

# The 20 Answers Exercise

One of our brains main functions is to create beliefs that help us navigate through life. Once a belief is formed it is not questioned again unless you actively do so. **These beliefs become completely unconscious** once they are created and they then determine what we think is possible and impossible. In order to challenge the beliefs about what you can and cannot do within the actual limits of your life situation, **you need to question your limitations** to the point where you force your brain out of it's fixed beliefs about reality.

**Imagine this:** On the other side of the planet there's a guy who looks just like you and who's living under the exact same circumstances as you. He or she has the same relationships, the same expenses and the same work as you. But this guy already found a way to create explosive intensity in his practice routine, **and he still finds time for everything else in his life.** How did he do it? Find the way. Assume that it is possible and that you just didn't see the obvious yet.

## Question:

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(Ex.: How can I create explosive intensity in my practice schedule and still have time for everything else?)

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