



# 7 Steps To Self Mastery

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WORKBOOK

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EVERYTHING STARTS IN  
THE MIND

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JACK MAKANI



# 7 Steps

## To Self Mastery

### Writing Manual

*You can use this manual to write down your notes from  
the different exercises in the Self-Coaching book.*

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JACK MAKANI



BlueRose  
Publishers

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First Published in May 2019

**ISBN:**

**Price: INR**

**BLUE ROSE PUBLISHERS**

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**Cover Design:**

Name

**Typographic Design:**

Teena Maurya

**Distributed by:** Blue Rose, Amazon, Flipkart, Shopclues

**CHAPTER 1**

**TAKE RESPONSIBILITY FOR  
YOUR LIFE**





**Exercise 3: Subs**

*See page 24 in Self-Coaching book*

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**Exercise 7: Subs**

*See page 25 in Self-Coaching book*

Lined writing area consisting of 25 horizontal lines.











CHAPTER 2

KNOW YOURSELF











## **Exercise 4: Further prioritization**

*See page 45 in Self-Coaching book*

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**Exercise 7: Observation**

*See page 49 in Self-Coaching book*

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**CHAPTER 3**

**EXPLORE THE PRESENT**

**Exercise 1: The Dream of my Life**

*See page 65 in Self-Coaching book*

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CHAPTER 4

CLEAN UP YOUR LIFE























**CHAPTER 5**

**LIVE FROM THE HEART**

























**CHAPTER 6**

**DECIDE WHAT YOU WANT**









**Exercise 2: Your mission after check in the Walt Disney Model**

*See page 108 in Self-Coaching book*

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**Exercise 3: Your goals «I see myself...»**

*See page 113 in Self-Coaching book*

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**CHAPTER 7**

**EMPOWER YOURSELF**











The book is full of very practical tools and processes leading you through the steps. You can make the process even more intensive by adding the supplement: the videos with demonstrations and further explanations and the audios with special trance inductions assisting the unconscious expansion of your personal resources. You also have the opportunity to download a free writing manual for all the exercises. Do you need to do this 7 step process only once in your life? Probably not. We are living in a world changing rapidly because we are changing inside ourselves. And you may need sometimes to go back and redo the process, also as a way to make it clearer to yourself what is going on in your life and inside your own personality.



The author Jack Makani has experienced a big shift in his own life. Born in Denmark in 1943, he led a totally ordinary life serving as major in the Danish Army. An unexpected divorce at the age of 46 initiated his existential and spiritual quest. He gave up his military career and became a healer and a trainer in personal development. At that time he also became aware of a dream he had in his mind – that he would become one of the trainers travelling all over the world teaching people how to achieve the dream of their life. Today he has fulfilled that dream.

Having become one of the world's best known trainers in personal development, Jack Makani now lives a "life on the road" – teaching people exactly what you are holding in your hands now – the practical tool of how to turn the dream of your life into reality.

You can read more about Jack Makani and his trainings on [www.makani.com](http://www.makani.com)

Contact us at [www.mindmatrixwellnessstudio.com](http://www.mindmatrixwellnessstudio.com)



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