Assignment Lesson #1 – The Most Important Things!

(Please read this page and complete the assignment below.)

There are three things that are essential for success:

#1 Accurate Thinking: The BELIEF that you can do whatever you want

#2 Knowledge of What to Do: These are the systems we will teach you. Don't reinvent the wheel, we've tested and worked through this. Simply model what we do.

#3 Implementation of Effective Systems: After you believe you can, and after you learn what to do, it is still up to you to IMPLEMENT!   You MUST implement! You MUST do the work!

Please understand that you have all the power to achieve, to accomplish, and to have all the financial success that you want in your practice. You can have everything you want in terms of money, in terms of happiness, in terms of relationships…anything you want.

But you MUST take these steps:

1. Work DAILY on your belief system. FEED your attitude daily through a daily ritual where you listen to or read materials that reinforce your belief that YOU CAN DO WHATEVER YOU WANT. (Suggested books and CD's are listed in Lesson #1 Introduction Video)   List below your plan to implement: _____
    _____
    _____

2. SET A CLEAR AND SPECIFIC GOAL you want to achieve by adding Weight Loss:

    a. Write the AMOUNT of money you intend to make doing weight loss _____
        _____

    b. When you will make that amount of money _____
        _____

    c. The specific plan you will implement to reach that goal *(you will learn what you need to implement as you go through this program, but for now, list your plan to learn the system, that is, when will you learn it, what time, what days, etc.)* _____
        _____
        _____

3. Post your goals where you can see and read them several times each day. *(Comment on where you will post your goals and when you will read them.)* _____
    _____
    _____

4. Analyze and adjust your goals and the action steps you are taking to achieve them. *(Comment on your plans for this.)* _____
    _____

5. Once you achieve your goal, immediately set a new goal and start the process all over again. *(Comment on your plans for this.)* _____
    _____