

Name: _____
Date: _____

Unlimited Power

Anthony Robbins

I. The Commodity of Kings

1. _____ is what unites every great success. _____ is what produces results.
Knowledge is only potential power until it comes into hands of someone who knows how to get himself to _____ .
2. What we do in life is determined by how we _____ to ourselves.
3. Nothing has any meaning except _____ .
4. The seven triggering mechanisms that can ensure your success:
Trait # 1:

Trait # 2:

Trait # 3:

Trait # 4:

Trait # 5:

Trait # 6:

Trait # 7:

II The Difference that Makes the Difference

1. There are three fundamental ingredients that must be duplicated in order to reproduce any form of human excellence:

First:

Second:

Third:

III The Power of State

1. Briefly summarize this chapter:

2. Give several examples of how to change your state immediately:

V The Seven Lies of Success

1. Why does Anthony Robbins refer to these as “lies?”

2. The seven “lies” are:

Belief # 1:

Belief # 2:

Belief # 3:

Belief # 4:

Belief # 5:

Belief # 6:

Belief # 7:

IX Physiology: The Avenue of Excellence

1. Physiology is the most powerful tool we have for instantly
_____ for instantly
_____.

2. Explain congruency:

XI Limitation Disengage: What Do You Want?

1. Follow these five rules in formulating your outcomes:

a.

b.

c.

d.

e.

2. You're now going to create your life as you want it. In your mind you're going to take the time to create a reality greater than what you've experienced in the past. Then you're going to externalize that reality.

Start by making an inventory of:

a.

b.

c.

d.

e.

f.

g.

h.

i.

j.

k.

XII The Power of Precision

1. There are five guidelines for asking intelligently precisely:

a.

b.

c.

d.

e.

XIII The Magic of Rapport

1. Explain how to build rapport instantly with someone?

XVI Retraining: The Power of Perspective

1. Explain the concept of re-framing, give several examples?