

A Little Red Tapping Book™

THE EASY WAY
to BE
SUPER
PRODUCTIVE

Angela Treat Lyon





THE EASY WAY to BE SUPER PRODUCTIVE

All text and illustrations • © Angela Treat Lyon 2009-14
All rights reserved. Protected by International Copyright Law

A Little Red Tapping Book™

Copyright Notice:

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the authors.

Thank you for respecting copyrights of this author and others across the world.

Disclaimer and/or Legal Notices:

The information presented herein represents the view of the author as of the date of publication.

This report is for informational purposes only. Neither the author nor her affiliates/partners assume any responsibility for errors, inaccuracies or omissions or results received by using this process or information.

Please be aware of your own physical, mental and emotional state, and take appropriate responsibility for yourself. Tapping is meant to be supportive, not disruptive. Please, be gentle with yourself and your inner process.

REMEMBER THIS:

The secret to all success:

Assess

Decide

Plan

Take Action / Focus

REPEAT...REPEAT...REPEAT

Angela Treat Lyon



Angela Treat Lyon

AngelaTreatLyonBooks.com

I use a powerful process called EFT, the Emotional Freedom Techniques, to help people clear their negative thinking and uncomfortable emotions. EFT was originated by Gary Craig.

My deepest appreciation to EFT Master Dr. Patricia Carrington for her brilliant introduction of the Choices Method to the EFT process, making the results more complete, inspiring and satisfying.

Don't know how to tap? See **EFTinEveryHome.com**
Illustrations included in this book for your convenience.

This book written, illustrated, designed and
constructed just for your inspiration
by Angela Treat Lyon

Published by
Out Front Productions, LLC
Kailua, Hawaii

The EASY WAY to Be Super Productive

PLEASE READ THIS DISCLAIMER BEFORE READING THIS BOOK

The information presented in this book is educational in nature and is provided as only general information. In your reading this book, you understand that you will be introduced to a modality called Emotional Freedom Techniques (also known as EFT, MTT, or tapping) which is a technique referred to as a type of energy therapy. To date, tapping has yielded remarkable results for relieving emotional and physical distress and enhancing personal, business, artistic and athletic performance. Tapping appears to have promising mental, spiritual, and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. The premise behind tapping is that it employs a gentle stimulation of select points on the face, torso and hands used in the ancient Chinese meridian system. This basic procedure has helped thousands of people relieve their own emotional stress and physiological pain, and to balance their energy systems. By reading this book you agree and understand that tapping could be considered experimental, and that the author does not know exactly how you will personally respond to tapping and/or whether your tapping will help you with a particular problem or issue. Due to the experimental nature of tapping, and because the extent of its effectiveness, as well as its risks and benefits, are not fully known, you agree to assume and accept full responsibility for any and all risks associated with reading this book and using tapping as a result of reading this book or listening to its corresponding audio. You understand and agree that the information presented in this book (and/or audio) is only for your own personal use. In order to use tapping with others you must become sufficiently trained and qualified as a tapping, EFT or MTT practitioner. You further understand that if you choose to use tapping, it is possible that emotional or physical sensations or additional unresolved memories may surface which could be perceived as negative side effects. Emotional material may continue to surface after using tapping, indicating other issues may need to be addressed. Previously vivid or traumatic memories may fade which could adversely impact your ability to provide detailed legal testimony regarding a traumatic incident.

Why These Tapping Books?

Hi, my name is Angela Treat Lyon. I'm a peak performance and business and marketing success mindset specialist. I live in Hawaii, but work with clients all over the world. It's my passion to help you take your life and business way beyond what you originally thought you would—as fast, fun and fulfilling as we can make that happen.



To facilitate that happening, I hold many teleclasses, trainings, business and marketing seminars, as well as group and private coaching, both business and personal, for those who dare to think in terms of, "What Box?"

And to make things go even faster and funner, I help you reverse the limiting factors in your life and business using a powerful personal stress relief tool simply called 'tapping'. *(More on that in a bit....)*

I was looking through my files and saw that I had over 1000 audio recordings that I had created over

The EASY WAY to Be Super Productive

the past 10 years with my clients and students in private sessions, coaching, seminars, teleclasses and business study courses.

I realized that if I didn't do something more with them that could help people beyond what the original sessions or classes did, I'd feel like I was hoarding this rich resource.

So I decided to create a whole line of really handy, to-the-point tapping books that you can stick in your pocket, purse, suitcase, briefcase or backpack to read and tap along with on your way to work, to school, traveling or wherever.

I have chosen the recordings I thought had the most potential to provide good, hearty tapping examples for you to tap along with, and had them edited and transcribed.

This book you are reading right now is one of those transcriptions. It does not follow the original audio precisely, because I edited it to clarify confusing parts or any colloquial languaging. Now it's richer in meaning and is more understandable.

In case you want more of these sessions, you can get both the downloadable audio recordings and printable ebooks here:

AngelaTreatLyonBooks.com.

You can get the same books in print [HERE](#).

The EASY WAY to Be Super Productive

If you are not familiar with tapping, please visit EFTinEveryHome.com. I include illustrations of the points within the illustrated text in this book here, so go ahead and read and tap, but do visit the site afterwards for even more clarity about how tapping works (free).

You will notice as you read and tap along with these books and audios that sometimes we get into some of my tappers' very specific memories. Not to worry—even though obviously your story will differ from theirs, tap along with us, anyway, and the energy in your system will shift, too: this is called *Borrowing Benefits*.

Before you start reading

Make a note on a piece of paper what some of your own most important issues are that fit with the subject of this book. If you can't find words, write down how you feel inside your body when you think of failing or feeling like a failure.

It's those feelings we want to get at and shift for you, so you can actually create and have the life, dreams, family, business and relationships you dream of but haven't attained as yet.

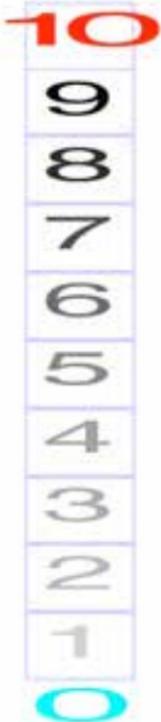
Why tap on those limiting feelings, thoughts, habits and beliefs? Because by definition, they are

The EASY WAY to Be Super Productive

limiting you! When we tap on them, we can get at the limiting thoughts, beliefs and habits that are in your way, clear and transform them, so you can now use the energy you felt for creativity and success..

You know how much work it is not to say an ugly thing when you really want to blast someone? Well, imagine all the energy in that ugly blast being cleaned up and used for creativity!

That's what I help you do—you and I work together to find the places where you're stuck, and clean up what's in there. Then we expand the energy so you can use it for what *you* want, rather than it using you! It can be easy, simple and even fun, if you allow it!



Remember your own issues and problems as I ask my tappers in the session what's going on for them. Please don't get into worrying about whether your issues are the same or not, because as you tap along, your energy will know exactly what to do and where to go to resolve your own issues, and you'll get relief, too.

When I ask what feeling-intensity rating to give how my tapper feels, rate your own—and make note of your rating on your sheet of paper.

The EASY WAY to Be Super Productive

This way you'll see the progress you've made when you're done tapping along. We do this because tapping is so very effective that often what made you nuts before you won't even remember afterwards!

