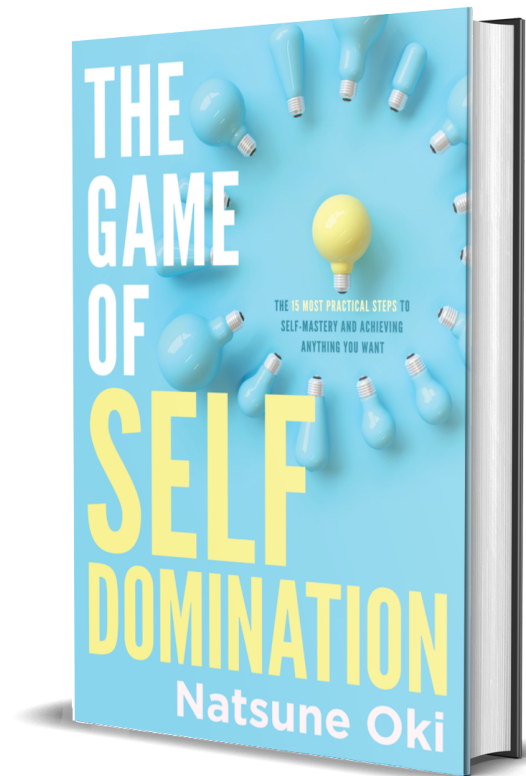


CHAPTERS IN THE BOOK

1. Dead Life

2. Why You Are Scared Of Change

CHAPTER 1 Phase 1 **One-Week Action Challenge** **To Get You Out Of The Small** **Boxed Thinking**



Overcoming Your Fear — Building Your Decisiveness Momentum(1 week + and all throughout the training)

Step 1: Feed Your Brain With LifeUp Boost & Focus Listening — Decisiveness and momentum from brain feeding

Step 2: Power Building Through Confidence & Vision — Decisiveness and momentum from power building

a. Fake it til make it, does it really work? The non-verbal behavior in power and dominance

b. The Role Of Vibration With The Study Of Quantum Physics.

70 LifeUp Boost QUOTES

CHAPTER 2 Phase 1

The Importance Of Self-Awareness And Envisioning Your Vision

Setting Up Clear Visions & Proper Planning
(2 - 5 days)

1.Identity Circle (Virtue activities of the soul)

Step 1: Essence Of Dream & Emotional Definition
— Meeting 'Identity Circle' at the macro sense

Step 2: Proper planning for worst-case scenario
— Courage building

Step 3: Developing a concrete plan
— Overcoming your fear with concrete plans

a.Truth About Income
— So What Do We Really Want from Money?

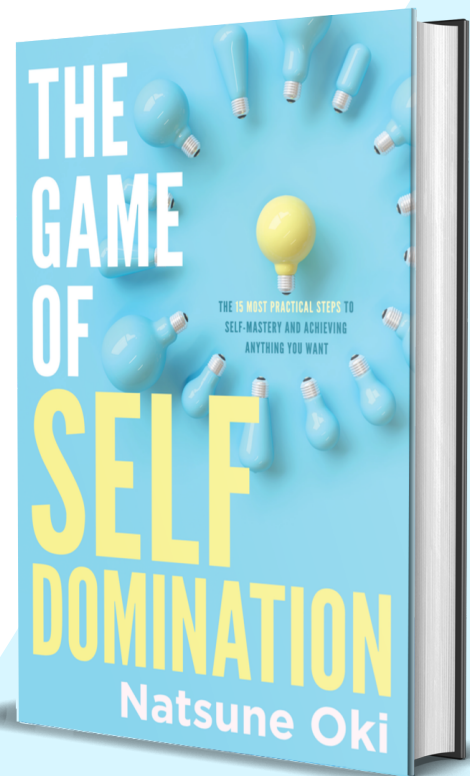
b. Owner's Mindset: A Way To Create Risk Tolerance In Pursuing Your Dream



CHAPTER 3 Phase 1

Brain Conditioning

1. What are habits; automated action patterns? — Checker Shadow Illusion From An American Neuroscientist
2. Story Of A Hungry Dog — Reality Is Just Brain Hallucination Backed By Senses
3. Story Of 4-Minute Mile Runner
4. How To Condition Your Brain To Have A Certainty
5. What Is A Certainty?



