

# My Exceptional Life Blueprint

Living Life On My Own Terms Is Amazing!

2010



## 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 upon 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 remember and recognize their inherent genius, beauty and true self-worth. My company and I help them understand how to recognize and release their self-doubts, limiting beliefs, fears, anxieties or the lack of confidence or certainty that is holding them back from achieving their life's purpose, vision and goals.

## My Inner Mission

To maximize my awareness 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. To unwaveringly know that I am using my life in many ways that I am proud of.

## My Highest Values I Live By and Make Decisions From

1. GOD
2. My Health-Spiritual, Mental, Emotional, Physical
3. My Family and True Friends
4. Contribution
5. Having Fun: Creating and Enjoying Amazing Experiences

# My Top Goals For 2016

## 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 totally healthy are my highest priorities.

I now weigh \_\_\_\_\_ lbs, < \_\_\_\_% 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 \$\_\_\_\_\_ in Personal Income

My net worth is now at least \$25 million

I saved an additional \$\_\_\_\_\_ this year

I gave \$\_\_\_\_\_ to charities and causes we love

## 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 GOD, my 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, mutual respect and love. My relationship with the people that follow my work is fun, invigorating and fulfilling. I am happily building NeuroGym into the #1 brain retraining and science based personal growth 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 Top Line Revenue and \$\_\_\_\_\_ Million Ebitda

11,000 new Winning the Game of Money Clients

8,750 total Mastering Your Mindset Clients

5,000 new Having It All Clients

5,000 new Winning the Game of Weight Loss Clients

1,000 new Cloning of Business Success Clients

Raised Minimum \$\_\_\_\_\_ Series A funding

Launched Our Proprietary NG Smart App Platform

Launch NeuroGym and first 2 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 a world-class client experience for all our product lines

Organize and protect all of our IP

Donate 1% of our gross revenues to causes we believe in

Have a World-Class Board Scientific Advisory

Launch Innercise to The World and Own That Brand

Kpi's throughout company

Develop a world class Scientific Advisory Board

## **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:**

We are now happily giving at least \$200,000 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:**

Go watch Keenan Play Lacrosse (2)

Ski 3 times

Silent retreat

Couples retreat for me and Ria (3)

Race Car Driving

Fighter jet/mini plane

## **Contribution:**

Create amazing content and programs for the world to use and enjoy.

Help Tens of Millions of people with my work and gifts.

## **Books I will Read and Study:**

Double Double- Reread  
Influence- The Psychology of Persuasion  
The Power of Habits  
Changeology  
Scaling up  
The Answer and Having It All - reread my own books  
The Copernicus Complex  
The Universe Solved  
The Power of Habits  
Willpower  
Scaleability  
Persuasion

## **Courses I Will Complete/Study:**

Advanced MYM  
Upgrade Brain Knowledge and Skills  
Learn My Mac Better  
Mastering Habits  
Mastering Emotions  
Mastering Change  
Mastering Persuasion  
Sales Mastery (Pearson)  
CBT- Coursera

### **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 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 - focus and clarity

Review and Create My Plans for the Day

Reflect and Think On Life

Consistently do the Highest Impact and Income Producing Activities

Gratitude and Appreciation to Close the Day

### **Places I will Travel:**

Montreal

Telluride

Providence

Israel

Miami

Boston

### **Book Projects and New Book I will write:**

The NEW Science to Achieving Total Happiness Health and Financial Abundance.

Revise The Answer, HIA and The Vision Board Kit.

