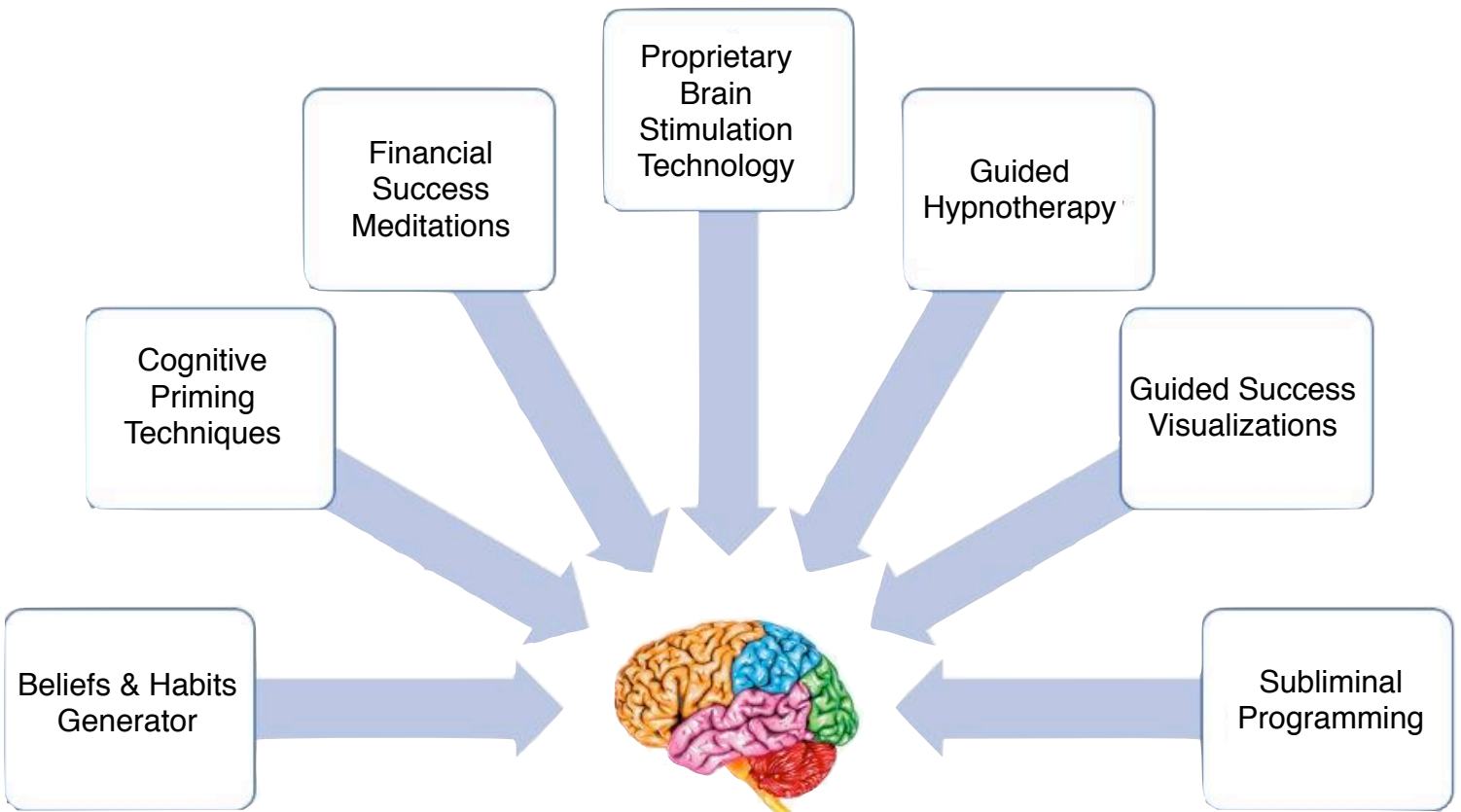


**Quickstart Guide & Program Overview**

**My Login Details - [www.myneurogym.com/members](http://www.myneurogym.com/members)**

Username: \_\_\_\_\_ Password: \_\_\_\_\_



**Evidence based brain retraining methodologies used in each level of the Daily Audios.**

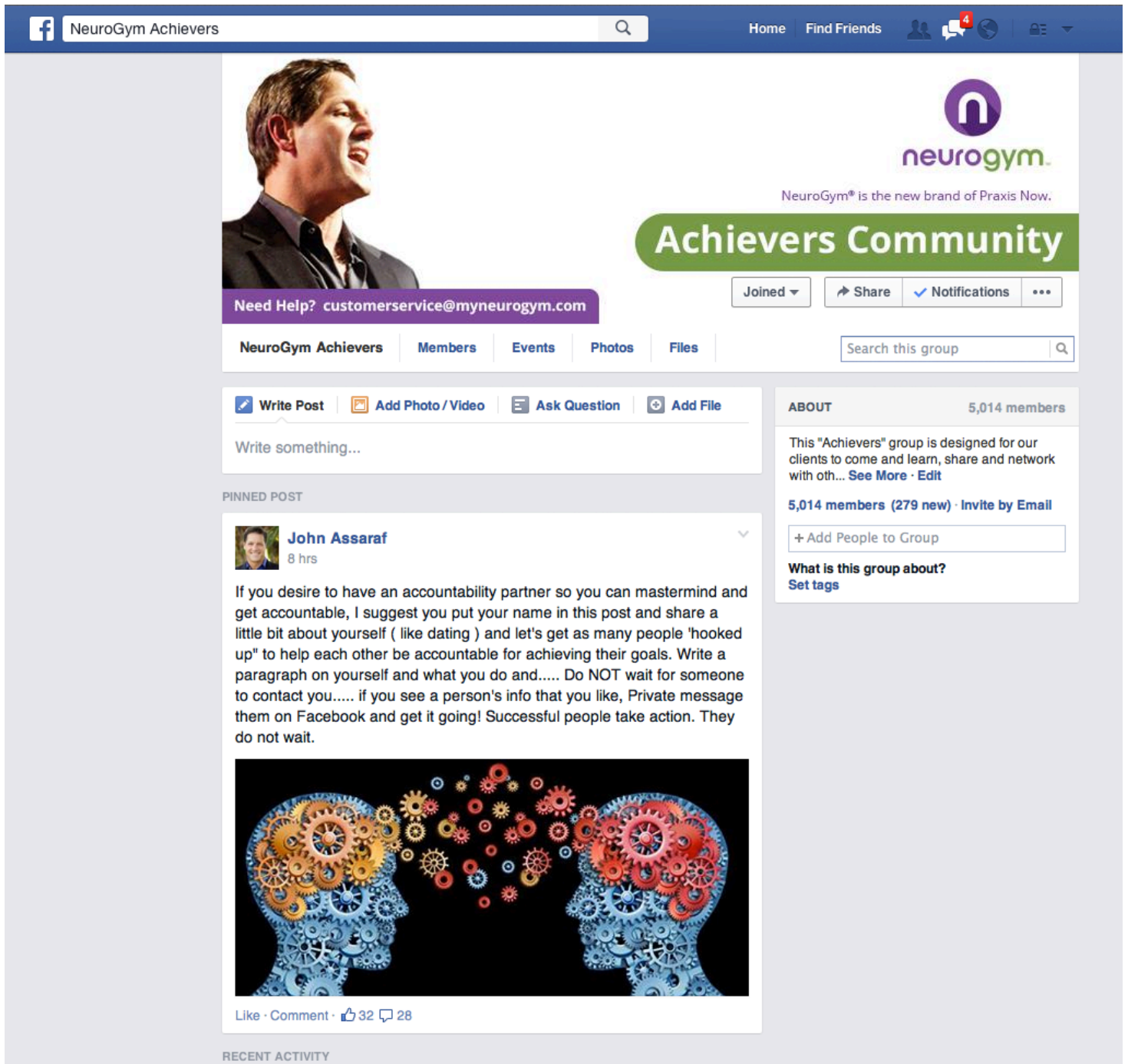
**1. Getting Started**

- Listen to the **Introduction Audio** & watch the short video: **The Beliefs & Habits Generator**.
- Listen to each level of the audios for 7 consecutive days. If you miss a day or two, be sure to make it up before moving to the next level.
- Join our VIP Facebook Achievers Community. [See next page]