Tap along, but don't try to replace the story words with your own because you'll just get confused and miss out on the effectiveness of the session.

After tapping, re-rate your feeling-intensity, and you'll be surprised to see that your own issue was resolved, too!

Have fun, and I hope you enjoy this and my other *Little Red Tapping Books* and *Audios*!

much aloha,
Angela Treat Lyon

The Illustrated Tapping Points

**Here are illustrations
of the tapping points.**

As you go through your first self-help tapping experiments, make any notes as to your ratings, issues, and results.

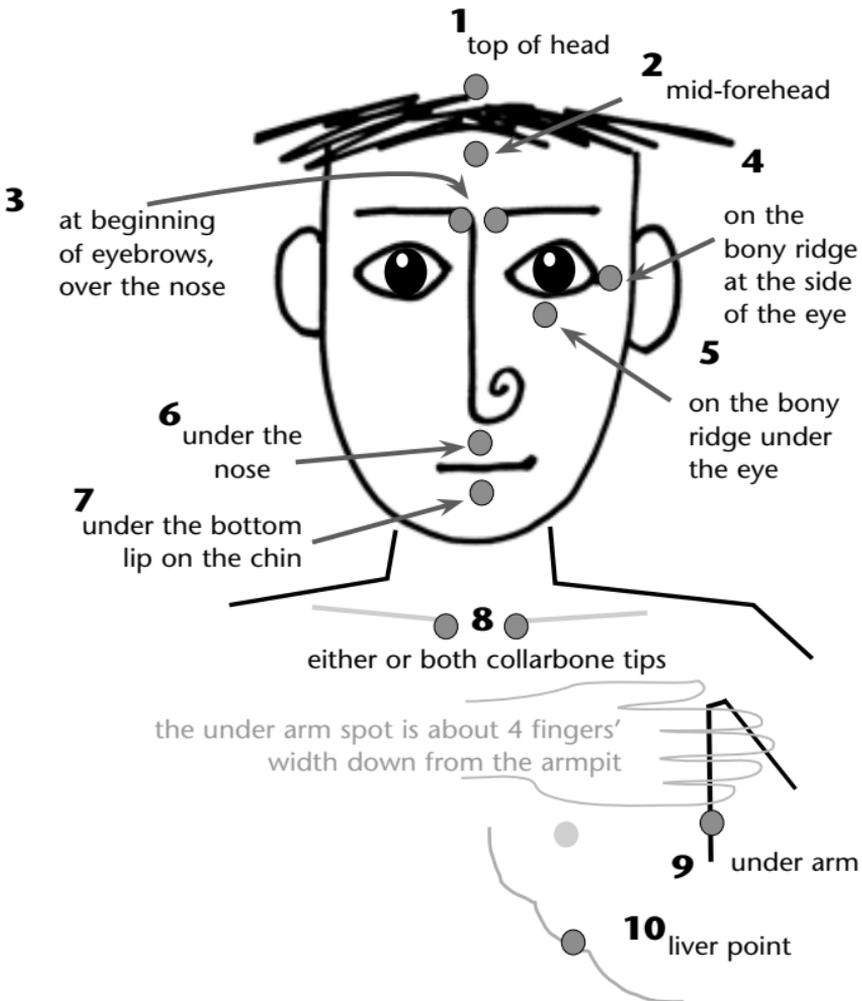
Make sure you date them so that when you come back to them at a later date you can say, "Ha! Look what I did!"

The EASY WAY to Be Super Productive

the Karate Chop Point



the Basic Tapping Points



Be Super Productive!

HOW DO YOU DO SO MUCH?

People keep asking me how I can be so amazingly productive—writing all my books, doing my radio shows, painting and carving and coaching....Well, creating is my passion. I do it because I must. I get antsy and irritable if I don't, actually.

More importantly, I have also trained my mind.

I've trained it in a certain way that makes it possible for me to do a whole lot more than I could if I had not.

There are some very specific key points to being able to create and produce what, when and where you want to produce. I'll let you in on one of the secrets I use—it's a very special kind of to-do list that I call a **Master To Do List**. Here's what I do every single day:

The EASY WAY to Be Super Productive

A. Every night before I switch off my brain for the night, I add to my list of all the things I need to get done this week. Then I  the ones I need to do the next day.

B. In the morning, from those circled ones:

❖ I choose 1 'horrid' thing that I've been putting off (like preparing taxes!), that I don't like or want to do, and that still needs to get done regardless of how I feel about it.

I do it first thing. Then I pat myself on the back and feel good about me all day for doing it. (And interestingly, once I started doing this, I find that there aren't many of these left anymore....)

❖ I choose the most important thing that will help my business make more money or grow the way I want it to grow.

And usually it turns out I do more than one thing because it's just fun for me, and fills most of my day. It can be anything from creating an ebook or teleclass to writing my list, making joint venture or brain-storming phone calls, refining my marketing....

❖ I choose 1 thing from which I could possibly learn something new.

Usually I do this after I get my day done and allow myself to cruise google and research stuff I either need to know or am simply fascinated by.

The EASY WAY to Be Super Productive

Since it's the last thing I do before I read at night, I make sure I end up reading or watching something positive and curiosity-provoking, so I can dream about it that night.

And that brings me to the last thing, which is:

❖ I choose 1 thing that is simply fun. Something I love to do or be or have. Just plain fun. It can be as simple of taking a little spoonful of honey and savoring it. Walking on the beach. Calling a dear friend. Watching a movie. For me, it's also write, coach, interview, paint or carve.

You name it, whatever it is, it must be fun.



That's it. That's enough to fill my whole day, and I get so much done it's unreal.

Here's a recap of the Master To Do List you can jot down on a sticky note and put up on your screen or bulletin board:

- ❖ 1 'horrid' thing
- ❖ 1 life/business-growing thing (or more!)
- ❖ 1 learning thing
- ❖ 1 fun thing

The 7 Secrets to Being Super Productive

The Transcript: Part I Dream Up and Create Your Future

Angela: I welcome you and I have a lot to tell you about. I am excited about it because I don't think many people talk about the things that I am going to be telling you about.

This is *not* time management! I call it **creativity structure**. It has a lot to do with your mind, your focus, your heart and your passion.

I know that is just simply the nature of what you do—passion is part of your requirement for creativity because you are not a 9 to 5 job person, you are not a slave, and you need to know how to handle the energies that come through your system in order to be super creative, super productive and super successful.

So I am going to give you a few things that are my Seven Secrets to Stupendous Production; and I am also going to take you through a couple of processes; and then I will give you a bunch of bonus goodies if I have time in the end.

The EASY WAY to Be Super Productive

If I don't have time in the end, by the end of the call I will do another call on this because it is so important to have these points.

FIND YOUR DESTINY

So the first thing I want to take you through is a little process on how to find your destiny. Now, a lot of people make a big deal out of this like you have some kind of big thing that you need to do in your life. Well yes! You do you have to be here and live and love—that is about it. But how do you do that? How do you know exactly what the details are so you can stay on track and move in the right direction?

Your destiny is a path—you come here for a purpose, you come here to live and love and be loved and there is some particular way that you are going to be doing that particular purpose.

But I think your destiny is a different path—it is *within* your purpose, and depends day by day on what exactly you're doing and where you are on your purpose path and what's important for that day to take care of.

The way you can check to see if you are on your destiny path is to check with your heart. If somebody says to you, "Oh Sandra, come with me to do such and such," and your heart droops, the answer is no.

