

# PROGRAM FOR INDIVIDUAL PRACTICE AFTER FINISHING E-WORKSHOP

## *GOLDEN RULE 6*

Check out the Individual Practice Program daily (even if you can't do all the exercises).

This program consists of three parts.

**The third part** is the standard program for individual practice after workshop.

However, some participants don't complete the two most important exercises while they participate in the SPIRITUAL OPTION workshop (or practice with e-workshop material individually).

These exercises are the *EMT for GOALS process* (chapter 10, p. 54) and the *Rewriting exercise* (chapter 19.).

Because of that, the first two parts of this program are concentrated on completion of these exercises.

If you have completed these exercises skip the first two parts of this plan.

## Additional plan 1 (in the case you haven't completed the EMT for GOALS process (chapter 10, p. 54))

The most important part of SPIRITUAL OPTION is dealing with negative past events that show that you may not be able to achieve your goal.

It's the EMT for GOALS process (chapter 10, p. 54).

If you have not completed that process, this additional plan is here to help you finish it as you practice SPIRITUAL OPTION in your everyday life.

If you have already completed this process (if you are 100% certain that you will achieve your goal), skip the first part of the plan.

### **DAY 1**

**EMT one negative experience connected to your goal. In other words, do the *EMT for GOALS process* (chapter 10, p. 54).**

After you finish EMT-ing that experience, take another look at your GAE and your Best Case Scenario.

Does the process you've just finished suggest how to improve them? Do the changes that you've made in the experience during the process show how to attain your goal more easily or in a more effective way?

### **DAY 2**

**Rewrite your GAE text once.**

**Don't forget!** While you are rewriting, always write down your negative reactions on a separate piece of paper. Becoming aware of those negative reactions is the main purpose of this exercise.

### **DAY 3**

**A) Do the *EMT for GOALS process* (chapter 10, p. 54) once.**

After you finish EMT-ing the experience, take another look at your GAE and your Best Case Scenario.

Does the process that you've just finished suggest how to improve them? Do changes that you've made in experience during the process show how to attain your goal easier or in a more effective way?

### **DAY 4**

**Rewrite your GAE text 3 times.**

**Don't forget!** While you are rewriting, always write down your negative reactions on a separate piece of paper. Becoming aware of those negative reactions is the main purpose of this exercise.

### **DAY 5**

**A) Do the *EMT for GOALS process* (chapter 10, p. 54) once.**

After you finish EMT-ing the recognized experience, take another look at your GAE and your Best Case Scenario.

Does the process that you've just finished suggest how to improve them? Do changes that you've made in the experience during the process show how to attain your goal easier, or in more effective way?

### **DAY 6**

Read your GAE once. Change it if necessary.

## **DAY 7**

**A) Do the process on the page 54 once.**

After you finish EMT-ing the experience, take another look at your GAE and your Best Case Scenario.

Does the process that you've just finished suggest how to improve them? Do changes that you've made in the experience during the process show how to attain your goal easier or in more effective way?

**On day 8, repeat the steps of DAY 1 again. On day 9, the steps of DAY 2, and so on.**

Continue with this program as long as your answer to question “Are you sure that it will really happen like that?” isn’t a certain “YES”.

After that, your Goal Achievement Experience (GAE) is clear of negative past experiences. You can start with serious work on 101 rewrites.

## Additional plan 2 (in the case you haven't completed REWRITING 101 EXERCISE (chapter 19, p. 94))

Another very important SPIRITUAL OPTION exercise is rewriting of your GAE 101 times. If you haven't completed it, use the following plan for your everyday practice until you're done.

If you've already completed all 101 rewrites, skip this part of the plan.

### DAY 1

**Rewrite your GAE text 7 times during the day (you can do it in two separate rounds (3+4)).**

Before you start rewriting, read the GAE text once.

Ask yourself: ***Will I achieve my goal exactly like that?***

If you are certain that you will, begin rewriting.

If not, do the *EMT for GOALS process* (chapter 10, p. 54) once.

When you are finished, check if it's necessary to change the text of the GAE or to modify your BCS to make them 10/10.

After these two steps, decide how many times you will rewrite the GAE in this particular round. Be ambitious. Do at least 3 rewrites in one round.

Then start rewriting.

