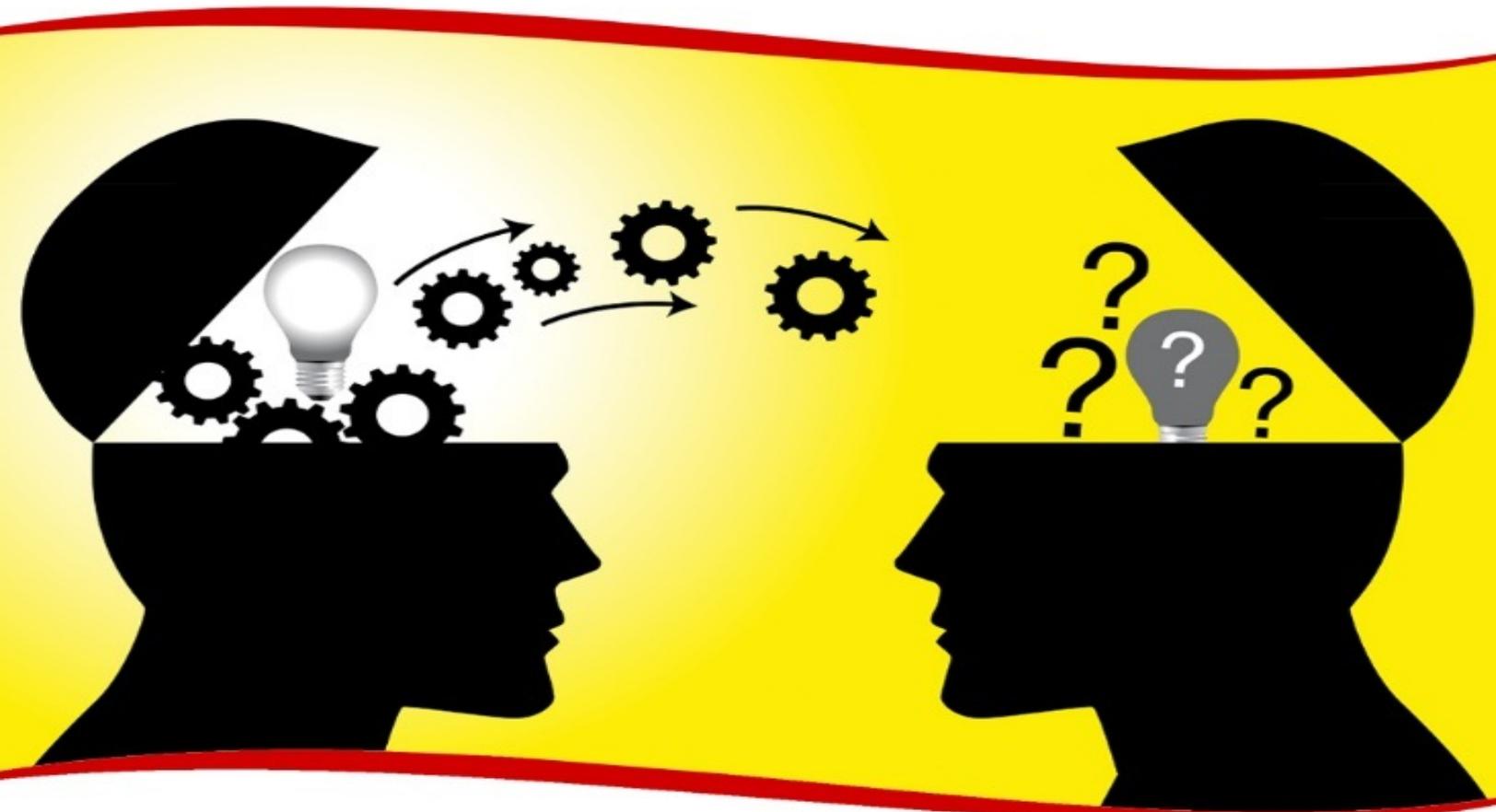


Manual 3

# The "Brain Train Game"

**Change Your Life by Changing  
Your Mind!**



**SHANE BYERS**

**Re-program Your Brain for Success!**

The Super-Me Series

#1 GREATEST PRACTICAL PROGRAM FOR YOUR “SUCCESS”