The EASY WAY to Be Super Productive

That is not your destiny, don't do it. Even if it sounds like you are going to make a million bucks, raise your status, and meet the love of your life.

When your heart droops, it is really telling you the clear message: don't do it.



If your heart flares, check to see if the answer is yes, because you are on your purpose path or yes because it seems like something that your mind wants.

So those are two separate aspects of checking the heart.

Now when we create our destiny, we check our vision and check to see what's the most important of all the things that come up for us.

For instance, if I asked you this: "if you died within 24 hours, what would you be really disappointed in yourself that you hadn't done?"

And It could be a really big answer, like, "I hadn't saved the orphans in Botswana," or "I hadn't helped people clean up the pollution in the ocean..." But obviously within 24 hours you can't do that, but you can take nano steps, little itty bitty teeny weenie less than blood cell sized steps because nano steps are what accrue to help you get done what needs

The EASY WAY to Be Super Productive

to be done. So if you asked yourself, “what would I be really disappointed that I hadn’t done,” for me I would say, “I didn’t get a piece into the Museum of Modern Art,” for instance since I am an artist.

Or perhaps I would say, “I didn’t help the number of people that I wanted to assist with my coaching.” So then I would do one more thing in order to create that.

And the next day I would wake up and I would ask myself the same question: “What is it I would be disappointed that I hadn’t done?”

I keep asking myself those same questions every single day so that I can stay on my track and stay focused. That is how I stay focused on my path when I create my destiny. I create a little bubble so that I can stay focused on and on track.

So here is what I want you to do. I want you to imagine that there’s a giant soap bubble out in front of you. You may have done this exercise, so just hang with me, because it never hurts to do it again.

Imagine that there is a giant soap bubble right out in front of you.

And if you *knew* that you could succeed and have everything that you wanted, and that money was no

The EASY WAY to Be Super Productive

issue, the bubble is your future, what would you put in that bubble?

Again: What would you put in that bubble if you knew that money wasn't an issue, that you could succeed in doing whatever it is you do, and you can have whatever you want, what would you put in that bubble?

Now, let's say in my [water project](#) that I wanted to find three companies or organizations that help clean up the mess that we have made on the planet with plastic drinking water bottles. I would put that into my future bubble.

Then I would put all the people who are going to buy the paintings that I am creating in order to raise money to donate to those companies.

And I would also put admirers, and the voices of people who are saying 'congratulations, you did a great job, you must be really proud of yourself. How did you do it? I would like to do the same thing.'

Put what are you hearing in your future bubble from people who are admiring you and congratulating you and paying you. It is really necessary to find these things out, because otherwise you are not going to hook up energetically with the people who are going to support you.

The EASY WAY to Be Super Productive



So who are those people? What are they saying to you? Where are they? What do they look like? How old are they? What are they wearing?

Now, this is a great way to find out your target market if you are in business.

You create your future bubble and you just look, who is in there? Who do you like to hang out with? Who helps you laugh? Who helps you feel good about yourself?

Those are the people who are your market. So go ahead and look inside your bubble and feel how great it feels in there.

It's sweet. It's soft. It's excited. You feel calm, you feel enthusiastic and inspired at the same time. Take some time with this —it's important.

Now let's pretend that this future bubble is six months from now. What are two things that you would feel really, really awesome if you had created by the end of six months? Go ahead and look in that bubble and find out what they are. I hope you have got something to write with, because I want you to write those things down.

NANO STEPS

Then I want you to write down two little itty, bitty nano steps that you can take within the next week in order to start meeting that, those goals. Write down two little nano steps per goal.

And if these goals are really important to you, then when you awaken in the morning, you ask yourself what's one little nano step that I can do today toward meeting that goal?

MY BUBBLE DISAPPEARED!

Here's the deal with creating your future bubble—sometimes it disappears! This because you get caught up in old habits and lose sight of your future.

So in order for you to reclaim your bubble, I want you to visualize it now. Feel how sweet it is and how wonderful and colorful it is.

And then start tapping lightly on the outside of your knee—right about where your hand would go if you are sitting down and you are keeping beat to the music. Just tap it on the side of your knee, right at the top of your calf, right at the bend of you leg, just tap firmly but gently right there.

And say as you tap on your knee,

The EASY WAY to Be Super Productive

I love my bubble.
I love my future bubble.
I love it so much!

Tap and say it again:

I love my future bubble.
I love it so much.
This is how I bring it back.
Sometimes I just forget.
That's OK, I still love myself.
And I am going to remember my bubble
Because I love myself.

And then take a deep breath in and out.

Good. This is how you get back on track. It may seem like a really silly little exercise, but the more you do it the more you will be able to stay focused on what your real goal is.

And remember that your goals and what you're focusing on can be changed—you don't have to feel like it is cemented in place—but this is how you get back on track, it really is that simple. You don't have to go through big contortions.



The 7 Secrets to Being Super Productive

The Transcript: Part II Dream Up and Create Your Future

Angela: There are several things I want to talk you about...eight more things, actually:

- ❖ gestation
- ❖ turning craving into power
- ❖ pondering and profiting
- ❖ focus
- ❖ desire
- ❖ creating systems
- ❖ passion and
- ❖ your master to do list.

GESTATION

Gestation is a big part of creation. A lot of people think, "I'm going to create an e-book now," and they go sit down at a computer and they start to type...and then they go, "oh, I don't know what to do next," and then they feel stuck because they didn't start in the right place, or they didn't gather the materials....

The EASY WAY to Be Super Productive

The truth about creativity is that it is just like having a baby—there is a gestation period. You have got to have the time and the space in order to give yourself the gestation period that you need for anything that you create.

Now I used to do really a lot of traveling. And in the beginning, it took me three days to get ready to go anywhere because I had to take this, I had to take this, I had to take my kids somewhere, I had to go to an appointment...blah, blah, blah.

By the end of about three years of traveling, if you said, “Angela let’s go to somewhere or another,” I would be able to pack and get ready in half an hour.

Why? Because my gestation period of getting ready to pack had reduced considerably because of my experience.

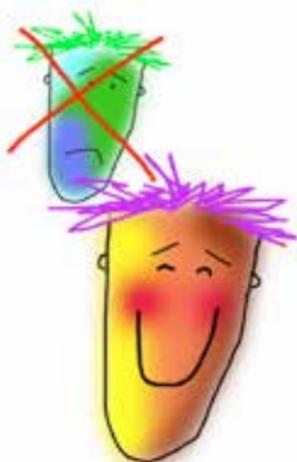
So when you start creating something, your gestation period maybe a certain length of time right now, but in the future, as you do it more, you’ll reduce your gestation period.

The truth is, the gestation period is about 90% of any project. The next 10% is your creation, and that is where you do one certain thing—and I will talk about that in a minute.

TURN CRAVING INTO POWER

The next thing I want you to know about is that you can actually turn your craving into power.

Let's say you have a feeling of being really, really, really hungry for something at 3 o'clock in the afternoon—this is a really common thing, especially for people that eat a lot of sugar, or drink a lot of coffee.



All it means is that you need a break! To re-center, come back to who you really are and enjoy yourself.

And in that in that break you can take the energy that you have been feeling: "Oh I want something but I don't know what it is."

