

COMPLETION CHECKLIST/SUMMARY **FOR THE CODE OF THE EXTRAORDINARY MIND**

As an avid reader of [The Code Of The Extraordinary Mind](#), by [Vishen Lakhiani](#), you might wish to finish off any “[open loops](#)” that need to be followed up on. Check off that which you’ve finished implementing completely (or a % of progress on it). The ones you haven’t finished (and want to get the results from) tickle in your system with a start date (perhaps for the whole sequence)¹.

“Just as a programmer can program a computer to do specific tasks by understanding its **code**, you can program your life and the world around you to improve, enhance the way you live and the experiences you have in this lifetime.”

Best to read this in a computer so that you can see the footnotes (and to properly study it and make notes in it as you wish.

Note that one has not truly read a book until he/she has harvested the benefits fully. See the comments at the end for how to do that.

(Scroll down to start the list/summary combination page.)

¹ You don’t necessarily have to tickle up each of the tasks/projects that you want to follow up on. You can just list them all in one tickle, where the tickle is to instigate going back to start from the top and work your way down the list.

Law 1. Transcend the culturescape and Law and 2. Question the brules

- ___ Correct key beliefs from the “out there” culturescape of the world
- ___ Checked and verify beliefs within my own group’s culturescape!!!

Law 3. Practice consciousness engineering

- ___ Reengineer your beliefs²
- ___ Reengineer your habits³

- ___ **Law 4. Rewrite** (and/or establish) your **models of reality** (a form of beliefs, which are verified as being true and workable in the actual world)

- ___ Replace disempowering beliefs with healthier, more empowering ones.

- ___ **Law 5. Consistently grow and innovate your systems for living**

- ___ Reengineer your habits
- ___ ... Your [practices](#)
- ___ ... Your tools and [systems](#) that support one’s living

Law 6 “Bending Reality”

- ___ Innovation and reflection on changing limited beliefs/perspectives relative to the real world⁴
- ___ Spending time “in [flow](#)” (you are in a higher state of consciousness, without fear or concern, with a fully physically functioning higher brain power).

Law 7. Live in blissipline.

- ___ Practicing fully “the three types of happiness”.⁵
- ___ The three systems for advancing your happiness level.⁶

Law 8. ___ Create a vision for your future

- ___ Answered the 3 Questions to crystallize end-goals.

(Scroll down for final 2.)

² As an ongoing project or to a “good level” where you’ve addressed them to a satisfactory upgrade to Level 1 proficiency and no anxiety. See [The Program For Upgrading Your Beliefs](#).

³ Consider [The Complete Worksheet For Effective Behavioral Change - The Complete Process To Succeed In Change](#) and you can work your way down to the simpler strategies: [Habits](#), [Willpower](#), [Discipline](#), [And Self Control](#), [Contents](#), [Links](#)..

⁴ To get better results (not bending actual reality, but bending “[Your Reality](#)” (beliefs related to reality, including your capability to deal with the real world).

⁵ 1. Happiness from special and unique experiences.

2. Happiness from growth and awakening

3. Happiness from meaning

Here’s my list and discussion of [The Four Components Of Happiness](#).

⁶ 1. The power of gratitude

2. Forgiveness (or [never blaming in the first place](#))

3. The practice of giving (make others happy).

Becoming extraordinary

- ___ Learn to be (Law 9) [unfuckwithable](#) (internally calm, at peace, not affected by what others say and do, *without being affected by the [loss](#) of any person/goal/thing*)

Law 10. Embrace your quest

- ___ Serve your higher calling⁷ (listen and take action, fully written out so that your “internal” mind can automatically guide you).
- ___ Practice practical mind control and get better and better at managing the mind⁸
- ___ Practice (or revise to fit you) his [6 Phase Meditation](#).

Note that this is not a list to read and to nod your agreement with. It is a checklist in which to check off each item, but only if you complete them. “[Completing](#)” means you have gone all the way to determining exactly what you will do and then installing it in your life!!!!!!!!!!!!

Yes, this means you will have to spend considerable time doing these, but that will be worth it on all of these 10 elements of the code. Of course, the organization he founded, [MindValley](#), provides material to help you do that, including well-designed video based online courses, which they call “Quests”.

Here’s a summary provided by another author: [Summary](#).

May you build a great life from your completion of these!

[Keith D. Garrick](#)

Of [The Life Management Alliance](#)

(A [pay-it-forward](#), never-a-cost endeavor to dramatically improve people’s lives)

How to be in the loop as things develop: Use this link to [the blog](#) and then sign up for email notification on the web version of the blog.

Please [Contact me](#) with any suggestions, additions, revisions, etc., that might help improve this piece and the process, and/or any questions or requests you might have.

⁷ Some people have “higher” mean from a higher spiritual source, though it can mean just from one’s higher self (originating in one’s brain and not from some outside source). Anyway, you’ve undoubtedly heard that one is happier if one serves a cause greater than oneself. That’s generally true, but it is not quite as simplistic as that. You can arrive at what that is with the help of this piece: My Ultimate Packet For Finding My Mission/Purpose/Usefulness on [this page](#). Methinks that one need not have a “higher purpose”, though it will tend to come about naturally when one rises to the level of being [self-actualized](#).

⁸ This is an extensive subject, but I find this practice has a huge payoff, especially as one climbs the learning curve to experience geometrically compounding benefits: [Impulse Management](#)

(Note that most of the pieces I write are intended for more study and completion. As such, you might do the overall reading of the piece and then tickle it for followup later if you cannot complete it in one sitting. It is not likely that you can do it in one sitting. Possibly, read [How To Read And Learn From A Keith Garrick Piece.](#))