# Super-Me Self Improvement Series

Shane L. Byers

**It's brand new and it's incredibly powerful!!...a few days from now your life could be completely different...turbo-charged (no excuses) motivation system...increase self-discipline, increase self-esteem, stop procrastination, accomplish your goals and master your life...  
AND IT WORKS FOR ANYONE, ANYPLACE, ANYTIME.**

**The “Super-Me Self Improvement Series” shows you how to live every aspect of your life exactly according to your grandest “DREAMS”.**

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# THE “BRAIN TRAIN GAME”

## **Welcome to Brain**

Re-programming 101

Shane Byers



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# INTRODUCTION

That's right, programming your brain. More accurately, re-programming your brain. This Manual is all about self-brainwashing and you get to pick what you fill your brain up with.

Your brain, is the "greatest" computer in the world. I'm told that some of the "biggest, most powerful" computers in the world are in San Jose, CA. These computers cover more ground space than 10 football fields combined. It would take an individual 1 million years to calculate by hand what those computers can do in milli-seconds. And at any one-time entrepreneurs are building computers that are 4 times faster... But I am here to tell you that your brain is infinitely superior to any of those super-computers. Why? Because those computers can't think for themselves.

Some people will argue that Artificial Intelligence (AI) has made huge advancements and that is absolutely true... the progress is nothing short of miraculous. However, they still can't do what you can... independent, creative response and act... with complete emotions.

I am a coach to business professionals all over the U.S. and individuals (people just like you) from all walks of life. My purpose is to share with you a series of knowledge's (skills) that I call "Success Tools" which can turn your life around forever.

How would you like to get up each morning with a huge "SMILE" on your face? How would you like to have the confidence and energy to tackle any challenge? I know you'd love to have more money. What if I showed you a way to do, to be and to get these things? Would you do it? Would you follow the "Program"? Of course you would. Well, I'm about to reveal to you a "Success Tool" that can get you where you want to be.

Do not read this manual, set it down and not practice this "Success Tool"! If you will simply incorporate this "Tool", which I'm about to share with you, into your life along with the many other "Tools" you will learn in this "Program"... together those "Success Tools" can lift you to a level of life that you have never experienced before.

As with anything... you will get out of this "Program" what you put into it. In fact, you will get much, much more in return.

Please "Implement" these "Tools". They work. I GUARANTEE they work. Even if you don't like the tools, or they just aren't for you...Try them. They work. Please. I want you to be a "Success".

# **BRAIN TRAINING**

As with any computer...garbage in, garbage out. The same theory applies to the brain. We must program ourselves for “Success”. That means we have to learn new skills... new ways to do things... we need to learn a new “Program”.

Let me show you a new “Success Tool” that you can use to re-program your brain.

I call this new “Success Tool” the “BRAIN TRAIN GAME”. The “Brain Train Game” is “SELF TALK”. “Self Talk” is the non-stop conversation we have with ourselves every day. What you tell yourself is so important to your well-being.

Feed your brain with negative “Self Talk” and you will be a negative person. Feed your brain with positive “Success Self Talk” and you will be a positive, successful person.

“Brain Training” is like weight training, basketball training, football training, yoga, cross training, etc. Your brain has to be in top condition to react to the stimuli it encounters each day just like a ballplayer has to be ready to play at game time.

# **“NLP”**

Ask any of my friends who know me and they will tell you that I am not a science kind of guy. I have never taken Chemistry at any level of high school or college. Seems like everybody I know took Chemistry in high school. I took Biology only because it was mandatory. I have always walked the path of the Business major... and Psychology major type of guy.

In any event, along scientific lines, I have found myself, like so many others, benefiting from the astonishing positive effects of the scientific phenomenon known as “Neuro-Linguistic Programming” (NLP). This is not a new discovery. Other people call it other names, I call it “SELF TALK”. It absolutely works. I want you to do this. This is a must.

**“Self Talk” is like lifting weights for your self-esteem.**

Please look NLP up on the Internet for answers to your science type issues. You can find out exactly how the brain fires neutrons and protons full of information across your brain to complete thoughts, etc.

