



Password Personal Upgrade

*The User Friendly
Manual for Your Mind*

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**Discover
your
inner
Password**

Start

Passwords

The mind, like a computer, runs “programs” (your habits)

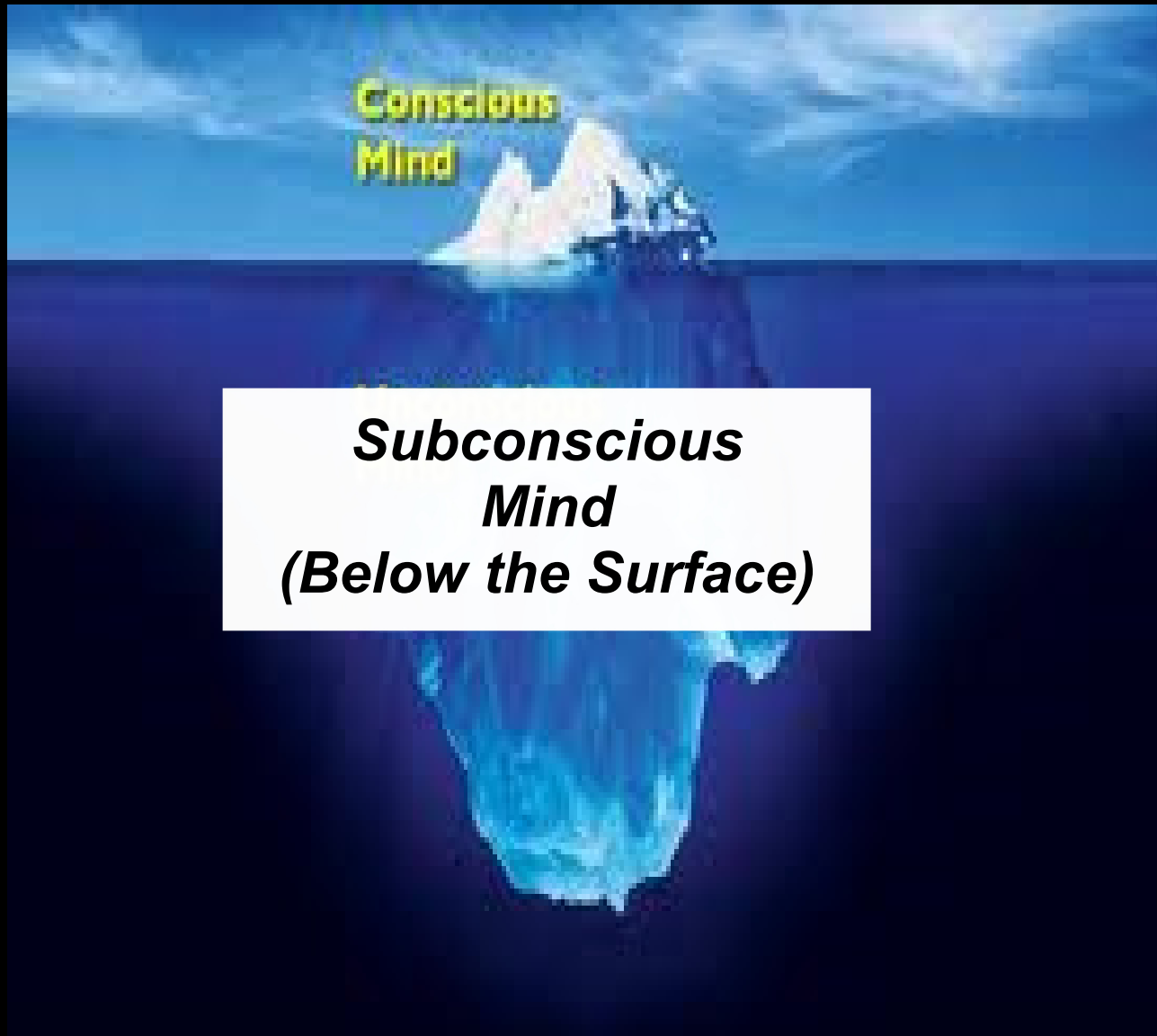
To access your computer – you need the Password.

A “Password” grants you access to your hidden, inner programs.

It works! Your personal “Password” lets you debug your system and upgrade!

REBOOT: Take Control, Alter Behaviors, Delete Bad Habits!

