

## Lesson 1: Starting With The End In Mind

Welcome to The 10X Effect audio course, this is Andy Vellacott, and I'd like to thank you for joining me in this very special training today. This is all about the inner game, all that mental, emotional stuff of what it takes to become a musician. This is a pro 33gram that I'm super-excited to present to you. It's perfect for you if you're someone who is just starting out on your musical journey, or if you're already playing but looking to make a leap to get to that next level.

This is going to be extremely beneficial for you because it will give you the opportunity to start thinking and acting like a successful musician now, and I believe that's something that so many people are missing out there. Because did you know that 9 out of 10 people who start an instrument give it up again within the first two years? 9 out of 10! And that's something that I'm always asking myself why. Why is that so? I believe that the work we are going to do together in this program is going to help you avoid being part of that 90%. And that makes me very excited for you.

Now before we go any deeper I just want you to understand something that is very important, and that is that this course, if you want to call it a course, is not something to be raced through as quickly as you possibly can so you can get to the end and be done. Then they go out and buy the 5 steps to this or 7 steps to that kind of course. You're not going to get any kind of strategy or system to learn drums fast from me in this series. We have those programs of course, but that is not my intention here.

So have you ever wondered why it is that some people seem able to learn things super-quickly? You know, they pick up a guitar and can play like Steve Vai in like 6 weeks?

We've all met them, but I'm not like that... I wish I was, but I'm guessing that you're not like that either, or you wouldn't be here listening to this, right? well, I've been fascinated by this for over 20 years to try and find ways to improve my own learning so I've gone deep into exactly what it is that these people do, that makes them such good learners, and what I discovered is that ..... their talent, if you want to call it that, is not ONE thing, it's the culmination of a few small things that they do differently that leverage each other; it's their inner game, and that is when it all changed for me and about 2 years ago I came to the realisation that if I only continued to teach the steps and systems to great drumming I would be doing a disservice if I didn't also make this training available for everyone wants to learn how they can start leveraging their own innate skills to start experiencing the same massive shifts in their results... and I want to break it down for you and show how you can lean into those things too, because there is nothing here that noone has, it's all stuff that we're all born with, but we're not necessarily trained in the best ways to actually use it, or even told that we can use it.

So what I'm about to share with you may sound a little off-beat if you haven't heard this stuff before, and it may challenge you at times. It may sound counter-intuitive or contradictory to what you've been told in the past. And it's not your fault! We're just not taught these things when we're growing up. But that doesn't make it our parents fault, or our teachers fault, because they were just teaching us what they knew. They were doing their best but just didn't know any better either! It may uncover some things for you that you hadn't realised before, and that's why I wanted to give you this training as an audio program, because I want you to be able to take this with you during the day, on your phone or your mobile device, so you can listen to it while your at school, or driving to work, or whatever you happen to be doing.

And I don't want you to do anything, there's no writing you have to do, I just want you to listen and let the concepts kind of wash over you, and then when you've finished the course, come back and listen again, and again, and again, because every time you do you're going to pick up on things that you missed first time round and you're going to start joining all the little dots together one by one.

And that's how this works. It isn't about learning one trick and just magically speeding everything up. It's actually several small things that work together but as you stack them each one multiplies the one before it. And that's great because small things are EASY to learn, so you'll be able to pick this up really quickly and start applying it to everything that you do. So I just ask that you stay open and remain coachable, and ask yourself as we go through the course, how coachable am I being? How open to new ideas am I being? Because even the concept of being coachable is on a gradient scale isn't it, and that can be challenging.

So this isn't about how you learn the drums, though you are going to be able to apply it to that of course, this is about how you learn anything. And learning isn't about remembering facts. You know, when you learn to ride a bike, it doesn't make any difference how much your dad tells you exactly how to balance. It doesn't make any difference how many facts he gives you about how to stay upright! The only way you ever learn to ride a bike is to get on it and experience it.

In fact, even when you are on the bike you're not learning how to ride it by thinking about which way you need to turn the handlebars, you're just building up your instincts. All the real learning happens without you even thinking about it.

But what did happen was you had an image in your mind of what it would look like to ride a bike. And that image made sense, because you could imagine that falling off was going to hurt. You didn't need to experience that to know that wasn't going to be a good result! And yes, you would have been a bit wobbly when you first got started, and you may have fallen off, I know I did!

But for the most part you already knew what it was you were trying to do, you Started With The End In Mind, you just needed to experience it so that you could get some feedback on it, then you could learn how closely your vision for your bike riding matched up with your current reality of bike riding, and then you made adjustments from there to make them line up better next time out.

But did you ever consciously think about doing any of that? No! That's just how our brains work. That's literally how we are wired. And do we ever apply this in our daily lives today? Very rarely, for sure but it's happening all the time whether we realise it or not. So we need to be careful of what images we are holding in our minds for our future, because THAT is what our subconscious minds are desperately trying to create!

And I have one final thought for you before we wrap this first session up.

Do you remember after you'd learned to ride your bike, you wanted to start doing some tricks on it? Pulling wheelies, or riding faster down that hill? Every time you rode your bike you upgraded your vision for how you might ride it better in the future. Your vision grew WITH you! You didn't start trying to pull wheelies first time you got on it - you had more important things to master first, like not falling off!

So before I leave you I just want to touch base with you on why you ended up here. You've found this training on a drumming website so I assume you have some kind of interest in learning the drums. So have you considered what your vision looks like for your drumming? And a lot of people, in fact most people, are just like, "yeah, I wanna learn drums" or "I wanna learn guitar!", and that's it!

They have a vague urge they want to learn something, but haven't really sat and thought about what that is going to look like for them, and then they get dejected when it doesn't work out for them! But if you have a clear image in your mind of what this is going to look like for you, you are triggering your subconscious mind to start making that a reality.

And like your bike riding, you're going to find that vision growing with you the further you run with it. And that's your first key, to start with the end in mind, because that's going to get the momentum swinging in the direction that's right for you.

Great! Thanks so much for listening and I'll see you in the next episode!