

the **CREATE**  
method

6 POWERFUL STEPS TO  
**RECHARGE YOUR**  
MARRIAGE.

**BRIAN** SALAZAR

“

**IF ONE MAN  
CAN DO IT,  
ANY MAN  
CAN.**

”

BRIAN SALAZAR



# from the creator

I am on a mission to help every man become unstuck, unleash his power, and become unstoppable.

Welcome.

If you haven't read my story before (from my website), let me give you the shortest version ... I spent YEARS trying to pretend to be someone that I'm not. I was the fun guy ... the partier ... the passive guy ... the successful entrepreneur ... the dream chaser (and catcher) ... the easy-going, laid-back, can't-piss-him-off guy ... everyone loved me.

But the truth was that no one knew me.

I didn't let anyone in. And it all worked out really well for me ... until it no longer worked for me. You see, I married a strong woman who spent years trying to break through to me, and she had finally had enough. She asked me for multiple separations, and even a divorce. It was at that point that I knew she had reached her breaking point, and I got incredibly motivated.

I found an amazing coach that helped me turn myself around QUICKLY. Almost immediately, I started changing, and she saw it. As I grew and evolved, I repaired my marriage. I found myself. And I found my passion.

After coaching so many men on a similar journey, I created a 6-step method that changes lives and marriages. This C.R.E.A.T.E. method is incredibly powerful when used appropriately. And by "appropriately", I mean with intention. Don't just read it ... absorb it. Study it. Take every word in. And then apply it. If you do, you'll be amazed as your fast growth and the new potential you'll find in yourself & your marriage.



Now, you're a smart guy. I can hear the wheels spinning in that brain. You're wondering why I'm giving this away for free ... so, let's just cut the crap (that's just how I work - no bullsh\*t) ...

1) I know this system works, and I'm on a mission to help as many men as possible. The world has never needed this more, and I've never been more ready to change that.

2) It's a great way to introduce myself. I will be sending you emails periodically - to inspire, motivate, check-in, and challenge. You can always unsubscribe, but my hope is that this opens the door for you to be honest with yourself about your marriage. And if you ever find yourself needing a little more help, you now know where to start.

Now, let's get to work!

*Brian*



## the CREATE method

The **CREATE Method** brings intentional structure to making significant change in your life. CREATE is an acronym, but the word is not an accident. One of the first things that we must realize, as men, is that we are not victims of ANY circumstance; we are **CREATORS** of circumstance. In each moment, we have the opportunity to **CREATE** a new outcome, good or bad.

So, let this be your first lesson. You are not a victim of your current marital struggle; you are the creator of your current situation and have the power to change it, moment by moment. You have the power to create the outcomes in your life and marriage.

Although this is heavily geared toward recharging your marriage, you can use the CREATE Method to solve or overcome any challenge in your life. Sometimes people know that they want to make change, but they are not sure how, **HERE IS HOW... You CREATE.**

**CREATE:** Commit. Rewire. Expand. Accelerate. Teach. Evolve.

# COMMITMENT is freedom from indecision

It starts here.



# COMMITMENT



**Absolutely nothing can happen without a commitment from YOU.**

## **COMMIT:**

Commitment is a pledge that obligates you to a certain course of action. True commitment acknowledges that the decision has been made, and that desired outcome shall be so.

Commitment invites a belief in a desired outcome, and belief yields results.

Commitment will take you from wanting to change your life to deciding to change your life, and is, therefore, the first, and most critical, step in transformation.

The commit phase is built to be the core foundation for your growth. You must identify what you truly want, why you want it, and fully commit to achieving that outcome.

**You must take 100% responsibility for your life and current "circumstance."**

## **Some steps that you can take toward COMMITMENT are:**

- Assess your current reality, understand what has gotten you here, and make a powerful decision to commit to the next outcome that you want to create in your life.
- Create clear vision for where you want to be in 1, 3, and 6 months.
- Take 100% responsibility and focus all of your energy on YOU.
- Implement new tools and routines to increase your state of mind and body that will enable you to conquer this present challenge.
- Find someone to hold you accountable. Find someone who inspires you and follow them.



## **EXERCISE:**

Write out **exactly** (get specific!) what you want, why you want it, and what you are truly seeking? Don't hold back ... write out everything in detail. What kind of tools, resources, and people can you surround yourself with to help make that happen?

“

**YOU CANNOT SOLVE  
YOUR PROBLEMS WITH  
THE SAME THINKING  
WE USED WHEN WE  
CREATED THEM.**

”

ALBERT EINSTEIN



# REWIRE

Shifting your mindset first starts with an open mind & a desire to change.

