



By

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THE **7** STEPS TO TRANSFORM YOUR LIFE AND BUILD YOUR BUSINESS

About the Author



A Psychologist, Businessman, Leadership Coach, Business Consultant, and the UK's only Master Firewalking Instructor.

He has been involved with improving lives for over 20 years and has worked with and sold for, experts like, Anthony Robbins, Brian Tracy, Wayne Dwyer, Zig Ziglar, and the UK's first business 'guru', Sir John Harvey-Jones. Steve was part of the team that brought Tony Robbins to the UK and he had Tony's highest closing ratio in Europe.

Steve Consalvez coaches people and businesses in the UK and the US, and he teaches people how to develop 'power and courage' using exercises in tests of faith in his seminars. These amazing experiences demonstrate to participants just how much more they can achieve when they are their most confident authentic self.

**To find out more about the most empowering courses on the planet please
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Step #1. Know what you want, in detail and know what the first step to getting it is.

Most people that I have studied and worked with over the last 25 plus years have a general idea of what they want and a great many more of what they don't want. They say things like, "I just need to get out of here and get a new job!", or "I need more money", or even, "I'd like to pay off the mortgage", or "I'd like to get more new clients or customers"

Psychologists and NLP modellers all know that things need to *framed in the positive*. But what does that mean? We now know that there is a specific part of the brain that tracks your unconscious awareness, searching for things that you've asked it for, and leading you toward them. The problem is that your unconscious, is non-judgemental, so it has no idea until you embed something very specific, what to look for, and doesn't know that the thing you've put in there, isn't really what you want. **IT'S OFTEN WHAT YOU DON'T WANT.** And as I'm sure you know, the old cliché that "what you resist, persists", allows people to stay exactly where they are, doing exactly what they don't want to do.

When you are taught the mechanics of firewalking and experience the fact, the fiction, the mystical and the truth, you learn at the deepest level of your anatomy and psyche how to control your conscious thoughts.

We'll teach you how, in any moment, you can take control of your thoughts, concentrate on what you want, then use this and your NLP, or even if you're not NLP trained, just this, to just get going.

This is not only what you'll learn, it's what you'll learn to teach.

On our courses we teach you how to focus your mind and body, in unity. You'll learn to be able to repeatedly focus on the positive.



Step #2. Discover exactly what is needed in order for YOU to start experiencing an extraordinary life.

Many people know what it is that stops them from being the best they can be. They have reasons, situations, previous experiences, background, stuff!

But there is one truth that you will learn that you cannot get anywhere else other than by putting into action, what we teach and that is, what needs to be there for you to start on your journey. It's not about finishing. That's way down the line, that's at the end. It's about what's at the start. But even more than that, it's about what's at the start of the start. Yes, you heard it right. Sometimes you need to understand what stops you from starting. Ask yourself, "What's stopping me from starting?"

Of course if you're teaching people to break through fears already, then you'll have some tools available for this. But for all of that, how much does this compare with your own pure experiences.

Experiential learning is why we have fears, but it is also our own source of strength, and cannot be explained in logical terms because the effects and the processing is done at every level of our thinking. That's why one-off incidents can often define people's lives, and why the Empowerment Intensive creates massive personal enhancement to everyone who attends, which of course they use to do the same with others, or just for themselves.

That's why, once delegates have taken the Firewalking Instructor Training or Empowerment Intensive, if delegates find themselves asking "What's stopping me from starting?", the answer is typically, "nothing-let's go!"

An extraordinary life begins with taking steps, and not necessarily huge ones. We'll teach you the advantages of small steps taken immediately, and getting you to "Yes!" in a much more experiential way than is done anywhere else on the planet.



Step #3. Write your goals down, and write all your reasons for not starting them.

Then answer these questions:

- Are they real?
- Is it just me?
- Can someone else with my capabilities start their journey?
- If I was truly committed, could I?
- Are they personality based?

This last question is critical, because in the last 25 years, I have found that people judge their future abilities based upon spurious knowledge or experiences FROM THEIR PAST. We use personal descriptors about who we think we are to define what our abilities are. Have you ever said to yourself, "I'd like to be able to do that but could never - it's just not me!"

For over 35 years, Tolly Burkan (Our teacher, Tony Robbins' teacher, T. Harv. Eker's teacher), has used the acronym FEAR to depict, False Evidence Appearing Real. In other words, your reasons for not doing something are probably just pure rubbish! When we teach Personal Power, it's instantly there! You can see it, feel it, experience it. You'll soon find out that many, many more things are available to you, and your fear of them has disappeared.

So, is it real, or are you just putting it off, and creating your own fear? And how many people out there are feeling this now.

I would like to ask you a simple question: "What could be different in your life, if you could learn to feel ultra confident, on command, and be able to train others to do the same?" With NLP you can learn this psychologically, but that is a far cry from the experience of breaking through a new level of confidence 11 times over 4 days, building as you go.

How many did you write down, that could be started if you were just bursting to go?



