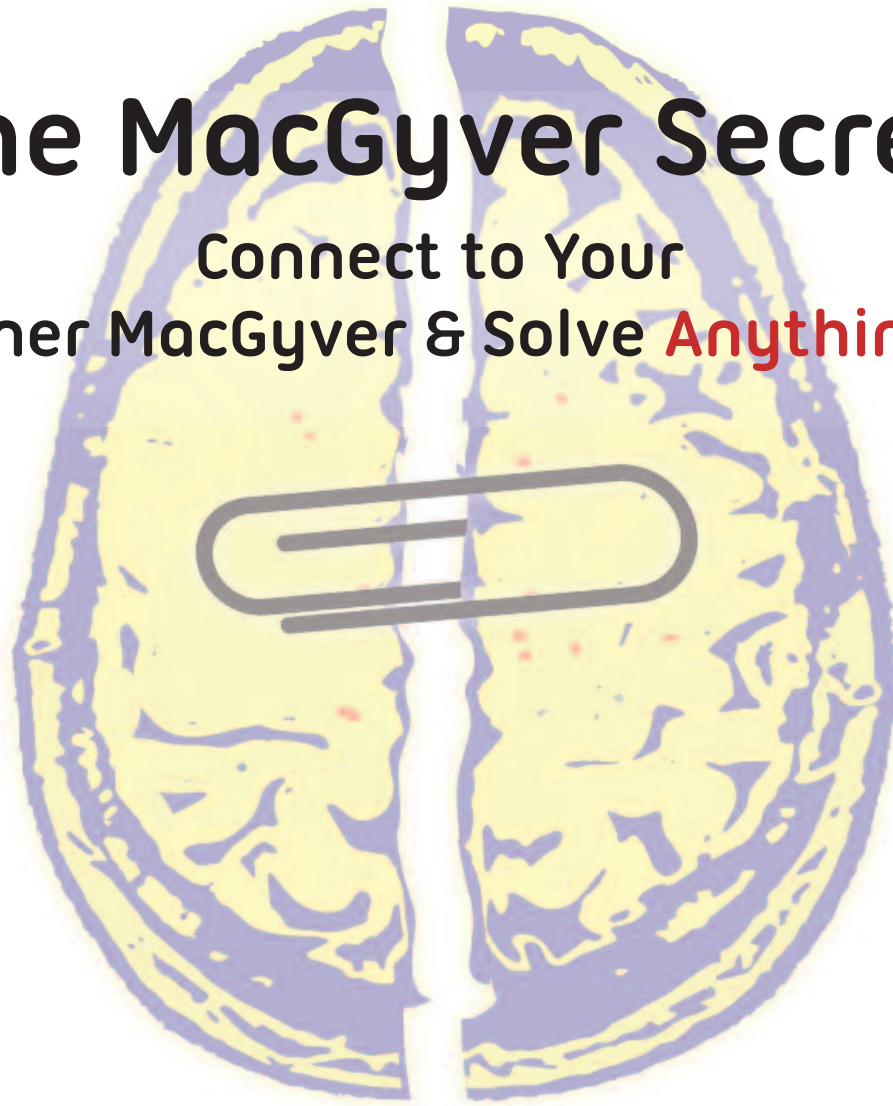


QUICK START GUIDE

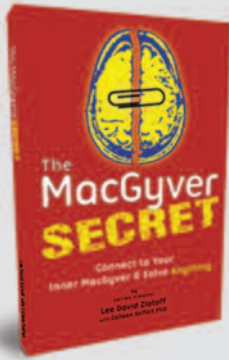
The MacGyver Secret

Connect to Your
Inner MacGyver & Solve **Anything**



by
series creator

Lee David Zlotoff
with Colleen Seifert PhD



Connect
to Your Inner
MacGyver
& Solve
Anything

The MacGyver Secret book has all the tricks and tips for taking the secret to the next level, and all the science that explains how and why it works so well...

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WHAT IS THE MACGYVER SECRET?

