



# Monthly E-Newsletter

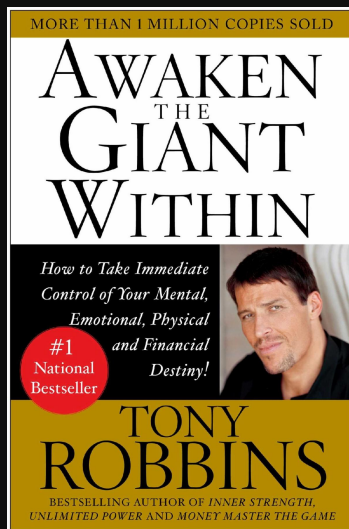
**Michael DeSignore**

MARCH 2022

## Awakening A Giant Can Bring Positive Change For You

Thoughts from Michael DeSignore from  
a new great read.

**Book: *Awaken the Giant Within*  
Author: Tony Robbins**



**Author  
Tony Robbins**

Published in 1991  
This book shows you  
how to take control of  
your life by changing  
habits that are essential  
to positive change.



All of us stare giants in the face every day. For each one of us those giants will look different, but how we face them is not. It is important to take control of your life and instead of worrying about the giant in front of you, it is time to awaken the one that is within you.

**So how does your brain work internally for making decisions?**

- You have a set of core beliefs and unconscious rules
- You have life values
- Your reference states
- Habitual questions you ask yourself
- Your emotional response and state to each experience you have

These **five factors** are key to understanding how you tame a giant on the outside and unleash him on the inside. From Tony Robbins book, "Awakening the Giant Within," he speaks to the synergistic relationship of these five elements and how they exert force responsible for promoting you or stopping you.

It is important to understand your past programming, and how you want to change or improve it to become your future internal programming. Simply put, in these following **four points**, there is not any situation you cannot face or goal you cannot accomplish if you employ these:

- Decide what you are absolutely committed

## Website

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### Key Takeaways from Michael's Review

You need to increase the caliber of who you are internally

You continually need to increase your value in your relationships

Take beliefs that empower you and cast off those that disempower you

Find like-minded people that will help you in achieving your goals

Find a group of leaders that drive you

Share your knowledge with others and become an industry leader

**To the dull mind all nature is leaden; to the illuminated mind the whole world burns and sparkles with light.**

– Ralph Waldo Emerson

to achieving

- Willing to take massive action
- Notice what is working and what is not
- Continue to change your approach to achieve your goal and be proactive to what life hands you

You need to analyze your internal giant triggers and responders. Once these are identified you can employ the above points to maximize your strengths and minimize your weaknesses. You want to disempower the giant of the world with the growth of your giant that is awakening within. You need to be that person that continually assesses how to eliminate doubts and instill goals.

#### So how do you improve yourself daily, or the application of the above information to create strength?

- You need to increase the caliber of who you are internally
- You continually need to increase your value in your relationships
- Take beliefs that empower you and cast off those that disempower you
- Find like-minded people that will help you in achieving your goals
- Find a group of leaders that drive you
- Share your knowledge with others and become an industry leader

In conclusion, you need to understand your limitations and how to surpass them. To awaken the giant, it takes a conscious effort to rework and rewire the unconscious habits you are stuck in. Surround yourself with like-minded people wanting to achieve the same goals. Do not limit yourself to what you know. Continue to learn and study how to become a giant in a world of giants.

**Happy St. Patrick's Day!**

**Want to purchase the book?**

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[www.DelSignoreDefense.com](http://www.DelSignoreDefense.com)



Image of Tony Robbins from

[https://en.wikipedia.org/wiki/Tony\\_Robbins](https://en.wikipedia.org/wiki/Tony_Robbins)

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