

**IS YOUR BREAK-UP BREAKING YOU?**

# **MASTERING THE ART OF INVINCIBILITY**

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**in•vin•ci•ble: to powerful to be defeated or overcome!**

**For women only - a guide to reach a new path forward**

**Robert Rudelic, BS, NMT, MES**

# FORWARD

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Lorri Zimmer

*"I began working with Robert after my marriage of 20 years was dissolving. I felt unsure of myself and lacked the confidence to move forward and be decisive. I had some big challenges ahead and what I was doing was not helping me with my anxiety. Robert taught me mental strategies and gave me the tools I needed to stay composed and stand up for myself. He taught me PowerTapping, a form of EFT, which I use every day now, and it has changed my life as well as my kids' lives forever. It was the game changer I needed to take my life back."*

# INTRODUCTION

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## WHAT DOES HAVING AN INVINCIBLE MINDSET MEAN

in•vin•ci•ble: Too powerful to be defeated or overcome!

mind•set: a collection of beliefs and perceptions that predetermine habits and behavior

***“Having and invincible mindset means you have the courage to take action in spite of your fears. You have developed the patience to allow your strategies and efforts to play out, and you have the perseverance to continue to finish what you started no matter what!” ... Robert Rudelic***

The point of power is always in the present moment. Every moment of every day is filled with how you perceive everything around you. That mental power that allows you to assign meaning to something is what's known as your perception. Nothing has meaning in and of itself – no situation, no action, no comment or no circumstance – everything is neutral. The only meaning something has is the meaning you give it based on your perception, and your perception is fed by your beliefs.

When you're able to change your perception it changes your experience. Having an invincible mindset empowers you and how you perceive your experiences will automatically be different. Sometimes what's needed is seeing things through a new lens and my integrative approach will help you uncover the power that's within you to do just that – you will be in control, confident, self-assured and composed in any situation.

Invincible Mindset Training is a systematic, 21st Century approach that gives you the opportunity to own the tools and develop the skill set that enables you to change your perspective in the moment. You'll be emotionally resilient, more productive and have far less conflict, anxiety and stress – you'll know how to turn it all around and create your desired outcome.

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# Chapter 1

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## CHANGE IS ON THE HORIZON

### THE ART AND SCIENCE OF TRANSFORMATIONAL CHANGE

Transformational: the ability to produce a big change or improvement in a situation:

***"Once your mindset changes, everything on the outside will change along with it."***

***... Steve Maraboli***

Learn the necessary skills needed to embrace change, whether it's –

Situational – Recognize that the current state of affairs is just temporary and to own the vital skills to be in control and succeed.

Transitional – Embrace the changes ahead, reset your state of mind, claim a new perspective to take action and triumph over fear.

Entrepreneur – Boost your commitment, perseverance, grit, determination and be inspired to keep going and enjoy the journey.

Leadership – To positively impact your life so you can positively influence the lives of others.

The way you deal with the change has a lot to do with your mindset, the beliefs, and feelings you have in any given situation. Though it may not seem so, you have more control than you think.

1. Situational – Resistance to change is very common especially if you're scared of the unknown. It's easy to get overwhelmed, it's a state of mind that creeps up on you and all of a sudden you're incapable of being on top of your game, and it's very hard to recover from when you're in the throes of a breakup. The consequences can be catastrophic and often it's a tool that can keep you out of control and in fear. So, begin with Identifying your feelings and fears. What specifically is making you worried or sad? Realize that facing change may make you feel vulnerable but commit to being proactive in responding to it. Sometimes facing change may make you feel vulnerable but shift your focus on the possibilities. Being optimistic about outcomes doesn't necessarily mean you have to be happy in the moment. Look long term and see the big picture. Look for the

positive. Don't allow yourself to feel like a victim. Change can be good. There are silver linings to everything. Have faith in yourself. Trust that you can do this!

2. Transitional – Be flexible, adjust to what's happening and try not to fight it. Reflect on what you've learned. You can't change what's happened to you but you can change how you perceive it. It's important to accept some responsibility and learn from it. Life is full of challenges and you don't always get to "choose" what happens. You do get to choose how you react. You can be bitter, or you can learn and grow from these experiences. Instead of feeling like a victim and blaming outside occurrences for how things have turned out, choosing to embrace the unforeseen can be empowering! Remember – how you choose to respond is what really matters. Life doesn't always go as planned but being able to pivot can be the difference between being a victim or a victor.
3. Entrepreneur – Boost your commitment, perseverance, grit, determination and be inspired to keep going and enjoy the journey. Being an entrepreneur doesn't mean you have to be setting up new business ventures every day; an entrepreneur is someone with the foresight, drive and ambition to take a risk. However, being an entrepreneur is also deeply connected with your life decisions and experiences. An entrepreneur must "bring about innovation." If you are in the entrepreneurial game, chances are you are looking to break new ground. Traditionally, the definition of entrepreneurship has been limited to: starting a new business, scaling for profit and the like, but to be an entrepreneur means having the courage to tackle a problem, the creativity to find a solution, and the persistence to bring that solution.
4. Leadership – True leaders seek to uplift others by helping them realize – and perhaps even exceed their potential. Women going through a divorce will often be grieving the loss of their spouse and their marriage, but also the loss of the life they'd imagined for themselves up until that point. They're experiencing a massive shift in their reality and trying to come to terms with it. As a leader who wants to be there and help other women going through a breakup, encouraging and drawing the knowledge from your own experiences can be a life changer for someone.

***"Embrace each challenge in your life as an opportunity for self-transformation."***

***... Bernie S. Siegel***

## Chapter 2

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**CLAIM THE POWER TO THRIVE**

**Commit and Focus**





# ▶ THE FUTURE I DESIRE

MOVING FORWARD WITH CERTAINTY!

Introduction – A woman without a plan is like a rudderless ship, and in the process of getting a divorce that rudderless ship is a plan for disaster. Divorce in many cases starts out or becomes a war. No, not a nuclear war although some do and those are the ones we hear about. It's a war between two people who are fighting a financial, emotional and social war and the stakes are high. Egos, hurt feelings and who's to blame all get in the way of cooperation and a reasonable dissolution of the marriage. Your life will go on, it's important you don't burn bridges or create unnecessary tension for those you will bring into your new life including your soon to be ex-husband. The process gets off course when emotions get in the way of negotiating, the easiest way to avoid this is to know what you want and let others know what you expect. Doing this in a composed manner will put you in control of your part in the proceedings. When he sees this he may get upset, unnerved, or aggressive. **YOU'RE NOT RESPONSIBLE FOR HIS EMOTIONS ANYMORE!** Staying focused on your plan will give you increased confidence and power. **YOU DO HAVE A SAY – AND, YOU DO HAVE POWER!**

Having a plan does 3 things right away; 1) sets expectations, 2) sets boundaries, and 3) helps define what and how you need to prepare for the upcoming negotiations. It's essential that you use this time now to emotionally prepare for what's ahead. When you do this, the easier your transition will be. In my practice all too often I work with women who have only focused on getting "it" over with. Only after it's over do they start thinking about how to put the pieces of their lives back together. I have another strategy; use the process of getting divorced to expose weaknesses in your "game" and start making the personal changes necessary to have relationships in the future that reflect what you want based on who you've become or are becoming. You have and are continuing to change. Use this period to be self-observant and honest with yourself and develop the tools and traits you'll need to find happiness in your new life. Don't be like the many women who unknowingly create heavy man baggage and carry it into every new relationship then wonder why they all end the same.

This is the primary reason I developed this program. I was seeing the results of women trying to have relationships and who saw every guy with suspicion. They did not see it but it was evident in things like their Match.com profiles, or the way they evaluated a potential partner, or how they treated the men in their life. As I helped them eliminate the triggers left behind from the divorce, the hurts, betrayals, regrets and resentments and establish new expectations for themselves and a future partner, they changed dramatically. Things like being more hopeful, wanting to take better care of themselves, losing weight (weight is often a subconscious mechanism to keep men away) getting more social and dreaming again, etc. were reignited in them. Their whole world turned on a dime.

I wanted to get to these women before they got to this point and the best time to do this is when their emotions are exposed – like when they're GOING THROUGH the divorce. I've been able to develop the program over the years because of clients coming in to my therapy practice, thinking about or preparing to or going through a divorce. What I learned and the feedback I got is represented in all aspects of the program. The questions I'm asking and the strategies I'm suggesting have produced amazing results. Now you'll be able to utilize them to go through your divorce and come out the other side being empowered, self-assured and at peace with yourself and the process.

There are two parts to this – The Short Term Plan and The long Term Plan. The Short Term Plan has benchmarks and when it's done it's done and you move on. The Long Term Plan is a long range plan for the next 12-24 months and it is similar to a business plan, in that it evolves. It will inspire you and keep you on task. It will also steady you when something does not go as planned. You can't win every battle but knowing where you want to be in the end will make the compromises easier and you'll get more value for your compromises in the end. Before getting started it's important to recognize that your individualized plan starts with knowing all the areas you'll need to address, what's important to you to accomplish and to expand your quality of life.

