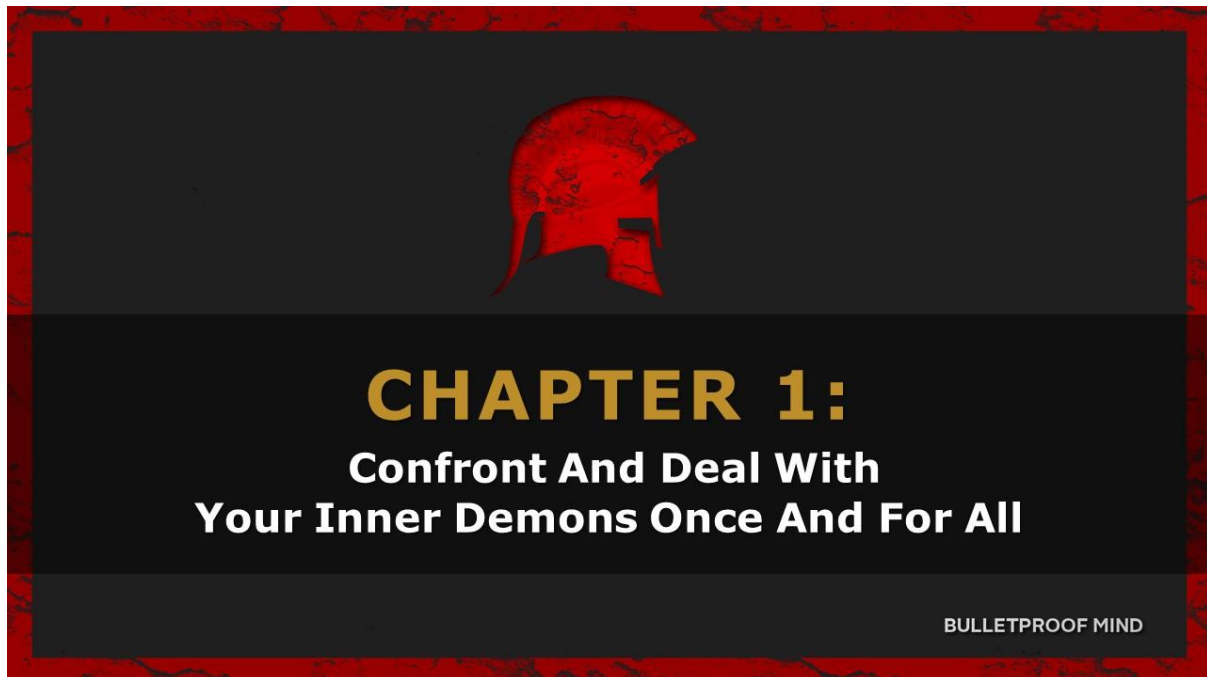


1-0 Confront And Deal With Your Inner Demons Once And For All



S1: Hi there everyone. Welcome to Bulletproof Mind. In this training program, you will learn to harness your brain's infinite potential by letting go of negativity and doubt, adopting and spreading positivity and finding your confidence and purpose in life, so you can go after your dreams and live the best life you possibly can. Are you ready? Let's get started.

In this first part, we will look into standing up to and overcoming your inner demons in your head, once and for all.