Maybe it's a cigarette, maybe it's a candy bar, maybe it's to make love with my partner, or maybe it's to go for a walk. You can take the energy of that feeling and indulge in the feeling: "Oh this feels really great to have all this energy running through my body."

I used to hate the craving feeling. But I'm learning to love it. If you can have that attitude about loving

The EASY WAY to Be Super Productive

and creating, and knowing that it is just simply energy running through your body, then you will be *disappointed* if you resolve the craving and eat that candy bar or have that cigarette—because then that feeling won't be there anymore!

This what-you-call craving energy running through your body is just power. Ask yourself, “what is it that I'd really, really, really like in this moment?”

**Usually it's 1 of 2 things:
you want be comforted
somehow, or to get
going and/or create
something.**

We get disappointed sometimes because we have been told “no” so many times in our lives. So when we crave something we immediately think, “Oh, no I can't have that.”

But if you think, “Yes, I can have this. This is my craving feeling, I am craving some rest, I am craving some comfort, I am craving some creativity and you use that feeling to go create that whatever it is...” That is how you turn craving into power.

Now there is a lot more to it, in being present with

The EASY WAY to Be Super Productive

it and tapping on it and I can help you to do that with coaching if you want (contact me if you want coaching), but right now I'm just going to tell you to points that you can use to do more creativity.

PONDERING & PROFITING

Now what does this have to do with anything? This is really important, because a lot of times we will get going on a project and half way through we will go, "Oh, maybe I should do it this other way..." and all of a sudden, your energy just gets stopped.

This is called **block**! And it is because you're taking the wrong time frame to ponder something that you already should have pondered.

I was talking before about how creative projects are 90% gestation. This period is when you need to do your pondering.

If you give yourself, let's say, a week before you write an e-book, during that time, your mind knows that this is pondering time. And every once in a while you will come up with an idea and you will rush over to your pad of paper that has 'e-book' on the top of the page, and you write down your idea.

And you compare it to your other ideas that you have had with this project, and you go, "Oh no, maybe

The EASY WAY to Be Super Productive

that wouldn't be so great after all. Let me think about this for a while though before I cross it off."

And during this next week when you are gestating your e-book, you ponder, and you create little ideas, and you put them on your pad, and you write them down—but you are not *creating* the book.

You want to build up the tension between creating the book and you. And you can't do that unless you have that gestation period, that time of pondering. Because it will fall flat if you just start creating. You'll end up saying, "Oh, well I'm blocked" when you can't think of what to do next.



The only time you get blocked is if you are out of sequence.

In other words...if I am going to change my tire and I reach to take the tire off before I have undone the lugs on the tire, I am out of sequence and the tire won't come off.

Instead of going, "Oh, I am blocked I don't know what to do," I will just say to myself, "well maybe I am out of sequence, what should I have done first?"

This is a big deal in business, because if you do things out of sequence, they won't bring any results. For instance, if you are a small business owner and you

The EASY WAY to Be Super Productive

are marketing online, and you create this huge launch but you have no product, you are out of sequence.

So instead of saying, “Darn I am blocked,” you ask yourself, “what should I have done first? And how can I do that?” This is part of the pondering process. Ponder everything that you need *first*, in order to create that e-book, product or that teleclass or whatever you are going to be doing.

FROM PONDERING TO PROFITING

At the end of the pondering period, you look at what you have done and you create a mind map. (Check out online mind-map software and free online mind map aids—there are some really good ones.)

For instance, your ebook:

there is the design of the e-book,
there is the creation of the e-book,
there’s the publication of it,
the marketing of it,
creating JVs,
teleclasses,
speaking opportunities...

...whatever it is around that e-book that needs to be done, you plan it out and act upon your plan. You look to see what it is you need to do first.

The EASY WAY to Be Super Productive

Now there are two things that you can do immediately when you are creating that e-book.

First of all, you can pre-sell it. So you write your sales letter first, and email it out to your list.

The second thing you can do is actually start to write it by jotting down the outline of what you want to present—*but nothing more!*

You can sell it before you write it if you have got the outline already.

Writing it for real happens when you are in the actual creativity part of it. You've stopped pondering because you know exactly where you are going and now you can be clear and take action.

**Gestation is 90% of the
process...**

Creativity is the Action 10%.

Ponder and Profit

Acting is where you just *do* it. You're not looking to the side; you're not looking for answers...you are just on track and moving at 90 miles an hour.

The 7 Secrets to Being Super Productive

The Transcript: Part III Getting and Keeping Focused

Let's say you really want to create some money. Look at all the projects that you have got in front of you and you ask yourself, "which one would bring me the most money in the fastest time?"

You know, people are really struggling right now, and so instead of being ashamed that you are going after money, be happy that the money is there to go after because we have such an abundant society. There is no excuse for people not making money. So you ask yourself, "OK, if I really want to support myself, what would make me the most money in the least amount of time and that I could have fun at?" And you chose one project.

Then, when you chose that one project, you do the gestation and the pondering and the acting. And if you lose focus, you go back to your future bubble and you say, "where did I lose it? How come I'm not on track anymore? How come I am getting distracted by all this other stuff?"

When you lose your focus, you go back to your future

The EASY WAY to Be Super Productive

bubble. You say to yourself, “remind me please of my future bubble and how sweet it felt to me and how wonderful!”

This is your anchor. It’s where you come back to regenerate and rejuvenate your whole hold on your destiny and on your life. And you can change it anytime you want.

THE FUTURE MIRROR

A good way to really stay connected with your Future Bubble is to look in the mirror and pretend that the person that you are seeing is your future self who is already successful (not the self that you are today).

Look in the mirror and say, “Thank you so much for showing up for me today. I am so confused about (blah, blah, blah). What kind of answer can you give me about (such and such)?”

And then you channel that person in the mirror and you speak out loud what he or she is saying. It is a silly little exercise, but it really works well.

You look in the mirror and the person you are seeing is your future self—you can even dress up in the kind of clothes that you would be wearing if you were your future self, and look back at yourself from the other side of the mirror. *When* are you? (LOL).

The EASY WAY to Be Super Productive

Here is another thing you can do to stay on focus. Tap on your collar bone and you repeat after me—right now! Do it right now, OK?



Tap on your collar bone points very gently and just say,

I lose focus.

I get so frustrated;

I don't know which project to chose.

And so I end up feeling distracted.

And then I start beating myself up.

And that makes me feel even worse than ever.

So what would happen if I knew that this was just creative energy trying to come through me?

Once I tap, then I just step outside and take a one little one-minute walk.

Now usually that turns into a two minute walk, and that's OK.

Because now as I'm walking

I'm not distracted with my emails

I'm not answering my phone.

I'm looking to see what it is I really want to do.

And what I would be disappointed in if I died right now without having done it.

The EASY WAY to Be Super Productive

So that's how I stay on focus. Because I truly do love and accept myself.

Take a deep breath in and out... good. You can come back to that and tap along with it if you need to while you are looking for your focus again. Because your *body* is on focus, *you* have lost it mentally.

Keep on track by asking yourself what your priorities are.

One of the first priorities on my own list is desiring to help people. There are 2 ways you can think about that. One is you can see people as less-than. And you really want to help them because you have an agenda that things should be 'just so'.

The other one is to love them unconditionally no matter where they are, no matter what they are doing, and appreciate them for who they are and offer a guiding hand if they want it. This is a coach approach. You are a coach, whether you are a professional coach or not. Because as you reach out a hand to your child when he has fallen down, you have said to your spouse, "something is going on, what can I do for you?" This is being a coach.

