

LIVE CHALLENGE WORKBOOK



SMILING *FROM THE* INSIDE OUT

July 6–12, 2026
6:00 PM PST

Hello, I am Dat!

I completely understand how you feel.
For years I studied personal development. I read the books, attended seminars, took CE courses... but my life and my results didn't really change.

I felt stuck. I was working long hours as a dentist.

Busy every day, seeing patients, running the practice... yet feeling exhausted and unfulfilled. Successful on paper. But inside I felt burned out.

I kept asking myself... why is all this knowledge not changing my life?

I didn't know how to apply what I was learning. I started to believe it worked for other people... but maybe not for me.

Part of me was afraid nothing would ever really change.

That this stressful routine was just the way life would always be.

But today I know something very different.
Life does not have to be this way.



Since 2017, I've had the privilege of helping many dentists transform the direction of their lives.

I've watched them create real changes such as:

- Improving their financial situation
- Changing the direction of their career
- Starting their first business or expanding the one they already have
 - Strengthening relationships with the people they love
 - Learning to truly love and accept themselves
 - Improving their health and overall quality of life

You are the reason I do this work.

Your success is part of my life's mission.

Deep inside, there is a quiet voice telling you that your life can be different. Better. Happier. Calmer. More meaningful.

I believe you can change the situation you are in today.

I believe the challenges you have gone through were not meaningless. They were preparing you for something greater.

And I believe this is not the time to give up.
Borrow my belief if you need to.
Giving up is never the answer.
Life is short.

Isn't it worth living it the way you truly want?

Dat Nguyen



SMILING FROM THE INSIDE OUT

FreedomTimeCoaching.com

FREEDOM NOW

EVERYTHING IN ONE PLACE

Click the link and enjoy convenient access to meetings and materials. We've gathered everything in one place to simplify your work and maximize results.

<https://challenge.freedomtimecoaching.com/portal>



STEPS TO YOUR SUCCESS



MONDAY: SET AN AMBITIOUS GOAL

- 6 PM PST: Live Meeting with Dat Nguyen.
- Complete the PDF with the Exercises.



TUESDAY: DISCOVER THE POWER OF YOUR MIND

- 1 PM PST Q&A session on Zoom with the Dat Nguyen
- 6 PM PST Youtube Live meeting with Dat Nguyen
- Fill out the PDF with the Exercises



WEDNESDAY: BREAK THE WALL OF FEAR

- 6 PM PST Live Meeting with Dat Nguyen
- Fill out the PDF with Exercises



THURSDAY: TAKE THE FIRST STEP

- 6 PM PST Live Meeting with Dat Nguyen
- Fill out the PDF with Exercises



FRIDAY: THE TRUTH ABOUT MONEY

- 6 PM PST Live Meeting with Dat Nguyen
- Fill out the PDF with Exercises
- 7:30 PM PST VIP meeting on Zoom



SATURDAY: BONUS - What is "Thinking into Results"

- 6 PM PST Live meeting with Dat Nguyen



SUNDAY: BONUS - MISTAKEN IDENTITY

- 6 PM PST Live meeting with Dat Nguyen

The "Smiling From the Inside Out" 5-Day Challenge

CHOOSE!
FREEDOM **NOW!**

I commit to doing the challenge LIVE every day because I want to surround myself with the energy of the group and feel the power of mentoring , which will increase the likelihood of achieving my goals over the next 12 months.

Signature

Date

DAY 1

MONDAY | 6PM PST

CREATE AN AMBITIOUS GOAL

TYPES OF GOALS:



Type A Goal | A goal you know how to achieve.

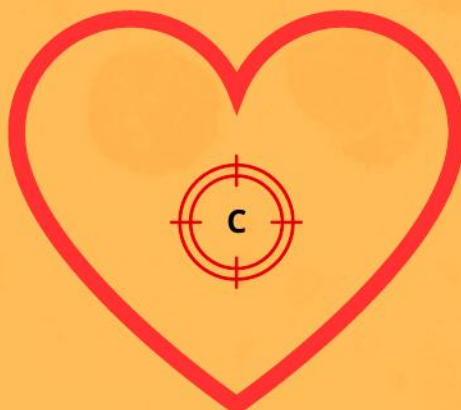


Type B Goal | A goal you think you can achieve.



