I feel flexible, powerful and alive. My skin is glowing, my muscles are strong, and my immune system is working to support my optimal health.

- I am releasing unnecessary weight and patiently accepting that it's a daily commitment to eating healthy foods. My immune system loves me.
- Why am I so powerful? Why am I so inspiring? Why do I feel so energetic and vibrant? Why am I so committed to making healthy food choices daily? Why is my immune system working for me? Why am I so patient and kind with myself?

Wealth:

Write in present tense...

Wants + Feelings +Improving Weaknesses + PQ's

- I, Diana Smith, am a powerful, inspiring and highly paid Keynote Speaker.
- I am gratefully earning over $300, 000.00 a year leading workshops and speaking on international stages. I live in my dream home in Southern California 6 months out of the year and the other six months I spend at my vacation home in Spain. I also travel the world.
- I'm feeling confident, worthy, and knowledgeable. I am abundant.
- I am gracefully seeking help promoting myself, my products, and programs. I am working with amazing partners who have strengths in areas where I need support. I accept their help with deep appreciation.
- Why am I earning over $300,000.00 a year? Why are my programs generating unlimited income? Why am I so confident? Why am I so worthy? Why do accept technical support from partners with ease

and grace? Why do I promote myself with clarity and focus? Why am I so abundant? Why am I so prosperous?

Work & Business:

Write in present tense...

Wants + Feelings +Improving Weaknesses + PQ's

- I, Diana Smith, am a powerful, inspiring and highly paid Keynote Speaker.

- My business is thriving. I am facilitating my programs for CEO's, Senior VP's, Managers and Sales Teams at B-Corps around the globe. My brand is growing. "Walk Your Talk" is helping millions of people. I am living my life purpose helping others live into their truth and showing them how to become the fullest version of who they can be. I am booked with a steady flow of clients and I am earning multiple streams of income.

- I am wholeheartedly committed to stepping out of my own way to show people how to stop procrastinating and to stop postponing the life of their dreams. I am passionate about sharing information that can help people change and live a joyful life. My business partners are inspiring and motivating. I love working with Dr. Bennett, Adam and Samantha. I am blessed to be supported by truly wonderful and talented business partners.

- I am developing success habits. I am committing to doing the things that are necessary to build a successful business. I grow more and more conscious every day improving my empowering beliefs so that I can take productive action steps towards my dreams.

- Why am I so successful? Why am I so clear and focused on my purpose? Why am I so dedicated to helping others achieve their life dreams? Why do I have such wonderful productive habits? Why am I so inspiring? Why am I so worthy of my success? Why am I so committed to my success and the success of others? Why am I such a powerful and inspiring leader?

Relationships:

Write in present tense…

Wants + Feelings +Improving Weaknesses + PQ's

- I, Diana Smith, am a loving partner.
- I am in a loving relationship with my life partner, Michael. We love each other deeply and respect each other's dreams and desires.
- I happily accept that I am loved deeply. I feel supported, respected and understood by my partner. We delightfully celebrate our abundance and our successes. We love to entertain with our friends and go to fine dining restaurants. We excitedly explore new opportunities and live a life of adventure and growth. We travel the world and love every minute of it.
- We are designing a life of more abundance as we travel the world because of our good fortune and wealth.
- Why am I so loved? Why am I cherished by my life partner and so supported to be, do, and have the life of my dreams? Why are we so abundant and prosperous? Why do we travel to exotic places at least three times a year? Why do we experience eating at so many fine dining restaurants? Why can we buy anything that we want?

Creative Expression:

Write in present tense...

