



mindvalley academy
masterclass

WORKBOOK

Winning The Inner Game Of Money

with John Assaraf

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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 deeply 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!

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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. If you don't change your to modulate or regulate your response to a bigger goal, your fear the fear circuits in your and makes you stay in your zone.
2. Take the image of your and create the that you need to have about the possibility of that being your and have the that you can do it, while regulating the response in your brain.
3. More will never ever solve your money
4. Rescript and your internal self and belief system around
5. Which of your beliefs are limiting you?
6. Which of your habits are keeping you stuck?
7. Retrain your to align your SEMP (spiritual, emotional, mental, physical).

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8. Get in and alignment with how theworks, how your brain and work. So you can move into effortlessly towards your and dreams.
9. We have to to re-pattern our own
10. Technology allows us to into different brain on demand.
11. Our brain at different times of the day in these brain wave
12. The frequencies allows you to either your learning, your, or the ability to information.
13. We learn what to, we learn all of the self from our, our parents, and our teachers.
14. We can take of our own
15. We can take control of what we our brain.
16. When we set aside the thinker part of our brain, we can access the implicit system where your beliefs,, and concepts and reside.
17. I take, deliberate conscious evolution, of
18. I let go of the and self that cause me to be, ashamed, afraid and
19. I choose to be more, certain, and have personal power.

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20. I can choose my own that will serve me, being able to choose the
..... I need to achieve my

21. [Exercise]

Use this space for any additional notes you have:

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SUCCESS STORIES

“My spending, investment and saving habits have changed dramatically”

When I allowed myself the exposure to this Neuro Brain Training, I felt gut-level that this was a path I must take. I started *Winning the Game of Money* and have completed the full program. I have had thoughts throughout my life that play over and over keeping me static, keeping me fearful, and creating feelings of unworthiness for absolutely no reason at all. I feel frequent calmness within myself now, and a realization of my power to direct my thoughts in positive, more productive ways. My breakthrough is the excitement, the anticipation of what is ahead for me – my feelings perpetuated about this are far more than I could ever describe in words. It is the essence of my being that has blossomed. I am using my resources – money, time and efforts – in self-fulfilling ways. I am shying away from people and circumstances that do not serve my purpose, and discovering that others are coming into my life.

My spending, investment and saving habits have changed dramatically and I am seeing the potential of what I have, knowing that this is beginning of what is to be – financial abundance. My relationships within my family are becoming closer because I am expecting good things to happen, and they are. I am involved with people within the forum community who reflect closely to who I am becoming and who are succeeding at levels I seek. I am taking those baby steps and allowing myself to feel my way to the best of me. I feel a remarkable sense of relief to have found a process that allows me to open myself to full acceptance of the person I am and the ability to expand myself at will. I love knowing that through this process I can control my thoughts and my life. I am committed to this program wholeheartedly and have the greatest of appreciation for both my discovery of this program and for those who offer this juncture in my life. Thank you so much, John Assaraf, and those who create and support this priceless cherished opportunity!

Kris P.

“Within the first three months, my income increased by 341%”

I bought my *Winning the Game of Money* program [and] I immediately began the program. I faithfully listened to it every day. Within the first month, my income increased 10%. Traditionally, the months of November and December are slow for me, but my income actually went up last year! There were several other non-monetary things that also began to happen for me. I was asked to speak at the Aspen Institute in December, and I decided to enter “The Next Top Author Self-Help Contest” as an incentive to finally get a book done that I’d been trying to write for about two years.

In January of 2011, my income jumped by 341%!! I breezed through the first round of the writing contest. I was featured in a local television program and in several write-ups in the newspaper. My mental clarity was easily double what it had been and I began seeing all type of opportunities around me to increase my business and be successful. It seemed like helpful people were lining up to help me get my message out into the world and to help me with my marketing and social networking – both of which I’d had little or no experience with! My income has continued to steadily climb. I am bringing in new clients on a steady basis. I was one of the final four contestants of the “Next Top Self-Help Author Contest”. I’ve decided to self-publish my book as an e-book on Kindle while looking for an agent who can help me take it to a top-name publisher. And I’ve been asked to be a part of two different compilation books. I’ve begun working on group coaching programs and other avenues of income that I probably wouldn’t have had the confidence or drive to accomplish prior to this training program. Using the tools I’ve gotten from the *Winning the Game of Money*, the *Having It All* program and others, I feel I am equipped to become a trusted authority in my field of Personal Transformation and overall Health and Wellness. I recommend this program to all my clients, friends and family members.

Michelle M.

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SELF-REFLECTION

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

What habits and beliefs have impacted your life the most? What can you do right now to change that?

How will you contribute to yourself and to those around you after you have rewired your brain and your belief system around money?

How will you change your life once you adopt the believes and the habits that you need to achieve your financial goals?



To sign up for *Winning the Game of Money*, John's course, please visit <http://bit.ly/winning-the-game-of-money> for more information. But wait until June 9th to sign up for the course. Near the end of the masterclass, his course will be offered at a special price as a thank-you gift for class attendees.