

Why the Model Works So Fast

If you're feeling stuck in your life, it's easy to think something's wrong with you. Maybe you don't have enough energy, you're spending too much time seeking pleasure, or you're trying to avoid pain.

There's nothing wrong with you. In fact, the only problem that you have is with your human brain.

THE MOTIVATIONAL TRIAD

Your brain was created to do three things: seek pleasure, avoid pain, and be efficient. This is called the motivational triad. This made sense years ago when we lived in caves and had to worry about our survival, but these skills don't serve us well in today's world.

Instead, you need to learn skills that will help you manage your own stress, feel your emotions, and set goals for yourself that challenge you. That's what we use the Model to accomplish.

*It's imperative that you understand what's causing you to be stuck.
The Model identifies it quickly.*

WHAT IS IT ABOUT THE MODEL THAT MAKES IT SO EFFECTIVE?

The reason this method is different is that it takes into account the fact that our brains are completely overloaded with information.

You're motivated to make changes, so you Google all the things without knowing how to use all the information to actually make changes in your life. We've simplified the process completely.

THERE ARE ONLY EVER FIVE REASONS WHY YOU'RE FEELING STUCK:

1. Circumstances
2. Thoughts
3. Feelings
4. Actions
5. Results

Those are all categorized in our Self Coaching Model. The Model helps you identify not just symptoms, but the cause of your problem.

Once you understand the Model you can never go back to not understanding it again.

[Click here](#) to watch Video #1 and learn how the Model can prevent you from ever being stuck again.