

THE BIG IDEAS

Six Human Needs

What drives your life?

Your Primary Question

What is it?

Good Judgment

Fail forward to get it.

Where's Your Focus

Pay attention.

Horror Movies

Go to a new movie.

Doing Depression

Quit doing it. Now!

Rearview Mirrors

Quit looking backwards.

Your Body Doesn't Lie

Applied Kinesiology.

Quality Questions

Ask good questions.

Shoulding on Yourself

It's stinky. Stop it. Please.

Laugh

Why wait?

Confusion

Celebrate it.

... And a LOT more!

"Our life is shaped by our mind; we become what we think. Suffering follows an evil thought as the wheels of a cart follow the oxen that draws it. Our life is shaped by our mind; we become what we think. Joy follows a pure thought like a shadow that never leaves."

~ Buddha



Tony Robbins

Notes from Unleash the Power Within & Date with Destiny Seminars

"Who will you have to become to achieve all you want?"

~ Tony Robbins

Tony Robbins is part philosopher, part comedian and part rock star. At least that's my conclusion after attending his *Unleash the Power Within* and *Date with Destiny* seminars.

He's seriously one of the funniest guys I've heard and is INCREDIBLY good at what he does. I filled up an entire notebook during my *Date with Destiny* week-long event and have captured over 20 of my favorite Big Ideas from this event as well as the weekend workshop *Unleash the Power Within* (you know, the one where you walk on fire :).

Let's jump right in with the Six Human Needs and then check some of my absolute favorite lessons. (Your Primary Question is one of the most powerful things I've ever learned!)

SIX HUMAN NEEDS

Tony likes to say we have six fundamental needs. The needs for **"1. Consistency; 2. Inconsistency; 3. Significance; 4. Connection/Love; 5. Growth; 6. Contribution."**

Now, all of these needs are present and important. The question that'll shape our destiny is, which are our top needs?!

Is it **"Consistency"**? If this runs the show, we're afraid of change and can't dare to take a new step.

Is it **"Inconsistency"**? If so, we need to always be at the edge and can't relax.

Is it **"Significance"**? If so, we've gotta look good at all times and impress the world.

Is it **"Connection/Love"**? If so, we need to feel connected and loved above all else and may sacrifice our authentic selves if turned up too high.

Is it **"Growth"**? If so, we need to feel the sense of expansion and evolution into our highest selves.

Is it **"Contribution"**? If so, we need to feel that we're giving our greatest gifts in the greatest service to the world.

Again, we want to work with and master all of these, but what's running your show these days? In your most freaked out moments? In your highest moments?

The ideal two or three to lead the show?

Growth, Contribution and Love. Lead with those and then the rest will flow...

YOUR PRIMARY QUESTION

Tony teaches that we all have a primary question we ask ourselves whenever we're under stress. And it's not nice.

Can you think of a question that has gone through your brain for most of your adult life

whenever you get a little stressed?

Mine? *“Am I going to look stupid?”*

That’s not a very empowering question to say the least, eh?

Think about it. The answer to that question is never going to be: *“Oh, No! You? You’re going to look like a genius right now! Go for it! Everyone’s going to love you!”* It’ll be more like: *“Yah, you will look stupid. Remember when you messed that thing up before? Everyone looked at you funny? You got all sweaty and freaked out? Yah. That’s gonna happen here, too. Fer schizzle. Whatever you do, DO NOT(!) do it!”*

Yikes! So.... Any more ideas on what your question might be?

... My question stopped me from doing ALL KINDS OF THINGS (from dancing to making simple phone calls). The idea? Get clear on the fact that you have a question that’s running the show. Figure out what it is. And, most importantly, replace it. My empowered question? *“How can I let God flow thru me?”*

THAT is a MUCH MUCH MUCH better question to ask myself when faced with a stressful situation, no? Yours? Change the question and change your life.

*“You don’t get depressed,
you do it!”*
~ Tony Robbins

GOOD JUDGMENT

“Success is the result of good judgment, good judgment is a result of experience, experience is often the result of bad judgment.”

Hmmmm... So if success is the result of good judgment, and good judgment is a result of experience and experience is often the result of bad judgment, then...

Where do we start?!? Well, failing, of course! We need to quit taking ourselves so seriously and get on it! Emerson tells us that all life is an experiment anyway, so what’re we worried about?!?

WHAT ARE YOU FOCUSING ON?

Tony has this great little exercise. OK. Ready? Do me a favor. For the next 60 seconds, I’d like you to think of the color brown and look around you and find EVERYTHING that has even a hint of brown in it. Got it? Cool. Go!! Find the brown stuff! Keep looking!! Brown brown brown brown brown! More brown!

OK.

