



Finding Zero

Ten Week Personal Success Mentoring/Mindset Training Program



Course Outline

My Absolute Success Pty. Ltd.



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Course Introduction

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At My Absolute Success Pty. Ltd. it was brought to our attention that there was a requirement in the general population to increase the overall awareness levels of people and allow them to make the required changes in their lives necessary to create lasting positive change.

We found that whilst there are an abundance of life coaches out in the market place who ask a series of probing questions designed to illicit the required responses from their clients, most coaches did very little to teach their clients the actual steps/provide the required tools for their clients to back up or initiate their teachings.

It was for this reason that the Ten Week Personal Success Mentoring Course was created.

Abundance is not the attainment of financial wealth, nor is it the presence of a happy, fulfilling relationship, nor spiritual enlightenment or any other single thing. Be its very definition abundance is experienced in all areas at once or by its nature it is not abundant.

The ten week course is an intensive program designed to stimulate a continuous increase in awareness which allows people to make consistent, lifelong positive change in their lives.

Throughout the course there are a series of exercises and projects to complete, and whilst assessment is not part of the equation, it is expected that each part of the ten week program is completed in its entirety. Each session (which runs for approximately 1 to 1.5 hours) follows on from the last and thus each exercise or project is required to then successfully move onto the following topic.

The entire course is facilitated through a seemingly “organic” conversation which allows individuals to freely discuss their challenges, successes and seeming failures along the way without neither judgement nor criticism.





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Week One Getting to Know You

Week One

Getting to know one and other

The first session is an exceptionally “organic” conversation which is the one session that most commonly runs “over time.”

Covered in the session is a conversation designed to not only create a space of peace and trust between you and your new Mentor, but one that allows you as the client to gain an insight into your Mentor’s life and journey and for your Mentor to learn more about yours.

This includes.-

- Past Challenges
- Current Challenges
- Your Primary FEARS
- What you are hoping to achieve in both the Present and the Future
- Possible reasons as to what has been blocking you
- What is a Decision
- The Decision Making Process
- How to start making Decisions
- Understanding Accountability/Responsibility
- Committing to change

At the completion of week one you will be handed a multiple paged questionnaire that you are required to complete by the day before commencement of week two. (If you meet with your Mentor in person then the questionnaire is to be returned at the commencement of session two; if you are being Mentored via telephone/Skype or generally over a distance then it is required to be emailed or posted back to be received by your Mentor no later than the evening prior to session two’s commencement.) This document is designed to gather information from you that will assist your Mentor in guiding you toward specific growth areas that you feel are of most importance to you. It further allows your Mentor to learn a little more about your past, present and your process of thought.

It is extremely common to experience a “breakthrough” in week one. Not uncommon are tears, heads placed in one’s own hands, feelings of frustration or extreme happiness. Please keep in mind that whilst the conversation seems quite “organic” and fun, there is a clear direction and purpose to every word, sentence, paragraph and story. It’s all part of the process.





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Week Two How The Mind Works

Week Two

Week Two is where the fundamentals of the Ten Week Personal Success Mentoring really begin. As week one enabled us to develop a relationship, week two is about consolidating that relationship. It is not your Mentor's goal to become your friend, and there will be times that, as you are stretched and guided to the attainment of all that you are aiming for, that you may feel that you and your Mentor couldn't be further from friendship. Throughout the intensive program, whilst you may encounter this feeling on a number of occasions, these feelings pass quite rapidly. Your Mentor has a vested interest in your success, both financially, emotionally and spiritually.

Firstly, your Mentor will run through your questionnaire with you and discuss a little about the pertinence of each question and the relevance of each of your responses.

The next step in the process is a suggestive explanation of how the mind works and the process of how the "decisions" that you have made throughout your life were arrived at.

You are the sum total of all of your thoughts, feeling and actions to date... That is all. No more and no less. Thus, by defining how you have come to create each and every one of your thoughts, feeling and ultimately reached the actions or results that you have attained we create an opportunity of altering our thoughts, feelings and actions from now on. In the present.

Covered in the session is.-

- How the mind works
- The two ways to make lasting change
- FEAR and how it affects you
- Understanding that FEAR is your friend
- Re-iterating the decision making process
- Vision Boarding
- Creating a positive vision of the present in the future
- Working with challenges not through them
- Knowing where you have come from
- Knowing where you are
- Knowing where you are going
- The Map is not the territory
- Mirror Work

At the completion of Week Two there are two exercises that are required to be completed to move forward into Week Three. Both exercises are entertaining and are committed to each and every participant.





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Week Three Paradigms

Week Three

The primary purpose of Week Three is the acceptance of the existence of paradigms. “Paradigms” are fundamentally the building blocks of each of our self image. At My Absolute Success Pty. Ltd. it is of our understanding and belief that it is our paradigms that really define exactly who we are. It is from here that the “little voice inside” comes from. It is the existence of your paradigms that defines your self-image.

