

UNLOCK YOUR INCREDIBLE SELF

A Field Manual for Transformation

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INTRODUCTION: THE FORCE OF TRANSFORMATION

Joshua Roy is a force of transformation — a rare fusion of warrior's discipline, a healer's insight, and an unshakable belief in human potential. His life has been a masterclass in turning pain into power, both in the ring and in the human heart.

A former Australian Karate Champion turned police sergeant, Joshua has spent decades on the front lines — not just of physical combat, but of emotional and psychological battles. He has witnessed what breaks people, and more importantly, he has discovered what makes them unbreakable.

As the founder of AccessWorld Seminars, he now dedicates his life to helping others achieve what he once had to fight for himself: freedom from emotional pain, mastery over the nervous system, and the courage to step boldly into a life they previously thought impossible.

This book is not theory. It is a field manual forged in real struggle, practical neuroscience, and proven results. Welcome to a new way of being.

CHAPTER 1: UNLOCK YOUR INCREDIBLE SELF

Unlock Your Incredible Self is foundational to the seminars I run. I always come back to it because this is where transformation starts. Today, I want to share with you where it was born, how it came to be, and why it holds so much power.

You might be wondering: What is this seminar? What am I going to learn? Before I get into that, let me tell you where it all started.

The Birth of Unlock Your Incredible Self

I was travelling back from Sydney to Brisbane on an airplane, my brain racing a hundred miles an hour. I was excited, full of energy, and absolutely pumped up. The night before, I had only slept about four hours — but I was wide awake. Not from coffee, not from an energy drink, but from something bigger.

I had just been a participant in an event called Unlimited Power Within, and on that flight, Unlock Your Incredible Self was born.

I had a notebook with me, and I just wrote. The entire seminar came to life in less than two hours — which was exactly how long the flight from Sydney to Brisbane lasted. When I stepped off that plane, I knew I had something powerful in my hands.

Why? Because I had just spent four days with the one and only Tony Robbins. If you've ever been to one of his seminars, you don't just know about him — you've experienced him. You've felt what it means to truly learn.

After that workshop, something in my brain clicked into hyperdrive. Have you ever had an experience like that? A moment where something so powerful happens that you feel like you've finally found the missing piece of the puzzle — the answer to everything you'd been searching for?

That was me. I felt like I had the keys. Like I had finally unlocked the door that had been closed for so long.

That feeling didn't last forever. Like all bursts of inspiration, it eventually settled. But something inside me had shifted permanently. I knew what I wanted to do. I knew the life I wanted to create.

The Decision That Changed Everything

On that plane ride home, I made a decision: I wanted to become a seminar leader.

I had just been through an event that moved me, inspired me, and set me on fire. Not just from walking on red-hot coals, but emotionally ready to level up. I thought, what better way to live my life than to model someone who is already living an extraordinary one?

To me, Tony Robbins was that example. He had wealth, freedom, and impact. He could travel the world, live the life he wanted, and make a difference on a massive scale.

So I asked myself: If I want to be successful, what should I do? The answer was simple — model success.

During that seminar, Tony shared something that hit me like a ton of bricks. He talked about how, when he started public speaking at 17, most people in the industry would speak once a month — maybe six or seven times a year. That was the norm. They would prepare, rehearse, and deliver their talk, then repeat the cycle weeks or months later.

But Tony wasn't interested in playing by those rules. So instead of speaking once a month, he decided to speak three times a day. Every single day. To anyone who would listen.

Why? Because he realised that if he spoke three times a day, he would gain more experience in one week than most speakers accumulated in two or three months. In a month, he'd have more stage time than most people had in a year. That changed everything for me.

The Power of Consistency

Here I was, working a full-time job, thinking: I certainly can't speak three times a day. When would I sleep? When would I find the time?

But I took that principle and applied it to my own life. I started with one seminar a week. Then I increased it to two. Now I regularly run up to six seminars each week. And that decision has put me in a completely different position than I was in ten years ago on that plane ride.

Ten years ago, I had a vision of where I wanted to be. But I knew it wasn't going to happen by chance or by accident. It was only going to happen if I put in the work — consistently.

Does that make sense? If you put in the reps, you get the growth. Development is always about how much work you're willing to do.

If you do a lot of something, you get good at that something. And if you want to expand yourself, if you want to become more, then you've got to take a serious look at what you're doing with your time.

Are you sitting on your hands, waiting for the perfect opportunity? Hoping someone will come along and hand you your big break? Let me be honest with you — that opportunity is never coming. No one is going to knock on your door and say, "We've been looking for the next superstar, and we think it's you."

No one is going to fund your growth. No one is going to pay for you to become the person you were born to be. So if no one else is going to do it, whose job is it?

It's yours. It's mine. It's ours. Personal development is exactly that — personal.

The Best Time to Start Is Now

I love this topic because Unlock Your Incredible Self was born on an airplane ten years ago. In those ten years, I've not only coached and trained others — I've grown myself. I've taken myself from that version of me on the plane to where I am today.

And now, it's your turn.

When's the best time to plant a tree? Ten years ago. But when's the second-best time? Right now.

If you've wasted time, waited too long, or felt stuck — it's not too late. But you've got to start today. Plant the seed now, water it, nurture it, and give it time to grow.

Success doesn't happen by accident. It happens when you take responsibility for your growth and act consistently.

So today, we begin. Today, we plant the seed. And today, you unlock your incredible self.

CHAPTER 2: THE JOURNEY OF PERSISTENCE

You're not going to unlock yourself to the point where you have no more problems in life. Life will always present challenges — that's inevitable. So accept it from the start. There's no such thing as a destination where everything is perfectly smooth. And once we accept that truth, the ride becomes a little easier to bear.

But here's the reality: many of you will struggle to take consistent action. I've seen it time and time again, because I understand human nature. We start strong with a new idea — full of excitement and passion. Then we lose steam. We hit a roadblock, or the results don't come as quickly as we hoped. We start something new, thinking it's the golden ticket, and then we stop. This is how it goes.

I want to share a simple principle with you. For those of you who have started a lot of different projects in your life, you'll know exactly what I mean.

Imagine you're standing at the start of a journey. Way over in the distance is the result you want — the place you want to reach. You head toward it with energy and enthusiasm. But somewhere along the way, you lose steam. The progress slows, the excitement fades, and before you know it, you've jumped onto something new.

Sound familiar?

The reality is, there are a hundred different paths to reach your goal. But every one of them requires the same thing: consistency. Human nature tells us that most people start — but very few finish.

Stick to the Task

"Stick to the task till it sticks to you. Beginners of many, but end as a few. Honour, power, place, and praise will always come to one who stays. Stick to the task till it sticks to you. Bend at it, sweat at it, smile at it too. For after the bend and the sweat and the smile will come life's victories after a while."