## REWIRE:

It's your current thoughts and beliefs that have gotten you to where you are in your life.

It's important to eliminate limiting beliefs and implement a new belief system that will yield the results you're looking for.

Limiting beliefs are the beliefs that constrain us in some way and keep us from getting what we want and becoming who we were created to be.

## Change your thoughts and beliefs, and you will change your life outcomes.

Simply put, you must start to train your brain to do things differently than what has gotten you here. This is the time to consume productive information and learn new ways of living a more fulfilling life and marriage.

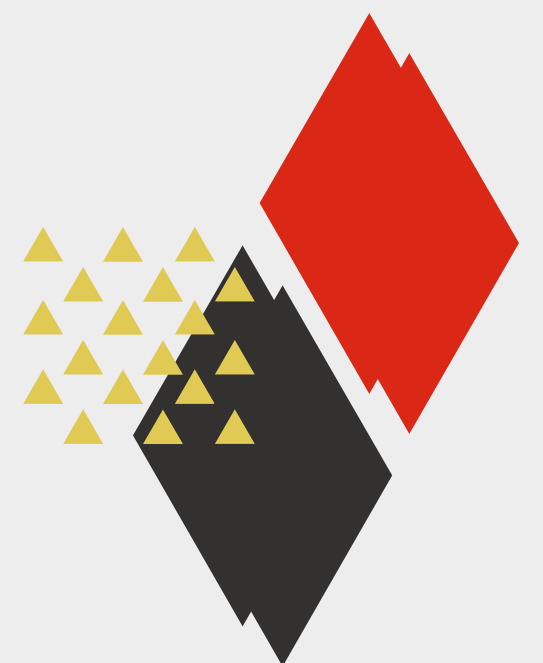
## Some things that you can focus on to REWIRE are:

- Seek the truth about how life really works. Realize the power of your thinking and that your life always moves in the direction of your strongest thoughts. But those aren't necessarily TRUTH.
- Learn what it means to be man of courage, integrity, vulnerability, and compassion ... A man with awareness, conviction, presence, and who is grounded in his deepest truth ... an Unstoppable Man in life and marriage.
- Wrestle with eliminating false beliefs about life, women, sex, and marriage that have gotten you here.
- Learn about the true power of love and acceptance.
- Devote time and attention to understanding what you need to know about sex.
- Begin to comprehend what women want and how they operate.
- Start believing in who you are.



## Exercise:

Write out what your current thoughts and feelings regarding your marriage and life. Are those productive thoughts and beliefs? Are they true? What would you like to believe about your wife and marriage? What is holding you back from having more productive thoughts and beliefs that you want ?



Without  
**EXPANSION**  
there's no  
room for  
growth.

Let's make room.





# EXPAND

**Expansion, by definition, refers to becoming larger, more extensive, and more fully developed. The way that we expand, as humans, is to lean into our fears and start taking action. You can sit around and read a thousand books, take 10 courses, and learn from the best, but without implementation and action, you will not see results.**



## Ways to focus on EXPANDING:

- Focus on boundaries: how to set, implement, and hold them. Learn what to do when she "goes off".
- Stop lying. And start telling the truth - your truth. Eliminate one of the most destructive habits that men have and begin showing up wholeheartedly in life by giving yourself permission to be honest with yourself, your wife, and those that your life directly impacts. Enough of the bullshit.
- Learn the importance of connecting to a higher power. Regardless of your beliefs, connecting to a higher power connects you to the Ultimate Power.
- Learn to no longer be afraid of conflict by learning how to engage in it.
- Learn how to start effectively communicating in your marriage.
- \*\*\* Start leaning into your fears. Do what you've been afraid to do but know that you need to do.
- Find meaning and purpose in your life.



## Exercise:

Write out the sequence of events when an argument ensues with your spouse or someone else. What do you notice? Is it effective? What can you do to more effectively communicate when conflict arises? What is ONE thing that you can start doing today that will help get you what you want, and start doing it? NOW.

“

**NO ONE EVER GOT  
ANYWHERE BY SITTING  
IN NEUTRAL.**

”

BRIAN SALAZAR

# ACCELERATE

Once you've built the foundation, you need to hit the gas pedal. Your life isn't going to wait.

## ACCELERATE:

If you've been doing all the work from the first 3 steps, you now have a strong foundation of knowledge, reflection, and truth.

Along with all of that newly gained insight, you must have a functioning system. You must have good habits. You must have good health. You must know where you want to go.