<b>Daily Audio - Listen to each level for 7 consecutive days. Headphones Are Required</b>		<b>Completed</b> <input checked="" type="checkbox"/>
<b>Intro</b>	Introduction Audio (Only listen once)	<input type="checkbox"/>
<b>Level 1</b>	1. Watch the Beliefs & Habits Generator video. (Only watch once) 2. Audio: Beliefs & Habits Generator (Universal Quantum Laboratory)	<input type="checkbox"/> <input type="checkbox"/>
<b>Level 2</b>	Finding Financial Opportunity	<input type="checkbox"/>
<b>Level 3</b>	Attracting Wealth	<input type="checkbox"/>
<b>Level 4</b>	Increasing Wealth Feelings	<input type="checkbox"/>
<b>Level 5</b>	Being Creative	<input type="checkbox"/>
<b>Level 6</b>	Tenacity & Resolve	<input type="checkbox"/>
<b>Level 7</b>	Advanced Wealth Reprogramming [1]	<input type="checkbox"/>
<b>Level 8</b>	Advanced Wealth Reprogramming [2]	<input type="checkbox"/>
<b>Level 9</b>	Advanced Wealth Reprogramming [3]	<input type="checkbox"/>
<b>Once you are finished with all 9 Levels:</b> choose your favorite audio tracks from previous 9 levels & listen to them for the next 21 days.		<input type="checkbox"/>

## 2. Join Our VIP Facebook Achievers Community

- Within 72 hours, join here: [facebook.com/groups/praxis.achievers](https://facebook.com/groups/praxis.achievers)
- Participate in the daily training & coaching with John Assaraf & Mark Waldman



The screenshot shows the Facebook group page for "NeuroGym Achievers". At the top, there is a navigation bar with the Facebook logo, the group name "NeuroGym Achievers", a search icon, and options for "Home" and "Find Friends". Below the navigation bar is a profile picture of a man and the NeuroGym logo. The page title is "Achievers Community" in a green banner. Below the banner are buttons for "Joined", "Share", "Notifications", and a menu icon. There are also tabs for "NeuroGym Achievers", "Members", "Events", "Photos", and "Files", along with a search box for the group. The main content area has a "Write Post" section with options to "Add Photo / Video", "Ask Question", and "Add File". Below this is a "PINNED POST" by John Assaraf, dated 8 hours ago. The post text reads: "If you desire to have an accountability partner so you can mastermind and get accountable, I suggest you put your name in this post and share a little bit about yourself ( like dating ) and let's get as many people 'hooked up" to help each other be accountable for achieving their goals. Write a paragraph on yourself and what you do and..... Do NOT wait for someone to contact you..... if you see a person's info that you like, Private message them on Facebook and get it going! Successful people take action. They do not wait." Below the text is an image of two human heads filled with colorful gears. The post has 32 likes and 28 comments. On the right side of the page, there is an "ABOUT" section showing "5,014 members" and a description: "This 'Achievers' group is designed for our clients to come and learn, share and network with oth... See More · Edit". Below this is a button to "Invite by Email" and a search box for "Add People to Group". At the bottom of the page, there is a "RECENT ACTIVITY" section.

