NeuroGym
Brain Awareness Week Masterclass Series Workbook

Change Your Brain, Change Your Life!
Unleash the Genius Parts for the Smartest Path to Financial Success

Masterclass with Dr. Srini Pillay

During the Masterclass training with John Assaraf and Srini Pillay, you'll get the mind-expanding answers to the important questions below.

1. What is the biggest reason why people don't achieve their goals?
2. The same goal setting pattern emerges for everyone, what is it?
3. How do you know when your habit circuits are dominating your life?
4. How do you turn off the habit circuits and develop behaviors that serve you?
5. What do we need to become consciously aware of before making a big change?
6. How can you use your brain better today so you can start achieving your goals?
7. What is activated when you tell your brain you want to change?
8. What 2 things happen in the brain when you implement the “Possibility Thinking” technique?
9. What is “Switch Cost” and how does it impact your personal and financial goals?
10. When you decide to make a change to make $5,000 more a month, for example, how will you and your brain become fully committed to this change?
11. What part of your brain is responsible for making 90 percent of your decisions?
Unleash the Genius Parts for the Smartest Path to Financial Success *(CONT)*

*Masterclass with Dr. Srini Pillay*

In column A write down what you’re doing right now that needs to change. In column B write down what you’re going to do to make the change.

<table>
<thead>
<tr>
<th>A: What needs to change in my life?</th>
<th>B: How do I make the change?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notes:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Dr. Srini Pillay is a professor at Harvard Medical School known for combining “head and heart” (figuratively and literally) in an approach to personal development and goal mastery that blends science and spirituality.

Dr. Pillay is also a certified master executive coach and an expert in brain-based leadership development. He is the CEO of NeuroBusiness Group and author of *Your Brain and Business: The Neuroscience of Great Leaders* and *Tinker, Dabble, Doodle, Try: Unlock the Power of an Unfocused Mind*.

He has been an expert guest for CNN, Fox, NPR, The New York Times, Washington Post, Huffington Post, Harvard Business School, Cosmopolitan, Elle, Forbes, Fortune, Business Insider and many other news outlets in a variety of media and is known as a highly entertaining guest.
You have to re-fire your brain to rewire your brain for success.

1. What 6 refiring action steps do you need to take to rewire your brain?

   R _______________________
   E _______________________
   F _______________________
   I _______________________
   R _______________________
   E _______________________

2. What does it take for anybody (at any age) to rewire their brains for success?

3. How long does it take to implement a new habit?

4. What does it mean to engage yourself in a new habit or behavior?

5. What do your emotions have to do with accomplishing a project?

6. What is cortisol and how can it help you get into the “flow.”

7. What is mental rehearsal and how can you use it to build the neuro-muscles to achieve your goals?

8. Practice makes perfect because of _____

9. You don’t practice until you get it right, you practice until you _____

Dr Sarah McKay is an increasingly influential brain health commentator, neuroscientist, and science communicator who specialises in translating brain science research into simple, actionable strategies for health and well-being.

In 2014, Sarah founded The Neuroscience Academy, which offers professional development, online learning and in-person trainings that apply neuroscience, positive psychology and mind-body medicine to life and work.

After completing a BSc (Hons) in neuroscience at Otago University in New Zealand, Sarah completed a MSc and PhD in neuroscience at Oxford University.

Sarah writes for numerous publications and has been published extensively for the professional audience. She’s been quoted in the Wall Street Journal, Australian Women’s Health, Daily Life, Sydney Morning Herald, Body & Soul, and has been heard and seen on SBS Insight, ABC Radio National, Balance by Deborah Hutton, and The Exchange TV and others.
1. What’s the secret millionaires know but other people don’t?

2. How are you going to get off the hamster wheel and become an automatic millionaire?

3. What are a few of the major obstacles in the way of people who want to retire early and rich?
   ____________
   ____________
   ____________

4. What can you do today to reduce your debt?

5. if you want to increase your net worth, throw ____________ out the window and ____________

6. What will help you flick the financial success switch and get you to take action?

Notes:

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________
1. What is the most important thing you can do before starting out on your journey to success?

2. Can you do this important thing for yourself, right now?
   
   YES      NO

3. To reach our goals, we have to keep ______________________ to ourselves.

4. How can you do this?

5. What sacrifices will you have to make to make the lifestyle changes you want to make?

6. What are your next steps?

Sharon Pearson is Founder of The Coaching Institute and Creator of the Ultimate Change Methodology, Meta Dynamics. She has often been referred to as a ‘Superpreneur’ – and when you hear her story, it’s easy to understand why.

Sharon is the creator of the Meta Dynamics methodology and in 2006 she founded The Coaching Institute – Australia’s most successful Coaching School. She has written four books, ‘Pathways to Success and Happiness’, ‘Your Success: 10 Steps to an Extraordinary Life’, ‘Simple Strategies for Business Success’ and ‘Disruptive Leadership’ and created a number of successful training programs including Ultimate Influence and Disruptive Leadership.
1. What’s the distinct difference between people who achieve their personal goals and those who don’t.

2. How do we let go of the “container” that’s holding us back from personal transformation?

3. How do we overcome the fears, those feelings that cause us to procrastinate?

4. You and your brain cannot outperform your ____________

5. Use your failures as ____________ for your success.

6. Write down your thoughts/beliefs about money. (This is the “framework” you’ve created for yourself. It’s your “money story.”)

7. What do you notice about your belief system?

8. How does the power of visualization override self-sabotage?

Mary Morrissey is widely considered the world’s foremost expert on “dream-building,” which is the art and science of transforming your dreams into your reality.

Mary has invested the last 40 years into studying transformational principles, and is the author of two bestselling books, No Less Than Greatness and Building Your Field of Dreams, which became a PBS special. She has also been featured in the popular documentary films, The Moses Code and Beyond The Secret.

Together with the Gandhi and Martin Luther King Jr. Foundations, Mary has addressed the United Nations three times, and was invited to co-convene three different week-long meetings with His Holiness The Dalai Lama. She also met with President Nelson Mandela in Cape Town, South Africa to address some of the most significant issues that our world faces.

Mary also recently spoke on the TEDx stage, and to a packed house at the celebrated Carnegie Hall in New York City.

Through her books, live events and programs, Mary has empowered millions of people worldwide to achieve new heights of spiritual aliveness, wealth and authentic success.