**Don't forget!** While you are rewriting, always write down your negative reactions on a separate piece of paper. Becoming aware of those negative reactions is the main purpose of this exercise.

If you can't complete the process of copying your GAE 101 times, will you be able to do all that is necessary to achieve your goal in the material reality?

### DAY 2

**Rewrite your GAE text 5 times.**

Before you start rewriting, read the GAE text once.

Ask yourself: ***Will I achieve my goal exactly like that?***

If you are certain that you will, begin rewriting.

If not, do the *EMT for GOALS process* (chapter 10, p. 54) once.

When you are finished, check if it's necessary to change the text of the GAE or to modify your BCS to make them 10/10.

After these two steps, decide how many times you will rewrite the GAE in this particular round. Be ambitious. Do at least 3 rewrites in one round.

Then start rewriting.

**Don't forget!** While you are rewriting, always write down your negative reactions on a separate piece of paper. Becoming aware of those negative reactions is the main purpose of this exercise.

### DAY 3

**Rewrite your GAE text 8 times (example: 4+4).**

Before you start rewriting, read the GAE text once.

Ask yourself: *Will I achieve my goal exactly like that?*

If you are certain that you will, begin rewriting.

If not, do the *EMT for GOALS process* (chapter 10, p. 54) once.

When you are finished, check if it's necessary to change the text of the GAE or to modify your BCS to make them 10/10.

After these two steps, decide how many times you will rewrite the GAE in this particular round. Be ambitious. Do at least 3 rewrites in one round.

Then start rewriting.

**Don't forget!** While you are rewriting, always write down your negative reactions on a separate piece of paper. Becoming aware of those negative reactions is the main purpose of this exercise.

If you can't complete the process of copying your GAE 101 times, will you be able to do all that is necessary to achieve your goal in the material reality?

### DAY 4

**Rewrite your GAE text 5 times.**

**Don't forget!** While rewriting, always write down any negative reactions that you have on a separate piece of paper. Becoming aware of those negative reactions is the main purpose of this exercise.

## DAY 5

**Read your GAE once. Change it if necessary.**

## DAY 6

**Rewrite your goal achievement text 8 times (for example: 4+4).**

**Don't forget!** While rewriting, always write down any negative reactions that you have on a separate piece of paper. Becoming aware of those negative reactions is the main purpose of this exercise.

## DAY 7

**Rewrite your GAE text once.**

Before you start rewriting, read the GAE text once.

Ask yourself: ***Will I achieve my goal exactly like that?***

If you are certain that you will, begin rewriting.

If not, do the *EMT for GOALS process* (chapter 10, p. 54) once.

When you are finished, check if it's necessary to change the text of the GAE or to modify your BCS to make them 10/10.

After these two steps, decide how many times you will rewrite the GAE in this particular round. Be ambitious. Do at least 3 rewrites in one round.

Then start rewriting.

**Don't forget!** While you are rewriting, always write down your negative reactions on a separate piece of paper. Becoming aware of those negative reactions is the main purpose of this exercise.

If you can't complete the process of copying your GAE 101 times, will you be able to do all that is necessary to achieve your goal in the material reality?

**Continue with the program until you have rewritten your GAE 101 times.**

## Plan for the third phase of individual practice (EVERYDAY PRACTICE PLAN)

After completing 101 GAE rewrites, begin the following daily program and work on it until you achieve your goal.

### DAY 1:

#### *MORNING*

**Take a look at your GAE and check the deadline. Read it aloud and really feel what the text means to you.**

Ask yourself: *Will I achieve my goal as stated in GAE and BCS (Best Case Scenario)?*

**If you are certain that you will achieve your goal as described in your BCS**, decide what actions should be done today if you are to achieve your goal as described in your BCS (Best Case Scenario). **Do at least one of those things.**

**If you are not certain that you will**, do the *EMT for GOALS process* (chapter 10, p. 54) once.

After you finish EMT-ing recognized experience, take another look at your GAE and your Best Case Scenario.

Does the process that you've just finished suggest how to improve them? Do changes that you've made in the past experience during the process show how to attain it easier or in more effective way?

#### *EVENING*

1. Make the list of the things you have done in order to achieve your goal since the previous morning.
2. Evaluate (0-10) your progress on the path to your goal.
3. Ask yourself: *In comparison with my usual behavior, what changes did I make today in order to achieve my goal?*



## **Day 2:**

### ***MORNING***

#### **Rewrite the GAE text once.**

List 10 things you could do during the next week to get closer to the achievement of your goal.