Being a coach is holding the space of success for somebody.

Whether you are an artist or a coach or a business man who is in the stock market, you are a coach, because there are times when you hold the space for somebody and facilitate their climbing out of a space that they don't want to be in.

This is what I call 'helping people.' The beauty of not having an agenda is that your vibrations say, "I love you." They don't say, "there is something wrong with you; you need to be fixed," because if somebody feels that from you, that you think they need to be fixed, they run in the other direction. Nobody wants to be fixed.

People want to feel good about themselves no matter where they are, so even if they *are* broke or homeless or on the street, or they just lost a million bucks or they lost their husband or wife, they still need to feel like they are OK with themselves. So it is up to us as coaches, no matter what our professions are, to say to people, "yes, I am here for you. I am here. I love you, just the way you are."

The EASY WAY to Be Super Productive

That is the kind of energy that I want to put behind my work. You may disagree with me here, but I believe that since you are on my list and you resonate with the things I have been saying so far, in my newsletters and my books and stuff, you probably feel the same way.

SYSTEMS

Now the thing I want you to do in your creativity is to create systems. Now you may say, "Yeah, yeah, I know that. I have to have systems."

But let me tell you how handy it is to have the sequence of things all written out for you before you start doing something! In my latest project, creating these paintings in order to support the clean up of plastic drinking water bottles on the planet, I did my gestating, I did my pondering, I made my list and I created some systems.

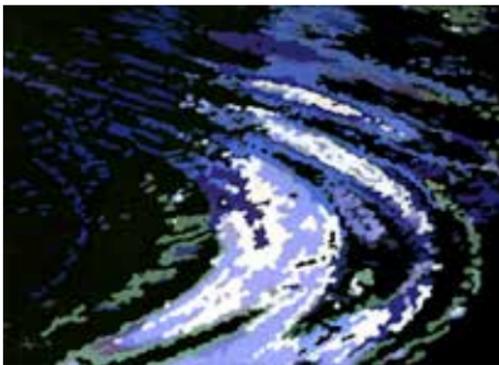
One of them is the daily system that I go through every single day. It takes me about four hours. I paint the painting, I photograph it, and I upload it to different sites. In the painting part of it, I have to gesso (prepare the surface for the paint) the canvas, I have to make the sides of the canvas black, I have to re-gesso it so there are two good coats, and sand it down so it's smooth.

The EASY WAY to Be Super Productive

Then I draw the design and make the first layer preparation. That takes about, oh, half an hour in all.

Then I paint the color.

But if I just start laying on color without doing those other things, then I would be out of sequence. So I wrote down the sequence of what I want to do, and



Moonlight • Acrylic 9" x 12"

it keeps me on track and it helps me go faster. I can get a lot more done because I have systems.

What you need to understand about systems is that sometimes you might have systems in place that are *default* systems.

For instance, you might go out to your studio or your office and sit down and...all of a sudden realize that you have gotten distracted by email or telephone calls or maybe solitaire or something else like that. That is *still a system* because your body and your mind use those old comforting habits to make you feel comfortable.

The problem with that is that it's not productive! So

The EASY WAY to Be Super Productive

you need to create a new system and develop the habit of using it. You can create a new system but until you have created the habit of using it, it is not going to do you a darn bit of good.

So you ask yourself, “what result do I want to create?” I’ll give you an example. I like to work in 45 minute segments. At first it took me a while to get this system down, but now that I use it, I couldn’t live without because it is so handy for me.

THE 45 /15 HABIT

When I first started it, I had to look at how I was using my time and say, “OK, I am going to take this new system of using 45 minute increments and not do email, not do telephone calls, not be distracted or anything like that in that 45 minutes.

“And after that 45 minutes, in the next 15 minutes, I can check my emails, I can go to the bathroom, I can make a cup of tea, I can make a phone call I can take a quick walk.”

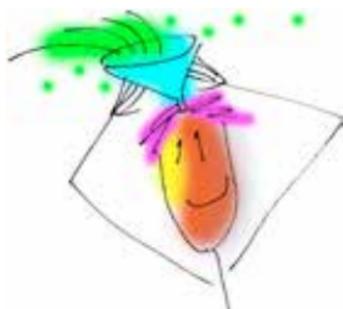
Do whatever breaks the space during that next 10 to 15 minutes after the first 45! Why on earth would you want to do this?

Because when you break the space of that 45 minute productive time, you are allowing Spirit to come

The EASY WAY to Be Super Productive

through and say, “Hey Angela, here’s a new idea for that painting that you were thinking about last week.” Or, “Hey Linda, here’s a new idea for that thing you are going to be creating.” Or, “Hey Mimi, here is another idea for a new teleclass.” So you allow for that new idea or inspiration to come to you in that 15 minute period.

It took me about two months of try, try, try to actually implement this system, but now, since I’ve been using it for several years, it’s automatic and my body is just attuned to it.



Because it will probably take you a little bit of time to get into the habit of using your new system, don’t freak out if you create new systems and you don’t do them right away.

Just say, “OK, I blew it today, that’s OK, I’ll start up again tomorrow.” Don’t beat yourself up. Put away your ugly stick and burn it for firewood or something because you don’t need it anymore.

So with my painting system, I have these things that I do that makes it possible for me to paint the painting, photograph it, tweak it, put it up on four websites, write an article about it on my blog and Facebook and Twitter.

The EASY WAY to Be Super Productive

What kind of systems do *you* need to initiate in order to think up, plan and act upon the things that you want to create?

The 7 Secrets to Being Super Productive

The Transcript: Part IV Get Organized So You Can Live Your Passion!



ORGANIZE— YOUR WAY

Now along with your habits and your systems, you are going to want a really, really good filing system.

So each time you create a new project—boink!— you create a file with the project name on it. And as you get ideas—and create auto responders, write and receive emails, e-books, mind maps, plans, etc.—you plop them into your file, whether it is a file that is on your desk physically or a digital file on your computer.

You have got to be really organized, because otherwise your ideas and notes and papers and

The EASY WAY to Be Super Productive

relevant information are going to be everywhere, all over the place. You're going to be so confused you won't be able to move an inch. That is, unless you are a chaos master—some people are chaos masters—they live that in total chaos and love it. I can't handle that—I am a neatness monster, myself.

But whatever your way of organizing things, really get it together and know what that is. Make sure that you are organized. OK?

INVITE PEOPLE INTO YOUR PASSION!

Now, the next thing I want to talk about is your passion. Maybe you can tell I am a little bit passionate about this subject! Because I've been living my own for so long, and I really want you to understand that it is possible to channel your passion without feeling like a used car salesman when you tell people about it. Without bowling people over and without burning yourself out.

People feel your passion and they want to be part of it, but they don't know how to participate. So you *invite them into your passion*, instead of telling them *about* it. You simply BE it.

When I'm walking down the street, I'm thinking about the things that I'm creating and I have a bounce in my step, and I have literally had people come up to

The EASY WAY to Be Super Productive

me and say, "What is it that you are *doing*? You look like a really prosperous person!"



People have literally come up to me and said that to me. I just laugh and say, "I'm just living my dream, what do you do?" They tell me what they do, and I ask them, "How can you expand what it is you love to help yourself get out of the doldrums? What is one little step that you can take?"