**What I want to share with you here is that ... IT  
WORKS!!!**

# **“SELF TALK”**

“Self Talk” will “Change” your life. It’s like having your very own personal cheerleading team. Whatever area of your life you care to address you can do so with “Self Talk”: Finance, Health, Love, Business, etc...

The form of “Self Talk” which I find to be most enjoyable and beneficial is what I call “selective bombardment”. That is, select key words to be written on 3” X 5” index cards and placed everywhere, e.g., at home, at the job, in the car, the bathroom, the closet, on the mirror, carry a set around with you every day, etc. The constant reminder of continually seeing the index cards reinforces the messages you are sending to yourself and your sub-conscious. You want to bombard your subconscious with all of your messages in order to generate the quickest absorption.

Science has proven that your body, your being will adopt and conform to the messages you send to it. You have at your fingertips the opportunity to re-program your brain. And it’s easy too.

I know from experience that some of you reading or hearing this are saying, “Oh, baloney”. Well, you are actually using “Self Talk” on yourself and you don’t even know it. Believe me, if you continue to tell yourself that “Self Talk” is “baloney” (to you) then I guarantee that it will be “baloney” (to you). That is a perfect example of how “Self Talk” works.

If you tell yourself that you are fat, lazy and you’ll never make it to the top then guess what...you will be fat, lazy and you won’t ever make it to the top.

So, to you naysayers who I bet have never really given “Self Talk” a fair trial run, I suggest you give it a try. Every psychologist in the world can’t be wrong. Go ahead. Give it a try. This is a perfect opportunity to bring “Change” into your life. The “old” you would never try something as simple, trivial or stupid as “Self Talk” but you see how far the old you has gotten you. Give it a try. “Self Talk” works.

If you want things in your life that you have never had before, you must do things in your life that you have never done before.

Ask “Super-Me” what she/he would do right now!

Your “Self Talk” is directed towards your subconscious mind. If you were a computer, your subconscious would be your operating system. Your subconscious is the real you.

Doesn't it make sense to support your subconscious with as much positivity as you can provide?

# **THE CONSCIOUS BECOMES THE SUBCONSCIOUS**

When you repetitiously use your conscious mind to send messages to your subconscious, your subconscious will absorb these new messages and become those new messages. The conscious becomes the subconscious.

Let me prove it to you.

## **The conscious becomes the subconscious.**

How many people can drive a stick shift car? Remember when you were learning to drive your first stick shift? Your brother's stick shift. Remember the look on his face when he heard the grinding noises when you were trying to shift the gears?

There you were. Left foot in. Right foot off the brake. Step on the gas. Let out the clutch. Oh, yeah, shift the gear knob. Oh, yeah, steer!

You were consciously, physically telling yourself (and your brother was telling you too in a very high pitched scream) how to drive that stick shift. That was a conscious effort on your part.

Now, it is quite another story. Now, the conscious (the constant conscious practice, i.e., "Self Talk") has become the subconscious.

Now you can drive that car and shift those gears all while you talk on the phone, eat your lunch and put your lipstick on. Why can you do it now so easily without even thinking about it? Why? Because the conscious has become the subconscious. Your subconscious mind has been re-programmed to drive a stick shift. This re-programming has made a new you. The new you can drive a stick shift.

# HERE'S WHAT YOU DO...

Take this opportunity before you right now to re-program your brain to “Success”. “Success” is about to become a part of you. This works.

That's right. It is that simple. Once again, use your index cards. On the index cards, write your most favorite “MOTIVATION” quotes (e.g., “Being motivated is the opposite of being covered with ants. In one case, you start to itchin' and in the other case you're itchin' to start. So, get started!”), special motivation words (like “MOVE”), positive reinforcement words (like your Grandma's name) and reminders of what to do (“SMILE”). Place these index cards on your doors, walls, mirrors, cupboards, etc. Place them everywhere in order that you will be constantly surrounded by positive ideas (kitchen, bathroom, car, office, etc.).

The constant reminder of continually seeing the index cards reinforces the messages you are sending to yourself and your subconscious.

Science has proven that your body, your being will adopt and conform to the messages you send to it. Consequently, you have at your very fingertips... the opportunity to re-program your brain.

And it's easy too. It can be done by anyone, anyplace, anytime.

