### 7 Steps To Self Mastery

WORKBOOK

EVERYTHING STARTS IN THE MIND

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.

JACK MAKANI



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### CHAPTER 1

### Take responsibility for your life

### **Exercise 4: Subs**

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Exercise 5: Subs
See page 24 in Self-Coaching book

Exercise 3: Subs
See page 24 in Self-Coaching book

### **Exercise 4: Subs**

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### Exercise 5: Subs See page 25 in Self-Coaching book


### **Exercise 6: Subs**

See page 25 in Self-Coaching book

### **Exercise 7: Subs**

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### Exercise 13: How did I create that?

See page 37 in Self-Coaching book

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### Exercise 12: Take responsibility

### Exercise 14: What do you know now?

See page 37 in Self-Coaching book


### CHAPTER 2

### Know yourself

### Exercise 1: Find the patterns and beliefs in your life

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Parents		
Personal relationship Body and health Economy		
Other things		
Other things		

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1 0	U	0		

### Exercise 3: Spontaneous prioritization of values See page 45 in Self-Coaching book

### Exercise 4: Further prioritization See page 45 in Self-Coaching book


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## Exercise 15: Your special gift See page 62 in Self-Coaching book

### CHAPTER 3

### EXPLORE THE PRESENT

### Exercise 1: The Dream of my Life

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## CHAPTER 4

## CLEAN UP YOUR LIFE

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See page 87 in Self-Coaching book	

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Notes on Timeline 2		

Notes on Timelin	ne 3		

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# See page 95 in Self-Coaching book

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## Exercise 1: Step 2) Create Your own Grand Vision

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## Exercise 3: Your goals «1 see myself...» See page 113 in Self-Coaching book

# Exercise 3: Your goals «1 see myself...» See page 113 in Self-Coaching book

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## EMPOWER YOURSELF

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## Exercise 5: Your practical plan See page 127 in Self-Coaching book



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

Contact us at www.mindmatrixwellnessstudio.com







