

ENGAGING THE 8 DIMENSIONS OF THE SELF

Jack Canfield's Secret Formula for Creating
Successful Trainings & Workshops



Intellect



Emotion



Imagination



Intuition



Body



Will



Awareness



High Self

Introduction



People often ask me what my “big secret” as a successful speaker and a trainer is.

They want to know how I’m able to make such a powerful impact on people and inspire them to create such incredible success in their lives – when I’m just a regular guy.

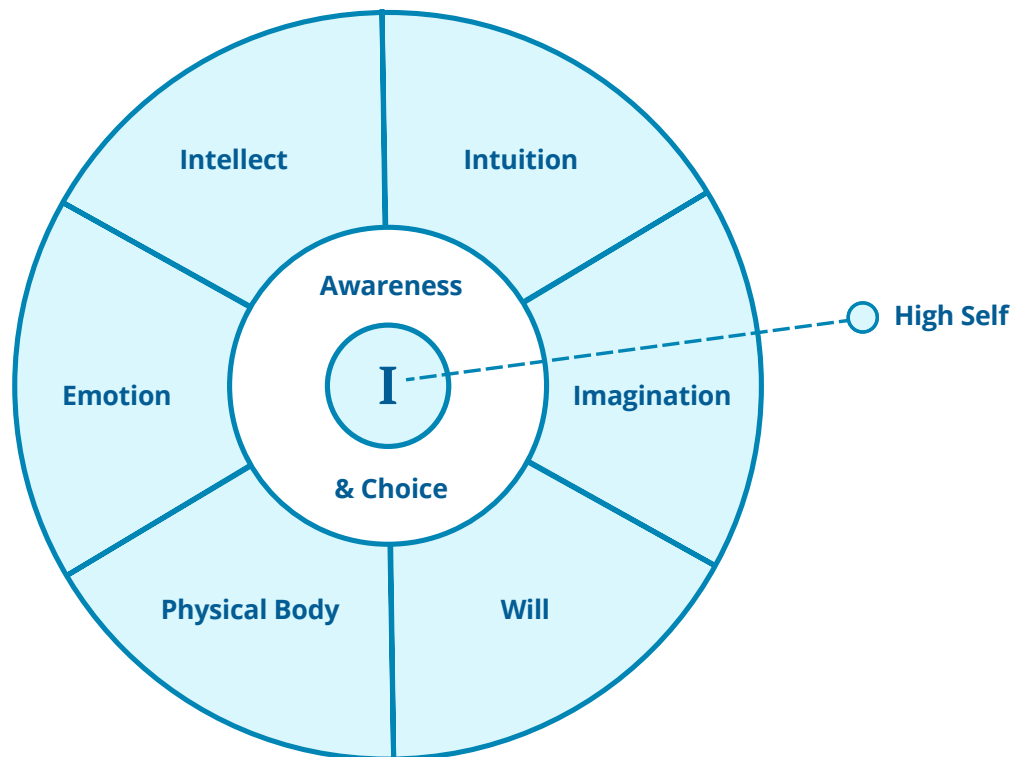
Because if you’ve ever been to one of my workshops or trainings, you’ll know that’s what I am — a regular guy. I’m not a spiritual “guru,” a profound philosopher, or a hyper-intelligent genius. In many ways, I’m a very ordinary person. So how did I become one of the top human potential trainers in the world?

Well, here’s my secret: I know how to help people make the deep, transformative shifts in mindset and behavior that result in lasting change. It’s the result of a powerful methodology I have developed and perfected over my 50-year career as a teacher, speaker, trainer and coach. And one of its main pillars is this: if you want to make a deep and unforgettable impact on a person, you have to speak to and engage all aspects of that person’s being.



The 8 Dimensions of Self

To be effective you have to understand that we are so much more than just our bodies and our minds. During my decades-long research into the psychology of high achievement and peak performance, I discovered that a person has eight distinct dimensions of themselves that must be addressed, developed, integrated and aligned in a holistic manner in order to assure their success.



The best way to ensure your words, speeches, presentations, workshops, trainings, or coaching sessions make a deep and lasting impact on people is to present your message in a way that engages all eight of these dimensions.

It's not enough to speak only to the intellect. When you also speak to their hearts, touch their emotions, expand their awareness, activate their imagination, awaken their intuition, engage their bodies, activate their will, and connect them to their high self (essence, spirit, superconscious mind), your message will hit them in a far more profound and powerful way. That's how you have a totally life-changing effect on people.

This holistic “eight-dimensional approach” will make you more effective in any situation where you work with others and want to help them unlock their full potential and achieve their goals:

- Teaching in the classroom
- Speaking to an audience
- Conducting one-on-one client sessions
- Managing employees
- Leading a team at work
- Training sales people
- Coaching athletes
- Organizing a group of volunteers
- ... and so on.

