

# Scripting Your Results "Checklist"





# You are in control of your results!



**RETHINK**  
**REMIND**  
**RESULTS!**

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## 1

### SELECT WHAT YOU WANT!

You may have a lot of dreams and visions that you want to achieve. But, are you currently moving towards your true wants?

Did you know that most people are spending their lives trying to achieve things they don't really want? That's right!

Most people are either trying to achieve what they think they should want, or they are trying to achieve what someone else thinks they should want.

#### *Confusing, isn't it?*

It's no wonder so many people are stressed and unable to achieve results! It's hard to be positive and motivated about something that you do not really want!

#### *So, why not be positive and motivated about something you do want?*

You are the only one who knows what you really want! Shouldn't you be the one to choose it?

Take a closer look at what **you want** in life. What sparks your desire and motivation? Chances are, **it** is the vision you want to attain.



## 2

### MAKE THE DECISION TO ACHIEVE

There is one simple thing one must do in order to achieve a dream or vision.

### MAKE THE DECISION TO ACHIEVE IT!

That's it! That's the secret!

Everyday we make choices that we want something, and then we move to make it happen. The simplest task, like getting a cup of coffee involves first making the **decision to have it**, right?

The same needs to happen with your dreams! You just need to **decide!**

You must decide that you are now going to do it no matter what!

You are now committed to **your dream** and it is now going to be your priority.

When you commit to your vision and tell yourself that you are willing to do whatever it takes to achieve it, your **mind and body** will set in motion the energy and focus you need to make it happen.

You are a perfect being with the ability to **do and have anything you want.**

You just need to choose what to do next. Why not make it your dream?



## 3

### KEEP YOUR DREAMS TO YOURSELF

You are unique and so are your dreams. The goals and visions that you have in your mind are as individual as you are.

Other people are not able to see into your mind so they cannot have a clear picture of your vision. Their minds are filled with their own visions and dreams. They do not have the ability to picture yours!

So, why waste your time and energy explaining **your dreams and visions**? You can do something better?

### SHOW THEM!

Rather than trying to explain to people what it is you want to do or have, **use that time and energy creating your dream!**

Keep your dreams and visions to yourself. This way you will be totally focused on you, **your dream**, and making it happen!

Imagine the faces of your friends and relatives when they can see your dream!

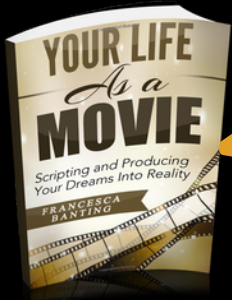
Keep your dreams to yourself. Focus on making them happen.

### It's Show Time!





**#1 Bestseller list with Oprah Winfrey, Deepak Chopra, and Eckhardt Tolle!**



*HERE'S MORE ON HOW TO DO IT!*

**CLICK TO ORDER**

**RETHINK REMIND RESULTS!**

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# 4

## THE MOVIE IN YOUR MIND

When a new movie is released in the theatres there are ads showing you something called a movie trailer.

This is a short rundown of the most exciting parts of the movie to get you excited and interested so you will go and see the movie.

**It moves you!**

You must do the same with **your dream!**

Before you can achieve anything physically you must first see it in your mind. So, why not make a mind movie trailer of your dream?

Watch your dream being achieved in your mind as often as you like. The more you dream, the more your body will react and **move you towards achieving it!**

Watch your movie as often as possible.

See it when you first wake up and again before you go to sleep.  
It's your production!

***Before you know it,  
you will be living your dream!***

# 5

## YOU ARE A SUPERHERO

Moving towards a dream can sometimes feel like **you are a superhero.**

All alone on your quest.....facing obstacles and challenges.....you really need to be able to draw on that inner strength.

But did you know that most blocks that you will face are **all in your mind?**

That's right! The biggest obstacle when moving forward with a dream is your own negative backtalk and self doubt.

**So why not be ready for it?**

Why not do what superheroes do?

Equip yourself with a tagline or positive statement that you can recite to give you that extra push you need when that negative chatter creeps up in your mind.

**If you are going to be a superhero, you might as well act like one!**

Be prepared with your own go-to line or motivational tag that will keep you focused and on track so that you can continue on your journey!

**It will give you back your power!**

*You Got This!*

# 6

## SETTING THE STAGE

Your body is the vehicle that is going to move you towards your vision. It needs to be charged and motivated to **take action** for you to have what you want.

You can help it along by using your senses to **awaken your mind and body.**

Surround yourself with things related to your dream that will stimulate your senses.

Your mind and body will believe you have already achieved your vision, and will motivate you to move towards it!

Put up images of your dream so that you can see it. Listen to music that moves you.

