

🔥 UNLEASH THE POWER WITHIN - DAY 1 RECAP AND NOTES 🔥

🚀 THE FOUNDATION OF TRANSFORMATION 🚀

Two things control your entire life:

- ✅ **Beliefs** – What you believe is possible shapes everything.
- ✅ **Strategies** – The patterns and actions you take daily dictate your results.

🌐 **Life is controlled by invisible forces** (more than we realize):

- Gravity, radiation, human emotions like **anger, frustration, excitement, joy**
- Emotions either **accelerate you forward** or **break you down**

👉 **Success without fulfillment is the ultimate failure.** You can have all the money, achievements, and recognition, but if you're not emotionally fulfilled, it means nothing.

💡 **Your head (thoughts) and your heart (emotions) control everything.**

🔧 **Condition those changes** so they become second nature.

⚡ **Energy is the force that creates change!**

(And Tony Robbins is a master at generating insane energy in his events!)

🔍 **What patterns are controlling your life?**

Your life is dictated by the patterns and habits you unconsciously follow.

❌ **It's hard to change yourself.**

✅ **But it's easy to change a pattern.**

🔥 3 Mandates of Leadership 🔥

(For personal growth, business, and relationships)

- 1 **See the situation as it is (but not worse than it is).**
- 2 **See the situation better than it is.**
- 3 **Make it the way you see it.**

📌 **Decisions control your life! Not conditions!**

- It's not what happens to you that defines your life.


- It's the meaning you give it and the **decisions you make** that shape your destiny.

The Hero's Journey - Your Personal Transformation Arc

(From Joseph Campbell's framework, used in every great story and movie)

The 7 Steps of The Hero's Journey:

- 1 **The Ordinary World** – Your regular life.
- 2 **The Call to Adventure** – A challenge or problem arises.
- 3 **Refusal of the Call** – Fear and hesitation.
- 4 **Meeting the Mentor / Gaining Allies** – Learning from guides and teachers.
- 5 **Crossing the Threshold** – Point of no return; full commitment.
- 6 **The Ordeal / Transformation** – Facing the greatest challenge.
- 7 **The Return with the Elixir** – Coming back stronger, transformed.

 **Become the hero of your own life!** Problems are opportunities for **growth, strength, and transformation.**

What Do You REALLY Want?

(In your business, relationships, and life?)

- ◆ **Hunger is the pattern of the most successful people.**
- ◆ If you're not growing, you're dying.
- ◆ **Develop a compelling vision & purpose.**

 **What does an extraordinary life look like to me?**

 **What's preventing me from making this happen?**

 **What needs to shift?**

The Power of State, Energy, and Momentum

💡 **Your energy dictates your execution.**

💠 **Energy comes from motion!**

💠 Movement, sound, and gestures shift your state instantly.

🔥 **Massive Action is the Cure to Every Problem!**

If you're stuck, **take action immediately.**

🚀 **Exercise: The Power of Visualization** 🚀

👉 **Turn your body and point your finger as far as possible.**

👉 Close your eyes, visualize yourself going double, triple the distance.

👉 Now physically do it again—you'll go further. **Proof that mindset = performance.**

💡 **Emotional Home: The Foundation of Your Life** 💡

Everyone has an **emotional home**—a state they return to.

🟢 **My Dominant Empowering Emotions:**

✅ Excitement

✅ Determination

🔴 **My Dominant Disempowering Emotions:**

❌ Feeling Lost / Stuck

❌ Uncertainty / Not Ready

💡 **Exercise:**

1 Physically show what happens when you feel empowering emotions.

2 Now show what happens when you feel disempowered.

3 **Snap back into your empowering emotions instantly.**

🔑 **3 Decisions That Shape Your Life** 🔑

1 **What am I going to focus on?** (Focus generates emotions.)

2 **What does this mean?** (Meaning = Emotion.)

3 **What am I going to do?** (Action = Results.)

🔥 **Change your focus → Change your life.**

📦 Giving Back & Living with Purpose 📦

💡 **Commit to a giving event every 3 months.** (4 times per year.)

🍲 **Example:** Cook food for the homeless.

✉️ **Send an email to:** endsufferingnow@tonyrobbins.com

💎 The Ultimate Resource = Resourcefulness 💎

❌ Lack of resources is never the problem.

✅ Lack of resourcefulness is.

🚀 Tony Robbins' business growth formula:

- 1 Know your **ideal customer**.
- 2 Create an **irresistible offer**.
- 3 **Overdeliver** – give more value than expected.