**3. Watch The Video Trainings To Upgrade Your Knowledge and Skills**

- Within the first 10-14 days, watch the **Getting Started** training video with John Assaraf.
  - Watch **one video training session per month** from the list below.
  - Feel free to watch more and learn more as your schedule permits.
- This should take 3-12 months to complete at your own pace.**

Training Videos		Completed <input checked="" type="checkbox"/>
<b>Intro</b>	<b>Getting Started Training</b> with John Assaraf- This 2 hour training explains every aspect of the entire program and how you will get the most out of it and accelerate your financial success.	<input type="checkbox"/>
<b>Special Bonus</b>	Phil Town - Rule #1 Investing	<input type="checkbox"/>
<b>Video 1</b>	Take the Personality Profile Assessment & watch the Training Video which explains the assessment and your results. 2 hours total.	<input type="checkbox"/>
<b>Video 2</b>	The 4 Pillars of Financial Success - 4 hours	<input type="checkbox"/>
<b>Video 3</b>	Priming Your Brain for Success - 10 min	<input type="checkbox"/>
<b>Video 4</b>	How to Get More Done in Less Time - 75 min	<input type="checkbox"/>
<b>Video 5</b>	Eliminate Your Debt - 75 min	<input type="checkbox"/>
<b>Video 6</b>	Money <sup>2</sup> - The Art & Science of Financial Success- 3 day Live Event Videos	<input type="checkbox"/>
<b>Video 7</b>	Values Based Living - 75 min	<input type="checkbox"/>
<b>Video 8</b>	Better Money Management Skills - 90 min	<input type="checkbox"/>
<b>Video 9</b>	Advanced Investment Thinking & Strategies - 90 min	<input type="checkbox"/>
<b>Video 10</b>	Finding an Accountability Partner - 60 min	<input type="checkbox"/>
<b>Video 11</b>	Discover your True Meaning & Life's Purpose with Mark Waldman - 90 min	<input type="checkbox"/>
<b>Video 12</b>	Mindfulness - With Dr. Ron Seigel - 30 min	<input type="checkbox"/>

When finished, many people continue their training using our Business, Fear, or Procrastination programs. You are also welcome to repeat any or all of this program as often as you like.

**4. Complete Your Initial Assessment**

1. What is your current yearly income?

---

2. What would you like it to be?

---

3. What is the Gap between the two?

Yearly Goal \$ \_\_\_\_\_

Current Income \$ \_\_\_\_\_

GAP \$ \_\_\_\_\_



4. What knowledge, skills and support do you need to bridge the Gap? (If you are unsure, please ask for help in our VIP Facebook Achievers Community)

---

---

---

5. What 1 habit must you stop now to help you make more money in the next 90 days?

---

---

## Initial Assessment

6. What 1 habit must you start to help you earn more income? (If you are unsure, please ask for help in our VIP Facebook Achievers Community)

---

---

7. What 3 beliefs must you now have in order to achieve your financial goals and dreams?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

8. Are you ready to ask for and receive the help you need to REALLY do this right now?



9. Are you fully committed to starting & finishing the program, even when “your old brain” will want you to quit and keep you in your comfort zone?

YES NO

## Bonus Training Material - Use these only when time permits.

“Doing less better *to completion* is better than *doing more* halfway.”  
John Assaraf

### The Million Dollar Success Library:

Learn from world leading experts on demand on various life, business & success topics. 75 + hours of content

### The Success Manifestors Training Series:

Download and listen to these awesome audio interviews with John Assaraf and some of his personal advisors and mega successful friends.

### Having It All - Achieving Your Life's Goals and Dreams:

Based on John Assaraf's New York Times Best Selling Book and \$3,000 per person live event, this program will have you setting goals and achieving them using the 7 natural universal laws while developing your strategies, tactics and timelines for achieving your financial and life success.

### Personality Profile Assessment:

The Personality Profile Assessment will provide you a detailed profile about your personality and natural and adaptive characteristic traits. This survey has 3 sections that must be completed within one sitting and takes about 45 minutes to complete. After you finish the survey, your results will be emailed to you as a PDF and you will have access to a 1 hour video explaining the entire profile assessment and how to use it to your advantage.

### Contact us for Support:



(858) 227-4971



[customerservice@myneurogym.com](mailto:customerservice@myneurogym.com)