You *know* MacGyver. That icon of resourcefulness and ingenuity who can overcome any obstacle by using whatever lay at hand. Who can whip up a brilliant solution when his back is against the wall and all hell is breaking loose. And do it with a smile. *Again and again.*

But how many of us really have that kind of genius? How many of us can routinely crack problem after problem like MacGyver? I mean, that's just got to be a fantasy cooked up by some smartass TV writer, right?

Or does it?

What if it turned out that *anyone* could come up with a truly creative solution when faced with a tough problem? What if that was something even YOU could do? Just like MacGyver. Whenever you needed it. Again and again. Whether you're an entrepreneur, or an engineer, or a designer, or a writer, or a secretary or *whatever* you might be.

What if it turned out that everyone—including YOU—had a "MacGyver" hidden deep inside? Just waiting to be handed a problem so it could crank out an amazing solution. For virtually any problem. Be it technical, creative, professional, personal, or *anything!* That would have to be another fantasy, no?

Well, it's not. And that is THE MACGYVER SECRET.

Because the fact is, *each one of us has a MacGyver within us* ready to jump in and lend a hand whenever we need it. And we have the science to prove it!

In the next few pages, I'll not only tell you how I discovered my inner MacGyver, but give you a QUICK START step by step guide for how you can *connect to that MacGyver inside you*. To tackle anything.

With nothing more than a pen and a piece of paper.

Sounds incredible, huh? But not if *you're* MacGyver.

HOW I DISCOVERED THE MACGYVER SECRET

In my early twenties I moved to Los Angeles with the boundless hope of becoming a writer for television. Even though I knew absolutely no one there in ‘the business’. But, after a few years of trying, the golden door finally swung open and I landed a job writing for a TV series. That was the good news.

The bad news: Despite my earlier writing gigs, I suddenly found myself having to crank out stories and scripts for episodes at a feverish pace to keep up with the relentless demands of TV production. And I confess, I was woefully unprepared.

But, in the constant stress to generate fresh material under such deadlines, I began to notice something curious; namely, that the best material seemed to occur to me **when I was either driving or taking a shower**. Sound familiar?



Lee David Zlotoff

“I found myself having to crank out stories at a feverish pace, when I began to notice something curious...”

I initially dismissed this as a coincidental quirk. Neither of these activities *seemed* like they should be particularly productive. After all, they appeared to be the *opposite of actual work*, which I—and my bosses—presumed was supposed to happen at my office computer.

And yet, the material continued to ‘bubble up’ while in the driver’s seat of my VW hatchback, or my morning hosing, with consistency. Which raised the inescapable question: **What was really happening when I drove around or showered** that not only allowed, but also seemed to *encourage* such useful solutions to come to mind? And might there not be a way I could get the same thing to happen without having to hop in the car or the shower?

So over the next few years, I began to experiment with various techniques to see if there was some way to better understand this odd creative process. And how I could capture the same effect in some more efficient way (gas and water being fairly precious resources).

And, as fate would have it, it was when I was writing the pilot script for MacGyver—that master of ingenuity—all the pieces finally came together and revealed the essence of this

AUTHORS:

Lee David Zlotoff

Lee David Zlotoff is an award winning writer, producer, and director of film and television with over a hundred credits to his name. Among his achievements is the creation of the MacGyver TV series which is now being revived as a new series this fall and a Lionsgate film. Lee is also a frequent speaker and workshop presenter.

Coleen Seifert PhD

Colleen Seifert, PhD is the SCIENCE ADVISOR on *The MacGyver Secret*. She has a PhD from Yale University and is a professor of Psychology at The University of Michigan. Her research interests include: Cognitive Science, Knowledge Representation, Memory Retrieval, Judgement and Decision-Making and has been running studies on the *MacGyver Secret*.

mysterious process. I had uncovered the secret! ***I had found my inner MacGyver!***

And could now easily produce my driving/shower epiphanies — ***on demand!*** Anytime. Anywhere.

