

A Special Report From :



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High Octane Power Thoughts For Wealth and Health

Dear Reader,

My name is Mike Mahon, and I want to thank you for taking the first step to changing your life and becoming a healthier and wealthier individual. Believe it or not, the new you starts today! I can say this because you are taking time out of your busy schedule to change your life for the better. This process is called taking action. When someone takes action, then results follow. It is a self-fulfilling prophecy. I wrote this piece on High Octane Power Thoughts For Wealth and Health to give you the keys to tap into your God-Given abilities by applying these techniques and taking action. After reading this piece of information you will fully understand how to incorporate a portion of Dr. Nerenberg's Gym Therapy system (I learned these methods personally while studying at the Nerenberg Institute) and start changing your life today. In this report, I will describe exactly how to apply these unique Wealth and Health Building "Power Thoughts" that I have developed for this report, and walk you through the appropriate steps to bring you one step closer to your goal of a Healthier and Wealthier new you!

Without further hesitation, Lets Start the show!

One of the least abundant aspects of life is time. Ask anyone, and they will most likely tell you that: "no one has enough of it." As I write you this special report, time is clicking away. Tick tock, tick tock. What would you feel like if I told you, you could have more time every day? How would you feel if you had more of it? What would you do with all your new found time? Would you just think I am crazy? Take a moment and reflect on those questions....

I can tell you confidently that I definitely am not crazy! I can also share with you some great techniques that will change your life and the way you value your time.

I am going to share with you a great technique called **leveraging** your time. When you leverage your time, you complete tasks in both an effective and efficient manner. Any other method is a waste of time.

Leveraging one's time is a method that consists of outsourcing your workload to free up more time for both yourself and your family. God did not put us on this earth to work 24/7, so the following scenarios and "Power Thoughts" I am about to share with you will all tap into this theme of leveraging time and help you get more and more out of each and every day!

If you are still with me proceed, you will be glad you did!

In the following section, I am going to illustrate different scenarios that must be considered before applying the appropriate power thoughts.

Ask yourself the following question:

How Valuable is your time?

Stop to take a minute and write down how much you feel your time is worth to you. It can be one dollar, or it can be a million dollars. Be completely honest with yourself, and take a second to imagine and visualize exactly how much your time is worth and what you feel you deserve to earn.

Good, I hope you have a your number ready. Do you have it ready? Is it written down? Great, lets move onto the next phase.

For this example I will use \$500 dollars an hour as the monetary amount of how much I feel my time is worth (Feel free to

insert your own figure as you follow along with the example!)

Now that you have defined exactly how much your time is worth, it is time to apply an Appropriate Wealth and Health “Power Thought” to it and make it a part of you so that you can start earning what you deserve!

Power Thought #1

“My Time is valuable to me and worth no less than \$500 dollars an hour .”

Lets Rev up this power thought and combine it with exercise to make it a part of you!

The exercise of choice: Ax Chops

The reason I chose Ax Chops is because it really activates your core musculature in your body. Knowing How Valuable your time is should be one of your core values when it comes to building your wealth! Both the exercise and the “Power Thought” really hit home when it comes to being completely centered on what you want to achieve in your life.

Here is how to integrate the “Power Thought” with exercise

On the concentric phase the chopping motion, the athlete will say :

“My Time is Valuable to me”



On the eccentric phase of the chopping motion, the athlete will say:

“... and worth no less than \$500 dollars an hour!”



After applying this Power Thought, you will have clearly defined exactly how much your time is worth to you. This is an important benchmark that will allow you to make critical decisions when it comes down to leveraging your time and getting more of out of your life every single day ☺ !

Now that you understand how much your time is worth, it is time to find out what tasks are sucking up your valuable time and keeping you away from : your family, activities you enjoy, and of course opportunities to make more money.

Grab a piece of paper and pen again.

This time I want you to write a list of your daily activities.

Some examples may be :

-Following up on emails

- Making follow up phone calls.
- Writing Sales Copy.
- Cleaning the house
- Managing your website and blog

Etc.....

Now that you have put the following ideas out on paper, I want you to write down on average how long it takes you to complete each task.

Did you do it? Good!

Now I want you to write down what you would be doing if you didn't have to do all those things on your own.

