

Workbook

Where the Impossible Becomes Possible

Name



#### Dear Friend,

Welcome, and congratulations on taking this next step on your journey toward lasting success and fulfillment! Whether that means stronger and more passionate relationships, a more fulfilling career or a more successful business, financial freedom, or unstoppable health and energy ... this journey is designed to show you how to create the life you both desire and deserve.

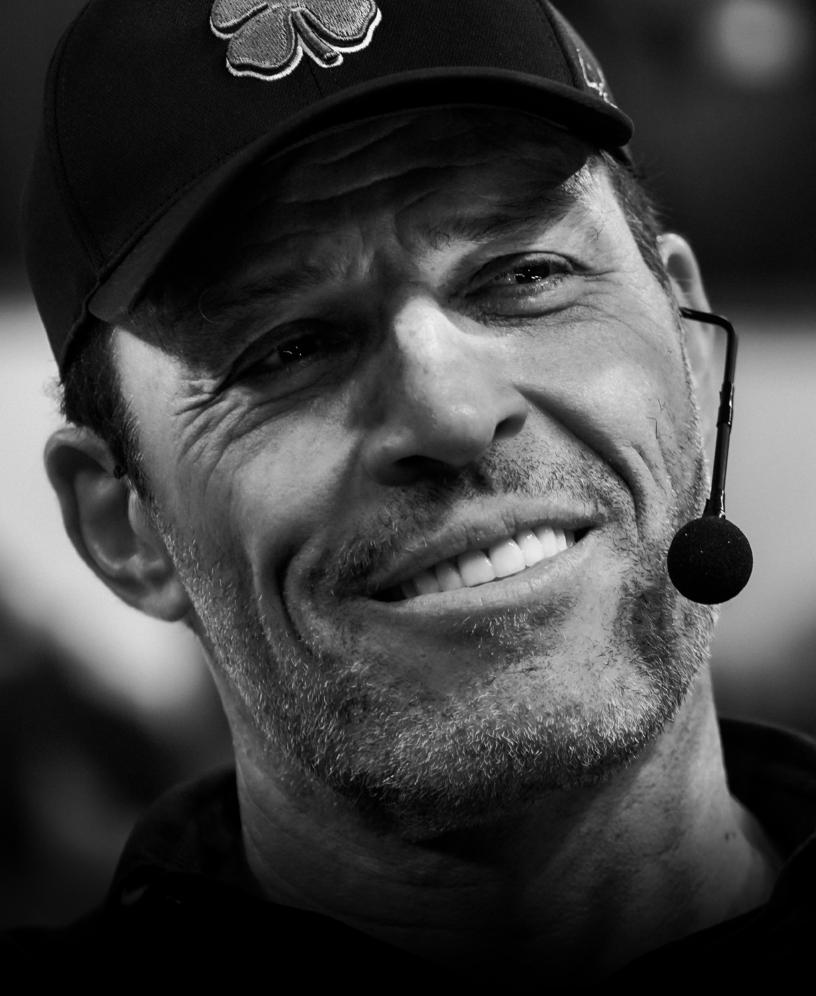
For more than four-and-a-half decades, I have passionately pursued the answers to the questions, "What shapes human behavior?" and "How can we create lasting change within ourselves and others?" Through research I've conducted, as well as my interactions with millions of people from every walk of life you can imagine — I've synthesized some fundamental tools and strategies to help maximize our capabilities as human beings and measurably accelerate the pace at which we can achieve our true goals and desires.

This weekend, you will overcome any fears holding you back from unlocking and unleashing the powerful forces already inside you. You'll break through your limitations and take control of your life so you can thrive regardless of what's happening in the outside world. We'll also share cuttingedge strategies and tools to take your health to the next level so that you consistently experience a peak level of energy and vitality.

I'm truly excited and privileged to have this opportunity to share with you the best of what I've learned. I hope you enjoy this program, but more importantly, I hope you use it. Life produces extraordinary rewards for those who give in extraordinary ways. Let's make a joint commitment today to participate together with a new level of intensity and passion, one that goes far beyond anything we've done before. Through our playful and outrageous levels of energy, and an unwavering commitment to play full out, we can make this experience a life-changing event you'll never forget.

Let's begin the process of taking our lives to the next level now!

Live with passion!



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#### THIS PROGRAM CONTAINS ADULT LANGUAGE

Freud discovered that in every culture there are words which are considered taboo: words that are rarely spoken aloud but, when they are, produce a dynamic transformation in the emotional responsiveness of the listener. He was one of the first clinical practitioners to use intense language and taboo words with a therapeutic aim. In this tradition, Tony Robbins will, at times, deliberately use shocking language in order to establish an atmosphere of honesty and emotional authenticity. While not given a place in polite society, these words can be used to trigger deeper emotions. This language is used strategically, according to the specific situation, to spark the participant to achieve a higher level of accountability.

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Fear Into Power

"There is a powerful driving force inside every human being that, once unleashed, can make any vision, dream, or desire a reality."

## Exercise: Why are you here?

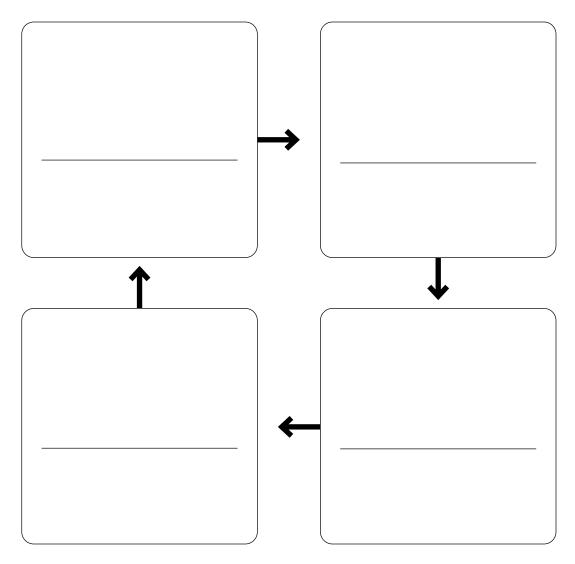
Unleash the Power Within® is your invitation to recognize, uncover, and put to use the most powerful resources you already possess: the courage, faith, determination, passion, and drive to grow, contribute, and celebrate life at the deepest, most powerful level.

Before we begin, take a moment to reflect upon why you are enrolled in this program. Why did you make the decision to attend this event? What are you committed to getting out of this experience, not only for yourself, but for those you care about? Why are you really here?			

## The Success Cycle

People who succeed have momentum. The more they succeed, the more they want to succeed, and the more they find a way to succeed. Similarly, when someone is failing, the tendency is to get on a downward spiral that can even become a self-fulfilling prophecy.

People's potential is almost unlimited. But do most people's results reflect the level of potential they have?



Everyone is on a Cycle of Momentum. Which direction are you going?

Answers: (clockwise from upper left) Potential, Action, Results, Belief/Certainty

## Exercise: Emotional Home – Empowering and Disempowering Emotions

- 1. Make a list. What is your emotional pattern? What are the positive and negative emotions you feel at least once a week or every day?
- 2. What are your top two empowering and disempowering emotions?
- 3. Circle the most powerful positive and negative emotions.

<b>Empowering Emotions</b>	Disempowering Emotions
4 What are 1 2 NEW exections if you live dithous	
the next level? How would they change your lif	every day, they would change your life and take it to e?

**NOTES** 

"Success without fulfillment is the ultimate failure."

- TONY ROBBINS

## Create an Extraordinary Quality of Life

We've all known or witnessed someone who seems to have mastered the ability to grab life by the horns and realize the completion of their most cherished desires. You may even feel that pure joy at least occasionally, if not consistently. However, experiencing the things you want to happen is one thing; being conscious of how you're doing it is another. So the question is: What creates an extraordinary quality of life? What are the forces that shape the direction of our lives and determine our destiny? Most importantly, how can we harness these forces to create a life of happiness, joy, success, fulfillment, and meaning?



#### **An Extraordinary Life**

A life of meaning, a magnificent life, a life of joy, happiness, love, passion, success, fulfillment ... whatever it means to you. Life experienced on your terms.

What does an extraordinary life look like for you at the next level? Where would you live emotionally?

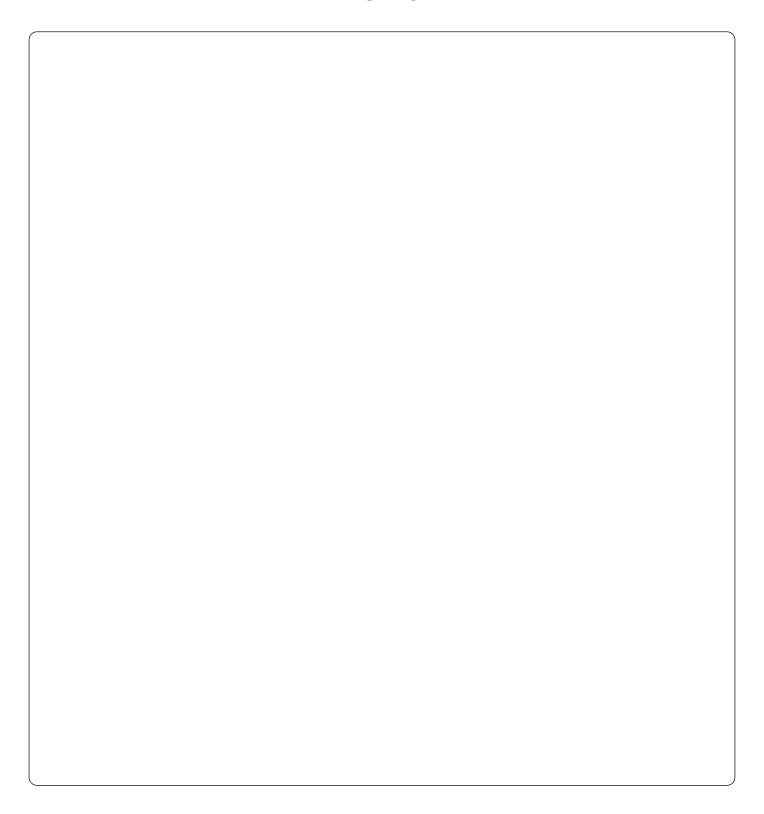
#### **Exercise: Extraordinary Life**

 What would you be fulfilled by?

What has gotten in the way?
What do you need to change now to make life happen on your terms? What needs to shift?
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1.	What are the two most stressful thoughts that consistently show up in your life? What tends to trigger them?
_	
· •	What would be the antithesis of your old thoughts? What would be empowering instead?
_	

#### **NOTES**



## **Beautiful State**

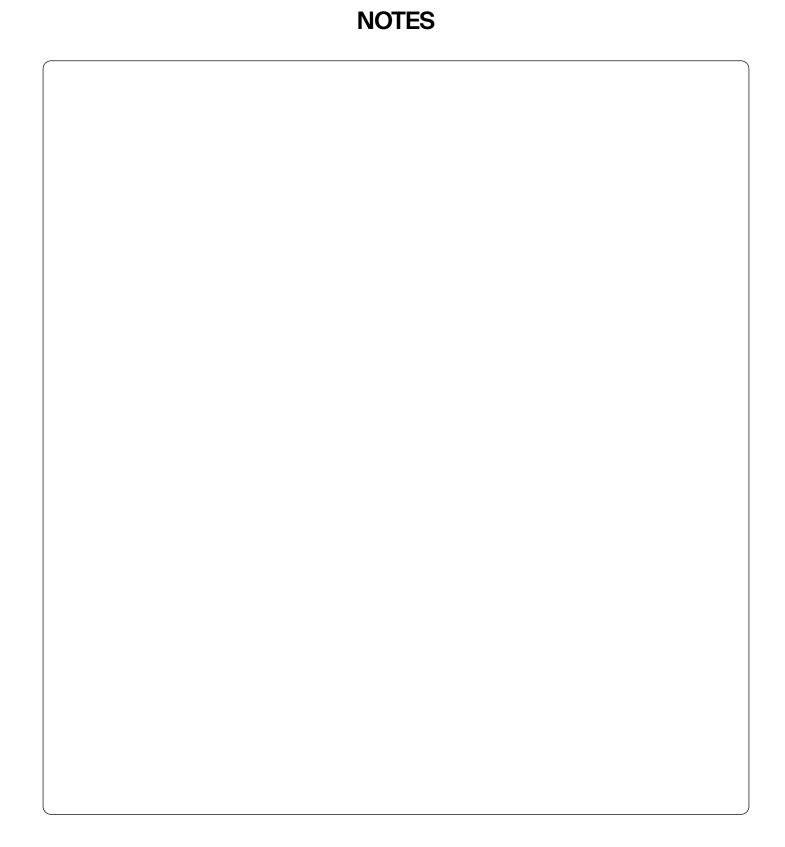
here are only two states:			
(high energy, peak states) 2	(low energy states)		
Exercise: Beautiful State			
Step: 1			
Decide now to live in aday no matter what.	every		
Why MUST you, why WILL you end suffering as it arises?			
Why will you live in a BEAUTIFUL state every day no matter w TRANSFORM if fear were no longer a part of your life?	hat? What would		

	3. What did you do (with your body, your focus, your word beautiful state? What are you going to do to stay in a be	
	Step: 2	
	-	
	What are your favorite flavors of	?
Fr	From this day forward, know and remember that who you a	are at your core is more than anything
	that could ever happen to you, and more than anything you	
		a nave done of could do.
	3 Things Create Suffering 3	Things End Suffering
		Things End Suffering
	3 Things Create Suffering  • Loss • Less	
	• Loss	Things End Suffering  Appreciate/Enjoy
1.	<ul> <li>Loss</li> <li>Less</li> <li>Never</li> </ul> 1. What are the two suffering emotions that you overindu	Things End Suffering  Appreciate/Enjoy Learn/Grow Love/Give/Gratitude  Ige in the most, that take away from the
1.	<ul><li>Loss</li><li>Less</li><li>Never</li></ul>	Things End Suffering  Appreciate/Enjoy Learn/Grow Love/Give/Gratitude  Ige in the most, that take away from the
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Answers: suffering

2.	What tends to trigger these two emotions? When you get triggered, what do you feel and do?
3.	What are you going to do instead? What are some simple ways you can break your own pattern?
	Step: 3
	Use theRule.
	Occ theKaic.