Goal Type C | Your desire. The goal you truly want.

A C-type goal comes from your heart.



Write your goal on your goal card, starting with: I
am so happy and grateful now that...



THINKING
• INTO RESULTS

Date _____20__

I am so happy and grateful now that...

It's
Freedom
TIME

MAKE SURE...

Once you have your goal written down, ask yourself, "Why do I want this?"

Ask yourself this question 7 times and write down the answers that come below:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

The final answer that comes is your real "Why. "

Add your "why" to your goal card.

**Place the goal card in your wallet, purse or pocket and read it
several times a day.**

**Remember that the image you most often hold in your mind will
sooner or later be expressed in physical form.**

If you can't decide which goal is your C goal,
read the "Decision" article for the next 30 days.

<https://bit.ly/44jqCCL>



MAKE SURE YOUR GOAL IS WRITTEN CORRECTLY:

- ☐ The goal should be written in the present or past tense
- ☐ The goal must be specific and measurable (how will you recognize the day when will you achieve your goal?)
- ☐ A goal should have a date by which you plan to achieve it.

SESSION 1 EXERCISES

- ☐ Answer the questions above. Write your goal on a Goal Card (found above)and read it often every day.
- ☐ Take a selfie with your goal card and post it in our WhatsApp group. Let us know what you learned from your first session.
- ☐ Everyone who completes the exercises will be entered into a drawing for daily prizes (we want to reward your perseverance!)
- ☐ Join the Zoom meeting on Tuesday at 1:00 PM where I will help you set your goal.

At this link you will find a complete set of materials and recordings.



<https://bit.ly/4vA7LPb>



SUMMARY

FIRST DAY OF THE CHALLENGE

CREATE AN AMBITIOUS GOAL



DAY 2

MONDAY | 6PM PST

DISCOVER THE POWER OF YOUR MIND

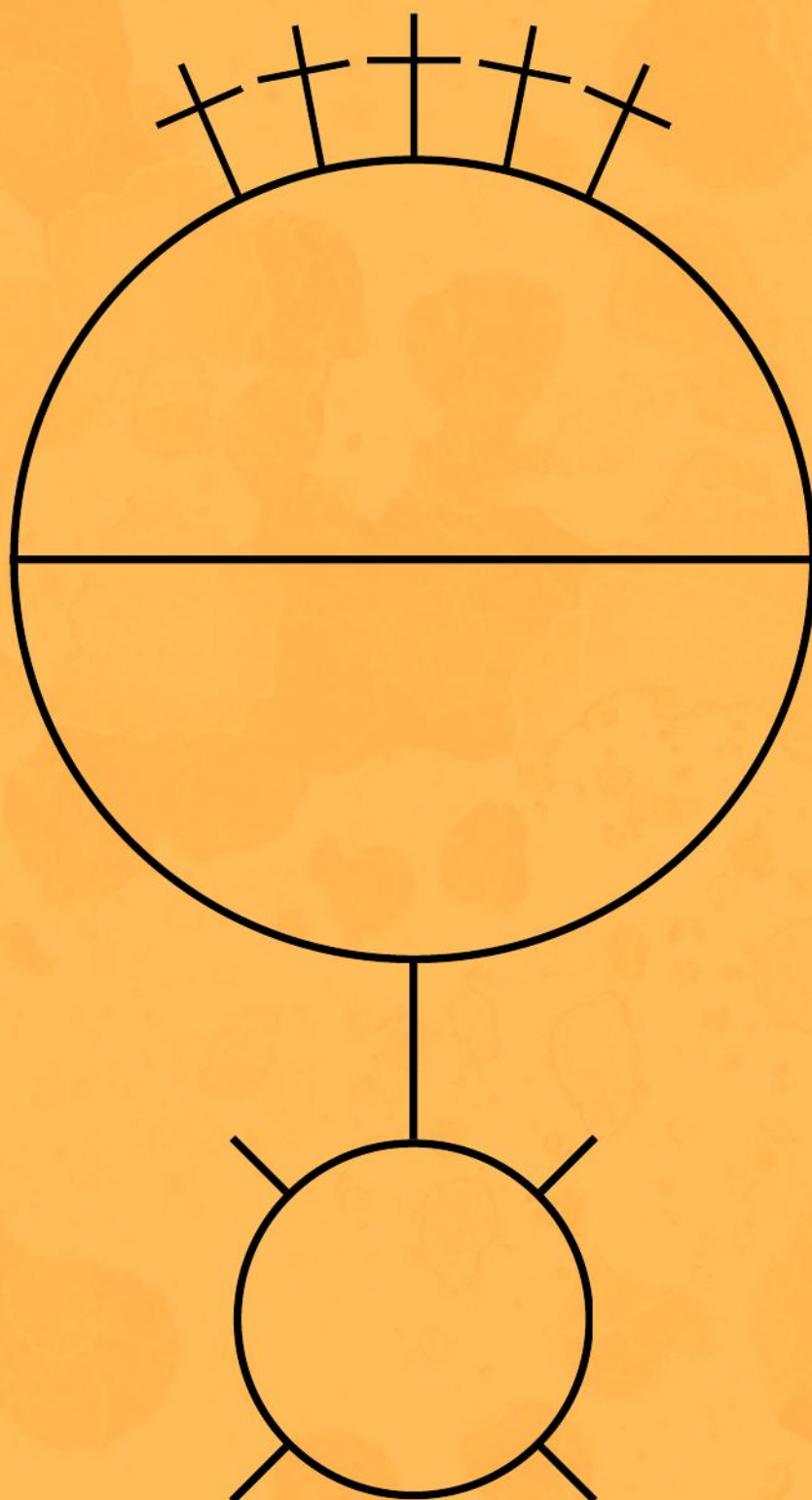
Mark your answers:

I compare myself with others	YES	NO
I don't trust my decisions	YES	NO
I'm worried about other people's opinions	YES	NO
I put things off until later	YES	NO
I'm afraid to make mistakes	YES	NO
I'm afraid of rejection from others	YES	NO
I have trouble concentrating	YES	NO
I have a problem with procrastination	YES	NO
I don't feel like a great leader	YES	NO
I'm afraid to sell	YES	NO

On a scale of 1-10:

- Do you believe in yourself?
- Do others' opinions of you matter to you?
- Are you a confident person?**
- Do you respect yourself?
- Do you appreciate your achievements?
- Do you give your all every day?

☐
☐
☐
☐
☐
☐



What is your strongest Paradigm?

How much has your paradigm cost you so far? Specify the amount:

Choose one habit and one belief from the list above and write down the formula for a paradigm shift.

SESSION 2 EXERCISES

- ☐ Answer the questions above.
- ☐ Take a photo of your Stick Person notes (mind image)and post it in our WhatsApp group. Let us know what you learned from the second session.
- ☐ Everyone who completes the exercises will be entered into a daily prize draw (we're still rewarding your perseverance!)

At this link you will find a complete set of materials and recordings.

<https://bit.ly/4vA7LPb>



SUMMARY

DAY TWO OF THE CHALLENGE

DISCOVER THE POWER OF YOUR MIND



"You are the problem, but you are also the solution."

Your **SUCCESS** depends on your **MINDSET**.

95% MINDSET + 5% STRATEGY = SUCCESS



Same company.
Same product.
Same tasks.

VARIOUS RESULTS



WHAT ARE YOU
FOCUSING ON?



"Man becomes his thoughts."



"You are not responsible for the program you have, but you are responsible for changing it."

THE IMAGE OF OURSELVES IS
THE FOUNDATION

How do we think about ourselves? How do we perceive ourselves?



