

GENCODE™

(Goal Encoding Network for Change, Optimization, Development & Execution)

Do NOT write goals. Write the SYSTEMS that naturally produce the outcome. And keep it to one item at a time. Focus on the top 20% item that will get you 80% of the results. More is not always better.

A — ADD

Add behaviors that move you toward the outcome.

My Additions: _____

S — SUBTRACT

Remove behaviors that create the unwanted result.

My Subtractions: _____

E — EXECUTE

Define the exact actions and triggers.

My Execution Steps: _____

B — BOOST

Amplify everything that supports your desired outcome. Increase the effectiveness, speed, consistency, and subconscious acceptance of all aligned behaviors, habits, recordings, affirmations, visualizations, and reinforcement systems.

My Boosts: _____

R — REPLACE

Replace ineffective behaviors with effective ones.

My Replacements: _____

I — INTEGRATE

Integrate successful identities, habits, and programming into daily life.

My Integrations: _____

SYSTEM STATEMENT

Because I consistently execute this system, I naturally become: _____

Review this ASEBRI sheet before each listening session and update it only when your desired system changes.