To be honest, I didn't really think at the time that it had any applications beyond my own creative process, or that it might work for anyone else. Let's face it, I was just another Hollywood TV writer. Not a group exactly renowned for its cognitive breakthroughs.

But, as I refined this secret over the ensuing three plus decades of my career, the liberating impact of it both personally and professionally proved nothing short of ***transformational***. The stress of creation and problem solving was all but ***eliminated***. And, knowing I had access to the extraordinary resources of my *inner MacGyver* rendered me fearless in the face of any project or deadline.

Over time, I would casually share this secret with friends and acquaintances, most of whom found it too incredible to take seriously. After all, it's nothing like the way *we're taught to solve problems*. Fair enough.

That is, until I offered it to a young friend who was launching an internet company and decided to try using my secret to solve the constant crush of problems that came with it. And, having experienced the same transformational results, my friend returned, raving about how this secret could be successfully applied to any number of endeavors. That it could, in fact, be used by *anyone* who wanted to create great ideas and solve tough problems.

Suffice it to say, he finally convinced me to share my secret. I mean, WWMD? (What would MacGyver do?)

So, now it can be yours too. To use for whatever questions or problems you face when you need answers. About *anything*.

It requires no drugs, no special equipment, no mumbo-jumbo, nor *anything* you don't already have or know how to do. Like I said, all you need is a pen and a piece of paper.

Then the only question now is: ***Are you ready to find your inner MacGyver?***

STEP ONE: GETTING STARTED

There are really only a few simple steps to accessing your inner MacGyver to answer a question or solve a problem. And the first one is to... *JUST ASK*. But to really dial in your “super solver”, you can’t merely think about your question or problem, or even say it out loud.

YOU NEED TO WRITE IT DOWN!

And, while it’s okay to type your question or problem into a computer or tablet or phone, since Mac is very much a *hands-on* character, it works even better and faster if--

YOU WRITE THE QUESTION OR PROBLEM DOWN IN LONGHAND!

Any pen or pencil will do, as will any piece of paper. Though you might want to consider finding a notebook sometime soon to keep all your questions—and answers—in the same place. But for now, just grab any writing implement that’s handy and you’re all set.

You’re wondering: “That’s it? Just write my question or problem down? In longhand? *Why?*” In the complete book or video course we can give you all the science, whys and wherefores for why you need to write your questions down in longhand. For the moment though, just trust us: Old school works best here.

So RIGHT NOW write down a question or problem that you’d like some help with. It could be a creative problem, or technical, or personal, or *anything*. Just write it down **NOW**. It could be one line, or a whole page in great detail. Doesn’t matter. And don’t worry about the answer. That’s for your inner MacGyver to deal with, remember? **SO JUST DO IT**. Take your time. We’re not going anywhere.

Still not sure what to ask? No worries. In a bit, we’ll offer some tips and sample questions if you’re not quite ready to jump in. Just know that connecting to your inner Mac **STARTS WITH WRITING YOUR QUESTION OR PROBLEM**.

And once you’ve done that, **TELL YOUR INNER MACGYVER TO WORK ON IT FOR YOU!** You can do this silently or out loud (depending on how you feel about talking to yourself.) But either way, it’s **IMPORTANT TO DO THIS**.

Remember in the show how MacGyver had a **VOICE OVER**, talking to himself when he was trying to work out a problem? Well, you are now trying to build a relationship with that same awesome problem-solver deep inside you. And **TELLING IT** that you need some help

is the best way to set it in motion—even if it feels a little weird. You’re trying to work ‘outside the box’ now, so a little weirdness is fine.

Okay, so you’ve written down your question, and you’ve told your inner Mac to have a whack at it. Now what?

Just put it aside **AND FORGET IT FOR NOW!** Because, even though it may not seem like it, you’ve just thrown the switch to turn on your inner MacGyver. And help is already on the way.