This is how you can facilitate someone else's dream. Instead of getting into what they see as the problem with them, you simply say, "Well what is one little nano-step you could take?"

They might answer, "Oh I don't believe that I could do it." Then you say, "Well if you did believe, what would one little nano step be? Help me out here because I don't know what your reality is like." This is another part of being a coach, whether you are a coach or not: you create the possibility and the role model of being a passionate person.

We need you to be this way because you are creative, you are artistic, you are passionate, you have got a role in life that you are playing. And unless you are a leader in that role then you are not doing your job. It is as simple as that that is my opinion.

It is our job to vibrate who we are.



It is part of that job to vibrate our passion in as high a rate as we can do it.

Now, what do you do if somebody asks you, "What do you do?"

For instance, I could say, "I am an artist," I could say, "I am a coach," I could say, "I am an author." But that's not what I tell people.

Instead, I say, "I live my dream and I help other people do that too. I am really passionate about it because I believe that it's the way that we all ought to be." And when they hear that from me, they go, "Oh wow, that's really different!"

Because usually what we hear is, "I am a car salesman, I am an author, I am a coach."

You are not a car salesman, you are not a coach, you are not an artist. You are you, living your dream.

And so that is how you can engage people and let

The EASY WAY to Be Super Productive

them know what your passion is in a way that, if they want more from you, they will contact you. Of course you make sure that you give them your card or your contact information and really connect with them and help them see that they have got a dream to live too.

That's just being creative and living your Dream, your Passion—vibrating the passion you feel about what you're doing. And when you talk about it, you talk about it in terms of 'how can I help you do that too?'

THE MASTER TO-DO LIST

Now the last thing on the list is the master to do list. You've already seen it at the front of this book. I'm talking about it at more length here because this is one of the most important things that I use. I have it out in front of me on my computer every single day.

HORRID THINGS

Every single day I do one horrid thing that I don't want to do but I need to do anyway—and the funny thing is, that the more I do them the less there are.

LEARN SOMETHING NEW

And I do one thing that will help me learn something new, or a system I want to embody, or an exercise....

The EASY WAY to Be Super Productive

I set aside 10 minutes to an hour every single day to listen to an audio or look at a video or read a book or confer with somebody that can teach me something.

This way I keep my brain synapses alive, I learn something I didn't know about, and it helps me become more profitable.



DO SOMETHING FUN!

And I do one fun thing at least—you know whether it is a simple walk on the beach, make a phone call, watch a funny movie—whatever is really fun to me.

Or I watch a Netflix movie or I go out to lunch with somebody. I plan my fun thing within my daily calendar, otherwise I'll be too busy and I won't do it.

ONE BUSINESS (PROFIT) THING

Then I do one business thing that is supremely important for that day. Now, obviously if I'm in business and I am working an eight hour day—often I work more than that just because it is fun—I'm going to be doing more than one business thing.

But let's say I wake up and I am feeling kind of lazy that day, I'm still going to do that one business thing

The EASY WAY to Be Super Productive

even if it is just one email, so that I can feel like at the end of the day I have accomplished everything I want to accomplish.

I usually have a whole list of things—I use 3x5 cards and write things out so I can cross them out. I don't like online to-do lists, but you might like them. Whatever way you organize your to-dos, make sure that you can cross them off at the end of the day so you can say, "I did that. I feel really good about doing that." OK?

You probably noticed I called it one 'profit' thing. Some people tell me they feel guilty for making a profit. Well, think about this: are you in business to lose money? I don't think so! Your business must profit, or it is simply a hobby. Getting paid is an OK thing!

WRAP UP & SURPRISE

So those are the 7 (actually nine) master things I wanted to talk to you about. Now I am going to give you two things that may surprise you.

YOUR SECRET POSITION

The first surprise is that there is a secret position physically—a physical position—that you get into when you source ideas for your creativity.

The EASY WAY to Be Super Productive

There could even be more than one. For instance, I get ideas when I'm in the shower, when I'm sitting down at the dinner table, when I'm walking...and this one is the most important one of all: when I am napping.

When I wrote the **PIGEES** book, my book on how to use your money to get more money, it took me probably about six weeks to write that book, illustrate it, make a guide for it, publish it and market it. Six weeks, that's it. (People talk about write your book in 90 days—heck, you can do it in a weekend if you want!) And I did it all by napping!

If you use this secret—find what your position, what your physical position is—you are going to be able to source your ideas a whole lot more easily.

Here's a really interesting thing. I have a friend who does something called The Human Design System. In that system, there are, I think, four or five specific body energy types. There's one type that, when that person who is that type lies down, they get an immediate Connection to Creative Source that they do *not* have if they are upright!

I never knew that. I always beat myself up for having to lie down to talk to somebody. Like, when I would talk to one of my ex husbands when we were still married, I would want to go lie down in bed and

The EASY WAY to Be Super Productive

talk because I would be horizontal. I never knew that it was because I become more creative when I am horizontal!



But now that I do know that, if I need to Source something, I immediately go to the couch that's in my office and I get myself horizontal, and I allow myself just to drift.

Usually it takes me about five or ten minutes before my body relaxes, and all of a sudden I get this rush of ideas that comes in like a river. It is unbelievable. Really, each time it surprises me how incredibly powerful it is. So I turn over on my side and grab my paper and pen and start writing down ideas.

So what position is it that you—unconsciously or consciously—maybe you already know what it is—gravitate toward in order to get ideas?

Do you have to go drive somewhere? If you do, get your cell phone out and have it ready to text yourself or leave yourself a voice message on your machine so you can capture the ideas you get.

Or maybe you like to walk somewhere alone, or go for a walk with somebody.

The EASY WAY to Be Super Productive

Maybe you like to sit out on your deck and drink a cup of coffee and space out looking at the view.

Whatever physical position, whatever physical movement it is that allows you to source ideas, really notice it, and congratulate yourself. Pat yourself on the back, “hey I found my position!”

Now each time you need some new ideas you can get more creativity going! Go lie down, take a nap, go for a walk—do whatever it takes that is your style.

This is something that nobody ever talks about—well, except the human design people, and they are very rare people! So—find and access your physical position.

TURN SHAME INTO CREATIVITY

This is a big one. There is something that you are ashamed of. Don't say, “no, I'm not ashamed of anything,” because it's true—every single one of us is ashamed of something.

Now I want you to look at that something that you are ashamed of. It's a secret that you're not telling anybody. The interesting thing about this thing that you're ashamed of and that you're keeping secret from people is this: this is where your power resides.

Enormous creative power lies within your shame.

I'll give you an example. A friend of mine is a real flirt, she is just incredible. She is amazingly sexy. She is beautiful. She dresses really nicely. But she was ashamed that she was a flirt, and was trying to be a 'professional' coach, a serious speaker—trying to do all this stuff that didn't really work for her.

And when she finally acknowledged, "I am a flirt," things completely changed for her. She set up a complete business teaching people how to flirt. Isn't that interesting? And she's doing really well at it.

I used to be ashamed of the fact that I was broke. Then I attended T. Harv Ecker's Millionaire Mind course. When I got home, I thought, "You know, the way he presents that is really funky. I could make that system better, with easier ways to remember the parts, and I could do it more artistically and funnily."

