

John Assaraf's Exceptional Life Blueprint

Living Life On My Own
Terms Is Amazing!



My Life's Purpose

The purpose of my life is to live and authentically experience it as fully as possible and to consistently learn, grow and become all that I can become. It's to grow spiritually, to love deeply, to give immensely and to serve and love others to the best of my abilities. It's to use all the gifts GOD has bestowed up me to make the biggest most positive impact on our beautiful planet and universe.

My Outer Mission

To help billions of people raise their level of awareness by helping them recognize their inherent genius, beauty and true self-worth. My company and I help them understand how to recognize and release any of their self-doubts, fears, anxieties or lack of confidence or certainty that is holding them back from achieving their life's purpose, vision and goals.

My Inner Mission

To maximize and utilize my God given abilities and genius and become all that I am capable of becoming while authentically living my highest values with passion, integrity, purpose and love.

My Highest Values I Live By and Make Decisions From

1. GOD
2. My Health-Spiritual, Mental, Emotional, Physical
3. My Family
4. Contribution to Others
5. Having Fun and Enjoying Amazing Experiences

My Top Goals For 2015

Health:

- I have an abundance of physical and mental energy and I feel and look great. I am the healthiest I have ever been. Being spiritually grounded, emotionally centered, mentally focused and happy and healthy are my highest priorities.
- I now weigh 195lbs - < 12% body fat
- I am emotionally and mentally in a peak performance state of flow, creativity and productivity
- My blood work is perfect and I have amazing energy, focus, and vitality
- I sleep deeply and soundly and feel well-rested and energized everyday
- I am reversing my aging by reducing my stress, eating the healthiest organic vegan foods, drinking lots of water and exercising and meditating daily

Financial Wealth:

- I earned \$_____ million in Personal Income and \$_____ million in business revenues
- I am totally debt free and all my assets are paid for
- My net worth is now at least _____million
- I saved an additional _____this year
- I gave _____to charities and causes I love
- _____% of my income is coming from investments and passive sources

Relationships:

- I love and am totally enjoying my relationships with Keenan and Noah immensely. They are my shining and loving lights. Maria is an angel and we are having the best relationship ever. My family and I love each other totally and we get along great! My friendships are phenomenal and I am totally fulfilled with them!
- My bond with my GOD, children, Maria, family and friends are amazing and as strong as they have ever been and filled with love, kindness and total support.

Business:

- My relationship with Andy and our entire team is rock solid and built on trust, respect and love
- My relationship with the people that follow my work is fun, invigorating and fulfilling
- I am happily building The NeuroGym into the #1 brain retraining and research company in the world specializing in mental and emotional well-being and goal achievement. People love our evidence-based research, products and services and we have raving fans and companies who recommend us to their friends, employees, clients and associates. We are now a World Class, Pro Level Metrics Driven Goal Focused Company with world class IP, Employees, Culture and Work Environment That People Love to Work at And Be About.

We Have Achieved These Milestones:

- \$_____ Million in Top Line Revenue and \$_____ Million Ebitda
- 10,000 new Winning the Game of Money Clients
- 10,000 total Mastering Your Mindset Clients
- 10,000 new Having It All Clients
- 10,000 new Winning the Game of Weight Loss Clients
- 2,500 new Cloning of Business Success Clients
- Launch NeuroGym and first 3 Innercise smart apps
- Redo and refine our products to serve our clients even more
- Attract all key top-notch hires needed to achieve our goals
- Create marketing and sales funnels for all programs
- Create Winning The Game of Weight Loss program
- Create a world-class client experience for all our product lines
- Organize and protect all of our IP
- Meet with Andy and Management Team Weekly
- Donate ____% of our gross revenues to causes we believe in
- Have a World-Class Board of Directors
- Launch Innercise to The World and Own That Brand
- Develop a world class Scientific Advisory Board and BOA

Spiritual Growth:

- God created all. God is everywhere in everything and in everyone at all times. Just remember.
- Be. Be Still. Be Calm. Be Honest. Be Mindful. Be Loving. Be True. Be Myself. Be.
- Meditate Daily
- Be Grateful and find the good in all people and circumstances
- Reflect and think daily on life
- Do as much as I can and give as much as I can in balance

Charity:

- I am now happily giving at least \$_____ or more a year to the charities and causes that our family and company chooses. I feel so blessed to be able to make such a positive impact and give so much of my time and money to the causes I believe in.