Answers: 90-Second



"Trade expectation for appreciation and your whole world changes in an instant."

- TONY ROBBINS

## The 3 Elements of Practical Psychology

We are all practical psychologists. We all have the ability to decipher what's really going on in a situation – both with ourselves and with those we care about. The 3 Elements of Practical Psychology represent a series of refinements that will help you understand the nature of human beings and, in turn, be able to predict how and why we do what we do. The more you can understand what's naturally going on with people, the more compassion, connection, and positive influence you can have as a parent, a leader, a professional, a loving partner, or a friend.

In order to become effective practical psychologists, there are three questions we must answer:

Question	1: What stops us from moving	forward?
-		

Fear can destroy our psychology and immobilize us from taking action. All of us experience fear in some context during our lives: fear of rejection, fear of failure, fear of success (i.e., how can I handle the pressure and continue to deliver at a high level), fear of love (or losing love), fear of being alone, or fear of the unknown. In fact, most of us feel a combination of these fears over the course of our lives.

Fear is hardwired into every human being – nothing we do this weekend or in our lifetimes will take fear away. The secret is learning how to use fear instead of letting fear use you!

While we all experience countless variations, there are two primary fears that all human beings share:

- 1. We're not \_\_\_\_\_\_.
- 2. We won't be \_\_\_\_\_.

Answers: Fear, enough, loved

# Question 2: What controls and determines the quality of our lives?

Anything in life you think you want, you only want because of the feeling you believe obtaining it will give you. The truth is, you could have that feeling right now – simply by changing any one or a combination of the following:

#### The Triad: 3 Patterns That Create Any Emotion

1. Your \_\_\_\_\_(What You Do With Your Body)

Emotion is created by motion. Whatever you're feeling right now is related to how you're using your body. (Hint: This includes your face!)

for the individual even though it's not reality in actuality.

**2. Your\_\_\_\_\_ and Beliefs**Whatever you focus on, you're going to believe. Focus creates reality



3. The \_\_\_\_\_\_ You Use and \_\_\_\_\_ You Create

**Questions:** Thinking is nothing more than mentally asking and answering a series of questions. Eliminate any habitual questions that do not serve you.

**Words:** If you want to change your life, pay attention to the words you repeat to yourself. Certain words can change the way you feel: For example, "I think you're mistaken," "I think you're wrong," or "I think you're lying."

**Incantations:** When you repeat a phrase with enough emotional intensity, you start to believe it. Utilize the power of incantations by using the ones that support you the most.

Answers: Emotions, Physiology, Focus, Language, Meaning

#### Question 3: Why do we do what we do?

How is it that one person will sacrifice his own life for another, while another person will murder a stranger? No matter who you are in the world, or what you do, there's a common force that's driving and shaping all your emotions and actions. It determines the quality of our lives and, ultimately, our destiny. These needs have been encoded into our nervous systems over centuries. Although each of us is a unique and special soul, we're all wired in very much the same way.

There are 6 Human Needs - fundamental drives within each one of us - that compel us forward in a quest to experience a life of meaning. There is no conscious effort necessary; our will to satisfy these primal needs is automatic.

#### The 4 Primal Needs

Everybody wants stability around their basic necessities - food, shelter, and other material resources. When people cannot control their physical circumstances, they may seek certainty through a state of mind (such as a religious faith or a positive outlook).

Everybody needs to feel special and important in some way. People will seek significance through obtaining recognition from others or from themselves. When people feel insignificant, they may make themselves feel significant by getting angry. Others might try to feel significant due to the size or complexity of their problems.

Humans need to feel connected with someone or something - a person, an ideal, a value, a habit, or a sense of identity. Connection may take the form of love, a sense of belonging, or a spirituality. Like any of the 6 Human Needs, people can fulfill their need for connection and love in positive or negative ways.

People have a need to change their state, to exercise their

body and emotions. Therefore, they seek variety through

a number of means – stimuli, change of scenery, physical

activity, mood swings, entertainment, food, etc.

#### The 2 Spiritual Needs

5.

Everything is either growing or dying. It doesn't matter how much money you have, how many people acknowledge you, or what you have achieved. Unless you feel like you're growing, you will be unhappy and unfulfilled.

We all have a deep need to go beyond ourselves and to live a life that serves the greater good. In the moments that we do this, we experience true joy and fulfillment. Contribution is the ultimate secret to the joy that so many people wish to have in their lives.

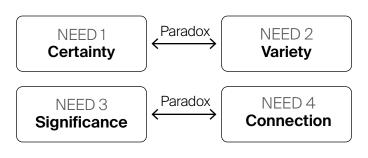
Answers: 6 Human Needs, Certainty, Uncertainty/Variety, Significance, Connection/Love, Growth, Contribution

## Summary: The 6 Human Needs

All human beings are consistently seeking to meet their 6 Human Needs, and we all tend to value two more than the rest. For example, someone who values certainty most will live a radically different life than someone who values uncertainty/variety. Similarly, someone who focuses on significance most will interact with others very differently than someone whose number one need is for connection or love. Once you understand what's truly driving you, you'll unlock the answers to create lasting change in any area of your life.

#### THE 4 NEEDS OF PERSONALITY

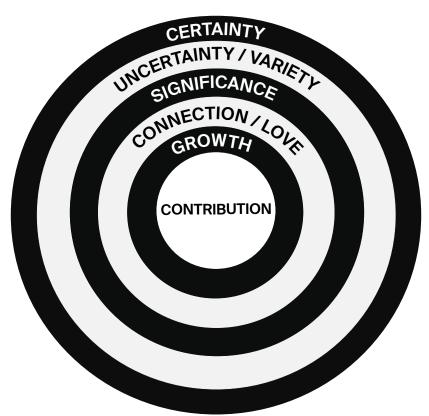
#### THE 2 NEEDS OF SPIRIT



NEED 5 **Growth** 

NEED 6
Contribution

You must meet your spiritual needs to experience sustainable joy instead of just momentary pleasure.



All behavior — positive, negative, or neutral — is simply an attempt to meet these 6 needs. **There is always** a way to fulfill a need; the skill lies in finding a sustainable way to fulfill it, a way that gives you more pleasure than pain.

### Exercise: Discovering Your 6 Human Needs

For each of the four needs below, capture all of the positive and negative ways you try to meet these needs. For example, you might work out or lift some weights as it gives you total certainty in your body (i.e., a positive way to meet your need for certainty). On the other hand, some people overeat as a way to calm themselves down and feel certain (i.e., a negative way to meet your need for certainty).

1. What are the ways you get certainty? Uncertainty/variety?

Certainty		Uncertainty / Variety	
Positive	Negative	Positive	Negative

2. What are the ways you get significance? Connection/love?

Significance		Connection / Love		
Positive	Negative	Positive	Negative	

3.	Of the 6 Human Needs, which two have you been valuing most?
4.	What are the consequences of valuing those needs in that order?
5.	What do your top two needs need to be now for your life to transform?
6.	If you made that change, what would transform in your life?

### **Exercise: Breaking Through Fear**

1.	What's the belief or emotion that's currently limiting you? What's been in the way of you getting to the next level?
2.	What do you want to break through to? What's the emotion you want to feel? Who are you at the highest level (e.g. "I am")?

### **Fear Into Power**

#### Your Breakthrough Experience

Unleash the Power Within® is about breaking through anything that's holding you back so you can get to the next level and experience the extraordinary life you deserve. If you are attending an in-person event, you'll have the opportunity to storm across a bed of hot coals to expand your capacity for what's possible in your life. If you are attending virtually, you will discover your unlimited potential through an immersive board-breaking experience.

#### 5 Strategies for Board Breaking

1.	It's not about strength; it's ab	out being centered.
	Speed = power.	
2.	the	out of
	your body with sound (until there's no sound or breath left).	
3.	Get in the proper	_ to break through.
	Center yourself, plant your feet, and square your shoulders.	
4.	on the	Lead with
	the opposite (nondominant) hand. Go beyond the target.	
5.	Speed comes from relaxation. Explode the breath! Then,	!

"A breakthrough is a moment in time when the impossible becomes possible. It's when something happens that shapes you and moves you. It's the moment when you finally take massive action and transform your life."

- Tony Robbins

Answers: Center, Explode, breath, stance, Irain, track, SNAP



"To open up the multitude of resources that lies within you, put yourself in a state of resourcefulness and active expectancy and watch miracles happen."

## Introduction to Neuro-Associative Conditioning

	The Ultimate Success Formula	
<b>1. Know you</b> Clarity is po	ur ower!	
<b>2. Know you</b> Why is it a i	<b>ur</b> must?	
3. Take		
4. Know wh	at	
5.	your	

# NOTES

## The Power of Beliefs

Beliefs help us tap into the richest resources deep within us, creating and directing these resources in the support of our desired outcomes.

	<b>Belief</b> A feeling of	about what something means.
	3 Be	liefs for Lasting Success
1.	. It	change
2	. <b>.</b>	must change
3	B. I	change it
Rememb	oer:	

"Man is what he believes."

\_\_\_\_\_ does not equal the \_

- ANTON CHEKHOV

Answers: certainty, must, now, I, now, can, now, past, future

unless you live there.

## 3 Steps to Lasting Change

Neuro-Associative Conditioning

What would you like to change in your life?

A behavior? An emotion? A feeling?

If you can't, you		!
2		

Any behavior, thought, or feeling that is consistently reinforced will become a habit.

"Change is never a matter of ability. It's always a matter of motivation."

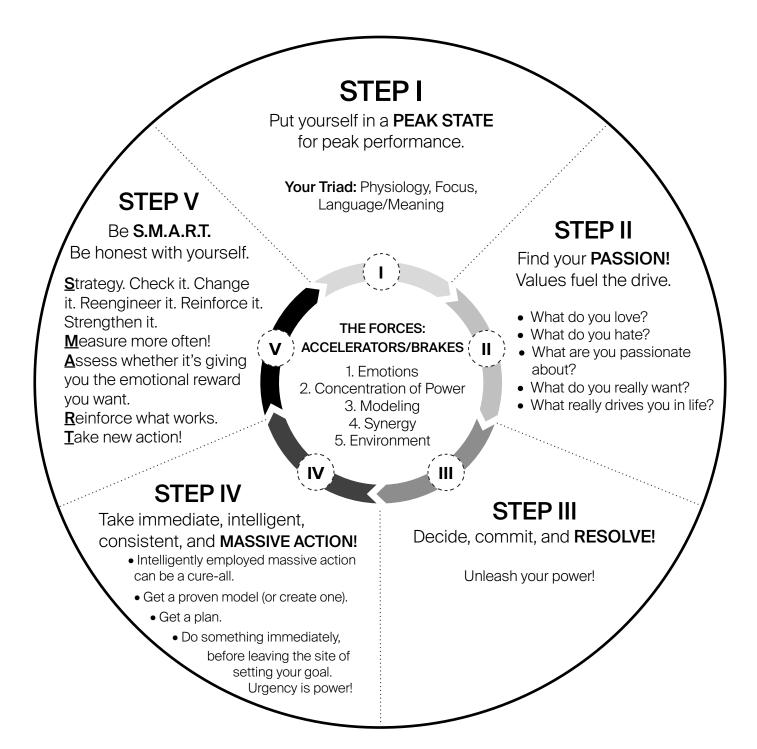
- TONY ROBBINS

Answers: Leverage, must, Interrupt the pattern, Create an empowering alternative

## **Your Driving Force**

#### The Science of Momentum

Most people fail to achieve their goals in life for one simple reason: They never take the first steps. There are five simple steps to tap into the power of momentum.