The Mind is like an Iceberg



1) We are not aware of mental Sub-processes that run “below the surface”

2) These are your “autopilot programs” influencing how you think, act and feel.

3) Faulty programs can hold you back!

You can use a Password to upgrade!



Mental Apps delete a negative mental loop.



Action Apps replace bad habits and behaviors.



Mood Apps control my emotions.



Energy Apps balance my resources to meet demands.



Social Apps handle peripherals in positive ways.



Health Apps boost my power supply.

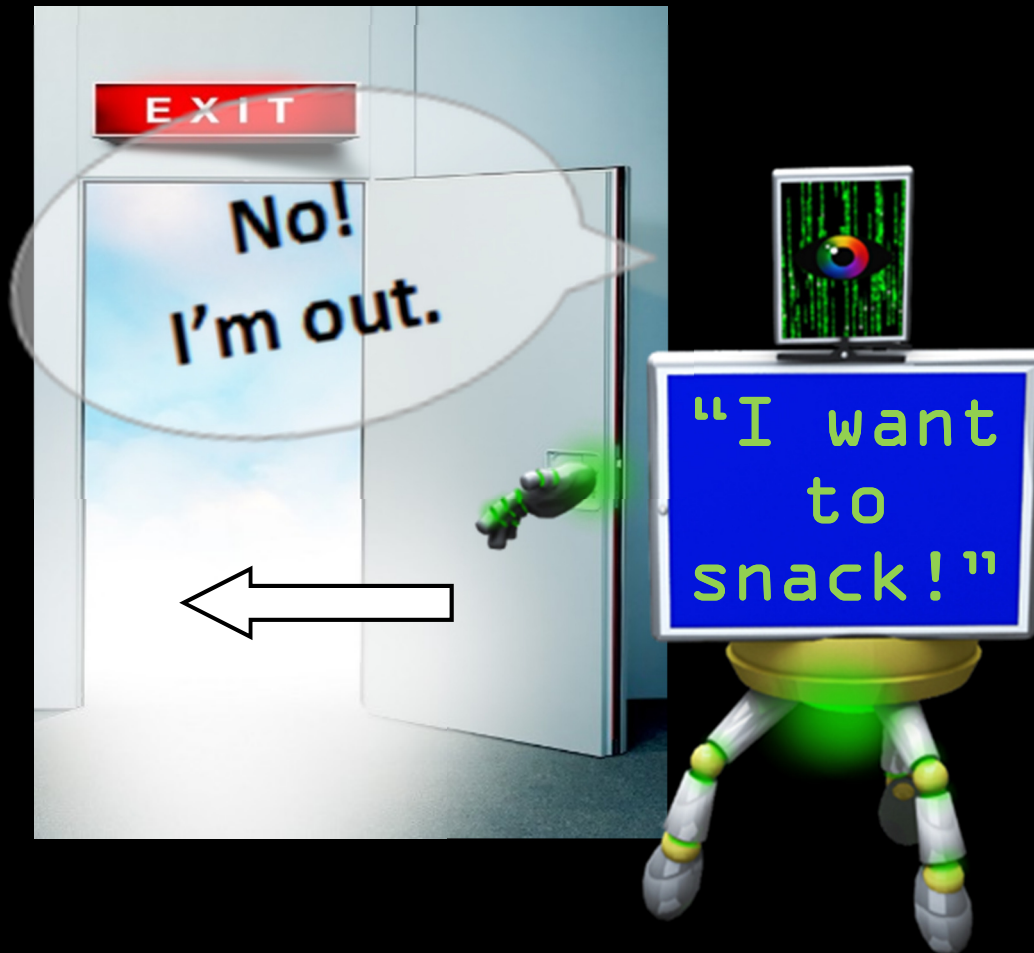
Start

Passwords

Apps

Chapter 2: Installing Apps

With the Password upgrade, “**Apps**” are not computer “applications”, but instead are new skills you can run anytime. No, you’re not a computer, but life has “programmed” deeply patterned thoughts and behaviors into your psyche. Now, you will use **Apps** to reprogram and upgrade.



Action App =
something you
do to change
your behavior
or situation!

Password Case Examples present people who overcame challenges by discovering their **Passwords & Apps**:

Including:

- “Cookie Boy” (weight loss)
- “Cinderella” (dating problems)
- “I’m the Mommy” (parenting issues)
- “Left-Brain” (too much stress)
- “Red Flag” (avoiding toxic people)
- “Pack Rat” (hoarding)
- “Up in Smoke” “Motor Mouth”

... and many more!



