



THE 3 KEYS TO
**TRANSFORMATIVE
LEARNING**

MASTERCLASS WORKBOOK
WITH VISHEN LAKHIANI

WELCOME TO YOUR MASTERCLASS WORKBOOK

5 Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. Think of how you can quickly implement the secrets revealed in this session to rapidly change your life.
4. During the Masterclass, use the dedicated space on the right side to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.
5. Continue reviewing your workbook and notes to process your lessons at a deeper level. Insights may spur during revision.

WHAT TO EXPECT

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1. PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

2. SELF-ASSESSMENT QUIZ

Assess your current level of personal development with this self-assessment. Let these scores serve as an indicator of which areas you should focus on improving. How true are these statements to you?

Rate yourself on these statements on a scale from 1 to 10. (0 - least true; 10 - most true)	Rate 0-10
1. I have a fitness and diet routine.	
2. I participate in activities that help me learn and grow.	
3. I am emotionally stable.	
4. I live in alignment with my values.	
5. I have a spiritual practice.	
6. I have deeply connected and loving relationships.	
7. I have an abundance mindset.	
8. I am happy with my current quality of life.	
9. I know my life purpose.	

Use the space below for any additional notes.

3. THE TIME MACHINE

Follow along Vishen's instructions in the Masterclass. Use the space below for your reflection.

What advice would you give yourself from the future embodied you?

4. LIFE LESSONS FROM SPIRITUAL MASTERS

Follow along the Masterclass and fill in the blanks below. Use the space on the right for any additional notes.

According to Google, deep personal loss has resulted in employees who are more humble and open to _____ and learning.

Notes

From Srikumar Rao, Vishen learned that best way to overcome the stress and chaos in life is to immerse yourself in _____.

From Michael Beckwith, Vishen learned two concepts:

1. _____: Change emerging from pain.
2. _____: Change through insight.

It's not about _____ things to _____ somebody. It's about _____ in a state and allowing the Universe to do the _____.

5. THE THREE RULES & VISHEN'S TOOLKIT

Follow along the Masterclass and fill in the blanks below. Use the space on the right for any additional notes.

The true art of living life is living from your _____.

The 3 core values that guide Mindvalley are:

1. Transformation
2. Unity
3. _____

1. TRANSFORMATION

Rule #1: Your "thing" is not about your "thing". Rather your "thing" is nothing more than the greatest vehicle for your _____
_____.

What should be your #1 obsession in life? Your R.O.S.E. - R_____ of Self E_____

Why does personal growth often fail? People should be focused on _____ instead of outcome or process.

Robin Sharma teaches the 20/20/20 principle.

- 20 minutes of _____
- 20 minutes of _____
- 20 minutes of _____

The Identity Shift Toolkit: Combine these two tools to create a powerful transformation.

1. _____ Questions: a kind of affirmation that can trick the subconscious into embracing the new identity. e.g. Why am I such a powerful learner?

2. The Power Hour: 20/20/20 Principle.

Notes

2. UNITY

Rule #2: Your life is not about _____. Rather, your life is about the lives of everyone you touch.

The Tools for Unity:

1. Your North Star: Ask yourself, what am I going to _____ to _____?
2. _____ VS Rules: Embrace both feminine and masculine energies in your workplace.

To increase your chances to get a raise by 40% in the next year you should compete on _____.

3. ENVISIONING

Rule #3: When you dream _____, your problems become _____.

The Tools for Envisioning:

1. _____ - Fueled Goals: establish an unshakeable, grateful baseline for yourself.
2. The _____ Rule from Google. Your goals should be failing _____ the time.

6. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. What would your life look like if you were to discover the full power of your potential?

2. How could you contribute more to your family, relationships, yourself, and community with this heightened sense of self?

3. How will your life change once you learn how to become confident in periods of uncertainty?

4. What is the one thing you can do right now to demonstrate you are dedicated to transformation, unity, and envisioning?

7. TESTIMONIALS & STUDENT STORIES

"Anything not found in ordinary school teachings are found in Mindvalley"



Mindvalley is my kind of University as I refuse to fit into what the world has socialized humans with culture country, family etc... into becoming.