🔄 The 6 Human Needs & My Personal Shift

- ◆ Certainty
- ◆ Uncertainty/Variety
- ◆ Significance
- ◆ Love/Connection
- ◆ Growth
- ◆ Contribution

💡 **Previously, my top 2 needs were: Growth & Significance.**

But this has cost me:

❌ **Quality time with family & friends.**

❌ **Peace of mind.**

❌ **Feeling 'not enough.'**

✅ **New Focus:** Growth & Connection

By focusing on **genuine connection**, I will still achieve significance **naturally** while helping others.

🔥 ACTIONABLE STEPS TO IMPLEMENT IMMEDIATELY 🔥

✅ 1. Master Your State

- Move your body with **high energy** daily.
- When negative emotions come up → **snap out of it instantly.**

✅ 2. Take Massive Action DAILY

- Lay **one brick per day.**
- Post **consistently** on social media.
- Work on my **online business** every day.

✅ 3. Train My Focus

- Shift from “What am I lacking?” → “**How can I be resourceful?**”
- Focus on **appreciation instead of expectations.**

✅ 4. Commit to a Giving Event Every 3 Months

- Contribute to others. **Happiness = Progress + Contribution.**

✅ 5. Reprogram My Emotional Home

- Read this list every day for the next **10 days.**
- Reward myself when I successfully shift my state.

🔥 The most important decision?

Living in a beautiful state—no matter what! 🎯

🔥 UNLEASH THE POWER WITHIN - DAY 2 RECAP AND NOTES 🔥

🎯 THE ULTIMATE SUCCESS FORMULA

- 1 **KNOW YOUR OUTCOME** – Clarity is power.
- 2 **KNOW YOUR REASONS WHY** – Why is it a must?
- 3 **TAKE MASSIVE ACTION** – No excuses.
- 4 **KNOW WHAT YOU ARE GETTING** – Measure progress.
- 5 **CHANGE YOUR APPROACH** – Adapt and improve.

📖 Joseph shared the Rocky story as an example of persistence and determination.

🔥 3 STEPS TO LASTING CHANGE 🔥

🎬 Tony Robbins Video

- Understanding vs. truly knowing something.
- You might *understand* something, but if you don't *apply* it, you don't really *know* it.

📖 Tony shared a story about learning NLP and helping people quit smoking.

💡 3 BELIEFS FOR LASTING CHANGE 💡

- 1 **IT MUST CHANGE NOW** – Not someday. NOW.
- 2 **I MUST CHANGE NOW** – Personal responsibility.
- 3 **I CAN CHANGE NOW** – Self-belief is key.

🔥 The past does not equal the future!

- ◆ **Beliefs control our lives** – and we didn't create many of them.
- ◆ **A belief is just a feeling of certainty about something.**
- ◆ **A belief is not who you are; it's just something you have.**

📖 Tony referenced learning NLP, Gestalt therapy, and Ericksonian techniques.

3 STEPS TO LASTING CHANGE

1 GET LEVERAGE


- Attach *massive, immediate, unbearable pain* to *not changing*.
- Change must become a *MUST*, not a *should*.

2 INTERRUPT OR ANNIHILATE THE LIMITING PATTERN

- Break the cycle of negative behaviors.

3 CREATE A NEW, EMPOWERING PATTERN & REINFORCE IT UNTIL IT BECOMES A HABIT

 Tony shared how he stopped biting his nails using the Swish Pattern.

 He also told the story of how he helped people stop smoking in his first sessions.

MOMENTUM = FORWARD MOTION WITH ENERGY

 Momentum is emotion-driven.

 EEG scans show that when you feel good, your body's energy levels increase.

 The Momentum Model:

- 1 Put yourself in a PEAK STATE.**
- 2 Find your PASSION.**
- 3 DECIDE - COMMIT - RESOLVE.**
- 4 MASSIVE ACTION.**
- 5 BE S.M.A.R.T.**

 REFLECTIVE EXERCISE: PAGE 32

What are two decisions that positively shaped my life?

COMMITTING TO NEW DECISIONS

 How these decisions will change my life:

 **CLARITY IS POWER**

- ✅ Reasons come first, how comes second.
- ✅ Your RAS (Reticular Activating System) determines what you notice.

💡 GET FOCUSED & CLEAR

- Develop a **clear and compelling vision**.
- Identify **strong reasons to follow through**.
- Be **brutally honest** about where you are.

◆ My vision:

◆ Why this path?