Simple — but true. If we want to reach our goal, we must pick a course of action and stay with it. Even when it gets hard. Even when the excitement fades. Even when the obstacles show up.

And it will get hard. There will be moments when you feel like giving up, when the goal feels too far away, when you think the answer is to find something new — something that promises a quicker, easier route.

But here's what you need to hear: nothing replaces the persistence it takes to keep going.

Put on blinders. Keep your eyes on the goal. Shut out the noise. You might see something shiny in the distance, but don't let it pull you off course. Stay focused. Stay on the path. Because if you do, you will see results — and it could change your life.

My Personal Journey

About twenty years ago, I went through a painful divorce. It is a difficult thing, watching love fade, feeling helpless in the situation. I really wanted a relationship that thrived, yet I was lacking the tools and ability to make that happen. I had three children from my first relationship. They were troubled by what happened, and I did my best to help them understand and accept the change.

When Rebecca came into our lives, we found more joy and more peace. We started to rebuild our family, and everything started to feel right again. But life, as it tends to do, threw me a curveball.

In 2014, my children — who were teenagers at the time — went to stay with their mother during the school holidays. Everything was normal at first. Goodbyes, hugs, the usual. But when the holidays ended, they didn't come back. I tried to reach out, but my ex-wife wouldn't talk to me. Before I knew it, I had a police officer at my door with papers involving accusations of domestic violence.

To say I was blindsided is an understatement. I didn't know what was happening. All I knew was that I was being accused of something I didn't do. In the weeks that followed, I was thrust into a nightmare I wasn't prepared for.

I spent months in and out of courts, dealing with social services, meeting with psychologists — just trying to get my children back. But by the time the legal process was done, my kids had made their decision. They chose to stay with their mother.

And then I found myself completely cut off. No phone calls. No visits. Nothing.

Don't get me wrong — I understand that divorce is hard on everyone, particularly children. But I couldn't help feeling that I had been dealt a very bad hand. I never got answers to why the courts ruled the way they did, or why my rights as a father seemed secondary, despite being a consistent and present parent. My world felt like it was falling apart.

The hardest part wasn't just losing my children — it was the feeling of being utterly alone.

I remember driving down the highway one day and looking out at a tree. In that moment of deep pain, I had a thought that I could just turn the wheel a little to the right and end it all.

Before you think I'm getting too dark, I want you to understand something. I'm sharing this because I know how it feels to be so low, so broken, that you start to question whether anyone would even care if you were gone. I had moments of hopelessness. But even in that dark space, I knew deep down I wasn't going to go down that path.

Instead, I chose to fight. I knew I needed help. I needed to heal. I needed to change.

Have you ever been there? Have you ever felt that level of despair — that feeling of loss, rejection, and betrayal? If you have, you know how it can make you question everything. And I want you to know: if you're there now, or if you've ever been there, there is a way out.

So what did I do? I made a decision. To stay persistent. To stay focused. To take action, even when I didn't feel like it. And slowly, piece by piece, my life started to change.

That's the same choice you can make today.

Chapter Conclusion: The Unbreakable Cycle

This chapter has laid the foundation for a transformation that is neither magical nor accidental. It is a conscious, gritty, and deeply human process — powered by the unbreakable cycle of Action, Persistence, and Healing.

Action is the courageous first step taken from exactly where you stand — flawed, uncertain, and possibly in pain. It's the decision to plant the tree now, not ten years ago. But as you've seen, human nature ensures that initial excitement fades. That's when the true work begins.

Persistence takes the helm. It is the quality that separates a fleeting start from a life-changing finish. It's putting on blinders, sticking to the task until it sticks to you, and refusing to abandon your course when the journey feels impossibly hard.

And yet, you cannot persist with a broken spirit. This is why Healing is the non-negotiable core of the triad. It is the internal work of recognising your wounds, releasing the weight of the past, and forging a stronger self from your pain.

These three forces are not a linear checklist — they are a dynamic, self-reinforcing cycle. Your Action will hit obstacles, demanding Persistence. The strain of Persistence will expose old wounds, requiring Healing. And the strength gained from Healing will empower new, more courageous Action.

Life will always present challenges. But equipped with this triad, you are no longer at their mercy. You have a framework for movement, for endurance, and for renewal.

Your transformation doesn't begin when your life is perfect. It begins now, with a decision to enter the cycle. Act from where you are. Persist through what comes. Heal as you go.

CHAPTER 3: THE HEALING JOURNEY BEGINS

I had read the books. I had heard countless stories of people who had gone through the healing process. I knew it was real. I had healed from things in my past before. But at that time — when life felt its heaviest — I found myself feeling worse than ever. I was at an all-time low, and despite everything I understood about healing, nothing seemed to work. But deep down, I knew something had to change. I had to do something.

That was the moment I committed to a personal development journey. I made a decision that I would do whatever it took to heal, grow, and unlock the fullest version of myself. And let me tell you — that journey led me down many paths, into situations that tested me in ways I never expected.

There were moments I'll never forget. Times when I'd be driving, and I'd suddenly pull over on the side of the road and start crying for no apparent reason. Have you ever been there? So low that you're overwhelmed by emotions you can't even trace? That was me. I was grappling with the weight of it all, desperate to find clarity in the chaos.

But even in those moments, I kept going. I kept moving forward because I knew that healing wasn't an overnight fix — it was a process. A slow and steady journey. And over time, I discovered the healing process in a way I had never experienced before. I changed my life. I unlocked parts of myself I didn't even know existed.

That's where today's seminar came from. Looking back, it was the loss of my children in 2014 that sparked a deep need for change. That loss pushed me into the very journey I'm talking about. The following year, I found myself at a seminar led by Tony Robbins — one that would completely transform my life.

Being in that environment, surrounded by like-minded people, immersed in a culture of growth, was like nothing I had ever experienced before. The energy in that room was contagious and empowering. It lifted me beyond anything I thought I was capable of. It showed me what was possible when you fully commit to growth.

And that's when I realised: this was what I was meant to do. My healing would come from helping others. I had experienced the lowest of lows, and through my own transformation, I could now guide others toward their own breakthroughs.

Life as a Race

Life has been likened to a race. Imagine standing at the starting line with a group of athletes beside you. You may not feel as prepared as they are. You might feel like the odds are against you. But there's one thing you know for certain — you're ready to run your race.

It reminds me of a time when I was young, competing in the Central Districts — an event for the top runners in my school. I wasn't the most prepared, but I was fit from doing karate, so I had the endurance. I wasn't a professional runner by any means. But I had confidence, and sometimes that's all it takes to push yourself forward.

At the event, I knew the competition would be fierce. But there was one boy I kept my eye on — tall, lanky, and radiating confidence. He was one of the best runners from Ipswich Boys Grammar, a school known for its strong running programme. I knew he'd be fast. I also knew something else: he could be my pace car.

