



THE 5 STEPS TO REPROGRAM YOUR MIND FOR **ABUNDANCE**

YOUR MASTERCLASS WORKBOOK
WITH MARISA PEER

WELCOME TO YOUR MASTERCLASS WORKBOOK

5 Tips to Get the Most Out of This Masterclass

1. Print this workbook before the Masterclass so you can take notes as you listen. You can also download and type directly in the workbook to save paper.
2. Review the contents of this workbook 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. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly implement the secrets revealed in this session to increase abundance in your life.
5. During the Masterclass, use the dedicated space on the right column 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.

PREPARATION FOR THIS MASTERCLASS

- This Masterclass will be best experienced in quiet place where nothing can distract you.
- Be in a comfortable position so you can fully take part in the guided hypnotherapy session that will be a part of the class.
- Before starting, 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.
- Be open to the experience and to the learnings you are about to receive.

WHAT TO EXPECT

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PART 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?

PART 2:

THE 5 STEPS TO REPROGRAM YOUR MIND FOR ABUNDANCE

Follow along with the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right. Click on the video to pause.** But pay attention, because you cannot rewind!

Rule #1: Your mind cannot hold conflicting beliefs

Be _____ what you want and your brain will _____ it to you.

Choose beliefs and thoughts that _____.

_____ about what you want in the present tense. _____
about what you don't want.

When you tell your mind you want it, you _____ it.

If you don't have what you want you might have _____ beliefs.

Rule #2: Your mind prefers the familiar and avoids unfamiliar

The familiar makes us feel _____.

Make praise familiar by _____ yourself. Ban _____ and make it
unfamiliar.

Make new habits familiar by repeating to yourself that you _____ it.

You can _____ yourself into or out of anything.

Notes

Rule #3: You make your beliefs, then your beliefs make you

You always have a _____ what beliefs to install.

Your beliefs become a self-fulfilling _____.

Rule #4: Your beliefs form a blueprint

The subconscious mind does everything to make the blueprint a _____.

You can decide to _____ the blueprint.

Rule #5: You act in a consistent way to how you define yourself

Every thought you think has a _____ and an _____ reaction.

Think good thoughts and you will have a good emotional _____ .

Your thoughts form your _____ .

Change your _____ and you will change how you feel.

Notes

PART 3: TEST YOUR KNOWLEDGE

Solidify your learning after watching the Masterclass.

1. What can prevent you from having everything you want?
2. How can you make new habits feel familiar to your mind?
3. How do the thoughts that you think influence your body?
4. What do you need to change in order to change your reality?

PART 4: REFLECTION

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

1. What potentially conflicting beliefs you might have?
2. Have you picked up any negative beliefs from childhood?
3. If you have children, are there any beliefs that you might be installing in your child's mindset?
4. What do you keep saying to yourself that might be causing a negative physical and emotional response in your body?

5. How do you feel after the Masterclass? What were some of your biggest insights and takeaways?

6. What was your experience with the hypnotherapy session? Did you have any specific memories or thoughts come up during the session?

THANK YOU for joining Marisa Peer's Masterclass!

5. STUDENT STORIES

"Marisa is a fantastic therapist."



"I am a really big fan of Marisa, I've trained with Marisa, I've had personal therapy with Marisa and she has contributed to my books. I always acknowledge Marisa as being a massive influence on my life, which is why I signed up to her course. [...] I know that Marisa is a fantastic therapist. She has been helping me with the training that I'm doing, to become much better at helping other people as well. She is fantastic."

~ Anna Richardson,

Presenter, television producer, writer and journalist

"Marisa Peer has an extraordinary skill at getting people to change."



"Marisa Peer has an extraordinary skill at getting people to change. Since she worked with me, my life and my footballing skills have changed dramatically and for the better."

~ Jason Roberts,

Premier league football player

"Marisa Peer is an absolute marvel she not only changed my life – she actually saved it.



" Within two weeks of having just one session with her I stopped smoking and drinking for good and developed a completely different attitude to food. That was 21 years ago. I have never had a cigarette or drink since and I don't want or like unhealthy food anymore despite the fact that I used to devour too much of it. At 75 I have so much vigour that astonishes others which I directly attribute to Marisa. Because of Marisa Peer I have a whole new life I cannot recommend her or her methods highly enough."

~ Molly Parkin,

Writer and renowned artist

"You have to see what she can do in [five] minutes."



" I work in the financial industry and no matter how much money my clients have, how great their life appears to be, if they don't understand what Marisa Peer can pull out of someone in [five] minutes, they never feel successful or love their life. You have to see what she can do in [five] minutes that people search for their whole lifetime."

~ Garrett Gunderson,

New York Times bestselling author of Killing Sacred Cows: Overcoming the Financial Myths That Are Destroying Your Prosperity

"Working with Marisa has helped me to change some deep rooted issues"



"Working with Marisa has helped me to change some deep rooted issues. I no longer use food to cope and I can finally become slim. I am amazed at how much food I am leaving I cant not finish food and I am indifferent to junk food which is such a buzz to me. For the first time EVER I can work with food and it does not rule me at all."

~ Steven Wallis,

Chef and winner of Masterchef 2007

"I can't thank you enough."



"I can't thank you enough. Your speech was inspiring, relevant and emotional. Exactly what was needed. All the editors were very moved and excited by it, I have heard them saying wonderful things about you and your session. Let's stay in touch—I hope we will collaborate more in the future. "

~ Karina Dobrotvorskaya,

President, Condé Nast International