Very simply, through consistently sending the right messages to your subconscious, via repetition (this is the training part) you “Self Talk” yourself into becoming a new person.

Actually, you already do this every day. Only so far you've been “Self Talking” yourself into becoming something other than your greatest “Success”.

You can do and be so much more.

# **HOMEWORK ASSIGNMENT**

Put one of your index cards on the TV to remind yourself to stop watching so much TV. I heard of this one study that proved watching too much TV would/could make you stupid. One person was so stupid they would sit on the TV and watch the couch (laugh, laugh).

## **MORE HOMEWORK**

Feed your brain. I learned early in my life to read everything. Not that I particularly enjoyed reading, because I didn't. But, I trained myself to always scan everything for useful information. Look for interesting facts to use in small talk with people (it's impressive). Look for information specific to your industry or interests. Know the news of the day. Be on top of everything (within reason subject to your particular "Goals").

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# IT'S TIME TO "CHANGE" YOUR "SELF TALK"

We are going to "Change" your daily "Self Talk". Whatever you are telling yourself now (all day) is not working at least not optimally... there is always room for improvement. Remember, garbage in...garbage out! You are going to begin to "Self Talk" to yourself differently. You are going to "Change" what you say to yourself. Hence, YOU will "Change".

Make a list of everything you think you need to "FOCUS" on in order for you to obtain your "Success". Moreover, make a list of all the most powerful reasons why you should "Focus" on these things and how positive and fruitful this "Focus" will be. Put these lists on index cards. Carry them with you at all times. Constantly bombard your psyche (your subconscious) with this information. Read the cards over and over again each day. It is true that you will become what you think about all day long.

By the way, trust me, your favorite TV shows aren't going anywhere... it will be fine if you dedicate your time away from the TV and towards working on your "Success". Those shows will be there to be seen at a later date.

Use the "Self Talk" Tool to re-program your brain. Re-program your brain with the information it will need to succeed. Your "Self Talk" index cards (that you carry with you and read all day, every day until it becomes second nature) should give you positive reminders on a variety of topics suited to your particular "Success/Goal" needs. Your index cards should cover areas such as "Motivation", "Clarity of Purpose", "Focus", as well as specific tasks you must do each day to accomplish your "Goals", etc. Write something on each index card which means something to you. Something that will hit a nerve with you. Something that will inspire you

to get up and "MOVE". Get up and "Take the 1<sup>st</sup> Step".

You can do this. Please try. I don't just write this stuff for my "HEALTH". It really works. I want you to be a "Success". Think about it. If your mind is constantly "Focused" on the positive messages on your index cards...how can that not have a positive effect on your life. If you think positive you will be

positive. Positive thoughts make for a positive mind which makes for a positive life.

# **“FOCUS”**

To some degree the “Brain Train Game” is a rigid, disciplined program. That’s OK because it is also at the same time very simple and easy. It is rigid because there is no room for half-stepping. If you “Self Talk” correctly (as explained above) then it works. If you don’t, it won’t. It is disciplined because you must do it all day every day until you become the message.

In order to make it easier to overcome the rigidity and discipline required you must learn to “Focus”. Make it a “Goal” to train your brain to “Focus”. To “Focus”, you must concentrate on shutting out all other possibilities other than the pursuit of your immediate “Goal”. No friends, boy/girl friends (during “Focus” time only of course), no television, no distractions during “Focus” time.

Once you learn to “Focus” you will enjoy so much actual accomplishment. Learning to “Focus” does help you to achieve results. Remember, hard work pays off in the future and lasts while laziness pays off now and costs.

To help you “Focus” make your environment work friendly. For me, I do my reading late at night in a dark house, comfy chair, light over my shoulder and I’m good to go. Alternatively, when I’m in planning mode I like to sit down and think of nothing but my topic, e.g., an advertising campaign, losing weight, planning my future, at a time when I can look out of a window at the sky (so as to send the message to my brain that the sky is the limit). What does work friendly mean to you?

When “Focusing”, whatever you’re working on...you must try until you get it. Some things we just never give up on, it’s just expected that we will always continue. For instance, how many tries do you give a baby to learn how to walk until you just give up and say forget it? You give the baby as many tries as he/she needs. Giving up is not even an option for discussion. That baby will walk. It may take 9 months or it may take 15 months but that baby will walk. Your path towards “Success” should be viewed in the same manner. There are no other options. “Success” is the only option and you will “Focus” on it until you get there.

