

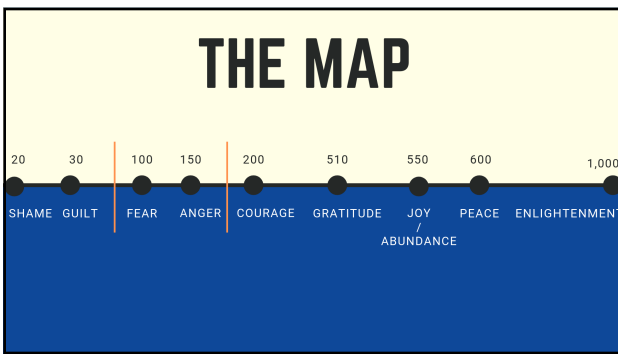


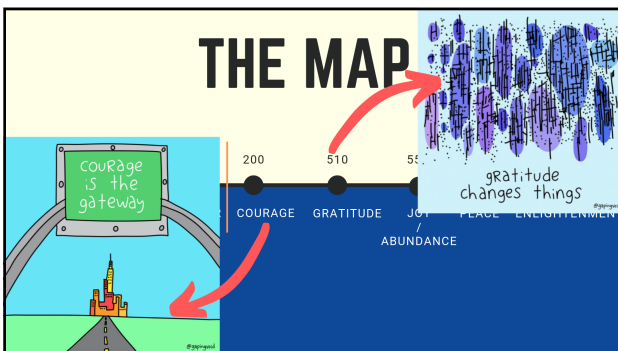
2019 MDRT Top of the Table Annual Meeting e-Handout Material

Title:	Change Your Future through Journaling
Speaker:	Dr. Benjamin Hardy
Presentation Date:	Friday September 27, 2019
Presentation Time:	2:30 p.m.- 3:15 p.m.
Session Room:	Iris

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write it down
watch it happen

3% Write Them

1% Write Them Daily

BENJAMIN HARDY PHD

“When you change the way you see things, the things you see change.”
— Dr. Wayne Dyer

- Re-frame your past (“Gap and Gain”—Dan Sullivan)
- Reshape your brain and body for your future

BENJAMIN HARDY PHD

- Visualization and meditation need to be “emotional.”
- Your subconscious is accessed through emotions and emotional experiences

BENJAMIN HARDY PHD

1. **"Winning Achievements?** Looking back over the past quarter, what are the things that make you the proudest about what you have achieved?"
2. **"What's Hot?"** When you look at everything that's going on today, which areas of focus and progress are making you the most confident?"
3. **"Bigger and Better?"** Now, looking ahead at the next quarter, what new things are giving you the greatest sense of excitement?"
4. "What are the **five new 'jumps'** you can now achieve that will make your next 90 days a great quarter regardless of what else happens?"

(Dan Sullivan questions)



BENJAMIN HARDY PHD