The image shows two circular icons side-by-side. Each icon is a dark brown circle with a white dotted border. The left circle contains the text 'SHORT TERM PLAN' and the right circle contains the text 'LONG TERM PLAN'. Both are in white, all-caps, sans-serif font. The background of the entire page is a light orange geometric pattern of overlapping triangles.

SHORT  
TERM  
PLAN

LONG  
TERM  
PLAN





## SHORT TERM PLAN

This is a plan of action for the divorce. Use the assessment and anything else that helps you list all the things that need to get done. Down to crossing the t's and dotting the i's. There's an age old saying "marriage is about love and divorce is about money!" Let's create the list of the Must Do's –

## FIND THE RIGHT ATTORNEY

- 1) Keep in mind that the type of divorces an attorney specializes in may make a difference in your outcome as well as the ease of working with him/her. Does the attorney handle cases that involve child custody and child support or cases where children are grown and child custody and child support are no longer an issue?
- 2) Would you feel more comfortable with a male or a female attorney?
- 3) Does the attorney have experience taking a case to trial, if you or your spouse, for whatever reason, have a contested divorce?
- 4) Can the attorney be tough on your behalf if necessary?
- 5) Can the attorney handle cases where financial matters are very complex and contentious?
- 6) Do the attorney's fees fit in your budget?
- 7) Do you feel comfortable with the attorney speaking openly about matters concerning all the issues involved with your divorce?
- 8) Will the attorney provide you with good advice and the proper resources to be well informed to make good decisions?
- 9) If you call with an immediate crisis or a have question you need an answer to, how quickly can you expect to have your call returned?
- 10) Does the attorney have a good reputation and positive reviews from past clients?

## FINANCIAL PLANNING

- 1) Gather all your financial records. Identify, collect, and organize the financial information you will need for your attorney or financial planner.
- 2) Real estate that you and your spouse own.
- 3) Motor vehicles you own or lease.
- 4) Personal property, particularly items of significant sentimental or monetary value, and household items such as furniture, china, art, etc.
- 5) Cash accounts such as savings, checking, money market, certificates of deposit and bonds.
- 6) Retirement accounts, securities accounts such as mutual funds and stocks.
- 7) Life insurance policies.
- 8) Ownership interest in businesses.
- 9) Taxes that are owed or refunds that are due.
- 10) Debts, including mortgages, credit card balances, student loans and other loans.

## CREATE A MONTHLY BUDGET

- 1) Household expenses down to the last detail. Rent or mortgage payment, utilities, phone, cable, insurance, cleaning services, etc.
- 2) Living expenses such as car payment, gas, groceries, credit card payments, clothing, tuition, personal care and services, etc.
- 3) Entertainment.
- 4) Travel and vacations.
- 5) Medical insurance and expenses.
- 6) Taxes on spousal support and/or child support payments.
- 7) Which spouse will claim the children as dependents on their tax return?
- 8) Gifts, charitable contributions, club memberships.
- 9) Determine the amounts of maintenance and child support you realistically need.
- 10) Savings.

## MY PRIORITIES

- 1) The must have items that are non-negotiable. (Spousal, child support, pets, family heirlooms, things I had before the marriage, etc...)

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- 2) Items I want but I can live without. Items perhaps you both want and a compromise may be way to get something in return.

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- 3) Items I don't care about but may be used as leverage for something I want.

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## LONG TERM PLAN

This plan is for what you want in the first year after the divorce and in the future moving forward with your life. This is things like where will I live, what to do for income, schools if kids are involved

What is my career and income desires?

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Where do I want to live? (Top 2 locations)

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What type of dwelling do I want – apartment, townhouse, condo or a house?

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Rent ☐ Own ☐

Roommates – Yes ☐ No ☐

If my children are still at home, what school(s) do I want them to attend?

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Furnishings – what style of furniture do I like (Modern, French Country, Western, etc...?)

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What type of car do I want to drive?

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Do I want/need to further my education? If so, for what and what are my goals?

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How do I want to spend my free time? (hobbies, sports, night life, etc...)

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What do I want to pursue, learn and experience?

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Do I have now or want pets?

Yes

☐

No

☐

Do I want to change my name?

Yes

☐

No

☐

If yes, to what?

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## EVALUATION

After going through all that's involved above, think about how you are handling things so far. What has been your emotional posture in the proceedings to date, have you been strong, confident and determined? Or are you feeling like a victim, bullied and manipulated? Are you hot tempered, or irrational? Are you fearful, crying, hoping to get "something" (please oh please oh please)?

If you're not feeling strong, confident and determined then this is where we start – getting rid of the triggers that your soon-to-be-ex-husband and others in your life use to manipulate or control you. You need to eliminate and replaced old, ineffective behavior with an attitude that will empower you and get the results you want.

First, determine a posture you want to have with each person in your life. A posture is the way you carry your self physically and respond emotionally. Examples; Kids - loving but firm, confident about the future yet a bit vulnerable too, hopeful, optimistic yet realistic, and, physically strong and focused on being healthy and prepared.

Husband – Composed, focused, and on task. Physically look your best at all times. Look straight through him when he gets aggressive or when he gets whiny.

Parents – Accepting and appreciative of their help, respectful of their guidance, firm on making your own decisions and fearless in letting them know in a respectful and loving way when to back off. Show command and decisiveness in what you want and how you're going about getting it (this comes much easier when you have a well thought out plan). Teach them how to treat you by expecting them to treat you as an adult and do it with a loving smile.

Others you will have to interact with such as your in-laws and other relatives, friends, co-workers, people you regularly see at church or events etc... the same applies. You teach them how to treat you!

Your situation is unique and these are just a few examples to help you in your process. Don't make this complicated. Keep it simple – adjustments are inherent in all relationships. REMEMBER YOU TEACH PEOPLE HOW TO TREAT YOU. PATIENCE AND PERSISTENCE ARE REQUIRED!

## Chapter 3

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### **STAND UP – PUSH BACK**

Imagine if you had \$86,400 in your bank and someone stole \$10, would you be upset and throw all of the remaining \$86,390 away in hopes of getting back at the person who took the \$10, or move on and live? Right, move on and live. See, we all have 86,400 seconds each day. Don't let someone's negative 10 seconds ruin the remaining 86,390. Have an Invincible Mindset – life is bigger than that!

### **VETO THE BULLY**



**I'll show you how ... You are in for a treat!**



## THINK BULLYING JUST AFFECTS KIDS?



➡ **Want to know the quickest way to stop a bully in his tracks?**

➡ **Let me show you THE 5-STEP PROCESS to get there!**

Have you ever wondered why some women so easily stand up for themselves and others cower in the face of confrontation? If your tendencies are to get frazzled and avoid confrontation – ***it's not always easy to change this on your own.*** Let us teach you to stand up for yourself, take charge and **VETO (FORBID!!!) THE BULLY!**

I know from working with women for over 20 years who are dealing with aggressive, demanding and domineering behavior from people they are associated with, whether it be in the workplace, relationships going through a break-up or divorce – or even family members, that virtually all of them are concerned about the effects of being manipulated or bullied – and not just for themselves – for their children as well!

One of the greatest myths is that bullying occurs to only those who exhibit low self-esteem or who may be shy or introverted. This is not always true. In my experience, many of my clients are highly professional, clever, articulate women with decades of work history behind them – **but**;

➡ **If you can't, won't, don't stand up for yourself, the results can lead to ...**

- ➡ Loss of confidence in yourself...
- ➡ Being used or taken advantage of...
- ➡ Suffering from anxiety and depression...
- ➡ Weight gain...
- ➡ Becoming suicidal...

➡ **Life can be so crazy and unfair ... so, what makes the difference between living a nightmare and happiness?**

On one hand, there are those who's life is basically a living hell even though they have moved away from the bullying situation, and perhaps feel instantly better, but it doesn't last. The truth is – in the eyes of a bully, nothing is fair unless it goes exactly like they want it to. So – the living nightmare continues!

➡ **But then on the other hand, there are those who have found a solution!**

I'm talking about women who own the tool to stop intimidation and feel empowered in any situation.

They're women who know who they are, know what they want, not fearful of going forward, trust their intuition and are confident in their decisions.

For those women, they are the authors of their own life. They know they are worthy of living a full and inspired life ... *and* ... it's up to them to create it. For these women, the idea of not standing up and pushing back against an intimidator is a foreign thought.

In their world, they choose to remain steadfast – even when things don't work out as planned they have the emotional composure to combat adversity and remain unflinchingly empowered.

➡ **Here's the thing, though ...**

Any woman who wants to be empowered and stand up for herself can own this skill and discover her inner warrior.