Start

Passwords

Apps

Me-Search

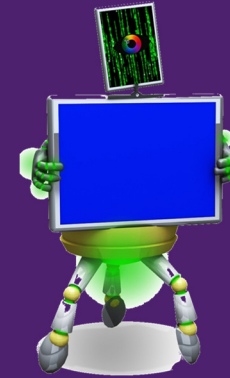
Chapter 3

Perform Me-Search (Self-Discovery) in each Life Zone

~Mind, Body, Spirit, Social Life, Love and Money~

- ⌘ What are my patterns? What do I want?
- ⌘ What is holding me back?
- ⌘ What do I see when I look in the mirror?
- ⌘ What keeps me up at night?

- ▶ Physical Life Zone
- ▶ Mental Health Zone
- ▶ Love / Relationships Zone
- ▶ Family / Friends / Social Life Zone
- ▶ Career & Money Life Zone
- ▶ Spiritual Life Zone



1. **Me-Search** each Life Zone to find your inner habits.
2. Create a **Password** to label habits and take control.
3. Link Passwords with **Apps** to upgrade your programs!

Chapter 4

Install the Attitude needed for a Successful Upgrade:

1. A Warrior's Mind Set
2. Being Intentional
3. Living in the Moment
4. Adopting a “Can Do” mentality
5. Managing your Social Network



Using Energy Apps → Unlimited Power Supply

Chapters 5 - 9

Start ➤ Passwords ➤ Apps ➤ Me-Search ➤ **Social Life Zone**

Apps in your Social Life Zone:

Chapter 5 - Your Social Convoy

Chapter 6 – Relationships 1.0: Finding Love

Chapter 7 – Relationships 2.0: Keeping Love

Chapter 8 – Relationships 3.0: Family & Friends

Chapter 9 – Relationships 4.0: Adjusting Links

Social Apps
balance your
network: improves
relationships, adds
new social skills &
healthy defenses
from toxic people!



