Important quotes:

no one is going to come rescue you—you only have yourself. The good news, it turns out, is that you are all you need.

We are all playing in the same sandbox, and the same rules apply to everybody: what you build is entirely up to you. (100% Free will)

What most people fail to understand is that you do not win debates with arguments – you win by setting the frame.

"Not everything that is faced can be changed, but nothing can be changed until it is faced."

Remember:
Not everything that makes sense works, and not everything that works makes sense.

In life, you get what you tolerate.

Part one: | 2-3 meetings

About you:
Your life story.

Beliefs:

Desires:

Major Events

Your current situation:

Work

Personal life

What would you do if $$ was a non-issue?

Financial independence = zoo

Phylosophy & Concepts:

You get what you tolerate!
What are you tolerating right now?

What is the "price" you have to pay to terminate it?

Let's analyze that:

Everybody's life ROTATES (?) Around something… what is it for you??

Who is your role model?

What is your worst fear?

The horizontal line exercise

Homework:
The one question.

A letter to read aloud, daily.

Part two: | About 3 meetings

What is Our Reality:
How to swim with the current, not against it.
-life-changing-

What is the **current**?

Do you believe our reality in this universe is random, or does it have a purpose?

If it has a purpose, how do you perceive the "Programmer"?

Phylosophy & Concepts:

We must combine the Programmer with the material/physical world, because one doesn't work without the other.

Nothingness and consciousness.
-We watch a short video-

The current is the purpose the Programmer embedded in this reality.

The importance of utilizing all your abilities and talents. (critical)

How does all that combine with what you do currently?

What reality will work best for you, and HOW do we create it?

Reality changes in real time according to who you are at that minute.

The line on the screen concept

So to achieve this, you must be **that.**

Homework:
"Thoughts Are Things" Prentice Mulford

Part three: | About 2 meetings

Moving Forward

So now that we understand the purpose of life and know ourselves much better, let's chart a path forward in the reality we desire.

The importance of feeling in control.
-life changing-

Wearing masks: How we attract the wrong people & waste energy in the process.

Why you have never made a wrong decision in the past.

Today, you have the privilege of looking from the future.

A letter to yourself in the future: We will open then.

The Eisenhower Matrix:
https://www.todoist.com/productivity-methods/eisenhower-matrix
https://asana.com/resources/eisenhower-matrix

The benefits of a journal: iPhone, etc.

Using Voice Memos & Scapple.

Hourly alarm on the phone: why?

Because, as Napoleon Hill says, " your mind is like a fertile garden, it will grow weeds if not planted by you.

Homework:
If we knew the date of our death, what would the timeline be? (exercise)

Napoleon Hill video.

Closing: | 1-3 meetings

Working like Michelangelo:
"The sculpture is already complete within the marble block, before I start my work. It is already there, I have to chisel away the superfluous material."

A discussion on what needs to be chiseled away

Listen to understand, NOT to come up with a clever answer!
Also, the 70/30 rule.
It will change your life

The 20/80 rule in business

When you negotiate or discuss, see reality through the other person's eyes. It will change your life.

Optional:
Coaching on a specific path (business, occupation & relationships) that we determine is right for you and aligns with the "current".

Materials relating to this program.

This program also includes "face reading" of any pictures of partners, friends, and family that you will provide.

"Thoughts Are Things" "The God Within You" Prentice Mulford

Download

How to think yourself YOUNGER: Ellen Langer, Ph.D. l mbg Podcast https://youtu.be/_fEg5dynb3Y?si=bWb96uWKhkCOYSLS.

Video: Planning is not a strategy: Harvard https://youtu.be/iuYlGRnC7J8

Video:
You can make ANYTHING in small steps. 'Works well to feed the subconscious with confidence.
www.youtube.com/watch?v=TQMbvJNRpLE

Video: Nothingness:
https://www.youtube.com/watch?v=AYKetfKXmpM

Unwavering Focus l Dandapani l TEDxReno How to focus your mind!
https://www.youtube.com/watch?v=4O2JK_94g3Y

Napoleon Hill. A must, very powerful in simplicity: https://youtu.be/JfqDvi8b4gg

Simple Explanation of the Most Notorious Experiment l Double Slit and Delayed Choice Quantum Eraser https://youtu.be/7iKebDDs2Pg?si=dgxjOlrc3VP88Qvp