In the following pages, you'll learn more about the eight dimensions of self and how my powerful **Canfield Training Methodology** engages all of them in a way that creates profound and lasting shifts in people's mindset and behavior. You'll also receive a detailed breakdown of one of my most popular training sessions that illustrates how I structure my presentations to address all the aspects of a person's in a systematic way.

(You'll also learn how to master my **Canfield Training Methodology** yourself – and become certified to do what I do! So make sure you keep reading to the end of this guide.)

Now let's take a closer look at the eight dimensions, and how I use them to teach the success principles in my workshops and trainings.



Dimension 1:

The Intellect

We are all intellectual beings. We like to feel well informed and to know that we're making logical, intelligent decisions based on good information and solid reasoning.

We're always on the lookout for evidence that proves the wisdom of our actions and beliefs. That's why, when you're teaching someone or enrolling them in the value of taking a particular action, it's important to provide rational information that will speak to their intellect.

Another important thing to remember about our intellect is this: thinking the right thoughts is a critical component of creating our desired results. If we tell ourselves we can do something, we believe it. If we tell ourselves we can't do something, we believe that, too. So if we want better results in life, we first need to change our thoughts and our beliefs.

Things that will engage a person's intellect:

- Sharing accurate and verifiable statistics, stories and examples that offer compelling scientific evidence of the truth of your message.
- Using examples and success stories of real people and real results to back up your claims.
- Teaching people how to use positive affirmations that replace their negative thoughts and beliefs with positive ones.
- Teaching people how to replace disempowering words such as "I can't" and "I wish I were able to" with empowering words such as "I can" and "I will".
- Teaching people how to transform their limiting beliefs into empowering beliefs.
- Building their self-esteem and self-confidence by having participants create a list of 100 successes they have had in life. This reminds them that they are truly capable of accomplishing a lot, and it helps them develop a high-achiever mindset.



Dimension 2:

The Emotions

Maya Angelou has said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

It's true. Our emotions have a powerful, often subconscious impact on us – both the positive ones and the negative ones. They influence every thought we have and every decision we make. We jump at the opportunity to experience joy, gratitude, awe, and delight – and go to impossible lengths to avoid fear, anger, shame, and disappointment.

In fact, the biggest obstacles we face in life are rooted in our resistance to experience negative emotions. But you have to acknowledge and release those emotions if you ever want to overcome the obstacles that are connected to them. So when you are working with people, you have to speak to their heart as well as their mind.

Things that engage a person's emotions:

- Telling emotionally moving stories that support the principles you are teaching.
- Teaching people to use joy as their inner guidance system to tell them that they are on course.
- Having people create a list of things that make them happy and using the list as a reminder to generate more better-feeling thoughts.
- When doing visualization work, having people focus on how they will FEEL when their goals are reached, in order to make their visualizations more powerful.
- Using techniques that generate the emotions of love, gratitude, appreciation and joy in order to create a vibrational match that will attract more of what they want in their lives. These include meditation, sharing appreciation, physical touch, playing songs with inspiring music and uplifting lyrics.
- Conducting "Heart Talks" that allow people to acknowledge, express, and release their true feelings about a topic, concern or situation.



Dimension 3:

The Imagination

Our imagination allows us to envision something that doesn't yet exist and make it into a reality. I always emphasize, "If you can imagine it, you can create it!"

Imagery allows us to bypass the verbal, rational mind and access our inner wisdom. When you visualize your goals, you are able to "see" the end destination in your mind, which makes it easier to plot your journey to get there. You can also use your imagination to mentally rehearse an event before it happens and ensure the best possible outcome.

Visualization also increases the power of your subconscious to achieve your goals. Because when you visualize something that doesn't yet exist in reality, you create a mental "structural tension" between your vision and your reality – and that then triggers your subconscious mind to come up with solutions to resolve the tension by making your vision come true.

Activities that engage a person's imagination:

- Conducting journaling exercises that allow people to create a detailed ideal vision for their life.
- Incorporating daily visualizations and affirmations to keep people motivated and on target as they work toward their goals.
- Practicing replacing negative mental images with positive ones to boost confidence & motivation and create better outcomes.
- Creating vision boards with pictures of their ideal vision to keep it top of mind and to activate the subconscious mind to generate solutions for achieving their goals and objectives.
- Having people verbally share their vision with others in order to make it real in their minds and enlist the support of others in achieving their goals.



Dimension 4:

The Intuition

According to bestselling author Michael Gelb, “Your unconscious database outweighs the conscious on an order exceeding ten million to one.” That unconscious database is the source of great wisdom and power.

Your intuition is the soft, still voice inside you that reveals your deepest inner wisdom. It’s how you instinctively know things without understanding why you know them, and what makes you immediately understand whether something is a good idea or bad idea for you.