It's a skill that with the right tool you too can develop that skill, and – – once you have it – – will put your destiny squarely in your own hands, for as long as you choose to use it. It's a balance – – embrace that there is a light and a dark, a feminine and a

masculine, and a positive and a negative side to everything. You can be strong “and” vulnerable, gentle “and” harsh, defensive “and” trusting and drop the urge to explain yourself to anyone. It’s easier than you think – keep in mind, the right tool for the job cuts the work in half!

## A Chance to “Reinvent” Yourself

But more than anything else, it’s an opportunity to “reinvent” yourself ... and learn the valuable skill that will quickly empower you to embrace your greatness and change your life ... *forever*.

### Imagine discovering ...

...that you’re ***not*** weak, unimportant, inferior, powerless, unworthy ... and all the other crazy words you can find to describe these feelings of disempowerment that bullies prey on ... and ... ***you*** are ***far more*** than you’ve ever imagined...

### What’s more, you can use this new skill in so many ways.

➡ In the workplace – a quote from the book *I Hate People*, “bullies are only effective when they’re on solid ground. Ground that you can take away.” When you are in control of your emotions you can remain calm and rational and diffuse the situation.

➡ In relationships – when you own the skill of teaching others how to treat you they will respect your personal boundaries and what you will and will not accept.

➡ With children – disrespectful, bullying behavior is often a problem for parents with children but with the right skill it’s much easier to be firm about the bullying behaviors and create a culture of mutual respect.

➡ Leadership – if you positively impact one person’s life, you impact the world. You never know where the ripple effect of any one small action will end ... use the skill to empower yourself and in turn – empower others.

### Once you have this skill – you can do and accomplish anything!

There will never be a better time than right now to put your future squarely in your own hands – to master and truly own the lifechanging skill of self-empowerment and stop allowing anyone or anything to control, limit, repress, or discourage you from being unstoppable. No one can give it to you – you have to take it. You get to determine your own story and pave the way for your future. Live by the words of Ayn Rand – “The question isn’t who’s going to let me; it’s who is going to stop me!”



This is a rare opportunity to learn this life-transforming skill, one that will reinforce your confidence and give you the emotional composure to really be in control of your own life, live the way you deserve to live without allowing others to control the outcome of your day, or any part of your future.

➡ **Discover how you can experience the joy of having the respect of those around you!**

Take the bold step today and join the women who own the tool to stop intimidation and feel empowered in any situation. **You** can be **invincible** – too powerful to be overcome!

➡ **Get started today – VETO THE BULLY Complete Package for just ... \$197.00**



**BUY NOW!**

[Click Here To Buy Now](#)



## ➡ **Assertiveness Training! What You Will Learn –**

- ➡ This course will allow you to increase your awareness of bullying and intimidation.
- ➡ Discover how to develop self-confidence – the first line of defense against a bully.
- ➡ Learn how to stand up for yourself and push back.
- ➡ This course gives you the tools to build this life-changing, long-term mind-set.
- ➡ Learn how to silence your “INNER BULLY”.
- ➡ Learn the right strategies and how to apply your new tools.
- ➡ By the end of the course you’ll truly know the difference between “*knowledge*” and “*knowing*”!

## ➡ **About the Course –**

### **THE 5 STEP PROCESS TO STOP INTIMIDATION AND FEEL EMPOWERED IN ANY ENCOUNTER!**

- ➡ This course will show **A Different Way to Create Self-Empowerment.**
- ➡ Also, I'm going to show you how to properly use your new-found power.
- ➡ Here is what's in the course:

## ➡ **5 -Step Workbook and 7 -Video Trainings**

- Video #1: Introduction and Explanation to What You Will Learn
- Video #2: Identify Your Intimidator and the Behavioral Characteristics of Each – Including Your INNER BULLY
- Video #3: Prepare for Success – Preparation is the Key to Success
- Video #4: Develop a Strategy – Plan Your Approach
- Video #5: Delivery – Stand Up and Take Action
- Video #6: Reinforce Your Confidence – Discover Your Inner Warrior
- Video #7: Conclusion – Take Action and Claim it!

## ➡ **WHY YOU SHOULD GET THIS COURSE –**

- ➡ You'll feel comfortable and confident in work and social environments
- ➡ You'll own the "art of emotional composure"
- ➡ You'll have a blueprint to VETO any bully and take control your life
- ➡ You'll know how to spot a bully, take away their power and avoid being victimized
- ➡ Learn how to Bully Proof Yourself and enjoy your life more...

## ➡ **ACT FAST AND GET THIS AMAZING OFFER –**

- ➡ If you don't take action and make yourself bully proof you could easily find yourself in an unfair or nasty situation and wish you had taken action when you had the chance.
- ➡ Knowing is to take action – done in full awareness. Knowledge alone won't change a thing.
- ➡ Assertive women are less likely to be targeted by bullies.
- ➡ Studies show confident, assertive women make more money in the workplace.

One of my clients (Nicki) had this to say...

***"After going through Robert's Veto The Bully program, I feel BIGGER when I'm in the company of others. PHYSICALLY BIGGER! Now I know what it's like to be confident and composed!"***

- ➡ Veto the Bully is an essential program, the skills you'll develop and the changes you'll go through are life changing.
- ➡ Pushback and discover your inner warrior – create your invincible mindset. It doesn't take magical powers – just the right tool for the job!
- ➡ This program will work for women of all ages.



## ➡ COMPARED TO OTHER COURSES –

➡ **VETO THE BULLY** program focuses on empowering the person being intimidated – not the bully. It's not about changing the bully – it's about teaching empowerment and how to be assertive and emotionally composed - - - with a smile!

**To be emotionally composed and resilient will become your biggest asset throughout your life.**



**For the price of just a few Scented Candles you can become an Empowered Woman!**

*Are you interested in how to create your own Invincible Mindset?* Everything you need to know to get started is *right here* in this video course!

Click the **"Buy Now"** button right, now... every hour you delay is another hour wasted!

**Get it now and get started!**



[Click Here To Buy Now](#)



[www.RobertRudelic.com](http://www.RobertRudelic.com)

## Chapter 4

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### CHALLENGE YOURSELF



# THE 5 – DAY CHALLENGE

*“Whatever you can do, or dream you can, begin it.  
Boldness has genius, power, and magic in it. Begin it now.”*

– GOETHE

## PROVOKING THE POSSIBLE

My Goal is to bring you to a place that from moment to moment you stay in positive thought, with your creative mind flowing and directed towards bringing you what you desire. When something comes up that does not work for you – a thought, a behavior, a belief, anger, fear, frustration – you can get rid of it by tapping it out, or amplify any less-than-firm positive belief that comes up by tapping it in until you are 100% behind it. When the weight of the past is released and you become focused on your future, you'll find both your personal growth and your ability to manifest your true potential constantly accelerating. You'll no longer live in a place where your emotions are running high, in a place filled with conflict, but instead live in a world of infinite potential, a world where anything that is possible is truly possible.

If you have purchased self-help books and programs in the past but failed to do the exercises or to follow the course, let me invite you to try something different and take my Challenge, as described below. If you are serious and diligent, in just a short time – just five days – your life could change forever for the better. The results of tapping are real. The only prerequisite for PowerTapping to work is a sincere desire to change!

My goal here is to help you get you through your situation and out of your belief that you're the martyr, the victim, the walking wounded. It angers me when people have a whole litany of excuses as to why they can't do what they want or need to do, can't have what they want to have, and can't achieve what they want to achieve. It's as if they want to keep their

"bottled up emotions": they are comfortable with it, they have already built up a whole world of justifications for why they should stay where they are. With all the chaos, noise and pain that happens in life, it's easy to get lost and not recognize there is a solution – you can be happy, healthy, and whole by identifying the problem, be specific and get rid of the problem through tapping out. See if there is anything else there that you need to get rid of ... and tap it out, then tap in the belief that you do want, and then move on! Don't even give the problem another thought once you are through with it. If you do give it another thought, you are clouding the new imprint that you have just tapped in with doubt, at which point you'll need to tap out the doubt. So, why take extra steps?

PowerTapping is a magic key, and you have merely to stick it in the keyhole of your life and turn it in order for your whole life to open up. All the beliefs that you've had that don't work for you can be wiped out, and all the justifications that you've had for believing what you believed will come to be looked upon as just that: justifications. Yes, it may be somewhat painful to see that you could be fooling yourself, that you're afraid and terrified of going beyond your comfort zone in order to be happy. But let me ask you this: wouldn't you rather experience some shock, pain, discomfort, guilt, etc., as opposed to never even finding out that you had been living a life that was far below your true potential?

Let's imagine your whole life is changing, maybe you're living in a different place, you're alone instead of with a partner, every day

Contact us: <http://robertrudelic.com/contact/>

things are unfamiliar and when you're in a deep sea of the unknown it's easy to feel frail. Many people basically see themselves, deep down, as being frail. I have known professional athletes and powerful business executives who are all huff and puff on the surface and throw their bravado around like it was confetti on New Year's Eve. But underneath, these successful people have unachieved goals, personal fears and health issues, and a good amount of "bottled up emotions" that, like nearly everybody else, they just do not want to deal with. Please understand that no matter how rich, powerful, or successful someone might seem, it is very likely that they are covering up their issues and justifying why they needn't do anything about them.

