

MAGNET MIND WORKBOOK



MAGNET MIND DEVELOPMENT

Uncover your infinite potential.

MINDSET MASTERCLASS

BY MARY REISS FARIAS

SCHEDULE A **FREE** SUCCESS SESSION!

As a participant in this Mindset Masterclass, you are entitled to a FREE, no obligation Success Session with certified Proctor Gallagher consultant Mary Reiss Farias.

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Welcome!

Welcome to three days that will transform your life so you can move from where you are to where you want to be! I want you to understand that YOU have infinite potential — we ALL do! This is an incredibly powerful concept, and once you believe it and embrace it, you can have anything that you truly desire.

How do I know this? Because it is happening for me right here, right now. I am creating the life of my dreams; my future is opening up to me; I am manifesting everything that I want in this life.

Of course, it takes more than three days of training to learn and understand how all of this can come together, but after three days with me, I know that you will be better equipped to move into your future, and you will have your beautiful goal in place so you can make some important decisions and take some important actions toward reaching it.

Through my years of research and my studies with the best teacher of success and human potential, Bob Proctor, I have uncovered the basics that will help each and every one of you take control of your thoughts and reach the results you desire.

This workbook is intended to introduce you to an understanding of just how powerful your mind is, some exercises to help you to control your thoughts, and tips on how to reach the success that you desire. Everything here is real-world and I provide you with exercises I use on a daily basis — to help me in everything I do.

If you're ready to jumpstart your experience so you can better understand and navigate the powerful mental side of life, then read on. There is valuable information in here for everyone out there!



CONTENTS

1: MIND FIRST

Life is 95% mental, yet measured in 100% physical results. Your human mind controls everything your body does and the results you get. Learn how and why this is important.

2: GOALS

Everyone needs a goal. Learn how to set goals that *you* want to achieve. Then learn how to achieve them!

3: IMAGINATION

Visualization is key to achieving any goal. If you can't see it in your mind, then it will not happen in your physical world. It's that simple.

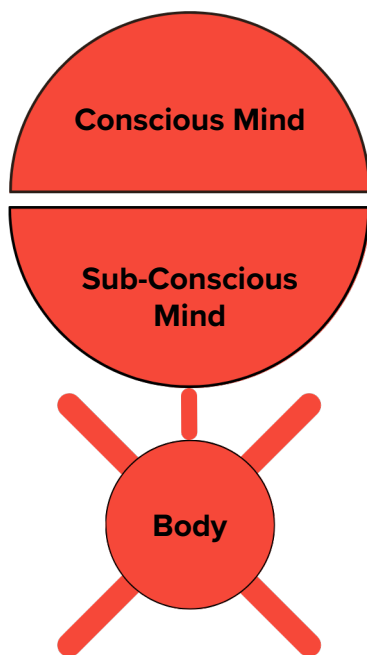
4: SELF-IMAGE

Your self-image is vital. You need a self-image that matches your goal in order to achieve it.



1.

MIND FIRST



The Stick Person

Meet the Stick Person. What are three things that really stand out to you in this image?

1. _____
2. _____
3. _____



The head is big. The body is small.

We are minds first, bodies second. Everything that the body does, including the results you get, the mind — YOUR MIND — controls. If your mind is right, your feelings and your actions are right, producing the results you want. If your mind is in a negative place, your feelings and actions will produce negative results. This is really important to understand, and it is true for everybody, in everything they do.

Think of your mind as a magnet. You get more of whatever you are thinking about. The key is to think about what you *want*, not what you *don't* want.

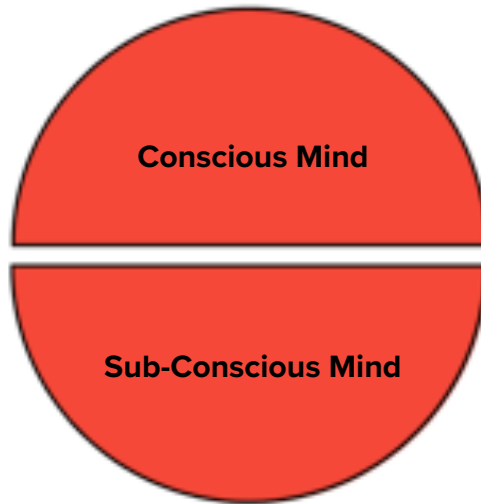
So, let the head on the Stick Person represent your mind. After all, there is something very powerful in your head that allows you to think and reason, make decisions, and act a certain way. This is your mind, and it is in charge of everything. And *you* are in charge of it!

The more that you can become aware of your thoughts, the more you can take control of them. The more that you can take control of your thoughts, the more that you can take control of how you feel, how you act, and the results that you get. Isn't that exciting?

Let's go further.



The head is split into two parts.



The top half of the mind is what we call the Conscious Mind. This is where you do your thinking.

The bottom half is called the Sub-Conscious Mind. This is where your habits and beliefs are.

We will take them one-by-one.