◆ Where I am right now:

🔧 GETTING THE BEST TOOLS & STRATEGIES

- ✓ Find a **proven map** to follow.
- ✓ Work with **expert mentors**.
- ✓ Build **principles, skills, and habits** for success.
- ✓ Surround myself with a **supportive team or peer group**.
- ✓ Take **daily action** and constantly track progress.

🔥 FINAL TAKEAWAYS FROM DAY 2 🔥

- ✓ Your past does not define your future – **YOU DO**.
- ✓ Beliefs shape your reality – so upgrade them.
- ✓ Momentum is fueled by emotion – control your state.
- ✓ Decisions shape destiny – make powerful ones.
- ✓ Success without fulfillment is the ultimate failure.

🚀 Time to take action and implement these breakthroughs! 🚀

🔥 UNLEASH THE POWER WITHIN - DAY 3 RECAP AND NOTES 🔥

📌 The 3 Pillars of Progress (Page 45)

- 1 **Get Focused & Clear** – Clarity is power! Be **specific** about your goals.
- 2 **Get the Best Tools & Strategies** – Success is about having the right **tools, resources, and strategies**.
- 3 **Get Aligned, Take Action** – **Execution** is everything. Unlock and unleash! 🚀

🚩 The Power of Small Shifts (2mm Rule)

- Small adjustments = **Massive changes** in results!
- Story: **John the Baker** – The right **recipe** (strategy) determines success.
- **VAKOG (5 Senses):**
 - Visual** (What you see) 👁️
 - Auditory** (What you hear) 👂
 - Kinesthetic** (What you feel) ✋
 - Olfactory** (What you smell) 👃
 - Gustatory** (What you taste) 🍷
- 🔑 **Shift your sub modalities** (your mental representation) and you shift your emotions!

⚡ TONY TAKES THE STAGE

Recap of Days 1 & 2:

- ✅ Patterns **create emotions**
- ✅ **6 Human Needs**
- ✅ **The Ultimate Formula for Success**
- ✅ Progress = Happiness ✅

💡 **Break what stops you!**

🔄 THE POWER OF IMMERSION

🏆 **FULL IMMERSION = RAPID RESULTS**

- Example: Learning a new language in a foreign country 🌐
- **Results Coaching** – A friend gives you support. A **coach** gives you a **strategy**!
- **PRIME TIME & NET TIME: 30 minutes daily** of reading or learning 📖
Use "**No Extra Time**" (**NET Time**) – Listen to audiobooks while driving, working out, etc.

🌞 PRIMING – REPROGRAM YOUR BRAIN DAILY!

📰 **Your environment is always priming you** (news, music, media, people around you).

🧠 **Your physiology changes your biochemistry** – Take control!

🔥 **Story of Hot & Cold Coffee** – Subtle shifts change **perceptions & decisions**.

✅ **ACTION STEP:** Prime yourself daily with these 3 steps:

- 1 **Gratitude** – Think of 3 things you're grateful for 🙏
- 2 **Visualize Success** – See yourself achieving your biggest goal 🏆
- 3 **Breathe & Energize** – Power breathing to activate peak state ☀️

🎯 STRATEGY = EVERYTHING!

🚀 **A recipe is just a strategy!**

- Your emotions, habits, and behaviors all follow a strategy (whether conscious or unconscious).
- When you shift the strategy, you shift the outcome.

🔄 CHANGING YOUR STATE THROUGH SUBMODALITIES:

- 1 Think of a moment you doubted yourself.
- 2 Replay it, using the same tone, images, and feelings.
- 3 **NOW BREAK IT!** (Change voice, tone, location in your head) 🎤

🔥 **"Sexy Voice Exercise"** – Moving sounds in different locations (front, left, right, back) to see what influences you most.

📌 MY RECIPE FOR WORRY & SELF-DOUBT:

❌ **Negative Posture:**

- Hands to the face, frown, head & shoulders down, shallow breathing

✅ **Absolute Certainty Posture:**

- **HEAD UP!** 🦵
- Hands up in victory 🏆
- Smile 😊
- Breathe deeply 🌬️

🔄 **Rewire the mind, rewire the body!**

👉 Nicknamed my "power state" as: *MR. FANTASTIC!*

🔴 **THE 3 LIMITING BELIEFS HOLDING ME BACK**

- 1 "I'm not ready or prepared" ❌
- 2 "I don't know enough" ❌
- 3 "I don't know how to do it" ❌

🧠 **ALL BELIEFS HAVE CONSEQUENCES!**

💡 What have these beliefs **cost** me? 💡

- **Growth, financial freedom, family security, impact, fulfillment, happiness.**
- The **ultimate cost? LIFE WILL PASS ME BY!** 😭

🔥 **THE DICKENS PROCESS: KILLING YOUR OLD BELIEFS!**

🧠 Your **life is controlled by 2 things:**

- 1 **Your Beliefs**
- 2 **Your Values**

✅ **VALUES** = Emotional states you want to experience or avoid.