PARADIGM
CONTROLS 96%
OUR BEHAVIOR

YOUR LOGIC YOUR
PERCEPTION HOW MUCH
YOU EARN HOW MUCH
YOU SELL

YOU HAVE
CHOICE



CHANGE
PARADIGM

DAY 3

WEDNESDAY | 6PM PST

BREAK THE WALL OF FEAR

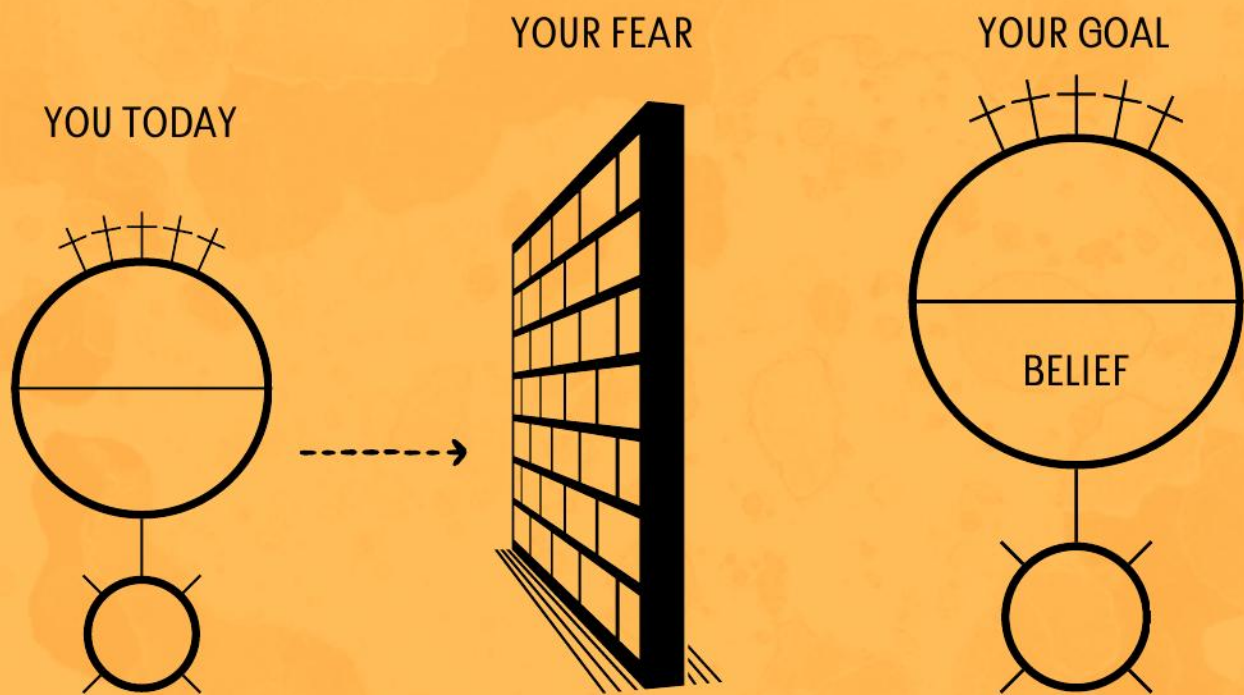
What are your biggest fears that keep you from achieving your goal?



How would you feel if you got rid of the fears listed above?



Choose one thing you are afraid to do, but you commit to doing it because you know it will bring you closer to your goal.



- ☐ Yes, I want to overcome my fears and anxieties because I want to create my reality consciously!
- ☐ No, I make the decision to stay where I am and allow my paradigms to continue to control my life!

SESSION 3 EXERCISES

- ☐ Answer the questions above.
- ☐ Go Live on our FB group to break your fear of criticism from others and public speaking. Video should be at least 1 minute long, share with us what you have gained from our challenge so far.
- ☐ Everyone who completes the exercises will be entered into a drawing for daily prizes!

“

*God placed the best things in life on
the other side of fear.*

WILL SMITH

At this link you will find a complete set of
materials and recordings.

<https://bit.ly/4vA7LPb>



SUMMARY

DAY THREE OF THE CHALLENGE

BREAK THE WALL OF FEAR



Can you afford to stay where you are?

How much is your paradigm costing you?

"If your goal conflicts with the information that is encoded in your subconscious mind, your self-image will never allow your goal to become a reality."

MAXWELL MALTZ

NO-NO EFFECT???

MAXWELL MALTZ

I'm not suitable

what if...

what others will say



I can't cope

it is impossible

I will disappoint myself and others

WHAT DO YOU WANT TO BELIEVE?

I can!



I can't!



"God put the best things on the other side of the wall of fear."



BE AFRAID AND DO!

(ADEL AND RICHARD BRANSON ARE AFRAID TOO)

Faith
OVER
Fear

"Faith is the power to achieve anything."

