

White Paper – 1st Draft

“The Natural Cure For Depression”

Version 1.01

Overview

Are you depressed? Do you know others who are depressed? Would you like to discover a cure for your depression? Most would think that is an obvious answer where “Of course I would like to discover a cure for depression!” Have you found that the obvious answers, in many situations, are not the correct answers?

If you can get through the following statement then we encourage you to read this white paper. If you are not able/ready, and the following statement holds you back, please do not read this white paper as you, your mind, your heart, your very soul may not be ready for what is to be shared.

The Statement: *“I believe, inside of me, that I could find, with some help, the ability to discover a cure for my depression. I believe it is my responsibility and the choices I make or do not make which will continue to hold me enslaved by depression or will give me freedom. It is not medicine/drugs, it is not counseling, it is not someone else giving me my freedom back but it is my choice and my choice alone that will give me freedom from depression.”*

Again . . . we are not saying that this is for everyone and/or will work for everyone. We are not saying that medicine/counseling is wrong as we know it does help some and many others it does not seem to be effective.

Napoleon Hill said “Whatever the mind can conceive and believe it can achieve.”

We know that science now has the ability to create drugs which do amazing things and when certain chemicals are put together in a certain way it produces some amazing results. We also know that for every new drug that the number one competitor to that drug is the human mind. Drugs are tested against placebos, which is really a test against the natural, un focused, un trained mind.

What if . . . the mind could be trained, something like science has done with chemicals, to discover a self cure for depression? What if we could gaze deep into our very heart, our soul, and discover the cure for depression? What if we could discover that, like any sickness, there are some benefits to the sickness, and we can realize the benefit and eliminate the negative?

Well, for one thing, there would probably be a lot of drug companies who would not be happy. There would be a lot of counselors, physiologists, psychiatrists, who would have a lot less clients.

What if, this could all be done without a lot of education? There would probably be a lot of educators and colleges who would put a great deal of energy into trying to disprove this were

effective. Big business, higher education, and those who are focused on the jobs which would be lost if this were the case would probably even seek to find cases where it didn't work and someone was greatly hurt. If you can find just one person who was hurt and high light that one person then those who profit from those in depression could make their case, that this doesn't work.

What they fail to highlight is the many thousands of people who are hurt or not helped through drugs or counseling. Interesting how we can all find stories, or even statistics which support whatever we want to believe.

NOTE: We use the **4 Steps To Great Leadership** to insure that all the knowledge base in this white paper gets implemented. Work with your executive coach and your Master Mind *MAGIC* group in the implementation. For additional information/detail and direction on each of the 4 Steps the following book is a great resource.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=BXSWK44BDPNSE

- All things work together for good to those who love God and are called according to his purpose.

1. Focus on ourselves
2. Poor choices we've made
3. Poor choices others have made
4. Life's adversity – 3 Reasons For Challenges/Pain In Our Life
 - Discipline
 - Develop
 - Deploy

The Cause – 7 D's To Depression

The Cure/Antidote

1. HOPE (H1) – Stories of those who have succeed
2. Head (H2) – Understanding – Connect into my Life Vision
2. Heart (H3) – Taking personal ownership – Success is my choice
3. Hands (H4) – Gaining perspective – Taking the right action
4. HEART (H5) – Giving to others – Where DEEP learning/healing comes

<http://discovermagazine.com/2009/dec/16-the-brain-what-is-speed-of-thought>

In one common experiment for studying the speed of thought, researchers briefly show test subjects a lopsided, upside-down U and then ask them which leg of the figure is longer. It turns out that the subjects' reaction times say a lot about their lives in general. People with faster responses tend to score higher on intelligence tests. Some psychologists have argued that a high processing speed in the brain is a vital ingredient for [intelligence](#). Responses slow down when people suffer certain psychological disorders like [depression](#). More puzzling, people with sluggish reaction times are more likely to die of incidents like strokes or [heart attacks](#).

- Lust of the eyes

- Lust of the flesh

- Pride of life

- A false sense of self preservation
- I need to build defense mechanisms

We need to eliminate the thought that others do not understand OR that they can not be of help. If there are other people who are as gifted as I am, maybe they have/are making different choices than I have that has prevented them from going down the path and I can learn a great deal from them.

Big Picture

In the simplest terms, what we will do in this model is **Step 1: Examination**, find out the needs of those we have in our network/database through two of the most simple questions you can ask. **Step 2: Solution**, break down the responses into five different types of responses and then develop a “standard” best response for each of five of the types of responses. **Step 3: Implementation**, work to create a system of follow-up/through which will help those in our networks/database to address their biggest challenges and assist people where they would love assistance.

Building The Bridge

This may be the most important piece to actually following through with what is shared in this white paper. Without strong follow-through the very time you are taking in reading this is wasted. Answer the following question:
(Do not skip doing this!)

How Does This Help You To Fulfill Your LIFE VISION?

Type out your life vision here and then build the bridge . . .

NOTE: This needs to be customized specifically to the Depression Project.

Other Possible Uses

Whenever we are building any type of system we always want to consider how we can use the system in as many areas as possible.

- Very similar structure can be used with/in developing referral partners.