Exercise: Find Your Passion!		
1. What do you love?		
2. What do you hate?		
	· ·	

3.	What are you passionate about?
4	What do you really want?
<b>—</b> .	What do you really want:

re two decisions you mad ange your life for the bette		our life? How d
re two new decisions you a ully improve your life forev	king now, and how will th	пеу
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# 5 Keys to Asking Intelligently

### 1. Ask Specifically.

Define precisely what you need, why, and when you need it. You need to be able to show what you'll be able to produce with it. Don't just ask for more money. Here's a dollar; now, go away. Ask for the amount you need, say when you need it, and what it's for. Identify and articulate your competitive advantage. What do you bring to the table? What value do you add? What unique element/facet/point of view will you give that is above and beyond the product you represent?

### 2. Ask Someone Who Can Help You.

Ask someone with the resources to help. Whatever you want is something someone else already has.

### 3. Create Value for the Person You're Asking.

Figure out how you can help the person you are asking first. If you are adding value to them, they will listen to you.

### 4. Ask With Focused, Congruent Belief.

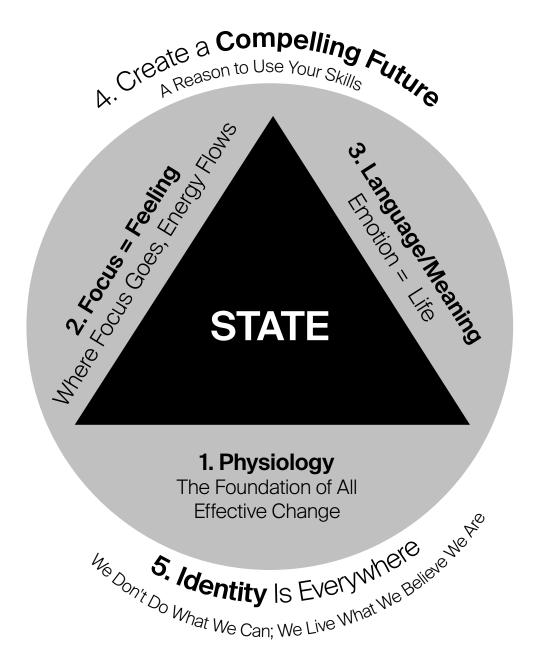
If you aren't convinced about what you're asking for, how can anyone else be? Express absolute conviction in your words and physiology.

### 5. Ask Until You Get What You Want.

Change and adjust until you achieve what you want. When you study successful people, you'll see that they kept asking, kept trying, kept changing – because they knew that sooner or later they would find someone who could satisfy their needs.

# 5-to-Thrive

# The Core of Emotional Fitness



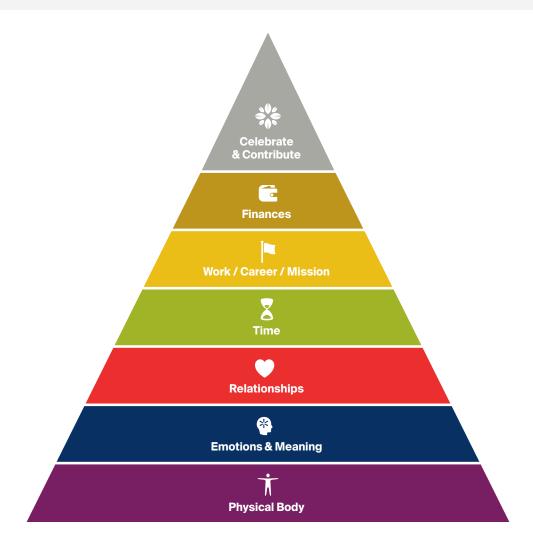
# The Pyramid of Mastery

# 7 Areas of Constant Growth for an Extraordinary Life

As achievers, we know that **whatever we focus on, we will find a way to achieve.** The challenge so many of us face is in building momentum and finding balance.

Even the greatest achievers acknowledge a gap between where they are and where they really want to be. Perhaps our businesses or careers are strong, but our intimate relationships are lacking. Or maybe our relationships are flourishing, but our personal finances, physical vitality, or even our connection with our children is suffering.

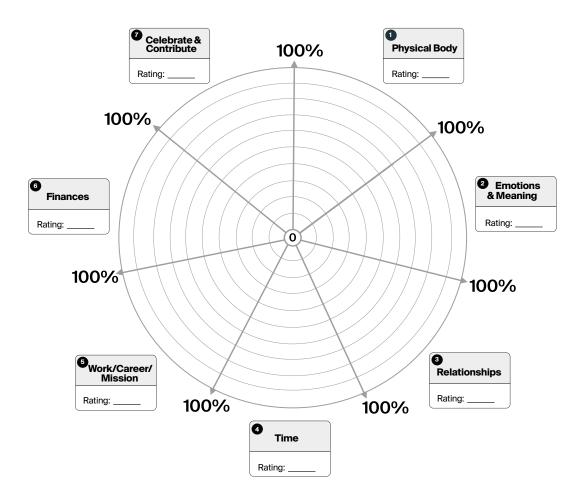
An extraordinary life – life on your terms – comes from an unrelenting commitment to focus on and consistently improve all of the areas of life that are important to you.



# The Wheel of Life

Closing the gap from where you are to where you want to be starts by getting clear on exactly where you are. A map can only guide you to where you want to go if you know your precise starting point.

Look at the Wheel of Life below. The middle of the circle corresponds to 0%, and the outside ring of the circle corresponds to 100%. Now, taking one area at a time, grade yourself on a scale of 0 to 100 of where you are today. For example, you might rate yourself at a 70% in your family life, an 80% in your finances, a 50% in your emotional life, a 90% in your career, a 40% in your ability to manage time, a 60% in your spirituality, and a 70% in your physical health. When you're done, draw a line across the section that represents the number you currently rate yourself at in each area. Then color in the space between each spoke of the wheel.



Now, take a look at your wheel. If this wheel were a tire on the car called life, how would the car run? How would you do at 10mph? How would you do as an achiever going 100mph? If you are like most people, your car is a little out of balance, and it's going to be one heck of a bumpy ride! When certain areas of your life are out of balance, you can still achieve your desired destination, but it's going to take you longer and the ride isn't going to be as smooth or fun.

To complete your Results Workshop (Wheel of Life, Gap Map) digitally go to: gapmap.tonyrobbins.com

# **CLOSING THE GAP**

	1. PHYSICAL BODY	2. EMOTIONS & MEANING	3. RELATIONSHIPS	4. TIME	5. WORK/CAREER	6. FINANCES	7. CELEBRATE & CONTRIBUTE
STEP 2: WHERE DO YOU WANT TO BE?	<b>b</b>				S. S		
Which one area do you most want to focus on improving?							
	STE	P TWO: DES	CRIBE WHAT	YOUR EXTRA	AORDINARY	LIFE FEELS L	IKE
What are the 3 most important actions you are committed to taking in order to close the gap in that area?							
What is the second area you would focus on improving?							
STEP 3: CHECKLIST TO CLOSE THE GAP  I. Get Focused and Clear  1. Clear and compelling vision  2. Strong reasons to follow through  3. Total honesty about where you really are				THE GAP			
<ol> <li>II. Get the Best Tools &amp; Strategies for Success</li> <li>Proven map</li> <li>Expert/effective guide/mentor</li> <li>Principles and skills</li> <li>Standards/rituals/schedule critical for success</li> <li>System for training and conditioning for results</li> <li>Team/peer group/community to call you to a higher level</li> <li>Daily action, flexible approach, and constant measurement</li> </ol>							
<ul> <li>III. Get Aligned, Get Integrated, and Get Results</li> <li>1. Do you have beliefs, values, and goals in conflict? Do you have conflicts with other people about getting results in this area of your life?</li> <li>2. What's your plan to transform these conflicts?</li> </ul>							
Update your blueprint, integrate, align, and achieve.  3. How will you celebrate? What will you do for yourself		STEP ON	E: DESCRIBE	WHAT YOUR	LIFE FEELS	LIKE NOW	
and others? Whose lives will you touch?  STEP 1: WHERE ARE YOU NOW?	#		#	#	#	#	#
	1. PHYSICAL BODY	2. EMOTIONS & MEANING	3. RELATIONSHIPS	4. TIME	5. WORK/CAREER	6. FINANCES	7. CELEBRATE & CONTRIBUTE

Which one area do you want to focus most on improving?			
SCORE			
DESCRIPTION			
<ol> <li>Get Focused and Clear</li> <li>Clear and compelling vision</li> <li>Strong reasons to follow through</li> <li>Total honesty about where you really are</li> </ol>			
2. Get the Best Tools & Strategies for Success 1. Proven map 2. Expert/effective guide/mentor 3. Principles and skills 4. Standards/rituals/schedule critical for success 5. System for training and conditioning for results 6. Team/peer group/community to call you to a higher level 7. Daily action, flexible approach, and constant measurement			
<ul> <li>3. Get Aligned, Get Integrated, and Get Results</li> <li>1. Do you have beliefs, values, and goals in conflict? Do you have conflicts with other people about getting results in this area of your life?</li> <li>2. What's your plan to transform these conflicts? Update your blueprint, integrate, align, and achieve.</li> <li>3. How will you celebrate? What will you do for yourself and others? Whose lives will you touch?</li> </ul>			
DESCRIPTION			
SCORE			

# The Magic of Rapport



## **Rapport**

A relationship of responsiveness between people.

# **3 Forms of Communication**

1 are only <b>7%</b> of communication
---------------------------------------

2. are **38%** of communication.

3. \_\_\_\_\_\_ is **55%** of communication.

# **Matching and Mirroring**

People like people who are like	or who are like how they would		
	is more important than	initially.	

## **Elements to Mirror**

### **WORDS**

- Key Words or Phrases
- Sentence Structure

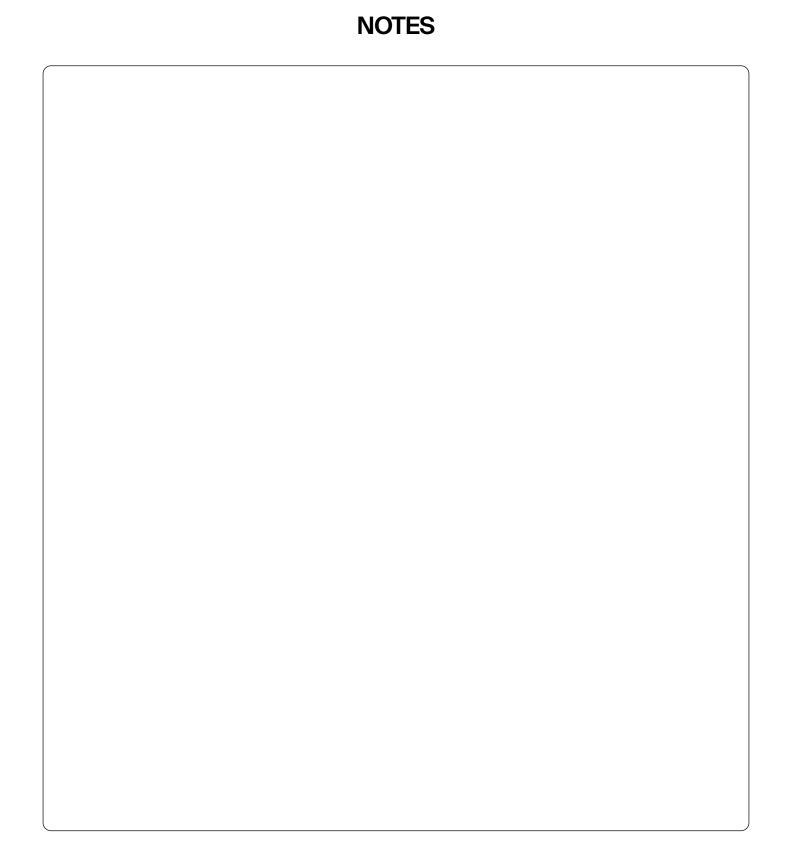
### **VOICE QUALITY**

- Tone of Voice
- Tempo or Speed
- Volume
- Inflection

### **PHYSIOLOGY**

- Posture
- Gestures
- Eye Contact
- Facial Expression
- Breathing
- Proximity
- Touch

Answers: Words, Voice Qualities, Physiology, themselves, like to be, Style, substance



"We can change our lives. We can do, have, and be exactly as we wish."

- TONY ROBBINS

UNLEASH THE POWER WITHIN

DAY 3

# Transformation:

Live Lucky

**Eliminate Inner Conflicts** 

"Create a vision and never let the environment, other people's beliefs, or the limits of what has been done in the past shape your decisions."

# The 3 Pillars of Progress

Sustainable success in any area of your life comes from three things:

### Step I: Get Focused & Clear!

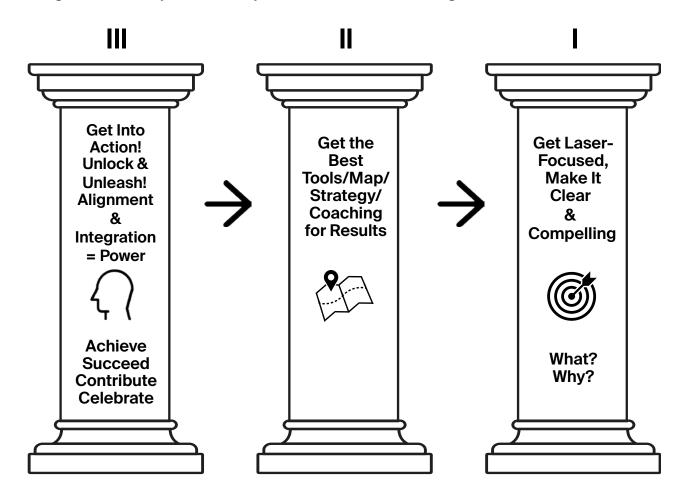
Without a clear and compelling vision for what you want today, you won't be able to find the target of lasting happiness, let alone hit it. Anything in life that you're focused on, and you're clear about wanting, you can make happen.