**The way your mind works
has a lot to do with your
past.**

BULLETPROOF MIND

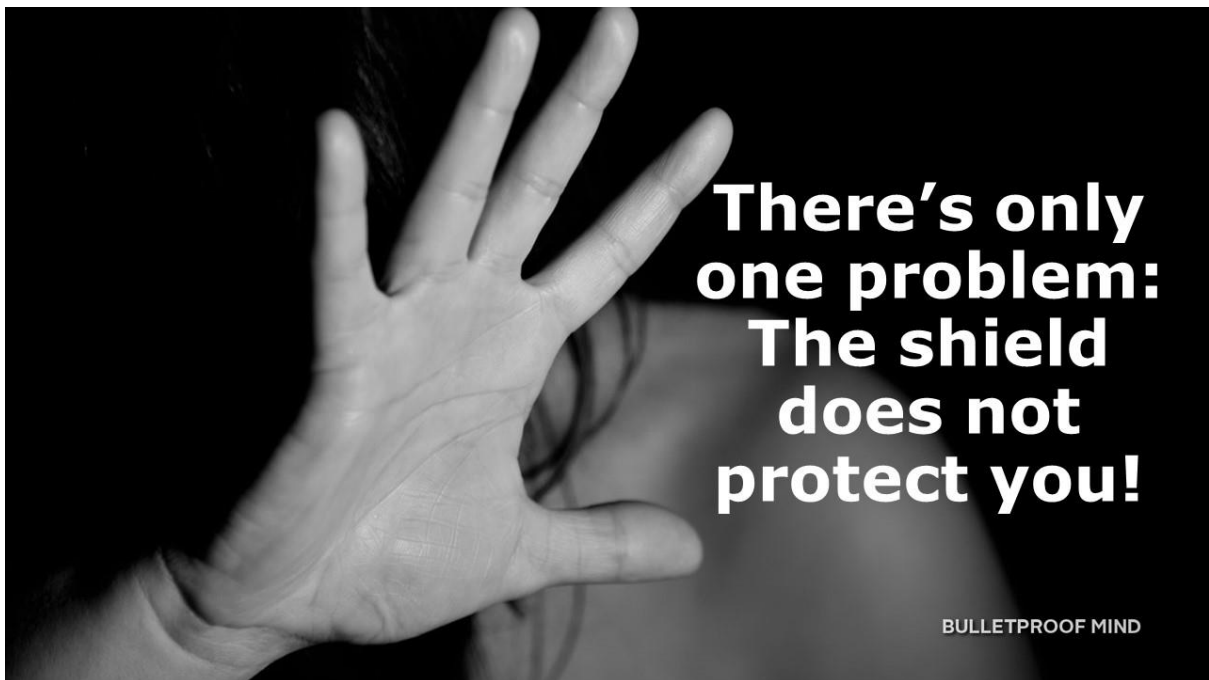
S2: The way your mind works has a lot to do with your past. You don't need to have a tragic childhood to have had some trauma; sometimes a seemingly innocent event can shape you without you even realizing it. Of course, this doesn't happen in all similar situations; there are people who do come out from all of it unaffected. But most of the time, your outlook as an adult is affected if you experienced trauma as a kid. It's a subliminal change that happens so fast you don't even realize it.



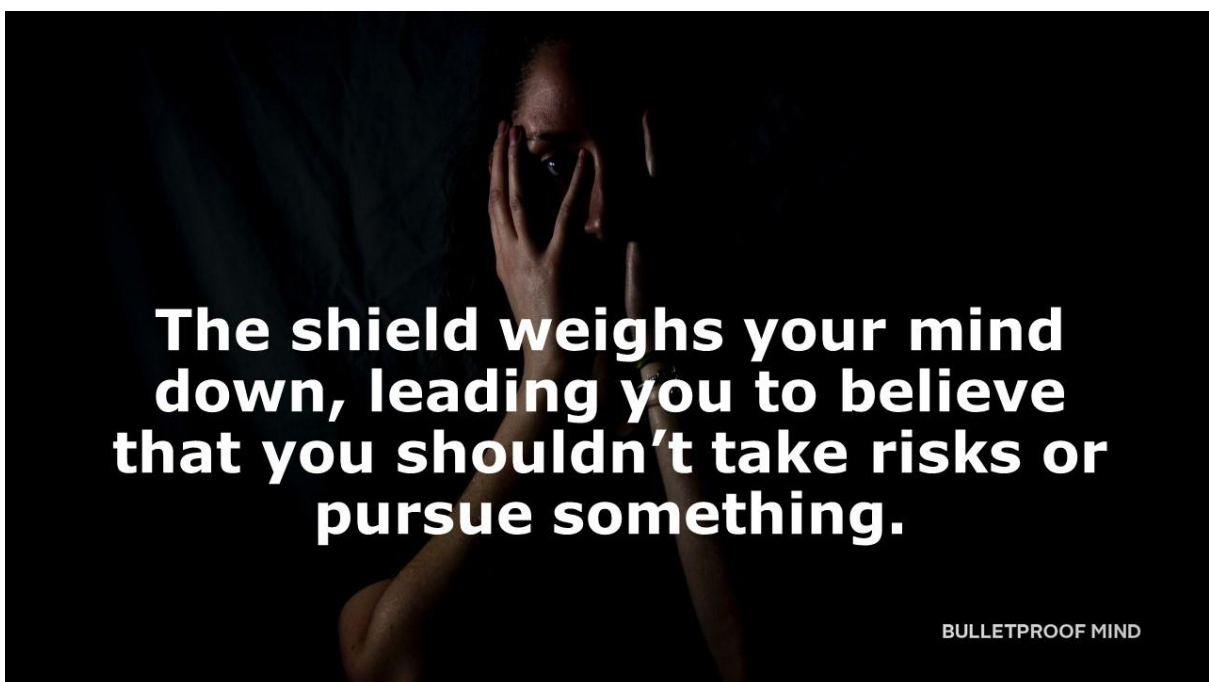
S3: Think of your mind as a military base, one that puts up barriers to protect itself. Your mind may have put up its own shield to protect you from your traumas.