Fun and Experiences:

- Sky dive with Noah and Keenan- Done
- Go watch Keenan and Noah Play Lacrosse
- Ski 3 times
- Silent retreat
- Couples retreat for me and Ria (3)
- Race Car Driving
- Fighter jet/mini plane
- One/two major travel experiences
- Travel to fun and exciting places

Contribution:

- Create amazing content and programs for the world to use and enjoy
- Help Millions of people with my work and gifts

Books I will Read and Study:

- Brain Scripts - Done reading
- 80/20
- Double Double - Reread
- Influence - The Psychology of Persuasion
- The Power of Habits - Done
- Changeology - Done
- Scaling up
- The Answer and Having It All - reread my own books
- One Spirit Medicine - Done
- Soft Wired
- The Copernicus Complex
- Triggers
- The Universe Solved
- Values, Inc.
- The Power of Habits
- Willpower

Courses I Will Complete/Study:

- Advanced MYM
- Upgrade Brain Knowledge and Skills
- Learn My Mac Better
- Mastering Habits
- Mastering Emotions
- Mastering Change
- Mastering Persuasion

Habits/Addictions I Will Release:

- Constant email/FB checking
- Sugar - 90% done

Habits I Will Start/Reinforce:

- Read, listen or watch 15 min minimum of personal/business growth upon waking up
- Work on business-30 min-1hr a day
- Take time to plan my day, week, month, quarter, year for personal and business
- Focus attention daily on completing highest income and highest impact tasks and activities

My Daily Am/Pm Rituals:

- Gratitude Exercise
- Prayer
- Review My Goals/Vision- Visualize and Emotionalize
- Meditate
- Exercise my body
- Innercise my brain-develop new beliefs, habits and emotional anchors
- Review and Create My Plans for the Day
- Reflect and Think On Life
- Consistently do the Highest Impact Activities
- Gratitude and Appreciation to Close the Day

Places I will Travel:

- Montreal - Done
- Telluride - Done
- Providence - Fall
- New York - Fall
- 1 cool new experience Tahiti catamaran charter and private island - Booked October
- Family summer trip - Done
- Winter trip - Mexico

Book Projects and New Book I will write:

- The NEW Science to Happiness, Health and Financial Abundance
- Revise The Answer, HIA and The Vision Board Kit
- Revise The HIA, How To Get More Done and Values Based Living Programs

2018 (3 Years):


\$ _____ Million or more in Personal Income with at least 75% passive

2025 (10 Years):

\$ _____ Million or more in Personal Income with at least 75% passive

As a gift to you we've reserved a VIP Ticket for you to the Must Attend Event of the Year:

The 4th Annual Live Brain-A-Thon



YOUR VIP TICKET TO THE 4TH ANNUAL LIVE BRAIN-A-THON

~4th Annual~
LIVE Brain-A-Thon

NOVEMBER 7TH | 10:00 AM (PDT)

ADMIT ONE

Here's What You'll Learn:

- How to eliminate the feelings of uncertainty and doubt that cause you to procrastinate.
- Identify the mental and emotion obstacles that are holding you back and learn new techniques to release them Begin to ACHIEVE your financial goals instead of simply setting them.
- How to Shatter your financial glass ceiling so you can start living an exceptional life.
- Our exceptional line-up of speakers and the topics they'll cover:
 - **Dr. Daniel Amen:** Change Your Brain, Change Your Income
 - **Sharon Pearson:** From Suicide to \$10 Million a year
 - **Dr. David Kruger:** How to Change your Money Story
 - **Dr. Heidi Hanna:** Eliminate Stress and Worries about Money
 - **Mark Waldman:** Unshackle the chains of your past: letting go of past failures, traumas or events that are keeping you stuck
 - **John Assaraf:** The New Science to Creating Wealth

Join us at: myneurogym.com/brain-a-thon



Dr. Daniel Amen



Sharon Pearson



Dr. David Kruger



Dr. Heidi Hanna



Mark Waldman



Dr. Srin Pillay



neurogym™

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Charity:

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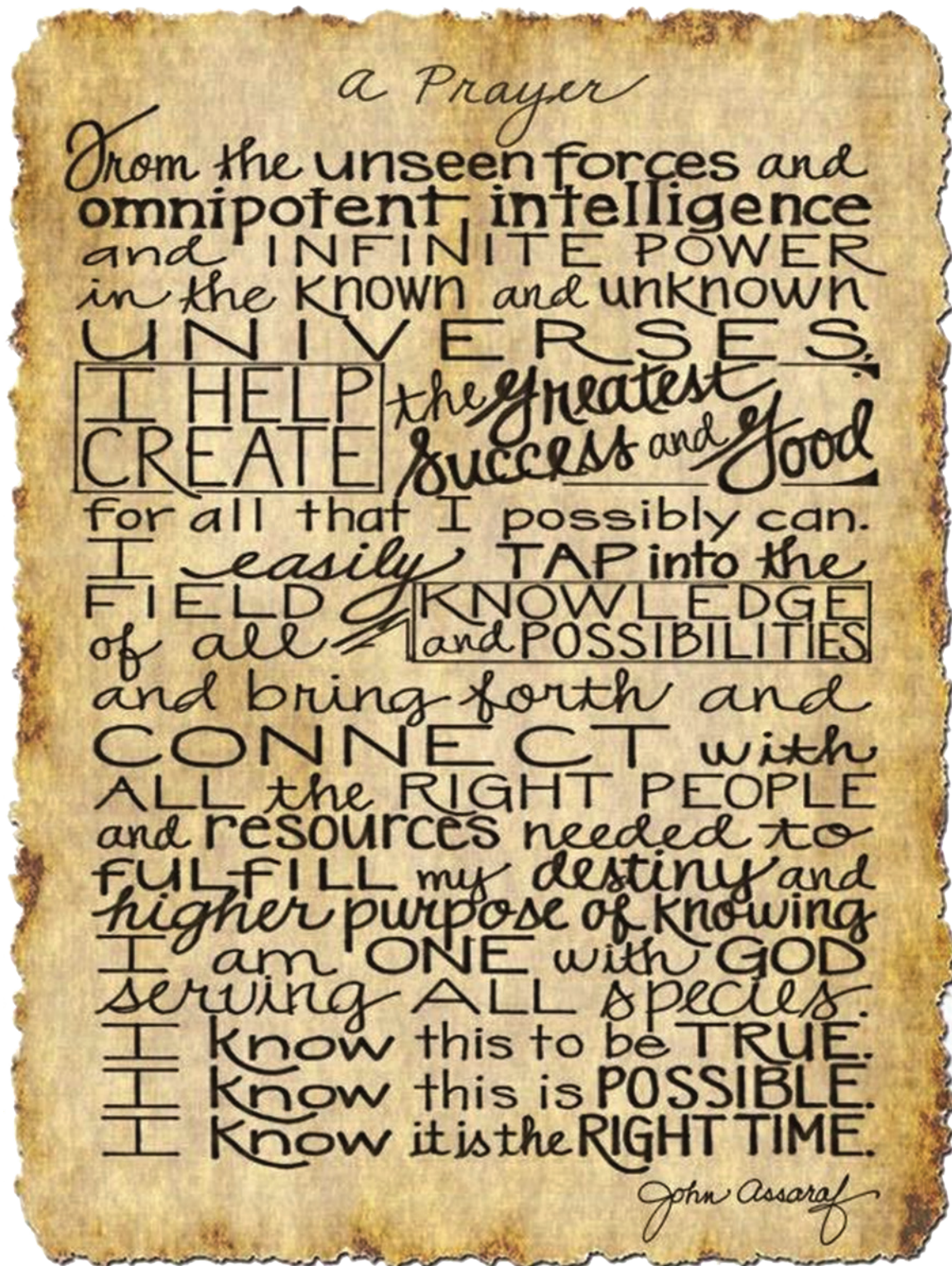
Habits I Will Start/Reinforce:

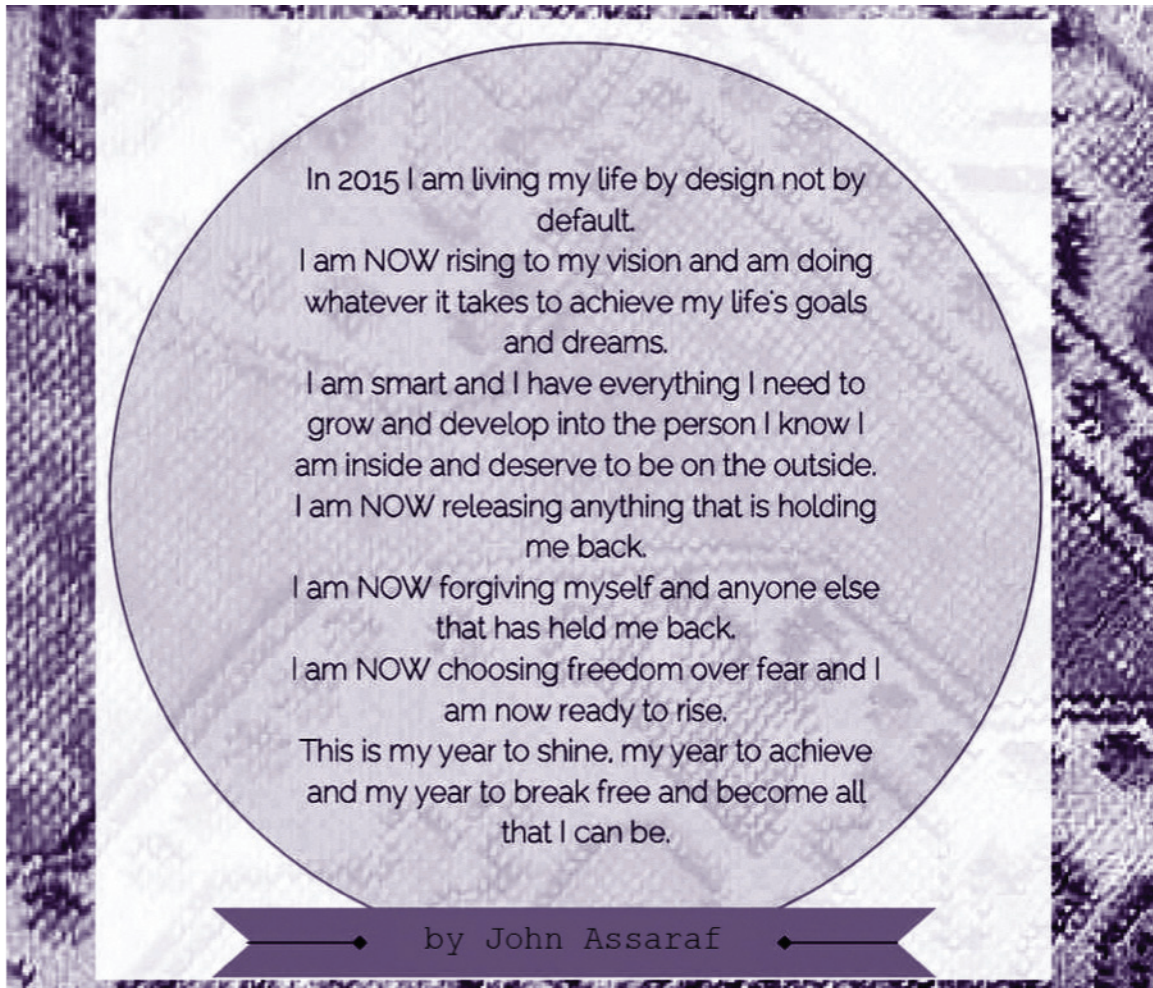
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Daily Affirmation of Health:

My body and all its organs were
created by the infinite intelligence
in my subconscious mind.

It knows how to heal me.

It's wisdom created all my organs,
tissues, bones and muscles.

This infinite healing presence
within me is now transforming
every atom of my being making
me whole and perfect.

I give thanks for the healing
I know is taking place now.

Wonderful are the works
of the creative intelligence
within me!

I am now perfectly healthy.

John Assaraf