Wants + Feelings +Improving Weaknesses + PQ's

- I, Diana Smith, am a talented and creative artist.
- I am joyfully performing my Keynote speech and entertaining huge crowds across the globe.
- I am feeling inspired and alive. I love to entertain and perform. I love pulling performance out of others and to see people come alive with joy and happiness. I am funny, bold, and entertaining. I move the crowd with my depth and poignancy. People feel inspired to change and to create more happiness in their lives.
- I allow for constructive feedback and accept help from Cathy Jordan. I am open to change and willingly accept new challenges.
- Why am I so creative? Why am I so bold? Why am I so funny and entertaining? Why do I inspire others to be creative and to live out loud? Why do I allow others to inspire me and bring out the best in me? Why am I speaking all over the world?

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Spirituality:

Write in present tense…

Wants + Feelings +Improving Weaknesses + PQ's

- I, Diana Smith, am a powerful spiritual being leader.
- I am dedicated to a daily spiritual practice and I walk my talk. I practice what I preach and I feel connected to my higher spiritual side.
- I feel blessed to know my inner self. I am grateful for my deeper understanding of life and my spiritual knowing that there is a greater power than me that is coming to and through me. I am in a human experience and my lessons are deeply profound.
- I am releasing my need to be in control and to allow for life to be a little messy. I am willing to let go of perfectionism and know that my spiritual DNA is already perfect.
- Why am I so perfect? Why am I so connected to my highest self and love who I am? Why am I so compassionate with myself and others? Why am I so connected to all things good and release the limitations that are no longer serving me? Why am I so powerful?

Contribution:

Write in present tense...

Wants + Feelings +Improving Weaknesses + PQ's

- I, Diana Smith, am a powerful, inspiring leader and philanthropist.

- I am creating a reality show called, "Make IT Happen". I am enrolling philanthropists to contribute their expertise and their charity to help build stronger communities.

- I feel so good giving back to my community and helping others give back as well. I feel inspired to leave a legacy for others to follow in my footsteps of unconditional giving. I graciously contribute to the wellbeing of others and foster the idea that "It takes a village to raise a child."

- I am open to attracting relationships with people who have the desire and the capital to make a difference. I am willing to step into a higher frequency to feel worthy of using other people's money for the highest good.

- Why am I so deserving? Why am I so charitable? Why do I love giving back to my community? Why am I so prosperous? Why am I so positive, loving and caring? Why do I want to make a difference in the lives of other people? Why do I want to leave a legacy? Why do I feel so good about my life?

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MODULE #4: Record Your Personal Genius Code

EXERCISE: Practice Your Script

1. Read — before you record — your whole entire Genius Code script. Read it out loud several times until you feel comfortable and emotional about it.
2. Short Genius Code scripts (7 minutes – 12 minutes) tend to be more effective than long ones, because you will have the desire to replay them more often.
3. Allocate at least two or three specific times of the day to listen to your Genius Code recording.
4. Be persistent.

EXERCISE: Recording you Genius Code Script

Nowadays, there is a myriad of tools to record and produce a decent Genius Code recording. Some tools are simple; some are sophisticated. However, I encourage you to get what is going to give you the best quality. After all, you are planning a bright future and a better life, right?

Microphones:

I have used: **Shure SM93** with the converter **Shure X2U** to connect to a USB port for better quality.

However, you can use your **telephone headphones** which include a microphone. Make sure you avoid excessive noise in the background such as brushing up against the microphone with clothing, collars, or moving objects on your desk.

Teleprompter:

You can also download a FREE Teleprompter. It's a very easy tool that helps you to read and record your Genius Code script smoothly and effectively.

The advantage of having it, is that you don't have to move papers around which could add distracting background noise on your recording.

The teleprompter uses your computer screen. You can adjust the font size, its color, the color of the background and finally, the speed to suit the way you read.

You can use your keyboard space bar to stop or to resume.