Resignation is one of our society's biggest problems. Many people, because of their life experience, have resigned themselves to believing that life can't and won't work for them, that they don't have enough money, aren't smart enough, aren't healthy enough, aren't good looking enough, and so on. If a person doesn't want to change whatever it is that is interfering with their ability to be happy, then they will be resigned to doing nothing, and they will build up all sorts of stories, reasons, explanations, justifications, and so on, for why they can't possibly change.

When you are resigned, you don't have to risk failure, you don't have to risk success, and it becomes very easy to agree with all of

your nay-saying friends that life is essentially difficult, hard, and unpleasant. You'll note that when someone steps out and says, "No! I don't want to be resigned to this kind of life, this is not what I want!" their friends will quickly try to drag them down and get them to rejoin the pack in its ongoing mediocrity. If you are not strong enough, or have resigned yourself to a great many things you don't really want to have, you'll generally go back to the pack.

What's important is that we have the ability to reason, to forward-think, and to change how it is that we participate in the co-creation of our personal realities. So let me invite you, once again, to be honest with yourself as you undertake my Personal Challenge. No one has to know what you are working on, what your fears are, or what you are tapping in or tapping out. Some may find that the very hardest thing for you to admit to is that you have any fear; once you admit this, you will find that with PowerTapping the rest of your issues become relatively easy to deal with.

Although almost everyone wears masks to cover up their fear and imperfections – and often present different masks to different people in their lives – in just a short time you will not need to wear masks any longer. You will have had the opportunity to change those masked imperfections into badges of honor, and the very act of taking the Challenge, the very choice to try something different, in a very short time will have already changed you for

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## THE CHALLENGE

the better.

Are you ready to take full responsibility for your happiness? If so, then I invite you to take my Personal Challenge, which is fairly simple and consists of five steps, as follows:

1. Admit that you have unwanted emotion that you would like to see changed – fear of being alone; painful memories; loss of a dream; your relationship with your children; an aspect of your physical health; a lack of confidence in moving on in life and having what you really want ... anything at all that bothers you, is less than you want, or that you otherwise would like to experience differently.
2. Print (multiple copies) and use the chart below and write down three things that bother you the most about your life right now.
3. Fill in your initial RIB (relative intensity of belief) score for each of these items; the

most intense negative beliefs that you hold are rated a “10,” with the goal being to move them to a “0”; the weakest “positive” beliefs you hold are rated a “0,” with the goal being to bring them to a “10”.

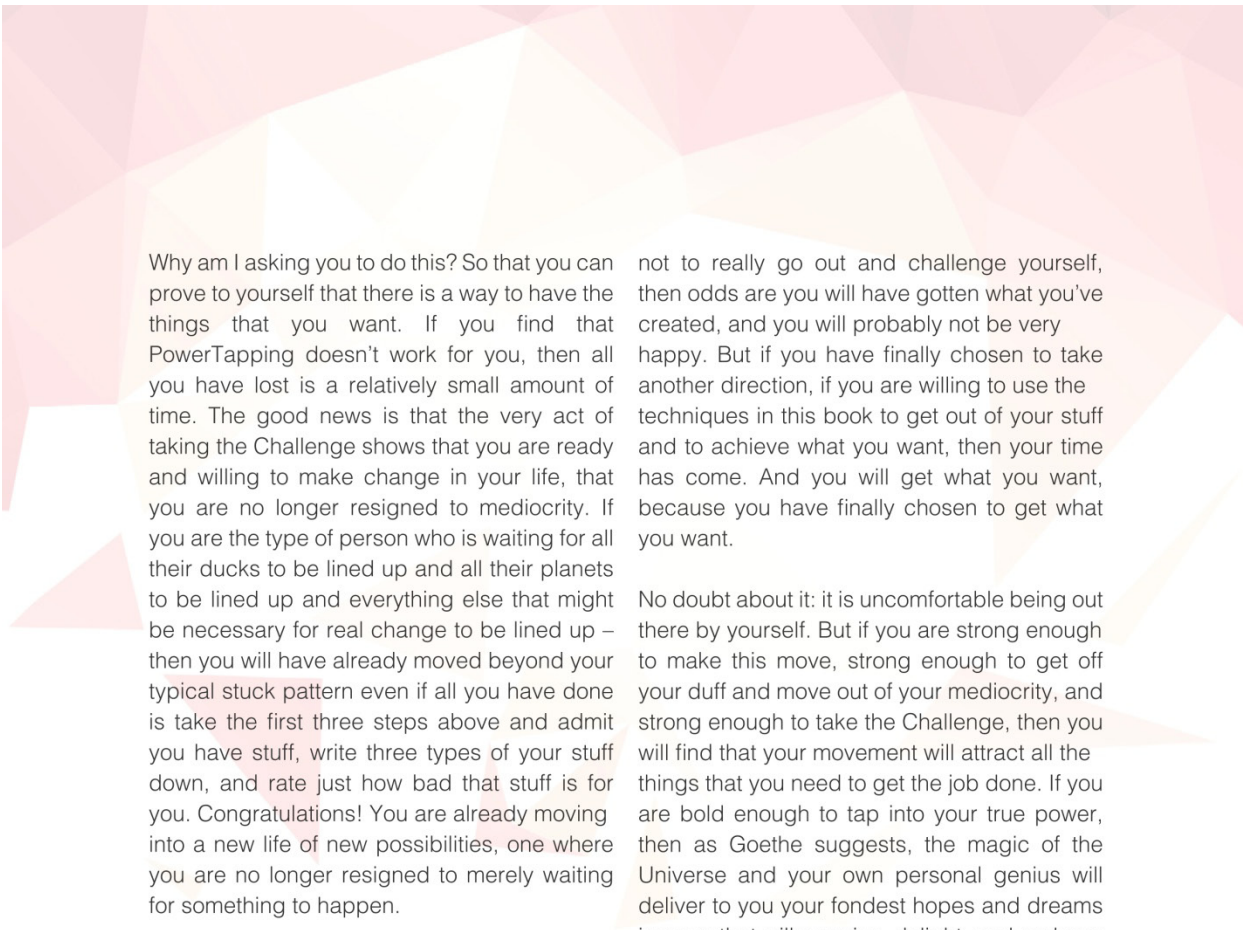
4. Review HOW TO BEGIN A BASIC POWERTAPPING SESSION and then spend 10 minutes in the morning, and 10 minutes before going to sleep, on each of the 3 items you have written down in the Personal Challenge Chart.
5. At the end of five days (Monday through Friday works great), reevaluate your final RIB score for each of these items, and how you feel about each of these items – has there been any real improvement or not? Is the problem as intense as it was? Is there anything else that you would now like to try PowerTapping on? (If there is – go for it!)

Please note that I am indeed asking you for a time commitment here, twenty minutes a day (10 minutes in the morning and 10 minutes in the evening).

Problem or Issue	RIB Score pre-Challenge	RIB Score post-Challenge	Any Real Improvement?
1.			
2.			
3.			

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Why am I asking you to do this? So that you can prove to yourself that there is a way to have the things that you want. If you find that PowerTapping doesn't work for you, then all you have lost is a relatively small amount of time. The good news is that the very act of taking the Challenge shows that you are ready and willing to make change in your life, that you are no longer resigned to mediocrity. If you are the type of person who is waiting for all their ducks to be lined up and all their planets to be lined up and everything else that might be necessary for real change to be lined up – then you will have already moved beyond your typical stuck pattern even if all you have done is take the first three steps above and admit you have stuff, write three types of your stuff down, and rate just how bad that stuff is for you. Congratulations! You are already moving into a new life of new possibilities, one where you are no longer resigned to merely waiting for something to happen.

If, up until this time in your life, you have chosen

not to really go out and challenge yourself, then odds are you will have gotten what you've created, and you will probably not be very happy. But if you have finally chosen to take another direction, if you are willing to use the techniques in this book to get out of your stuff and to achieve what you want, then your time has come. And you will get what you want, because you have finally chosen to get what you want.

No doubt about it: it is uncomfortable being out there by yourself. But if you are strong enough to make this move, strong enough to get off your duff and move out of your mediocrity, and strong enough to take the Challenge, then you will find that your movement will attract all the things that you need to get the job done. If you are bold enough to tap into your true power, then as Goethe suggests, the magic of the Universe and your own personal genius will deliver to you your fondest hopes and dreams in ways that will surprise, delight, and perhaps even astonish you.

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## SAMPLE SCRIPTS

The statements below can be used as is or customized in any way that makes them resonate more fully with what you are experiencing. You may notice that when you start tapping on these statements, thoughts and feelings will arise that you can then turn into new tapping statements, which will then give rise to still more thoughts and feelings, which you can use to create additional tapping statements, and so on. I call this following the thread, and it's a very efficient way to release a lot of painful emotions in a short amount of time.

