Having It All
Achieving Your Life’s Goals and Dreams

JOHN ASSARAF
Having It All Playbook

HAVING IT ALL
Achieving Your Life’s Goals and Dreams

Playbook

Presenter
John Assaraf

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“The most important part of living life on your own terms and having it all is having faith and belief in yourself and in the intelligent power that created you.”

- John Assaraf
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A Note From John...

Thank you for ordering Having it All — Achieving Your Life’s Goals and Dreams.

In this program, you will learn the latest in quantum physics and brain research as it relates to really achieving your goals.

Please set aside the time to go through the materials and the recording and make sure you do what is asked of you in each section.

Remember, it’s the application of the right information that yields the results you truly want.

The materials included in this program are based on years of research and contain the most current information available to help you create the life/business you really want.

As you will hear me say numerous times, the information in and of itself is practically useless. It is the implementation of the information, the action steps you take on a persistent and consistent basis that will really make the difference for you.

We have given you a system that will absolutely accelerate the process of making the changes you want to make so you can really make your life’s and business goals a reality.

Now it is up to you.... To your success!

John Assaraf
CEO & Founder, NeuroGym
Be A Winner

The Winner—is always part of the answer;
The Loser—is always part of the problem.

The Winner—always has a program;
The Loser—always has an excuse.

The Winner—says, “Let me do it for you;”
The Loser—says, “That’s not my job.”

The Winner—sees an answer to every problem;
The Loser—sees a problem for every answer.

The Winner—sees a green near every sand trap;
The Loser—sees two or three sand traps near every green.

The Winner—says, “It may be difficult but it’s possible;”
The Loser—says, “It may be possible but it’s too difficult.”

Be a Winner!
Binding Agreement with Me, Myself, and I

I, the undersigned commit and agree to furnish all materials and labor necessary to design and create the *life of my dreams*.

I hereby commit to doing whatever it takes without being dishonest or deceitful to achieve the greatness that I know is within me.

I will pay the price that is necessary to reach my life's dream and destiny, because I know that not fulfilling my destiny will leave me feeling short-changed in my life.

I understand that my life's design plan is going to be reached one step at a time, with each step bringing me closer to the *life of my dreams*.

I will only settle for achieving the *life of my dreams*. I have the power, I have the knowledge, and I have what it takes.

---

*Signature of Commitment*

*Date*
What is Success?

To me, success means...

_____________________________________________________________________________________________________
_____________________________________________________________________________________________________
_____________________________________________________________________________________________________
_____________________________________________________________________________________________________
_____________________________________________________________________________________________________

What 3-5 things must happen in order for me to feel my life is a success?

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________

“I am now committed to making and allowing these things to happen.”
One Year From Today

“What has to happen in order for me to feel totally satisfied with my life?”

Use the examples and ideas on the following page to help you compile your list.

<table>
<thead>
<tr>
<th>Professionally</th>
<th>Personally</th>
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Ideas and Examples

**Professionally**
- Financial Investments
- Real Estate
- Business Plan
- Retirement
- Hire Dream Team
- Education
- Build Skills
- New Career/Business
- Promotion
- Job Training
- Generate $1M in Revenue
- Design a Career Track
- Plan Future
- Get More Organized
- Reduce Stress

**Personally**
- Relationships
- Reputation
- Contributions
- Spirituality
- Ethics
- Morals
- Family
- Ideas
- Health
- Travel
- Socialize/Network
- Meditation
- Exercise
- Look Better
- Face Problems
- Handle All Needs
The Neural Reconditioning Process

1. Create a new powerful physical and mental vision.

2. Choose powerful new declarations and affirmations that will support the new vision.

3. Create written, auditory, kinesthetic, visual, and subliminal imprinting material.

4. Daily Reconditioning Techniques. Upon waking, just before bed, and one other time.
   - Three to five minutes
   - Photos
   - Mental movies
   - Self-Guided Imagery
   - Visualization boards
   - Real life movies
   - Recorded and laminated affirmations

5. Neurotechnology
   7, 15, or 30 minutes per day.

6. Meditation

“I have a powerful vision!”
The Power of Meditation

Brain research has produced concrete evidence for something that practitioners of meditation have maintained for centuries: Mental discipline and meditative practice changes the workings of the brain and allows people to achieve different levels of awareness and peacefulness.

In Addition

During the past 25 years, more than 1,000 scientific research studies have been conducted on the effects of meditation technique at 250 independent universities and research institutions in 33 countries. The studies—many of which have been published in leading scientific journals—have shown that meditation:

- Reduces stress
- Increases creativity and intelligence
- Improves memory and learning ability
- Increases energy
- Increases inner calm
- Reduces insomnia
- Increases happiness and self-esteem
- Reduces anxiety and depression
- Improves relationships
- Improves health
- Promotes a younger biological age.
The Power of Visualizations

What Are Visualizations?
Visualizations are images we create in our minds. Our brain and its non-conscious functions remember everything we see or imagine repeatedly. The smile of a baby, a rainbow over the meadow, a car racing by, or even you pretending to jump of a building! We can replay these “mental movies” over and over again on the screen of our mind as many times as we wanted. Visualizations register in our non-conscious just as powerfully as images we have actually seen. To our brain, they are real. Thus, we can create the reality we want on the inside first, by imagining what we want. When we use visualizations over and over again, we accelerate neural connections much faster than experiencing an actual event. Although it is called “visualization,” it is not necessarily visual. Some people don’t see mental movies or images in their mind, but experience a strong “feeling” that can include sounds, tastes, or emotions. One is not necessarily better than the other.

Why Do They Work?
Seeing and feeling is believing. We believe what we see and what we feel. This is true for actually seeing something as well as mental seeing. As you create an image on the screen of your mind, your brain believes it is happening and it is real. Repetition of the visions causes the neural patterns to connect and strengthen, hereby causing the image to become more real. Your mind then begins to believe it actually happened or is now happening. Non-consciously, it’s an event that has actually taken place. Combined with affirmations, it becomes a powerful tool in creating what you want in your physical world. You set up the brain to feel and expect the “new” image as part of your current reality which it then helps you find and act in the physical world.

How Do You Do It?
Set aside a time and place daily for your meditations, visualizations and affirmations. It’s better if you can do it at the same time every day preferably first thing in the morning or just before bed when you are a little tired. Visualization begins by closing your eyes and creating a mental image of what you want. At first this may seem a bit strange and the images are unclear. That’s all right. The more you practice, the clearer the images become. Always try to picture the same images every day, adding more detail as you become more comfortable with the process. Look at the pictures in your mind as a movie, with yourself as the actor and play out the new you and success vividly.

Result?
When neural pathways are formed and strengthened at a non-conscious level, you automatically seek “out there” matches for “in here.” The firing threshold of the neurons is lowered and you create a subconscious pattern that helps you automatically achieve your new vision. The other thing that occurs is that you now have a neurological “mental station” set that can broadcast the frequency of what you want 24/7 just like a radio station. The stronger the mental pattern, the more frequent you will think about it consciously and subconsciously.
Brain Waves

**Beta (14-100 Hz)**
Alert/Working

They are the fastest of the brain waves and are not conducive to superlearning. This is our day-to-day awake state.

**Alpha (8 – 13.9 Hz)**
Relaxation, superlearning, relaxed focus, light trance, increased serotonin production. Pre-sleep or pre-waking drowsiness. Higher intuitive factors. Meditation, beginning of access to non-conscious mind. Access to quantum field begins.

**Theta (4 – 7.9 Hz)**
Dreaming sleep (REM sleep). Increased production of catecholamines (vital for learning and memory), increased creativity. Tap into universal intelligence. Integrative, emotional experiences, potential change in behavior, increased retention of learned material. High levels of access to quantum field.

**Delta (.1 – 3.9 Hz)**
Very slow. Dreamless sleep. Human growth hormone released. Trained monks can access this level of the field in an awakened state.
## Evolution Theories of the Universe

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Significant Figures</th>
<th>Key Contributions</th>
</tr>
</thead>
<tbody>
<tr>
<td>450 Years Ago</td>
<td><strong>Galileo and Giordano Bruno (1564)</strong></td>
<td>Based years on theories developed by Copernicus, they concluded that the earth is not the center of the universe. Proposed that men are simply part of nature and not superior to it which ran counter to the theories of the politically powerful churchmen of the time.</td>
</tr>
<tr>
<td>400 Years Ago</td>
<td><strong>Descartes (1596–1650)</strong></td>
<td>Studied principles of science. Approached the church and offered that he study the “objective world” while they maintained dominion over the psyche and the intangible.</td>
</tr>
<tr>
<td>300 Years Ago</td>
<td><strong>Sir Issac Newton (1643–1727)</strong></td>
<td>Studied the greater objective world and figured out velocity, position, the speed of falling objects and gives us the ability through Newtonian physics to put a man on the moon.</td>
</tr>
<tr>
<td>Less than 50 Years Ago</td>
<td><strong>Albert Einstein (1879–1955) and Max Planck (1858–1947)</strong></td>
<td>They studied the photoelectric effect and miniscule sub-atomic particles. Einstein concluded that the very small does not behave at all like the very large and that nothing can go faster than the speed of light E=MC².</td>
</tr>
<tr>
<td>Current</td>
<td><strong>John Hagelin, Ph.D. (current)</strong></td>
<td>He offers the notion of a “Unified Field” linking the four forces of nature. Also puts forth that the very small of the universe is a wave and the very large is a particle. He is generally regarded as one of the pioneers of String Theory.</td>
</tr>
</tbody>
</table>
The Great Law

“Everything is Energy!”

Energy is neither created or destroyed.

It is the cause and effect of itself.

It is evenly present at all places at all times.

Energy is in constant motion and never rests.

Energy is forever moving from one form to another.

Change is energy’s only attribute.

“Energy is Everything!”
The Law of Attracting and Vibration

- Energy that is on the same frequency will resonate and attract.
- Energy that is not on the same frequency will not resonate and will repel.
- Your thoughts are waves of energy that penetrate all time and space.
- Our physical universe is merely a manifestation of our own unseen internal universe.
- Concentration and focus increases the vibration.
- If the brain cells you activate have sad or negative images, you will move into a negative vibration and therefore attract negative into your life. If you have happy and positive images, you will move into a positive vibration and feel and attract the good that you desire.

“How can I use this in my life right now?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

“I am now attracting an abundance of money, health, and great people into my life.”
The Law of Cause and Effect

- We only see effects in our physical world.
- Whatever thought or action you send into the universe must come back.
- For every action there is an equal and opposite reaction.
- Say good things to everyone; treat everyone with total respect and it will always come back.
- Concentrate on the cause and the effect will automatically take care of itself.

“How can I use this in my life right now?

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
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________________________________________________________________________________________

“I am always at cause and I now cause wonderful things to manifest in my life.”
The Law of Gender/Creation

• Every seed has a gestation or incubation period. Ideas are spiritual seeds and can move into form or physical results.

• Your goals and dreams will manifest when the time is right. know they will.

• The Law of Creation manifests itself in the animal kingdom through reproduction.

• All new things merely result from the changing of something that was, into something else that now is.

“How can I use this in my life right now?

________________________________________________________________________________________
________________________________________________________________________________________
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________________________________________________________________________________________

“I am patient and I totally trust the universe to bring me everything I need now to manifest my goals and desires.”
Who are you Really?

- You are “intelligent energy” in a formation we call body.
- You have a body and a brain—The Vehicle.
- You have a conscious mind with six intellectual functions.
- You have a non-conscious mind with three functions.
- You have a psycho-cybernetic mechanism.
- You have a reticular activation system.
- You have infinite potential.

“I have infinite potential.”
Your Powerful Brain, Body, and Physical Senses

Nervous System, Vascular System, Muscular System

Organs: Brain, Lungs, Stomach, Skin

Tissues

Cells

Molecules

Atoms

Subatomic Particles

Protons & Electrons

Neutrons, Gluons, Quarks, and Mesons

These are all electromagnetic vibrating waves of light called Quanta.
Brain Research Facts

- Weights only 3 lbs. (1-2%)
- Uses 20% of oxygen, 25% of blood
- Uses 30% of water, 40% of nutrients!
- 5% dehydration = 30% less efficient
- 10% dehydration = 50% less efficient
- 100,000 miles of blood vessels
- Cannot store energy!
- World's telephone system complexity—in one cell
- You were not born hard-wired!
- Einstein, Edison, and you!
- 98% learned in last 8 years
- 80% pre-1990 found to be false!
- MRI, PET, SPECT, MEG machines brain-scan imagery
- Medical breakthroughs
- Scientific discovery = change
Your Powerful Brain Has...

- Not 10 million neurons but ...100,000,000,000 neurons (100 Billion)
- 2 million support cells (Glia)
- 100 trillion DSP connections
- Genius ability
- Capable of 10,000 trillion operations per second
Old Brain - New Brain

Your brain-stem, near the top of your neck, is also called the “reptilian” brain because it is similar to the brains of cool-blooded reptiles. It controls many of your body's instinctive functions, such as breathing.

Your “old mammalian” brain is similar to the brains of other warm-blooded mammals. It controls your emotions, your sexuality and has a key role to play in your memory. The frontal lobe is 35–40% of the human brain. It is the “CEO,” the “orchestra leader.” It is responsible for focus, concentration, learning and the power of observation.
The Parts of the Brain

**Frontal Lobe**
Controls activity.

**Motor Cortex**
Handles spatial ability - the ability to perceive and mentally manipulate a form or object.

**Parietal Lobe**
Our visual center.

**Occipital Lobe**
Our visual center.

**Cerebellum**
Also know as our “little brain,” it plays a key part in adjusting posture and balance. It also acts like an automatic pilot when we perform learned functions like riding a bicycle or using a typewriter.

**Prefrontal Cortex**
Deals with thinking.

**Temporal Lobe**
The speech center of the brain.

**Gatekeeper**
Actually you have three “gatekeepers:” the amygdala, the hippocampus and the caudate nucleus; all relay important messages to different parts of the brain.
Brain Plasticity

What is the number of connections (thoughts, memories, things learned) the average human brain has the capacity to make over a lifetime?

100,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000... (1 plus 6 million zeros!)

• Brain storage ability is 6 million volumes of USA Today.
• You and I are limitless in our capacity to learn and grow fast!

“My thoughts are real!”

New neural pathways being formed in the brain
The Two Sides of Your Brain

- The left side emphasizes: words, logic, numbers, mathematics, and sequence.
- The right side emphasizes rhyme, rhythm, music, pictures, and imagination.
- The corpus callosum links both.

Left Brain
- Words
- Logic
- Numbers
- Mathematics
- Sequence

Right Brain
- Rhyme
- Rhythm
- Music
- Pictures
- Imagination

Corpus Callosum
Intelligence

**SQ** → **Spiritual Quotient** Your awareness and understanding of your connection to the source of all intelligence and creation.

**EQ** → **Emotional Intelligence Quotient** Multiple intelligences.

**IQ** → **Intelligence Quotient** A measure of a person’s intelligence as indicated by an intelligence test; the ratio of a person’s mental age to their chronological age.

**Verbal–Linguistic Intelligence**
- Exhibits sensitivity to the sound, meaning and order of words. Loves to read, talk, listen and write.
- Language experts, writers and public speakers use this intelligence.
- Enhance by: listening to a story, tell a joke, read a book, listen to a tape, engage in a debate, write a poem or story, or discuss current events.

**Logical–Mathematical Intelligence**
- Demonstrates ability in mathematics and other complex logical systems. Loves to solve problems, reason things out and think sequentially.
- Computer technologists, engineers, and scientists are drawn from this group.
- Enhance by: play a computer game, solve a puzzle, break a code, figure out a riddle, take apart a gadget, calculate numbers, and find a pattern.

**Musical–Rhythmic Intelligence**
- Appreciates, understands and creates music. Loves to sing, hum, tap to music.
- Musicians, composers and dancers show a heightened musical intelligence.
- Enhance by: beat out a rhythm, make up a dance, compose a song, play a recorder, pound a drum, relax to a music tape, and learn a new song.
Intelligence (continued)

Visual–Spatial Intelligence
- Has the ability to perceive the visual world accurately and recreate (or alter) create art.
- Designers, architects and air traffic controllers
- Enhance by: sculpt a clay figure, paint a picture, videotape a play, mind map a lecture, or build a model or a collage.

Bodily–Kinesthetic Intelligence
- Uses one’s body in a skilled way, for self-expression, goal attainment, or entertainment. Loves to move and express through movement or action.
- Athletes, dancers and actors are skilled in this intelligence.
- Enhance by: choreograph a dance, dribble a basketball in unusual ways, perform a scene of a play, take an aerobics class, play a movement game.

Interpersonal Intelligence
- Perceives and understands other individuals—their moods, desires, and motivations. Loves to communicate, listen, persuade and negotiate.
- Business leaders, politicians, facilitators and therapists.
- Enhance by: teach a friend how to play a game, enter a group discussion, play a team sport, encourage a friend, make a new friend.

Intrapersonal Intelligence
- Understands one’s own emotions, values and personal philosophy. Loves to be alone, thinking thoughts and setting internal goals.
- Counselors, inventors, religious leaders and introspective writers
- Enhance by: write in a journal, practice concentration exercises, meditate on a candle, become aware of your feelings, reflect on an idea.

Naturalist Intelligence
- Recognizes flora and fauna, makes distinction in the natural world and uses this ability productively. Sensitive to nature. Perceives connections and patterns in the world, including in the plant and animal kingdoms.
Your Conscious Mind

What is it

• 17% of brain mass: Controls only 2–4% of actual perceptions and behavior.
• Looks for patterns and images that are familiar. Rejects those that aren’t.
• This is the part of you that thinks and reasons. Your free will lies here. This is the part of your mind that will decide the changes required to live the type of life you want to experience. The conscious mind can accept or reject any idea.

Conscious Impulses Travel at 120–140 MPH

• No person or circumstance can cause you to think about thoughts or ideas you do not choose.
• The thoughts you consistently choose and impress from your conscious mind to your non-conscious mind will determine the results in your life.

<table>
<thead>
<tr>
<th>Sensory System</th>
<th>Total Bandwidth (bits/sec)</th>
<th>Conscious Bandwidth (bits/sec)</th>
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<tbody>
<tr>
<td>Visual</td>
<td>10,000,000</td>
<td>40-2,000</td>
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<tr>
<td>Auditory</td>
<td>100,000</td>
<td>30-500</td>
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<tr>
<td>Touch</td>
<td>1,000,000</td>
<td>5-250</td>
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<tr>
<td>Taste</td>
<td>1,000</td>
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<tr>
<td>Smell</td>
<td>100,000</td>
<td>1-10</td>
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Your Conscious Mind (continued)

**Volitional**
- Sets goals ...judges results
- Thinks abstractly

**Time-Bound**
- Past and future

**Limited Processing Capability**
- Short-term memory (approximately 20 seconds)
- 1–3 events at a time
- Can process an average up to 2,000 bits of information/second

"I am limitless in my capacity to learn and grow fast!"
The Six Intellectual Functions of Your Conscious Mind

1. Reasoning
   • Induced state
   • Deductive state

2. Will

3. Memory
   • Short term memory is electrical
   • Long term memory is chemical
   • All of your memories ...all of them... are perfect memories and are forever stored in your brain

4. Perception
   • We do not see the world as it really is. We see only what our “internal map” is conditioned to see.
The Six Intellectual Functions of Your Conscious Mind (continued)

5. Imagination

6. Intuition
The Non-Conscious Mind

Why Your Brain has Unlimited Potential

The non-conscious mind...
• Is 5/6 of our brain mass
• Controls 96–98% of perception and behavior
• Averages 400 billion actions per second
• Sees in pictures and patterns
• Impulses travel at more than 100,000 MPH
• Cannot tell truth from a lie
• Cannot tell real from imagined
• Believes as totally true, every picture or image that you send it!
The Non-Conscious Mind (continued)

The Three Power Functions of Your Non-Conscious Mind: Why You and Your Brain Have Unlimited Potential

1. Your personal operating system
2. Store beliefs, memories & habits
3. Connects you to field of infinite intelligence

How it Works, and What it Does

- The ideas that have been fixed in your non-conscious mind through education, repetition or impact, form your conditioning. Your hidden self image resides here.

- The non-conscious mind functions in every cell of your body. Every thought your conscious mind chooses to accept, your non-conscious mind must accept and express ...it has no ability to reject. The non-conscious is your emotional mind.

- The non-conscious mind expresses itself through you in feelings and actions. Any thought you consciously choose to impress upon the non-conscious over and over becomes fixed in this part of your personality. Fixed ideas will then continue to express themselves without any conscious assistance. Fixed ideas are more commonly referred to as habits and the collective habits are referred to as the “conditioned mind.”

- The non-conscious mind is frequently referred to as the spiritual side of your personality or the universal mind. The non-conscious mind knows no limits, save those you consciously choose.

- Looks for patterns and images in our “outside world” that match our “inside world.” Information that doesn’t match up gets dropped.
Reticular Activation System

• Your lightning fast personal Google™ search engine that finds only A-list goals.
• Network-like group of cells in your non-conscious brain that function up to 800x faster than your conscious neuron’s (cell’s) ability.
• Directs every sensory impulse that is received
• “A” list gets automatic non-conscious attention and sends signal to conscious mind

How to use it optimally:

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Having It All
Achieving Your Life’s Goals & Dreams
Psycho-cybernetic Mechanism

- Science of control and communication which occurs in animals and some machines.
- Have sensors that measure deviations from set goal or set program.
- Sensors send feedback to coordinating mechanism — your nervous system — which then corrects the deviation from set program.

How to use it optimally:

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
The Amygdala

Amygdala is a Latin or Greek word that means “almond,” because it is almond-shaped. The amygdala has tremendous power over your perceptions and actions.

Your amygdala is what senses potential and real stress, and orders the release of neurotransmitters in response, causing you to have doubt, fear and anxiety.

List any doubts, fears, or stress that you have in your life right now:

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The Power of your Beliefs & Habits

How are our beliefs and habits formed?

- Seeing + Listening + Doing + Experiencing x Repetition = Beliefs
- Beliefs + Experiences x Repetition = Habits
- Habits cause automatic perceptions and actions = Results
- Your actions cause the results in your life but are not the cause!
- The only exception to this equation is a significant emotional experience.

Your Beliefs and Habits Are the Cause of Your Perceptions and Behavior

- Beliefs and habits create sensory filters.
- Beliefs and habits are nothing more than neurode patterns that are stored in the brain (DSP’s).
- The more a neuron is fired the stronger the impulse gets and the easier it becomes to go down that neural pathway (automatic firing threshold).
- Beware of the ANTS—Automatic Negative Thoughts.
- Learn to create and love your APTS—Automatic Positive Thoughts.

“I create empowering beliefs.”
The Power of your Beliefs & Habits (continued)

The Effects of Your Beliefs and Habits on Your Perceptions

• We see the world not as it really is, but only as we really are. Beliefs and habits act as sensory filters that get in the way of truth and possibilities.

• Our beliefs and habits cause us to drop any visual or sensory input from our awareness in order to match up with our “internal map of reality.”

• We talk, act and pretend out the prejudices of our beliefs.

• Beliefs and habits effect w Self-esteem
  • Relationships
  • Prosperity
  • Job performance
  • Mental and physical health

• People will treat you exactly the way you see and treat yourself unconsciously.

• Beliefs create scotomas
  • Comes from Latin meaning ‘dim sight’ or ‘blind spot’
  • Our brain drops information from our visual and auditory senses in order to match our “internal map” of reality.

Your Automatic Negative Thoughts (ANTs) could be lying to you and keeping you from taking the action you need to succeed.
Be an ANT-Eater

Combat your Automatic Negative Thoughts with this simple exercise. Whenever you feel sad, mad or nervous, write down your ANTs and challenge them. Then create automatic positive thoughts (APTs) or statements to take their place. For example:

<table>
<thead>
<tr>
<th>ANT</th>
<th>APT/Empowering Beliefs</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m afraid that I can’t accomplish my business goal because I do not have all the skills I might need to make it work.</td>
<td>That may be true, however, I can acquire the skills I need or I can hire or find someone else with those skills to help me.</td>
</tr>
<tr>
<td>I am scared to do this.</td>
<td>Being scared is a very normal feeling when trying something new. I will feel it, and do it anyway.</td>
</tr>
<tr>
<td>I’m not capable.</td>
<td>I am a successful and savvy businessperson.</td>
</tr>
<tr>
<td>I’m not certain.</td>
<td>I have clarity of purpose and focus.</td>
</tr>
<tr>
<td>I’m afraid.</td>
<td>I am confident.</td>
</tr>
<tr>
<td>Things never go right for me.</td>
<td>I am strong.</td>
</tr>
<tr>
<td>I could never do that.</td>
<td>I am capable of learning new things.</td>
</tr>
<tr>
<td>I’ll never be able to learn this.</td>
<td>I can achieve whatever I set my mind to.</td>
</tr>
<tr>
<td>I’m not bright enough.</td>
<td>I am smart and capable.</td>
</tr>
<tr>
<td>I always have problems</td>
<td>I see learning and solutions in every situation.</td>
</tr>
</tbody>
</table>

Use the lines below to write some of your own ANTs and APTs.

___________________________________________________________________________________
___________________________________________________________________________________
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___________________________________________________________________________________
The Process of Creation & Manifestation

Once an idea is chosen and consistently impressed and emotionalized into the non-conscious mind, perceptions and behaviors change to find and produce the desired results.
The Neural Reconditioning Process

1. **Create a new powerful physical and mental vision.**

2. **Choose powerful new declarations and affirmations that will support the new vision.**
   - These affirmations will turn into new DSP connections that will become beliefs when reinforced for at least 30 days.

3. **Create written, auditory, kinesthetic, visual and subliminal imprinting material.**

4. **Daily Reconditioning Techniques. Upon waking, just before bed, one other time.**
   
   For 3-5 minutes, use:
   - Photos
   - Mental movies
   - Self-Guided Imagery
   - Visualization boards
   - Real-life movies
   - Recorded and laminated affirmations

5. **Neurotechnology:**
   - Seven, 15 or 30 minutes per day.

6. **Meditation**
On day one of your Neural Reconditioning Process, your new vision for your life will be driven mostly by conscious effort, represented in the chart above by the light gray bars. By day 90, your vision will be fully imprinted upon your non-conscious mind and you will continue to think, perceive and behave more in line with your new beliefs, habits and actions than ever before.

**Conscious Mind**
Full-on effort uses:
- Desire
- Willpower
- Persistence

**Non-Conscious Mind**
- You will perceive and see all without conscious awareness.
- You will behave automatically — the way you are wired to behave.
The Life Design Matrix

Design and live the life of your dreams.

The following pages contain forms for you to fill out that will help you to...

☐ Become clear about the purpose of your life.

☐ Decide what you want in each area of your life.

☐ Determine why it is important to achieve it.

☐ Determine the beliefs and habits you need to develop.

☐ Decide what you want to acquire along the way.

☐ Decide what you want to contribute along the way.

☐ Plan a course of action to follow.
The Life Design Matrix

Accomplishments

Create a list of all your accomplishments to date:

_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
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Find your true north.
The Life Design Matrix

**True North: Core Strengths**
Create a list of your core strengths.

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
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_____________________________________________________________________________

**Examples of Core Strengths**

- Deductive Reasoning
- Imagination
- Creativity
- Organization
- Will Power
- Listening
- Managing
- Facilitating
- Organization
- Persistence

**True North: Unique Abilities**
Create a list of your unique abilities.

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

**Examples of Unique Abilities**

I have a unique ability to...

- Lead teams
- Inspire others
- Solve problems creatively
- Think quickly
- Make dynamic presentations
The Life Design Matrix

True North: Financial Evaluation

Date ______________________
My current yearly income is: $ ____________

Circle the number that best represents how you are doing financially.

0 1 2 3 4 5 6 7 8 9 10
Need help  Getting By  Just OK  Very Pleased  Excellent

Explain:

____________________________________________________________________________________
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47
The Life Design Matrix

True North: Business/Career Evaluation

Date ______________

Circle the number that best represents how you are doing in business or your career.

0 1 2 3 4 5 6 7 8 9 10

Need help  Getting By  Just OK  Very Pleased  Excellent

Explain:

____________________________________________________________________________________

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The Life Design Matrix

True North: Spiritual Evaluation

Date ________________

Circle the number that best represents how you are doing spiritually.

0 1 2 3 4 5 6 7 8 9 10

Need help Getting By Just OK Very Pleased Excellent

Explain:

____________________________________________________________________________________
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____________________________________________________________________________________
____________________________________________________________________________________

Explain:
The Life Design Matrix

**True North: Mental Health Evaluation**

Date ________________

Circle the number that best represents how you are doing with your mental health.

0 1 2 3 4 5 6 7 8 9 10

Need help  Getting By  Just OK  Very Pleased  Excellent

Explain:

____________________________________________________________________________________
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50
The Life Design Matrix

True North: Physical Health Evaluation

Date ____________

Circle the number that best represents how you are doing with your physical health.

0 1 2 3 4 5 6 7 8 9 10

Need help  Getting By  Just OK  Very Pleased  Excellent

Explain:
____________________________________________________________________________________
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____________________________________________________________________________________
The Life Design Matrix

True North: Relationships Evaluation

Date ________________

Circle the number that best represents how you are doing with your relationships.

0 1 2 3 4 5 6 7 8 9 10
Need help   Getting By   Just OK   Very Pleased   Excellent

Explain:

____________________________________________________________________________________
____________________________________________________________________________________
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____________________________________________________________________________________
The Life Design Matrix

**True North: Contribution Evaluation**

Date

| Circle the number that best represents your contribution efforts. |
|---|---|---|---|---|---|---|---|---|---|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Need help | Getting By | Just OK | Very Pleased | Excellent |

Explain:

____________________________________________________________________________________
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____________________________________________________________________________________
The Life Design Matrix

John’s Example:
The purpose of my life is to live, to love, to grow, and to be mega happy. It is also to be a great father to my children, a great partner to Maria and to love, inspire, and serve others.

Michele’s Example:
The purpose of my life is to lead by example by nurturing, loving, and gently challenging my family and associates to live to their fullest potential.

Jeff’s Example:
The purpose of my life is to provide for my family and to give back to my community.

Glenda’s Example:
The purpose of my life is to inspire others to find their own inner strengths and to be the best mother, daughter, sister, and aunt that I can be.

My Life’s Purpose
The purpose of my life is...

____________________________________________________________________________
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The Life Design Matrix

Decide what you want to acquire along the way...

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

Decide what you want to contribute...

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

Decide what you want to experience...

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________
The Life Design Matrix

Things I want to create:

________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________

Places I want to travel:

________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
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________________________________________________________________________________________________________________________________________

Things I would like to learn or do:

________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
Goal Achieving Process - Financial Goals

Top Three One-Year Goals

1. ____________________________________________________________________________________________________________

2. ____________________________________________________________________________________________________________

3. ____________________________________________________________________________________________________________

By ____________ my net worth is ________________.

By ____________ I have earned ________________ for my products/services.

These are the beliefs and declarations I am now accepting as truth:

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

Why I must and will achieve my financial goal:

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

These are the new habits I must create in order to achieve my goals:

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________
Goal Achieving Process - Financial Goals

30 Days - Action Items

By __________ I will take these actions:

1. Daily reconditioning of my brain
2. I expect it to happen fast.
3. ________________________________________________________________
4. ________________________________________________________________
5. ________________________________________________________________
6. ________________________________________________________________

These are the strengths I have to accomplish this goal:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
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__________________________________________________________________
__________________________________________________________________

This is the help I need:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
Goal Achieving Process - Financial Goals

60 Days - Action Items

By __________ I will take these actions:

1. Daily reconditioning of my brain
2. I expect it to happen fast.
3. ______________________________________________________________________________________
4. ______________________________________________________________________________________
5. ______________________________________________________________________________________
6. ______________________________________________________________________________________
7. ______________________________________________________________________________________
8. ______________________________________________________________________________________
9. ______________________________________________________________________________________
10. _____________________________________________________________________________________
Goal Achieving Process - Financial Goals

90 Days - Action Items

By __________ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. ________________________________________________________________

4. ________________________________________________________________

5. ________________________________________________________________

6. ________________________________________________________________

7. ________________________________________________________________

8. ________________________________________________________________

9. ________________________________________________________________

10. ____________________________________________________________________
Goal Achieving Process - Business/Career Goals

Top Three One-Year Goals

1. ____________________________________________________________

2. ____________________________________________________________

3. ____________________________________________________________

By _____________ my revenue is ________________.

By _____________ I have earned ________________ for my products/services.

These are the beliefs and declarations I am now accepting as truth:

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

Why I must and will achieve my business/career goals:

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

These are the new habits I must create in order to achieve my goals:

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________
Goal Achieving Process - Business/Career Goals

30 Days - Action Items

By _________ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. __________________________________________________________________________

4. __________________________________________________________________________

5. __________________________________________________________________________

6. __________________________________________________________________________

These are the strengths I have to accomplish my goal:

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

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_____________________________________________________________________________

This is the help I need:

_____________________________________________________________________________

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_____________________________________________________________________________

_____________________________________________________________________________
Goal Achieving Process - Business/Career Goals

60 Days - Action Items

By __________ I will take these actions:

1. Daily reconditioning of my brain
2. I expect it to happen fast.
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________
6. ____________________________________________________________
7. ____________________________________________________________
8. ____________________________________________________________
9. ____________________________________________________________
10. __________________________________________________________________________
Goal Achieving Process - Business/Career Goals

90 Days - Action Items

By __________ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. _____________________________________________

4. _____________________________________________

5. _____________________________________________

6. _____________________________________________

7. _____________________________________________

8. _____________________________________________

9. _____________________________________________

10. _____________________________________________
Goal Achieving Process - Spiritual Goals

Top Three One-Year Goals

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

These are the beliefs and declarations I am now accepting as truth:

_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________

Why I must and will achieve my spiritual goals:

_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________

These are the new habits I must create in order to achieve my goals:

_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
Goal Achieving Process - Spiritual Goals

30 Days - Action Items

By _________ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. __________________________________________________________________________

4. __________________________________________________________________________

5. __________________________________________________________________________

6. __________________________________________________________________________

These are the strengths I have to accomplish my goal:

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This is the help I need:

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Goal Achieving Process - Spiritual Goals

60 Days - Action Items

By __________ I will take these actions:

1. Daily reconditioning of my brain
2. I expect it to happen fast.
3. ________________________________________________________________
4. ________________________________________________________________
5. ________________________________________________________________
6. ________________________________________________________________
7. ________________________________________________________________
8. ________________________________________________________________
9. ________________________________________________________________
10. ________________________________________________________________
Goal Achieving Process - Spiritual Goals

90 Days - Action Items

By __________ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. ____________________________________________

4. ____________________________________________

5. ____________________________________________

6. ____________________________________________

7. ____________________________________________

8. ____________________________________________

9. ____________________________________________

10. ____________________________________________
Goal Achieving Process - Mental Health Goals

Top Three One-Year Goals

1. ________________________________________________________________

2. ________________________________________________________________

3. ________________________________________________________________

These are the beliefs and declarations I am now accepting as truth:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Why I must and will achieve my mental health goals:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

These are the new habits I must create in order to achieve my goals:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
Goal Achieving Process - Mental Health Goals

30 Days - Action Items

By __________ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. __________________________________________________________________________

4. __________________________________________________________________________

5. __________________________________________________________________________

6. __________________________________________________________________________

These are the strengths I have to accomplish my goal:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

This is the help I need:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
Goal Achieving Process - Mental Health Goals

60 Days - Action Items

By __________ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. ________________________________________________

4. ________________________________________________

5. ________________________________________________

6. ________________________________________________

7. ________________________________________________

8. ________________________________________________

9. ________________________________________________

10. ________________________________________________
Goal Achieving Process - Mental Health Goals

90 Days - Action Items

By _________ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. ____________________________________________________________

4. ____________________________________________________________

5. ____________________________________________________________

6. ____________________________________________________________

7. ____________________________________________________________

8. ____________________________________________________________

9. ____________________________________________________________

10. ___________________________________________________________________
Goal Achieving Process - Physical Health Goals

Top Three One-Year Goals

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

These are the beliefs and declarations I am now accepting as truth:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Why I must and will achieve my physical health goals:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

These are the new habits I must create in order to achieve my goals:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
Goal Achieving Process - Physical Health Goals

30 Days - Action Items

By __________ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. ____________________________________________________________________________________

4. ____________________________________________________________________________________

5. ____________________________________________________________________________________

6. ____________________________________________________________________________________

These are the strengths I have to accomplish my goal:

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

This is the help I need:

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________
Goal Achieving Process - Physical Health Goals

60 Days - Action Items

By _________ I will take these actions:

1. Daily reconditioning of my brain
2. I expect it to happen fast.
3. ______________________________________________________
4. ______________________________________________________
5. ______________________________________________________
6. ______________________________________________________
7. ______________________________________________________
8. ______________________________________________________
9. ______________________________________________________
10. _____________________________________________________
Goal Achieving Process - Physical Health Goals

90 Days - Action Items

By _________ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. ____________________________________________________________

4. ____________________________________________________________

5. ____________________________________________________________

6. ____________________________________________________________

7. ____________________________________________________________

8. ____________________________________________________________

9. ____________________________________________________________

10. ___________________________________________________________________________________________________________
Goal Achieving Process - Relationship Goal #1

Top Three One-Year Goals

1. ________________________________________________________________

2. ________________________________________________________________

3. ________________________________________________________________

These are the beliefs and declarations I am now accepting as truth:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Why I must and will achieve my relationship goals:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

These are the new habits I must create in order to achieve my goals:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
Goal Achieving Process - Relationship Goal #1

30 Days - Action Items

This is how I will achieve my relationship goal with ________________________________.

By ________ I will take these actions:

1. Daily reconditioning of my brain
2. I expect it to happen fast.
3. ________________________________________________________________________
4. ________________________________________________________________________
5. ________________________________________________________________________
6. ________________________________________________________________________

These are the strengths I have to accomplish my goal:

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

This is the help I need:

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
Goal Achieving Process - Relationship Goal #1

60 Days - Action Items

This is how I will achieve my relationship goal with ________________________________.

By ______ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. ___________________________________________________________________________

4. ___________________________________________________________________________

5. ___________________________________________________________________________

6. ___________________________________________________________________________

7. ___________________________________________________________________________

8. ___________________________________________________________________________

9. ___________________________________________________________________________

10. ___________________________________________________________________________
Goal Achieving Process - Relationship Goal #1

90 Days - Action Items

This is how I will achieve my relationship goal with ________________________________.

By ________ I will take these actions:

1. Daily reconditioning of my brain
2. I expect it to happen fast.
3. _______________________________________________________________________
4. _______________________________________________________________________
5. _______________________________________________________________________
6. _______________________________________________________________________
7. _______________________________________________________________________
8. _______________________________________________________________________
9. _______________________________________________________________________
10. _______________________________________________________________________
Goal Achieving Process - Relationship Goal #2

Top Three One-Year Goals

1. ______________________________________________________________

2. ______________________________________________________________

3. ______________________________________________________________

These are the beliefs and declarations I am now accepting as truth:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Why I must and will achieve my relationship goals:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

These are the new habits I must create in order to achieve my goals:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
Goal Achieving Process - Relationship Goal #2

30 Days - Action Items

This is how I will achieve my relationship goal with ____________________________.

By ________ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. _____________________________________________________________________

4. _____________________________________________________________________

5. _____________________________________________________________________

6. _____________________________________________________________________

These are the strengths I have to accomplish my goal:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

This is the help I need:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Goal Achieving Process - Relationship Goal #2

60 Days - Action Items

This is how I will achieve my relationship goal with ________________________________.

By __________ I will take these actions:

1. Daily reconditioning of my brain
2. I expect it to happen fast.

3. __________________________________________________________________________
4. __________________________________________________________________________
5. __________________________________________________________________________
6. __________________________________________________________________________
7. __________________________________________________________________________
8. __________________________________________________________________________
9. __________________________________________________________________________
10. __________________________________________________________________________
Goal Achieving Process - Relationship Goal #2

90 Days - Action Items

This is how I will achieve my relationship goal with ________________________________.

By ________ I will take these actions:

1. Daily reconditioning of my brain
2. I expect it to happen fast.
3. _______________________________________________________________
4. _______________________________________________________________
5. _______________________________________________________________
6. _______________________________________________________________
7. _______________________________________________________________
8. _______________________________________________________________
9. _______________________________________________________________
10. ____________________________________________________________________________
Goal Achieving Process - Contribution Goals

Top Five One-Year Goals

1. _____________________________________________________________
2. _____________________________________________________________
3. _____________________________________________________________
4. _____________________________________________________________
5. _____________________________________________________________

Why I must and will achieve my contribution goals:
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________
Goal Achieving Process - Contribution Goals

30 Days - Action Items

By ______ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. ____________________________________________

4. ____________________________________________

5. ____________________________________________

6. ____________________________________________

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10. ___________________________________________

This is the help I need:

_________________________________________________________________________________

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_________________________________________________________________________________
Goal Achieving Process - Contribution Goals

60 Days - Action Items

By ___________ I will take these actions:

1. Daily reconditioning of my brain

2. I expect it to happen fast.

3. ________________________________________________________________

4. ________________________________________________________________

5. ________________________________________________________________

6. ________________________________________________________________

7. ________________________________________________________________

8. ________________________________________________________________

9. ________________________________________________________________

10. ________________________________________________________________

This is the help I need:

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________
Goal Achieving Process - Contribution Goals

90 Days - Action Items

By __________ I will take these actions:

1. Daily reconditioning of my brain
2. I expect it to happen fast.
3. __________________________________________________________
4. __________________________________________________________
5. __________________________________________________________
6. __________________________________________________________
7. __________________________________________________________
8. __________________________________________________________
9. __________________________________________________________
10. __________________________________________________________

This is the help I need:

_________________________________________________________________________________________________________________
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# Sample of a Complete Life Design Matrix

**John Assaraf**  
**My One-Year Goals and Vision for the Next 12 Months**

**God** I am totally connected to God and his awesome powers. Every moment I allow his power to guide me in creating a masterpiece for others and myself. I have total faith in God and total trust that everything happens for a reason that serves me and helps me grow and expand. I meditate daily to increase my awareness of and connect to the source. I visualize the outcomes for everything I am creating.

**Health** I now weigh 195 lbs. and my body fat is 10 percent. I have an abundance of physical and mental energy and I feel and look great. I am the healthiest I have ever been. Being happy and healthy is my highest priority.

**Financial** I am now earning ___________ a year from my investments, Re/Max, and NeuroGym. My net worth is now ___________ and I am saving ___________ per year after taxes. I love living at the summit. I am happily giving ___________ dollars a year to charities.

**Career** I am happily building NeuroGym into the #1 small business franchise company and business community in the world. People love our products and services and we have raving fans who recommend us to all their friends and associates.

**Family/Relationships** I love and am totally enjoying my relationships with ___________ immensely. They are my shining and loving light. ___________ is an angel and we are having the best relationship ever. My family and I love each other totally and we get along great! My friendships are phenomenal and I am totally fulfilled with them.
Sample of a Complete Life Design Matrix

John Assaraf
Daily Affirmations to Support My One-Year Goals and Vision.

God
- I totally surrender to God’s will and path for me.
- I have total faith and total trust in God.
- I am always connected to the source.
- Everything happens for a reason and serves me and helps me grow.

Health
- I enjoy eating healthy food.
- I feel and look great.
- Exercising is fun and rejuvenating.
- I feel happy and at peace with myself.
- I have an abundance of physical and mental energy.
- I am now perfectly healthy both physically and mentally.

Financial
- I am a genius and I use my wisdom daily.
- I give myself permission to be powerful.
- I have absolute certainty in my ability to generate any amount of income I choose.
- Money is flowing to me from expected and unexpected sources.

Career
- I consistently attract all the right people to help me grow my business.
- I am a brilliant and savvy businessman and I have everything it takes to grow NeuroGym to a $1 Billion Dollar a year company right now.
- I have all the talent, intelligence and money I need to create this new masterpiece.
- I am always calm, succinct, happy, and outstanding when interviewed or doing a seminar or keynote.
- I am a master presenter and persuader on and off the platform. It is so much fun!

Family/Relationships
- I am inquisitive, creative, fun-loving, and adventurous.
- I am a source of love, guidance, and education for my children.
- I am a caring and loving partner to my wife.
- I am a loyal and loving family member and friend.
- I communicate often and openly.
- My friendships are phenomenal and I value them deeply.
More Sample Affirmations

- I live each day with Passion and Purpose.
- I am a success in all that I do.
- I respect my abilities and I always fulfill my potential.
- I always have enough money for all that I need.
- My life is now filled with prosperity and abundance.
- I easily achieve all my goals and dreams.
- I am totally confident.
- I am an excellent businessperson.
- I am wealthy and successful, everyday, in all that I do.
- I feel happy and at peace with myself.
- I have an abundance of physical and mental energy and I feel and look great.
- I am the healthiest I have ever been.
- I am now perfectly healthy both physically and mentally.
- My health, strength, and fitness, are at optimum levels.
- I look and feel the best I have ever felt.
- I give myself permission to be powerful.
- I deserve to earn money easily and in abundance.
- I am totally paid in full and on time on all accounts.
- Money is flowing to me from expected and unexpected sources.
- I use my wealth and prosperity very wisely.
- I easily communicate my vision and goals.
- I consistently achieve all of my goals.
- I now have all the resources necessary to fulfill any and all of my life’s goals and dreams.
- Making money excites me and energizes me.
- I am a powerful and resourceful creator.
- I have absolute certainty in my ability to generate any amount of income I choose.
- I now have all the resources I need to become a multi-millionaire.
- I have great abundance flowing into my life which affords every luxury that I desire.
More Sample Affirmations

• I am an organized, pro-active, disciplined, talented, innovative, and intelligent person.

• I am a powerful resourceful creator attracting all the wealth and opportunities I need for me to meet my financial success now.

• I have all the skills, intelligence, contacts and money I need right now to create an incredible master piece with my life.

• I deserve happiness, abundance, and prosperity.

• I accomplish my goals with ease.

• I have complete freedom over my time.

• I am a genius and I use my wisdom every moment. Now that I am aligned with the universe and the Infinite Intelligence I am creating the masterful life that I deserve and that has always been waiting for me.

• Day by day, in every way, I am better and better.

• I always have more than enough money for all that I need.

• I have the extraordinary ability to accomplish everything I choose and want.

• I am committed, determined, and passionate about what I do.

• I am very focused and persistent.

• I have tremendous energy and focus for achieving all my life’s goals.

• My life is now a masterpiece.

• People love me.

• I always choose to do what I love.

• Feeling confident and happy is priority for me.

• I meditate daily and stay in constant sync and the vibration of abundance and success.

• I am uniquely talented to achieve all of my goals.

• I am confident and certain in my ability to change and grow as a person.

• I visualize all that I desire and I have complete control over manifesting it all.

John’s Affirmation of Health

My body and all its organs were created by the infinite intelligence in my subconscious mind. It knows how to heal me. Its wisdom created all my organs, tissues bones and muscles. This infinite healing presence within me is now transforming every atom of my being making me whole and perfect. I give thanks for the healing I know is taking place now. Wonderful are the works of the creative intelligence within me! I am now perfectly healthy.
My Complete Life Design Matrix

My One-Year Goals and Vision for the Next 12 Months...

God ____________________________________________
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Health _________________________________________
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Financial ______________________________________
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Career _________________________________________
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Family/Relationships ____________________________
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My Affirmations

Choose from John’s Sample Affirmations or write your own.

God ____________________________________________________________
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Health __________________________________________________________
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My Affirmations

God

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Family/Relationships

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Creating My Own Neural Reconditioning Program™

John’s Daily Program and Plan

• Take action – do highest revenue/impact producing activities only
• Meditate (30 minutes)
• Exercise (1 hour)
• Visualize – review goals (10-20 minutes)
• Learn – read, tape research or video (30 minutes to 1 hour)
• Re-train brain – read affirmations, record and listen to affirmations on CD or iPod, create and focus on vision board (5 minutes)
• Eat healthy fresh foods
• Appreciate, love, be grateful, have fun

John’s Perfect Day

• Wake up at 5-5:30 a.m.
• Exercise
• Do my meditation and breathing exercise and stretch or yoga
• Eat a healthy breakfast, lunch, dinner with family – sometimes with friends
• Engage in simulating conversations
• Take boys to school or ice cream and talk
• Read, research, write, study, teach, share
• Massage
• Go to beach for a run or walk
• Play with children
• Invest in quality time with Maria
• Two or three visualization sessions daily (5 minutes)
Creating My Own Neural Reconditioning Program™

Use the space provided to outline your own Daily Program and Plan and Perfect Day.

My Winning Daily Program and Plan

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My Perfect Day

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Daily Results Planner

Use this planner to help you prioritize your daily activities.
Date ____________________________

The highest-priority activities I will get done today:
☐ ________________________________  ☐ ________________________________
☐ ________________________________  ☐ ________________________________
☐ ________________________________  ☐ ________________________________
☐ ________________________________  ☐ ________________________________

People I Will Connect With Today:
☐ ________________________________
☐ ________________________________
☐ ________________________________
☐ ________________________________

Personal Stuff I will Accomplish Today:
☐ ________________________________  ☐ ________________________________
☐ ________________________________  ☐ ________________________________
☐ ________________________________  ☐ ________________________________
☐ ________________________________  ☐ ________________________________

Really Important Stuff That Just Came Up:
☐ ________________________________  ☐ ________________________________
☐ ________________________________  ☐ ________________________________
☐ ________________________________  ☐ ________________________________
☐ ________________________________  ☐ ________________________________

Meditate • Take Action • Review and Plan
Visualize • Breathe • Be Grateful
Daily Results Planner

If I have time, I will:

☐ ________________________________  ☐ ________________________________

☐ ________________________________  ☐ ________________________________

☐ ________________________________  ☐ ________________________________

☐ ________________________________  ☐ ________________________________

For My Assistant:

☐ ________________________________  ☐ ________________________________

☐ ________________________________  ☐ ________________________________

☐ ________________________________  ☐ ________________________________

☐ ________________________________  ☐ ________________________________

Rate My Day:

0 1 2 3 4 5 6 7 8 9 10
Unsuccessful
Productive
Highly Productive

Explain:

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

0 1 2 3 4 5 6 7 8 9 10
Unsuccessful
Productive
Highly Productive