Step 1 – Future Picture/Driving Force (Measureable and Due Date)

I will earn \$_____ by ___/___/_____ as a result of bring value to my database/network in helping them address their biggest challenges and helping them follow through with the things they would love help on.

Step 2a – WHAT actions need to be taken and HOW?

We will apply the natural law: 6 Steps To Drilling/Maintaining An Oil Well

Step 1: Identify Targets

Area 1: Marketing

This is everyone in your network/database.

Step 2: Develop & Deliver A Message

Area 1: Marketing

Subject Line

Could you help me out?

Body

I am looking to get some feedback from those in my network by asking a couple of very quick questions.

Would you be willing to help me?

1st Question:

“With all the things you have got going on in your life, personally and professionally, what would be one of your biggest challenges you are facing right now?”

2nd Question:

“If someone could help you in any area of your life, what would you loooooove help on?”

Thanks so much for helping me with my survey!

If you would like a summary of what others are facing and maybe some ideas which could help you and others in your life let me know and I will pass along a summary of my findings.

Sincerely,

Step 3: Ask Key Questions

Area 2: Pre-Sales

1. Gather the responses:
 - a. Once we start getting responses we will want to put those responses in a Google spreadsheet document and share those with your executive coach and key people in your master mind group.
 - b. Organize the responses into five major categories. This will help you to select possible “mass solutions” to offer groups of people. This will help you present solutions, next step, to groups of people making it much more efficient to sell and service.

2. Develop a second round of questions which will then help individuals to realize one, where their challenge really is, two, how serious it is and/or could be, three that there is hope for a solution, and four to draw them to you for a solution. Work closely with your executive coach to develop the second round of questions.
3. You may develop a third round of questions to help them better see the solution to their biggest challenge and/or what they would love help on. Another purpose of the questions is to help those in your network to build their own bridge to your solution(s).

Step 4: Present Solutions

Area 3: The Sale

1. Create a results survey which could then be sent out to your database with a summary of the challenges/love help. Work very closely with your executive coach to make sure this is done properly. Include charts, graphs, percentages, and graphics as much as possible to draw people in. We recommend using the MCAT system for all email marketing efforts as we have found it to be the most powerful with automating all the pieces.

In that survey you may want to present a couple of possible solutions and work to get them to pick-up the phone and call you. Remember, if someone calls you, it's similar to 460 outbound phone calls.

2. The fastest way to earn money is usually to present solutions through a 30 minute strategy session you schedule with your best prospects based on the answers they have given you throughout the process.

This is usually where you will earn the most money in the shortest amount of time. The downside is that it takes time and can be hard to move to a high scale. It does provide deep understanding of how to develop a more solid product/service and if done properly can position you to offer your product/service or some variation thereof at a much lower price to the masses.

Step 5: Implement Solution

Area 4: Servicing

1. Usually individuals/companies/organizations like three types of solutions, a basic, an intermediate, and an advance.
2. We will want to take the early successes and turn those into RAVING FAN success stories (seed reproduction principle) and then send those out to either the specific targets based on their challenges/love help on and/or the entire database.
3. Develop system for obtaining referrals and creating opportunities for opening doors into their spheres of influence.

Step 6: Client/Relationship For Life

Area 5: Client For Life

1. We continue to survey our clients to determine their needs, challenges, and what they would love help on. We either provide product/solutions for them and/or partner with others to continue to help them in all areas of the lives.

Step 2b – WHO will take each action?

You may take the actions or you may employ one of the 5 Time Management Freedom Fighters. If you would like to start your own master mind group of 12 individuals that is another possible option to leverage the resources of other people.

Master Mind *MAGIC* process/application

<http://www.synergytools.net/md3/Referral.aspx?SectionId=1&KeyId=39&RefID=13>

The goal is to apply the 3 For 1 principle where for every 1 hour you invest you get 3 hours back. Remember . . . there are people in your network, right now who are looking for ways to make money and individuals who have time. It doesn't take a lot of work to find 3 to 11 people who will pour your time, energy, and effort into your vision if it's a strong enough vision and will help each of them reach their vision.

Step 3 – DUE DATE for each action

The faster you/we want results the faster you/we need to take action. It's actually very simple. Remember . . . it can take 3 months to produce results from the seed you plant so if you want results in 3 months, you must plant the seed today, not tomorrow, not next week, but today!

Step 4 – Manage UP and OUT

Communicating to others in your network, all the exciting things you are doing is very powerful. It will open doors you never even new existed.

Being a part of a solid, active, productive Master Mind *MAGIC* group will help you a great deal.

Work with your ActionVision certified executive coach in implementing the 5/30 Solution Grid for consistent on-going success.

Questions . . . Call 888.230.2300

How one client is using the 5/30 Grid in their business:

1. Part 1 - 12 minutes - How one company is using the 5/30 Grid to change

http://www.synergytools.net/includes/mtr/training/flash.asp?filename=110719_Tue_11_00_5_30_grid_12min.swf

2. Part 2 - 27 minutes

http://www.synergytools.net/includes/mtr/training/flash.asp?filename=110719_Tue_11_00_5_30_grid_27min.swf