✏️ **Change your beliefs by linking MASSIVE PAIN to the old ones and MASSIVE PLEASURE to the new ones!**

🚀 **NEW EMPOWERING BELIEFS!**

❌ OLD: "I'm not ready or capable"

✅ NEW: "I WAS BORN FOR THIS!" 🦊

❌ OLD: "I don't know where to start"

✅ NEW: "I WILL FIND THE WAY, THE RESOURCES & MAKE IT HAPPEN!" 🔥

🏆 3 STEPS TO MASTER ANYTHING!

1 **Modeling** – Find someone who has mastered it and do what they do 📋

2 **Total Immersion** – Surround yourself with experts & train like crazy 🎯

3 **Spaced Repetition** – Keep coming back to it over time 🔄

💡 **Success Leaves Clues – Follow them!**

💰 THE SECRET OF WEALTH & SUCCESS

🎯 80% of wealth = **PSYCHOLOGY**

⚙️ 20% = **MECHANICS**

💡 **Successful people anticipate, losers react!**

📌 **What's next? IMPLEMENT!!!**

🎯 ACTION STEPS TO TAKE RIGHT NOW!

🚀 **Morning Routine:** Start **priming daily** to control your state!

📖 **Learn & Apply:** 30 min of personal growth every day.

👊 **Interrupt Limiting Beliefs:** Any time a negative thought comes up, SHOUT "THAT'S BULLSHIT!" and reframe it immediately.

💡 **Model a Mentor:** Pick someone successful and break down **their** strategy!

🔥 TAKE MASSIVE ACTION! TODAY, NOT TOMORROW.

☀️ **UPW Day 3 was about completely rewiring my psychology!**

✅ I now have the **tools**

✅ I know how to **shift my state instantly**

✅ I am UNSTOPPABLE! 🚀

👊 **NOW IT'S TIME TO APPLY IT!**

🔥 UNLEASH THE POWER WITHIN – DAY 4 RECAP AND NOTES 🔥

THE POWER OF MY NEW IDENTITY

📌 *Theme: Vitality & Peak Energy—because without energy, nothing else matters!*

"An old Indian proverb states: 'A healthy person has a thousand wishes, but a sick person has only one.' I must become the CEO of my own health." – Tony Robbins

🏆 TRENT SHELTON – LIVING LIKE A LEGEND

🔥 "A legend is just a normal person with extraordinary dedication, mission, and commitment."

THE 3 RULES TO LIVE LEGENDARY

- ✅ 1. Take **MASSIVE ownership over my life** – No one is coming to save me. It's all on me.
- ✅ 2. Be **MISSION-MINDED & COMMITTED** – Excitement fades, but commitment stays.
- ✅ 3. Be **CONVICTED** – My self-worth is my thermostat—if it's set low, I stay stuck.

💡 Key Takeaways:

- **Live in my potential NOW** – Stop waiting!
- **Commitment beats motivation** – When excitement fades, commitment keeps me going.
- **My mission must be bigger than my fear** – Purpose drives action.
- **Validation is a trap** – My vision is mine; others don't need to understand it.
- **Pain = Purpose** – Struggles shape my strength.
- **Perfection is a myth** – Progress matters more.
- **Speak LIFE into my life** – My words create my world.
- **Say YES to myself** – My next level starts NOW.

🔴 **FINAL MESSAGE:** *“It all starts with ME. TAKE ACTION NOW!”*

👤 **DEAN GRAZIOSI – SUCCESS & BREAKTHROUGH MINDSET**

🔥 **The #1 Question That Changes Everything:**

📌 *Where am I? Where do I want to go?*

THE 7 LEVELS DEEP EXERCISE (By Joe Stump)

💡 If I don't know my REAL WHY, I'll never have the drive to follow through.

✅ **Step 1:** Ask myself WHY I want something.

✅ **Step 2:** Ask WHY again... and again.

✅ **Step 3:** Go 7 levels deep until I hit my emotional core.