HOW TO ASK YOUR QUESTIONS

But before we move on to STEP TWO, let’s give you those tips for **HOW TO ASK THE RIGHT QUESTIONS—OR ASK QUESTIONS, RIGHTLY** so you can really get the most out of your inner MacGyver. I mean, if MacGyver was standing in your kitchen, you’d really want to take advantage of all his talents, wouldn’t you? Rather than, asking him to just, say, change a lightbulb?

Now, anyone adept at solving problems knows that it’s important to do your best to *try and define the problem*. As clearly, and in as much detail as possible. And it’s no different with your inner Mac.

So, when writing down your question or problem, **TAKE YOUR TIME**. And try and be as **SPECIFIC AS YOU CAN**. Even if that means you end up writing several paragraphs or a *whole page*. Or pose the same question or problem in different ways. Or want to give your

inner Mac a whole bunch of different questions at the same time. Take it from me, you simply can’t give your inner Mac *too much information*.

ON-LINE VIDEO COURSE



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That doesn’t mean you can’t ask broad or general questions, like ‘Why can’t I find a job I really like?’, or ‘What’s it really gonna take for me to lose 20 pounds?’ But, as you might expect, the more general or vague the question, the more likely your inner MacGyver is to respond with a broad or general answer.

And don’t be surprised if your inner Mac answers you *with more questions*. It happens all

the time. So if you ask ‘Why can’t I find a job I really like?’ your inner Mac may come back with, ‘What do you think you’re good at? What do you really like to do? Who can you think of who gets paid to do *that*?’ In which case, it’s totally cool to then **re-write those questions** and throw them right back at Mac for some more specific answers.

Because the thing here is ***you’re really starting a conversation or DIALOG with your inner Mac.*** Bouncing questions or problems back and forth—however frequently you choose to do it-- once a day, once every other day or whatever-- until you get the answers *you can really use.*

Your inner Mac *will never get tired or fed up with your asking.* It’s **YOUR** inner MacGyver after all, and it’s there to pitch in and help however often or badly you might need or want it.

So, to review, here are keys to getting the best from your inner MacGyver when you write down your questions or problem. TAKE YOUR TIME-- BE AS DETAILED AND SPECIFIC AS YOU CAN-- DON’T SWEAT ABOUT OVERLOADING YOUR INNER MAC

You might find it helpful to now revisit the question you first wrote and expand on it or try using these sample questions by filling in the blanks with *whatever* you’d like your inner MacGyver to work on.

SAMPLE QUESTIONS

- WHAT is it I really need to answer about _____?
- WHAT answers have I been considering about _____?
- WHAT are some possible answers to _____ that I haven’t considered?
- IS _____ really the problem or could it be something else?
- HAVE I really considered all the aspects of _____ yet, or am I missing something?
- NOW THAT I LISTED EVERYTHING about _____ that I can think of, is there one perfect answer? or might there be a number of possible solutions?

STEP TWO:

LETTING YOUR INNER MACGYVER GET TO WORK

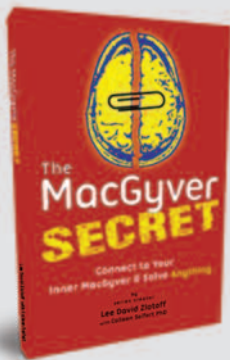
So now that you've written down your question and told your inner Mac to work on it, what should you do next? Simply put, ***you should just stay out of the way*** and LET YOUR INNER MACGYVER DO ITS THING.

'And how exactly do I do that?' Good question. You need to find some *activity*—preferably an enjoyable one—to keep all the thoughts that constantly churn in your head ***preoccupied with something else*** so that your inner Mac can have the time and space it needs to solve your problem. (The science folks call this an INCUBATION ACTIVITY because it keeps YOUR conscious mind busy while your inner Mac quietly *nurtures* the solutions you're looking for).

Like, for example, driving and showering. Both of which, though routine, keep your mind occupied and are also **PHYSICAL**. And there are dozens of equally good activities. You can go for a walk, or a jog, or a swim or a bike ride or a workout at the gym. You can cook, garden, knit, practice a musical instrument, do a jigsaw puzzle, or a crossword or a Sudoku. All of which require your steady focus and still have *some* physical aspect to them.

