

Exercises for MASTER CLASS - WEEK TWO

1) Organize, prioritise, strategize

Now is the time to act on our vision of what success is to us.
Organize your life so that you can begin to create this.
Prioritize what is most important to accomplish this week, this month, this year.
And then strategize how you're going to accomplish these tasks.
And then actualize a daily plan to make it happen.
Work on this project for 5 min each day.

2) Create a success consciousness

A success consciousness must be installed into the subconscious mind.
A success vibration is created by working on it daily.
Spend 5 min each day vibrating with success using one or more of the techniques taught in this session to increase your success vibration.

3) Visualize getting things done

Every night before you go to sleep, imagine what you will accomplish the next day.
Visualize yourself doing the activities and being focused in getting the tasks done.
Do it again in the morning, just after you wake up. Imagine how the day will unfold and all the things you will accomplish.

4) Activate creativity

Become an artist of change in your life.
Find something that is calling to be changed. It can be something small or major.
Affirm to yourself for 5 min each day;
"I am an artist of change in my life, I can create whatever I choose."

5) Continue with your project of choice

Use any three mind power techniques that feel most appropriate.
Do this for 15 min each day (5 min per technique)
Keep the momentum happening.

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

Remember to chart and journal everyday.

Put a checkmark in the box when you have completed each exercise.
(Charting is an important part of the training; it allows you to visually monitor your training.)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--------|---------|-----------|----------|--------|----------|--------|
| Exercise 1 | | | | | | | |
| Exercise 2 | | | | | | | |
| Exercise 3 | | | | | | | |
| Exercise 4 | | | | | | | |
| Exercise 5 | | | | | | | |