



mindvalley academy
masterclass

WORKBOOK

Discover The Power of Affirmations

with Noah St. John

Discover The Power of Affirmations

Masterclass
with Noah St. John

YOUR OFFICIAL MASTERCLASS GUIDEBOOK

4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deep slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

Discover The Power of Affirmations

Masterclass
with Noah St. John

The next part is for you to take notes while you listen to the masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. Human thought is the
..... to questions.
2. When you ask a question, your
.....
3. When you make a statement, the problem is ,
is that we
4. We need to change
5. Why am I rich?
6. When you ask a question,
.....
7. The 4-way method:
 - A for
 - A for
 - A for
 - A for
8. We are planting every day

Discover The Power of Affirmations

Masterclass
with Noah St. John

9. The 'How' is the and the
'Why' is
10. Motive trumps
11. Give yourself to
12. The 4 modes of human communication:
•
•
•
•
13. When you *affirm* for something that you already have, it
.....
14. The enemy of gratitude is
15. We must take to get
the results we
16. Your beliefs lead to your and actions lead
to your
17. Start today with Affirmations:
• Ask yourself what you want
• Affirm: ask yourself a question — why is what you want already true?
• Accept: give yourself to the question
• Act: take inspired action

Discover The Power of Affirmations

Masterclass
with Noah St. John

Use this space for any additional notes you have:

Discover The Power of Affirmations

Masterclass
with Noah St. John

SUCCESS STORIES



“Approaching [our] first year as a million-dollar company.”

When I first came across Noah’s work, I was in a dark-night-of-the-soul period of my life. I’d just started my business and I was confronted with all the ‘head trash’ that comes along with being a new entrepreneur: uncertainty, who-am-I-to-do-this, and of course a TON of fear. I was barely keeping my head above water — emotionally and financially too. Noah’s book came along at a pivotal moment.

Sometimes it’s just ONE simple idea that can make all the difference. Noah’s *Affirmations* was a huge revelation. It’s one of the core Power Habits I adopted back then to up-level my mindset, create solutions with ease and stay in a space of attraction and resourcefulness.

5 years later, Goddess Business School® mentors thousands of women globally through our programs and is approaching its first year as a million-dollar company.

I will always be grateful to Noah for shining his light and putting his work into the world — it reached me at just the right time.

ELIZABETH PURVIS | FOUNDER, GODDESS BUSINESS SCHOOL®



“I closed a consulting contract for more than \$110,000”

In the 5th week of Noah’s course, I closed a consulting contract for more than \$110,000. I can now work 12 hours a week and make more money than I made last year working 70+ hour weeks. Thank God I’ve been given Permission to Succeed — it feels great!

SCOTT ZIMMERMAN | PRESIDENT, THE PLATINUM RULE GROUP



“Since working with Noah, I TRIPLED my income”

Since working with Noah, I TRIPLED my income, renewed my personal relationships, and took my life to the next level of overall wealth... all in less than 12 months!

CARI MURPHY | RADIO HOST

Discover The Power of Affirmations

Masterclass
with Noah St. John

SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

Why am I so grateful that I'm so healthy?

Why is my life a life of increase, abundance, and more than enough?

Why am I loved for being Who I Really Am?

Why am I perfectly capable of living the life I really want?



To sign up for the *Affirmations Mastery Program*, Noah's new course on Mindvalley Academy, please visit <http://mindvalleyacademy.com/store/affirmations/products/special> for more information. But wait until May 12 to enrol. Near the end of the masterclass, his new course will be offered at a special price as a thank-you gift for class attendees.