For those unfamiliar with the term — in car racing, a pace car is used to regulate the speed of the race. It helps other drivers maintain a steady pace. I had found my pace car in this young man. I decided right then and there that I would follow him.

As the race started, I locked my eyes on him. My entire focus was on matching his pace. This wasn't a sprint — it was a long-distance race, full of hills, gullies, and treacherous terrain. The first lap was tough, but I stuck with him, telling myself: "Where you go, I will go. The speed you run, I'll run. Whatever you do, I'll do."

And he was fast. Too fast, actually. By the halfway point, I was already struggling. My legs were heavy, my breath was shallow — but I refused to let go. Something deep inside me said, don't stop.

By the end of the race, the athlete from the boys' school finished third. I finished fourth. And I was overjoyed. My teacher came up to me afterwards and hugged me. She couldn't

believe how hard I had pushed myself. Honestly, neither could I. I was completely spent — but I had crossed that finish line.

It was the hardest physical effort I had ever made in my life. But in that moment, I understood something crucial: mental fortitude. I had committed mentally, and that commitment fuelled my physical body to go beyond what I thought possible.

That lesson stuck with me, and I carry it into every aspect of my life. You have that same mental fortitude inside you. When everything seems to be against you, if you stay committed and keep going — even when your body and mind want to quit — you will break through.

That race also taught me the importance of having a mentor. Someone to follow. Someone to inspire you. You don't have to do it alone. You don't need all the answers. You just need someone to guide you, to show you the way.

And that's what I'm here to do for you.

Chapter Conclusion: Your Race, Your Triad

This chapter began in the raw truth of human struggle — knowing what to do, yet feeling unable to do it. My story illustrates one universal truth: transformation is not a single act, but a cycle you must learn to run, powered by the triad of Action, Persistence, and Healing.

Healing is the profound need that sparks the journey. But you cannot heal by thinking about it alone — you must Act. You must make the decision, step into a new environment, and begin. That decision is your starting gun.

Yet, as in any long-distance race, the initial burst is never enough. The path is filled with hills and moments when every part of you screams to stop. This is where Persistence — mental fortitude — takes over. It's the promise to yourself: "Where you go, I will go." Sticking to your pace car long after the initial excitement has faded.

And here is the beautiful loop: your persistent action becomes the catalyst for deeper healing. Each step forward, each lap completed, each day you choose to continue, rebuilds your spirit. You don't heal and then run. You run, and in the running, you heal.

Your life is that race. You may not feel the most prepared. But you are at the starting line, right now. Your Action is the decision to run. Your Persistence is the commitment to follow your pace car no matter the terrain. Your Healing is the strength you discover, mile by mile, transforming the weight you carry into the power that propels you.

You are not meant to run this race alone. I am here to be your pace car.

CHAPTER 4: THE HEALING PROCESS

Our brains are like a pharmaceutical factory, constantly dispensing chemicals that impact our emotions, thoughts, and behaviours. The hypothalamus — a small but powerful part of the brain — is responsible for releasing up to a hundred different chemicals that influence how we feel. These chemicals play a pivotal role in shaping our emotional state, and it's fascinating to realise that our bodies can literally manufacture happiness, motivation, and calm through the right actions and the right mental state.

When we move, when we exercise, when we engage in any physical activity — we trigger chemical reactions that generate positive emotions. Think about it: motion creates emotion. This is the science behind why people get hooked on exercise. It's not just about getting fit; it's about the chemical reactions happening in the brain that make us feel good and motivate us to keep going.

I've always had an interest in understanding how the brain works — how it functions, why it operates the way it does, and how we can harness that power to achieve personal transformation. It's the quest for quick and lasting change that has driven me to seek out the best tools and techniques to accelerate growth.

In 2015, I went through some of the toughest moments of my life. I experienced the emotional devastation of losing contact with three of my children. This wasn't just a separation — it was the total removal of them from my life. My older three children decided to live with their mother, and I couldn't understand or process the emotional turmoil that followed.

This is where emotional pain hits hardest. We all know physical pain is excruciating. But emotional pain cuts deeper. The pain was unbearable at times, and I was desperately searching for ways to make it more bearable. People around me told me to "just wait — time will heal you." But I wasn't satisfied with that answer. I wanted to take control. I wanted to heal faster.

That's when I received a gift — an invitation to a seminar in Sydney. There, I discovered life-changing insights. I learned how our minds work, how motivation plays a huge role

in our happiness, and how our bodies are deeply interconnected with our thoughts and emotions. It became clear to me that happiness is not a passive state — it's an active one. We can control our feelings through how we move our bodies. That was revolutionary.

In 2016, I attended another seminar on the Gold Coast called Millionaire Mentor. While the main focus was personal wealth, what I found most impactful — perhaps a reflection of where I was in life at that time — was healing. That seminar was where I first encountered the four-step healing process. The instructor didn't even explain the steps — he simply showed us, and they completely transformed my approach to life.

The Four-Step Healing Process

STEP 1 — RECOGNISE: This is where healing begins. You must take a complete and honest appraisal of your situation — right here, right now. No judgement, no pretending. Just pure recognition of your reality.

STEP 2 — STOP PICKING AT IT: You cannot keep revisiting your pain and expect it to heal. Imagine a physical wound that you keep picking at — it won't heal. It will fester, become infected, and get worse. The same is true for emotional pain. If you keep reliving the same hurt, replaying old arguments and injustices, you stay stuck. To heal, you must stop picking at it.

STEP 3 — FORGIVE: Forgiveness is one of the hardest but most necessary steps. It's not just about forgiving others — it's about forgiving yourself. The guilt, the shame, the mistakes. Forgiving yourself as a parent, as a partner, as a person — that is an incredibly powerful process. And then you must forgive others: the people who hurt you, who betrayed you, who played a role in your pain. Sometimes, that even means forgiving life itself for what it handed you. Forgiveness doesn't mean what they did was okay. It doesn't mean they're off the hook. It means you're choosing to release yourself from the burden of carrying that pain. You're choosing freedom.

STEP 4 — ACT WITH GRATITUDE: Once you've done the inner work — recognising where you are, stopping the mental picking, and forgiving — you move into action. No more excuses. No more holding back. You commit to your healing as

if your life depends on it, because it does. You approach the journey with a grateful heart, and you begin to enjoy the process, not just the destination.

I know the power of this healing process because I've lived it. After working through these four steps, something shifted inside me. I could look back on the painful experiences with my children, my ex-wife, and everything else in a new light. I could see it all with gratitude. I had let go.

And that, my friend, is the key to transformation: gratitude. When you approach your journey with a grateful heart, you begin to enjoy the ride — not just the destination. The pain may never fully disappear, but the burden will lift. You'll be free to move forward.