You can find one here at Free Software:
http://www.freeteleprompter software.com/windows/

(There are many versions you can find on Google for PC or MAC)

Free Recording Software

One free program that is very popular and easy to use is **Audacity®.**

You can download it and a few minutes later you will be able to record your first piece of work. Here are some links you can use:

- For PC: http://www.audacityteam.org/download/windows/
- For Mac: http://www.audacityteam.org/download/mac/

After you download **Audacity** you will need an encoder called LAME MP3. Watch the simple instructions on the video below. Then, choose the appropriate link according to the type of operating system you are using:

LAME MP3 Encoder for Windows:

http://www.djmixersoft.com/mp3encoding/Lame_v3.99.3_for_Windows.exe

LAME MP3 Encoder for MAC:

[Lame_Library_v3.99.5_for_Audacity_on_macOS.dmg](#)

Once you are there, you can choose which link to use according to the system you have (old operating systems or new operating systems). So, it's a no brainer here. The choices make it quite simple.

The first thing you see when you open **Audacity®** is the "**User Guide**". If you don't want to read it – even though we highly recommend it -, please watch a short video we have created for you by clicking on the image below (Use CTRL + Click to follow the link) or copy the link and paste it on your browser:

https://drjussi.convertri.com/audacity-editing
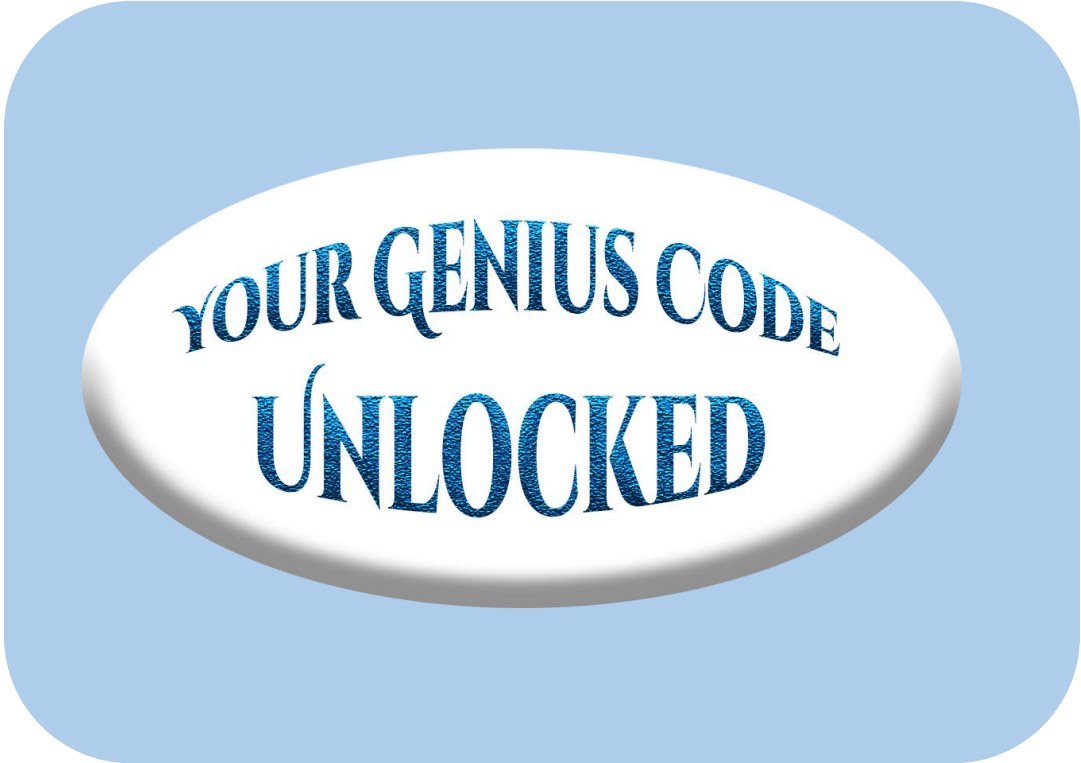
Now, please **feel free to contact me**. I will be glad to assist you in creating a transformational Genius Code (GC) that will shift and propel you to succeed in life!

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Skype: jussieerikainen