So I decided to create *The Six Little P.I.G.E.E.S. Learn the Amazing Money Multiplying Method*. My [PIGEES book and system](#) shows you how to play with your money so you have more money to play with! That's how I turned my shame and my secret into

The EASY WAY to Be Super Productive

something that was fun, delightful and profitable.

I want you to look at whatever it is you're ashamed of and admit that that's what is happening in your life. "I am ashamed that I'm broke. Well, what can I do to help other people get out of the same place?"

Or, "I am ashamed that I'm a flirt. Well, how can I have fun flirting and make money at it?" "I'm ashamed of the fact that I am disabled..." you know, perhaps you've got MS or Cerebral Palsy.

Well how can you help other people with the same challenges? **This is where your power lies!**

It's so close to you and you're living right in it and you're so close to it you can't see it. So look in the mirror again.

**See yourself and
ask yourself, "what am
I ashamed of?"**

**"What do I *not* want
people to know?"**

The 7 Secrets of Being Super Productive

Because there are other people out there who have the same secret and who are looking for ways out of it, just like you were.

Once you acknowledge the secret and say, “yes, this is happening for me,” then you can take your skills and talents and create something to help other people understand that they’re OK just the way they are.

And you can even make some money at it! Does that make sense to you? Does that sounds like something you can do?

Caller: Oh Yes, totally. Yes, my mirror’s right here.

Angela: Good! Any questions about that?

Caller: No, that’s very clear. One of the things that just came up for me is that I’m embarrassed that sometimes I act impulsively. There have been times in my life where I just do something that seems like I don’t know really where it comes from.

And I can end up spending a lot of money in the moment, and then I will be kind of embarrassed about it. I have a kind of pattern about that.

Angela: OK. How can you take that and turn it around and declare, “yes, I’m an impulsive spender?” How could you change that?

The 7 Secrets of Being Super Productive

Caller: Well, the other ingredient about that's that I follow my dreams, there is a creative...there is something pushing me or propelling me in those moments that's really good. And I actually like the piece about it that I'm making my dreams come true and I'm doing that for others, too.

Angela: OK. That's great. Thank you for sharing that with us. So how can you take your shame and turn it into congratulations?

It sounds to me like you could say to yourself, "I'm really intuitive, I'm following, my intuition." Would that make sense?

Caller: Yes, thank you! Yes, thanking myself for following it, even though I don't know where it's leading me, and there's always something good that comes out of it.

Angela: Yes. So the next time you email your list you can tell that story. "I used to beat myself up for being a compulsive spender, and then I realized that I could congratulate myself for listening to my intuition." Cool. Thank you for that!

I've got a whole long list of other things that I wanted to speak to you all about, but we really don't have enough time today. So, I'm going to tell you something short that one of my Round Table

The 7 Secrets of Being Super Productive

Prosperity Group members said on one of our calls last week. I just loved it so I wrote it down. And that's this—that, in order to really succeed:

**You must think it, feel it,
and see it.**

Think what it's: you know what your goal is, what your purpose is. What is your destiny? What is your future bubble?

**Really feel it and really
see it. Make it real for
yourself.**

Make an anchor for that bubble and stick it right there in the ground so you can reach over and open the door in the bubble and walk in at any time you feel like you have lost it. You know:

**Your Future Bubble is
always with you, you just
forget it.**

The 7 Secrets of Being Super Productive

The other thing that I want to say is this. You can think all you want, you can dream all you want, but unless you act, and *do* something—take one little nano step, even if it's the wrong step—you must act, because without the acting you can't create.

I can sit here and visualize all kinds of paintings, but until I take up the paint brush, ain't nuthin' happening.

Even if I paint the wrong color, I can paint over it. I can throw away the canvas, I can burn the canvas, I can re-gesso it. I can give it away...there are all kinds of things that I can do, even if I make a mistake.

So don't get hung up and make yourself go through the contortions of "I have to be perfect!"

DO something, and do it NOW!

Right now I'm going to open up the call and ask you what you felt was the most valuable about today's call. So—Mimi what was the most valuable about today's call?

Mimi: Oh, there was so much there! The systems part, I think I need to think more about that.

The 7 Secrets of Being Super Productive

Angela: Oh good. So is there anything in particular that you need to know about systems?

Mimi: Well apart from the 45 minute segments, how can you actually stay on track? Because I'm like Linda, I have the valley of the 10,000 projects and it's really hard to stick to one of them. They all feel related.

Angela: That's a good point. I'm glad you brought that up. Let me interject something here before I go on—I'm so glad you brought that up. Most of the people on the call today are women. Women think differently from men—and you can laugh and say, “yes we know that!”

But it's really true. Men think in a straight line. Women think globally. So when we think, “I have got to take my kid to the dentist at 3:00,” we are also thinking, “Oh I have to get the laundry done by then, and I've got to work with three coaching clients, and I have to get dinner ready, and....”

We've got all these different things that are within the globe of our reality and that we have to be doing all at once in order to get things done on time.

Men think, “Get to the store. Drive the car. Get out of car. Go into store. Buy items. Pay. Walk to car. Get in car. Start to drive....”

The 7 Secrets of Being Super Productive

That might make them sound really stupid to you, but men are not stupid, that's just the way they think. Get the deer, get the deer, get the deer. They're hunters. They have to be single-minded to stay focused on the quarry and bring it home to eat.

We women, on the other hand, are the maintainers of the reality bubble in which our family lives. And so we have to think globally. So Mimi, the answer to your question of "how do I stay focused" is that you have to *understand the nature* of your focus.

If I'm doing a project like an e-book, that's one thing. But if I'm doing a project where a lot of people are involved, or my family, then those things that are related are part of the focus. Does that make sense?



Mimi: OK, I could enlarge my focus to envelope the whole thing, actually.

Angela: Yes. Because this five minutes you might be putting something in the oven to cook, the next five minutes you might be making a phone call, the next five minutes you might be creating a joint venture with somebody, but it's all part of the same project. Does that make it feel a little bit better?

The 7 Secrets of Being Super Productive

Mimi: Yes. It means I don't have to beat myself up about not being focused.

Angela: Exactly. Because you know, we think in encompassedly—I don't know if there is any such word!—but not all of us create in straight lines.

So even with an e-book, if I'm going to concentrate for the next 45 minutes on this e-book, I might get to minute 30 and be done with the design work, but then I need to do the formatting.

And then I need to do the fonts, and then I need to do quotes...all those different parts of it.

And then I might need to make a phone call to the person who is writing the book that I'm doing it for and say, well what does this mean on chapter five, line 33?

Mimi: And that's part of it.

Angela: Yes, it's part of it. So you widen your focus, but know that you're on track and on target.

Mimi: OK, that makes sense. Thank you.

Angela: Good, well thank you for that question that was really good. Linda had a question about focus, Linda are you there? Does that help with the focus?

The 7 Secrets of Being Super Productive

Linda: It does, and I liked the 45 minutes thing. I knew that but I forgot....

Angela: So you can just start practicing it now and you know if that's hard to do, start with 30 minutes.

Linda: OK. Well the thing is, I can get on the computer and go for hours and then other things don't get done.

I think changing my system of when I do things is probably another very suggestion. I've got to really get serious about.

Angela: Let's not be so heavy about it. That's why I say on the Master To-Do List that you have to have one fun thing to do in the day.

Now, I like to cruise the internet every once in a while just to relax and look at artwork, and I was beating myself up for doing it. Then I realized this is one of my fun things, I could schedule it!