Chapter Conclusion: The Chemistry of Your Comeback

This chapter has taken us from the laboratory of the brain to the raw, unvarnished truth of the heart. Our minds are not just observers of our lives — they are powerful chemical factories, and we hold the controls. The formula is deceptively simple: motion creates emotion. But as my own story shows, the application is where the real transformation happens.

Action is the physical lever that pulls the chemical switch. It's the decision to move — to exercise, to attend the seminar, to step into the ice bath at 4 a.m. When you feel nothing, action is what manufactures the first dose of momentum.

Persistence is the disciplined daily routine that keeps the production line running. Showing up for your morning ritual even when you're tired. Committing to keep moving long after the initial pain has dulled into a stubborn ache.

And yet, as I discovered the hard way — you can take all the right actions and persist for months, yet still carry a deep, unhealed wound. This is where Healing completes the triad. The four-step process is the operational manual for rewiring the very system that dispenses your emotional chemistry. You can't persistently create positive emotions if the old, toxic formulas of resentment and grief are still running in the background.

My journey proves this cycle: Action led to Persistence, which exposed the need for true Healing. That Healing then empowered more profound Action and a more resilient Persistence.

The pain of losing my children didn't vanish. But through this triad, its chemistry changed. The body's natural pharmacy, once dispensing despair, learned to dispense strength, clarity, and eventually, gratitude.

Your transformation operates on the same principles. You have the same factory. You have the same levers. Pull the lever of Action. Commit to the Persistence of routine. Have the courage to Heal — to go beyond motion and into the deep, honest work of recognition, release, and forgiveness.

This is the science and soul of change, combined. Your comeback isn't a mystery — it's a chemistry experiment you are uniquely qualified to run. Start the process. Manufacture your own breakthrough.

CHAPTER 5: THE PATHWAYS TO CHANGE

"Well, if Josh could do it — if he can meditate and imagine sending healing light to his ex-wife, if he can stop picking at it and forgive and go through that whole process — then what about me?"

I remember asking myself that very question as I considered my own mentors. And honestly, I think it's such a pivotal moment when we stop and consider that possibility. If someone else can do it — if Josh can forgive and move on — then why can't I? What if I could learn to forgive, let go of resentment, and live in a state of peace?

That's the power of personal development. It works. You learn the principles, you apply them, and — surprise, surprise — you get results. That's the beauty of it. You know something is working when you see tangible outcomes.

Here's an analogy I've always liked: how do you know if a seed is good? Simple — the good seeds grow, and the bad ones don't. You plant them, water them, and if they grow, you know they're good. The same is true for the principles we apply in our lives. The only way to know if something works is to put it into practice. It'll either lead to growth, or it won't.

This is what personal development is all about: taking what you've learned, applying it, and growing through the process. And I've always been passionate about it because it's not just theory — it's real, actionable transformation.

Looking back, I realise that my moment of healing was over six years ago now. It was a different stage of growth. I've done more work, evolved, changed, and I'm excited by that progress. Personal development is a never-ending journey, and I hope you feel the same.

The Three Pathways

Over the next few chapters, we'll dive into three key secrets:

How to elevate your state of mind and emotion at any time you choose. How to create a new emotional home for yourself. And how to generate success so rapidly that everything you touch starts turning to gold.

But before we get into those, I've got another story for you. A lesson from the past that really shaped my thinking.

In The Simpsons, Homer and Bart have a conversation. Homer asks, "Hey, how come you don't play guitar anymore?" Bart replies, "Dad, I wasn't good at it right away, so I quit. You're not mad at me, are you?" Homer responds, "If something's hard, it's not worth doing. I'll just put the guitar away — with the karate outfit and the unicycle — and let's go inside and watch TV." Bart says, "What's on TV?" Homer answers, "It doesn't matter."

It's funny, right? But if you really think about it, isn't that the attitude a lot of us grow up with? The message that when things get tough, it's okay to give up? By doing that, you're leaving your dreams unsung and your potential untapped.

So many people give up too soon. They leave things unfinished, never knowing what could have been. And that made me think — I don't want to be that person. I don't want to give up on my dreams.

This is why we need to stop listening to the inner voice that says, "It's too hard, just quit." Instead, we need to embrace the discomfort, face the challenge, and keep pushing forward.

There are three pathways to transformation: the State Pathway, the Emotion Pathway, and the Thought Pathway.

Let's start with the State Pathway.

After attending a life-changing event, I had a breakthrough. It came one day while I was scrolling through YouTube and I watched a video about Napoleon Hill's Think and Grow Rich. At the time, despite doing all the right things and thinking all the right thoughts, I still wasn't seeing the financial abundance I was expecting.

Has anyone ever been there? You're doing everything right, yet the results still aren't showing up?

I was thinking rich thoughts, but my bills and debts kept intruding. Every time I focused on abundance, a thought about scarcity would pop up. I had two competing sets of thoughts running at the same time, and I couldn't seem to control which one won.

Then I watched a video that revealed something I'd never quite grasped before: every thought is impacted by our emotions. Your thoughts affect your emotions, and your emotions affect your thoughts. It's a circular loop that determines how we feel and what we believe.

If you're thinking happy thoughts, you naturally start to feel happier. If you're feeling sad, your thoughts tend to spiral in that direction too. I realised in that moment that the secret to controlling my thoughts wasn't just in thinking more positively — it was about changing my emotional state first.

Chapter Conclusion: The Seed of Possibility

This chapter has been about that pivotal moment of seeing what's possible in someone else, and asking the most important question you can ask yourself: "What about me?"

When you see Josh heal, or you watch Homer Simpson quit, you're looking at two different seeds being planted. One grows. One doesn't. The difference isn't in the seed's potential — it's in the environment it's given and the persistence of the gardener.

That question, "What about me?", is the spark of Action. It's the decision to pick up your own seed and finally plant it. You move from spectator of someone else's story to author of your own.

But as Homer and Bart so comically remind us, the initial action is where most people stop. The guitar goes in the closet because it was hard. This is where the entire game is won or lost. Persistence is the daily watering of that seed — the commitment to pick up the guitar again tomorrow, even though your fingers hurt and the chords sound wrong.

Why do we quit? Often because the soil itself is poisoned by old wounds. You can plant the seed of a new thought, but if the emotional soil is saturated with the toxins of resentment and unforgiveness, the seed will struggle. This is why Healing is the non-negotiable preparation of your inner ground.

You've asked "What about me?" and decided to act. You've committed to persist. You've begun to heal the soil. Now the Pathways are your cultivation manual. They answer the how.