If you consider that your paradigms are like a hand of cards. Some people seem to be dealt an outstanding hand that enable them to create incredible, enviable lives with a seeming ease that bewilders most, others seem to have hand that provide the opposite life.

It is not our goal, nor should it be anyone’s goal to eliminate all of our paradigms, as the only people without paradigms are those that are no longer with us. It is our absolute intention to increase the greater population’s awareness and in the process implant a better standard of paradigms, ones that create growth and abundance in all areas. Who you are is the sum of your paradigms. Until we alter our self image all we do is maintain the life that we have always had, or fall back into old behaviours.

Included in Week Three is.-

- Learning of the existence of paradigms
- Understanding how to shift your paradigms
- Learning to see how your words create your world
- Seeing you for who you really are
- Changing self-talk
- Creating positive/life altering vocabulary
- Defining who you want to be

Continuing on from the previous exercises there is an exercise to complete leading into week four that is a requirement to complete from this week. The exercise is one that is challenging and often exposes blockages and resistance. This is completely normal and whilst results vary slightly, it is expected that all participants experience some level of resistance. Your Mentor is ALWAYS available to be contacted outside of your normal contact schedule should you wish to work through this discomfort/resistance.





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Week Four 6 Basic Human Requirements

Week Four

Following on from the exercise that we completed in week three which was designed to alter your paradigms, week four is about changing them totally.

One of the most commonly asked questions that we tend to hear is, “Why is it that I continue to do what I do, even though I don’t like the result?”

In week four we look into how our self image was moulded by the past through a process of attributing an understanding of the six basic human requirements or needs. Once you understand that every repetitive action that you take, everything that you do on a continuous basis is derived from the six basic human requirements and thus you have not had the choice as to whether you wanted to do it or not, you were just compelled. You then gain the ability to choose.

You have a choice of how you feel about anything that you do. More importantly, you have the choice to continue to do it or not! Through learning of the Six Basic Human Requirements you are then put in a greater position of change by controlling the automatic actions that you choose.

Included in week four.-

- Learning of the Six Basic Human Requirements
- Defining how they control our actions
- Replacing your paradigms with the ones that you want
- Creating lasting Change
- Learning when in your life your self-image was “born”
- Mind-mapping

At the completion of week four we continue with another project utilising the results from the previous exercise completed leading into this week. This is an example of why it is imperative that the exercises of each week are completed by the agreed time. Without completing the work from week three you would be unable to continue on with the tasks from week four.

The exercise for week four is a great deal more fun and entertaining than the one in the previous week. It involves creating one’s self in the present instead of breaking one’s self down from the past.





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Week Five F.E.A.R.

Week Five

Week Five is all about FEAR.

In week five we analyse the Six (6) basic fears and how they affect our lives in all areas. It is amazingly interesting to learn that most of the attainments in our lives, both positive and negative alike come to us through the presence of one (or more) of the six basic fears.

1. The fear of POVERTY
2. The fear of CRITICISM
3. The fear of ILL HEALTH
4. The fear of LOSS OF LOVE
5. The fear of OLD AGE
6. The fear of DEATH

Everything that holds us back in life (even the negatively attained goals), every fear that we have can be related back to one of the 6 basic fears.

We then take the next step into appreciating our FEARS and accepting them as a friend. When we understand that our FEARS are merely suggesting that we increase our awareness, then we begin to look forward to experiencing some fear.

Dr. Joe Vitale once said, "If your goals are not at least a little scary... Get bigger goals."

We know that the all fears are just a state of mind, but in week five we look into the six basic fears to establish the simplicity of the way in which we strive to more away from pain into pleasure.

Included in week five is.-

- The 6 Basic FEARS
- The symptoms of the six basic FEARS
- The Purpose of Worry
- Treating FEAR as a friend
- How to protect yourself against negative influences

There is a self analysis questionnaire to complete between weeks five and six and then once every four to six months. It is incredible to see how things change with a shift in awareness.





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Week Six Reasoning

Week Six

In week six we look at our ability to reason, and learn about the two types of reasoning.-

1. Deductive Reasoning
2. Inductive Reasoning

We re-visit how the mind works and begin to add a visual understanding of how to apply the workings of our minds to a whole new set of better quality paradigms that we have created. We re-address parts of our old self-image and look at how much more comfortable the self-image feels, and explore why.

We look more deeply into the Quantum Physics side of manifestation and creation and learn how, from a "science point of view" thoughts become things.

Week six is about staying focussed on how it works, why it works and that it does work.

Mirror work is stepped up with powerful self-talk and decisions are made in regard to what/who/when and why you are. The main purpose of week six is to forever move you into the present with a greater understanding of your purpose and your "toolbox".

Covered in Week Six is.-

- The two different types of Reasoning
- Review how the mind works
- Finding the "G-spot" (gratitude)
- Knowing what holds us back
- You choose or you lose
- Your thoughts have feeling
- Permanently changing your paradigms

The primary task at the end of week six is the increased intensity with the mirror work. Participants are clearly guided now at how best to manipulate the mirror work to assist in taking them to the next level.