FAITH WITHOUT ACTION IS DEAD

DAY 4

THURSDAY | 6PM PST

TAKE THE FIRST STEP

How long have you been at the same level with your results in life? Be honest with yourself.



Think about a time in your life when you wanted to make a decision, but fear stopped you.



Write down the names of the people who would suffer the most if you stayed where you are in life now:

1.

2.

3.

4.

5.



Yes, I want to get out of my own way and build the life I deserve!



No, I want to stay exactly where I am!

SESSION 4 EXERCISES

☐ Make a decision that will change your future forever. Schedule a call to learn more about the Freedom Time Elite Coaching program and how working with us over the next six months will completely transform your life.

Schedule a call:





DO YOU FEEL IT'S TIME FOR A CHANGE?

Do you feel like you're capable of achieving so much more, but don't know where to start?

Do you feel stuck in the same place and don't understand why? Would you like to start fulfilling your dreams, but are afraid of failure? Would you like to discover your true path in life? Would you like to eliminate negative thoughts about yourself?

LET'S TALK

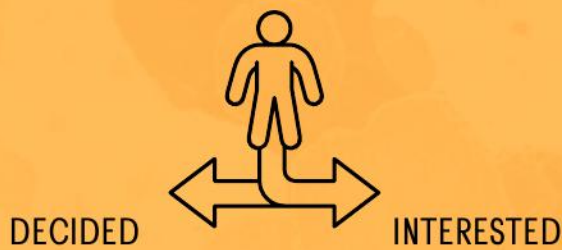


WE WANT TO HELP YOU GAIN GREATER CLARITY AND AWARENESS ABOUT HOW
YOU CAN MOVE FORWARD IN LIFE.

SUMMARY

DAY FOUR OF THE CHALLENGE

TAKE THE FIRST STEP



YOU CAN EITHER
HAVE EXCUSES
OR RESULTS



THE STORY
OF THE FLY

"The fly continues to
struggle to get out the
window even though it
is only 10 seconds
away from the open
door to freedom."



IN THE AGE OF
ACCESS TO
INFORMATION,
SUFFERING IS A
CHOICE



*"Decide what
you want and
say NO to
anything that
wants to take it
away from you!"*



SUCCESS IS FAITH
EXPRESSED IN ACTION



the prison doors
are open



THIS IS HOW MUCH YOU
NEED TO MAKE A DECISION
5 SECONDS

DAY 5

FRIDAY | 6PM PST

THE TRUTH ABOUT MONEY

The Law of Compensation states that the amount of money you earn in your lifetime is directly proportional to:

- > Demand for what you do
- > How good you are at it
- > How difficult it is to replace you

Think about a time in your life when you wanted to make a decision, but fear stopped you.

How do you feel about your current financial situation?

What negative beliefs do you have about money?

Are you ready to make the decision to start earning more?

SESSION 5 EXERCISES

❑ Join our VIP Zoom meeting at 7:30 PM PST where we will be answering all your questions for a few hours.

Join our exclusive VIP Zoom meeting tonight at 7:30 PM PST! We'll be available for a few hours to answer all your questions and share valuable information. Don't miss this opportunity to interact in a small group and receive personalized support. We cordially invite you - see you tonight!

WHY JOIN ?

"I doubled my income as a dentist within 4 months working with Dat and Thinking into Results". – Dr. An Ho

"I work half of my time now and still make the same income." Dr Julia Brown.

"I created more streams of income". – Annie Vu, CEO of Kangen Water

"I made my monthly income my daily income" – Dr. An Ho

SUMMARY

DAY FIVE OF THE CHALLENGE

THE TRUTH ABOUT MONEY



MONEY PARADIGM

"Money doesn't buy happiness." "To earn a lot, I have to work hard."

OUR RESULTS DEPEND
ONLY ON OUR WAY OF
THINKING

"Rich - he probably stole it."

*"The poor always
have the wind in
their eyes."*



THE PURPOSE
OF NATURE IS
THE PROGRESS
AND
DEVELOPMENT
OF LIFE



USE YOUR
POTENTIAL

WOLA
MEMORY
IMAGINATION



REASON
INTUITION
PERCEPTION



HOW YOU CAN
GIVE MORE
VALUE TO OTHER
PEOPLE

*"To earn more you have
to decide how much you
want to earn and make
the decision to do it. "*



SURROUND YOURSELF WITH
PEOPLE WHO GET THE RESULTS
YOU ARE LOOKING FOR.



