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## Interview 11: Nicky Pattinson

### QUIZ WITH ANSWERS

- Q1. What town did Nicky grown up in? HOLMFIRTH
- Q2. Nicky thought she was a princess until what age? 30
- Q3. What was the magic of her cake/confectionary business? HEART CONTACT
- Q4. What hurt Nicky more than the actions of her husband? BETRAYAL
- Q5. What was it that Nicky lost during this period in her life? IDENTITY
- Q6. What is more important than visualisation alone? FEELING
- Q7. In life, what do people really want? VALIDATING
- Q8. You should link your goals to? FEELINGS - PASSION
- Q9. When she set her new life goals, what car did she first want? BLACK BMW
- Q10. When Nicky visualised, she saw her (first car) key fob as what? MERCEDES KEY FOB
- Q11. How often did Nicky visualise? DAILY MORNINGS AND THROUGHOUT THE DAY
- Q12. Nicky started writing down morning goals because she wanted? THE FEELINGS FROM ACHIEVEMENT
- Q13. To reinforce the goals Nicky did what? MEDITATE TO ANCHOR THE GOALS
- Q14. What did Nicky do to remove the negative emotions and issues that are niggling? WRITE THEM DOWN, ENGAGE THEM AND STRIKE THEM OUT AND THEN BURNING THE NEGATIVE
- Q15. What else did Nicky do at the same time? WRITE DOWN THE POSITIVE OPPOSITE AND KEPT IT FOR REVIEWING

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Q16. The world has changed from the past, what did Nicky think was the biggest loss from the past? DOMESTIC AND EMPLOYMENT SECURITY

Q15. Because you are in the 'middle of your life' doing this exercise brings out a more objective approach to finding out what? WHO YOU ARE AND WHAT YOU WANT

Q17. To experience success, Nicky believes (and said others successful people do this) you need? POLARITY OF EXPERIENCE/EMOTION

Q18. Nicky mentions visualising her new shoes in 2 years on, but it doesn't just happen, what do you need to do? ACTION! MASTER SOMETHING SMALL FOR THE BIGGER THINGS TO MANIFEST

Q19. Nicky talks about owning space on the planet. Why? ALLOWS YOU TO RESONATE WITH THE WORLD AND PEOPLE

Q20. Many live their lives through a 'Celebrity', what needs to be done to stop that? BECOME YOUR OWN CELEBRITY, IN YOUR HEART, GET YOUR OWN IDENTITY AND BE THE BEST YOU CAN BE

Q21. Most people don't know where they are going, they don't know where they are going because? THEY DON'T KNOW WHAT THEY WANT TO FEEL LIKE

Q22. What kind of staircase does Nicky want to put her feet on? A CRYSTAL STAIRCASE

Q23. In life and business, we are all? A PERSONAL BRAND (WE HAVE OUR OWN STORY AND UNIQUE IDENTITY)

Q24. Nicky discovered, even after all the success, she was still driven by? FEAR

Q25. People think that money makes you happy, if that is the case then all you are is? UNHAPPY IN A GUCCI DRESS – IT'S THE MAKING OF THE MONEY, NOT THE MONEY ITSELF

Q26. You can want to have money and do good with it. It can make you a better person because? YOU HAVE BEEN THROUGH THE EMOTIONAL PROCESS OF CREATING IT

Q27. For working so hard and not being around 100% of the time to raise her child, she is looking for? COMPENSATION

Q28. Some people hold the view that a salesperson is what? A SECOND CLASS CITIZEN

Q29. Everything we do is driven by? EMOTION

Q30. You learn more in one day of adversity than? A LIFETIME OF GOOD LUCK

Q31. Nicky couldn't move forward because she was too busy doing? LOOKING BACK

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