



TPC 7-Week Thought Process Conditioning Program

Welcome to TPC, Thought Process Conditioning 7-week Program

In this eight-part program, you will learn how your mind and TMI (Thoughts and Mental Images) affect your emotions and actions, and ultimately determine the outcome of your life, health, finances, and relationships.

What is TPC?

Thought Process Conditioning (TPC) is a cognitive program designed to enable and empower people to become the control centre of their mind and condition their mind for success in all areas of life. TPC, as a cognitive system, works with the mind and mental imagery.

Week 1 – The Observer

Introduction to TPC and the difference between the Mind & Brain, and the TPC-4P: Process, Perception, Project, Produce. This week also includes tracking your TMI patterns. This exercise teaches you how to become the observer of your TMI, because your TMI patterns determine your life patterns.

Week 2 – The Detector (TPC-2D)

Learning to become the alarm system of your mind. Much like a home alarm system detects intruders, TPC 2-D enables you to detect negative and unproductive TMI and alert yourself to them before they take control.

Week 3 – The Deep State

Learning TPC-Deep, similar to meditation. The word meditation means 'to become familiar with.' TPC Deep State helps you become familiar with your mind and the TMI processing within it.

Week 4 – The Anchor

TPC Anchoring teaches you how to capture positive TMI and anchor it into your mind. This is called 'image banking.' The more positive images you capture and anchor, the more positive you will feel.

Week 5 – The Visionary

TPC Guided Imagery enables you to visualise and create the TMI that align with the life you want. To live the life you desire, you must first create the TMI conducive to that reality.

Week 6 – The Creator (I-3M)

Imagine • Merge • Match • Materialise. This exercise teaches you how to consciously create the TMI you want and align them with real outcomes in your life.

Week 7 – The Mastermind

Mindset Conditioning: Either you are conditioning your mind, or your mind is conditioning you. This final week gives you the tools to proactively shape your mindset and sustain mental mastery.

Conclusion

On this 7-week introduction to TPC, you will gain an entry-level understanding of how your mind and TMI operate to kick-start your journey. If you choose to continue, you can advance through the 7 Levels of TPC to become a certified TPC Practitioner and master your mental conditioning.