Decide which of those actions are worthwhile and then put them on the ACTIONS list.  
Decide which you will do today.

### ***EVENING***

1. Make the list of the things you have done in order to achieve your goal since the previous morning.
2. Evaluate (0-10) your progress on the path to your goal.
3. Ask yourself: *In comparison with my usual behavior, what changes did I make today in order to achieve my goal?*

## **DAY 3:**

### ***MORNING***

**Read your GAE text and look at the date when it is to be achieved.** While reading, really feel what the text that you are reading means.

Make a list of 10 things a highly successful person would do to achieve your goal.

Decide what actions from that list are worthwhile and put them on your “Actions” list.  
Decide which you will do today.

### ***EVENING***

1. Make the list of the things you have done in order to achieve your goal since the previous morning.
2. Evaluate (0-10) your progress on the path to your goal.
3. Ask yourself: *In comparison with my usual behavior, what changes did I make today in order to achieve my goal?*

## **DAY 4:**

### ***MORNING***

**Read the GAE and check the deadline.** Read it aloud and really feel what the text means to you.

Ask yourself: *Will I achieve my goal as stated in GAE and BCS (Best Case Scenario)?*

**If you are certain that you will achieve your goal as described in your BCS,** decide what actions should be done today if you are to achieve your goal as described in your BCS (Best Case Scenario). **Do at least one of those things.**

**If you are not certain that you will,** do the *EMT for GOALS process* (chapter 10, p. 54) once.

After you finish EMT-ing recognized experience, take another look at your GAE and your Best Case Scenario.

Does the process that you've just finished suggest how to improve them? Do changes that you've made in experience during the process show how to attain it easier or in more effective way?

### ***EVENING***

1. Make the list of the things you have done in order to achieve your goal since the previous morning.
2. Evaluate (0-10) your progress on the path to your goal.
3. Ask yourself: *In comparison with my usual behavior, what changes did I make today in order to achieve my goal?*

## **DAY 5:**

### ***MORNING***

**Read the GAE text and look at the date when it is to be reached.** Read it out loud and feel exactly what every sentence means to you.

### ***EVENING***

1. Make the list of the things you have done in order to achieve your goal since the previous morning.
2. Evaluate (0-10) your progress on the path to your goal.

3. Ask yourself: *In comparison with my usual behavior, what changes did I make today in order to achieve my goal?*

## **DAY 6:**

### **MORNING**

**Read the GAE and check the deadline.** Read it aloud and really feel what the text means to you.

Ask yourself: *Will I achieve my goal as stated in GAE and BCS (Best Case Scenario)?*

**If you are certain that you will achieve your goal as described in your BCS,** decide what actions should be done today if you are to achieve your goal as described in your BCS (Best Case Scenario). **Do at least one of those things.**

**If you are not certain that you will,** do the *EMT for GOALS process* (chapter 10, p. 54) once.

After you finish EMT-ing recognized experience, take another look at your GAE and your Best Case Scenario.

Does the process that you've just finished suggest how to improve them? Do changes that you've made in experience during the process show how to attain it easier or in more effective way?

### **EVENING**

1. Make a list of the things that you have done since the previous morning for attaining your goal
2. Evaluate (0-10) your progress on the path to your goal.
3. Ask yourself: *What changes (compared to my usual behavior) have I made today, in order to reach my goal?*

## **DAY 7:**

### **MORNING**

**Read your GAE text and look at the date by which it is to be achieved.** Read the text aloud and feel exactly what each sentence means to you.

Then ask yourself: *Are the following statements 100% true?*

- I am full of optimism regarding my goal.
- I am full of enthusiasm for my goal.

- I know exactly what I must do during the following months to attain my goal.

If some of these statements are not "10/10" (100% true), check what it is that you feel instead and find past experiences connected to that feeling. Deal with them with EMT.

### ***EVENING***

1. Make a list of the things that you have done since the previous morning for achievement of your goal.
2. Evaluate (0-10) how far you have progressed on the way of goal achievement.
3. Ask yourself: *What changes (compared to my usual behavior) have I made today, in order to reach my goal?*