

QuickSwitching: How to Change for Good

A Workbook

By Jon Wortmann

Change depends on how you intentionally use your brain. Can you get it online quickly? Can you overcome distraction? Can you recover from stress?

QuickSwitching is the ability to open your brain's pathways in any moment and then switch to the memory file you choose.

What kind of file? Depends on what you want to experience. Do you want to feel better? Do you want to stay in the moment more easily? Do you want to improve? Most people lose themselves when they try to change because of fear and doubt. Most people can't stay in the moment because of stress. Most people can't improve because they force learning rather than using the new science of brain plasticity, memory, and emotion regulation. That's why I developed QuickSwitching.

QuickSwitching is a technique, a philosophy, and a learning model.

As a technique, it is the fastest way to get your neural pathways open and your brain thinking about what you want to experience right now.

As a philosophy, it is the belief that human beings can evolve the brain's function from reactive to optimal. The science proves you can change if you want to.

As a learning model, it is the process of teaching how the brain works, how to focus and manage stress on purpose, and then how to mine and create memory files that permanently improve attitude, resilience, and performance.

What you are about to learn is not a magical solution. We are about to begin something together. A journey? A transformation? A subtle adjustment? Depends on what you want to change. Together we will take the first steps.

Act 1: Change is Possible

What do you want to change?

What is stopping you today?

Act 2: What is QuickSwitching?

Having heard about QuickSwitching, define it for you:

Act 3: First, OPEN

How do you want to be mindful first?

Act 4: Memory File Mining

Memory File Mining: Feelings

Where are you safest in the world?

What is the best presentation you have ever done?

What is the coolest success of your life?

When have you intentionally changed in the past?

What will life be like after you make today's change?

Now name the feeling with each memory. Name the feeling for the final prospection.

Memory File Mining: Your Core

Values:

Goals:

Commitments:

Snapshots:

Movies:

Dreams:

Memory File Mining: Trusted Processes

Healing:

Discovery:

Improvement:

Problem solving:

Act 5: Plan to Change

What do you want to change?

What forms of **opening** will you use and when?

Look
Listen
Pause
Count
Breathe
Doodle
Pause
Play
Look away
Notice
Sweep
Smell
Half-smile
Imagine
Taste

What will you switch to? When will you practice? Who will help you?

Feelings

Cairn

Process