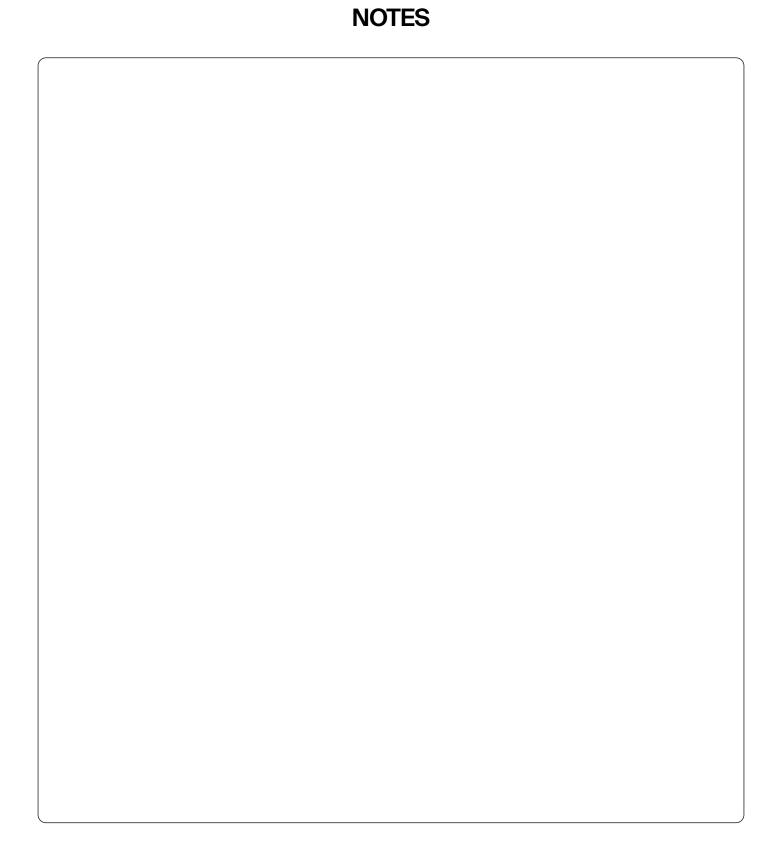
### Step II: Get the Best Tools for Results!

Once you've clearly defined your vision, you need an effective and efficient game plan to hit it. In order to close the "gap" between where you are and where you want to be, you need proven tools that can get you the results in the shortest period of time.

### Step III: Get Aligned, Get Integrated, & Get Results!

Why is it that sometimes we know what to do, we have great motives for change, and yet we fail to follow through? It's not a skills problem; it's an inner conflict that's holding you back. Part of you wants it ("This would be great!") and part of you doesn't ("What if it doesn't work and I fail?"). Usually, the challenge stems from a conflict in your beliefs or values. When you uncover these conflicts, you can create the internal alignment so that you effortlessly take action and follow through.





"What is your ultimate destiny? What do you want your life to be?"

- TONY ROBBINS

# **Strategies**

١.	Learning is a creation of a relationship between the known and the
2.	Strategy is a specific way of organizing your resources in order to produce a specific result.
	Eliciting a Strategy
	To get a recipe from someone else, you must find out four things:
	1 The five senses, internal or external. 2
	Smooth, rigid, soft, hard, fast, slow.
	3
	If you change the chronology and syntax, it changes the

Body movements (the oven).

experience.

Answers: unknown, consistently, Ingredients, Amounts & Qualities, Order & Sequence, Intensity & Duration

# **Emotional Recipes**

Ingredients for Human "Cake Baking" (The 5 Senses/Modalities)

1. V _			
2 Δ			
<b>2</b> .A _			
3. K _			
4.0			
<b>-</b> -			
5. G _			

"Certainty is created within YOU, not by your environment."

- TONY ROBBINS

Answers: Visual, Auditory, Kinesthetic, Olfactory, Gustatory

# Order and Sequence



### **Syntax**

The exact order and sequence necessary to produce a specific result.

# There Is a Big Difference Between:

The dog bit Johnny.
vs.
Johnny bit the dog.

# **Intensity and Duration**

How you use your body (physiology) will determine how your "recipe" is going to cook. The intensity and duration of your physiology is the oven that produces the strategy.

Put the	in the	
rul liie		

Answers: cook, kitchen



# Exercise: Motivation Strategies

# Step I: Put the cook in the kitchen.

Remember and fully associate to a time when you felt totally motivated.

"When is a specific time that I felt totally inspired and motivated to achieve a goal?"

Make sure you stay fully associated during this exercise.

# Step II: Elicit the specific and precise triggers (modalities) that are necessary for you to feel totally motivated.

Motivation is a feeling; you want to determine what caused the feeling.

"As I go back to that time and experience now..."

"What was the very first thing that caused me to feel motivated?"

"Was it something I saw? Something I said or heard? Or something I touched or did with my body?'

Continue to ask yourself, "What was the very next thing that caused me to be really motivated?" Keep yourself in state as you ask and answer this question.

# Step III: Elicit the specific submodalities, in order, that trigger the strategy to work.

Refer to the submodalities checklist on the next page for help.

For example, if the first trigger was something I saw, ask myself, "What was it about what I saw that caused me to feel motivated? Was it a bright image? Big? Close?"

# Step IV: Use this strategy anytime you want to feel inspired and really motivated.

Identify something that you are currently unmotivated to do but that you really want to do.

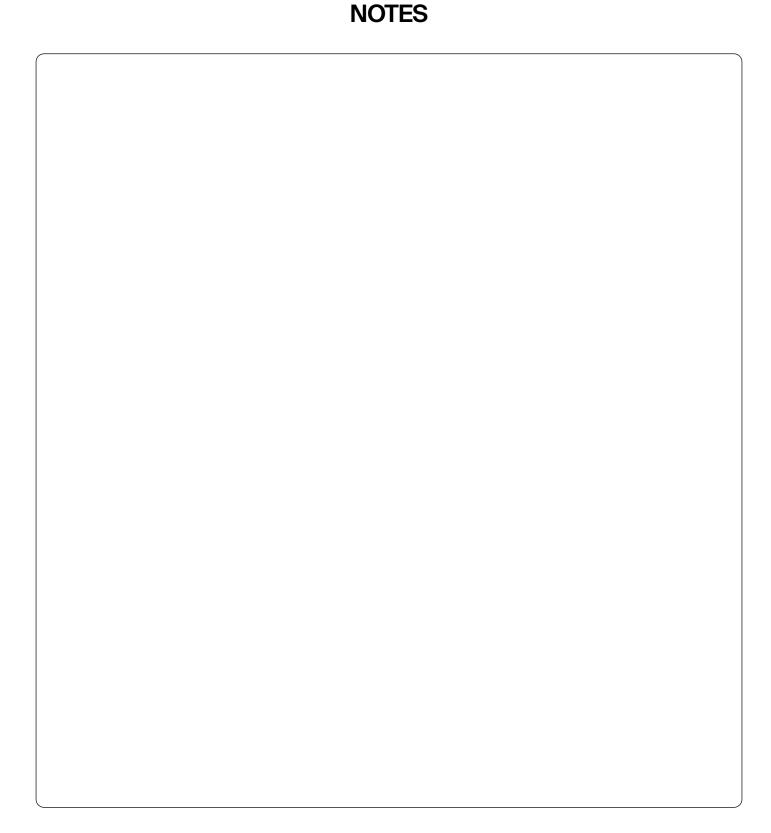
Then, use the motivation strategy you identified in this exercise to put yourself in the same state as when you are were extremely motivated.

# **Submodalities Checklist**

Visual	Motivated	Unmotivated
1. Is it a movie or a still frame? 2. Is it color or black and white? 3. Is the image on the right, left, or center? 4. Is the image up, middle, or down? 5. Is the image bright, dim, or dark? 6. Is the image life-size, bigger, or smaller? 7. How close is the image to you? 8. Is the speed of the image fast, medium, or slow? 9. Is there a particular element you focused on consistently? 10. Are you in the picture or watching from a distance? 11. Does the image have a frame, or is it a panorama? 12. Is it three-dimensional or two-dimensional? 13. Is there a color that impacts you most?	Motivated	Unmotivated
14. Are you looking down on it, up at it, from the side, etc.? 15. Is there anything else that triggers strong feelings?		

Auditory	Motivated	Unmotivated
Are you saying something to yourself or hearing it from others?		
2. What specifically do you hear or say?		
3. How do you say it or hear it?		
4. How loud is it?		
5. What is the tonality?		
6. How fast is it?		
7. Where is the sound coming from?		
8. Is the sound harmonious or cacophonous?		
9. Is the sound regular or irregular?		
10. Is there inflection in the voice?		
11. Are certain words emphasized?		
12. How long did the sound last? 13. What is unique about the sound?		
14. Is there anything else that triggers strong feelings?		
		<i>)</i>

Kinesthetic	Motivated	Unmotivated
1. Was there a temperature change? Hot or cold?		
2. Was there a texture change? Rough or smooth?		
3. Is it rigid or flexible?		
4. Is there vibration?		
5. Was there an increase or decrease in pressure?		
6. Where was the pressure located?		
7. Was there an increase in tension or relaxation?		
8. If there was movement, what was the direction and speed?		
9. What is the quality of your breathing? Where did it start/end?		
10. Is it heavy or light?		
11. Are the feelings steady or intermittent?		
12. Did it change size or shape?		
13. Were feelings coming into your body and/or going out?		
14. Is there anything else that triggers strong feelings?		



"Beliefs have the power to create and the power to destroy. Human beings have that awesome ability to take any experience of their lives and create a meaning that disempowers them or one that can literally save their lives."

### - TONY ROBBINS

# Values and Beliefs



# **Values**

The emotional states that we believe are important to either experience or avoid.

# 2 Targets 1. \_\_\_\_\_\_ 2. \_\_\_\_

There is nothing a person does that is not an attempt to meet their needs.

2 Types of Beliefs	
1	
2	

Answers: Towards Values, Away Values, Global Beliefs, Rules

Exercise: The Dickens Process - Limiting Beliefs
Belief #1
What negative consequences have you already experienced as a result of this belief?
What negative consequences have you already experienced as a result of this belief.
Belief #2
What negative consequences have you already experienced as a result of this belief?

Belief #3
What negative consequences have you already experienced as a result of this belief?

# **Exercise: The Dickens Process - Empowering Beliefs**

B	Selief #1
Old Belief:	
New Belief:	
	Selief #2
Old Belief:	
New Belief:	
New Deliei.	

	Belief #3
Old Belief:	
New Belief:	

Now I am the Voice.
I will lead, not follow.
I will believe, not doubt.
I will create, not destroy.
I am a Force for Good.
I am a Leader.

DEFY THE ODDS!
SET A NEW STANDARD!
STEP UP!

# The 3 Principles of Mastery

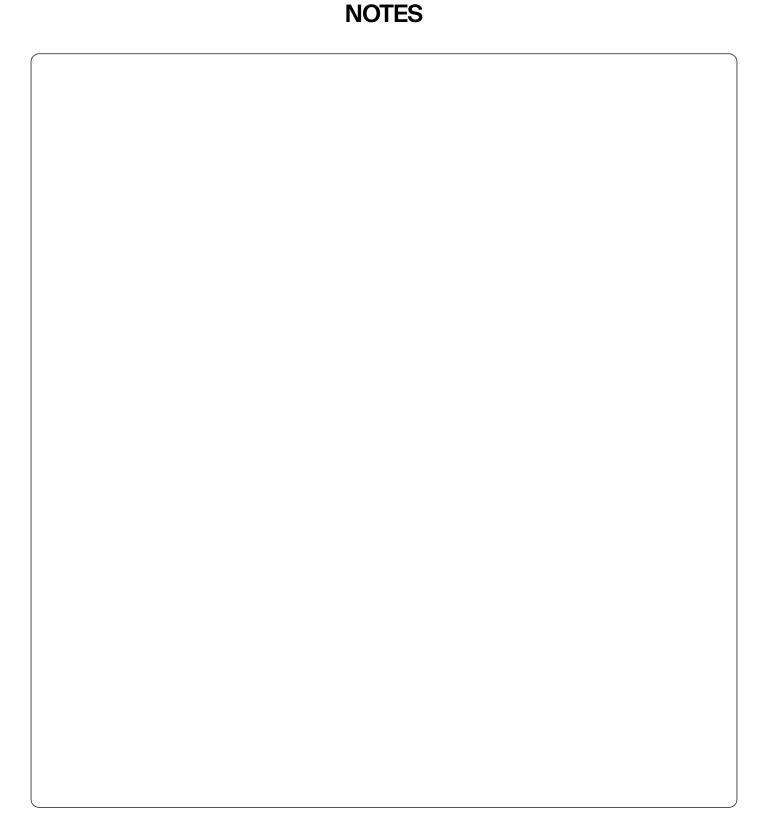
The path to mastering anything, whether it's your job, your relationship, your family, or your finances, comes from using three tools. Following these three simple steps will help you create phenomenal results in any area of your life.

