

LEVEL UP

COURSE

Business. Relationships. Self. Health. Money.



How Can you Increase Your chances of Success? ASK YOURSELF.....

Do I really want to change? If you are honest with yourself, maybe down deep you actually want to keep drinking, feel the pain of shitty relationships, or overeat, or to remain sedentary. And those "wants" are going to override the good intentions of your resolutions. Only if the answer is "yes" can you overcome those powerful winds and currents that can drive you off course

WHY?

WHY DO YOU WANT IT?

- **IF YOU'RE HERE- YOU ARE LIKELY SOMEONE THAT'S OPEN TO LEARNING NEW SKILLS, TECHNIQUES AND IDEAS ON HOW TO SCALE YOUR LIFE IN ALL AREAS.**
- **GREAT JOB! BECAUSE THIS IS WHERE IT HAPPENS**

- 90% of personal growth efforts FAIL- Due to LACK OF ACTION and the REASON is because Most people suffer from mental resistance

WHAT IS MENTAL RESISTANCE?

- Mental Resistance comes from the subconscious
- Subconscious is part of the mind of which one is not fully aware but which influences one's actions and feelings
- Conscience -aware of and responding to one's surroundings; awake.

A WO-MAN WITHOUT A VISION A MAN WILL PERISH

MENTAL RESISTANCE

Here are a few ways we sabotage ourselves... If you can NOTICE these things, you can start to see the feelings as separate from you vs getting consumed by them.

- First on our list is ...The IMPOSTER Syndrome- As soon as people notice and or you get positive attention.. you may fall off. what I want you to do is to STOP and take yourself seriously! stop shrinking and back to the comfort of mediocrity. You're just as good as anyone else. It takes a commitment to ongoing effort. Go for GREAT. start studying ways to become extraordinary. do the OPPOSITE of what 98% of the population does and you'll be unusually successful.

~Distractions come from NON commitment~

- **Personal Trauma. The enemy- and is no stranger to me unfortunately. The ol, YOU'RE NOT GOOD enough"- THIS IS going to blow up in your face, you aren't like the others. they are different (better than you). They have something awesome that YOU don't. all the inadequacies and past failures will scare you NOT even get started . Stop looking at it as a factor that you CAN'T WIN and use it as the reason WHY you can WIN with it. you CAN make the decision to STOP listening to that little "bitch" of a voice. RISE UP. WRITE your new story. Let what you've endured give you your edge. the fact that you got through it, proves you can do this!**

~YOU HAVE TO FAIL TO SUCCEED~ but sometimes you call B.S on the "struggle Story" and just CLAIM that you're going to WIN

LAST ONE

- Identity Crisis- what will you have if you lose your auto-immune disease or how will people look at you when you look SEXY? why are you afraid of getting positive attention? what if you're not longer the funny fat girl or the little skinny-weak chick? how will your friends treat you now, get to the root and declare that you no longer will give it power. So your family is overweight? they will tease you and tell you that you look sick, your friends will dis you now that you don't go out and drink every day. SO WHAT. DO THIS FOR YOU! you will get and make new friends. Go for happy! former sex abuse victims also sometimes identify with this one.. the thought process of "If I get SO big.. no one will want to look at me like that." I highly recommend therapy for that but just being aware then pouring self love into yourself in forms of foods that your body LOVES vs causing remorse, exercise for strength gains vs weight loss, and good daily dose of healthy mental practices.. like replacing every negative thought with two positive ones..you WILL COME out shining!

GET TO THE ROOT

- It's not fun but has to be done
- Take ACE Test to see if theres anything that's causing issues that you may NOT be aware of
- If your score was a 4 or higher, take the resilience test so you see the importance of DOING THIS program because of the power of positive influence!
- If you have trauma nad haven't received talk therapy or EMDR therapy. BOOK THAT SHIT. See resource list for provider
- If you don't have any trauma.. CONGRATULATIONS. call mom and dad and tell them THANK YOU! sit back and we will get to WORK!

BENEFITS of Healing Trauma

& How Trauma Effects Your Life

- Better, healthier relationships with yourself, friends, co-workers, spouse etc
- Trauma affects the way you interact with the world so you will actually be able to GIVE back FULLY if you aren't emotionally injured
- Coping skills learned from therapy can range from dealing with practical, trauma-related problems, like a fear of crowds or of heights. They also help you navigate fundamental updates of your life plan like signing up with me lol, finding a more satisfying job or improving your marriage.
- Trauma is often the underlying cause of low self-worth.
- Constant Flight or fight/survival mode is a learned trait from something long ago and we can sometimes be addicted to the "hit " because it's familiar. hello nasty negative cycles.