CHAPTER 4 Phase 1

Effective & Efficient Goal Setting

1. 80/20 Rules By An Italian Engineer, Economist
Vilfredo Pareto
2. MECE Principle By McKinsey
 - a. How We Apply MECE Communication Tool To Life Application

3. Lean Production By Toyota

- a. Key Thinkings Of Lean Manufacturing

- b. Life Applications Of Lean Thinking

4. Comparative Advantage By British Economist David Ricardo

5. "Started from the bottom now we here"
— The importance of goal setting example from an American multi-millionaire entrepreneur Daymond John

Step 1: Mapping

Step 2: Priority — The method from 34th US President (Eisenhower's Principle)

6. Efficiency in Managing The Tasks

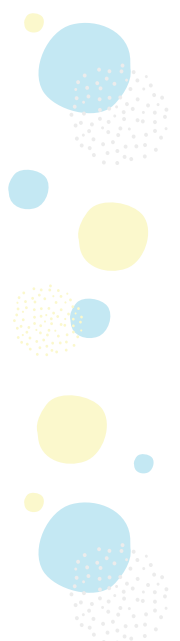
- a. Batch Similar Tasks Together

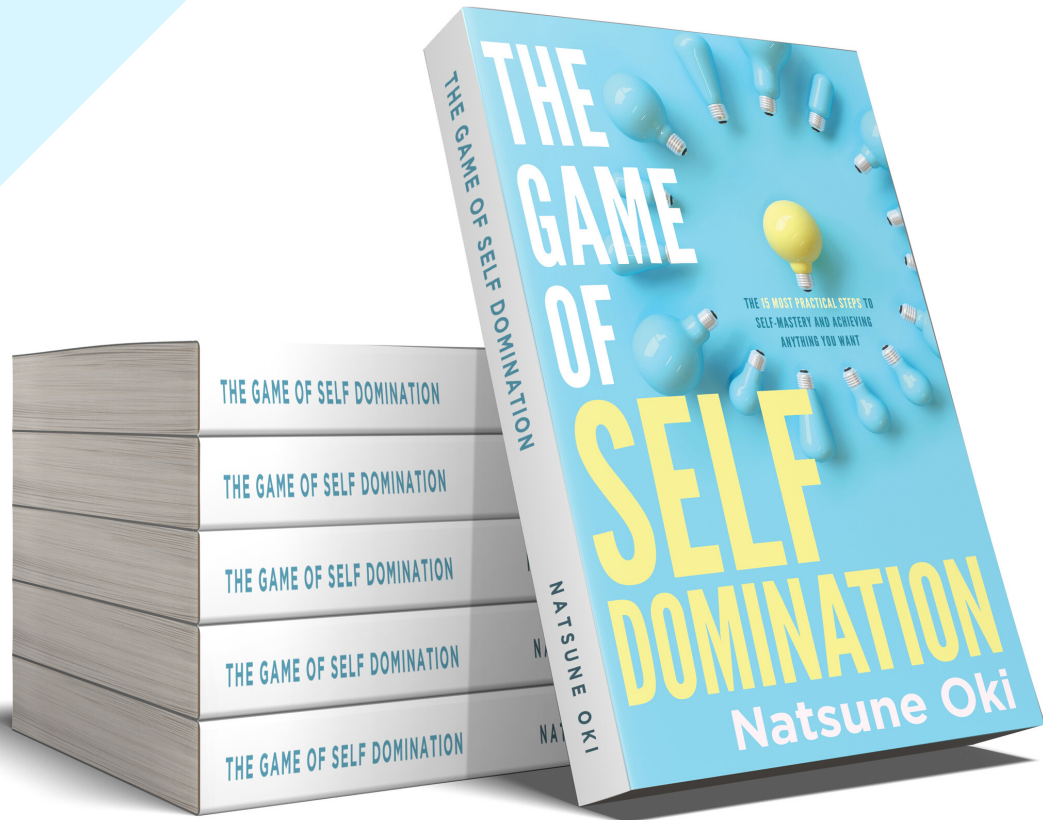
- b. Pick Six Tasks To Be Completed In A Week (The Ivy Lee Method)