And if you're really pressed for time, you can also try doing some ***routine chores you have to do anyway***. Like cleaning the house, washing the dishes, walking the dog or organizing your clothes closet. The point is to do something that requires your focus *so you can't think about the question* you gave to your inner Mac—which is *quietly working the whole time* to solve your problem. So don't be afraid to experiment with a range of activities until you find one or two that you *know* will do the trick for you.

Fact is, there are only a few activities that WON'T WORK. But they're biggies, so brace yourself. WATCHING TV OR ANY VIDEOS WON'T WORK. Neither will READING, a book, a magazine or anything else. Nor will CONVERSATION, whether talking, listening, or texting. And last, but not least, NO PLAYING INTENSELY INTERACTIVE VIDEO OR COMPUTER GAMES. Simple



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digital games are okay, Candy Crush, Tetris, Angry Birds, and the like. But I'm afraid that **FIRST-PERSON SHOOTER OR ROLE-PLAYING GAMES ARE OUT**. (The complete book explains why none of these activities will work, but for now, take my word for it, they just **WON'T**). Sorry.

Taking a nap or sleeping can sometimes work as incubation activities. But they require some extra tricks and practice. So for now stick to activities you can do when you're awake.

It also helps to **SET A TIME LIMIT** for your inner Mac to do its thing. To start with, give yourself at least an hour, or four, or a day, or something like that. So, after writing down your question and telling your inner MacGyver to work on it, set it a specific **TIME LIMIT**.

As with any new skill, practice makes perfect. So the more you use your inner Mac, the faster it will work and the better and clearer your answers will be.

To review, here are the keys to find the right activity to let your inner Mac do its thing:

- Keep it physical
- Keep it unimaginative
- Keep talking to a minimum
- Forget TV, reading or really interactive video games
- Set a time limit

So, **RIGHT NOW**, take a minute or two and write down a few activities that you think might work **FOR YOU** to let your inner Mac do his thing. Think of tasks you enjoy that let you 'zone out' and lose yourself in the activity. Got a few listed? **GOOD**.

You can always add to the list or switch activities if you find one works better than another. Remember, you're in the process of **MacGyvering YOURSELF here**, so shifting gears and innovating to make this work for you is par for the course. And now you're ready for the final step—and the good stuff you've been waiting for!

INCUBATION ACTIVITIES

Walk, jog, run, workout at the gym, bike, skate, swim, dance, surf, boogie board, skateboard, cook, garden, knit, clean the house, wash the dishes, shower, drive, do a crossword, Sudoku, word search, play Pokemon Go, Angry Birds, Tetris, backgammon, chess, practice a musical instrument, paint by numbers, woodwork, weld, throw a pot, build a model, or Legos, do a jigsaw puzzle, Origami, mow the lawn, repair anything, play tennis, soccer, Frisbee, ping pong, badminton, volleyball, make love, scale a climbing wall, wash your car, or your dog, change your oil, paint your house, iron your clothes, clean your closet, dig a hole, fill it in, plant a tree, build a fence, rearrange your furniture, sew a dress, quilt, can fruit, rake leaves, chop firewood. That should be a few to get you started.

STEP THREE:

ASKING YOUR INNER MACGYVER FOR THE ANSWERS

Okay, so you've written down your question, told your inner Mac to work on the answer, set a time limit, and kept the hamster wheel in your head busy with some enjoyable or routine activity.

Now it's time to ask your inner MacGyver for the answers. And here are a few tips to make sure you get everything your inner Mac has to offer.

First, **RETURN TO YOUR QUESTION.** Wherever you wrote your question, **GO BACK TO IT NOW** so that it's right in front of you. It really helps to maintain that connection between where you started and what you're about to receive. You can re-read the question if you'd like, or just glance at it to make it fresh in your mind (hopefully, you've really forgotten what it was). Doing this also means you'll be all set to start writing again, so have that pen or pencil handy.