Now, what did you see that was... hhhmmmmmm... BLUE? Oh, no! You didn’t see anything blue because you were so focused on the brown, eh?!? Hate when that happens. It might be time to change our lenses and quit focusing on all the brown stuff, eh? :)

HORROR MOVIES

You have any movies you just absolutely hated? Yah? Me, too. Quick question: Would you go watch it 10,000 times?

Um. Riiiiiiiiight. That’d be pretty stupid, eh? So, another quick question: Why do we replay that horrible scene from our lives over and over and over and over and over and over again? Time to go to a new movie, wouldn’t you say?

DOING DEPRESSION

OK. You’re depressed. Please think about all the things that suck in your life and, even more importantly for this exercise, please assume the posture of you being depressed. Got it? OK. What’d you do? If you’re like me, you kinda slouched over. Stopped smiling. You probably

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~ Tony Robbins

looked down. Kinda rounded your back. Which made your breath shallow...

Yah? You get into the "wilted flower" pose or something like that? Nice. Now try this: Stand up straight. Maybe jump up and down a couple times. Shake yourself out. Smile. Pull your shoulders back. Breathe. Smile again. Look forward and up. Maybe even bounce on your toes and shake your body.

Own it. Rock it. OK. Got it? Good. Now... Get depressed. Come on! Keep on smiling, breathing, bouncing a bit and get depressed. I don't know about you but I can't "get" depressed when I'm holding myself up, breathing deeply and smiling. Just doesn't work. Hmmm... Let's not "do" depression any more, mmmmk?

REARVIEW MIRRORS

You're a pretty good driver I bet. Question for you: When you're driving, do you spend all your time staring in the rearview mirror? Right. So why do we spend so much time staring in the rearview mirror of life?!?

Rearview mirrors have a purpose. A very limited one. Let's look back to learn the valuable lessons our experience has to teach us. And spend the rest of the time enjoying the moment and looking at the future! Yah? Cool.

YOUR BODY DOESN'T LIE

Ever heard of "Applied Kinesiology"? Fascinating stuff. Try this on: Find a friend. Stand up. Face one another. Have your partner stick his/her right (or dominant) arm out at 90°. Have them resist as you push down on their arm. (Don't break their arm, please. :)

Now, ask them their name. Push down. Test the strength. Relax. Ask them their name again, only this time have them make a name up that isn't theirs. Push down. Notice a difference? I definitely did.

Hmmm... We're weaker when we're lying. And we're stronger when we're telling the truth... Interesting... Other fun ways to test: Think mean thoughts: Are you strong or weak? Now think loving thoughts: Are you strong or weak? Think of a time when you were terrified. Now think of a time when you were absolutely confident. Hmmm...

QUALITY QUESTIONS

Tony likes to say that thinking is really just a series of questions and answers we pose to ourselves. We're constantly asking and answering. Asking and answering. Asking and answering.

Yah? Now, if we believe that we're constantly asking and answering questions, it begs the question (pun intended): *"What kind of questions are we asking ourselves?!"*

Simple examples: You're having a rough day. Didn't work out when you said you would. Boss is being a jerk. Traffic sucks. Whatever. What do you ask yourself?

"Grrrrr... Why can't I ever do what I say I'm going to do?!?" vs. *"Hmmm... I wonder, how can I make better commitments and have fun following through with them?!?"*

"Why is my boss being such a jerk again?" vs. *"I know I'm always reading that life is our classroom, so... How can I learn from this situation and have fun while I'm doing it?"*

"Why is there always soooo much traffic?!?" vs. *"Wow. I wonder how much conscious breath work I can get done on my way to work today?!?"*

What types of responses will each of those questions generate? One drives you deeper in the wrong direction, the other opens you up to growth and all that goodness. Simple stuff. (The

"The strongest force in the universe is a human being living consistently with his identity."
~ Tony Robbins

powerful mojo always is, eh?)

Let's take a moment to pay attention to the questions we're asking ourselves today. And, let's ask better ones. :)

LAUGH

"Ten years from now you'll laugh at whatever's stressing you out today. So why not laugh now?"

I love that. What's stressing you out right now. You really think you're still going to be stressed about it in 10 years? Right. Wanna laugh now or wait?

CONFUSION

Confused? Two choices: Get stressed. Or celebrate it. Tony's vote would be: Celebrate it. Recognize the fact that confusion is simply the place between a formerly held perspective and a new one.

Fun story: If anyone ever said they were "confused" while Tony was working with them during the seminars, he had the crowd (all 2,500+ of us!) jump up and clap and scream with excitement—celebrating their beautiful state of confusion. :)

CONTROL MEANING

"You want to change your life? Control the only thing you can control: the meaning you give something."

Quit trying to control others. Quit trying to control outcomes. Focus on the ONE thing (yes, ultimately there is only one thing) you can control: how you choose to respond to life moment-to-moment-to-moment.

What meaning do you give to challenges? Do you view life as a fun playground and classroom always giving you new challenges to grow? Or, do you view life and set-backs as a pain in the butt? Choose wisely.