7. The Balance In Between Getting Your Priority Done And Helping Others

8. Invisible Hand by father of Economics Adam Smith

9. Rule Of Delegation





CHAPTER 5 Phase 2

Faith and Resilience Through Creative Thinking and Highly Cognitive Perception

1. Socialization

2. Being Homeless Is Not Bad, The Real Enemy Is Something Else — Highly Cognitive Thinking In Being Homeless

3. Next Time, Just Say Yes

CHAPTER 6 Phase 2

Faith And Resilience Through Mastering Self-Talk And Self-Perception

1. The Number One Skill That Matters Out Of All, Really
 2. Visionary Leader
 3. Questions decide your destiny
 4. Murder Story vs. Hero Story
 5. The story of a man who failed 9999 times just to succeed once & overcame adversity
 - a. Beautiful Burning Castle
 - b. Happiness Advantage From A Harvard Psychologist
 - c. Shawn Achor's 6 Exercises For Happiness
- Step 1: Embrace Simulator
- Step 2: Happiness Advantage

CHAPTER 7 Phase 2

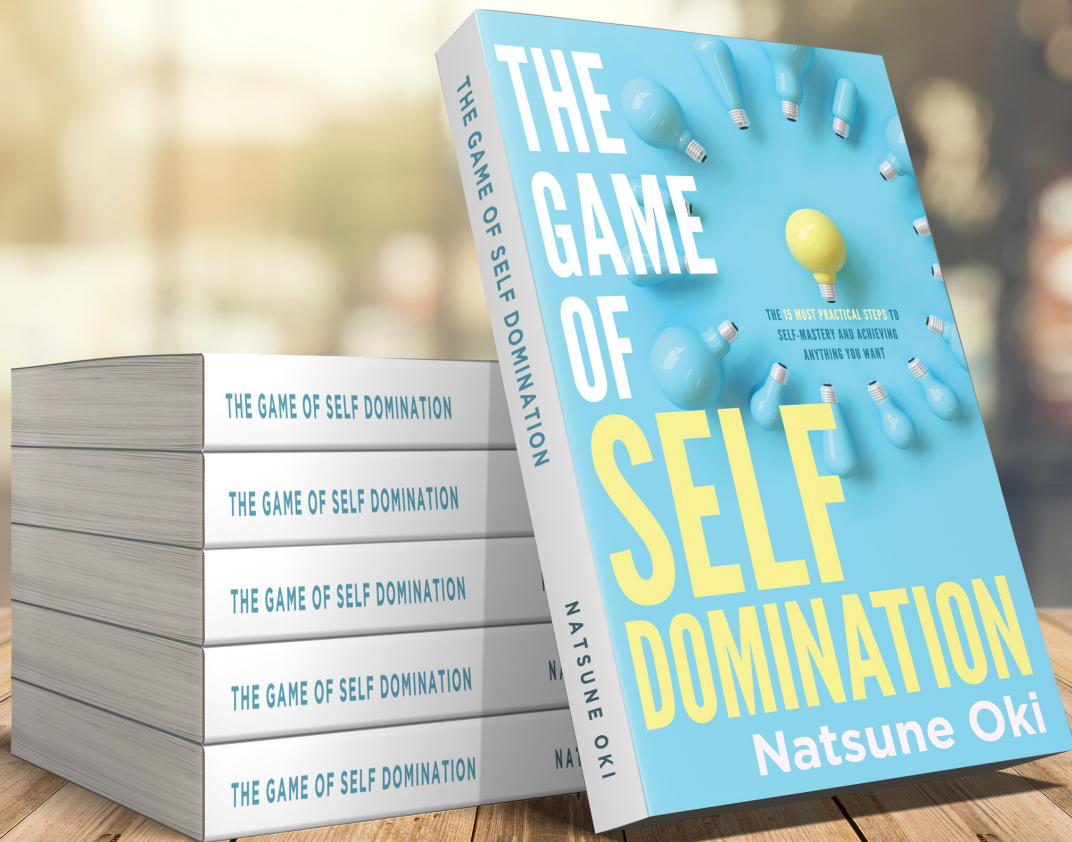
Faith and resilience from fear of others through acceptance & influence

