



THE MIND AGE™: Mastering your Infinite Mind for Success

The Mind Mastery Game

Stage 1: Building Mind Muscle

Welcome to the Mind Age™ - a new era in revolutionising your life!

How would you like to live a life of purpose, fulfilment and success? What would it mean to you to rise above life's challenges, and always operate from a peak mind-set? How would you be if you were never plagued by anger, fear, anxiety or frustration?

Well now you can be your best self! Stage 0 - read the book *The Mind Age™: Mastering your Infinite Mind for Success – for 2040 and beyond*, by Leeann C. Naidoo (2014) which is available to download from www.themindage.com.

Contained in this support pack, which is Stage 1 of the Mind Mastery Game, are a series of exercises and questions, designed to build 'mind muscle' - trigger various thoughts, ideas and solutions to common life problems. These questions and exercises begin creating a shift in your thinking about aspects of your life, and if you were to undertake the work described in here diligently, you will begin to notice an immediate shift in your frame of mind.

It doesn't end here however. If you complete this stage, you will move onto the next stage of mastering your infinite mind for success – Stage 2. This is where it becomes really intense, competitive and fun, if you will allow yourself the privilege.

So stand up (or sit upright in your chair if you are unable to stand). Step forward (or lean forward if you are unable to step). Occupy the space that is your life and your future. Take a deep breath. Stretch. Get pumped! Let's rock 'n roll!

Walking beside you every step of the way to a fulfilling future,

Leeann



The Path to a Phenomenal Life

Find a quiet place, and something to write in / on.

Have a read through the questions below and the rationale for the questions, then slowly begin working through each question, writing down your answers.

Reflect on how you feel after you've written each answer. Notice feelings of anxiety or exhilaration for specific questions.

Powerful questions	Rationale behind the questions
1. Who are you in this life?	This question aims to create deeper self-awareness. For example, you may answer "I am a father, a brother, a son, a manager at my company," etc.
2. What is your personal brand: a. In your family life b. In your professional life / career c. In your community / recreational sphere	This question aims to get you to regard yourself from an 'external' perspective, although it also explores self-perception. For example, you may answer, 'My children see me as a pushover; my team at the office describe me as a dinosaur.'
3. Who or what would you prefer to be instead?	This question begins to explore the disconnect between who you are and who you would prefer to be. For example, you may answer. 'I would prefer to be a' (eg. full time artist instead of an office manager).
4. What is your vision for your life and how / why do you believe it will be fulfilling?	This open question aims to invoke both left and right brain thought patterns, exploring a reality that is not necessarily attached to your current circumstances, its limitations or frustrations.
5. How would achieving this vision enable you to be a better version of yourself?	This question begins to uncover the emotion / level of engagement and commitment you have / feel toward this new vision. It is designed to energise you and magnetise you toward this vision.
6. What empowering beliefs can you hold about yourself?	This question begins building self-esteem and confidence on working toward your goals.
7. What positive habits do you need to cultivate to reinforce positive thoughts, beliefs and behaviours?	This question defines actions that need to be taken to ensure that a positive mind-set can be adopted.
8. How will you know you are making progress toward or will have achieved your vision?	This question differentiates activity from value-add – it needs to deliver outcomes.
9. What will you do to celebrate each milestone?	It is important to acknowledge and celebrate success – it leads to repeat behaviour!
10. What personal legacy are you creating?	This is the ultimate goal linking back to question one above.

Now that you have completed the questions, **go back and read** your answers, your vision and the habits you need to cultivate.

Now convert this into a **5-step plan** of what you need to do on a daily basis to build mind muscle:

- What do you need to do to remove limiting beliefs and destructive behaviours (including thought and speech patterns)?
- Now that you have created a clearing in your mind, what do you need to do to create and reinforce positive thoughts, behaviours and habits on a daily basis?
- What support might you need along the way without becoming too dependent on external factors?
- How will you celebrate each milestone?
- How will you know you are building a lasting legacy?

Summarise your action plan into **crisp statements**, adding **clear timelines** to each activity.

Read them every day as **often** as you can, and as you do, **breathe deeply** and **feel excited** at the prospect of creating and living a fulfilling life.