The Conscious Mind is your thinking mind. You take in information about the world around you through your five senses. What are your five senses?

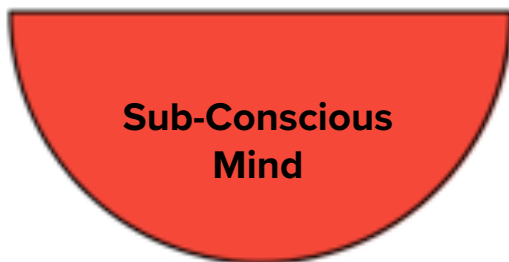
1. _____
2. _____
3. _____
4. _____
5. _____

**“NO ONE CAN MAKE YOU FEEL INFERIOR
WITHOUT YOUR CONSENT.”
—ELEANOR ROOSEVELT**

You use your conscious mind to make sense of the world around you. You also get to decide *how* you see the world and what you want to think about it.

You decide the thoughts you want to think.





Your Sub-Conscious Mind is where your beliefs and habitual behaviors are.

What is a belief?

What is a belief that you have?

What is a habit?

What is a habit that you have?

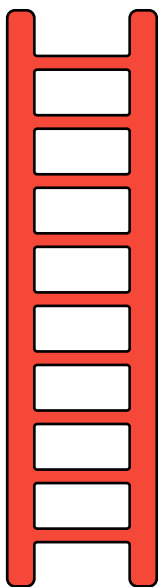
**“WHATEVER WE PLANT IN OUR SUBCONSCIOUS
MIND AND NOURISH WITH REPETITION AND
EMOTION WILL ONE DAY BECOME A REALITY.”**

—EARL NIGHTINGALE



2.

GOALS



Everyone needs a goal. A goal gives you (in every part of your life) a destination, a reason, a purpose. But your goal must be your own. You can't be expected to be inspired by a goal that someone else has set for you.

What's your goal?

Think about what you want. What would you really like to accomplish? Make this your own. This is *your* decision. *Your* goal. *You* are doing the work.

What is your goal for your personal life?

What is your goal for your professional life?

**“REACHING THE GOAL IS NOT
SUCCESS; SUCCESS IS MOVING
TOWARD THE GOAL, AND
EXPERIENCING GROWTH.”
—BOB PROCTOR**



3.

IMAGINATION



Imagination is your ability to see what isn't there. Imagination is key to wanting more, being more, and having more. And once we establish a goal for ourselves, imagination, through visualization, is the key to reaching it. If you can't see it in your mind, you won't be able to do it in your world. It's that simple.

**“IMAGINATION IS MORE
IMPORTANT THAN KNOWLEDGE.”
—ALBERT EINSTEIN**



Visualization Introduction

Close your eyes, and think about walking into your kitchen. What do you see? There is a refrigerator, an oven, a sink. What color are the cupboards and countertops? Is there a window? A pantry? What color are the floors? You just visualized!

Visualize something you can already do

Think of something that you can already do. It can be something very simple! Close your eyes and picture yourself doing it like you are a member of an audience.

Feel yourself doing it

Now take that same easy thing you can already do and visualize yourself and *feel* yourself completing it. Where are you? Are you inside? Outside? Sitting at your desk? What is your body doing? *Feel* yourself doing every part of it.

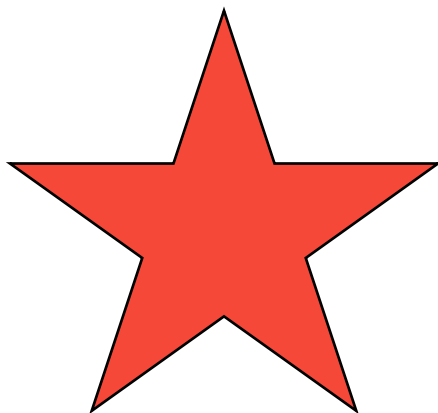
Visualize something you want

Think of something that you want. Try to see yourself completing a task or experiencing a new thing as though you are a member of an audience. Once you can do that, try to feel yourself experiencing it.



4.

SELF-IMAGE



Self-image is how you see yourself. In order to reach your goals, you need to create a self-image that matches them.

**“PEOPLE ARE NEVER ABLE TO
OUTPERFORM THEIR SELF-IMAGE.”
—JOHN MAXWELL**



Think of your goal. What are some characteristics of a person who has achieved the goal that you want to achieve?

With your goal in mind, what are some beliefs that a person who has achieved this goal holds?

What type of attitude does a person who has achieved your goal have?

What actions does a person who has achieved your goal perform?





ABOUT MARY REISS FARIAS

Mary Reiss Farias has researched extensively on success and human potential, how it affects her life, and those of her clients. As a certified consultant for the Proctor Gallagher Institute, she has uncovered a tremendous wealth of information that she wants to share with as many people possible.

The secret is that everything starts with our Minds First. Mary teaches people the fundamental concepts they need in order to understand just how powerful their minds really are and bolsters the belief that they can reach the success they desire in their life.



Next Steps

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