What does
financial freedom
mean to you?

BONUS:

We have a special surprise for you!

To further support you during the challenge, we have prepared two additional meetings – full of knowledge, motivation and inspiration!

At these meetings:

- > You'll gain additional tips to help you achieve better results.
- > We'll answer your questions and clear up any doubts.
- > We'll give you a dose of motivation to continue pursuing your goals!

DAY 6 SATURDAY | 6PM PST

What is "Freedom Time Coaching" community?

DAY 7 SUNDAY | 6PM PST

Your self image

You can't miss this! This is the perfect opportunity to get even more out of the challenge!
See you at the meetings!

REAL DENTISTS. REAL RESULTS.

7:13

264

M

Munni Krishnan PSI7 >

Good morning Dat, it's been many minutes!

Just went through a dramatic transformation in my health goals and was really focusing on it as part of my C Type goals.

Went from 235 lbs to now 193 lbs as we speak and body fat from 30% down to 16%. Goal to 12%.

Just had a photoshoot yesterday and you'll get to see me and my future Queen

Now for Financial goals is where I would welcome the opportunity for your help

iMessage

Looking at your new results now, how...

Yes it has been multiplied a lot, but the most important thing is it sticks

Nice! And it will continue to return because you invested in you!
Keep going 🙌

Monday 8:04 AM

My total production of this month is over \$100k

"I moved to San Diego to my dream house, grow my business and still have more time for my family, less stress within 6 months of working with Dat" – Dr. Babak

I went through a dramatic transformation in my health from 235 lbs to 193 lbs with body fat from 30% to 16%. I met my future Queen. For financial goal, quantum leap goal between now and the end of 2025" – Munni K. CEO

11:35 PM

How do you like living in San Diego ?

Today 4:44 PM

Absolutely love it. Just a dream.

Monday 8:04 AM

My total production of this month is over \$100k

Nice!
What was it before TIR?

Delivered

Monday 10:33 AM

40-50k

Looking at your new results now, how many times have you multiplied your investment in TIR so far?

Delivered

Friday 6:00 PM

Yes it has been multiplied a lot, but the most important thing is it sticks

"I created more streams of income, more charity work, more fulfilling dreams and led more people to success using Thinking into Results". – Annie Vu, CEO of Kangen Water Training and Services center

T

Thien-An Ho DDS >

and feel inside

Today 12:55 PM

I saw the monthly collection number. It doubles every month since Feb

Today 2:37 PM

Amazing results! 🙌🙌🙌

Delivered

Yeah. I think I'm no longer resist against money or living the life I want

I don't even care about what others say or do. I'm just focusing on what I want

Client Testimonial

★★★★★

My Experience with Thinking Into Results

"My Biggest Challenge that I was facing prior to taking the TIR mentoring course was taking the major step to leave my day-to-day job and do my business that I had started years ago. Having the support of Dat and TIR I was able to move forward and take the leap to free up my time and to reach my dreams that had been sitting idle for years. TIR has helped me see the fear of moving forward is just a mental block that can be overcome through practicing the steps presented in the program. I have always been thinking and doing, I just need to think and do the things that are productive and that create the positive vibrations needed to grow."

Kevin Thompson
Entrepreneur/Business Owner

"I doubled my income as a dentist within 4 months working with Dat and Thinking into Results". – Dr. An Ho

"I work half of my time now and still make the same income. I have a new direction of my new life, new dream, more time for myself and for my children, something that I wanted for 10 years happened within 6 months of "Thinking into Results" coaching". – Dr. Julia Brown CEO.



DO YOU FEEL IT'S TIME FOR A CHANGE?

Do you feel like you're capable of achieving so much more, but don't know where to start?

Do you feel stuck in the same place and don't understand why? Would you like to start fulfilling your dreams, but are afraid of failure? Would you like to discover your true path in life? Would you like to eliminate negative thoughts about yourself?

LET'S TALK



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