The State Pathway is about consciously changing your body's chemistry through posture, breath, and motion. The Emotion Pathway is about creating a new emotional home — a default setting of peace and power. The Thought Pathway is about directing your mind from this empowered place, so your thoughts naturally align with growth, not lack.

This is how the seed becomes the tree. You don't just plant it and hope. You learn the science of the sun (State), the art of irrigation (Emotion), and the discipline of pruning (Thought). You have the seed. Now let's walk the pathways and grow something incredible.

CHAPTER 6: THE POWER OF PHYSIOLOGY AND MOVEMENT

In 2015, after returning from that life-changing seminar, I vividly remember stepping off the plane and sharing my experience with my father. My dad was incredibly supportive of my personal development journey. He had actually introduced me to it when I was just a teenager — taking me to my first seminar at age 15, which sparked my lifelong interest in growth. It was there I learned powerful memory techniques that still serve me today.

One of the most significant things I learned from that first seminar was the power of affirmations. I used them to overcome a stutter and conquer other challenges in my life. Affirmations became a reliable tool throughout my journey. But as I grew, I discovered something even more powerful — incantations.

An incantation is essentially an affirmation with movement. And I found it was many times more powerful than simply repeating words. While affirmations engage your thoughts, incantations involve your physiology — and that makes them far more effective.

When I got off the plane after that seminar, I felt like I had changed more in four days than I could have in ten years on my own. The reason was simple: movement. By moving my body in specific ways, I created the physiological shifts that led to real transformation.

TRY THIS NOW: The 60-Second Energy Shift

If you are physically able, put down this book and prepare to get excited. Don't think about it — just do it.

Jumping with excitement looks like a person who has just won a million dollars. An athlete who has just won a championship. A child on Christmas morning.

Ready? On the count of three: One, two, three — YES! Let's go again. One, two, three — Let's go! Feeling better yet? One more time for good luck!

How do you feel? More energised? More alive? You should. That's the power of movement. Through a simple exercise, you've activated your body, raised your adrenaline, and shifted your physiological state. You might even notice you're standing a little differently — lighter, more positive, more focused.

You cannot control your thoughts directly. Instead, you need to shift your body first. Once you move your body, your mind follows.

Most people make the mistake of waiting to feel like doing something before they act. They think, "I'll exercise when I feel like it" or "I'll be productive when I'm motivated." But the truth is — you have to move first. When you move, you start feeling better. And when you feel better, your thoughts follow.

So let's come back to incantations. They are affirmations combined with movement, and they target the unconscious mind. By pairing positive statements with physical action, you engage both your conscious and unconscious minds — making the process far more effective. If you're relying on affirmations alone, you're missing out on the power of physiology.

The key takeaway is this: move your body to change your thoughts. Stop waiting for motivation or the "right feeling" to act. Create the feeling by acting first. Whether it's jumping, power posing, or dancing — get your body moving, and the better feelings, emotions, and thoughts will follow.

Feeling and Thinking

Feelings are incredibly powerful. Our emotions dictate the way we perceive and react to the world around us. When my father started losing his eyesight, he became depressed. He had always been active and independent, but as his body aged and his vision declined, the physical sensations — tiredness, discomfort, limitation — led to feelings of sadness and helplessness.

This is the power of feelings: they impact our thoughts and determine how we approach life. But you don't have to wait for life's circumstances to dictate how you feel. You can create your own feelings, just as we did with the jumping exercise. You can choose to

energise your body and create excitement even when the situation doesn't naturally call for it.

Feelings don't just happen to you — you can create them. And by creating positive feelings through movement, you can change your thoughts, your perspective, and your entire experience of life.

Chapter Conclusion: The First Law of Transformation

This chapter has taught us a fundamental law — one that upends the way most people try to change: you cannot think your way to a new life. You must act your way to new thoughts.

The evolution from affirmations to incantations reveals the master key: true change engages the body. Action is the First Law. You do not wait to feel ready. You move first.

Persistence is the rhythm of that law. One jump creates a spark; a daily practice of incantations creates a fire. It's the commitment to move your physiology every single morning, especially when you feel weighed down by life's heaviness.

Healing is the law's deepest application. Feelings of depression, sadness, and helplessness are often anchored in physical sensation. By changing your state first — through movement, breath, posture — you create the internal environment where recognition, release, and forgiveness can actually take root.

This is the breakthrough: your physiology is the steering wheel for your emotions, and your emotions are the gateway to your thoughts. The pathway isn't Mind → Feeling → Action. It's Action (Movement) → Feeling → Mind.

Stop waiting to feel it. Start moving to create it. Your transformation is not a mental puzzle to solve — it is a physical reality to embody.

CHAPTER 7: BUILDING YOUR EMOTIONAL HOME

What we're discussing here is the ability to artificially create feelings that, over time, become so ingrained in your life they shape your entire emotional state. It's a fascinating process — one I've used for years to transform my own life.

There was no reason for me to feel excited or energetic at first. But I decided to do it anyway. Every morning, I would force myself to get excited — sometimes twice a day, other days up to twenty times a day. And let me tell you, that practice changed everything.

My mental clarity, my energy levels, my ability to communicate — all of it skyrocketed. I started taking better care of my health. This wasn't just a change in routine; it was a breakthrough that unlocked a new version of me. The change I saw in myself over five years was profound. And the most powerful part wasn't just the energy — it was the realisation that I had control over my emotional state and could shift it whenever I needed to.

Now think about your own morning routine. Do you have one? If not, you might want to consider establishing one. A positive morning routine can set the tone for the entire day. But what happens when we get too comfortable in our emotional states? What happens when we stop actively working on ourselves? We can fall into a negative cycle.

Let me introduce you to something I learned from Dr. Joe Dispenza. If you know his work, you'll recognise this concept immediately. One of the things he talks about is how we all have an "emotional home" — the place we naturally gravitate back to, no matter what happens in the world.

Some people always seem to be angry or upset. Others are more joyful or at peace. Over time, these emotional states become more than just passing feelings — they evolve into moods. And moods can turn into temperaments. If you're consistently angry or sad for an extended period, that state colours your experience for weeks, even months.

If a mood persists long enough, it becomes your temperament. And once a temperament has been sustained, it turns into a disposition — your natural emotional state, your default personality. You've probably noticed this with people around you: some are always upbeat and positive, others seem to carry a heavier, more negative outlook. And here's the thing — this is all learned behaviour, whether consciously or not.

I saw this first-hand with a woman I knew. She carried a constant scowl on her face — not just a passing expression, but something deeply ingrained. After meeting her family, I realised it wasn't random. It was a family disposition, passed down through the generations. That made me wonder: can we really change this? Can we break out of these emotional patterns?

And my answer is absolutely yes. Once you realise that emotional states can be reprogrammed, you can break free from any negative disposition that has become ingrained over the years.