Step #4. Decide to DO SOMETHING that you fear do it consciously and with awareness

To you, is the first step too big? Does it appear to be too daunting to even try? Have you created scenarios that are scary and that lead to where you don't want to be? What about your clients and seminar customers. If you are already coaching, just how big do clients make these things?

In that case, do something small. In a recent book I read on attraction, the author referenced a group of guys who were teaching timid, shy introvert guys, to become super-confident '*lady magnets*'. How did they start this process? Well, they got the guys in group number 1 to just go up to random girls and ask them for directions to a shop. Next, they asked for the best shop in the area, then lastly their opinion about where he should shop- 3 separate exercises! Thereby, building the muscle in easy steps, building upon each experience. This is what Tony Robbins calls building the emotional muscle and what Ziglar calls boiling the frog. In the FIT, we teach you from experience, this emotional and psychological 'sequencing' - how to create it and how to ensure its effectiveness.

At the end of our 4 day courses, of continuous muscle building, with everything focussed on two things - you and your empowerment, and how to take others to empowerment, you'll know why this course works and why Tony Robbins, T. Harv Eker among others took it, before you. Success is about building upon small steps or small attitudes,

So, decide to DO SOMETHING.



Step #5. Take positive action beyond procrastination and fear as soon as is humanly possible before any distraction can occur. NOW!

The author I spoke of earlier implements a rule in all of their 'in-field' experiments, or coaching. That is, if you see someone you like, you have 3 seconds to think about it, before you actually move, take action and go for it.

The important thing is to do something, and to do it now. When you do it straightaway, your brain is still focussing on the question of whether and why and so doesn't get bogged down in the outcome, or the what. This is important, because no matter how much we prepare, we simply cannot predict accurately what the outcome will be. You just need to take your best step. Once you have taken enough positive steps, fear will no longer stall you, and your goals will become way more appealing and easier to achieve. 'Do the thing you fear and the death of fear is certain' said Ralph Waldo Emerson.

Many people come and take our Empowerment Intensive, because they themselves are in the people-helping business, either a coach, NLP Practitioner, therapist, executive or trainer. Once you get through this, mentoring becomes that much more fun.

So here you have made the decision, now take some action.



Step #6. Repeat it as soon as is humanly possible.

Do not take initial success or defeat and analyse it. That is not as important as simply taking the steps, especially if you've taken 'baby' steps. Simply repeat it and make it easily the right activity, until the decision to do it or to not do it, is based upon elements *OTHER THAN FEAR*, procrastination or any of the items you identified in step #3.

This is why, during our training, you'll walk on over 120 firewalks in 4 days. That's right, over 120, and typically it's more like 130. You'll repeat it so many times, you'll be completely impervious to mental interruptions that stop you moving toward your goals, and understand at the central nervous system level, the power of momentum. I call it Quantum Empowerment, because it becomes intrinsic to who you are.

There was a good reason why John Grinder told Tony Robbins to come and do our seminar. It's one thing to be able to consciously and mechanically control our thoughts using NLP, but if you would like to be able to have the kind of unstoppable and authentic control over your mind and body where NLP isn't needed, because it's just you, 120 firewalks will do that and more. You'll take control of your emotional state and learn how to move the emotional state of whole rooms too.

And you can only change with NLP consciously, what you are conscious of. The understandings and the unconscious resources and generalisations you get here are all FORWARD THINKING AND ACTION-ORIENTATED, which is why THINGS FOR YOU WILL CHANGE.

Repetition is the key.

Find ways to cram your ability to repeat your activity over and over again.



Step #7. Make all your fears of things that could take you forward, into a catalyst for activity and live at 100%

In other words, take the activities listed in step #5, and not only begin by doing as many as you can in step #6, but create a habit of activity.

Tony Robbins created an anchor that took him from “I can’t, to I must”, and Robert Schuller used to say that “beginning is half done”.

Thinking about things that you can do, and aren’t doing is spiritually regretful, whereas if you want a life where you get to experience all of the juice and everything you can be, you owe it to yourself to live it at 100%.

You will get to see physical examples of where delegates don’t give something 100%. You’ve seen it in others; you’ll know what it feels like in yourself.

If you can take everything that you and others really know that they want to do and get them to take the appropriate action at the appropriate time, then that’s where the magic begins.

All the books written in the last few years, The Secret, The Alchemist, The Celestine Prophecy, to do with the law of attraction, all converge on this fact: if you know what you want, and are clear on what it is, and take action constantly to achieve it, very few things can stand in your way.

So finally, step #7 is create a new habit of doing what could make your life better, and every time you hear yourself using disempowering internal dialogue, or disempowering pictures or feelings, take action immediately to move forward towards your objective, and these feeling will change, and the results in your life will be massively different.

Every time you feel like something from your weakest self is stopping you from moving forward, consciously take a step, straighten your shoulders, fire off a few anchors if you know how to, and just do it!

If you do this enough, your life will change. If you do this constantly for four days, your life will change so much so, you’ll effect other people in ways you could never imagine.

For more information about our empowerment courses, please visit www.firewalk.co.uk and like us on [Facebook](#)