So I schedule it for the end of the day when I'm too tired to be working but too wired to go to sleep. I just want to look at people's artwork and have fun, and cruise, and look at Facebook or whatever.

That way I can allow my fun thing to come through and not feel bad about it.

The 7 Secrets of Being Super Productive

Mimi: Right, that's sometimes *my* day, too, and that's the thing, I need to change....

Angela: Yes, because during the day you've got your energy up, and you're creative and productive, you don't want to waste your energy.

Mimi: Right.

Angela: And as an artist, yourself, you're so creative anyways—you probably have a million things you want to do. So you just need to ask yourself, "what am I doing?" And if you're cruising when you ought to be producing, then you say uh-oh, I'm doing my fun time at the wrong time, let's do it later.

Linda: Yes.

Angela: But take off the seriousness, because that's so heavy.

Linda: So fun time is not right now, it's later.

Angela: Yes! And—you could also do it during your 15 minute break between 45-minute sessions.

Linda: Yes, that was a ding dong when you said that. It was like oh, OK! I did buy myself a timer just the other day, too.

Angela: Oh how cool, that's perfect.

The 7 Secrets of Being Super Productive

Linda: So I have been moving in that direction.

Angela: Yes! OK, thank you for that, that was really great. What was the most valuable for you today Linda?

Linda: Probably the system thing and the time frame thing. I've been getting these hits and I'm starting to set up systems and the time thing, and this was just kind of reaffirmation that I'm moving in a good direction and towards my passion more. For some reason that's gotten a little old and I don't quite know why. I think because in the past I kind of bowled people over with my passion, and there is that little kid that just settles down and gets patted on the head.

So I keep thinking maybe I have to temper it, to keep my spot in the boat, so to speak. Like maybe I overdid it, and now we're kind of coming back to 'not being passionate is a good thing.'

Angela: Yes, your passion is actually a very good thing! Maybe that's something we can work on when we do our private session together.

Linda: Yes, yes, yes—I'm excited about that part.

Angela: Good! Thanks for sharing yourself with us!

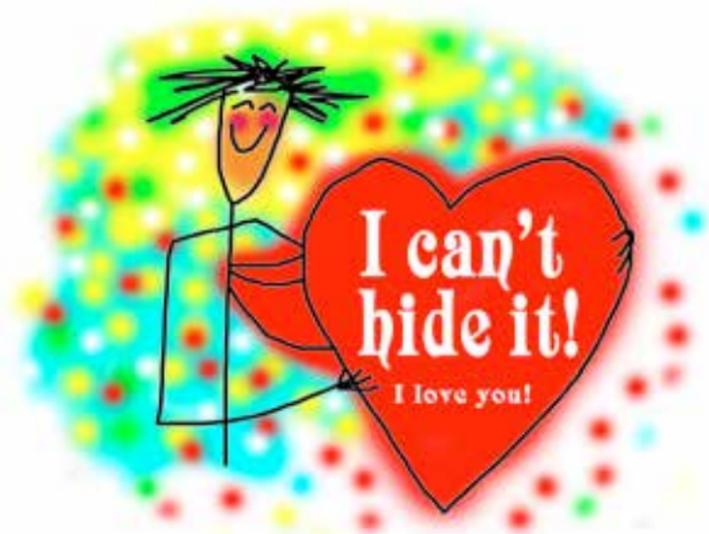
Now our time is up, so I just want to say remember to

The 7 Secrets of Being Super Productive

break the mold, don't put up with normalcy one more second! Be as audacious, bodacious, outrageous, bold and alive as you possibly can. Thank you all so much for coming on the call today, I so appreciate it! I'll talk to you soon and bye-bye!



**Don't allow
your past rule you—
remember to tap!**



The 7 Secrets of Being Super Productive

About the Author

❖ ANGELA TREAT LYON ❖

is an award-winning, internationally recognized artist and author who lives and works in Hawaii.

Angela is trained in multiple alternative healing methods and technologies; is an Avatar Master; and holds EFT seminars in the US and internationally. She specializes in coaching for both the Inner and Outer Game for success in peak performance in business and marketing.

Her site EFTBooks.com is the premier international source for learning materials on and about using tapping with Meridian Tapping Techniques.

You can share EFT with others easily and simply by sending them to EFTinEveryHome.com, where they can find a simple, brief but solid explanation of EFT, an easily understood, short run-through of the process, and supporting ebooks.

Angela's unique artwork is in private collections and galleries from China and Japan to the US, Argentina and Europe. See AngelaTreatLyonART.com.

Angela hosts and produces Daring Dreamers Radio for entrepreneurs, interviewing daring, exciting and inspiring guests at IDareYouRadio.com like Quantum Thinking Expert Dr. Joe Dispenza, health

The 7 Secrets of Being Super Productive

advocate Gary Null, Dr. Eric Pearl, Take Action Speaker Wendy Lipton-Dibner, copyright attorney Maria Speth, self-esteem expert Dr. Joe Rubino, diabetes expert Dr. Stefan Ripich, radical people's clinic proponent Dr. Pamela Wible, Olympic Peak Performance Coach Dr. JoAnn Dahlkoetter and many others who have immense spiritual, business and health expertise.

MEDIA TRAINING

As a natural outgrowth of having guests on her own show, Angela created the *How to Be the Radio Show Guest Everyone Wants Back Again and Again Program*.

Her students and clients learn how to be confident presenters who can stay on point despite hostile interviewers, talk about their books or sell their programs without being salesy, and to refine their brand and information so listeners 'get it' right off and take action to connect immediately.

She helps them get their most critical points across to their listeners easily and effortlessly, whether they have 15 minutes or 5 in which to present. Say goodbye to stage fright, being boring, having a too-soft voice or garbled speech, losing your place...say hello to easy organization, crystal clarity and powerful confidence in your crisp presentation, whether on the radio or in any other venue. (Contact Angela to ask about working with her.)

**My best aloha to you, your
health, Dreams, success,
happiness, and prosperity!**

Angela



Remember to break the Fun Meter!



Imagine Being Mega Productive!

You really *can* eliminate limiting thoughts, beliefs, blocks, obstacles and habits that have kept you from creating and living your fullest life possible. Once you start tapping with EFT, the Emotional Freedom Techniques (Meridian Tapping), daily, you'll find your life becoming easier, happier and more free. Reading and using this book could be the beginning of your fantastic new life!

Tapping helps you:

- ➔ Get clear of what's holding you back
- ➔ Clear out and neutralize old bad habits, beliefs, emotions & limited thinking
- ➔ Re-envision your goals and direction
- ➔ Make new choices; find opportunities more easily
- ➔ Create the life/business success YOU want to have

"I love the way you make tapping so easy to learn and fun to use!" -- **EFT Master Lindsay Kenny**

Life Coach and Founder of the National Alliance for Emotional Health

Angela Treat Lyon helps people all over the world release their fear, depression, anger and grief and move into exciting new choices, passion and delight in life. She has authored many tapping books, audios & courses, holds teleclasses and trains other coaches world wide. She has initiated revolutionary new ways of tapping, and is recognized as a leading authority on using tapping for stability and emotional sanity.

AngelaTreatLyonBooks.com

After years of pain, fear, anger and frustration, now you can make the changes you've wanted for so long.

What are you waiting for?