The key is consistency. If you repeated the excitement exercise from the last chapter every day for five years, what would happen? You'd build a new emotional pattern. A new mood, then a new temperament, then a new disposition.

I'm living proof of this. I started getting excited every day, and that excitement became my natural state. People began to recognise me as "the excited guy." I didn't care if some thought I was a bit eccentric, because the joy I felt in my life was worth it. And more importantly, everything I touched seemed to turn to gold. My personal and professional life flourished.

Doing the work is what leads to the reward. Without consistent effort, nothing changes. But if you're willing to work on yourself every day, you will see a shift.

So what emotions are you practising every day? Are they moving you toward the person you want to be? Or are they pulling you down? The choice is yours.

Chapter Conclusion: The Ultimate Creative Power

This chapter has revealed the ultimate creative power you possess: you are the architect of your own emotional reality. We've moved beyond simply shifting a temporary state — we've looked at how we construct our permanent residence, our emotional home.

Feelings are not fate. They are habits. A repeated emotion becomes a mood, a mood solidifies into a temperament, and a temperament defines your disposition — the very personality you present to the world. You are not bound to your emotional inheritance. You can draw a new blueprint, brick by brick, through conscious and repeated action.

Action is laying the first brick. It's the deliberate decision to feel excited when there's no reason to be. The jump. The forced smile that feels unnatural. That is the foundational act of creation.

Persistence is the daily labour of construction. Showing up every single morning to lay ten more bricks. Repeating the excitement twenty times a day until the neural pathways are paved. Without this relentless consistency, the blueprint remains just a drawing.

Healing is the demolition of the old, unstable structure. That inherited disposition of anger, sadness, or scarcity is the old emotional home — often built on a foundation of past pain. You cannot build a joyful new residence on the cracked foundation of resentment. The healing process — Recognise, Stop Picking, Forgive, Act with Gratitude — is the necessary work of clearing the site so you have solid ground for new construction.

The State Pathway provides the raw materials through physiology. The Emotion Pathway is the act of construction — using those materials daily to build a new mood, then temperament, then disposition. The Thought Pathway is the beautiful, finished interior of your new home. Once you live in a new emotional residence, your thoughts naturally change to match the environment.

This is the ultimate expression of Unlock Your Incredible Self. By building a new emotional home, you unlock the person who lives there. The tools are in your hands. The blueprint is clear. Let's pick up the first brick.

CHAPTER 8: REPROGRAMMING YOUR PERSONALITY

To improve your emotions, you need to keep engaging in practices that consistently uplift you. Many people come to my sessions and say, "Josh, I felt so good afterwards. I felt amazing for a couple of days!" And I'm always happy to hear that. But then I ask, "What about after that?" And the answer is usually the same: "I felt great for a few days, but then I fell back into the same old habits."

That's when I say: come to another session a week later, and then another the week after. You don't stop after a few days of feeling good. You keep going, keep progressing, and keep working to create more positive emotions in your life. This consistency leads to a new mood, and eventually a new temperament — one that brings lasting change.

It's a matter of choice. Every day, we choose whether to lean into positive or negative emotions. That choice affects everything from our mood to our temperament, and eventually shapes our entire disposition. Let's look at how this works.

Imagine running a particular emotional pattern for several months. If you consistently practise a certain emotion, it eventually becomes a disposition. Someone who is frequently angry or sad becomes known as an "angry person" or a "sad person." It becomes their natural emotional home — the way they react to most situations. And as this pattern continues, it starts to define their identity.

This is when people start to say things like, "I can't change. I've always been this way. It's just who I am." I want to challenge that.

The Story of Sharman's Scowl

I know a woman — a good friend of my wife's — who always had a scowl on her face. Despite being an attractive woman, that scowl was a constant part of her demeanour. It wasn't a passing expression; it was almost her default mode. I thought to myself, "If you just let go of that scowl, you would be even more beautiful." But I didn't know her well enough to say anything.

Then we went on a camping trip. My wife invited her — let's call her Sharman — and when I met her mother and sister, I noticed something striking: they both had the exact same scowl. It was a family trait. That scowl had been passed down, like a genetic disposition.

This is what happens when emotional habits are inherited through families. But here's the powerful part: I believe anything can be reprogrammed in our minds. No matter what your disposition has been, your mind is capable of changing it.

If you continue running the same emotion over and over again, it eventually solidifies into a part of your identity. That emotion becomes a personality trait. But here's the flip side: if you practise excitement every day, twice a day, for five years — what would happen? It would start as an emotion, then turn into a mood. People would start noticing your energy. It would become your temperament, and then your personality. Your personal reality would begin to match your practice.

For me, that's exactly what happened. I practised excitement so much that it became a defining characteristic. People might have thought I was a little crazy — but I was experiencing joy, and everything I touched seemed to turn to gold.

But here's the key: you don't get the reward unless you do the work. I put in the effort, and it paid off. This excitement turned into a new temperament, which became my disposition, and eventually shaped my personality.

As I've grown, I've started to evolve from excitement into other qualities — like intelligence, balance, and calm. But that expansion, starting with excitement, set the foundation for everything else. The process is the same, whether you're developing gratitude, peace, or any other positive emotion.

Your 10-Day Challenge

Things are going to change for you rapidly. I can't urge you enough to bring this into your daily practice. The shift you'll experience will be significant, and you'll see improvements in ways you might not have expected.

My invitation for you is simple: find a way to do the excitement exercise every day. Just one minute. And I'm going to challenge you — do it for ten days. Ten days is all I'm asking.

In fact, you don't even need a full minute. If you break it down, you're probably looking at about twenty seconds of real action. You can absolutely do that. Simply get excited. Get that feeling in your body. Change your physiology. Change your breathing. When you do this, you'll begin to shift your energy.

Who believes this will change them? If you did this every day, would it change you? My answer is absolutely — it will.

Let's go. One, two, three — feel that excitement. Can you feel that? You're already shifting your mood. Keep going, and you'll start to see the results in your life.

And before I move on to the thought pathway, let me reiterate something I shared earlier: when I said everything I touched started turning to gold, I wasn't exaggerating. It was real, and it happened because of the work I did on myself.

Chapter Conclusion: From Visiting a Feeling to Owning a Home

This chapter brings us to the heart of the matter: the difference between visiting a positive emotion and taking up permanent residence in it. Many of you have felt amazing after a session — a beautiful visit to a new emotional state. But a visit ends. We return to our old neighbourhoods, our familiar emotional homes, often without realising we have the power to build something new.

The story of Sharman's scowl isn't just an observation — it's a warning and a revelation. It shows how a temporary mood, left unchallenged and inherited, can become a generational prison — a disposition mistaken for destiny. But your mind is not a prisoner. It is the most powerful real estate developer in existence. You can choose the plot, pour the foundation, and build the home.