Some examples may be:

- Participating in the activity you love most
- Making Time to Exercise
- Spending Time with your family, and loved ones
- Traveling
- Creating the next big product!
- Living the dream etc....

Good are you done? Terrific!

You now know how much time is being occupied from doing the things that you absolutely love and the things you would rather be doing. One of the keys to becoming successful is to work both effectively and efficiently. Since you now know how much your time is worth to you, you can now outsource the tasks you do not enjoy as well to other specialists.

Now there are two ways you can handle that :

Option #1 Bartering services: Trading something of value that you provide to a person who can provide you the necessary skills to complete the task that you would like to use as a leverage point in your day. (A great resource that I use for this is Craigs List.com believe it or not)

Option #2 Hiring someone to complete those tasks so that you can spend your time doing something you actually love. (An example of this is a virtual assistant. Just google it and you will find that it is much cheaper then you think!)

Both options 1, and 2 are examples of leveraging your time effectively and efficiently. They will allow you to do more work in less time, and are the cornerstone of improving your productivity without burning yourself out.

Here is a “Power Thought” that I have developed to help you leverage your time more effectively and take advantage of these strategies.

“I will leverage my time by outsourcing my work and start living my dream today!”

Lets combine this Power Thought with a simple Squat and Reach Exercise:

On the eccentric portion, the lowering phase of the movement, the athlete will say:

“I will leverage my time by outsourcing my work and...”



On the concentric portion , the rising portion of the movement, the athlete will say:

“ ...start living my dream today!”



By combining the Health and Wealth Power Thoughts with the squat and reach exercise, we are helping the individual to understand the value of leveraging one's time and making it a part of them. They now will recognize how valuable their time is, and pass on work to other professionals in order to save themselves time and create a perfect road map to live the life that they desire. It is no longer a dream. It is only time till the individual reaches a point in their life that they are both healthier, wealthier and have even more free time to do what they love!

O.K., you now know how much your time is worth, and how to leverage your time. Let's work together to create an unstoppable mindset to allow you to become healthier than you ever thought possible, and wealthier than you ever imagined!

The first area I will tackle with you is wealth.

How much money do you want to earn this year?

Take out a paper and pen, and write this amount down. Make this amount something that is slightly out of your reach, yet achievable.

Good did you write down that number?

Now take that number

And divide it by 12 since there are 12 months in a year.

That is the amount of money you must earn each month to achieve your goal.

Let's say that someone wants to earn \$120,000 a year!

That means that the individual must earn \$10,000 a month.

I will give you two Wealth Building "Power Thoughts" to make that goal a reality for you in your mind and allow you to mentally prepare for the abundance that you wish to receive.

Power Thought #1

"I will earn at least \$120,000 this year, and I am grateful for my new wealth!"

Power Thought #2

"I will earn at least \$10,000 this month, and my financial dreams are reality"

For both these examples we will incorporate the Standing Overhead Press.

Power Thought #1 Focuses on wealth for the year

On the concentric portion of the lift , the rising portion , the athlete will say: “ I will earn at least \$120,000 this year....”



On the eccentric portion of the lift, the lowering portion, the athlete will say: “...and I am grateful for my new wealth!”



The process is the same for Power Thought #2 , except we focus on the wealth we expect to at least earn this month!

On the concentric portion of the lift , the rising portion , the athlete will say: “ I will earn at least \$10,000 this month....”



On the eccentric portion of the lift, the lowering portion, the athlete will say: “...and my financial dreams are reality!”



By combining the wealth building “Power Thoughts” with the appropriate exercise selection, the individual is setting themselves up for success. They know they want to earn at a minimum for

each month, and the entire year. With this mindset, they now are mentally prepared for the abundant wealth to come! I have no doubt in my mind that applying these power thoughts in your exercise regime will give you the extra edge to get you one step closer to financial freedom.

Now it is clear that you understand how Wealth Building “Power Thoughts” can unlock your potential financially. Let’s take a look at how Health Building “Power Thoughts” can be your secret weapon to achieving the body of your dreams, and the high energy life style you desire,

My first goal for you is to dedicate yourself to workout the rest of your life

My second goal for you is to focus on the benefits

I will provide you with three power thoughts to address these issues and use your workout to transform your life today!