1.	someone who's already achieved what you want. Success leaves clues. Nothing on earth is more valuable to an individual's success than the life experience of someone who is a true master, someone who is already producing the results you seek.
2.	
3	Create massive momentum in your life and immediately break through any obstacles that may be holding you back by participating in an environment of absolute focus
<b>.</b>	Sustain your momentum, hold yourself accountable, and continue to make measurable progress in all the areas of life that matter to you most.

"If you are committed to achieving the level of lasting results you desire and deserve in your life, you need a proven game plan, outstanding coaching, and an immersion experience that will compress decades into days."

- TONY ROBBINS

Answers: Model, Immersion, Spaced Repetition



"One reason so few of us achieve what we truly want is that we never direct our focus; we never concentrate our power. Most people dabble their way through life, never deciding to master anything in particular."

- TONY ROBBINS



"An old Indian Proverb states, 'A healthy person has a thousand wishes, but a sick person has only one.' You must become the CEO of your own health."

# **Creating a Vital Life**

# The Power of Pure Energy

What is the force for transforming the quality of our lives? What propels us forward to great achievement and, more importantly, fulfillment? What drives us to train our bodies, improve our relationships, and boost our finances?

After spending three days of immersion in Unleash the Power Within®, you've experienced incredible transformation, gained clarity, and learned a myriad of strategies to take your life to the next level. The key now is making sure that you are able to maintain and build upon the momentum you have begun to create after the program ends. **The most important factor in ensuring that you continue to take action and make progress is one simple power: ENERGY.** 

When you take charge of your health and follow the core principles that create health, energy, and vitality, you'll feel better, look better, have more energy, and be able to optimize all of the areas of your life that are important to you.

So let's make a commitment to hold ourselves to the highest standard possible – to play full out, to take advantage of the resources that are available to us, to put aside any past beliefs or convictions that may be limiting us, and, most importantly, to take care of our minds, bodies, and spirits at the deepest level.

# 3 Primary Outcomes for Vital Energy

- 1. Learn the philosophy, tools, and strategies that create maximum health, vitality, and energy. Rather than focus on what will merely improve your health, our outcome is to give you the tools to absolutely optimize the quality of your health, energy, and life.
- 2. Provide you with expanded options and choices for creating health. Many of the concepts presented today may be new or even contrary to conventional wisdom that you may have been taught in the past. Our goal is to provide you with a second opinion an opportunity for you to think about, try on, and experience a new approach for creating the results you desire.
- 3. Empower you to take charge of your health and to take responsibility for the choices you make. There is so much information available to us in the area of health, it requires us to be vigilant and conscious about what we choose to believe, live by, and do in this important area of our lives.

# The 3 Mandates of Extraordinary Health

There are three mastery steps to transform, regenerate, and revitalize your body to create more vitality, strength, energy, and power.

# 1. Stop the Poisoning

Get conscious and break the patterns of thinking, feeling, eating, and living that are not supporting your health and vitality.

### 2. Cleanse and Detoxify

Open the channels of elimination and detoxification to cleanse your system.

## 3. Revitalize and Regenerate

Commit to give your body what it really needs: physically, spiritually, and emotionally.

"All truth goes through three steps: First, it is ridiculed. Second, it is violently opposed. Finally, it is accepted as self-evident."

- ARTHUR SCHOPENHAUR

# The 12 Core Questions of a Vital Life

# The Philosophy of Health

One of the most important decisions you can make is your philosophy toward health. Few of us, however, have taken the time to examine where our current philosophy and beliefs really come from, much less if they even make sense based on current information and practical results. Thus, before we delve into the principles that create optimal health and vitality, let's first examine our current beliefs and their origins.

When is the last time you thought through your philosophy toward health? How did you develop your beliefs about what causes disease much less what creates optimal vitality? What is the basis of your strategy for creating health?

### **Question 1**

What primary beliefs has our society conditioned most of us to believe about what it takes to avoid disease and experience health?

# The Power of Beliefs

Question 2
What are two of the most limiting beliefs you've had about your health in the past?
What are two of the most empowering beliefs you have about your health that have helped you?
That are two or the most empowering beliefs you have about your health that have helped you.

### **EXAMPLE:**

- We must eat three square meals a day balanced from each of the four food groups.
- An apple a day keeps the doctor away.
- Starve a cold; feed a fever.

# What Is Health?

# **Definition According to:**

# **World Health Organization**

Health is a state of complete physical, mental, or social well-being and not merely the absence of disease or infirmity.

# **Nutrition and Diet Therapy**

Optimal human fulfillment and productivity – quality of life.

# Encyclopedia of Natural Medicine

Health is the result of ... individual responsibility – choosing healthy over unhealthy.

# **Question 3**

If we want to study health to become healthy, let's start by asking ourselves: what is health in the first place? How would you define it?

# **Question 4**

Where does energy come from?

Energy is not only the basis of existence; it is the fuel that makes everything in our lives real and possible.

**Answers:** Your cells

# Healthy Cells: The Key to a Healthy Body

Question 5	
What do cells need to survive and thrive?	
The quality of my life is the quality of the life of my	

Because cells are living organisms vital to human life, they have basic needs for their survival. Essentially, **there are three things cells need to not only survive but thrive:** 

# **3 Things Cells Need to Survive**

•	energy, in turn, drives the metabolic processes in the body, such as assimilation (absorption), elimination of wastes, respiration, circulation, and digestion.
2.	is the most abundant substance in the body. Inside cells specifically, water is used for the breakdown of substances, as a medium for chemical reactions, and for the diffusion and osmosis of substances.
	The ability to eliminate its own

"Your range of available choices – right now – is limitless."

— CARL FREDERICK

Answers: cells, Oxygen, Water, waste

# The Impact of Decreased Oxygen on Cells

How Long Will a Cell Live?

# **Question 6**

How do we know that a cell needs oxygen, water, nutrients, and the ability to eliminate its waste?

# 3 Classic Experiments Demonstrate What Cells Need

### 1. Cell respiration. - Dr. Otto Warburg

Winner of the 1931 Nobel Prize for his studies in cell respiration, Dr. Warburg believed that there is a direct correlation between a person's health and the level of oxygen in his or her bloodstream. To test his theory, he put rat cells in bell jars with both normal and 60% below normal oxygen levels. In the jars with lower oxygen levels, some cells weakened or died, while others mutated.

### 2. Lack of oxygen destroys cells. - Dr. Harry Goldblatt

His studies at the Rockefeller Institute supported the hypothesis that a lack of oxygen destroys cells. He duplicated Dr. Warburg's experiment, then reinserted the cells back into the rats. The rats who got oxygenated cells survived; those who received under-oxygenated cells developed cancer.

### 3. Cells can live forever. - Dr. Alexis Carrel

A two-time Nobel Prize winner for his work at the Rockefeller Institute, Dr. Carrel achieved startling results with chicken cells that he kept alive indefinitely in petri dishes, proving his theory that "cells will live forever" if they're given their basic needs and are not poisoned by their own environment.

# Three Ways Healthy Cells Can Die

Question 7	
If cells live forever, what causes them to die?	
The most common killer is a lack of	·
2. Any disturbance to the	of cells can kill them.
3. Any physical	in cells can also kill them.

# The 6 Basic Causes of Cellular Atrophy

Cell shrinkage is due to a loss of cell substance. Atrophy is an adaptive response. According to Dr. Stanley Robbins of Harvard Medical School. There are six causes of atrophy:

1. Decreased	
2	
3. Diminished	
4. Inadequate	
5. Loss of	stimulation
6	

Answers: oxygen, electrical fields, rupture, workload, Enervation, blood supply, nutrition, endocrine, Aging

# Two Vital Systems

	Question 8
What is the primary medi	um that delivers oxygen and nutrients to the body?
	is the river of life. Blood transports oxygen and nutrients
to the body's tissues and e	liminates waste.

# What is the primary medium for eliminating wastes? \_\_\_\_\_system works closely with the circulatory system as it cleans and returns tissue fluid to the blood and destroys toxins that enter the body. Your body has \_\_\_\_\_\_times more lymph than blood.

# The Power of Lymph

The lymphatic system is one of the most important circulatory systems in the body. It is critical to managing the elimination of toxins from the body and is the body's primary immune defense and waste elimination system. It contains over 600 lymph nodes and has a network of collecting vessels that is more extensive than the venous system. The lymph system is responsible for carrying disease-fighting materials to cells, transporting dead germs away, and supplying protein-rich plasma fluid back to the heart. When this system is blocked, we become defenseless against attacks by virus, fungus, and bacteria – specifically, infection-fighting material is prevented from destroying germs and cell-nourishing elements are prevented from reaching our blood.

We must keep our lymph system clean and flowing by eliminating the excess waste by providing our body with the right vital nutrients, water, and, most importantly, deep, diaphragmatic breath.

Answers: Blood, The lymph, three

# The True Source of Disease

	Question 10
What is the true source of disea	ase?
Q: If our bodies are so strong, tl	hen what causes us to become ill?
<b>A:</b> The accumulation ofcause of illness.	in your bloodstream is the primary
	Question 11
But aren't our bodies designed to	eliminate toxins from the bloodstream?
, and the second	has said that the cause of an individual disease may be a, bacteria), but the source of the problem begins in those proce.
Thus, disease is the body's attem	pt to cure itself. Disease is the cure.
<b>***</b>	
"Disease is due to a	of
"Disease is due to a	- DR. ISAAC JENNINGS
	— DR. ISAAC JENNING: founder of the philosophy of Natural Hygien
ree Causes of Toxin Buildup	- DR. ISAAC JENNING founder of the philosophy of Natural Hygien in the Bloodstream:
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ree Causes of Toxin Buildup  1. Taking in more than you can of being in a state of diminished body without allowing it to fully re  2 substances your body cannot	This can occur as a result nerve energy from making constant demands on the ecover.  and/or waste and animal products –

Answers: toxins, deficiency, force, eliminate, Biochemical additives, diet

# **5 Sources of Disease**

The true source of disease is the poisoning of the system, which comes from many different places. Disease occurs when there's more tearing down than building up in your system. This happens when the body is put into a weakened state – when there is a deficiency of force. This is a result of internal poisoning, which occurs from several different sources:

# 5 forces that are destructive to cells and, thus, destructive to your health and your life:

1.	<b>There</b>	are th	ree wa	avs to	autoi	ntoxicate
----	--------------	--------	--------	--------	-------	-----------

- Consciously take in poisons that destroy your body.
- Maintain a diet that slowly builds up more poison in your system than you are able to eliminate.
- Create a bloodstream that is overly acidic.

2.		poisoning.		
3.			impingement.	
4.	Physical			
5.	Destructive	and		_thoughts.

Answers: Chemical, Merve, rupture, mindset, negative

# The Germ Theory

# Are Germs the True Source of Disease?

### **Question 12**

### What does the medical profession teach today?

Here is an excerpt from "Robbins Pathologic Basis of Disease", a textbook used at Harvard Medical School:

Knowledge or discovery of the primary cause of germs remains the backbone on which a diagnosis can be made, a disease understood, or a treatment developed. The concept, however, of one etiologic agent to one disease – developed from the study of infections or single-gene disorders – is no longer sufficient. Genetic factors are clearly involved in some of the common environmentally induced maladies, such as atherosclerosis and cancer, and the environment may also have profound influences on certain genetic diseases.

Stanley L. Robbins, M.D.Professor of Pathology, Harvard Medical School

Reprinted from "Robbins Pathological Basis of Disease," 6th Edition, W.B.Saunders, Title of Copyright 1998, with permission from Elsevier

"No citizen has a right to be an amateur in the matter of physical training ... what a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable."

- SOCRATES

# The 11 Master Principles of a Vital Life

# The 7 Gifts and 4 Poisons

The 11 Master Principles - the 7 Gifts and the 4 Poisons - represent the key to creating an extraordinary base of health, vitality, and energy. Most of these principles are things you are already doing. This program is about how to maximize your body and mind to achieve optimum levels of health. While these principles will not take you any additional time, they will allow you to be more effective and, therefore, produce a greater quality return.

These 11 Master Principles are easy, fast, and fun!



