



## BREAKING THROUGH

One moment is all it takes to change your life forever. One insight. One conversation. One decision. One idea. One step.

A breakthrough is a shift in beliefs, perception and standards. It's something inside you that makes you find a skill or a new way to do something. You break out of your conditioning and the limitations of your environment to create greater performance, greater results and greater fulfillment, and that means you have even more to contribute. What happens next is a radical, surreal, massive improvement in the quality of life for you, other people and at times even the world.

Breakthroughs are available any moment to any person. It's the moment you decide—

- “No more.”
- “I quit.”
- “Let's begin.”
- “It's over.”
- “I love you.”

You achieve something you thought was impossible—like losing 100 pounds or taking your business performance from \$2 million to \$50 million in a year. That's when you go, “Man, if I can do that, I can easily make these other things happen in my life.” Sometimes it's a failure that pushes you over the edge. A person you meet inspires you or you see a role model of what's possible. You get playful enough. Or angry enough. Or you forgive.

Tony Robbins has spent his life being committed to creating more of those moments in people's lives.

*Breakthrough with Tony Robbins*, on NBC this January, is about radical transformation. Tony's mission is to inspire people to find the tools to change their own lives or the world. So during one hour in prime time he'll show America that the impossible is really possible. You'll see participants/contestants break through their fear, break through the limitations of their history, break through their limiting beliefs. First, he will help them bring a vision to the table. Then he'll show them how to find strategies to achieve it. But most importantly, he will get people aligned so they take action.

That's when breakthroughs happen. That's when people discover that they are more than the moment. They are bigger than anything life can throw at them.

## **“LET’S DO THIS”**

A breakthrough is the moment of recognition when you finally you recognize who you are. You see the truth for the first time about yourself, your relationships, your life, your business or your ability. You see that you've been hiding from yourself. It isn't your coach. It isn't the past. It isn't your body. It's your fear that's been stopping you.

Suffering, struggling, fear, worry, angst disappear when you tap into your real power.

Take a guy like Oscar Pistorius. At 11 months old Oscar, who was born in South Africa, was *already* behind the 8 ball. Because of a medical condition, he had both legs chopped off above the knee before his first birthday. But this double amputee went on to become the world record holder in the 100, 200 and 400 meters races. Not content to win an amazing raft of gold medals in the ParaOlympics, “the fastest man on no legs” fought to compete against able-bodied runners in the 2008 Olympics.

In the end he missed qualifying for the South African track team by just a hair. The breakthrough? That, after all the controversy and legal battles, he had earned the right to even try.

That's how it starts—with an idea, a concept, a goal. Right now there are technological breakthroughs just on the horizon that will revolutionize the world—revolutionize energy, revolutionize travel, revolutionize everything you can imagine.

Just one example: Scientists have now figured out how to convert skin cells into adult stem cells. Stem cells can grow into any body part, so that means you can create pieces of a heart, pieces of a lung. There's an ear being grown for a soldier in a lab right now. This is happening as we speak. This is not the future.

## **WHAT IT TAKES**

Breakthroughs are always physical, but they initially start out as a psychological shift. You break through whatever has been stopping you and achieve a higher level of what you're capable of. You get psychologically stronger. You figure out how to close the gap between where you are and where you want to be.

To create a breakthrough, three things have to happen. You have to **change your focus** and know what you want. Where is your focus? Then you have to **find a strategy** that gets you there. And you've got to **eliminate inner conflicts** that are making you not follow through. Breakthroughs are paradigm shifts that include:

- A change of one way of thinking to another. It's a revolution, a transformation, a metamorphosis. It just does not happen, but rather it is driven by agents of change.
- An adjustment in thinking that comes about as the result of new discoveries, inventions or real world experiences.
- A sudden change in perception.
- A fundamental change in an individual's or society's view of how things work in the world.

Once the breakthrough process begins, it's like a chemical reaction. Boom. Boom. Boom. Here is how it progresses from start to finish.

## THE CHEMISTRY OF TRANSFORMATION

### **Satiation**

You have to be satiated. You don't necessarily have to have a problem. It could be you're tired of a relationship, a job or even doing the same thing. Have your favorite meal five times per day for weeks and weeks, and it will no longer be your favorite meal. There is a point of satiation. For some it takes 10 years, for others it takes 10 weeks or 10 minutes.

### **Dissatisfaction** (Dissatisfaction=Drive)

This comes when your present approach to things creates a consequence that gives you a sense of missing out or losing one or more of your 6 Human Needs—Certainty/Comfort, Uncertainty/Variety, Significance, Connection/Love, Growth, Contribution.

#### **This can happen in three ways—**

- (1) What you've been doing meets some needs, but now there are some new consequences that bring mixed emotions.
- (2) Complete reversal: What you've been doing and have been rewarded for, you are now being punished for.
- (3) A combination of satiation and seeing there is another approach that could provide more of the 6 Human Needs and that the current approach is no longer enough.

The challenge is that usually you begin to look for a new approach but still have ties to the old. Example: Smoking. But satiation and dissatisfaction together cause you to begin looking for alternate ways. And you reach an...

## **Emotional Threshold**

This is where change becomes a MUST and the force of this drive causes you to have...

### **A Moment of Insight**

- a. You see there is a better way, a better you, a new perspective, the life you've always desired within reach—and that a simple shift in perception leads to action, a deeper and more real and lasting identity, a purpose in life greater than just yourself, a connection to something more than the material, a moment of magic.
- b. But it won't stay unless you jump through...

### **5. The Opening**

- a. If you take action that commits you, you'll be transformed—transcended. You'll expand your identity. You'll have a conscious awareness of what is possible where fear disappears and joy and love abound. This is a place where you find more of your real self.

**The Chemistry of Transformation**  
**1 element of satiation + 2 elements of dissatisfaction**  
**= the atomic power of emotional threshold**

When you step through that opening,  
**YOUR LIFE WILL NEVER BE THE SAME.**  
See you on the other side.