**Then, and only then, you must take aligned, intentional action ... moving closer to your goals every single day.**

Let's take the time to get yourself firing on all cylinders - get your mind & body ready for change.

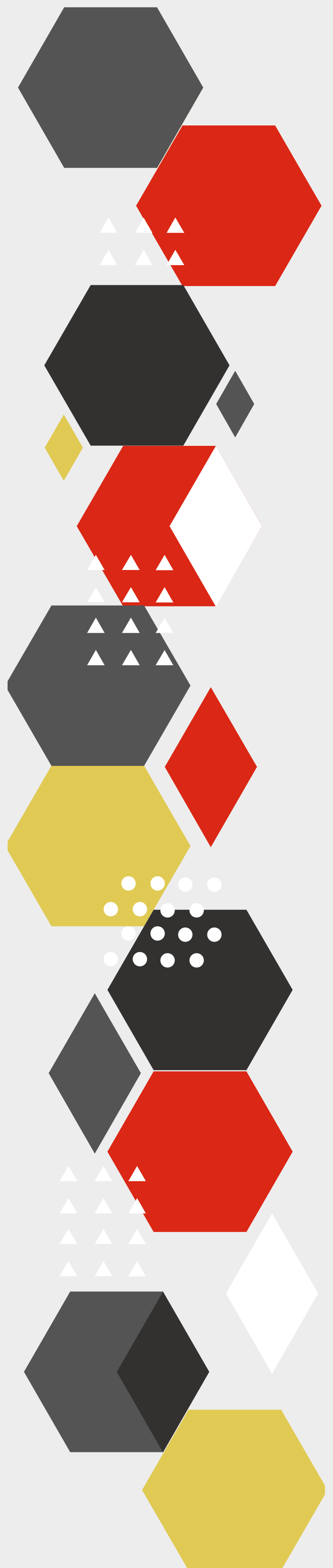
**Take action every single day.**

## Steps to ACCELERATE:

- Become more productive and intentional with your time. Get organized by implementing a system that works.
- Recreate your vision for what you want in life and start to believe that you can have it.
- Set new goals for your life and marriage. Learn how to do this with your wife.
- Fully commit to and execute a powerful mind and body fitness routine.

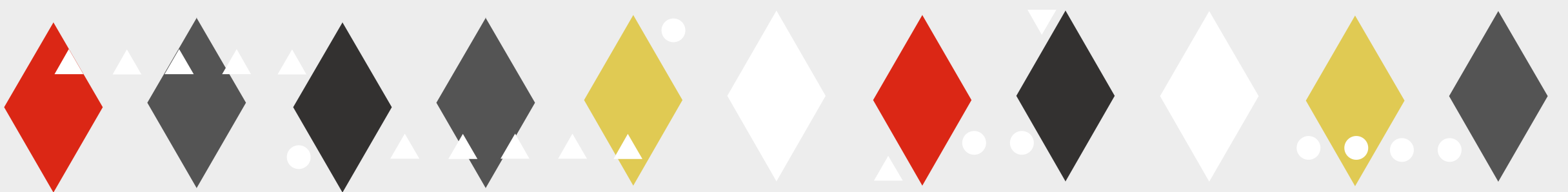
## EXERCISE:

Each morning, write out the top 3 things that you want to accomplish that day and spend 80% of your time (or until complete) solely focused on those 3 things.



When you  
have an  
insight, share  
it ... the world  
needs more  
teachers.

Teach others.



# TEACH

**There's no greater gift than to breathe life into a fellow human.**

## **TEACH:**

One of the greatest, and most fulfilling, things that we can do in life is to use our gifts and give back.

It's important to share our experience with others in a way that will help them move forward in their life.

If you have made it to TEACH, no matter what you are creating, you have been through a powerful journey and have made great strides in becoming the man that you were created to be.

