



RICARDO PEIXE

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Two Power Secrets



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Introduction

Congratulations on getting the “Two Power Secrets”!

I am positive that you will enjoy reading it and putting it to use, at least as much as I’ve enjoyed doing it!

These secrets are simple yet powerful steps, that when applied to the day to day routine become part of our life producing amazing results in our energy and wellness!

The most important step is putting it to use... taking action! Just for reading this book you are part of a small percentage of human population that is doing something different in order to get different results! I salute for that and I hope that you become the example, the shining beacon to your family and friends, showing them there is a way to a better living...

Secret #1

Gratitude

Appreciating what you have in your life is the first and foremost step in getting more!

I'm sure that you have heard this before, and in fact this is basis of many religions and philosophies. To be grateful for what you have.

This doesn't mean that you are satisfied or content with what you have, that does mean that you appreciate the fact that you have good things, that you have already achieved success, that you are already happy in many ways!

It is that feeling of satisfaction, and that focus on what is already good that you'll bring to your focus and attention opportunities to get the other things you want, ways in order to get the other goals you desire.

This is a shift on your conscience, and this shift alone can produce great feelings. It's the realization that you already have happiness in your life, (despite that sometimes temporally you decided to focus on the lacks) that brings more to you of that good things, more of that great feelings!

Exercise:

Put a post-it in your bathroom mirror that says “THANK YOU!”.

Every morning has you wake up and go through your bathing habits you will see that post it and remember to give thanks for everything that you already have! It may come to a point where you are thanking for your health, your eyes, your body, your ability to breathe... Thank all the things you can remember, the car that you already have (even if it's not the one you want, it still beats walking), the clothes and house that you already have.

As you really start to feel grateful and thankful about those things, your focus will shift and you'll become more aware of more things that can make you feel that way...

One day, you're going to wake up and feel so much joy for your life, exactly as it is in its precise moment, which you absolutely would not trade *anything* for *anything*.

And right now, you get to live that bit that you one day won't trade anything for!

Secret #2

Smile

In the last years much has been studied about therapeutic appliances of the smile. Cognitive Therapy, driven by the study of non-verbal language, has done numerous experiments with fantastic results in curing light depression and even clinical depressions.

Behind these results is Act Happy Theory, which comes from the controversial body-mind principle, which considers the hypothesis that our emotions also operate reversibly. In other words, if we act happy, our brain recognizes the body language and activates neurotransmitters and hormones responsible for the feeling of happiness.

Despite the controversy, the results of several experiments speak for themselves. Whether through the increase of endorphins when we smile or through any other impact not yet known, it is certain that repeatedly we see people recovering from depression, only using a therapy, that involves smiling continuously for a period of time.

One of the most successful experiences took place some years ago with a group of patients diagnosed with clinical depression (one of

the most profound forms of depression) for some time. What the researchers did was put this group of people over a period of 10 minutes per day in a room with mirrors 360 degrees. During that time they asked them to put the biggest smile in the world. The exercise was repeated for 21 days and then the results were evaluated. The success was truly inspiring. More than 60% of patients were no longer depressed and the majority of the remaining sample stopped taking medication.

Being in front of a mirror provides a deeper experience of looking at one's self's and deal with our inner fears and insecurities. Doing this introspection with a positive attitude and with a smile, makes the fears and confrontations, easier to deal with.

Exercise:

Smile for 6 minutes in front of the mirror

This task is extremely simple! It is just being in front of a mirror for 6 consecutive minutes with your biggest smile! Yes, it's really only this. The best time to do it is early in the morning, when you wake up.

As mentioned above, the smile is a powerful feature with the ability to change our mood (even if it's faked). By doing this early in the morning, we are conditioning our day!

It is very important to keep doing your biggest smile.

About the Author

Ricardo Peixe is a Life&Executive Coach (ICF), NLP Practitioner (ITA), trainer in Life Training™, audio book author, creator of GTCOach™ and ConfidenceGT™, lecturer in Motivation, Sales, Influence, Self-Confidence and Neuro Linguistic Programming (NLP), studies Management in Porto's Economy University. He is also a lover of subjects like Behavior and human thinking.

From an early age he began in the world of business has been fascinated by the area of sales and influence. He led projects, worked in multinational companies and has been very successful in competitive markets such as fitness, door-to-door selling, etc.

His fascination by NLP and Coaching came exactly at a time when he felt something was missing in life that would make it complete.

He found his mission in helping others, in the participation of their success and in the change and impact on other peoples' lives. His vision is shared and put into practice daily in Life Training, inspiring people to be happier.