Apply the three step process to create your Tap Out statements –

1. State the problem in full and write it down.
2. Ask yourself “why” you feel this way or why you believe this and write that down.
3. What else? When you've exhausted the why's ask yourself is there anything more? If there's not, create your statements.
  - Even though I procrastinate at times that are crucial, I completely love and accept myself [a negative belief, to be tapped out]
  - Even though I'm doing the best that I can, and realize now that this is not working for me, I completely love and accept myself [a negative belief, to be tapped out]
  - Even though this way of doing things no longer works for me, I completely love and accept myself [a negative belief, to be tapped out]
  - Even though I'm scared to death of failing, I completely love and accept myself [a negative belief, to be tapped out]
  - Even though I'm scared to death of succeeding, I completely love and accept myself [a negative belief, to be tapped out]

Apply the three step process to create your Tap In statements –

1. Determine what you want - be specific! And write them down
2. Ask yourself “why” do I want it, write down all of the reasons then go back and choose the top 3 reasons or the reasons you feel strongest about
3. What else, if there's nothing else create your statements
  - I now choose a different way of doing things [a positive belief, to be tapped in]
  - When I have a project in front of me, I sit down, get it done, and move on to the next project and it always feels great when it happens [a positive belief, to be tapped in]
  - I always feel successful, and I am no longer afraid of failure [a positive belief, to be tapped in]
  - I know that I can sit down, get it done, and I'm successful [a positive belief, to be tapped in]
  - I am no longer afraid of success or failure [a positive belief, to be tapped in]

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# TURNING YOUR DREAMS INTO REALITY

If you knew that you could achieve your dreams, if you knew that you could not fail, if you knew that anything (that is possible) is truly possible, then what would you do next with your life? Just as importantly, which of your dreams would you pursue?

Sadly, the “dreams” of most people are depressingly mundane, mainly because they do not dare to really dream. Consider the following framework: Most people have a list of daily and weekly To Do items, and then month-long and year-long goals. Beyond their 10 year goals is where we get to their dreams. Dreams, then, are real enough to actually think about (and think often about), but not real enough to start pursuing with specific goals. Even beyond dreams are fantasies, which can be thought of in the following terms: “What if I couldn't fail? What if every resource was available to me, and that everything I did worked, and I had everything I needed to make whatever it is I'm fantasizing about real ... what would I want then?”

What if your fantasies became your dreams, your dreams became your year-long and month-long goals, and your year-long and month-long goals became your weekly and daily To Do items?

The point is that the amount of time that it might take for you to achieve your dreams and even your fantasies, does not have to be nearly as long as you may have previously thought. Similarly, do you hold the notion that you have to work really hard for anything of value to come to pass? Let me ask you: is that

what you believe? If so, why? Do you believe it because your mother, father, mentors, and society itself told you that that's what's true? But what if that's not what's true? What if you are inherently astonishingly powerful and creative, with access to many other people who can do things for you that will speed up the process? Would your dreams still take as long? Would they be as hard to accomplish? Would the tasks seem as daunting with a team of people behind you instead of you having to do it all by yourself?

Is the key to achieving your dreams hard work or working smart? Think about how many times you've been told you have to work hard, and only hard work gets you there, and that things have to be hard if they're really worth it. If that's what you believe, it will be true for you, but you don't have to believe that, and if you effectively use PowerTapping, then you no longer have to believe this myth about hard work as the only way. Instead, you can believe what you choose to believe with respect to your dreams coming true, and with PowerTapping amplify those beliefs so that they become your reality? If you want to believe that you can accomplish your dreams with a minimum of effort, and that your job is to orchestrate your dreams, thoughts, and the assistance of others, then your dreams can start coming true really quickly.

How do you do this? One way is to state your dream aloud or on paper and then work backwards from there. Think about your dream, and imagine yourself standing right there ... and you've already got it! Now, ask yourself, “What did you do just before your dream came

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true? What step was that?" Write this step down. Then, step back, and ask yourself what you did just before that, and write that down, and continue backwards until you are in the present moment. When you're done, you will have pieced together a viable plan for attaining your dream.

Then you just need to execute it. The first step in doing that is to ask your self - "What's standing in my way of doing the first step?" Whatever answer comes up here – just dump it. Tap out the underlying beliefs, and in their place tap in a strong positive belief. Then look at your second step and do the same thing.

Suppose your dream is to set up a non-profit foundation that will cost \$5 million dollars and take a lot of knowledge and contacts to get off the ground. Your mind may say, "But I don't know enough about it ... and how will I ever find someone with \$5 million dollars to fund

this? How can I trust anyone to help me?" If that's what comes up, then go ahead and tap out the underlying negative thoughts and tap in some strong positive ones: "I attract people I can trust. I attract people who share my vision. I excite everybody with my vision to be on the same page so that it can all get done in record time." Tap all this in, and then move on to the next step until you can clearly see yourself standing in a state of complete success with your dream fully manifested. Just as 70% of the effort involved in an airplane flight happens at the very beginning as substantial fuel and thrust are needed to overcome gravity, most of the effort involved with achieving even your grandest dreams will occur up-front. With no doubts, no fears, and nothing but a firm conviction that you will indeed accomplish your dream, you will already have done the hardest work (but not all the work!) that will be necessary.

## GET STARTED NOW ON YOUR 5 DAY CHALLENGE & WATCH YOUR DREAMS COME TRUE!

Robert Rudelic B.S., N.M.T., M.E.S.

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# Chapter 5

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## FORGIVENESS

According to the bible, the first words Jesus spoke on the cross was “Father, forgive them, for they know not what they do.” Scholarly articles have defined this statement as – it declares guilt and offers forgiveness at the same time.

What does it mean to forgive someone? The general definition of forgiveness is a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness. ... Forgiveness does not mean forgetting, nor does it mean condoning or excusing offenses.

Often we refuse to forgive because we think that by doing so is to minimize their betrayal or wrongdoing – they deserve punishment! Yet it’s been said for centuries that the first person to benefit from forgiveness is the one who does the forgiving.

Forgiving someone does not mean you no longer feel the pain of their betrayal or wrongdoing. We are human – we are not detached robots, but just because we choose to forgive it doesn’t mean that we stop hurting. Having the tools to overcome the pain of betrayal or wrongdoing and taking control of the all-consuming feelings of anger, grief, resentment and humiliation can change the whole course of your life.

Many years ago I listened to a speaker talking about the power of forgiveness and during her speech she said something I will always remember. It’s not at all a new belief but maybe it was just the way she explained it that has always stuck with me. She said “usually when a person deliberately does you wrong, they have the expectation that you will respond in like fashion. If you do, it justifies in their mind their offence against you. The last thing they expect is unrelenting kindness and strength – it disarms them and puts you in control.”

Few people reading this book would not be familiar with Don Henley of the Eagles and the lyrics of his famous song “**The Heart of the Matter**”.

♪ ... *There are people in your life who've come and gone, they let you down, you know they hurt your pride. You better put it all behind you, 'cause life goes on. You keep carryin' that anger it'll eat you up inside –*

Forgiveness – Forgiveness, even if you don't love me anymore ... ♪

It’s been said that anger and resentment is like taking poison and waiting for the other person to die. While we so often focus on the emotional toll that these negative emotions have we neglect to point out how it affects the physical body. Along with the pain and discomfort of muscle tension caused by negative thoughts and emotions, the body automatically stores these emotions in the muscles manifesting a bevy of health issues. No matter how much you try to ignore, intellectualize or suppress how you feel, your body knows the truth. Anger and resentment can interfere with the body’s hormonal systems. This causes a damaging effect

through the entire body, much like extreme stress and can interfere with the immune system as well causing susceptibility to illness and disease – even heart problems.

I have a lot of experience working with people dealing with anger and resentment. Even when they say that have forgiven or pardoned (pardon; to release from liability for an offense) their wrongdoer, they are just saying it. They truly want to believe it but it's obvious that deep inside they're still hanging on to the anger and resentment. Their overall behavior is clear evidence. It shows up in ways like seeing everything through spectacles of negativity which eventually destroys their personality, affecting friendships and relationships and someone nobody wants to be around or spend time with. This leads to feeling empty and alone.

So achieving true forgiveness can be next to impossible if all you do is talk about it. Forgiveness does not necessarily come easily, but it is possible to achieve with the right tools and the willingness to put in the effort. The tools you need to erase the triggers that evoke the response of anger and resentment are right at your fingertips.

***“When you choose to forgive those who have hurt you, you take away their power.”***

# Chapter 6

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## YOU CAN'T DRINK FROM AN EMPTY CUP

My father-in law, a retired Christian minister who passed a number of years ago had a wonderful reply whenever I would ask him how he was doing. He would say, "I'm drinking from the saucer because my cup is overflowing!" Even though he had many challenges throughout his life he had solid mental, emotional and physical habits.

Taking care of yourself mentally, emotionally and physically is the most important thing you can do.