Then, **ASK YOUR INNER MACGYVER FOR THE ANSWER!** Silently, out loud, in song, it doesn't matter how you ask. But **ASK.** Remember, you're trying to create a dialog with your inner Mac, so don't be shy about letting it know you're ready for the answers, and that it's time for it to show you what it's got.

And then, **JUST START WRITING!** Anything! *It doesn't matter WHAT you write to get started!* You can write about the activity you just did. You can write the words to The Star Spangled Banner-- or any song. You can write how much you love or hate your boss. You can write ANYTHING. **JUST SO LONG AS YOU START WRITING!**

Because, within no more than a minute of your writing—**THE ANSWERS WILL BEGIN TO POP INTO YOUR HEAD AS YOU'RE WRITING!** And you will capture them all by **WRITING THEM DOWN.** It's just that simple.

Writing your questions and answers *is how you and your inner Mac connect and communicate.* Whenever you want it, whenever you need it. You will write what you're looking for help with, and it will **WRITE YOU BACK** with the answers. Amazing? Maybe. But true.

And, if the answers you're writing seem to trail off or fade away, or the hamster wheel in your head starts to interfere by focusing on a particular answer, then **JUST GO BACK TO WRITING ANYTHING AGAIN,** until the flow returns. Because it will. Just keep that pen going until you're satisfied that you've received all the answers you have now.

And if, for any reason, you don't think what you've received has fully answered your question or provided enough specifics...**THEN ASK AGAIN!** And tell your inner Mac exactly

what you think might be missing, or what you might want it to expand on. In the complete book there's more about how to best evaluate the answers from your inner Mac, but for now, just try and get that INNER DIALOG going and see what comes up.

I've also learned there are **some questions and problems that MIGHT REQUIRE YOUR ASKING MORE THAN ONCE**, particularly around personal, emotional, or relationship issues. And there's more on that in the full book too. So, for starters, try and stick with more work, technical or creative problems. All of which should be easily answered if you just keep writing when it's time to receive your answers.

That brings us to the next helpful tip: Just as you gave yourself enough time to really flesh out your questions in detail, **MAKE SURE YOU GIVE YOURSELF ENOUGH TIME TO RECEIVE YOUR ANSWERS.** Remember, you're after really smart and solid answers from your inner MacGyver. Not just *fast* answers.

Then, before you ask your inner Mac to deliver the goods, get comfortable, and give yourself the time you'll really need to receive the answers. We've been conditioned by the wonders of technology to expect instant information with the click of a keyboard or the tap on a touch screen. **But this information comes from a much deeper and more knowing place**—your inner MacGyver. So no point in trying to rush things. Got it?

Okay, so a quick review before diving in to really meet your inner Mac. **RETURN TO THE QUESTION-- ASK YOUR INNER MACGYVER FOR THE ANSWERS-- THEN JUST START WRITING! ANYTHING. UNTIL YOU'RE SURE YOU'VE GOT IT ALL-- AND GIVE YOURSELF ENOUGH TIME TO RECEIVE THE ANSWERS.**

So, if you've done all the previous steps, **RIGHT NOW**, return to your question, ask your inner MacGyver what it's got for you, and **START WRITING!** Then watch what happens...

That's it! You now have all the basics you'll need for connecting to your inner MacGyver and getting the answers to, well, *anything*. I know, it still sounds too good to be true, huh? **How could it possibly be *that easy*?! That's what I first thought, along with the others who've been using this secret *for years!***

But you don't have to take our word for it. **JUST TRY IT!** Seeing is believing, right? So give it a shot. And, if it works or you have some questions about it, **LET US KNOW** at MacGyverSecret.com.

And, if you're intrigued but still want to know more about how I and others have been using it, or all the science behind it, or how to use the secret if you work at an office, or with a team, or how it can really change your life, there's all of that and more in the complete book or on-line video course.

**Either way, THE SECRET IS YOURS NOW!
To MacGyver your way through ANYTHING!**