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Guest: Tar'Lese Trainer

- **1) Uncover & identify blocks**
 - Hurdles, anything that is causing fear
 - Make a giant list of them, own them.
 - (Your chicken list)
 - We retract & go back into our shells
 - Look at yourself, are you pulling your weight? Do you have the skills?
 - Many people wait for confirmation from others as opposed to generating internally.
 - Jason spoke of the power of the unconscious mind and how it controls your emotions and life unless you consciously direct it to what you really want.
- **2) Preparing for what you do want**
 - Being aware of what you're doing.

- Realize you have to sacrifice something, and you get to choose where your energy, time, and money goes.
- When you're planning for the car, the 6 figures, ask this...
 - What do you need to add?
 - What do you need to subtract?
 - Where are you going to need help?
- Jason's story about giving up the event for the opportunity of a lifetime.
- **3) Expression: Fully committing to what you're doing (and how to communicate what you do)**
 - Example of Matt taking a huge public stand.
 - So many people put something in the shopping cart, put something on the vision board...and never follow through.
- <http://MattTrainer.com/7dayupgrade>
- **Including the above 3, we go into letting go of long standing beliefs**

- **How you can manage your vibration and having consistent energy**
 - **Not wavering too high and low**
- **Execution: Willingness to take relentless action!**
- **Use your tools, Tar'Lese's techniques, and how to leverage what you have around you right now, to get what you want**
- **Testimonials:**
<http://bit.ly/thetrainersrock>

<http://matttrainer.com/resources>

<http://matttrainer.com/wealthtransfer>

<http://matttrainer.com/bitgold>

<http://matttrainer.com/gold>

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