

GENCODE™

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

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.

ASEBRI SYSTEM DESIGN SHEET

Instructions

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.

Bad:

- Lose 30 pounds
- Make \$10,000/month
- Become confident

Good:

- Exercise 5 mornings per week
- Prospect 10 new clients daily
- Speak first in social situations

Design the behaviors. The outcome follows.

Example: Weight Loss

A — ADD

Add behaviors that move you toward the outcome.

Examples:

- Add a 30-minute walk after dinner.
- Add a strength training schedule on Monday, Wednesday, and Friday.
- Add a daily protein target.

My Additions:

S — SUBTRACT

Remove behaviors that create or reinforce the unwanted result.

Examples:

- Subtract sugary drinks.
- Subtract late-night snacking.
- Subtract processed carbohydrates.

My Subtractions:

E — EXECUTE

Define when, where, and how the behavior occurs.

Examples:

- Wake up at 6:00 AM and begin exercising immediately.
- Prepare meals every Sunday.
- Track calories before eating.

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.

Examples:

- Boost willpower during critical decision points.
- Boost consistency of exercise habits.
- Boost subconscious responsiveness to healthy choices.
- Boost processing speed for implementing desired behaviors.
- Boost the effectiveness of all aligned recordings, affirmations, visualizations, and reinforcement systems.
- Multiply all aligned results.

Weight Loss Example:

- Boost morning discipline.
- Boost desire for healthy foods.
- Boost consistency of exercise.

- Boost subconscious responsiveness to weight-loss behaviors.
- Boost the effectiveness of all aligned recordings, affirmations, visualizations, and reinforcement systems.
- Multiply all aligned results.

My Boosts:

R — REPLACE

Replace ineffective behaviors with effective ones.

Examples:

- Replace soda with lemon water.
- Replace television time with walking.
- Replace emotional eating with journaling.

My Replacements:

I — INTEGRATE

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

Examples:

- Integrate the habits of successful weight-loss maintainers.
- Integrate the mindset of an athlete.
- Integrate the lessons and behavioral patterns from all recordings listened to after completing this ASEBRI sheet.

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.