

Exercises for MASTER CLASS - WEEK ONE

1) Contemplate and affirm for 5 min each day

“We are living in two inner worlds and two outer worlds.”

Contemplate the implications of this. Let your mind focus on whichever inner or outer world it chooses. Write down any insight that comes to you.

2) Have a conversation with your mind for 5 min each day

Ask it if it's willing to participate and be fully committed to you being successful. Is it willing to be the guardian to the gates of your subconscious?

Contemplate how your conscious mind would function as the guardian to the gates of your subconscious and having this function active in your life.

3) Contemplate and journal for 5 min each day

What your definition of success is.

What would a successful life look like to you.

Ask yourself what is most important to me at this point in my life?

What success do I want to see?

Re-evaluate your goals, and make sure they are in line with what is important to you and not anyone else.

4) Continue with your project of choice

Use any three mind power techniques that feel most appropriate.

Do this for 15 min each day (5 min per technique)

Keep the momentum happening.

Every exercise you practice is training the mind to take instructions from you and is giving you control in your life.

Remember to chart and journal everyday.

Put a checkmark in the box when you have completed each exercise.

(Charting is an important part of the training; it allows you to visually monitor your training.)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--------|---------|-----------|----------|--------|----------|--------|
| Exercise 1 | | | | | | | |
| Exercise 2 | | | | | | | |
| Exercise 3 | | | | | | | |
| Exercise 4 | | | | | | | |