# **BRAIN TRAINING IS FOR YOUR BENEFIT**

But other people may see me fail while trying. Get over it. People laughed at the Wright Brothers and their planes, Ben Franklin and his kite, Thomas Edison and the light bulb, early foreign cars, Rap music, even Michael Jordan of the Chicago Bulls was cut from his high school basketball team.

You must use the “Brain Train Game” for personal development. Consider yourself in the brain train school. The “YOU” school. This is where you practice to get yourself to a point where you can totally “Focus” on your “Success”.

In law school, you developed tools to help “Focus”. I taught myself to train my mind to enjoy hours of reading (7-10 hours per day). It was necessary for me to read that much so I had to develop a system, a plan, a program that enabled me to work very hard with a “Focus” that made the work easy. When appropriate I could go to that space where I could actually enjoy 8 hours of intensely “Focused” reading. I had my brain trained. Through “Self Talk” I trained my brain to “Focus” solely on my “Goal” (cut off, eliminate all outside interference). You too can train your brain to turn on super “Focus” powers to help yourself excel.

Upon learning to “Focus” when necessary I realized I could actually control my mind and convince myself that I enjoyed all the hard work. I actually made it fun for months at a time. I would get into a completely different disciplined, “Focused” mind set. A mind set of, this is all I know. This is all I do. This is rewarding. Remember, you are what you tell yourself you are. “Self Talk”. Brain training. Incorporate your power to “Focus” into your life immediately in order to help yourself concentrate on your immediate “Goals”.

# **“FOCUS” ON THE RIGHT THINGS**

I taught school at the university level for about 5 years. It has been my observation that except in the case of certain professions, e.g., engineering, medicine, etc., the vast majority of college graduates will utilize 15% or less of the information they learn in their college coursework once they get into the real career world. They learn their actual chosen vocation on the job.

The lesson to be learned from this is to “Focus” on what you really need to know (not theory). Get “hands-on” with the training. Develop your soft and your hard skills. “Focus” ultimately boils down to identifying exactly what is important to you and fixating on it. Where your attention goes is where you will get results.

The best way to realize your dreams is to wake up. Keep your eye on the prize. “Focus” on your “Dream”. Some people dream of “Success” others get up and work hard at it every day. Who are you?

I was leading a seminar in San Diego, CA several years ago imparting the virtues of “Focusing” on living a positive, “Motivated” life when a man stood up and said that “Motivation” is all well and good but it doesn’t last very long. I told him that a shower doesn’t last very long either but it’s a good idea to take one every day.

# **“THE POWER OF IMAGINATION”**

To keep you going on the right track I'm going to leave you here with an amazing new “Success Tool”. You are really going to enjoy this. This new “Success Tool” is called “THE POWER OF IMAGINATION”.

Everyone knows about imagination but they don't “Focus” on it.

If you “Focus” on your imagination for a specific set time period, say 5-10 minutes per experience (set your timer), whenever you felt like it throughout the day (at least 3 times per day) your life would “Change” dramatically.

To allow this “Success Tool” to really work, you must (for the entire 5-10 minutes) continually let your imagination run wild. Continually imagine great things for yourself. Imagine your “Success” in your wildest “Dreams”. Really get creative with your imagination of “Success”. Go for it for the entire 5-10 minutes.

If you continually “Focus” your imagination on great things for you...they are much more likely to happen for you. It's amazing and unexplainable but it works. You are actually pre-disposing yourself to “Success”.

“Focus” your imagination on your “Success”. Constantly. Don't stop. You can actually make great things happen to your life!

## **HOMEWORK ASSIGNMENT:**

Right now, I want you to set this Manual down. Sit back in your chair. Close your eyes and think about your future “Success” in all its glory. Imagine every detail. Where do you live? What kind of house? What kind of car? Where do you spend your vacations? Do this for 5-10 minutes. And do it often.

### **To Your Success !!!**

If you like what you have read so far then take a moment to call a friend and tell them to go to [www.super-me.com](http://www.super-me.com)

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