🚀 **TAKE ACTION:**

Write down my **7 Levels Deep answers** and keep them visible. This is my fuel!

🧠 **JOSEPH MCCLENDON III – MIND & BODY MASTERY**

☀️ **THE 7 GIFTS OF VITALITY – MY NEW STANDARD FOR HEALTH**

1️⃣ **POWER OF VITAL BREATHING** – Oxygen is life. Most people breathe **shallow**, limiting their energy.

🔧 **Action:** Take 10 deep **power breaths** (1:4:2 ratio – Inhale- Hold- Exhale).

2️⃣ **POWER OF LIVING WATER & LIVE FOOD** – 70% of what I eat should be **high-water-content foods** (fruits, veggies, greens).

🔧 **Action:** Track what I eat for 24 hours. Am I fueling or clogging my body?

3️⃣ **POWER OF HEALTHY OILS** – My brain and body need **good fats** (avocado, coconut oil, olive oil).

🔧 **Action:** Increase good fats, eliminate trans fats.

4️⃣ **POWER OF ALKALINITY** – Disease thrives in acidity. **Leafy greens & celery juice** neutralize acidity.

🔧 **Action:** Drink **16 oz of celery juice** every morning on an empty stomach.

5 POWER OF MOVEMENT & AEROBIC ENERGY – The body was designed to move.

Walking = longevity.

🔧 **Action:** Walk 15+ mins daily at **an aerobic pace** (can I talk while walking?).

6 POWER OF STRUCTURAL ALIGNMENT – Posture affects my energy & performance.

🔧 **Action:** Stand tall, stretch, and align my spine daily.

7 POWER OF A DIRECTED MIND & HEART – My emotions create my energy.

🔧 **Action:** Shift my state **ON COMMAND**. Physiology first!

🔥 THE 4 POISONS THAT DESTROY ENERGY & LONGEVITY

❌ **Processed Fats** – Inflammation & heart disease.

❌ **Animal Flesh (Too Much Meat)** – Acidifies my body.

❌ **Dairy Products** – Slows digestion & increases mucus.

❌ **Acid Addictions** – Sugar, alcohol, coffee—energy killers.

🧩 EXERCISE: MY BELIEFS ABOUT HEALTH

📌 **What are the biggest lies society teaches about health?**

- *Eating 100% healthy is impossible.*
- *Eating healthy is hard.*
- *I don't need to worry about my health right now.*

📌 **What are my own limiting beliefs about my health & body?**

📌 **What empowering beliefs do I CHOOSE instead?**

✅ My body is adaptable and strong.

✅ I fuel myself with energy-boosting foods.

🔥 **FINAL TAKEAWAY:** *If my ENERGY is LOW, my life is LOW. If my ENERGY is HIGH, I AM UNSTOPPABLE.*

🚀 MY ACTION PLAN: IMPLEMENT NOW!

🧩 1. OWN MY HEALTH & ENERGY

- ✓ Take **10 deep power breaths** (1:4:2 ratio).
- ✓ Drink **16 oz celery juice** daily.
- ✓ Eat **70% high-water-content foods**.
- ✓ Move **15+ mins daily**.
- ✓ Fix my **posture & mobility**.

🧠 2. MASTER MY MINDSET

- ✓ Practice **7 Levels Deep** – Find my REAL WHY.
- ✓ Speak **LIFE** into my future.
- ✓ Stop seeking **validation** – I DECIDE MY WORTH.

🏆 3. TAKE MASSIVE ACTION

- ✓ **Decide. Commit. Celebrate.**
- ✓ **Keep innovating & growing.**
- ✓ **Invest in my skills & my future.**

🔥 FINAL MESSAGE:

My success isn't about what I KNOW—it's about what I DO.

- ✓ **Decide who I want to become.**
- ✓ **Commit to taking action.**
- ✓ **Live at my highest level, EVERY DAY.**

🔥 *"No one is coming to save me. I AM THE ONE I'VE BEEN WAITING FOR."* 💪

💡 BONUS CHALLENGE: 10-DAY VITAL HEALTH RESET ¹⁰⁰

- ✓ Follow the **7 Gifts of Vitality** every day.
- ✓ Eliminate the **4 Poisons** from my diet.
- ✓ Track my energy, focus, and productivity.