### **2019 (3 Years or Sooner):**

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

\$ \_\_\_\_\_ or more in net worth

Zero Bad Debt

\$ \_\_\_\_\_ to Charities

### **2026 (10 Years or Sooner):**

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

\$ \_\_\_\_\_ or more in net worth

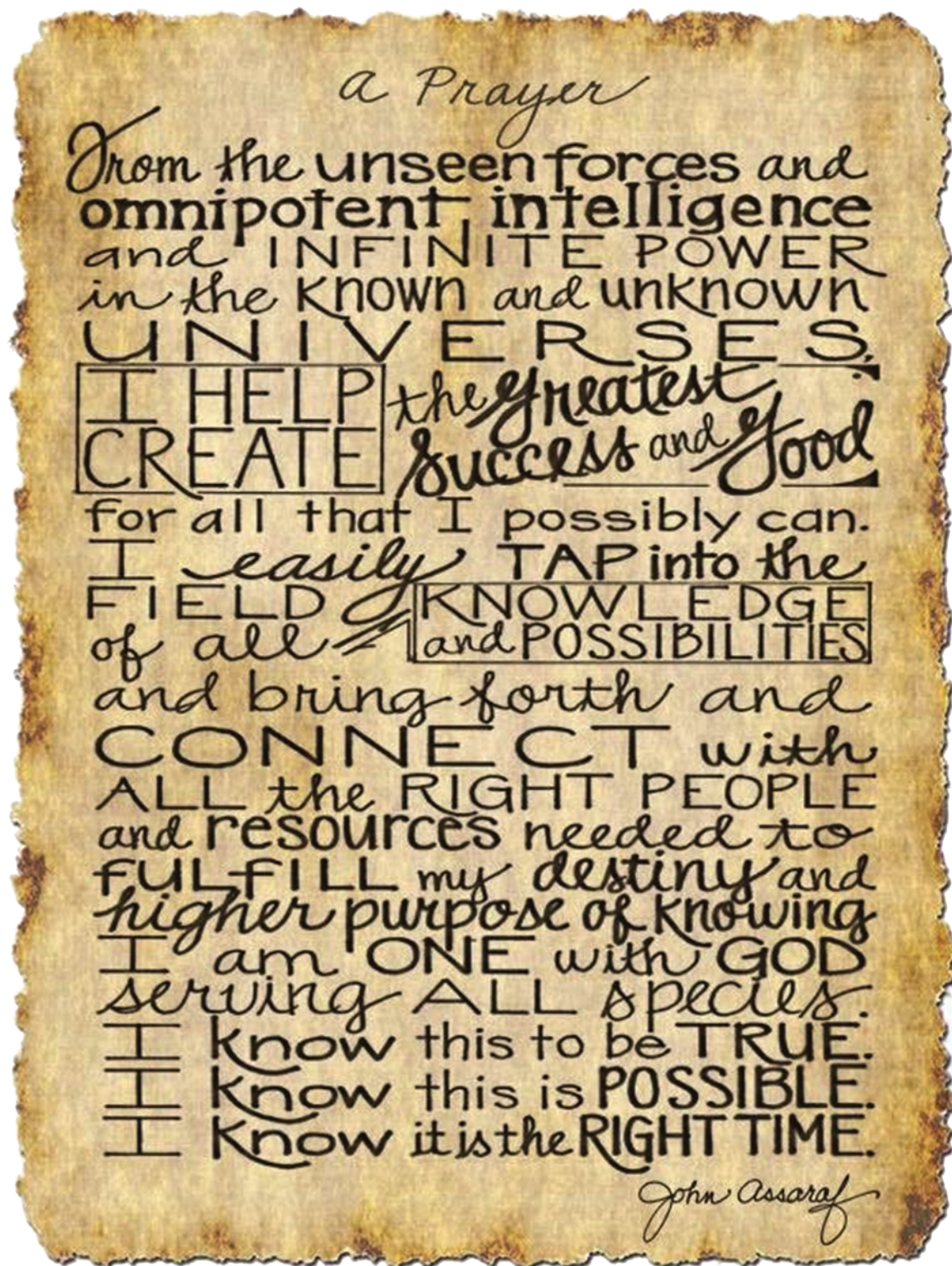
Zero Bad Debt

\$ \_\_\_\_\_ to Charities



## **THE Key Questions To Ask Daily In Order To Achieve My Goals:**

1. What Must I learn?
2. What Must I Do?
3. What Must I Start?
4. What Must I Stop?
5. What Emotions Must I Engage?
6. What Must I Release?
7. Whose Help Must I Seek Out?
8. Am I interested or Am I committed To Doing Whatever It Takes?
9. When?





## *My Promise*

I am NOW living my life by design not by default.  
I am extremely smart and I NOW have everything I need  
to achieve the vision I have for my life.  
I am NOW rising to my vision and doing whatever it takes to  
achieve my life's goals, dreams and purpose.  
I NOW release anything that has held me back in the past.  
I NOW forgive myself and anyone else that has held me back.  
I am NOW choosing freedom over fear and  
I am NOW ready to rise.  
This is my time to make a quantum leap  
and become all that I can be!

*John Assaraf*

## *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*



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## My Outer Mission

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## My Inner Mission

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## My Highest Values I Live By and Make Decisions From

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## My Top Goals For 2016

### Health:

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### Financial Wealth:

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### Relationships:

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**Business:**

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**I Have Achieved These Milestones:**

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**Spiritual Growth:**

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**Charity:**

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**Fun and Experiences:**

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**Contribution:**

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**Books I will Read and Study:**

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**Courses I Will Complete/Study:**

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**Habits/Addictions I Will Release:**

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**Habits I Will Start/Reinforce:**

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**My Daily AM/PM Rituals:**

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**Places I will Travel:**

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**2019 (3 Years or Sooner):**

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**2026 (10 Years or Sooner):**

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