Power Thought #1 :

“I commit to working out the rest of my life, and my health is my first priority”

We will use a simple Standing Band Row to unlock the full potential of this Health Building “Power Thought”

On the concentric phase of the row, the athlete will say : “I commit to working out the rest of my life...”



On the eccentric phase of the row, the athlete will say: “ and my health is my first priority.”



By using this thought the individual has come to the realization that working out and health are intertwined together. In order for

the individual to fully keep their health as their first priority, then they must continue to work out and uphold their life long commitment. With this “Power Thought” , the individual is also illustrating the power of his/her own word. By giving their word , they are agreeing to this thought and creating a verbal contract, by integrating the row they are adding a physical component and establishing both a mental and physical commitment ensuring that their actions and words are one.

Power Thought #2:

“ Leaner, Stronger , Healthier Today!”

In this particular power thought, you will repeat each thought with each rep.

Unlike the previous power thoughts where we would have a specific phrase combined with a specific motion.

We will simply say the thought as we complete the action

A great way to illustrate this concept is with a simple push-up

As you lower yourself down, you will say Leaner, as you push yourself up you will say stronger, as you lower yourself down you will say healthier, as you push yourself up you will say today!

Leaner



Stronger



Healthier



Today



I am a big fan of this particular power thought. I have used it individually with clients, as well as in group settings. I find that it builds confidence by stating all the attributes that exercise brings. Exercise allows you to become leaner, stronger, and healthier! The key in this particular Power Thought however is in the use of the word today. We are telling the mind to make this happen now! I don't have time for tomorrow, start the process today! By providing a deadline for ourselves, the body will get right to work and accomplish what we need it to. That is why I love this Power Thought so much, and I am confident that you will too!

The last Health Building “Power Thought” I am going to include in this report will illustrate the type of confidence and energy that one needs to exhibit if they wish to become healthy and wealthy all the time. It’s simple yet effective. Most importantly, if you apply it, you will definitely feel the difference.

Power Thought #3 :

My workout gives me Endless Energy, and I have the body of my dreams!

Let’s combine this Power Thought with a Swiss Ball crunch

On the concentric crunching portion of the movement the athlete will say: “My workout gives me Endless Energy”



On the eccentric portion of the movement, the lowering phase, the athlete will say: "...and I have the body of my dreams!"



By incorporating this “Power Thought” into your training regime, you are establishing how working out positively impacts your life by providing you both the endless energy, and the confidence it brings to your life because it plays a key role in allowing you to build the body of your dreams. Individuals who choose the “Power Thought” will exhibit greater energy, and confidence which will allow them to take on the world and handle whatever life throws their way.

Conclusion:

I hope that you have enjoyed my special report entitled : “High Octane Power Thoughts For Wealth and Health”. I hope that you take this information, apply it, and start living the life of your dreams today! Don’t be afraid to read and re-read this report as much as you like. Once you fully understand the information and start applying it in your life, then you will start to reap the benefits and all the fun will begin to happen. Remember it is only with **consistent action** that we change our situation. Without taking **consistent action** all the information in the world, including the information I have enclosed in this special report is of no use to you or anyone else. If you have any questions, feel free to contact me at anytime. I have all my contact info at the end of this project. It is my desire that you start living the life of your dreams and have unstoppable confidence in your life each and every day. If you want to make these Health and Wealth “Power Thoughts” a permanent part of you, then I highly recommend that you not only incorporate them into your workout, but repeat them twice an hour each day. Remember, what you think about most, and truly believe is what you become. I believe in you 110% and know that if you apply these concepts, then life will be your playground, and all your dreams will be at your fingertips! Go out and grab them!

May Christ Bless you on your quest for Health and Wealth!

Sincerely,



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P.S.

If you enjoyed this segment you may want to check out some other information that I have contributed to located at:

[Http://www.getridofthatgut.com](http://www.getridofthatgut.com) coming soon (sign up for our gut-busting newsletter)

[Http://www.basketballexerts.net](http://www.basketballexerts.net) coming soon (sign up for inside information in basketball)

Go Basketball Pro located at : <http://snipurl.com/1ors8>

Jump Experts located at : <http://snipurl.com/1ow2b>

I also am available for online/phone/email consulting and training. Contact me via email with the subject “Consulting” and start achieving your goals with me today!