Your intuition can also be a bit of a slippery fish. You can’t access it with your rational mind. Instead, you have to let go of logic and listen to what your soul is telling you. The more you learn to trust and listen to your own intuition, the better your results will be, the more self-confidence you will have, and the more willing you’ll be to take the risks that yield the big rewards.

Things that engage a person’s intuition:

- Leading meditations that silence the “monkey mind” and make it easier for people to listen within.
- Conducting guided visualizations that help people tap into their deepest wisdom.
- Getting people to clean up their “messes & incompletes” in order to free their mind of the constant irritations and distractions that make it hard for them to hear their inner voice.
- Help people to determine how your intuition uniquely communicates with them – through words, images, or physical sensations, such as shivers up their spine, and then to give more attention to those things when they arise.
- Have people write down their intuitive insights and inspirations, and then to take action on them ASAP to increase their connection to their inner voice and make it easier to hear.



Dimension 5:

The Physical Body

What affects your body affects all other aspects of you – and vice versa. When your body is healthy and fit, your mind is more alert. You have more energy and confidence in your ability to set and achieve goals. On the other hand, when your body is run down and out of shape, you lack energy, enthusiasm and self-esteem, and you tend to get sick more often, which can have a negative impact on your motivation and productivity.

Your body is also the repository of strong memories and emotions. When you feel anxiety, tension, or stress, these emotions get locked into your muscles and need to be released by some form of physical activity such as movement, dancing, hugging, physical exercise, yoga stretching, massage, and playing games.

Things that engage a person's physical body:

- Making sure people's needs for nurturing touch are met (shoulder massages, exchanging hugs, sending and receiving healing energy).
- Using stress reduction techniques (such as deep breathing exercises, progressive relaxation, and the Quick Coherence® Technique) to relax the body and the mind.
- Using EFT (Emotional Freedom Technique) tapping to release negative feelings, traumatic memories, and physical pain that no longer serves participants.
- Using physical energizer activities to raise their energy and increase their mental sharpness.
- Supporting people to take care of their body by giving it the healthy food, water, exercise and sleep it needs.



Dimension 6:

The Will

Your will is your metaphysical “backbone.” It’s what allows you to exert conscious control over your behavior. (Literally: “I WILL do this.”) It is your power to choose.

Your will is the source of your determination, self-discipline, and perseverance. It pushes you to set goals, take action, and continue on in the face of obstacles and resistance. When you align your will to the unique purpose of your higher self and direct it wholeheartedly toward the achievement of your goals, you would be amazed at what you can accomplish. (Hint: anything you set your mind to.)

Things that engage a person’s will:

- Being encouraged to take full responsibility for their life (E+R=O).
- Setting goals and creating a plan to achieve those goals.
- Exercising self-discipline and act with integrity.
- Following the Rule of 5 to get more done in a day.
- Being an active listener and telling the truth faster.
- Taking immediate action after receiving an inspiration.



Dimension 7:

The “I,” Awareness

YOU are not your thoughts. You are not your body. You are not your emotions, or your imagination, or your possessions. You experience these things, but you are not them. They are impermanent and are constantly changing. Your “I” is the awareness that exists beyond them and is able to experience them. It’s a center of pure awareness and consciousness, and it’s the one permanent factor in the ever-changing flow of your life.

When you connect with your “I” and remember who you truly are – and what you’re capable of – you will find the confidence, motivation, and self-awareness necessary to create a life that truly fulfills you.

Activities that engage a person’s “I”:

- Using the Dis-Identification Process to separate their fundamental sense of self from their emotions, their body, their mind, their possessions, and all other changeable elements that they experience but aren’t defined by.
- Using the Mirror Exercise to look into their eyes (the windows of your soul) and connect with their essential self.
- Meditating daily to become more aware of their thoughts and emotions and how they experience them but exist beyond them.
- Journaling regularly to explore their thoughts, feelings, and ideas and then release them or lean into them further.



Dimension 8:

The Higher Self

Beyond our bodies, minds, and souls – beyond our ability to define ourselves as “I” – exists our higher self. This is the part of us that is connected to the rest of the Universe and all other living things. It is the “divine spark” that resides in all of us.

When we connect more deeply to our higher self, we’re able to experience a more profound sense of community and “oneness” with others. We think beyond ourselves, empathize with others, and are inspired to work toward the betterment of all living things.

Living in alignment with your higher purpose is what empowers you to create a life of deep joy, fulfillment, purpose and meaning – and to make a much bigger impact on the world.

Activities that engage a person’s higher self:

- Having a “heart talk” to experience a deeper and more profound sense of connection with other people.
- Conducting a Passion Test with your clients.
- Leading people through a life purpose exercise.
- Practicing gratitude through meditation or journaling.
- Practicing spiritual exercises like meditation, forgiveness, gratitude, appreciation and unconditional love.
- Volunteering and being of service to others.
- Singing or chanting as a group.
- Reading and discussing religious and/or spiritual books together.