S4: To illustrate this point : maybe your parents got divorced at a young age. You may become less trusting of your partner - simply because you want to avoid same ordeal happening to you.



S5: You've seen and experienced bad things. It's only natural that you become cautious, putting up your own shields so you don't get hurt anymore .There's only one problem: the shield does not protect you!



S6: The shield weighs your mind down, leading you to believe that you shouldn't take risks or pursue something. This prevents you from realizing your full potential. However, in modern society, there are times where we need to drop our shields and go in unarmored.



Reflect On Your Shield

- Has there ever been regrets you've had because you haven't taken the plunge?
- Why didn't you do it?
- What could you have done to do it?
- Is there anything preventing you from doing it?

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S7 : Now, it's time to reflect on your own shield. Has there ever been regrets you've had because you haven't taken the plunge? Why didn't you do it? What could you have done to do it? Is there anything preventing you from doing it? You'll need to think hard, as some of these memories have been bottled up. Asking your family about your past can help too.



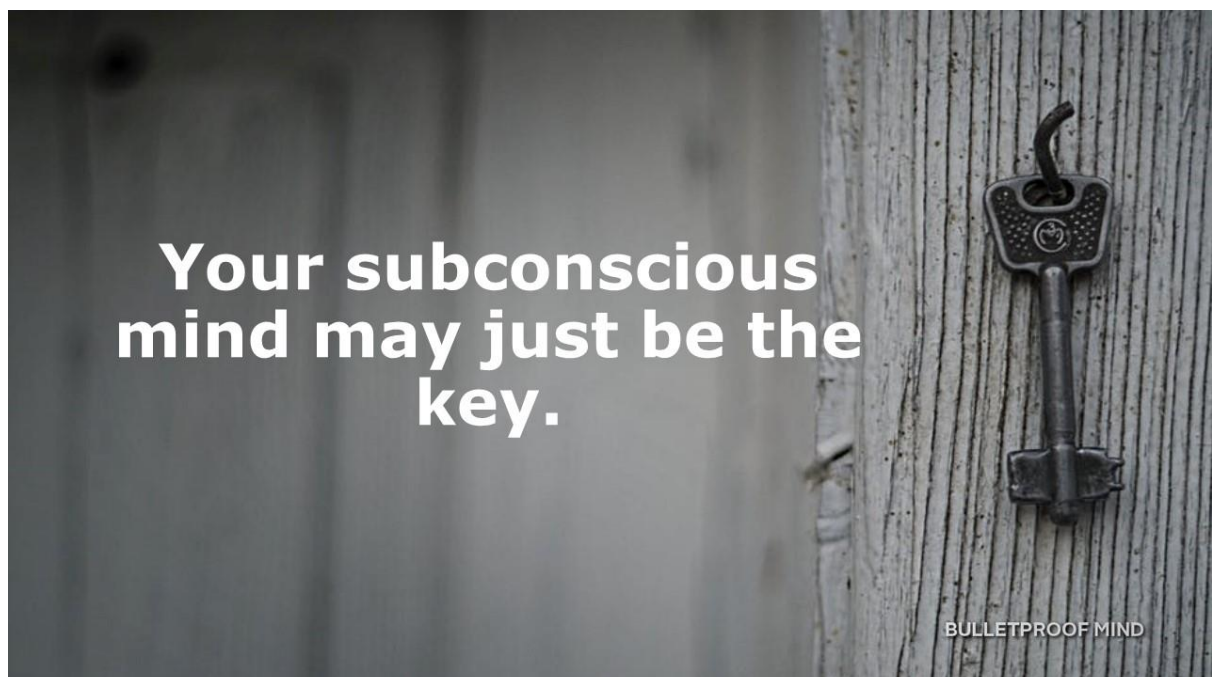
BULLETPROOF MIND

S8: Look at your shield once again. Is your subconscious in control of your decisions? If you want to live a good life, you'll need to live one on your own

terms, and not be dictated by the past.



S9: A true bulletproof mind doesn't need protection from the mental bullets life throws at you. A bulletproof mind questions things, but doesn't hold you back when you need to dive in and take that risk.



S10: And the way to fix this? Your subconscious mind may just be the key - it's hiding secrets you don't know about. You just need to bring the subconscious into the conscious. We'll tell you how in the next part of this programme.