☀️ **THIS IS MY TIME. STEP UP & LIVE LEGENDARY.** 🌟🔥

🔥 UPW Integration Workshop Notes and Exercises 🚀

✅ Key Themes:

- Keeping the **energy and physiology** high ⚡
- Living in a **beautiful state** daily ☀️
- Identifying and **replacing limiting beliefs** 💡
- Setting **clear goals** and creating a **90-day action plan** 🎯
- Taking **massive, uncomfortable action** NOW 🚀
- Staying **plugged into growth environments** 🔁

🏆 Key Exercises & Reflection Questions 🏆

1 Anchoring Your Transformation 🔥

💡 **Exercise:** Write down:

- **Who you were BEFORE UPW**
- **Who you are NOW**
- **What you MUST remember about this new version of yourself**

2 The Six Human Needs 🧠

💡 **Exercise:** Answer these:

- *What were your top 2 human needs before UPW?*
- *What are your top 2 needs now?*
- *How will prioritizing these new needs change your life?*

3 Breaking Limiting Beliefs 🚀

💡 **Exercise:**

- Write down **your #1 limiting belief**.

- **Reframe it into an empowering belief** (e.g., “I’m not enough” → “I am limitless”).
- **Commit** to living by this belief daily.

4 The Beautiful State Mindset ☀️

💡 **Question:** *How have you approached life differently in the last 3 days since deciding to live in a beautiful state?*

💡 **Action:** Set a **90-second rule** – When you feel negative, **shift your state in 90 seconds**.

5 Health & Vitality: The 7 Gifts & 4 Poisons 🍌💪

✓ 7 GIFTS:

- ✓ Vital Breathing
- ✓ Living Water & Live Foods
- ✓ Essential Oils
- ✓ Alkalinity: Go Green!
- ✓ Aerobic Energy
- ✓ Structural Alignment & Strength
- ✓ A Directed Mind & Heart

🚫 4 POISONS to Avoid:

- ✗ Processed Fats
- ✗ Animal Flesh
- ✗ Dairy Products
- ✗ Acid Addictions (sugar, caffeine, alcohol, etc.)

💡 **Exercise:** *What’s ONE change you will make today to honor your health?*

6 Setting Your 90-Day Focus 🎯

💡 **Exercise:** Choose **3 life categories** that, if improved, will make the biggest difference (e.g., **Finances, Relationships, Health**).

💡 **Question:** *What are your top 3 goals for these categories over the next 6-12 months?*

7 The Power of WHY 🔥

💡 **Exercise:** Answer:

- *Why is achieving these goals an ABSOLUTE MUST for you?*
- *What's at stake if you don't follow through?*
-

8 Taking Massive Action 🚀

💡 **Exercise:**

- What is **one action** you will take in the next **24 hours**?
- What is **one action** you will take in the next **30 days**?
- What is **one action** you will take in the next **90 days**?

9 Eliminating Excuses & Playing BIG 🔥

💡 **Exercise:** Write down:

- *What's your go-to excuse for not taking action?*
- *Why is this excuse TOTAL BS?*
- *What will you do instead?*

🔄 Integration & Long-Term Success

- ✓ Immerse yourself in **growth environments** 🌐
- ✓ **Model** proven success strategies 🦶
- ✓ Use **spaced repetition** to reinforce habits 🔄
- ✓ **Surround yourself with action-takers** 💪

💡 **Final Question:** *What's ONE thing you will do TODAY to stay in momentum?*

🎯 Final Commitment: Declare Your Transformation

🔥 Write this in your journal or say it out loud:

👉 I take full ownership of my future.

👉 I commit to living in a beautiful state every day.

👉 I refuse to let my old patterns control me.

👉 I am stepping into my greatness NOW. 🚀

SPEAKER NOTES:

👤🌟🏈 Jon Dorenbos - Speech: Notes 👤🌟🏈

@: [Jon Dorenbos](#)

1 Opening & Background Story

- 🏠 **Tragic Childhood** – At age 12, Jon's life shattered when his father **murdered his mother** in their home.
- ⚖️ His father was sentenced to **prison**, and Jon was placed in **foster care**.
- 💔 Overnight, he lost his parents, his home, and his sense of safety.

2 How He Turned Pain Into Purpose

- 👤 **Magic as Therapy** – A neighbor introduced him to **magic**, which became his escape and his way of making sense of the world.
- 💬 **Mindset Shift** – Instead of asking "Why did this happen to me?", he started asking "How can I grow from this?".
- 💪 **Resilience Through Passion** – Magic gave him a way to turn pain into something meaningful.