# The 7 Gifts - Give Yourself the Gifts of:

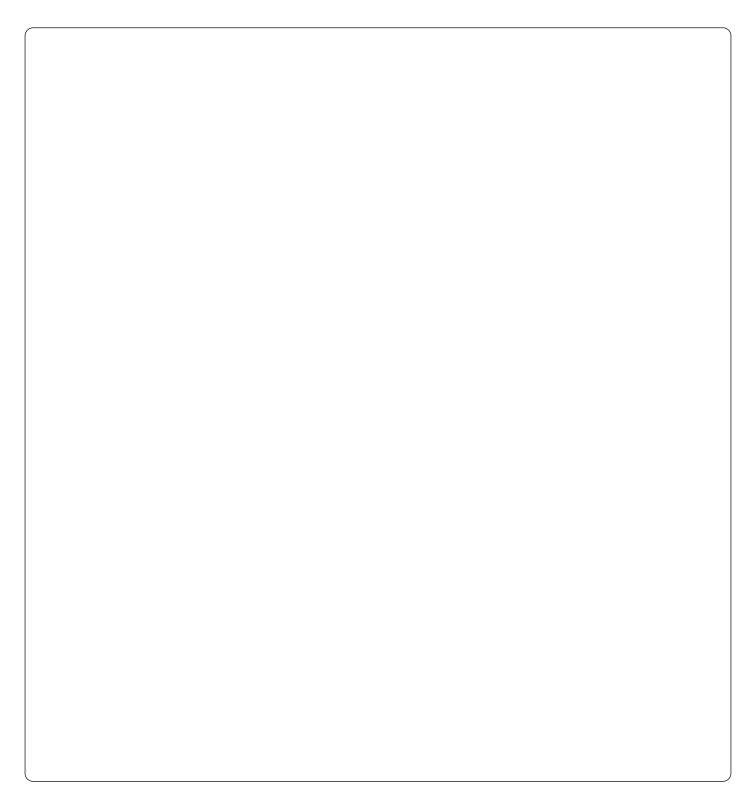
- 1. The Power of Vital Breathing
- 2. The Power of Living Water & Live Food
- 3. The Power of Healthy Fats & Oils
- 4. The Power of Alkalinity Go Green!
- 5. The Power of **Aerobic Energy**
- 6. The Power of **Structural Alignment**
- 7. The Power of a **Directed Mind & Heart**



# The 4 Poisons - Dramatically Reduce or Eliminate Your Intake of:

- The Poison of Processed Fats
- 2. The Poison of **Animal Flesh**
- 3. The Poison of **Dairy Products**
- 4. The Poison of Acid Addictions

# **NOTES**



# Gift #1: The Power of Vital

**Undoubtedly, the most important component to human health and vitality is oxygen.** In fact, human life would not be possible without it; oxygen produces ATP (adenosine triphosphate or energy), and without ATP, our bodies would immediately shut down. When a person breathes, there is an exchange of carbon dioxide and oxygen. The oxygen, which is taken in by the body from the atmosphere around us, is picked up by the hemoglobin in the blood and distributed to all of the body's trillions of cells where it is then used to fuel the cells and release energy (ATP).

In addition, the makeup of the human body is largely composed of the element oxygen, especially factoring in that water is composed of 33% oxygen.

It's clear, then, that optimal oxygenation of your cells through proper nutrition, fluid intake, exercise, and stress management is absolutely necessary in order to maintain your health and create a vital life.

"Improper breathing is a common cause of ill health. If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly. There is no single more powerful – or more simple – daily practice to further your health and well-being than breathwork."

ANDREW WEIL, M.D.

Answers: Breathing

# The Power of Vital Breathing

Q: What is the first step you can take immediately to condition your body for maximum nutrition?

**A:** Learn right now to breathe properly.

The richest blood flow is in the lower lungs. When this area fails to be adequately ventilated with air, we end up under-oxygenated. Proper breathing requires the use of the diaphragm, the layer of muscle that separates the chest cavity from the abdominal cavity. When you breathe properly, the diaphragm contracts and the abdomen protrudes, allowing the lungs to expand and fill with air. To get the maximum benefit from the roughly 2,500 gallons of air you take in daily, learn to breathe from the bottom all the way up!

# **Power Breathing**

Take 10 power breaths 3 times a day in the following ratio:

1:4:2

Inhale: Hold: Exhale

Example: Inhale for 5 seconds, hold your breath for 20 seconds, exhale for 10 seconds.

# Gift #2: The Power of

&

Water is an essential and major component of all living matter. Up to 60% of the human adult body is water, and our blood plasma is 98% water. Critical processes, such as digestion, circulation, and excretion, cannot occur without it. It carries nutrients to all vital body substances, plays a crucial role in maintaining body temperature, and serves as building material for growth and repair of the body.

### Q: What is the most important element to health?

**A:** Oxygen. Without it, we would die within minutes.

# Q: How long can your body survive without air? How long can your body survive without food? How long can your body survive without water intake?

**A:** The second most important element in our health is water. An adult can live several weeks without food but no more than about 10 days without water. Your body can only lose about 10% of its water and still survive.

# Drink 1/2 Your Body Weight in Ounces Daily!

If you weigh 200 pounds, you should drink 100 ounces. (6.25 pints / 3.13 quarts / 2.96 liters / 2960 mL)

1 ounce = .0625 pints / .0313 quarts / .0296 liters / .00296 mL



# Exercise: Take Our Test

1.	Write down everything that has passed your lips in the last 24 hours:	

## **Example: One Man's Diet: 36 Hours of Fine Dining**

- 1 Milky Way
- 1 Ground-Beef Pizza
- 1 McDonald's Big Mac
- 1 Roast Duck
- 3 Bowls Cold Cereal With Low-Fat Milk
- 3 Pears

- 3 Cantaloupes
- 1 Plate of Pasta
- 1 Bag of "Theater-Style" Popcorn
- 2 Twinkies
- 10 Sodas
- 1 Ham Sandwich

2.	Look at the list of everything that has passed your lips in the past 24 hours. What percentage of your diet is made up of water-rich foods?
3.	What are some foods that you enjoy that have a high water content? EX: Leafy greens.
	Every time you reach for food, ask yourself, "Will this cleanse me or clog me?"
	Every time you readill for reed, don't your con, "Will time diedillee me in or eleg me."
Sı	ımmary

At least 70% of your diet should consist of live, water-rich foods. This allows your body to cleanse itself. Failing to consume this percentage of water means you are clogging your body, not cleansing it. A typical diet – in America, Europe, Asia, Australia, etc. – consisting of only 15% water-rich foods is suicide!

# Gift #3: The Power Of

We live in a society where we are constantly bombarded with messages from the media and products attempting to eliminate all fat from our diets. There are no-fat cookies, cakes, breads, crackers, pastas, salad dressings, chips, cereal bars ... the list goes on and on.. What few people realize, however, is that completely eliminating fat from your diet won't make you healthy!

Fats are very important to our diets and overall health; the secret is to know which fats are healthy and which fats will kill. Essential fatty acids are healthy or healing fats - every cell in your body requires them to function, particularly your brain, which is made up of 60% fat.

These good fats consist of the essential fatty acids: Omega-3 and Omega-6. Your body must consume these fats to survive. Without them, the lipid membrane around your cells starts to break down.

### **Killer Fats**

# Processed fats are fats that are destroyed through cooking (at temperatures above 118° F) such that they are unusable and toxic to the body. The dangers of bad fats (or processed fats) include poor circulation, high blood pressure, poor elimination, excess congestion, and toxicity in the body.

- Margarine
- Vegetable oils
- Processed butter
- Shortening
- Processed cheese
   Deep-fried foods

# **Essential Life-Sustaining Fats**

Unprocessed fats are any fats that occur in their natural state. They support lubrication of the entire system and the health of all the cells in your body.

- High-quality Omega-3 supplement
- Nuts and seeds, such as flaxseed, chia seeds, almonds, hazelnuts, pumpkin seeds, sunflower seeds, and walnuts
- Flaxseed oil
- Olive oil
- Avocado
- Fish oils\*

\* Can become rancid if not refrigerated

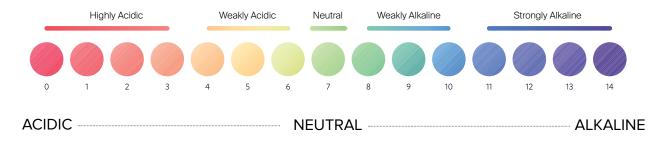
Remember, while you need to be sure to ingest enough essential, life-sustaining fats, you also want to avoid the 'killer fats' that are devoid of life, or even too many 'fat-free' products. These foods tend to be void of nutrition and also higher in salt, sugar, chemicals, and starches. If you are trying to lose weight, the goal is eat less "bad" fat, sugar, and total calories than you burn each day.

Answers: Healthy Fats, Oils

# Gift #4: The Power of : Go Green!

This program is about energy: the vital force within each of us that allows us to maximize our capacity as human beings. At the same time, when we get out of balance, and our energy is depleted, we experience all kinds of problems, such as stress, fatigue, depression, and disease. **Balanced body chemistry and a proper ratio of acid and alkaline foods in your diet are of vital importance to maintaining your health.** 

One of the highest priorities of your body is to make sure that the alkalinity throughout your body remains at a level supporting cellular life.



### What's the solution? Go Green!

- 1. Ideal Foods That Are Alkaline Forming and Life Giving: Almonds, carrots, dates, avocados, lemons, limes, coconuts, celery, cucumbers, cauliflower, brussels sprouts, asparagus, green beans, broccoli, green/red/yellow peppers, onions, garlic, radishes, green leafy vegetables, wheat grass, cabbage, walnuts, soy beans, tofu, lima beans, spinach, turnip tops, beet tops, melons, mangos, papaya, figs, cantaloupe, watermelon, parsley, alfalfa sprouts, navy beans, soy beans, and nuts, etc.
- 2. Foods to Avoid That Are Acid Forming and Devoid of Life: Pork, veal, freshwater fish, eggs, shrimp, lobster, oysters, hot dogs, whole wheat and rye breads, white rice, white flour, corn bread, refined sugar, cheese, milk, sour cream, yogurt, butter, margarine, mushrooms, peanuts, coffee, tea, wine, beer, unclean sources of beef, chicken, or turkey.
- 3. Supplement Your Diet with Quality, Leafy, Dark-Green Vegetables or Their Juices
- **4. Keep It Simple!** Put fresh lemon in your water daily. Have greens in your diet every day wheat grass, spinach, kale, and celery are great sources.

Answers: Alkalinity

# Gift #5: The Power Of

### What's the Difference Between Fitness vs. Health?

	is the physical ability to perform athletic activity.
nervous, muscular, sk working optimally.	is the state in which all the systems of the body - eletal, circulatory, digestive, lymphatic, hormonal, etc are

### Your goal is to become not just fit but healthy.

To achieve the optimum balance of health and fitness, train your metabolism. Research shows that if you exercise consistently over a 12-month period, you will form this positive addiction for a lifetime.

AGE	AEROBIC RANGE (Heart Rate)	WARM-UP COOL-DOWNRANGE (Heart Rate)
20	150-160	110-120
21	149-159	109-119
22	148-158	108-118
23	147-157	107-117
24	146-157	106-116
25	145-155	105-115
26	144-154	104-114
27	143-153	103-113
28	142-152	102-112
29	141-151	101-111
30	140-150	100-110
31	139-149	99-109
32	138-148	98-108
33	137-147	97-107
34	136-146	96-106
35	135-145	95-105
36	134-144	94-104
37	133-143	93-103
38	132-142	92-102
39	131-141	91-101

AGE	AEROBIC RANGE (Heart Rate)	WARM-UP COOL-DOWNRANGE (Heart Rate)
40	130-140	90-100
41	129-139	89-99
42	128-138	88-98
43	127-137	87-97
44	126-136	86-96
45	125-135	85-95
46	124-134	84-94
47	123-133	83-93
48	122-132	82-92
49	121-131	81-91
50	120-130	80-90
51	119-129	79-89
52	118-128	78-88
53	117-127	77-87
54	116-126	76-86
55	115-125	75-85
56	114-124	74-84
57	113-123	73-83
58	112-122	72-82
59	111-121	71-81
60	110-120	70-80

Answers: Aerobic Energy, Fitness, Health

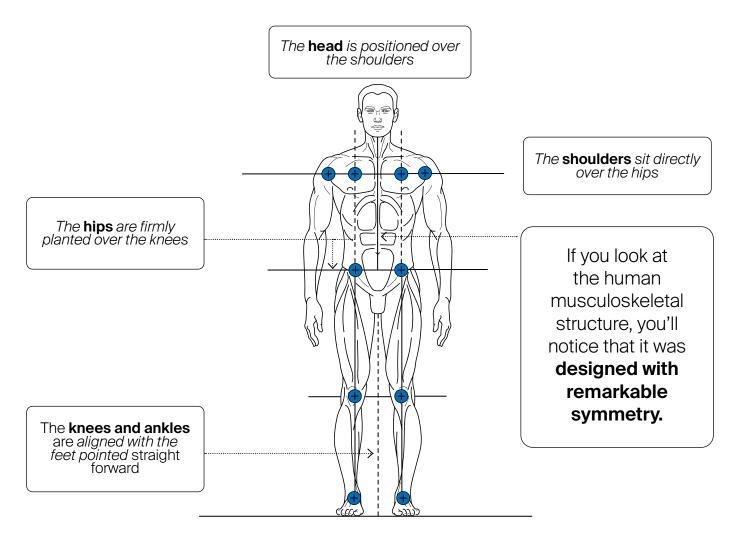
# **5 Tips to Achieve Aerobic Energy**

- **1. Challenge your body.** Challenge creates change. Without challenge, you won't make any progress.
- 2. Stimulate; don't annihilate. Don't come off the couch and go straight to crazy.
- **3. Full-body strength training.** Complete 3 full-body workouts per week.
- **4. Build your base.** Do 30 minutes of quality cardio exercise 3 times per week.
- **5. Make it fun.** Add elements to your routine (music, friends, a change of environment, a compelling race, etc.) to motivate you to follow through.