When I found Mindvalley, I found loads of answers. Mindvalley courses widened my horizon and I was able to find more knowledge... It is for me a Wisdom Library accessible for those seekers like me.

Anything not found in ordinary school teachings are found in Mindvalley, among other places of course! It is for For me, it is my chosen University.

~ Anna Di Pede
Yoga Teacher and an Ayurveda Massage Therapist

"I finally believe that I have the skills and knowledge to really make a difference in the world"



I first discovered Mindvalley in 2015 when I was going through a profoundly difficult period in my life. My 12 year old daughter had already tried to kill herself twice, and my marriage of nearly 20 years was crumbling. I was truly in a "Dark Night of the Soul" transition, as I struggled to find meaning in all of these profoundly difficult trials which I was experiencing.

[...] Now I look and feel better than I have in years and I finally believe that I have the skills and knowledge to really make a difference in the world and impact people's lives for the better.

I am launching my own business. [...] Now I do what I love and I know that I have the tools to transform people's lives for the better.

~Katherine Potter
Holistic Health Coach

"Mindvalley has saved us!"



I'm a mother of two Luna and Ana. Ana was diagnosed with cancer in 2014 she was 14 years old, she is now 19. I want to thank you for your work and I want you to know that you saved us, Mindvalley saved us, not just me but all our family.

Ana isn't yet cancer free but we are working on it.

All of this happened when I was trying to survive to my child diagnosis and found you on Youtube. I was willing to find some singularity that would impact me for dealing with all of this ...

You saved us because you teach me to meditate and so many other things. I began to be addicted of Mindvalley. I apply the knowledge in my life and share it with my daughters. I was able to think better and make better decisions. I learn that we have a lot of power and after this I began to study. Your platform change my life forever. Know we can help others who are in similar conditions. You made us able to do our part!

[...] I signed for Mindvalley for a year, learned the contents on health, exercise, biochemistry, physics, like a hungry person pursuing food. I learned for hours and hours almost like crazy. It was a time of breaking all paradigms and exchange them for new ones.

It was very complicated. Complicated to see everyday doctors knowing that they don't know so many things... Complicated. That they can only do what the system allows, they have only allowed the pharmacology response... Complicated.

We went ketogenic, almost everyone in the family. No more sugar, no more demonising of fat, no more stupid thoughts, be present in the moment. We are doing our part.

You could think that I am a physicist or have a biochemistry degree... Not at all, I've been a dancer, a cultural producer, programming cultural events, and a teacher. Because Mindvalley has the content available to everyone, I have successfully learned

~ Shilá Fernandes

"Speak and Inspire has been the deepest self-work I've done within a community"



Speak and Inspire has been the deepest self-work I've done within a community. To be able to expose your fears, your losses, your gains and your triumphs, and share the same with a support system from all over the world could only lead to empowerment like no other program ever has.

[...]

~ Dixie Ann

"Thank you for saving my life"



I'd like to thank Mindvalley to save my life, literally.

You see I found you while I was googling for poison, yes I was planning a suicide attempt for **the second time!** The first one was unsuccessful, I ended up in a psychiatric clinic and because of that I was labeled unstable and I lost everything - my daily life, my wife, my house, my job and worst of all my 2 beautiful children.

I was able to see them for 6 months only once a week, for just one hour under a psychologist control in a "safe" environment. I can't explain how frustrating and humiliating that was! I who considered myself a great father, a great husband and so recognized by everybody turned into Hannibal Lecter?! How could this happen?

I made the mistake of giving up my dreams, I left spirituality completely, I left all my hobbies and I became what the local retrograde society wanted me to become. I followed all the so-called brules and that eat my inside. Yes I had 2 university degrees, I was well paid (I used to work in a very humanity - company), I had a family but I was miserable. My life was all cash and duty, no fun, no magic, no me.

I became frustrated, bored of life, permanently anger and my body became weak, fat and with a lot of health issues. I became another person that the one my wife once fell in love.