Putting It All Into Practice



So when you are planning a speech, workshop, training or coaching session, you want to include all eight dimensions in your plan.

Let's stop and take a look at how my training and workshops speak to all eight dimensions of self so that my speaking, teaching, leading or facilitating is sure to impact people in a deep, powerful and lasting way.

The next two pages contain an outline of a typical training module I use in most of my workshops and speeches. It contains what I call the "key ingredients," which are the specific sequential steps that make up the **Canfield Methodology**. This "session" might take up to 60 minutes to complete. The exercises, demos and examples, in the center column are all ones I teach the students in my Train the Trainer Certifications Program. The right hand column identifies the dimensions of self each of those activities or ingredients addresses.

The following training session focuses on one of my most powerful Success Principles: Take 100% Responsibility for Your Life and Your Results.

Take 100% Responsibility

Key Ingredients	Exercise/Demo/Example	Dimensions Addressed
Creating a Safe Space	Show some cartoons The hugging exercise	The Emotions The Body
Powerful Quote Share statistics	Use statistics for credibility Give a powerful example to illustrate the point. Show another cartoon for humor	The Intellect The Emotions
Introduce the Concept Share My Why	$E+R=O$ (Event + Response = Outcome) Share my personal story	The Intellect The Emotions
Transition	Your R (response) is the only thing you can change – Introduce a demo to illustrate $E+R=O$.	The Intellect
Demonstration	If I told Sarah, "You are the Biggest Idiot I ever met," how many people think that would lower her self-esteem? If you answered yes, you failed the first pop quiz on $E+R=O$. It's what Sarah says to Sarah after I stop talking (her R to the Event) that determines her feeling of high or low self-esteem.	The Imagination The Emotions
Transition	There are 2 kinds of R's: positive and negative internal and external	The Intellect

Key Ingredients	Exercise/Demo/Example	Dimensions Addressed
Demonstration	Muscle Test Demo: Your body doesn't lie. Your arm strength shows when you are telling the truth vs. lying. It is strong when you are telling the truth; weak when you are lying.	The Body The Intellect
Transition	Thank the volunteer for the demo, and ask the audience to give them applause while they take a seat.	
Exercise with worksheet	Responsibility Sentence Stems: "If I were to take 5% more responsibility for my health and well being, I would..."	The Imagination The Will
Exercise with a Partner	I can't... vs. I won't...	The Intellect The "I" – Awareness The Will; The Emotions
Tell a Relevant Story to illustrate the point	"There Are No Vans" by Tony Robbins from Chicken Soup for the Soul	The Intellect The Emotions The Will
Transition	Now can you see why this is Principle number one? Great, now that we have clarity about this, it is time to look at why we are here? I'm going to help you discover your life purpose.	This transitions into The Intellect The "I" – Awareness The High Self The Imagination

Radically Change Lives

This training session takes me about an hour to complete. As you can see, over the course of the session, I make sure to speak to or engage all eight aspects of a person's self.

I use "safe space" exercises to help people connect with their emotions and higher self... statistics and examples to appeal to the intellect... stories that evoke emotions and spark the imagination... activities that encourage people to tap more deeply into their intuition... physical energizers and calming exercises to leverage the body's ability to keep the mind active and focused... and activities to strengthen their will and their connection to their "I."

This is how I ensure that my teaching hits home on the cellular level. It's what makes me a transformational teacher, as opposed to just another talking head at the front of the room. And it's why the people who attend my workshops and events regularly tell me that my work has radically changed their lives.

Interested in learning more?

Teaching how to engage all eight dimensions of self is just one of the reasons why my proven **Canfield Training Methodology** is so effective. I have perfected my training techniques over a 50-year career as one of the world's pre-eminent human potential experts, and I have seen people from more than 100 different countries and a ton of different professions successfully use these techniques to achieve incredible results in both their own lives and the lives of the people they teach.

I invite you to stay tuned over the next few days, as I continue to send you some valuable information about how to utilize the Engaging the 8 Dimensions of the Self guide in your life. I will also be sending you a special offer on my Train the Trainer Online course in a few days, so make sure you keep your eyes out for that offer. Enjoy the next few days of materials I have prepared specifically for you, to help improve your business, life and/or career.

About Jack Canfield

Jack Canfield is an award-winning speaker, trainer and an internationally recognized leader in the psychology of success, advanced personal development, and strategies for peak performance. For more than 50 years, he has been teaching entrepreneurs, educators, corporate leaders, sales professionals and people from all walks of life how to create the life they desire. As the creator of the *Chicken Soup for the Soul*® series and author of *The Success Principles*™, he has taught millions of individuals his proven formulas for success, and now certifies trainers to use the **Canfield Methodology** to teach his success principles as well as their own content all over the world.