Action is the daily one-minute excitement exercise. The twenty seconds of movement that feels silly but is the physical act of laying a brick on your new property.

Persistence is the ten-day challenge, which becomes the five-year practice. It's the non-negotiable commitment to show up at the construction site every single day. This is what transforms a fleeting visit — "I felt good for a couple of days" — into permanent ownership. Without persistence, you are forever a tourist in your own potential.

Healing is the demolition of the old family home — that inherited identity of anger or sadness, that ingrained "this is just who I am." You cannot build a sunny, excited new home on a shaky foundation. Healing — through recognition, forgiveness, and release — clears that inherited plot so you have space to build what you choose.

The invitation is simple and non-negotiable: don't just visit a better feeling. Move in. Your ten-day challenge starts now. One minute. Twenty seconds of deliberate, physical commitment. This is how a visit becomes a vacation, a vacation becomes a residence, and a residence becomes the legacy you leave behind.

Pick up your tool. Lay your brick. The golden life isn't found — it's built, day by deliberate day.

CHAPTER 9: THE UNLOCKED SELF IN ACTION

I went to see a man.

His mother had contacted me in desperation. "My son is twenty-four, and he's having a meltdown. I don't know what to do. Can you help?" she pleaded. I had the skills to assist, so I went.

When I arrived, she had him seated, ready to talk. I sat across from him and asked, "Can you tell me what's going on?"

He began his story. And then something took over me. I jumped up, placed my hand on his forehead, and shook his head. "Be healed!" I shouted — like a preacher performing an exorcism.

His reaction was instant. Shock, then fury. His face contorted with rage, and for a moment I saw something dark emerge — like I'd dragged a demon to the surface. He sprang up, ready to attack. I raised my hands instinctively. With years of training in karate and kickboxing, I knew how to defend myself. But he hesitated. He knew I was a friend of his mother. He knew my background — at the time, I had already served over a decade in the Queensland Police Service.

He backed into a corner, seething, his movements eerily animalistic. He picked something up and hurled it at me. It missed. He crouched there, eyes wild, like something from a horror film. But I remained calm.

"Breathe," I said. "Settle down."

"Why? I should kill you!" he snarled.

"Just calm down," I repeated. "Everything's going to be okay. Come back when you're ready."

It took twenty minutes, but he did. He sat back down, the rage ebbing away. "I promise I won't do that again," I assured him. "I needed to see your reaction."

He exhaled. Then he told me his story. He was a lead guitarist in a rock band. One night on stage, someone touched his shoulder to let him know the set was over. That simple, innocent touch triggered a breakdown that plunged him into a darkness that could last for months.

As we talked, the pieces came together. The touch on his shoulder was a trigger — a doorway back to something terrible. A childhood trauma, buried deep in his unconscious. That was why he was here. That was why his mother had called me.

"Do you want to be free of this?" I asked.

"More than anything," he said.

I told him I could help. But first, we had to go to that dark place — before I could lead him out. "I need your permission," I said. "And I need to touch your hand. Just your knuckles."

He agreed.

I guided him into that dark memory — back to the moment of the trigger. As he relived it, I touched his knuckle. The connection between us was electric. I felt it too: a shuddering in my face, a darkness pressing in, like a force trying to pull me under. But we surfaced.

We did it again. And again. Each time, I led him a little further out. We built a bridge from darkness to light, from pain to peace. By the final round, his body language had transformed — his face, his posture, everything. The weight had lifted.

The entire process — called a kinesthetic bridge — took about an hour and a half to complete. When it was finished, I said to him: "It is done." Both his mother and I were stunned. This young man had wanted to change, and his willingness to open up and trust me was a testament to that desire. The trauma of his past had been affecting every area of his life. He had wanted help, had been ready to receive it, and accepted my guidance.

When I left, I felt the enormity of what had just happened. Driving home, I replayed it in my mind. It was life-changing — not just for him, but for me.

A month later, his mother called. "You're not going to believe this," she said. "He's at university. He's studying. He's cut his hair. He's living a completely different life."

Her voice was filled with gratitude. And I realised — this was why I did what I did. This was the power of transformation in action.

I hadn't even thought to ask for payment. I had just gone because I wanted to help, and I knew that I could. And when it happened, it absolutely changed my world. I was once again a witness to just how much power we have inside of us — how much force for good we can become when we truly decide to focus our energy and effort into creation.

It wasn't that Tony Robbins was powerful, or that Dr. Joe Dispenza was powerful, or that any other great individual was powerful. I started to realise the power within me. And that's what *Unlock Your Incredible Self* is all about. It's about you realising the power within you. It's about accepting that you have a gift. And together, that's what we explore.

The Birth of the Title

A short while after creating this course, I was thinking about what to call it. Names like "Unleash the Power Within" were already taken, along with other variations. But the word that resonated with me was "unlocked." And then the words came: *Unlock Your Incredible Self*.

That was it. A perfect name for a seminar — and for a book. Because when you're unlocked, you can heal the world. You don't just offer a word of encouragement; you become someone who creates real change.

I also loved the word "unleash." So I created this phrase: "Your commitment to yourself should be to discover who you really are, unlock your incredible self, and unleash that on the world."

That is the full invitation of this work. And it's powerful. It's incredible to see someone go through such a radical transformation, and to know you played a role in it. To show up at the right time, say the right things, and help shift the trajectory of someone's entire life — that is the power we all have.

And I want you to understand: that's how powerful you are. That's how powerful I am. That's how powerful we are. You have the power to change lives, if you choose to use it.

Chapter Conclusion: The Unlocked Self in Action

This chapter has taken us from theory to the stark, living reality of transformation. We've moved beyond building our own emotional home and stepped into the role of architect for others — a role that is not reserved for gurus, but is the rightful domain of the unlocked self.

The story of the young guitarist is not just a case study; it is a raw demonstration of the frameworks in their most potent, integrated form.

Action was the courageous decision to go. The physical touch on the forehead — a deliberate act to break a destructive pattern. The guided return to the trauma. This was not passive therapy; it was a series of decisive, physical actions taken to create a neurological shift.

Persistence was the unwavering commitment to the ninety-minute process. Holding space through the fury, the darkness, and the fear. Guiding him back again and again through the kinesthetic bridge, refusing to abandon the process when the darkness surfaced. This was persistence in its purest form.

Healing was the entire purpose and outcome. Recognition of the trigger and its source. Stopping the re-living of the wound. And through the bridge, finding a way to release the hold of the past — making space for a new life.

This story is the living embodiment of Unlock Your Incredible Self. The "incredible self" is not a vague ideal; it is the latent force within you that can stare into darkness and build a bridge to light.

Personal development is personal — and it's also transpersonal. Your development is your responsibility, but its highest purpose is contribution. You heal yourself to become a clear channel through which others can be healed.