So one day my now ex-wife asked for divorce. In the environment that I live this is considered the greatest of a shame for a man, it means that you're not capable of taking care of your family, that you are incapable, you are not worthy to be called a man... so in a moment of despair I lost my mind and there it goes with the suicide attempt.

After months of therapy and battles in the courtroom (which costed my all the money I had left) the label unstable was taken away -it was recognized as a consequence of severe stress, but meanwhile I lost everything. In my head the everlasting idea to give an end to everything, this time for good.

There I found Mindvalley and everything changed. I found a meaning with your quests, I restarted my hobbies, I'm fitter than I was 20 years ago, although I'm now divorced I share a better relation with my children and my ex-wife than before.

I'm still broke but at least now I see the light at the end of the tunnel I was in. I learned that I was following the wrong path! Thank you for saving my life.

~ Andrej Prebil

“I was inspired by Vishen and Lisa Nichols through Speak and Inspire quest and I just published my first book ”



[...] I see myself grow and morph into an amazing, beautiful, loving, kind, compassionate human being. I truly am following the path of transcendence from self-awareness to self-transcendence and I am in awe of who I am becoming because I know that the better I get, the more people I can inspire.

I was inspired by Vishen and Lisa Nichols through Speak and Inspire quest and I just published my first book and I am working on my second one...I am a regular person who realized I did not love myself anymore. [...]

I learned to overcome my limiting beliefs and nothing is stopping me now. I am enrolled in 3 other courses and finished 3 others. Mindvalley is mind blowing. Let's all spread the love, unity, kindness, compassion and with everything we learn, let's all stay on the path of inspiring others to become their best version. It's not a job, it's a mission.

~ Carmen Badan

Author of Stand Out From The Crowd: How to Get More Leads and Close More Sales

“After this course I began to break down the walls I have unintentionally built all my life”



[...] I was amazed by the support and positive feedback of the tribe community every step of the way. Speak & Inspire tribe is by far the safest and most beautiful place to be to learn and grow... It's an incredible journey, never walked alone. It is a true miracle.

[...] Before this incredible journey began, I was an ad woman, a communication expert for 15 long years, struggling to pursue her true calling, writing and inspiring. After hitting rock bottom in many ways, my journey of self-discovery began. Today, I passionately tell stories to inspire others who just need a little spark to go on and find their own magic - as I once badly needed. [...] I believe that each of us has a unique journey but we grow and heal together.

~Asli Eti, storyteller, published author of children's literature
Istanbul, Turkey

"For the first time, I was able to see clearly what was behind my curtain of beliefs. I was telling myself the story of "I can't win"



I have been taken the quest with Prof. Srikumar Rao, as I was looking for different ways to deal with my beliefs. I had this feeling of always banging my head against a glass ceiling when it came to fully living my passions and purpose. I felt trapped.

I am in the business of leadership consulting, and my passion is to inspire leaders to find their passion, unleashing their full potential, to motivate and engage their teams with all their head and heart. **However, I was only partly living my passions and potential.**

For years I told myself the story of not being able to live my passions fully, as my family life took too much attention and energy and I could not focus enough on my business. As a Solo-preneur and single mother, I am taking care of two teenage girls, one being a mentally challenged foster child. Although I was doing ok, I often felt tired, exhausted and spread too thin with all the tasks that needed to be done. [...]

I loved the quest from the beginning, eager to wake up every morning. **Listening to Prof. Srikumar Rao's videos was the most delicious start to my day. While his stories are wonderful to listen to, the process of self-discovery and transformation is so profound.**

[...] **I was able to see clearly what was behind my curtain of beliefs. I was telling myself the story of "I can't win", I was in the "worrying business" most the time and "never good enough - in all areas". And with the exercises, I was able to gain new perspectives, deeper insights into my thinking and saw my challenges more clearly[...]**

I understood that I needed to learn how to systemize my business, how to involve more people, to delegate and to get more out of there. In my private life, I understood, that my foster daughter needed much more and different professional support than I was able to give. I was handling too many roles and our relationship was suffering. [...]