EMOTIONAL INDULGENCES

What emotional state do you need to avoid indulging in to reach your ultimate destiny? Here are my responses from the exercise I did at Tony's "Date w/Destiny" in Dec 2004: Procrastination, Fear of looking stupid, Self-doubt, Anger, Impatience, Overwhelm.

You?

PROBLEMS, CEMETERIES & SPIRITUAL MUSCLES

"Problems are God's resistance to create spiritual muscles."

Problem occurs. How do you respond? "Gah!! Again?!?" OK. That's one option. Or, perhaps: "Yayuh! Here we go again! Another chance to rock it. Let's get it on!!" :)

Problems are good. How else are you going to show what you're made of?!

As Tony says: "The only people without problems are in cemeteries. If you don't have problems, get on your knees and pray."

SHOULDING ON YOURSELF

What's with this word, "should"?

What an odd word. "I 'should' do this." Huh? Do it or don't. But "should?"

As Tony would say, quit "shoulding" all over yourself. Stinky. Should should should should.

"You are the average of the five people you spend the most time with."
~ Jim Rohn

Don't "should" all over yourself, please. It just isn't attractive. :)

WILL YOU?

"It's not 'Can you?' It's 'Will you?!?'"

That's genius.

So what challenge do you have in your life right now? Are you asking yourself the question of whether you can do it or not?!

Remember: It's not CAN you. It's will you. So... Will you?

WHAT'S YOUR IDENTITY?

"The strongest force in the universe is a human being living consistently with his identity."

What's your identity? Very important question. Who are you? What's your identity?!? LIVE consistent with that. Become the strongest force in the universe. Now.

DECISIONS & FEAR

"A decision made from fear is always the wrong decision."

That's a powerful statement. How many times have we made a decision that just didn't quite feel right but that we felt compelled to make?

Step back. Ask yourself what you truly want in a given situation. Recognize you have the power to create many options. And choose the path with heart. Have the courage to push through the fear and make the decision you know is the right decision.

IF YOU CAN'T, YOU MUST.

"What you can't do you must do; what you must do, you can do."

What "can't" you do?

Sweet! You just signed up to do it. Have fun with that! :)

AVERAGES & FRIENDS

Tony likes to share [Jim Rohn](#)'s adage that you are the average of the five people with whom you spend the most time. Think about that. And make a list, please.

Name of Person #1: _____

Name of Person #2: _____

Name of Person #3: _____

Name of Person #4: _____

Name of Person #5: _____

OK. Now, next to each person, make an arrow. Up if they inspire you and make you a better person. Down if they bring you down. Lesson is frighteningly simple: You want people who bring you up. Not down. My question for you: Do you need to alter your Top 5?

Remember: We are the average of the five people with whom we spend the most time. (Choose wisely!)

PHYSIOLOGY, FOCUS & LANGUAGE

Tony says we need to pay attention to these three areas if we want to create an ideal state:

"Physiology, Focus, and Language."

1. *Physiology.* Are you slouching, stopping your breathing and basically looking like a wilted flower? Eek. You're "doing depression." Not recommended. Stand up. Put your shoulders back so you can BREATHE. Smile. Breathe some more. Shake your body out. Bounce a bit if you're feelin' it. Ahhhh... Nice work.
2. *Focus.* What are you focused on? If you're looking for evidence that your life sucks, guess what you'll see? Focus on all the things you appreciate about yourself and life. Ahhh...
3. *Language.* How do you talk to yourself and others? Pay attention. It's super powerful.

Let's pay attention to our physiology, our focus and our language more today!

BEING & BECOMING

"Who will you have to become to achieve all you want?"

That's a *really* powerful question.

So, what skills must you acquire? What's your character like? What rituals do you have? What habits do you need to build? What habits do you need to (finally!) get rid of?

Enough thinking/reading/writing. Let's do it.

B

Brian Johnson,
Chief Philosopher

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About the Profiled Teacher:

TONY ROBBINS



For the past three decades, Anthony Robbins has served as an advisor to leaders around the world. A recognized authority on the psychology of leadership, negotiations, organizational turnaround, and peak performance, he has been honored consistently for his strategic intellect and humanitarian endeavors. His nonprofit Anthony Robbins Foundation provides assistance to inner-city youth, senior citizens, and the homeless, and feeds more than two million people in 56 countries every year through its international holiday "Basket Brigade." Robbins has directly impacted the lives of more than 50 million people from over 100 countries with his best-selling books, multimedia and health products, public speaking engagements, and live events. That's from Ton's site where you can learn more: TonyRobbins.com.

About the Author of This Note

BRIAN JOHNSON



Brian Johnson loves helping people optimize their lives as he studies, embodies and teaches the fundamentals of optimal living—integrating ancient wisdom + modern science + common sense + virtue + mastery + fun. Learn more and optimize your life at brianjohnson.me.