3 NFL Journey & Lessons in Growth

- 🏈 **Walk-On Underdog** – No major offers, so he walked on at UTEP (University of Texas at El Paso) and **earned a scholarship**.
- 📺 **NFL Draft Day Heartbreak** – Went undrafted but refused to give up.

- 🤝 **Signed as a Free Agent** – Worked relentlessly to land a **15-year NFL career** as a **long snapper** for teams like the Buffalo Bills, Titans, and Eagles.
- 🏆 **Super Bowl Connection** – Though a heart condition forced him to retire, the Eagles **gave him a Super Bowl ring** out of respect for his contribution.

4 The Life-Changing Heart Diagnosis

- 🏥 **Medical Discovery That Saved His Life** – A **routine physical** revealed a **deadly aortic aneurysm**.
- 🏑 **Emergency Open-Heart Surgery** – If he had played one more game, he could've **died on the field**.
- 🏆 **Choosing Gratitude Over Bitterness** – Instead of feeling robbed, he saw it as life **giving him a second chance**.

5 The Power of Forgiveness ❤️

- 💣 **Confronting His Father's Actions** – For years, he carried **anger and resentment**.
- 💌 **A Letter of Forgiveness** – He wrote his father a letter, not to excuse him, but to free himself from the burden of hate.
- 🌱 **Forgiveness is for YOU** – Holding onto **anger** was only hurting him, so he chose to **let go**.
- 🗝️ **The Moment of Release** – By forgiving, he felt a **weight lifted off his shoulders**, and his life changed.
- 💬 **Key Quote:** *"Forgiveness doesn't mean you forget, it means you free yourself from the prison of resentment."*

6 Magic, Mindset, and Reinvention

- 🎭 **Finalist on *America's Got Talent*** – Blew the judges away with magic and storytelling.
- 📖 **Speaker & Author** – Wrote *Life is Magic* and shares his story worldwide.

- 💡 **Philosophy on Life** – *"Every obstacle is a trick—once you learn how it works, you can turn it into an opportunity."*

🌟 Summary of Key Lessons

- ✅ **Turn pain into purpose** – Find something meaningful in even the darkest moments.
- ✅ **Your past doesn't define you** – It's what you do with it that matters.
- ✅ **Reframe adversity** – See obstacles as setups for something greater.
- ✅ **Gratitude over bitterness** – Choose to be thankful for what remains instead of dwelling on what's lost.
- ✅ **Forgiveness sets YOU free** – Let go of resentment so it doesn't control you.
- ✅ **Every challenge is a magic trick** – Learn it, master it, and use it to your advantage.

🧐 Moral of His Story:

💡 "Life is magic—sometimes it looks impossible, but once you understand how it works, you can turn any setback into a comeback. And forgiveness is the ultimate trick.

It frees YOU, not them." 🚀

ANTHONY WILLIAMS Notes:

- **Celery Juice & Leafy Greens = Alkalinity & Healing**

Promotes **alkalinity** to combat acidity in the body.

Helps with **brain fog, skin issues (acne, eczema, psoriasis), and digestion.**

Kills **bacteria, yeast, mold, and fungus** in the gut.

Strengthens **gastric glands** and increases **HCL (stomach acid production).**

- **The Problem with Acidity**

Acids **damage bones and organs** over time.

The body **leaches calcium from bones** to neutralize acidity.

Aging leads to **bone thinning**, increasing fracture risks.

Common acidic foods: **coffee, dairy, bagels, processed foods.**

- **Dietary Recommendations**

Increase intake of **leafy greens**: spinach, kale, basil, parsley.

Pair **leafy greens with any diet** (vegan, keto, fish, meat).

Avoid consuming just **small amounts of greens**—go for **larger portions.**

- **Celery Juice Challenge**

Drink **16 oz. on an empty stomach** daily.

Start with **4-6 oz.** and gradually increase.

Can drink up to **25 oz.** for maximum benefits.

Try drinking it **daily for a week, a month, or more.**

- Anthony William's Celery Juice Recipe
- Ingredients:
 - 1 bunch of fresh organic celery (about 1 pound or 450 grams)
 - Optional: 1-2 ounces of filtered water (only if needed for blending)
- Instructions:
 - Wash the Celery: Rinse the celery thoroughly to remove any dirt or pesticides (even if it's organic).
 - Chop (if needed): If using a blender, chop the celery into smaller pieces.
 - Juicing Method:
 - With a Juicer: Feed the celery stalks into the juicer and collect the juice.
 - With a Blender: Blend the chopped celery until smooth, then strain it using a nut milk bag, fine-mesh sieve, or cheesecloth to extract the juice.
 - Drink Immediately: Consume the juice right away for maximum

🔥🔥 Notes from Trent Shelton's Speech 🔥🔥

● Live in Your Potential – Stop waiting; step into your greatness now.