# Gift #6: The Power Of

Have you ever had back pain? Or any chronic pain in the body? **The human body was designed for motion**. One can argue that modern man has come a long way from the days of our ancestors who hunted and gathered and roamed the earth. Yet, with today's technological advances and modern conveniences also comes one huge disadvantage: lack of movement. In fact, **few of us actually use the full range of motion** that the human body was designed for.

When the body gets out of alignment and fails to challenge and build the muscles that support its structure, it paves the way for challenges with balance, metabolism, visual acuity, fertility, and many other fundamental biological processes.



**Answers:** Structural Alignment

# Gift #7: The Power Of

# 3 Tips

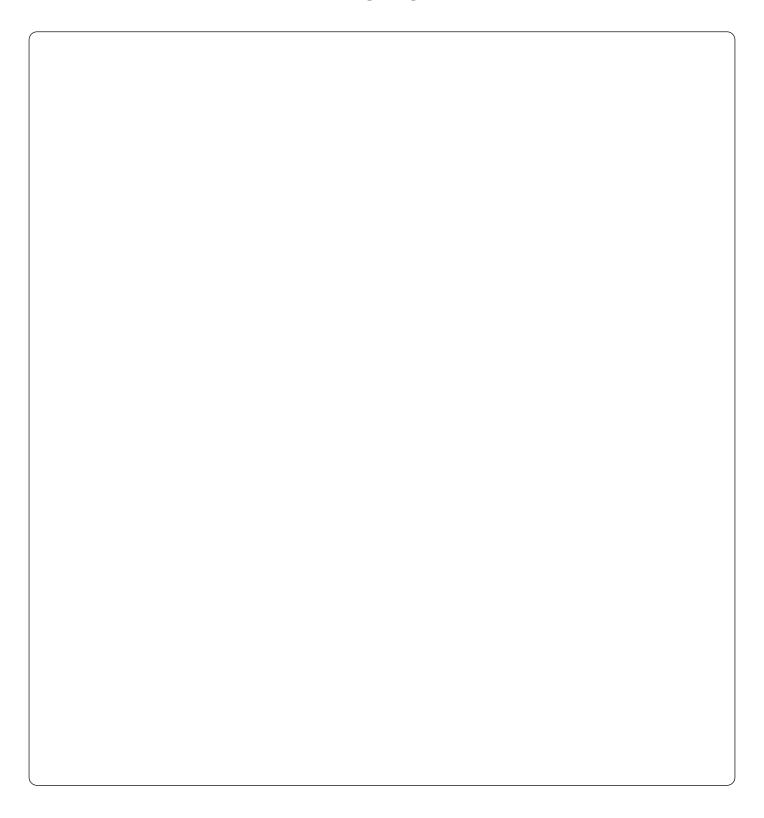
- 1. Be constantly aware: Stand guard at the door of your mind.
  - Remember, focus = feeling.
  - Fear and faith are both forms of imagination: one undirected and the other directed.
  - Focus daily on what you want and cultivate emotions of power in your body.
- 2. Flood yourself daily with positive emotions and thoughts. Most people stack negative events, meanings, and fears, which are destructive to their biochemistry and overall health and vitality.

Start your day with Tony's priming exercise: TonyRobbins.com/priming

**3. When stress does hit, use the power of heart breathing:** Do two minutes of breathing through your heart and focus on what you are grateful for and what you want.

Answers: Directed Mind, Heart.

# **NOTES**



# Poison #1: The Poison of

Just what is the skinny on those processed fats, and why are they bad for you? Butter, margarine, cheese, french fries, chips, cookies, and other tasty snacks are loaded with them. The major kinds of fats in the foods we eat are saturated, polyunsaturated, monounsaturated, and trans fatty acids. On average, Americans consume 35-40% of our total calories as fat. Saturated fats, trans fatty acids, and dietary cholesterol raise blood cholesterol. The bad news is high levels of cholesterol in the blood are a major risk factor for coronary heart disease, which leads to heart attack, and also increases the risk of stroke.

### 1. What Are Processed or Trans Fatty Acids?

They are man made or processed fats, which are made from a liquid oil. When you add hydrogen to liquid vegetable oil and then add pressure, the result is a stiffer fat, like the fat found in a can of Crisco. Trans fats are also called hydrogenated fats.

### 2. Why Should I Care About Trans Fatty Acids?

In clinical studies, trans fatty acids or hydrogenated fats tend to raise total blood cholesterol levels and LDL ("bad") cholesterol and lower HDL ("good,") cholesterol when used instead of (naturally occurring) fatty acids or natural oils. These changes may increase the risk of heart disease. Additional dangers of processed fats include poor circulation, poor elimination, excess congestion, and toxicity in the body.

### 3. Are All Fats Bad?

No, not all fats are bad! "Good fat" is a major source of energy for the body. These "good" unsaturated fats include the essential omega-3 fatty acids that help lower the risk of heart disease and cancers.

# Fats in Their Natural, Unprocessed Form Serve 5 Major Fuctions

- 1. They build cell membranes.
- 2. They aid in the production of hormones.
- 3. They raise metabolism and create energy.
- 4. They protect the body by buffering and neutralizing acids.
- 5. They provide lubrication to the body so that the cells are free to move.

Unprocessed fats are any fats that occur in their natural state. The best examples are the fats contained in avocados, olive oil, almonds, and flaxseed oils.

Answers: Processed Fats

# Poison #2: The Poison of

Meat and dairy are staples of the American – and, increasingly, global – diet, and it may be hard to imagine a life without strawberry milkshakes and cheeseburgers. The truth is traditional thinking about nutrition is killing us – prompting growing rates of heart disease, cancer, obesity, and more. We must open our minds to new ways of eating, including incorporating a plant-based diet.

### **Consider These Facts**

A 2019 Harvard Study analyzed the effects of replacing red meat with a variety of other foods. Researchers found that diets higher in quality plant protein sources, such as legumes, soy, and nuts, resulted in lower levels of both total and LDL ("bad") cholesterol compared with diets higher in red meat.

Guasch-Ferré M;Satija A;Blondin SA;Janiszewski M;Emlen E;O'Connor LE;Campbell WW;Hu FB;Willett WC;Stampfer MJ; "Meta-Analysis of Randomized Controlled Trials of Red Meat Consumption in Comparison With Various Comparison Diets on Cardiovascular Risk Factors." Circulation, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/30958719/.

Researchers at Cleveland Clinic studied data from 53,553 women and 27,916 men. They analyzed changes in red meat consumption over eight years, and then followed study participants for the next eight years. Increases in red meat consumption, especially processed meat, were associated with higher overall mortality rates.

Zheng, Yan, et al. "Association of Changes in Red Meat Consumption with Total and Cause Specific Mortality among US Women and Men: Two Prospective Cohort Studies." The BMJ, British Medical Journal Publishing Group, 12 June 2019, www.bmj.com/content/365/bmj.l2110.

If you're going to continue to eat meat, consider these guidelines:

- 1. Ideally, eat meat less than 3-5 times per week.
- 2. Combine your meat portion with lots of water-rich foods.

Make sure the meal includes a salad or steamed vegetables – sides that will cleanse, not clog. And try to maintain a cleansing diet for the remainder of the day.

- 3. Choose meats from a clean source, such as free range, grass-fed, kosher, antibiotic-free, and/or organic.
- 4. Seafood can be a great choice for protein, essential fatty acids, and nutrition as long as you get sustainably raised (not factory farmed) fish from a natural, clean source. Avoid fish that have high levels of mercury.

Answers: Animal Flesh

# Poison #3: The Poison of

### Cows Don't Drink Cow's Milk ... Why Would You?

The medical field and onslaught of media coverage encourage people to drink milk and eat dairy products because "it does the body good." However, this couldn't be farther from the truth.

# The Milk Myth

Dairy products are now in vogue with many people who fall privy to the "white mustache" celebrity endorsements and media coverage and assume this type of diet to be a health advantage. Many people view milk and other dairy products as a means to guard against degenerative diseases, such as osteoporosis. But how much do you really know about this white liquid? In truth, there may be better ways to get your calcium than from these high-protein, high-fat products.

# Here are three big reasons to cut the dairy:

- 1. Dairy can cause or worsen acne and other skin issues, as well as cause bloating and gas.
- 2. Dairy intolerance is one of the most common food sensitivities and can lead to weight gain, insulin resistance, and osteoporosis (due to its acidity).
- 3. An acid diet can actually leach calcium from the bones.

# What can you do instead?

- 1. Eat a plant-based diet.
- 2. Swap cow's milk for almond milk, coconut milk, or oat milk.
- 3. Eat lots of green veggies and supplement with things like flaxseed and almonds.
- 4. Ensure you have enough of vitamins D and K to absorb and assimilate calcium.

**YUSMELS:** Dairy Products

# Poison #4: The Poison of

A diet that promotes over-acidification of the blood and tissues allows for a terrain that is conducive to the growth of viruses, bacteria, yeast, and fungi – the great decomposers of cells and tissues in the human body.

Think of it like this: A refrigerator must stay cold in order for food to stay free of bacteria, fungi, and mold. If the terrain of the refrigerator is compromised and the refrigerator begins to warm up, the food inside will begin to grow bacteria that evolves into yeast and mold. The food begins to deteriorate and is destroyed. The same thing happens to the inside of your body when you overeat acid-producing foods. This is how all infectious and degenerative diseases begin.

### What's the solution?

To reduce and eliminate acid, you need a diet consisting of live alkaline foods: dark green and yellow vegetables, soy beans, sprouted nuts, seeds, grains, and essential fatty acids. This diet lowers the over-acidification of the blood and tissues with its abundance of bases and alkaline salts.

# **Just Say No to The Following Acid Addictions**



- 1. Excessive Caffeine
- 2. Processed Sugar
- 3. Alcohol
- 4. White, Processed Foods

- 5. Processed Vinegar
- 6. Nicotine
- 7. Drugs

Answers: Acid Addictions

# Your 10-Day Vital Health Challenge

For the next 10 days (or, even better, 30 days!), we challenge you to apply these principles to your daily life, judge their validity firsthand, and experience the power, vitality, energy, and joy of your body being totally alive with health.

### Gift #1: The Power of Vital Breathing

- 1. Take 10 power breaths 3 times a day in the ratio: 1-4-2. (i.e., inhale for 5 seconds, hold for 20 seconds, exhale for 10 seconds)
- 2. Lymphasize! Do 20-30 minutes of rebounding (jumping up and down) each day.

### Gift #2: The Power of Living Water & Live Foods

- 1. Drink half your body weight in ounces daily.
- 2. Make 70% of your diet live, water-rich foods.

### Gift #3: The Power of Healthy Fats & Oils

- 1. Supplement your diet with the essential fatty acids your body needs (Omega-3, Omega-6).
- 2. Consume foods that contain unprocessed fats in their natural state, like avocado, almonds, hazelnuts, and pumpkin and sunflower seeds, as well as oils, such as flaxseed, olive, and fish oil.

### Gift #4: The Power of Alkalinity: Go Green!

- 1. Consume 70-80% foods that are alkaline forming and life giving (green vegetables, almonds, avocados, lemons, limes, etc.).
- 2. KEEP IT SIMPLE: Add fresh lemon to your water daily!

# Gift #5: The Power of Aerobic Energy

- 1. Challenge your body:
  - Three full-body strength training workouts per week.
  - 30 minutes of quality cardio exercise three times per week.
- 2. Make it fun: Add elements to your routine (music, friends, a change of environment, a compelling race, etc.) to motivate you to follow through.

### Gift #6: The Power of Structural Alignment

- 1. MOVE! Avoid living in a box: Take the stairs, stay active, and move as many muscles in your body as you can daily!
- 2. Implement an effective regimen of stretches and exercises that are balanced through bilateral symmetry and working opposing muscle groups.

### Gift #7: The Power of a Directed Mind & Heart

- 1. Stand guard at the door of your mind: Condition empowering emotions, such as gratitude, courage, faith, determination, compassion, and love. Break your pattern and avoid emotions that create stress.
- Utilize the healing power of the heart: Three times a day stop what you are doing and shift your focus (mind, breath, emotion) to the area around your heart.
- **3.** Start and end each day with gratitude. Go to: TonyRobbins.com/priming.

### Poison #1: The Poison of Processed Fats

- **1.** Eliminate all processed fats from your diet.
- 2. Supplement your diet with a high-quality source of Omega-3 oil.

