

# Shoulder Rotator Cuff Treatment

The insider secrets to:  
Fast Healing, Strengthening, & Future Prevention

## How to Stay Motivated When Treating Your Rotator Cuff Injury

### The 7 Steps to Success

When we reach a point of enough pain, we get strongly motivated to start a process for "healing" the pain, but soon after we start the process, we can lose our strong motivation because we focus on the drudgery of the process, the lack of immediate results, and in some cases, our perception of being deprived and needing discipline and willpower, etc. *instead of simply staying focused on your desired outcome.*

If you can see and "feel" your intended outcome, in this case, being completely pain free and doing whatever activity it is you most want to get back to doing, then the process can be enjoyable and you'll stay strongly motivated.

#### The Process

1. **State exactly what it is you no longer want.** Ex: I no longer want to have pain from my rotator cuff injury.  

---
2. **State exactly what it is you do want (your desired outcome). Your statement should be a positive statement on how things will be, your true desired outcome, not a negative statement saying you don't want this or that, etc.** Ex: I have completely healed my rotator cuff injury, I am now pain free, and I am back doing my favorite activity of \_\_\_\_\_.  

---
3. **For 5 minutes in the morning, 5 minutes during the day, and 5 minutes at night, find a quiet place where you can be alone, sit or lie in a comfortable position, close your eyes, and during 1 minute intervals:**
  - a. state your desired outcome out loud as you wrote it in #2 above;
  - b. visualize seeing yourself in that desired outcome;
  - c. visualize yourself experiencing that desire outcome;
  - d. repeat this 1 minute intentional meditation process 5 times for a total of 5 minutes.
4. **A strong belief that you will be able to create your desired outcome is crucial.**
  - a. It is normal to doubt ourselves, believe others who may make negative statements about your intentions. Or even self-sabotage.
    - i. Do not fight or try to overcome these thoughts, but simply allow the thought or statement to pass and then re-state your desired outcome with a strong conviction. Close your eyes for a moment and "feel" your desired outcome as if it's already here.

5. **The more emotion you can bring to your visualization (#3b & #3c), the more you will understand what things you must do to obtain your desired outcome.**
    - a. Do you already have the knowledge or do you need to get some help? The stronger emotional visualization you can produce, the clearer you'll be on what tools, if any, you'll need to bring your desired outcome to you.
    - b. Trust your instincts. You can get some help, but in the end, trust your instincts.
  
  6. **One of the big mistakes we make when making changes is trying too hard to “see the results” during the process. You must believe that if you “stay on the path” of the process that your desired outcome will eventually come to you.**
    - a. Forcing your desired outcome to come to you too soon is a motivation killer.
    - b. Believe that the process as stated above will bring you your desired outcome within a reasonable amount of time.
    - c. The results of what you do today during the process normally don't start to appear for a few days.
      - i. Just because you work out longer with more intensity or eat only the right foods or spend a ton of time today treating an injury doesn't mean that tomorrow you'll see dramatic results from today's efforts. It may take a few days...
  
  7. **Allow your desired outcome to find you in its own time.**
    - a. You can have desired outcomes based on time, but as stated above, do not measure or “force” the outcome to happen.
    - b. Learn to trust the process;
    - c. Keep the picture of your desired outcome clearly in the front of your mind.
    - d. Prove to yourself that this process works and then give someone else the gift of what you now have.
- 

OK, you're all set.

I must admit something to you. When I first started using this process in other areas of my life, for a long time I would either forget or just not make time to carve out my 5 minute sessions. When I did remember, it was hit and miss at best.

But that changed when I came across this wonderfully simple, yet “why didn't I think of that” software.

If you spend even a small amount of time in front of your computer, then you should check this out. It has completely changed how I use the process to manifest my desired outcomes for a number of different areas in my life.

Check this out, try it, and I know it will help bring you your intended outcomes to you that much sooner.

[Click here to discover how...](#)