After a breakup you may be asking yourself – what did I do wrong? You may be blaming yourself, taking the end of the relationship personally, doubting yourself, feeling unlovable and in deep emotional pain. Learning to love yourself again and accept reality will help ease post-breakup pain and is an essential step in the healing process. It's a common belief that time heals all wounds but to accelerate the healing time, it's important to make your mental, emotional and physical health a priority.

### **Mental:**

The loss of a significant relationship can sometimes cause depression in some people, and some the effects of depression is experiencing persistent feelings of sadness, no interest in activities you once enjoyed, feeling fatigued and low energy, being easily irritated, angry, anxious, always in a bad mood, having a difficult time concentrating, staying on track and focused on important thing that need to get done.

### **Healthy Mental Habits:**

- ➔ First take responsibility for your part in the breakup. No breakup or divorce is completely one-sided. Be completely honest and learn from what went wrong. Writing in your journal so you can review and add to it as thoughts appear is essential. By doing this you will be empowered and it will stop you from feeling like a victim. You'll be inspired to take action and make changes in your behavior that will not only help you in the present but will benefit you in your future relationships.
- ➔ Remind yourself that you deserve to be happy. Pamper yourself – get a massage, a manicure, plan a fun evening out with your friends and let go of all the negative thoughts and focus on the positives – just be present.
- ➔ Get engaged with others. Volunteer at causes that interest you. If you love pets, volunteer at the animal shelter. Help out at a senior center or school activities. There are many places in most any community to help others and participate in making a difference in things outside of yourself. It's freeing to know how sharing your time is having a positive impact on others.

## **Emotional:**

Studies show that a break up or divorce is 95% emotional and only 5% legal. The overwhelming feeling of betrayal, rejection and being caught off guard of the relationship ending can be devastating. The struggle to end the pain, being stuck and scared – it feels like stepping into an abyss.

## **Healthy Emotional Habits:**

- ➔ Stop blaming yourself – no person or situation is ever perfect. You need to give up what weighs you down and stopping you from moving forward. You can't let the past define your future.
- ➔ Practice self-compassion – treating yourself with kindness and understanding is crucial to overcoming self-blame, and you deserve as much compassion and forgiveness as anyone else.
- ➔ Optimism is looking at your future in a positive way, knowing you are in control and reclaim that part of you that may have been hidden. You can now make your own decisions, get rid of the old traditions you shared with your partner and design new ones that are all your own. Be creative, explore your options and embrace the result.

## **Physical:**

Being physically active not only builds self-confidence and relieves stress but it increases bone density and decreases risk of injury when completing everyday activities. It improves balance, sleep, and mood and reduces anxiety. Physical activity can help maintain healthy weight, as well as so many more benefits. Staying physically active is a great way to preserve balance in your life as you are dealing with numerous challenges. There are so many ways to be physically active – it doesn't mean you have to start with a marathon.

## **Healthy Physical Habits:**

If you don't already have an exercise routine, here are some simple ideas to get you on your feet:

- ➔ Adopt a dog and take it for walks every day.
- ➔ Take the stairs instead of the elevator. When at home, don't shout at your family members from the stairs – walk up the stairs to talk to them.
- ➔ Get up and talk with co-workers, rather than sending emails. Have a meeting with one or two colleagues? Take it outside and make it a walking meeting.
- ➔ Walk briskly whenever you can. Always wear comfortable shoes, or bring them with you, so that your feet can be your main mode of transportation.
- ➔ Find a sport, game, or activity you like. You'll stay committed to exercising if you're doing something that you enjoy.

## **Ask yourself –**

***“What am I filling my cup with? It doesn't matter if your cup is full or empty, you don't pour from a cup – you drink from it.” ... Inspirational Quote***

# Chapter 7

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## THE ATTITUDE OF GRATITUDE

Many women going through a break-up or divorce think having feelings of negativity and self-doubt are simply a part of life and there's nothing they can do about it ... it's just the way it is.

But – that's a myth! With a plan and the right tools there is something you can do about it. I've heard it said “never underestimate a woman with a prayer and a plan!”

No matter what stage of the break-up you're in, change is inevitable. You can either take a back seat and let things happen to you and be left in the past, or you can embrace the changes and have abundant confidence and peace of mind flow to you - but you need a strategy and the right tools.

But, you must have a plan. Positive thinking is just not enough. If you don't take responsibility for what goes into your mind, someone else will program it for you and that could be disastrous.

It's not unusual to choose negativity by default or out of habit but just small shifts in your thinking will open up a whole new world to you.

I was working with a client that was going through a messy divorce. After twenty-five years of marriage and two teenage kids she found herself in complete turmoil. Everything in her life seemed to be going in the wrong direction since her husband asked for a divorce and she was becoming more and more negative by the moment.

She was trying anything and everything to pull herself together and be more positive. From meditation to positive affirmations, hypnotherapy to counseling but she was feeling more and more like a victim and quietly wondered if she would ever rebound from this. She was at a really low point when she started working with me. As we began working all she could do was complain. She complained about a lack of support and how hard everything was....but it was very clear, her negativity was keeping her from seeing all the support she WAS getting from her kids, friends and her parents chipping in - family members helping out, friends getting her out of the house and giving her a sounding board.....but she couldn't appreciate any of it. She knew she needed help, but nothing she had tried was working.

All she could see was doom and gloom because a negative response was her habit – a BAD habit, her default response. She really wanted to stop this constant cycle of negativity and resistance but she didn't have a plan for doing so. She knew it was self-sabotaging and she needed help to change it.

We started working on the solution to shutting down her negative inner voice whenever it started running its mouth and taking over and how to shift the negative mindset to a positive mindset in just minutes, giving HER the power to make changes to her life without relying on others.

A major key is gratitude – counting your blessings and having appreciation for what you have. It immediately makes you feel more positive and amplifies your confidence that you're doing the right things and it's all going to work out.

Gratitude is a powerful yet often taken for granted tool that quiets the negative voices in your head – it means thankfulness, noticing simple pleasures and acknowledging everything that you have in life.

When your mind starts to go negative, a cascade of physical and emotional symptoms start to happen. Physically you experience more pain, weight gain, you're prone to getting sick more often, depression, anxiety and feelings of loneliness increase along with poor sleep and an inability to focus, and the fastest way to avoid all that – gratitude! Gratitude shifts your focus from what your life lacks to the abundance that is already present. The changes are far deeper than that though. In addition behavioral and psychological research indicates giving thanks makes people happier and more resilient, it strengthens relationships, it improves health, and it reduces stress.

When you focus on things you can be grateful for there's no room for harmful negative thoughts. Your brain can't hold onto two strong emotions at once. You consciously choose to feel one way or another. Gratitude changes the neuro-chemistry in your brain and creates new neuro connections that produce a more positive and confident mindset. When your mind is in a negative loop and you shift your focus to being grateful the neuro-connections of being positive and confident become more and more dominant and this is how a new habit is created and becomes your default.

Old habits die hard and creating new ones is what it's going to take to change your life.

So, whenever you start getting negative, complaining, beating yourself up, blaming yourself or feeling guilty, do this:

- 1) Immediately think of 10 things you can be grateful for and why.
- 2) Go one by one say out loud "I am grateful for \_\_\_\_\_" (fill in the blank), then follow with why you are grateful for that "\_\_\_\_\_" (fill in the blank) and end by saying Thank You! Thank You! Thank You! With conviction.

You'll physically feel the change, be more mentally relaxed and have the ability to alter the way you feel and think at will.

So the way to change the habit of complaining and being negative is to create a new habit by shifting your focus to being grateful for what you have in your life now.

The most successful people in the world have this skill. I want you to be one of them.

The following article is so amazing I felt compelled to include it in this chapter – enjoy!

This article was written by a 26 yr old college student by the name of Alyssa Ahlgren, who's in grad school for her MBA. What a GREAT perspicitive...

My Generation Is Blind to the Prosperity Around Us!

I'm sitting in a small coffee shop near Nokomis (Florida) trying to think of what to write about. I scroll through my newsfeed on my phone looking at the latest headlines of presidential candidates calling for policies to "fix" the so-called injustices of capitalism. I put my phone down and continue to look around.

I see people talking freely, working on their MacBook's, ordering food they get in an instant, seeing cars go by outside, and it dawned on me. We live in the most privileged time in the most prosperous nation and we've become completely blind to it.

Vehicles, food, technology, freedom to associate with whom we choose. These things are so ingrained in our American way of life we don't give them a second thought.

We are so well off here in the United States that our poverty line begins 31 times above the global average. Thirty One Times!!!

Virtually no one in the United States is considered poor by global standards. Yet, in a time where we can order a product off Amazon with one click and have it at our doorstep the next day, we are unappreciative, unsatisfied, and ungrateful. ??

Our unappreciation is evident as the popularity of socialist policies among my generation continues to grow. Congresswoman Alexandria Ocasio-Cortez recently said to Newsweek talking about the millennial generation, "An entire generation, which is now becoming one of the largest electorates in America, came of age and never saw American prosperity."

