



TONY ROBBINS

By Marc Champagne // Personal Socrates

What if I decided to live in a beautiful state of mind?

TONY ROBBINS

World-renowned life & business strategist

Quick Bio

- Born February 29, 1960
- Grew up broke, was physically abused by his mother, and had three fathers
- Became the world's #1 life and business strategist
- Read books by Ralph Waldo Emerson and Dale Carnegie and organized seminars for motivational speaker Jim Rohn to start his career in personal development
- Author of six internationally bestselling books, including *The New York Times* #1 financial bestsellers *MONEY: Master the Game*, and *UNSHAKABLE: Your Financial Freedom Playbook*
- Has a goal to provide 1 billion meals to people in need by 2025 through Feeding America (currently ahead of schedule)
- Has dedicated his life to helping individuals and businesses succeed

Behind the Question

Tony says it best: “If you want an extraordinary life, you need to live in an extraordinary mental and emotional state.”

Who doesn’t want an extraordinary life? The challenging part, and where the prompts and practices in this profile will be helpful, is recognizing when we shift out of an extraordinary state of mind and how to quickly come back to it.

But first, what is an extraordinary state of mind? The answer depends on what matters or resonates most with you. This often includes elements of love, joy, happiness, appreciation, gratitude, fun, and excitement. Think of when your mind and life feel beautiful. When days flow easily and you are on top of the world. What emotions show up for you? What are you doing? This is *your* beautiful state of mind.

I know that, for me, walking or mountain biking in the forest immediately calms my mind, shifts my perspective, and leaves me with the mental fortitude to take on whatever life has thrown my way. When the forest is not *physically* accessible, I close my eyes and *mentally* place myself in the same environment, surfacing my “beautiful state of mind” emotions—joy, calm, and confidence. Just writing these words and thinking of the example, I can feel a smile forming on my face. I see myself biking above the treeline in beautiful British Columbia, Canada.

Now, it’s your turn!

Close your eyes, and visualize the emotions you just identified flowing through your body. Tap into the physical sensations of what a beautiful state represents for you.

How are you feeling? This practice takes only minutes, but has immediate effects and can prevent hours of mental suffering.

We put ourselves through a tremendous amount of mental agony, much of which can be prevented, released, or rechanneled by pausing and tapping into the opposite feelings. Hold yourself to the standard of living in a beautiful state. It’s a decision we can all make and one that we deserve.

As Tony says, “To suffer or not suffer—that is the question.”

I’m not saying tapping into this state of mind on command is *easy*, but through consistent mental fitness practice, it will become *easier*. By implementing the practices to come, your self-awareness will strengthen, helping you notice when your mind shifts. You will be awarded an opportunity to pause, reset your mind, and avoid unnecessary suffering.

“We miss so much of life by reacting to what happens in front of us. Life is too short to suffer.” —Tony Robbins

Do my actions & behaviors support the results I desire?

It’s easy to put someone like Tony Robbins on a pedestal and default to, “I can’t relate to him. He’s famous, rich, and has worked with some of the most influential humans on the planet.” Yet, it’s important we do not forget that Tony is human like the rest of us and has to process emotion, stress, and all that life throws at him, just as we do. He’s dealt with a brain tumor scare, has been on the verge of bankruptcy, and has had homes burn to the ground.

Tony’s life has stress like anyone else’s, but he directs extreme focus on psychological and emotional training to process and transmute that stress into extraordinary results. He’s crystal clear on what he wants to achieve, and his actions move him closer to those results.

Time to think. Let’s go!

Start with the end in mind, and get clear. What are the results that matter to you? Or another great prompt: “What do I want for my life?” This single question pulled me out of a depression after shutting down a business that had just reached nearly 90 million people.

You can also think about what would make you smile more days than not. How do you want to feel first thing in the morning, throughout the day, and when your head hits the pillow at night? This is your opportunity to paint the ideal picture of a life well lived. If you would like to go deeper on the subject, you can visit the chapters I wrote in [Personal Socrates: Better Questions, Better Life](#) inspired by Picasso and Jane Austen.

These prompts can help us get clear on the life we desire and how we want to feel or show up each day. Don’t rush the reflection—rather, sit with the questions and come back to your answers over a few days to narrow in on the elements that feel most aligned for you.

Keep what you identified as your ideal life and emotional state nearby. These are the emotions to surface as you flow through Tony’s mental fitness routine. We’re almost there, I promise!

“The most important key to changing your life in any situation is to change results. To change results you have to change behavior but to change behavior you have to change the emotional state you are in.” —Tony Robbins

Now, for the moment of truth—do your daily actions support your ideal state of mind and the life you desire? Audit your calendar, appointments, and the tasks you have prioritized over the last week. Select five interactions or tasks, and ask yourself the following questions:

- How did I show up in these moments?
- What state of mind was I left in?
- What would I have changed about those moments?

Dive past the surface, and answer these questions with depth and without judgment. Stick with the facts and what naturally surfaces. The exercise is an opportunity for Tony's training to help you process. This training gives you a calm mind, the ability to think rationally, and the chance to take one step forward.