Chapter 10 Upgrade Your Power Supply

Balanced mind, body & spirit



Apps for a Healthy Lifestyle

Career & Money Tips

Exploring Your Spirituality





Chapter 11 - *Advanced Mind Skills*

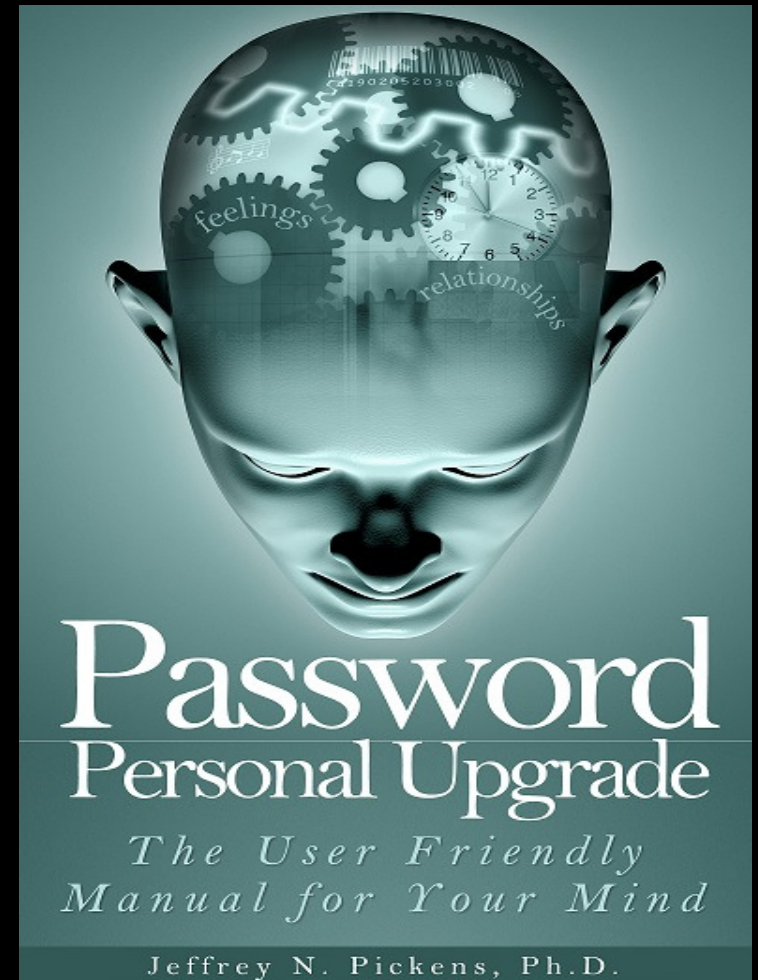
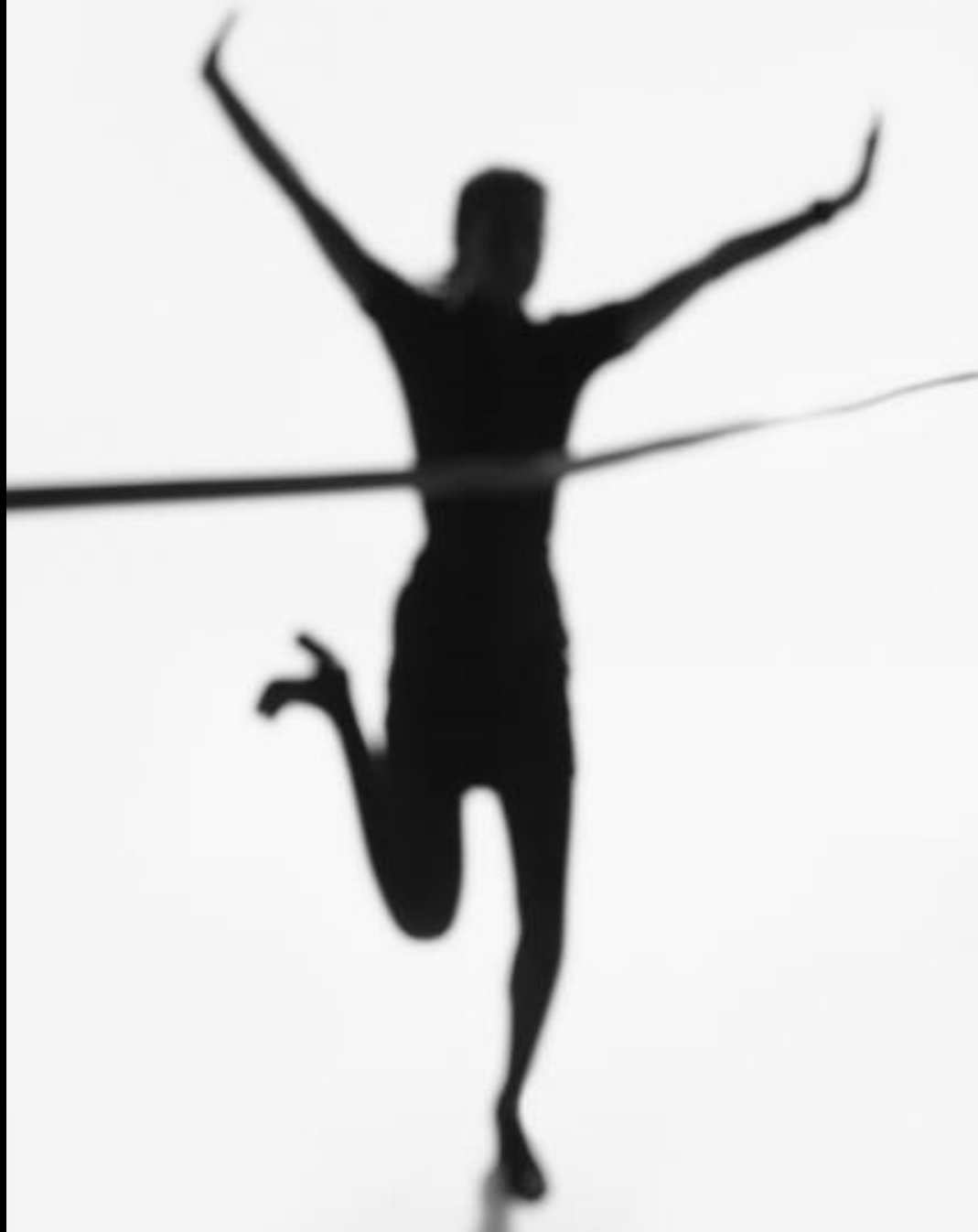
Metacognition. Theory of Mind

Upgrade mental awareness.

Using both sides of your brain.

Boost Your Social Radar

Find Your Inner PASSWORD



Coming Soon (2017)

www.password4mind.com