Never saw American prosperity! Let that sink in.



When I first read that statement, I thought to myself, that was quite literally the most entitled and factually illiterate thing I've ever heard in my 26 years on this earth. Many young people agree with her, which is entirely misguided.

My generation is being indoctrinated by a mainstream narrative to actually believe we have never seen prosperity. I know this first hand, I went to college, let's just say I didn't have the popular opinion, but I digress.

Why then, with all of the overwhelming evidence around us, evidence that I can even see sitting at a coffee shop, do we not view this as prosperity? We have people who are dying to get into our country.

People around the world destitute and truly impoverished. Yet, we have a young generation convinced they've never seen prosperity, and as a result, we elect some politicians who are dead set on taking steps towards abolishing capitalism.

Why? The answer is this,?? my generation has only seen prosperity. We have no contrast. We didn't live in the great depression, or live through two world wars, the Korean War, The Vietnam War or we didn't see the rise and fall of socialism and communism.

We don't know what it's like to live without the internet, without cars, without smartphones. We don't have a lack of prosperity problem. We have an entitlement problem, an ungratefulness problem, and it's spreading like a plague."

***"We often take for granted the very things that most deserve our gratitude."  
... Cynthia Ozick***

## Chapter 8

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### **COACHING – YOU CAN DO IT! VS I CAN DO IT!**

The difference between telling yourself “I can do it” vs “you can do it” is hearing a coach or a person of authority encouraging you. Studies show it is more effective in achieving the goal.

### **Personal Coaching**

with Robert Rudelic, B.S., N.M.T., M.E.S.

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**“Get clear! Get unstuck! Get results! I help you get out of your own way and let yourself through by eliminating what’s holding you back – be empowered and confidently get what you want and achieve your goals!”**

### **The Power Is At Your Fingertips!**

No matter what you are working through or where you’re coming from, my strategies will greatly accelerate your success and unlock the power inside you and help you maximize your full potential. If you want to be truly great at anything, such as being a great athlete, or a great musician you cannot achieve it without a coach. No matter what your ambitions in life are – from just getting through a difficult time to being a successful entrepreneur, or to prosper at anything you do, personal coaching can be essential to transforming your goals into reality.

### **What can working with me do for you?**

**As your Coach, I will help you determine what is most important to you, what you want, and together we’ll design a personalized plan — plus I give you the tools to help you achieve it!**

Individually Designed Programs Are A Step-By-Step Progressive Process  
Your Commitment To 10 Coaching Sessions Is Essential To Get The Best Outcome.



**INVESTING IN YOURSELF IS THE BEST  
INVESTMENT YOU WILL EVER MAKE.**

Coaching Process

- All Programs are Individually Designed and Each Session Builds on The Next. Each Session is 1 Hour.
- The Following is an Example of the Coaching Process. Your Sessions Will Be Customized to Meet Your Specific Needs.

→ **Session 1: Getting started – We'll assess where you are now physically, emotionally, and mentally and what your goals are. I'll help you discover what it is that's keeping you stuck.**

**Result** — Once you know this you will be able to determine what might not be working for you—and then be able to apply the tools and exercises I will begin teaching you that will unleash those blocks to be on a path to start moving forward with a fresh perspective.

→ **Session 2: I'll help you eliminate any obstacles or blocks that stand in your way**

**Result** — By evaluating your limiting influences and addressing the obstacles standing between you and your goals, facing obstacles head-on will get you on a path to tapping into your strengths.

→ **Session 3: I'll help you develop strategic actions to help you move forward**

**Result** — These incredibly powerful strategies will teach you how to move forward and keep progressing and advancing toward the next steps with confidence and certainty. We'll begin to install

a daily habit that will develop self-discipline and keep you on track. These habits will build consistency and confidence as you progress.

→ **Session 4: I'll help you eliminate limiting beliefs and break the old pattern of self-doubt**

**Result** — Breaking through and getting rid of that destructive inner voice that perpetuates self-doubt, and by defeating that monster in your head you will then be free to make changes and keep going on the right path.

→ **Session 5: I'll help you learn new skills to capitalize on your strengths and to overcome weaknesses**

**Result** — Feeling empowered and self-reliant boosts productivity and will help you achieve greater personal and professional success.

→ **Session 6: I'll help you leverage your new found observational skills**

**Result** — We'll look at other areas of your life that may be holding you back from attaining your goals such as diet, exercise, relationships, work, etc. We'll look for other ways beyond executing your plan to enhance the attributes you already have and develop new ones you'll need moving forward.

→ **Session 7: You will now be aware of your unconscious sabotage patterns and know how to defeat them**

**Result** — You will make the commitment to your plan of action. You will be able to identify your major self-sabotage mechanisms and start eliminating them one by one with the tools you've learned. In doing this, you will develop the emotional resilience needed to keep going when things don't go as planned.

→ **Session 8: You will have a new empowering practice resulting in more control in all areas of your life**

**Result** — Check in time. Reassess your plan. Look at what's working and what's not and make adjustments to the plan or to how you're using the tools to address issues that have come up. This is a very important step as you continue to develop. New issues will come up and these opportunities to make adjustments will further your progress and personal growth.

→ **Session 9: You will be committed, inspired, motivated and emotionally resilient**

**Result** — You will be able to quickly shift any negative thoughts or reaction to a stimulus and respond to it being fully in control.

→ **Session 10: You will feel self-assured, decisive and have the mind-set to excel in anything you choose to do**

**Result** — To be emotionally composed and resilient will become your biggest asset throughout your life!

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Please read the Terms and Conditions below for important information about the ten pre-paid coaching session package.

# Pre-Paid

## 10 Coaching Sessions \$2,500.00

### Terms and Conditions

Each session is approximately 1 hour long. The highly discounted pre-paid rate includes access to Robert Rudelic via text for short check-ins Monday through Friday 9 am to 5 pm Pacific time to answer questions. The pre-paid sessions do not expire, are transferable, and non-refundable. Changes to scheduled appointments must be made at least 24 hours in advance. You will be charged for any missed appointments.

Click Here to  
Schedule a  
Phone Session 

## Coaching Testimonials



*“Robert’s program is life changing and I recommend it for anyone with self-confidence issues – doubt in themselves to achieve their goals, ideals or desires, dealing with physical issues, anything that they allow themselves to be limited by or unable to manage. Anyone living a fear based life and not able to reach their full potential, or seeming to hit a block. Robert’s program can change all that!”*

— Laurie Daniels – Equestrian and Business Professional



*“Robert is indeed a very special person! Going through what I’ve gone through seemed just too much to handle but because of working with him my energy is back and I’m gaining awareness, I’m no longer in overwhelm and I now have focus. Thank you Robert! Thanks for helping me!”*

— Leighsa Montrose



*“What I’ve learned from Robert is magical. It’s something that helps every part of me feel empowered. I can use the skills I’ve learned from his work anywhere I am. I now have more confidence to do what I know I’m capable of and I’ve learned to love myself. I conduct my life now feeling in control – I’m no longer thinking like a victim, I love and believe in myself. Robert’s work has changed my life for the better! I’m inspired!”*

— Dawn Marshall





*"I love that Robert has an almost "tough love", truth telling approach. He doesn't let you get away with hiding behind your physical and mental pain and emotions, but instead he has you take them head on and work through them to eliminate them forever. He does not let you be a passive observer to your life and its ups and downs, but believes you make life what you want and no physical or emotional pain can stand in your way."*

*—Biasha Mitchell, All-American Rugby Player, National Champion*



*"Thanks to what I've learned from Robert I'm getting my life back. I knew I was blocked but I didn't know what it was. After just one session with Robert something shifted – my motivation is back, I have abundant energy and feel empowered. His work is a gift and it has changed my life!"*

*— Renee' Bradshaw – Landscape Architect*



*"I consider Robert my life coach and a miracle worker. He has helped me through some very tough times dealing with my mental and emotional pain when I felt I was at the end of my rope. Since learning Robert's work I can now handle the everyday obstacles that come my way. I'm forever appreciative for learning what he has taught me."*

*— Sandy Fischer, Executive Administrative Assistant at SL Surgery Center*



*"It's impossible to explain the difference in my life since discovering what Robert teaches. His great work has brought such change in every area of my life I place the highest value on what he teaches. Thank you Robert! Happy me!"*

*—Teresa Luccketta, Business Owner and Product Spokesperson*



***“Thank you Robert for your generosity! I had a grueling, but necessary session with a marriage counselor and she helped to delineate the overall landscape of my marriage relationship. We won’t be needing her help any further thanks to your coaching methods. I needed to knock my performance into high gear and was looking for something more effective. Thank you, thank you!”***

***—Denise Glassman – Business Owner***



***“Robert – thank you for your coaching. In our last session, everything you touched on was right on the money and I was aware of those things; knowing I was angry with myself for not knowing how to let go. It was good to be acknowledged by someone in authority, such as yourself. I will continue using what you’ve taught me...I believe in what you’re teaching. Thank you.”***