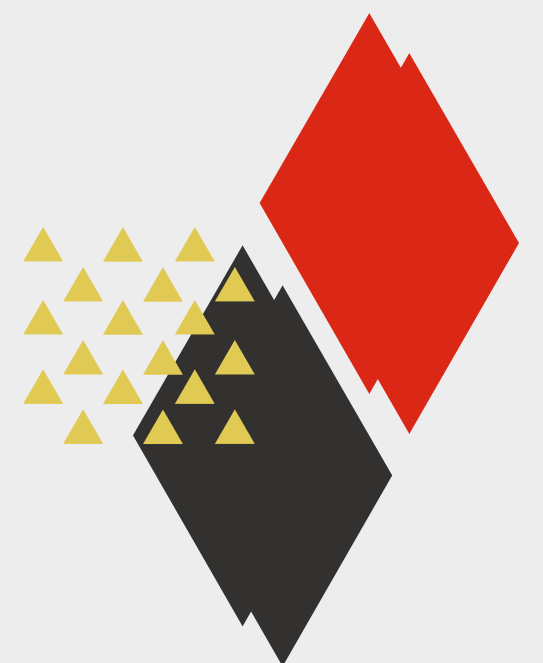
## **To TEACH, you should:**

- Introduce your learnings to someone(s) in need. Share your expertise and gift with the world.
- Make a plan to use these teachings going forward and how you will implement some of this knowledge in your daily interactions with colleagues, employees, friends and family.
- Identify opportunities and begin to engage with other men for ongoing community. Start or join a mastermind, a church group, an accountability group.



## **Exercise:**

**What is one thing that you can do this week to serve someone else? DO IT.**



“

**If you're not  
growing, you're  
dying.**

”

TONY ROBBINS





# EVOLVE

**Your work is never done and don't ever expect it to be. Life is constantly evolving around us, and we must also evolve. Your evolution as a husband, father, businessman, and human must be in constant motion from this day on.**

## **When you EVOLVE, you must:**

- Outline your next steps and commitments for moving into the next phase of your life.
- Determine how you will use the CREATE Method to carry you forward.
- Have a clear understanding of where you are going in your evolution as a man.
- Commit to what is next for you in your evolution as a man.
- Repeat the C.R.E.A.T.E. method.



## **Exercise:**

**Write out what you are going to specifically do to get what you want, or fix what feels broken. How are you going to make the initial change? What are you going to do differently? Who is going to help you? Start executing that plan NOW.**





**Here's what one man said about the Unstoppable Man:**

“My wife had just told me she was leaving me, and in that enormous moment of loss I realized that more than losing my partner of nearly 15 years, I had lost myself in the years leading up to that moment. I had become so externally focused, with my sense of success, accomplishment, and personal fulfillment being tied to the opinions and moods of those around me.

I began working with Brian, and his steady hand through this process was a truly comforting and reassuring presence. His thoughtful no bullshit questioning, his thorough process of holding me accountable, his advocacy for others around me, and more than anything his keen navigation through all the steps of the process helped me get to where I am. After being at my all-time low. I am living happier, healthier, and stronger than I can ever remember. By taking accountability for my decisions, my mistakes, and my journey I regained control over my life. Brian was with me for every single one of those steps in my reclamation. With commitment and Brian there to support you, remarkable things are possible.

Brian is a Buddha-like Mansmith who helps you find new levels and depth to your ultimate pursuit of fulfillment and gratification in life”

~ Mack

**\*\* [Read more testimonials here.](#)**

# Congrats!

## You're on your way.

**This blueprint is just a start ... just a summary of a powerful tool to create lasting change.**

My sincere hope is that you feel closer to your goals. By Committing, Rewiring, Expanding, Accelerating, Teaching, and Evolving you can tackle any challenge down the road ... it's not just for marriages (as you saw) ... you can apply it to anything in your life that needs radical change.

This Blueprint is intended to get you started on your journey - not to be the end of it. If you find yourself inspired by your growth, and you're looking for even more, then don't quit. You've found momentum, and that is powerful.

If you're bold and want the most powerful change, working with me could be the best next step. This is the fastest, most powerful path to radical growth. It takes a commitment to change, an openness to truth, and a strong desire to step out of your comfort zone. We will find your biggest hurdles and bust them down. I will walk beside you on your path to success, and I will hold you accountable to the growth that you want to see. If you want to see what that could look like **[LET'S TALK](#)** - we'll determine if it's a good fit.



I know that the situation you're in right now might be difficult. I know that it might feel suffocating. I also know that you might be in a situation that has become the status quo for your life and it's "good enough" for now. But I also know that you're reading this, and that tells me that deep down inside, you want change.

I was there. I wanted change but I didn't take any real action until I was essentially forced to take action. And sometimes waiting until then is too late.

Here's a little secret about me ... it drives me crazy when people say they want something different ... that they want to be someone different ... yet they don't do anything about it. It drives me nuts because that was once me.

So please do me ONE FAVOR. Decide TODAY to do something different than before. Make a plan to no longer sit back and to act. I really don't care what that is (well, I do, but I realize it's your choice!), but please **do something**. There are so many people and resources out there that can help, and many of them are FREE. There is not excuse to sit in neutral.

Out of so much love and respect for you ... commit to doing something. It will be worth it. I promise.

Brian

Brian