All other continuous tasks are still maintained and yet there seems to be more time than ever. This is a specific result which always presents itself and will be explained in a later session.





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Week Seven Beliefs

Week Seven

In week seven we delve into a greater understanding of Beliefs and how the truths/untruths about those Beliefs.

It stands to reason that any of the core beliefs that you have you believe to be an absolute truth. Why then is it that there are other people in the world that have a core belief in direct opposition to your beliefs and they too believe it to be an absolute truth?

How can it be that you are both right?

Throughout the course of week seven you are invited to consider that none of your beliefs are true at all. Rather, they are just your opinions based on your paradigms, pre-programming and conditioning.

Included in week seven is.-

- Discover how fine the line is between Your Beliefs and Your Opinions, if there is a line at all!
- Understanding that truth is just an idea
- Seeing the bigger picture - The Greater Universe
- Explore where your beliefs came from
- Learn how to see which of your Beliefs benefit you and which ones detriment you
- Learn how to choose empowering Beliefs
- Gain an understanding of how to take your EGO out of your "ownership" of your Beliefs
- Learn how to apply the R2A2 Theory to your life

No tasks are added this week other than to look deeper into your core beliefs, learn where they stemmed from and look further into altering them.

This particular session is one that is facilitated through an exceptionally organic conversation. It is through the application of the R2A2 theory that we are able to take ownership of, not just our current beliefs but the new beliefs that we choose. There is an immense amount of strength that one gains a true understanding and appreciation of their beliefs and the power that they have over them.





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Week Eight Action - Reaction

Week Eight

The primary objective of week eight is to enable you to learn that throughout your life you tend to let your emotional responses to situations or people rule how you 'Feel'. In the eighth week we look at our emotional re-actions to all the things that happen in our everyday life.

You will discover that if we, as human beings, didn't have emotions our lives would be very boring indeed as our re-action to our feelings would be considerably hindered. All emotions are an amazing indication of how people are living their lives. You will in time, learn to be able to interpret people from the way they re-act to others in the workplace, the home and in relationships and be able to assist them in increasing their awareness through understanding their reactions and your own.

After you are able to identify which emotions are prevalent in your own life you will find that you can make a choice to change the emotions that are inhibiting to your desired outcome and strengthen the ones that are helping you.

Included in week eight is:-

- What are feelings?
- The biology behind an emotion
- How do they affect our life?
- Choosing the emotions you want
- Living in harmony with your emotions
- How your past experiences influence your current state of being
- How to let go

You will be required to complete a simple exercise that gets you to list how you would react to certain situations and then list how you would like to react. This exercise is one that is not only extremely productive but one that has huge impact on your life. By continuously repeating this exercise throughout your life you are able to gain the greatest power to understand yourself due to simple self-auditing techniques.





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Week Nine The Truth Regardless of Appearances

Week Nine

The primary purpose of week nine is to recognise that the world that we “live-in” is just a representation of our perception of the world based on our programming, paradigms and beliefs. That the “truth” of the world and life in general is vastly different to how it appears to us.

During this session you are invited to take “a leap of faith” from a space of commitment. The commitment is in accepting that you have creative ability which allows you to create the life that you want to create and, with the support of the results that you have generated throughout the previous eight weeks, you are invited to make an absolute decision to forgo all thoughts of not achieving the results that you seek, in faith.

Included in Week Nine is:-

- The certainty of the “mail-order Universal Catalogue”
- How to let go of doubt
- The power of knowing
- We revisit Incision/Decision
- Learn how you must first feed an idea until the idea gains a life of its own and feeds you

At the conclusion of week nine an exercise based around setting in stone a series of results and releasing them is conducted. More often than not this exercise requires assistance from your Mentor. Please feel free contacting them at any time to facilitate this. They are expecting your call.





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Week Ten The Wrap Up

Week Ten

The Wrap Up...

Getting to week ten we assess the entire course and run through our overall understanding of the new level of awareness that you have now gained a greater understanding of.

We look into each of the learnings and go through a process of running through the end to end process of one (or more) of your goals, desires, expectations and apply all of what you have learned through the past ten weeks to it (them).

Included in week ten is:-

- Knowing what you want
- Knowing that you can't fail (permanently)
- Learning that failure is a means of assessment to success
- Understanding the wheel of life
- Re-visit how the mind works
- Re-visit paradigms (shifting – altering – changing –replacing)
- Re-visit the 6 Basic Human needs
- Re-visit the 6 primary FEARS
- Re-visit reasoning
- Re-visit action – reaction
- Learn how to apply all of the above to your goals
- Plan your work and work your plan

Week ten summarises the entire previous nine weeks although does not wind up the course. Further learnings are available on a greater scale with a deeper understanding of each of the individual segments being taught.