***— Pat Boyle – Self-Employed Entrepreneur***



***“Robert’s work is truly amazing! Learning his program has completely changed my attitude and beliefs about what’s possible for me. I now have complete confidence in my ability to deal with whatever comes up. Many thanks to you Robert, and to your incredible work.”***

***— Loriel Starr, Health Practitioner and Teacher***



***“I cannot thank Robert enough for his support and generosity. What he has taught me has honestly changed me forever and I will always be so grateful. I am inspired more than I can express and I have only words of praise and gratitude for his work. I am truly blessed to have met him and experience this in my life. I’m a true believer.”***

***—Marlene Hoffman, Co-Founder, Naked Minerals***



***“In just one session with Robert I realized that the mental and emotional benefits of his work were my greatest healing asset. I’m no longer dealing with uncertainty and I’m now free from fear and adversity. Robert’s work has played a key role in my ability to move forward – I have a brand-new mindset. It’s just awesome!”***

***—Molly Brock, Former Olympian, World Champion,  
Hunter/Jumper Competitor***



***“Robert, I first want to thank you for your incredible coaching program. I love sharing what I’ve learned from you with others and see the excitement in them as they recognize how your techniques are working for them and the overall changes they are experiencing. I can’t say thank you enough for all you do for those around you — the world is better with you in it.”***

***—Angie Taylor***



***“Robert’s work is fabulous. Today my husband said something that was absolutely uncalled for — but, I had the tools to deal with this situation. Thank you Robert, and thank you for helping me to think in a more positive way and have more positive conversations with myself. Your help and continued support helps bring out the positive in me. Each time I think I cannot do it by myself, your encouragement is there...I hear you say, JUST DO IT! YOU HAVE THE TOOLS! GO FOR IT!”***

***—Jean Stafford***

# Chapter 9

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## OWN AN INVINCIBLE MINDSET

***“Being invincible starts with your inner thoughts.”***

***... Suzanne Longstreet***

Your mind can both be your best friend or your worst enemy, and to make your mind work with you not against you – you have to train it.

If you're waiting for something to just magically happen, or some miracle to fall from the sky instead of rolling up your sleeves, taking action and getting things done, then you are your biggest roadblock and you are the one holding yourself back.

Inaction can lead to regret, and about regret – when researchers from the American Psychological Association asked people to name what's their single biggest regret in life, 76% of respondents said that it was “an action not taken that would have helped them realize their ideal self.”

***“We generate fears while we sit. We overcome them by action. Fear is nature's way of warning us to get busy.”***

***... Dr. Henry Link***

### **Characteristics of an Invincible Mindset:**

- Emotional composure: the ability to stay composed in stressful situations and the ability to recompose yourself on your own in 3 minutes or less
- Self-reliance: the feeling of being self-assured of your decisions and beliefs
- Self-responsibility: taking ownership of your thoughts, words and actions
- Self-confidence: being able to take action in spite of your fears and concerns

**There is no better time to start the journey towards an improved quality of life. Start by developing an invincible mind today!**

# Chapter 10

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## CONCLUSION

Is your break-up breaking you?

Are you feeling anxious, overwhelmed, stressed out, angry, or just plain depressed?

A break-up is one of the most stressful, life changing things you will go through in life. In fact, it can be devastating – especially if you're not mentally or emotional prepared.

It can leave you sad, feeling anxious, angry, depresses ....even broke!

In the past 30 years as a peak performance situational coach & integrative sports therapist, I've helped people from all walks of life perform at their best when they're under pressure and in difficult situation.

I've helped hundreds of women going through a break-up or divorce to stand up for themselves, stay composed when confronted and use this transition to become confident, self-assured and composed in any situation.

From those experiences I've developed **THE INVINCIBLE DIVORCEE HOME STUDY COURSE**.

I'm a coach and results are king, and for my clients – time is of the essence.

The difference in what I do is –

I don't just tell you what to do like so many, I show you how to do it and I give you the tools and a plan so you can be successful.

**THE INVINCIBLE DIVORCEE HOME STUDY COURSE** has 5 powerful tools that will enable you to –

→ Handle any situation with confidence and composure.

→ Each tool will have a high impact in a short amount of time giving you the confidence to make decisions and move forward feeling self-assured and at peace.

→ I've developed a proven process ... a roadmap to navigate your immediate situation and to chart the course for your future that includes taking care of yourself, your family and your friendships.

→ The end result of using **THE INVINCIBLE DIVORCEE HOME STUDY COURSE** is - you'll be clear about what you want now and for your future.

- You'll feel confident and composed when being confronted or intimidated.
- You'll be decisive as you move through the process.
- You'll have no regrets as you move into a future you designed.

A good example of the power of this program is...

I had a client who was going through a very traumatizing divorce.

She was seeing a counselor for over one year yet she was still struggling and scared to death to stand up to her husband so she could come away with what was rightfully hers.

She was going into final negotiations and was overwhelmed with self-doubt and anxiety. See....she hated confrontation. I took her through an exercise and used a tool I developed call THE THREE MINUTE RANT – which is part of the invincible divorcee home study course. After doing the exercise, she could visualize standing in front of her husband asking for what she wanted without cowering, and, when using what I taught her, she could do it with kindness. After it was all over she told me how she stood her ground with confidence, stayed composed and got what she wanted. Her comment was “it was incredible – I can still feel the power of that moment”

- What you'll learn in **THE INVINCIBLE DIVORCEE HOME STUDY COURSE** is –
- How to stop giving in to just get along
- How to eliminate self-sabotaging behavior, like overeating, drinking or popping a pill to deal with your stress and anxiety
- How to stop going into overwhelm and avoiding taking action
- And so much more...

The tools in **THE INVINCIBLE DIVORCEE HOME STUDY COURSE** will change your life and put you in control of your future ... you'll feel unstoppable!

Remember, the definition of the word invincible is – “**too powerful to be defeated or overcome.**”

# The price of the entire course is \$997.00

**TOTAL VALUE OF THE INVINCIBLE DIVORCÉE CORE COURSE  
TOOLBOX + 10 BONUSES ...\$4,500.00!  
FOUR THOUSAND, FIVE HUNDRED DOLLARS!**



**Buy Now**



*Finally, all the information you'll ever need all in one place that will teach you the skills to quickly regain your composure, restore confidence and address your most pressing emotional issues in days or weeks, not months or years!*

## Invincible Divorcée Home Study Course



**With the Invincible Divorcée Home Study Course you will learn:**

- **How to own emotional composure**
- **Eliminate self-sabotaging beliefs**
- **Have an unshakable “YES I CAN ATTITUDE”**
- **Bravely stand up for yourself, think ahead and make decisions with clarity and confidence**



You'll have full access to the entire Invincible Divorcée Home Study Course and an actionable plan to be confident and composed in the face of conflict and feel emotionally calm and at peace throughout this stressful time in your life. This is a proven process to get you through your divorce or breakup and come out being a happy, invincible woman. Using what this program teaches you, within one week you'll feel in control, inspired and fearlessly engaged in creating your new life without self-doubt – and much, much more!

**The price of the entire course is  
\$997.00**



## About the Instructor

<http://www.robertrudelic.com/robert/>

**Robert Rudelic B.S., N.M.T., M.E.S.**



Robert Rudelic, an acclaimed Instructor at the National Holistic Institute is a Peak Performance Coach, Author, Speaker, Nutritional Product Formulator and the Creator of Invincible Mindset Training. His experience encompasses 30 years of clinical practice, conducting seminars and workshops and personal success coaching. Robert has created dramatic, life-changing results for many people and his work has been the subject of articles published in the field of health and fitness.

He is the author of the books “Anything Is Possible: The Art And Science Of Tapping Into Your Power” – How to Get Out of Your Own Way and Let Yourself Through with PowerTapping! And – “Everything in Life Is a Performance” – How To Achieve Roaring Success At Anything In Life And Knock It Out Of The Park! His work has touched thousands of individuals from all walks of life who are committed to living the lives they deserve to live and he has been the featured guest and spokesperson on many television and radio programs. Robert’s media appearances drives up ratings and is frequently featured in “The Best of ...” programming.

## Want to Know More?

With 30 years in private practice working with a wide variety of people with a broad range of issues, I’ve learned the truth of what makes the highest impact in the shortest amount of time, especially for women going through a break up or divorce and I’m ready to share it with you!

There are three secrets in particular I’ve found to have a profound effect on a woman’s confidence and ability to stay composed, giving them a huge advantage during their divorce or break up. The leverage they gained gave them a significant advantage in mediation and in one on one negotiation to get the best outcome they could in the divorce.

These secrets can give you a feeling of confidence and security about your future.

**It is ONLY in this WOMEN ONLY private training where I divulge these insights.**

<https://www.invincibledivorcee.com/>

**FREE WEBINAR**  
**[VIEW WEBINAR NOW](#)**