**Go out and experience your vision as if you have already attained it!**

The more your mind sees and feels the result you want to achieve the stronger the impulse your body will have to attain it!

Turn on your senses on to your dream.

**Your mind and body will then take action to achieve it!**





TAKE  
ACTION!

BE THE  
STAR  
OF  
YOUR  
LIFE!

RETHINK  
REMIND  
RESULTS!

# 7

## EDIT YOUR ACTIONS

The number one excuse that people have for not moving towards their vision is that they do not have enough time.

Well, I have news for you!

### You do have the time!

The problem is how you are using it.

If you take a closer look at how you are spending you time, you may find that there are a lot of hours spent on very unproductive things.

If you edited those unproductive actions from your life, and replaced them with **productive actions** that move you towards your vision, you could achieve a lot more in a lot less time.

Look at all of your current actions.  
**How much time are you spending on things that are not serving you?**

Ask yourself,  
"Is this action moving me towards my vision or goal?"

If the answer is no, then **cut it out!**

A little bit of editing will give you the time you need to produce all of your dreams!



# 8

## YOUR PERFORMANCE

Now that you have freed up some time for taking action, carve that time out to work on your vision.

### Block out your set times that will now be devoted to your vision!

If you are wanting to write a book, then that is now your writing time. It can be for research, planning or actual writing. It doesn't matter what you do as long as it is devoted to your vision.

If you are wanting to work out, then plan your weekly workout times. Even if you don't do the whole workout you had intended you are training your mind.

### The key is to show up!

Eventually your mind will accept this time as your vision time and you will show up more motivated and ready to take action!

It's just like booking an appointment with your friends or clients. the difference is that with this time, **it's all for you!**

It is time to focus on you and your dreams!  
**You just need to show up!**



# 9

## YOUR NEW RELEASE

Your positive actions are what move you towards your vision and your success!

You are emitting a whole new attitude, a new energy, a new way of seeing and doing things.

### You are now the cause of your effects.

When you change, everything around you changes as well.

### You will begin to experience new energies, reactions, and attractions.

Because of your new attitude and frequency of positive energy, you will be attracting and bringing in things that are in **resonance with the new you!**

For every action there is a reaction.

Allow yourself to embrace the new things, people and situations to enter in your life.

They are what will take you closer to your dreams and visions!

**Your new expressed energy will bring everyone and everything you need to attain your vision!**



# 10

## ACCEPT YOUR AWARD!

People are constantly being delivered their vision, however, they do not know how to receive it! **It's true!**

If you do not believe you can have something, then you will not be able to see it, even when it is right before your eyes.

**You will deny it, push it away, and not allow it into your life.**

Most people have their dream delivered. ***They just don't know how to accept it!***

Self doubt about yourself can leave you feeling unworthy of achieving any results or success. This may keep you from accepting the rewards of your own achievements.

It is important to know that you are just as valued, unique and deserving as every other individual on this planet.

Pay attention to what is around you and be ready to receive. The universe may be trying to deliver exactly what you want.

**You just need to be open to receive it!**

**I HOPE THIS CHECKLIST GIVES YOU SOME INSIGHT IN THE STEPS YOU CAN FOLLOW TO **LEAD YOURSELF ON THE RIGHT PATH TO RESULTS ACHIEVEMENT.****

**But sometimes answers to questions lead to more questions.**

### Can I ask you something?

**Have you tried these steps before but did not get results?**

**Do you want to follow this list but don't believe you can do it?**

**Do you have problems making decisions and sticking to them?**

**Do you feel more confidence and self-esteem would help you achieve your dreams?**

**Are you not sure what you want?**

**If you've answered "yes" to any of these questions .....then I have some great news for you!**

**I WANT TO HELP YOU GET THE MOST OUT OF THIS INFORMATION! HERE'S HOW!**

**I would love to answer any questions you might have with respect to your goals, dreams and visions!**

**That's right!**

**I want to invite you to a complimentary one-to-one call!**

**Together we are going to review this checklist, figure out where you are stuck, and then put this checklist into action with a plan for your success!**

**How does that sound?**

**I invite you to claim your one-on-one FOCUS SESSION**

**Just CLICK HERE to schedule your call**

**So, if you are ready to finally get what you want in life, talk to me!**

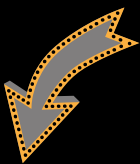
**I'm ready to show you how!**

**INTERESTED IN LEARNING MORE?**

**BOOK YOUR COMPLIMENTARY ONE-ON-ONE**

**FOCUS SESSION!**

**Your dreams are just one click away!**



**CLICK HERE TO BOOK YOUR SESSION!**