### Poison #2: The Poison of Animal Flesh

- **1.** Eliminate all animal flesh for 10 days.
- **2.** If, after that time, you decide to continue to consume meat, follow these rules: 3-5 times per week, eat with vegetables/salad, and choose a clean source.

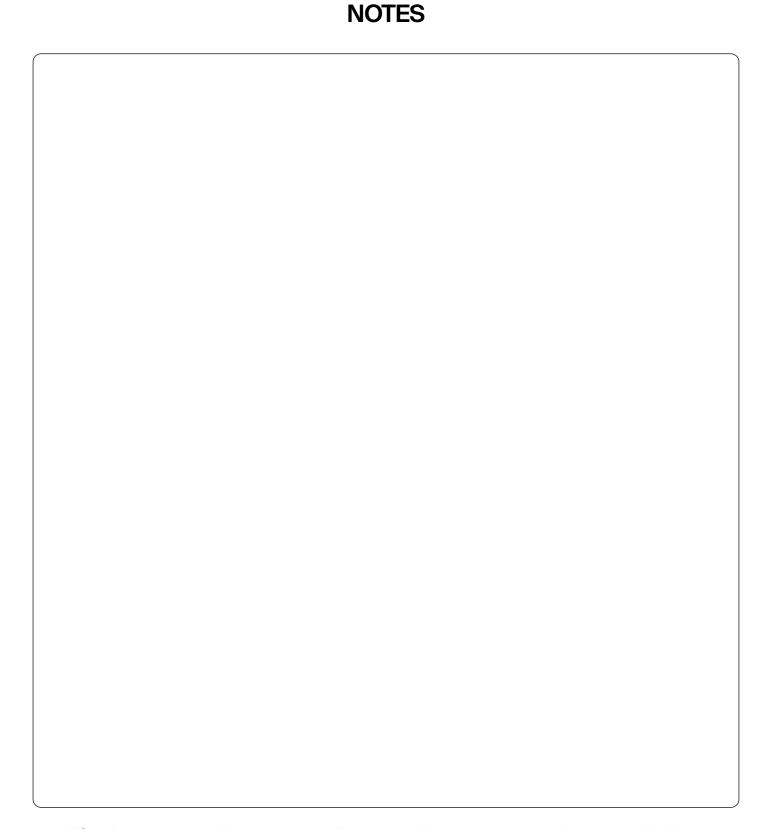
# Poison #3: The Poison of Dairy Products

1. Try other alternatives, in moderation, such as oat milk, rice milk, or almond milk.

### Poison #4: The Poison of Acid Addictions

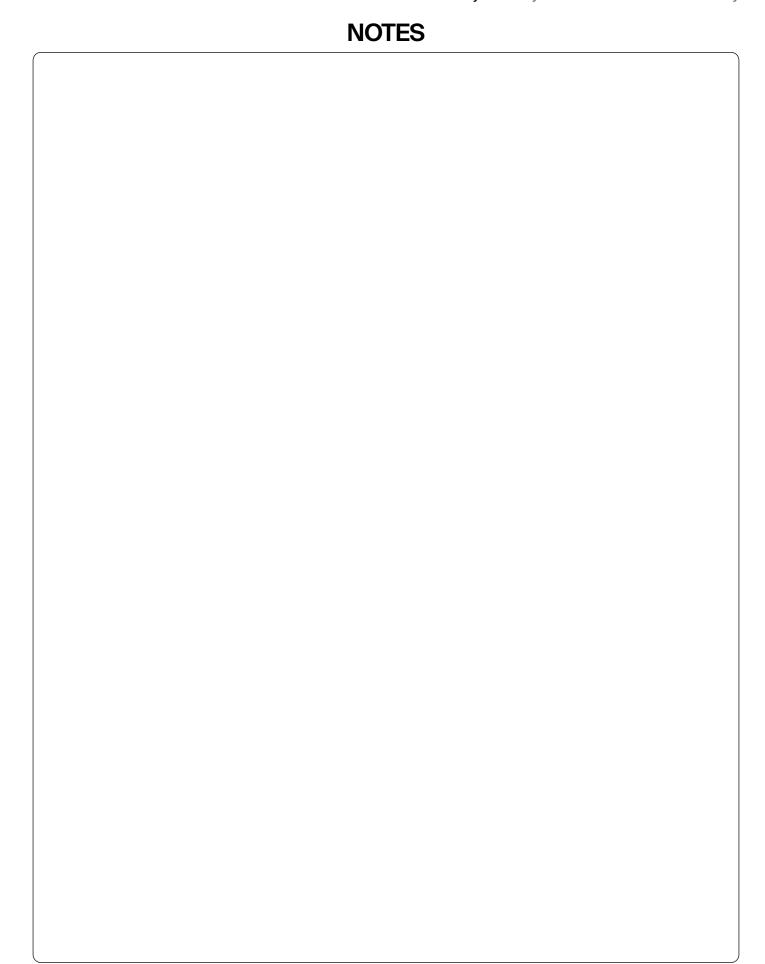
1. Say no to caffeine, sugar, processed foods, vinegar, alcohol, nicotine, and drugs.

Exercise: 3-to-5 to Thrive
Now, all of the tools necessary to create a more healthy, more vibrant, more vital life are at your fingertips. How are you going to use them? What principles are you going to incorporate into your daily routine to create the quality of life you've only dreamed of? What is it going to take so that no matter where you are or who you're with, your commitment to your health stands strong?
1. What are two new decisions you are committed to making now to be healthier and more energetic, and how will they powerfully improve your life forever?
2. What immediate, massive action are you going to take as a result of what you learned today to keep up your momentum? What are the three to five actions (your 3-to-5 to Thrive) you're committed to execute on?

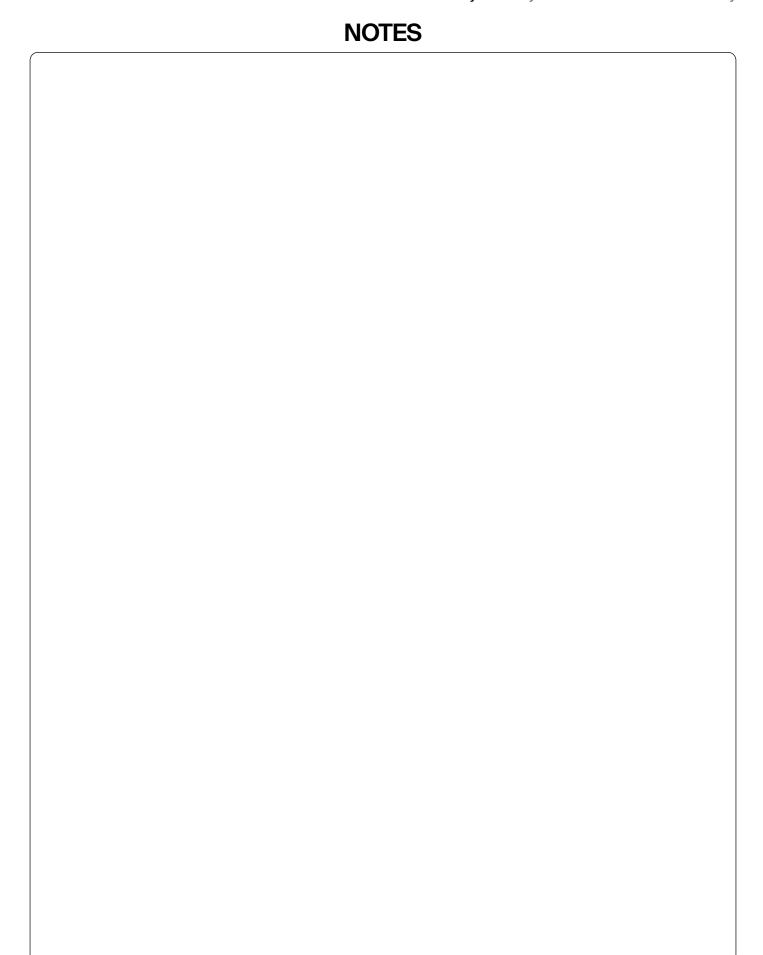


"Seek to repeat. If we want to direct our lives, we must take control of our consistent actions. It's not what we do once in a while that shapes our lives but what we do consistently."

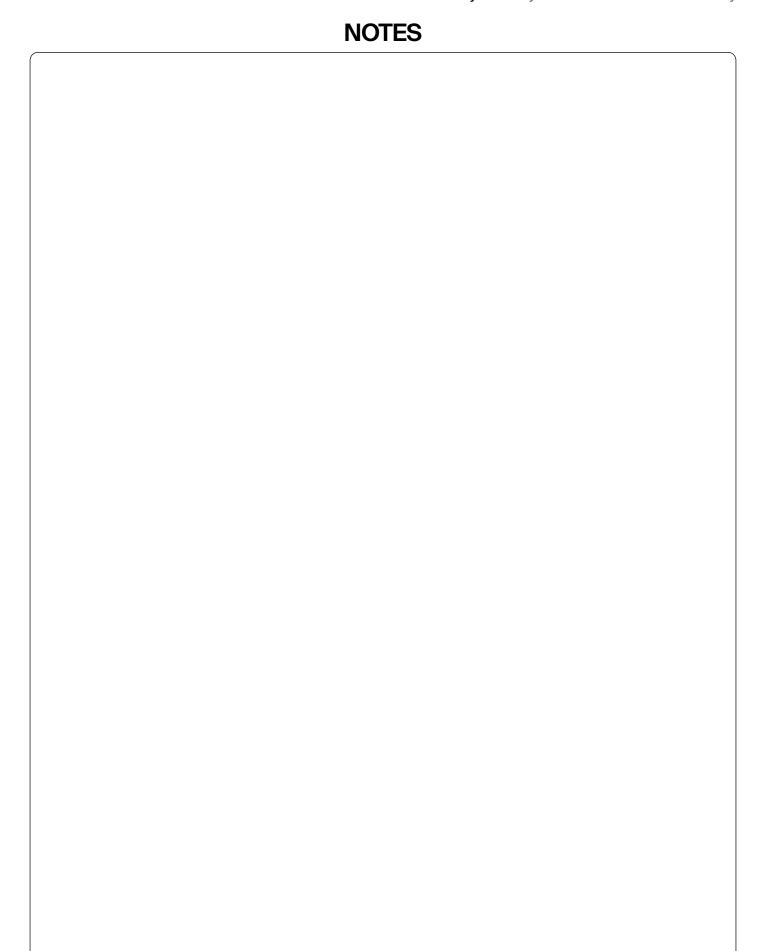
- TONY ROBBINS

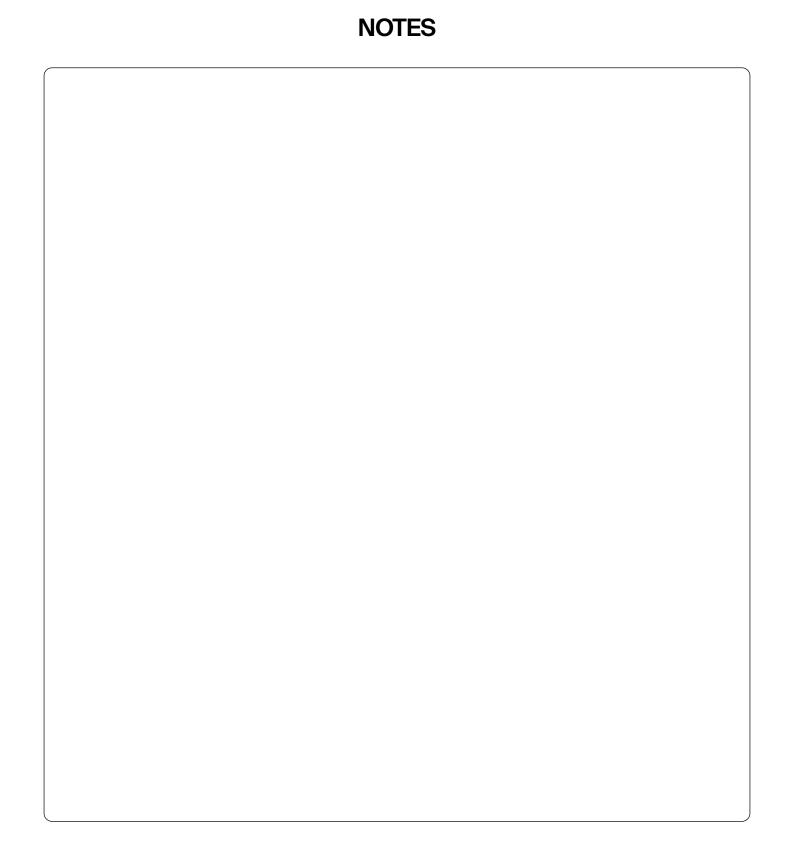


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"I challenge you to make your life a masterpiece. I challenge you to join the ranks of those people who live what they teach, who walk their talk."

- TONY ROBBINS

# "Make your life a masterpiece. Step up NOW to create the life that you desire and deserve."

**TONY ROBBINS** 



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