

TIME MATTERS EXPERT SERIES:

*How to focus your productivity so you can reach your goals
And
Create your peaceful joy-filled life.*

ACTION SHEET



Nikkea Devida

If it needs to be organized, systemized, and monetized, Nikkea is your “go to” resource for proven, effective systems to get clear, get “unstuck”, get going, and get results.

She’s the undisputed expert on accelerated results because she’s blended best practices in business with the latest discoveries in science, spirituality, and psychology to create breakthrough systems so you can become an unstoppable manifesting machine. She’s is gifted at identifying the root cause of a problem and the right system to create the fastest path to lasting, sustainable results.

Notes from the interview:

1) How and when did you make the biggest shift in your own focus?

- I had everything and it all looked great on the outside and very successful in business.
- I struggled with bulimia for 13 years and out of desperation turned to complementary modalities to overcome this struggle.
- Everything turned around for me with that struggle when I learned how to identify and change my subconscious beliefs.
- I then started to apply that process to other areas of my life and it worked! People then began to ask me to help them with it.
- I pulled it all together and created break-through systems for accelerated results for myself and my clients.

2) How and when did you make the biggest shift in your own productivity?

- Overcoming my struggle with bulimia which was taking hours in my day.
- Notice where you have your own struggle that wastes time in your day and address that issue.

3) What is your personal “secret move” or unique recommendation for easily increasing focus and productivity?

- Beliefs lead to Thoughts which lead to Feelings which lead to Actions which equals Results.
- When you are not getting the results you were, you back up and start with Actions.
- If you don't know the right actions to take check out what the right actions are do get the results you want.
- If you know what to do to get the action and you are not doing it, go all the way back to the beliefs because these will drive your results. If your beliefs are not in alignment it is like having one foot on the gas and the other on the brake. You need to take your foot off the brake pedal so you can accelerate. Your limiting beliefs are your foot on the brake.
- You need to address these at the subconscious level.

4) What is your best tip for entrepreneurs and professionals who want to easily meet their business goals and have a productive peaceful joy-filled life?

- If you don't have the results you want then identify limiting beliefs that are getting in the way of those results.
- Identify the “King Pin” beliefs that are log jams in your limiting beliefs. Identify the core belief that is causing the log jam in your results. When you change those you will more easily come into alignment.
- “I'm not good enough” is a core limiting belief and when you change this you can have a different result.
- Most of us were programmed to survive not thrive. If you want to thrive you need to address your inner environment.
- Secret move is to address the subconscious mind to get consistent lasting results.

- Differences between the conscious and subconscious mind:
 - Choice: Conscious mind is all about choice and goal setting. Subconscious mind is habitual and is automatic.
 - Time: Conscious mind understands past, present, and future. Subconscious mind is present time only and only knows the now.
 - Language: Conscious mind understands abstract language. Subconscious mind is literal and is sensory-based. You need to translate goals into subconscious mind via a sensory based language.
 - Speed and processing capacity: Subconscious mind processes much faster than the conscious mind.
 - Good news is that we are programmable bio-computers and we can reprogram subconscious beliefs and increase focus and productivity.

5) What is the unique transformation you offer with your work?

- You can change your subconscious beliefs just like you edit a word processing document. I created a system to do this in a matter of minutes with The Accelerated Change Template (ACT).
- My 5 Step CLEAR system which is in more detail in my free gift at www.timemattersexperts.com/replay. Find Nikkea's picture and her free gift button.
 - Choose, communicate, and clarify your goals for your subconscious mind
 - Levels of permission: Make sure that it is safe and appropriate to reprogram these beliefs.
 - Elicit the highest priority goals and beliefs.
 - Align highest priority goals and beliefs
 - Repeat until complete.

6) How can our listeners learn more about you and your work?

- Download Free Gifts and my 5 Step CLEAR system at www.timemattersexperts.com/replay

7) Last words for our audience:

- Hire a mentor to make changes easier!
- Be committed to change, not just interested in change!

Your Notes: