

Having It All

Achieving Your Life's Goals and Dreams

*"Knowledge is not power.
Application of knowledge is power."* - John Assaraf

Share Some Wins!

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“Celebrate every little accomplishment as if it were big and celebrate every big accomplishment as if it was normal. Soon enough big and small accomplishments will keep you in a state of gratitude and awe.” ~ John Assaraf

Centering Meditation

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Winning The Game of Life:

- Having It All
- Personality Profile
- WTGM/WTGB
- The 4 Pillars of Wealth video training series
- Money² replays
- Praxis Achievers Facebook Community
- Success Manifestors series
- Praxis Now Video Library

What is Success?

- Think about what success means to you.
- What are the 3–5 things that must happen in order for you to feel your life is a success?

One Year from Today

What has to happen in order for you to feel totally satisfied with your life?

- Professionally
- Personally

Neural Reconditioning™

1. Create a new powerful physical and mental vision.
2. Choose powerful declarations and affirmations that will support the new vision.
3. Create written, auditory, kinesthetic, visual and subliminal imprinting material.
4. Daily reconditioning, 3–5 min., 3x a day.
5. Apply neurotechnology.
6. Meditate.

Meditation

- Reduces stress
- Increases creativity and intelligence
- Improves memory and learning ability
- Increases energy
- Increases happiness and self-esteem
- Reduces anxiety and depression
- Improves relationships
- Promotes a younger biological age.

Visualization

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We believe what we see and feel!



Brain Waves



Gamma

Most powerful brainwave found to date



Beta

Alert/Working



Alpha

Relaxed focus



Theta

Dreaming

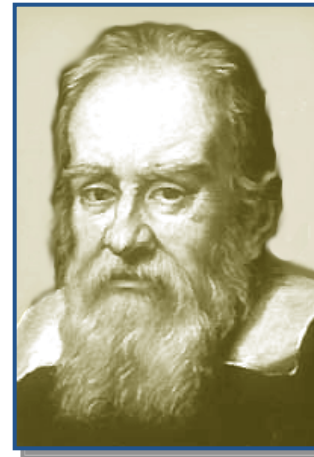


Delta

Dreamless sleep

Evolution Theories of the Universe

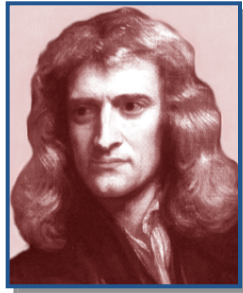
Galileo and Bruno (1564)
450 Years Ago



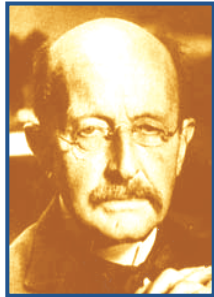
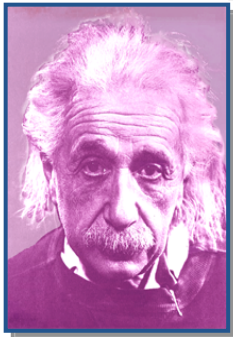
Descartes (1596–1650)
400 Years Ago

Evolution Theories of the Universe

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Sir Issac Newton (1643–1727)
300 Years Ago



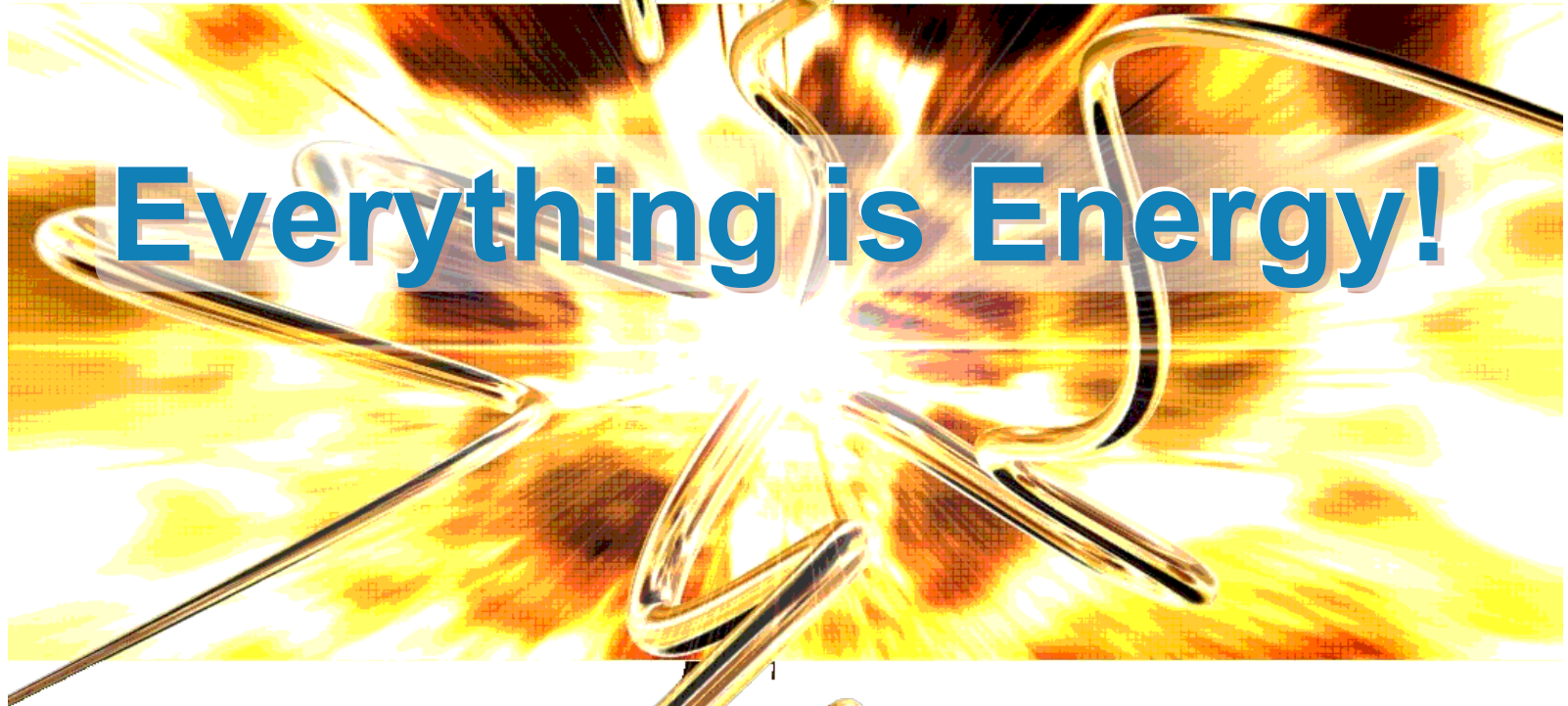
Albert Einstein (1879–1955)
Max Planck (1858–1947)
Less than 70 Years Ago

John Hagelin
Current



The Great Law

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The Law of Vibration and Resonance

- Energy on the same frequency resonates and attracts.
- Thoughts are waves of energy that travel.
- Physical universe manifests from quantum universe.
- Concentration and focus increases the vibration.
- Negative thoughts = negative attraction
- Positive thoughts = positive attraction.

The Law Gender and Creation (Gestation)

- Gestation applies to all.
- Ideas are spiritual seeds that can move into form or results.
- All things result from changing what ***was*** into something that ***is***.
- Your goals and dreams manifest when time is right.

Know they will.

Who Are You Really?

You are ... “Intelligent energy” in a form we call body.

You have ... A body and a brain — your vehicle.

... a conscious mind with six intellectual functions.

... a non-conscious mind with three functions.

... a Psycho-Cybernetic Mechanism.

... a Reticular Activation System.

Your Powerful Brain, Body & Physical Senses

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Nervous System / Vascular System / Muscular System

Organs: Brains / Lungs / Stomach / Skin

Tissues

Cells

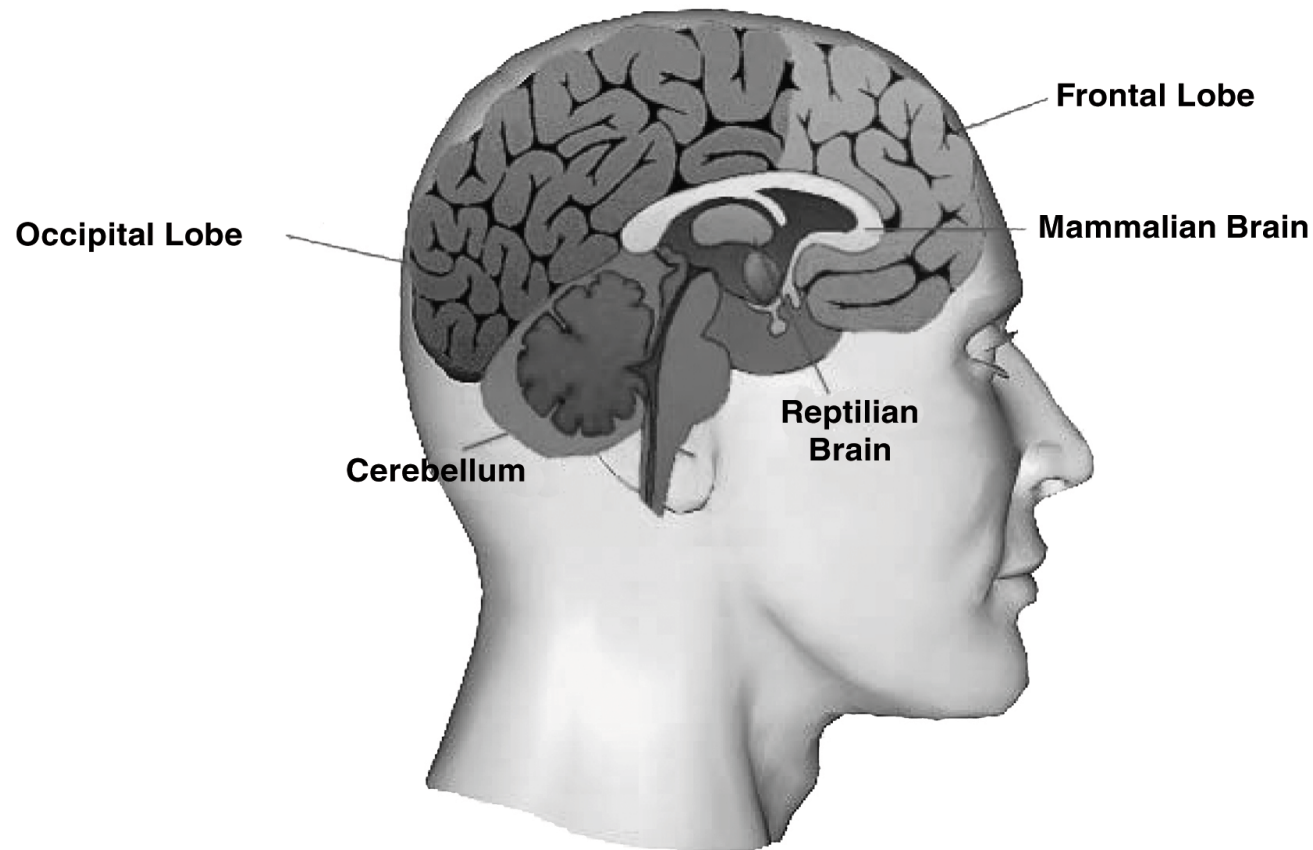
Molecules

Subatomic Particles

Protons & Electrons

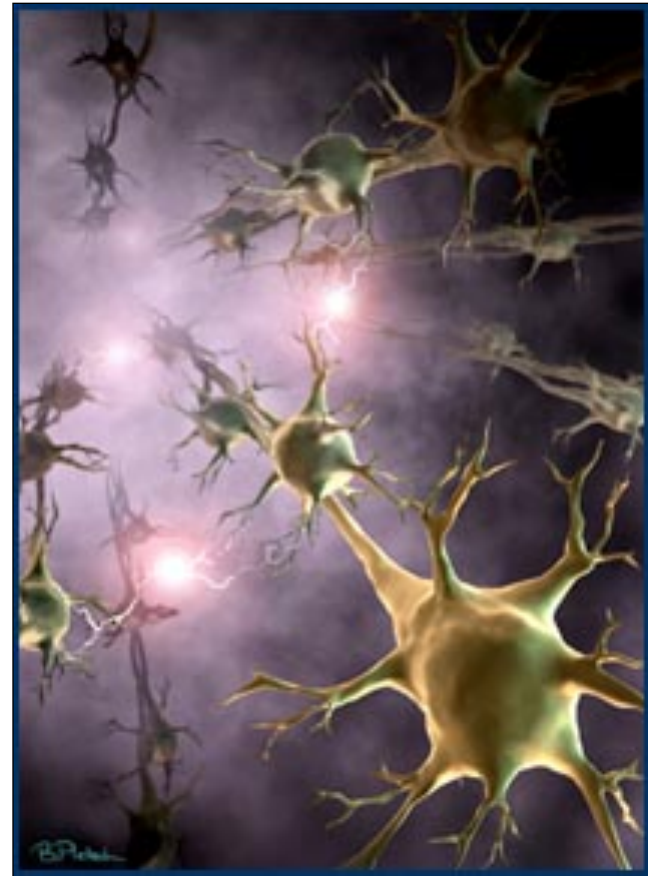
**Neutrons, Gluons, Quarks,
and Mesons**

Old Brain, New Brain



Brain Plasticity

- Thoughts are real.
- Your brain can expand.
- We have unlimited capacities to grow.



Your Conscious Mind

- 17% of brain mass
- Controls only 2–4% of perception and behavior
- Thinking and reasoning
- Free will
- Decides what action you need to take
- Can accept or reject any idea

Thoughts you consistently impress from conscious to non-conscious mind determine the results in your life.

Your Non-Conscious Mind

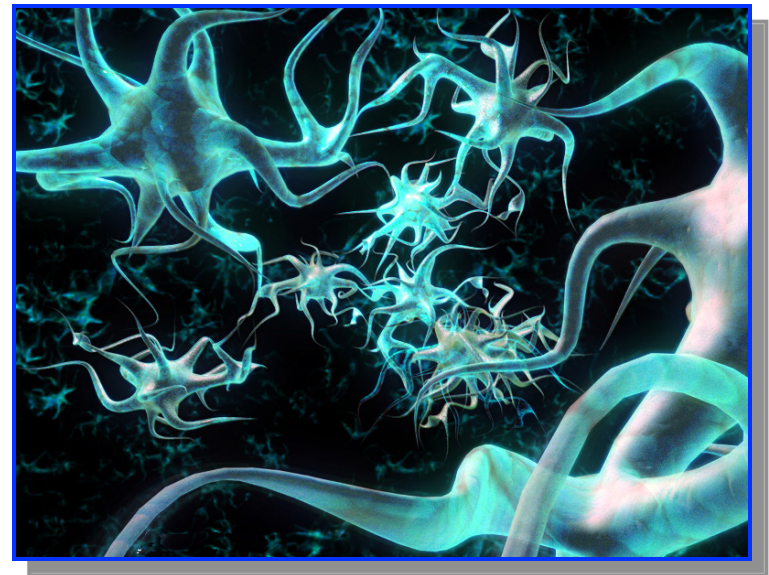
- 83% of brain mass
- Controls 96–98% of perception and behavior
- Sees in pictures and patterns
- Impulses travel at more than 100,000 mph
- Cannot tell real from imagined — truth from lie

Believes as totally true, every picture or image you send to it.

Reticular Activation System

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- Personal search engine.
- Network of cells.
- 800x faster than conscious ability.
- Directs every sensory impulse.
- Sends signal to conscious mind.



Psycho-Cybernetic Mechanism

- Science of control and communication occurring in some animals and machines.
- Has sensors that measures deviations from set goal program.
- Sensors send feedback to your nervous system which corrects deviation from set goal program.

Power of Beliefs and Habits

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Seeing
+ Hearing
+ Doing
+ Experiencing
x Repetition
= BELIEFS

Beliefs
+ Experiences
x Repetition
= HABITS

Habits
cause
automatic
perceptions
+ behavior
= RESULTS

Process of Creation and Manifestation

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

Neural Reconditioning™ Process

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Neural Reconditioning™ Process

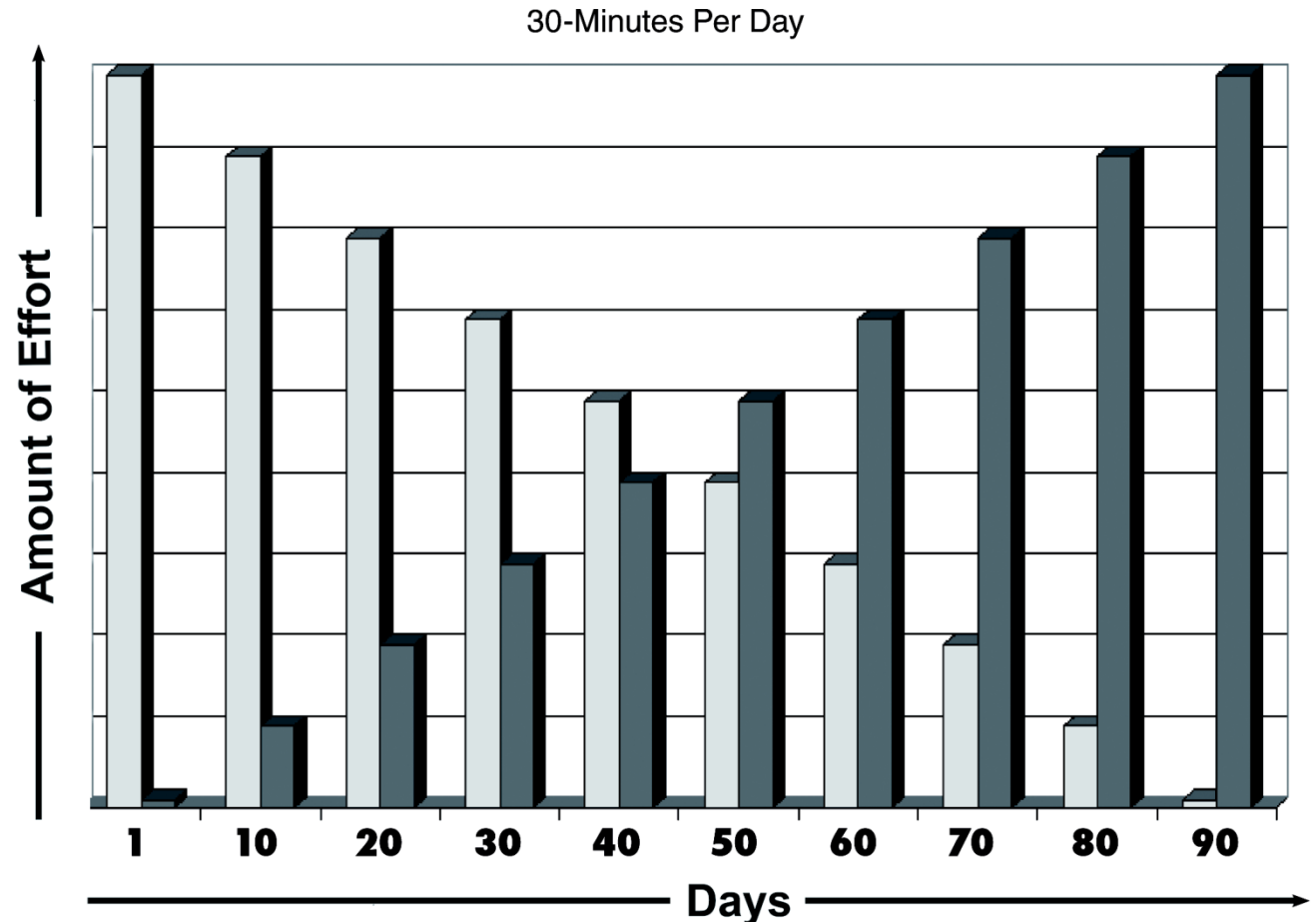
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Non-Conscious Mind

- ◆ You will perceive and see all without conscious awareness.
- ◆ You will behave automatically — the way you are wired to behave.

Conscious Mind
Full-on effort uses:

- ◆ Desire
- ◆ Willpower
- ◆ Persistence



Find Your True North

- Financial Evaluation
- Business/Career Evaluation
- Spiritual Evaluation
- Mental Health Evaluation
- Physical Health Evaluation
- Relationships Evaluation
- Contribution Evaluation

Goal Achieving Process

Write out:

- Top Three One-Year Goals
- Beliefs and Declarations You Now Accept as True
- Why You Must and Will Achieve Your Goals
- The New Habits You Must Create in Order to Achieve Your Goals

Goal Achieving Process

Complete:

30–Day Action Items

- List actions and target completion date.
- List strengths needed to accomplish goals.
- List the help you will need.

Then complete:

60–Day Action Items

90–Day Action Items

John's Daily Affirmations to Support His Goals

God

I totally surrender to God's will and path for me.

Health

I enjoy eating healthy food.

Financial

I am a genius and I use my wisdom daily.

Career

I consistently attract all the right people to help me grow my business.

Family/Relationships

I am inquisitive, creative, fun-loving, and adventurous.

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.

Daily Results Planner

My Daily Results Planner
Use this planner daily to help you prioritize your daily activities for
OPTIMAL RESULTS!

Highest-Priority, Highest Impact Activities I will focus on and do today:

1. _____
2. _____
3. _____

My Highest Income Producing Activities to focus on today:

1. _____
2. _____
3. _____

Must-do Projects that Support my weekly + monthly goals and objectives

1. _____
2. _____
3. _____
4. _____

Awaiting Responses from (list the people you need help from to accomplish today's goals)

1. _____
2. _____
3. _____

Daily Results Planner

People I will connect with TODAY:

1. _____
2. _____
3. _____

Really Important Stuff That Just Came Up:

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

If I Have Time I Will:

1. _____
2. _____
3. _____

Daily Review

On a scale of 1-10 (10 being best) How would you rate your effectiveness for the day?

1 2 3 4 5 6 7 8 9 10

My day today was: Highly Productive, Somewhat Productive or Unproductive?

What can I do to Improve Tomorrow?

1. _____
2. _____
3. _____