The question is no longer "What about me?" It's "Who needs the me I have become?"

Your incredible self, once unlocked, becomes a force of creation. Now go — and unleash it.

CHAPTER 10: THE DESTINY PATHWAY

I'm so pleased that you're not only listening to this, but putting it into practice. You can watch someone doing push-ups, but until you actually do them yourself, you won't truly experience the transformation. And that's what we're doing now — actively engaging in the work.

We've already covered the State Pathway, which includes physiology, feelings, thoughts, and emotions. Then there's the Emotion Pathway, which encompasses temperament, disposition, and personal reality. Finally, there's the Thought Pathway, which brings together state, story, and strategy. Let's tie these together.

The Thought Pathway

When we talk about your state, we refer to your state of mind and emotion. How are you feeling emotionally? What thoughts are running through your mind? In the Thought Pathway, three key factors influence our thinking, ranked from least to most important.

1. Strategy: The least important factor. If you have a poor strategy, you won't get results. A classic example: if you're running west looking for a sunrise, it doesn't matter how fast you run — you'll never find it. You must ensure your strategy aligns with your goals. Success leaves clues, and following a proven strategy will yield far better results than trying to figure everything out alone. That's why I emphasise the value of guidance, mentorship, and structured learning — they accelerate your growth.

2. Story: Next, we have your story — the narrative you tell yourself about your life. Is it empowering, or does it limit you? Do you believe certain changes are impossible? These are all stories. I had to rewrite my own — about my children, their mother, myself, and about a young man who seemed lost and angry. Most people might have written him off, but I believed I had the ability to help him. That belief — that rewritten story — opened the door to real transformation. Your story is powerful. It can keep you stuck in poverty, emotional distress, or unfulfilling relationships. But you have the power to change it.

3. State: Finally, and most crucially — your state of mind and emotion. Everything flows from your state. Elevate your emotional state, and you generate positive thoughts, emotions, and actions. This is the foundation upon which everything else is built.

The Destiny Pathway

Once you create good thoughts, they lead to good actions. Actions, repeated consistently, become habits. Habits shape your character, and character defines your destiny. There's a powerful old saying:

"Sow a thought, reap an action. Sow an action, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny."

Think of it like a door. Which part of the door moves the most? The outer edge. But which part requires the least movement and yet has the most impact? The hinge. If the hinge moves just a millimetre, the outer edge of the door can swing wide open.

Now consider your physiology as the hinge, and your destiny as the outer edge of that door. Many people work hard on thoughts, habits, and character — yet still struggle to reach their desired destiny. They're pushing on the wrong part of the door. Instead of using force and willpower to move their destiny, they should be shifting their state — their physiology. When you change your state, you create massive movement toward your ideal future.

Imagine a massive cathedral door. Heavy, intricate, and seemingly immovable. The secret to opening it isn't by pushing against its vast surface — it's by focusing on the tiny hinge. When you adjust your breathing, your posture, and your focus, it's like nudging the hinge ever so slightly. And yet, that small adjustment causes the entire door — your destiny — to swing in a completely new direction.

Too many people get stuck straining at the wrong part of the door. But true transformation happens effortlessly when you work at the hinge. This is why focusing on state — your physiology and emotions — has a far greater impact than trying to force

change through willpower alone. Move the hinge, and the door swings wide open, revealing a path to success you may never have imagined.

So if you've been overwhelmed by all this information, just remember: start small. Focus on the hinge, and the door will swing open. Change your state, and everything else will follow.

The Fight of Life

Life is a fight. Not just in the ring, but everywhere. It's a struggle. Sometimes, it's an all-out battle. And when you get knocked down — and you will — life will hit harder than any opponent. But the true test isn't in avoiding the hits. It's in getting back up.

Because in reality, we are all fighters. You and I are both in the ring of life, and the goal is not just to endure the punches, but to start landing our own. To take control. To begin winning.

So how do we fight back? We start by using our body — our physiology. When you exercise, your body releases endorphins — those powerful, natural chemicals that reduce pain and create a sense of euphoria. The power of physical movement in shaping your mental and emotional state is undeniable.

Beyond that, we need to anchor these positive emotions into our nervous system — training our body and mind to return to a state of energy, clarity, and strength at any moment. Taking control, harnessing that power, and letting your light shine in the world.

Final Integration: The Complete Blueprint for Transformation

We have now come full circle. This is the entire architecture of the programme — the complete blueprint for how an ordinary life becomes extraordinary. You began with a single, powerful question: "What about me?" We end with the ultimate answer: you are the architect of your destiny, and the tools are in your hands.

Your entire journey rests on the bedrock of the triad: Action, Persistence, and Healing.

Action is the first push on the door. The jump, the decision, the phone call, the first step onto the seminar floor. Persistence is the daily push — the ten-day challenge, the morning routine, the commitment to return to the work again and again until the hinge starts to move. Healing is the lubrication for the hinge. It's clearing the rust of old stories, forgiving the friction of past pain, and preparing your inner world so that action can flow and persistence can hold.

The three Pathways are your navigation system. The State Pathway: you master your physiology — the hinge. You learn that motion creates emotion. The Emotion Pathway: you build your emotional home. Using the State Pathway to consistently practise emotions until they become your moods, your temperament, and finally, your new disposition. The Thought Pathway: from your empowered state and solid emotional home, you rewrite the limiting narratives of your past and adopt strategies that actually work.

The young guitarist's transformation was the ultimate proof. Action — the intervention. Persistence — the ninety-minute bridge. Healing — releasing the trauma. Moving the hinge of his state. His emotional home was rebuilt, his story was rewritten, and his destiny — university, a new life — swung wide open.

The Invitation: Step Into Your Ring

Life is a fight. The programme is not about avoiding punches — it's about learning how to get back up. It's about using your physiology as your cornerstone, your healed heart as your compass, and your rewritten story as your battle plan.

You are no longer a spectator watching someone else do push-ups. You are in the ring. You have felt the hinge move. You have seen the door begin to swing.

"Your commitment to yourself should be to discover who you really are, unlock your incredible self, and unleash that on the world."

This is not a one-time event. It is a living programme — a year-long journey of seminars, coaching, and workshops designed to integrate this blueprint into every part of your life: your relationships, your health, your very essence.

The bell has rung. The fight is yours. The hinge awaits your touch.

Are you ready to step into the ring and swing your destiny wide open?

ABOUT THE AUTHOR

Joshua Roy is a rare combination of strength, compassion, and unshakable belief in human potential. His life's work is helping people break free from emotional pain, reprogram their nervous system, and step boldly into a life they never thought possible.

Who Is Joshua Roy?

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- Author
- Life and Results Coach
- Sergeant of Police
- Founder of AccessWorld Seminars

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