I have engaged people working for me and support me grow my business. I became open to learning whatever it takes to get out there, spreading my passion and expertise and support many more leaders than before.

My foster daughter is getting more professional attention and support and I found more freedom of mind to focus on what I am really good at.

I have made free with my past, leaving the big baggage behind, just taking the learnings with me.

I live a much happier life, with less stress and more energy. I have the feeling of getting closer to being myself each day, using this approach whenever I get stuck.

~Andrea Danner

“Mindvalley has changed my life”



Few days ago, I resigned from my software engineer position to follow my passion. You see four years ago, I found myself in the middle of divorce and unhappy at work. I was desperate, miserable and in pain. Then I found Mindvalley.

I learned to truly love myself. Then I fell back in love with my husband and started to enjoy my job again. It was an amazing journey. I realized I had been sleep walking all throughout my life and letting life happen to me but finally I was awakened. I felt empowered and decided to learn more about all the techniques that helped me heal so I can help others.

So, two years ago I became a life coach and started coaching half time. I am also becoming a certified hypnotherapist, graduating next month. All thanks to Mindvalley. In two weeks, I will be self-employed to follow my passion to empower others to heal and live their life with joy and peace.

~ Nasrin Barbic

Transformational Life Coach, Vinyasa yoga teacher

“Open yourself to living on a level you have only dreamed of!”



Mindvalley has been an amazing resource for uncovering tools to help with a range of things in my life. From mental health to business building, I have everything at my fingertips. I've already recommended Mindvalley to people for years (6-7 years now in fact) and will continue to do so. Thank you for all you do [...]

~ Gabrielle Kudrnka

"I feel I have a support network at my fingertips"



I am originally from New Zealand, and have lived in Kuala Lumpur for eight years as an international school teacher.

I was so unhappy at my job, I'd been diagnosed with Diabetes Type II, my marriage had stalled, and I was overwhelmed by debt and a terrible relationship with money. A chance tweet message to Mindvalley to visit the premises and look at what they were doing with education gave me a little spark of hope. I found the courage to make major changes in my life, and I'm the happiest I've been for a long time. My life has completely changed in the last year, definitely for the better.

- Why did you decide to join Mindvalley Online Student Subscription?

I attended the one day event in KL in February, and it prompted me to want to continue a connection with Mindvalley. Vishen was a surprise guest at the event and it was fantastic to meet and hear him, but it was also the Mindvalley trainers running the event, and others supporting it that motivated me to sign up.

- Which TOP 3 things you liked most about this subscription?

I feel I have a support network at my fingertips. I browse through the many trainers available to me, and I feel I can achieve anything. I have worked through the 6 phase meditation, been supported to quit sugar in 7 days, become empowered through Intermittent Fasting and more.

- Have you noticed any positive changes in your life after taking this subscription?

I feel I am not alone in my journey of self improvement and empowerment. **I have taken a year off from work, and am calling it my 'year of self care'. Mindvalley is an important part of this.** I reached out to Mindvalley and visited when I was working in KL, and it helped me to take a leap of faith and move away from paid employment.

I am now pursuing my love of stand up comedy at the age of 47! I have transformed my relationship with my husband. I have launched my own fundraising initiative to set up my own dog rehoming centre after years of taking in strays and finding them forever homes! I am now a Diabetes advocate pushing for real change in Malaysia. I am limitless in what I can and will achieve.

I've signed up for support groups through Facebook, and met like-minded people who've cheered for each other's successes from around the world. [...]

My key mantra when I was teaching was 'Find your tribe!' Find those people who lift you up, who celebrate your successes, who want you to be successful in life.

- What would you recommend to the person who is considering to take Mindvalley Online Student Subscription? Do it, do it, do it. In the last few months of work, I listened to a quest in the car on the way to work. It kept my brain thinking about this during the day, and refocused my life. Mindvalley has curated content that is able to be personalized just for you.

The main lesson to take away from this, is that Mindvalley want to succeed. I'm already on my way, and I hope to see you join the journey.

~ Adrianna Astle