● Commitment Over Excitement – Stay dedicated even when motivation fades.

● Your Mission Must Be Bigger Than Fear – A strong purpose will push you through any obstacle.

- Stop Seeking Validation – Your vision is yours; don't expect others to understand it.
- Your Mind Must Arrive Before Your Body – Visualize success before it happens.
- Turn Pain Into Purpose – Hardships are often hidden blessings.
- Believe Without Doubt – Fear and faith cannot coexist. Choose belief.
- Gratitude Changes Everything – Thank your struggles—they shape you.
- Speak Life Into Your Life – Words create reality; affirm your success.
- Perfection is a Myth – Progress matters more than getting it right.
- Say YES to Yourself – Own your purpose, mission, and next level.
- Keep Moving Forward – The path won't be easy, but it will be worth it.
- Final Message: “It all starts with you.” Take action now!

Summary of Dr. Mark Hyman's

Key Themes:

- Food is medicine and the most powerful tool for optimizing health, longevity, and performance.
- Nutrition impacts gene expression (epigenetics), brain function, immune system, and energy levels.
- Chronic disease is largely driven by poor diet, particularly processed foods, sugar, and unhealthy fats.
- A personalized, whole-food-based diet is the key to a long, healthy, and vibrant life.

Most Important Points (Concise & Actionable)

1. Food Controls Your Biology

- Every bite of food sends biochemical messages that upgrade or downgrade your body's function.
- Proper nutrition can reverse biological aging and even chronic diseases.

2. The Problem with Modern Diets

- 60% of the average American diet comes from ultra-processed foods (corn, wheat, soy).
- This diet is linked to obesity, diabetes, heart disease, cognitive decline, and shorter lifespans.
- High sugar and starch intake accelerates aging and increases risk of chronic illness.

3. What to Eat for Optimal Health

- Protein: Prioritize high-quality sources like grass-fed meats, pasture-raised eggs, wild fish, bison, lamb, and plant-based proteins.
- Fats: Healthy fats are essential for brain function and hormone balance—eat olive oil, avocados, nuts, seeds, wild-caught fish, and grass-fed butter.
- Carbs: Avoid processed/refined carbs and focus on non-starchy vegetables, berries, and fiber-rich foods.
- Sugar: Treat it as a recreational drug—avoid artificial sweeteners and high-fructose corn syrup.
- Dairy: Most conventional dairy is inflammatory; if consuming, choose A2 casein sources like goat or sheep dairy.

4. Key Nutrition Strategies

- Time-restricted eating & fasting can enhance longevity by activating autophagy (cell repair).
- Avoid processed seed oils (canola, soybean, vegetable oil)—stick to natural fats.
- Eat organic & regenerative foods to avoid pesticides, hormones, and harmful chemicals.
- Balance blood sugar—never eat sugar and starch alone, always pair them with fat or protein.
- Monitor glucose levels (use a continuous glucose monitor if possible) to optimize metabolism.

5. Performance, Energy, and Mental Clarity

- Nutrition affects mood, cognitive function, and energy levels—critical for business and personal success.

- Many high performers (like Djokovic) transformed their success by eliminating processed food and allergens (gluten, dairy, sugar).

- Eating whole, nutrient-dense foods helps maintain sharp focus, mental clarity, and sustained energy.

6. Meat & The Environment: The Truth

- Factory-farmed meat is harmful to health, the planet, and animals—avoid it.

- Regeneratively raised meat (grass-fed, pasture-raised) can actually benefit the environment by improving soil health.

- It's not about “meat vs. no meat”—it's about the quality and sourcing of your food.

7. The Big Picture: Taking Control of Your Health

- The single biggest factor for longevity and quality of life is what you eat daily.

- You are not just what you eat, but what your food eats—food quality matters.

- Making small, consistent changes in diet can radically transform health, energy, and longevity.

Final Takeaway

- ✓ Food is the most powerful medicine.

- ✓ Prioritize whole, real, nutrient-dense foods.

- ✓ Avoid processed junk, sugar, and industrial oils.

- ✓ Optimize blood sugar and metabolic health.

- ✓ Your diet directly impacts your energy, clarity, and longevity.

If you eat the right foods, you can reverse aging, avoid disease, and unlock peak performance.