1. Bayesian Brain
2. Kinds Of Rejections
3. Rejections from fear
4. Rejections from judgment, hatred, anger
5. Powerful Leaders
6. Seven Qualities Of Influential Leaders Who Leave Positive Impacts In Other's Lives
7. Being An Influential Person



CHAPTER 8 Phase 3

Achievement – What Is Success?



1. Keeping In Touch With Your Progress

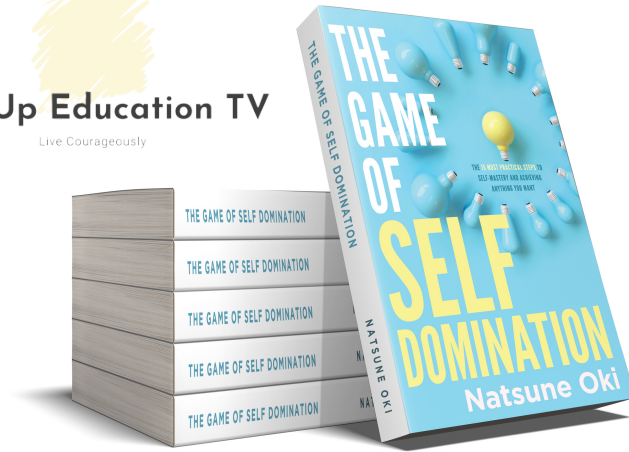
a. How To Eliminate Destruction & Complete Tasks

b. Focus On Managing Your Energy, Not Your Time

c. Accumulate Small Wins

d. Reset Your Mind With Power Of The Non Thinker

2. Success vs. Happiness



WHAT RESULTS DO I GET?

- We will create the life you don't need to escape from; the life you can not wait to wake up to
- We will constantly show you example life stories, philosophical questions, and brain science to challenge and expand your current boxed thinking
- We will put you through multiple self-discovering in-depth questions and conversation to understand "your circle of identity"
- We will properly create practical plans for successful life design and instruction on accepting and overcome fear
- By the end of the book, you will feel massive energy to live a passionate life with inspiration, willingness, leadership, and strong resilience
- We will reveal and conclude with what having a successful life really means by reviewing all the inspirational stories, and dynamic questions asked throughout the book.

BOOK EXCERPTS

Many of us assume happy people are lucky. We go through our lives not realizing that a **happy life actually takes work**. We end our lives desperately whining and screaming for help.

If you don't like your job? Change it! If you don't like your body? Change it! If you don't like your life? Change it! Problems call you to change. They are not there to make you struggle. They force you to become a better and more capable person. If you are ready to make a change, this book will be your bible and guide for the lifetime commitment of growth and ambition.

What makes you special is not the fact that you are surrounded by millions of obstacles. Having problems is common to everyone. Willingness is not. Willingness to work past them, to rise above the struggle through strong determination and intent.

**So, this is where everybody stops.
The question is, is this the stop for YOU?**

**Show off your commitment, willingness, and work ethic.
That's the only way to show off.**