

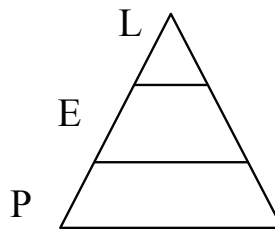
Week One Notes

As always, put away all distractions before starting your session.

These notes are designed to be used as you listen along with each audio, or to go over after you listen each week.

- Be a smart consumer.
- Turn off your “I get it mechanism”.
- If you notice yourself tuning out during any part of the program, that is a big clue so pay close attention here. That is likely your unconscious mind blocking what you don’t want to face.
- Get a health journal and transfer all of the content from today into it.

Make a pyramid with 3 layers
 “P” in the base of the pyramid for physical
 “E” for emotional
 “L” on the very top for logical.



If you have the lower two with a very strong foundation and locked down, then you have a much stronger logical mind to run your business. You need all 3 to achieve optimal balance and success. If you only have the physical, but you’re an emotional mess, or you are caught up in your mind and forget to take care of your physical body, then it’s impossible to be as happy or successful as you want to be. It’s about the integration of them all.

There are no magic pills. There is no one thing that is going to change your health. It’s a whole bunch of smaller changes that are going to equal to one big change.

- First your inner game, then your outer game. We’re doing an inner cleanse, then and outer cleanse.
- Change doesn’t work, only transformation works.
- Have integrity.
- Write down anything that you’re saying, “I’m not sure if I’m ready to do THAT yet.” That’s the thing that you need go out and do.
- Radical honesty - amazing book where Brad Blanton says that hiding is what is killing us. It’s time to get really honest with ourselves.



It's time for me to admit that I've been neglecting _____. What is it?

- Get clear about what you want, if you don't know what you want, you'll never be able to *obtain it*.

Here's an action step before the next week:

Write a narrative, and write it as if it has already happened. ... something like "I woke up today, and I looked in the mirror, and _____." What is the ultimate goal for you, inner and outer?

- Write down your Secret Motivators.
- Create your "Health Commitment".
- Look at the 5 people that are closest to you, average them out. That is you.

Have integrity. You've made this investment of your time, energy and money, so "play full out", be fully present, and to commit to your health.

Listen to each recording a minimum of 3 times to get maximum value out of this program.