BENEFITS of Healing Trauma

& How Trauma Effects Your Life

- BETTER HEALTH
- LOWER STRESS
- CLARITY

LAWS OF PROMOTION

PROSPER WHERE YOU'RE PLANTED

- DO MORE than what you're paid!
- PROSPER where you're planted and you WILL get Promoted! YOU HAVE TO address ALL areas! (This will be reviewed in the Priorities module)
- If we can't be trusted with what we currently have, we WILL NOT be given more
- BUT THIS DOES NOT MEAN taking on EXTRA and letting go of work & personal boundaries

LAWS OF PROMOTION

PROSPER WHERE YOU'RE PLANTED

- What does everybody else do, think and speak about Mondays, holidays, kids, money, vacation, work? DO THE OPPOSITE!

MONEY

FIRST DOWNLOAD THE EXP APP OR GOOGLE SHEET and start tracking \$1 apps, Drinks, Nails etc!

GROCERIES- Extra refrigerators????

- If you shop multiple times a week, You're spending extra gas money, time and buying things you shouldn't have that end up spoiling.
- you buy more when you're hungry- money and times wasted
- BATHROOMS- 5 different types of lotions, soaps, shampoo (many of us could go 5 months without purchasing soap or toiletries if we used up what we have on hand.
- If you can start using discipline in areas like THIS.. YOU WILL BE given success in other areas.

MONEY

Clothes with Price Tags, Multiple sizes, etc because you HAD THE money and went to the grocery store multiple times and go out to eat which probably caused you TO have multiple sizes in your closet.

Most of US HAVE The money- It's just pissed away on decor, frames, gadgets, gas station trips, extra sale items

We have the house payment- IN the garage! If you sold the things that you haven't used, worn etc in the past 2 years and or isn't a LOVE must keep.. GET RID OF IT! Facebook Market Place or Ebay it!

MONEY

If you're not going to sell it, GIVE it away and write off the donation

YARD SALE!!!!

HEIRLOOMS - TAKE PICTURES and digitize them and SELL SELL SELL
it and put that money towards credit cards, loans or savings so you
can invest in something that provide PASSIVE income.

EXTRA CARS- SELL THEM

MONEY

Have you EVER gotten a BONUS? promotion or gifted extra money?

- Some people spend the extra on a vacation or buying something for yourself but if you take that money and invest into YOURSELF! or in some form of passive income investment... you will CREATE WEALTH!

MONEY

Stock Market- Unless you're HIGHLY skilled, It typically presents the highest risk

Gambling-

Real Estate - history proves that real estate if purchased properly can be a smarter investment. (depending on the market)Example: DO NOT buy when the market is HOT! or in summer months.

Example: If you buy a house at the top of the market, you will have to stay there longer if you want to make your money back and in most cases, you won't. Instead, put the down payment on an investment property- air BNB etc and RENT where you live unless you're ok with living and dying in the same house and leave it to your kids to fight over sales price.

MONEY

If you take your money and invest in things like real estate, you can avoid paying taxes on the money most likely.

EDUCATE yourself and start learning about things that Robert Kiyosaki, Grant Cardone and Warren Buffett teaches. Warren only had a little equity in his home and he MADE MONEY when he sold so DO your homework.

A home is a liability for the most part BUT IF you can get a STEAL.. and you plan on staying at the location.. go for it.

MONEY

Start a side MLM business- You can create your own LLC

Example: If you are a W2, file a Schedule C so that anything you do toward the side business can be deducted. Write offs will help you keep a little more of your hard earned money.

(most w2's pay taxes until MAY before you keep what you make)
of the eight hours someone works on Saturday getting pay and a half three and a half of those hours go to paying taxes.