I encourage you to perform the exercise weekly. It takes only minutes, but it pauses the autopilot of life and offers insights you might have missed had you not slowed down to think.

Most people will run this reflection once and then stop. Here's your chance to step away from the herd! If you're consistent with the practice, I guarantee you'll experience a massive competitive advantage in life and work. Because you'll have the insights to make real-time behavior changes.

So, now what?

How will I shift my mental state?

We are about to discuss the most essential component of Tony's formula for living life in a beautiful state of mind. I will provide examples of practices and inspiration from Tony, but please personalize and tailor the techniques to work with your routine, rituals, and life.

After years of working with mental fitness practices and over a decade of studying the minds of exceptional thinkers, I've learned that personalization is the critical success factor. Personalizing your practices to fit within your routine is paramount to being consistent and experiencing the results you want.

90-second rule

Try this practice when you catch yourself entering into a low-energy state of mind with emotions of fear, uncertainty, anger, sadness, or loneliness surfacing.

- Give yourself 90 seconds to feel the unwanted emotion.

- Take a slow, deep breath, and during the exhale, visualize yourself completely letting go of the emotion you're feeling. You can visualize an aura, smoke, or light leaving your body. Don't overthink the situation; just flow with what naturally comes to mind.
- For the next 90 seconds, focus on what's great about the situation. Try this prompt: How will I grow from this situation?
- Tony then uses a progressive prompt to move forward: What do I need to do to make the situation better?
- Lastly, finish the flow with gratitude. Look around you and express gratitude for everything that's in front of you—the present moment, the people in your life, and the air you're breathing.

“In a beautiful state, the answers flow. In a lousy state, the answers are slow or nonexistent.” —**Tony Robbins**

Can I predict my future mind state?

Another stunning stack of practices to put your mind in a beautiful state shows up in Tony's morning priming routine. And it only takes 10 minutes. “If you don't have 10 minutes, you don't have a life,” says Tony.

10-minute morning priming routine

Start with 3 minutes of gratitude. When your mind is in a state of gratitude, it's nearly impossible to be fearful, upset, angry, or scared, or to experience any other energy-poor emotions. There's a beautiful line in Tony's latest book (*Life Force*) displaying the link between our habits and happiness:

“Most people want to be happy but their habit is to be worried, fearful, pissed-off or frustrated, or stressed so they have a highway to stress and a dirt road to happiness.”

Your gratitude practices are simple tactics that can rewire your mind and pave that highway to happiness. Not to mention, they're one of the easiest and fastest ways to *instantly* shift your mental state when you find yourself in a stressful situation.

I'll share a few prompts to help guide your practice, and I encourage you to close your eyes and really see and feel yourself experiencing the answers to any of the below prompts. Let a smile form on your face and tap into this beautiful energy.

- What can I celebrate about my life?
- Who can I celebrate?
- What makes me smile each day?
- What excites me?

Tony spends the next 3 minutes in prayer for his family and friends. There is something incredibly powerful that happens when we give to others—in this case, we give energetically through thought and good intention. When directing positive energy toward our inner circle, we also experience the ripple effect of emotions in doing so—joy, happiness, and appreciation.

For the remaining 4 minutes, Tony visualizes himself accomplishing his goals. He sees and feels himself at the finish line, priming his mind with high-energy emotions and mentally carving the path to accomplishing his greatest desires. This is a common practice I've witnessed with Olympic athletes. In fact, I have never interviewed or studied any high-level athlete who *doesn't* visualize their race or match successfully playing out ahead of time.

Speed skater and the United States of America's most decorated winter Olympian, Apolo Ohno (See his chapter in *Personal Socrates*), once shared with me, "The visualization process was so rich in detail and layer I could begin sweating while I was meditating on a flight." Another example comes from former Olympic skier Lindsay Von: "The night before a race, I always go to bed visualizing the course—every gate, every bump, every piece of terrain. I visualize it over and over again until it feels like it's a part of me."

These visualization examples are not surprising because we have been conditioned to expect the practice from world-class athletes. What is surprising is that in the biggest and most significant event of them all, life, we rarely leverage visualization. Here's our chance to tap into a practice that only requires 4 minutes of our time, with benefits that can last for days, months, and years.

Time to pause. What do you think of Tony's flow? What micro-adjustments can you make to customize the sequence?

Personally, I've implemented many of Tony's morning priming protocols into my existing mental fitness routine. For example, I visualize my goals when doing breathwork sessions (specifically during the breath holds), or while rejuvenating my body in an infrared sauna blanket.

The point is that I looked at what I was already doing and made very small adjustments to include the new practices instead of completely changing my routine. This approach has helped me become very consistent with the practices and reap the rewards even faster.

Take a moment right now to create *your* personalized flow.

Starting the morning with a primed and motivated mind sets the tone for the day and affects everything we do, from our mood and energy level to our ability to make clear decisions and expand our thinking.

You deserve to live a joyful and thriving life. It's all possible and available to you through tiny daily shifts in behavior that, over time, reprogram your mind to operate in a beautiful state more days than not.

Final Thought

A beautiful state of mind is always one question, decision, or action away.

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