MONEY

Luxury

- Multiple Vehicles, gym memberships etc
- Starbucks
- Fast Food or Eating Out
- Internet unless you work or make money from wifi
- Books that aren't educational
- Storage Units- vacations
- Botox
- Nails ETC
- Shopping, Toys, apps, netflix, family photos, subscriptions that you can't write off and or make money with

Necessity

- Home
- Utilities
- Transportation
- Food
- Insurance
- Phone

The cost of ignorance is ENDLESS

MONEY

Mindset in Check

- Your vacation is in your fridge and pantry
- Your Kids EDU is under the bathroom sink
- Your financial independence is in your closet
- WHATEVER you can be TRUSTED with, you'll be GIVEN MORE OF

The cost of ignorance is ENDLESS

MONEY

Mindset Goals

- YOU DO NOT need to go on vacation if you have debt
- YOU DO NOT need to go on vacation if you can't afford to miss the money meaning, If you can go on vacation with disposable or passive income.. GO. If you can go on vacation, do not have debt and will not miss the money spent
- If you DO have the travel- IT NEEDS to be work play and a WRITE OFF

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MONEY

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MONEY

Money Challenge

Don't go to grocery store until ALL the food is gone! Condiments is the only "ok" to have left over.

Use up EVERYTHING in your cabinets- laundry room, garage, cleaning products etc

DO NOT BUY SHIT UNTIL YOU USE EVERYTHING THAT YOU HAVE ON HAND

The cost of ignorance is ENDLESS

MONEY

Money Challenge

#1 FACEBOOK MARKETPLACE- \$5 items, \$500 Items. Spare bedrooms that aren't being used. SELL the furniture, TRACK IT so you know how much you are making. Yard Sale, Ebay etc - collectibles etc. you can't be attached to items like this and need money at the same time. WEIGH YOUR EGO with your debt ;) DON'T worry because I will show you a few possibilities that will allow you to MAKE MORE money to buy things with PASSIVE-DISPOSABLE income

The cost of ignorance is ENDLESS

MONEY

Money Challenge

WISE vs SILLY SHIT SPENDING

WISE= Something that will pay you back

SSS=

4th pair of the same color shoes

Eating Out

Multiple Pieces of jewelry

Watching TV- TV cost you TIME AND MONEY but hey, If you are in shape, healthy, goals are met and don't have any debt. have at it!

The cost of ignorance is ENDLESS

MONEY

Money Challenge

WISE vs SILLY SHIT SPENDING

WISE- Purchasing Exercise equipment vs going home and sitting on the couch and watching TV/youtube

SSS-Going and purchasing Sale Items for Your home

The cost of ignorance is ENDLESS

MONEY

TALLY TIME

SEE GOOGLE WORKSHEET

& You should already have EVERY transaction accounted for in app or excel sheet- haircuts, gifts, gas, nails, bottles of water etc

The cost of ignorance is ENDLESS

MONEY

10% of earning say what?

PAY YOURSELF FIRST!- 10% goes to YOUR investments NOT church.

Some people say to tithe and that's sweet however, you can't give and make a difference if you're BROKE. I'm pretty sure the god you serve doesn't want you broke! MONEY provides you to live to your fullest and GIVE BACK

The cost of ignorance is ENDLESS

MONEY

10% of earning say what?

Invest in yourself. Get healthy and you'll be able to help more people, make more money and you'll be able to write off HUGE offerings that make a HUGE difference or heck, start your own 5013-c you can check out "richest man in babylon"

The cost of ignorance is ENDLESS

MONEY

WHAT CREATES POVERTY?

- LAZINESS
- Gluttony
- Stinginess
- SSS= Silly shit spending
- Being fearful and living in scarcity (never enough, not knowing the laws of success). wealthy people are giving. They tip when service is great and invest properly

The cost of ignorance is ENDLESS

HOW TO BE EXTRAORDINARY?

EXAMPLE: SATURDAY FOOTBALL GAMES vs WORKING A LITTLE ON YOUR SIDE GIG AND RESTING, NETFLIX, GOING TO THE MOVIES, READING TRASHY NOVELS OR WATCHING THE BACHELOR. BUYING BETTER HOUSES AND CARS AS YOU'RE INCOME INCREASES vs ACTUALLY NEEDING TO. BUYING THINGS ON SALE OR BLACK FRIDAY GIFTS. GETTING A MORTGAGE WHEN YOU COULD INVEST IN A PROPERTY THAT PAYS YOU INSTEAD. WORKING A 9-5 AND NOT DOING ANY SIDE HUSTLE. SLEEPING IN ON THE WEEKEND vs STAYING ON SCHEDULE.

ARE ALL THINGS THAT 98% OF THE MASSES DO.

Resources

ACE AND RESILIENT TEST

<https://acestoohigh.com/got-your-ace-score/>