



Alpha Lifestyle Academy

Workbook

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Section 8.1 Beauty

Getting Started 1.0.2: How To Hack Your Brain To Change Your Life

<http://alphalifestyleacademy.com/howtohackyourbraintochangeyourfuture/>

Assignment

What thoughts are sabotaging your life?

Keep a notebook and track how many negative thoughts you have compared to positive thoughts?

What life events trigger you to have these negative thought?

Spend 20 min. each day thinking about the life you want?

Check the box when completed, also see your daily activity checkout sheet

What are you doing, that makes your life worse?

Check the box when completed, also see your daily activity checkout sheet

Describe how you want other people to see you:

Example

The following is the script I use for my self-talk to give you some ideas.

- 1) _____ is a 10
- 2) _____ is sexy
- 3) _____ is attractive
- 4) _____ is stylish
- 5) _____ is a sharp dresser
- 6) _____ is a millionaire
- 7) _____ is the leader, & breadwinner of his family
- 8) _____ is an example to others
- 9) _____ is unbreakable
- 10) _____ is a badass
- 11) _____ is confident
- 12) _____ can overcome any obstacle
- 13) _____ drives a _____
- 14) _____ is generous
- 15) _____ make 300 phone call er day
- 16) _____ is happy
- 17) _____ is loveable

- 18) _____ is respected
- 19) _____ is amazing
- 20) _____ is an athlete
- 21) _____ looks like a _____
- 22) _____ deserves _____
- 23) _____ deserves the best
- 24) _____ is a genius
- 25) _____ is tough
- 26) _____ is the most highly trained badass on the telephone
- 27) _____ is looked up by others
- 28) _____ is mature
- 29) _____ is fun
- 30) _____ is relentless
- 31) _____ has great friends
- 32) His / her name loves your name

Getting Started 1.0.3: How We Unknowingly Mess Up Our Lives

<http://alphalifestyleacademy.com/how-we-unknowingly-mess-up-our-lives/>

Assignment

What result do I want before I go to bed?
Meditate on how it feels like to be in love?
Meditate how it feels like to be rich?
Mediate how it feels to look like a fitness model?

Getting Started 1.0.4: Create Your Day, Create Your Life

<http://alphalifestyleacademy.com/create-your-day-create-your-life/>

Assignment

What result do I want before I go to bed?
Meditate on how it feels like to be in love?
Meditate how it feels like to be rich?

Mediate how it feels to look like a fitness model?

If you do this for enough days, what will you achieve?

Notes:

Daily Activity| Week _____ , ____ -To- _____ , ____ Year 20____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Rituals							
Mindfulness 15 min.							

Self-Talk							
Design Your Perfect Day							
Meditation / Imagination / Act as if...							
Career/Business							
Dials							
Follow Ups							
Close							
Marriage							
Tell each other "I love you" 5X a week							
Hug 8X a day							
30 second hug (skin on skin)							
Kiss 6X a day							
6 second kiss							
Date night once a week							
SEX once a week							
Romantic rituals 6X a week							
Tracking							
Positive vs. Negative Thoughts							
Evening Rituals							
Mindfulness 15 min.							
Self-Talk							
Plan your day							
Meditation / Imagination / Act as if...							

Section 2: Career

Section 2.0 Career

Lesson 2.1: Building Confidence to be Successful in Business (Anatomy of a \$10M fitness business)

<http://alphalifestyleacademy.com/anatomy-of-a-10million-dollar-a-year-fitness-business/>

Assignment

What area of your life are you the most confident?

And what can you do improve your life to build confidence?

Notes:

Section 3: Health & Fitness

Section 3.1 Diet & Fitness

<http://alphalifestyleacademy.com/what-you-should-know-before-you-start-your-next-diet/>

Assignment

Are you spending time each day “Imagining” you have the body of your dreams? Yes | No |

Instead of thinking of the foods you will be giving up focus your thoughts on the crisp, fresh flavors of your favorite fruits & vegetables

Notes:

Section 4: Leadership

Section 3.1 Lessons from the Fiftieth Law

Lesson 3.1: Acquire a heart of a champion

<http://alphalifestyleacademy.com/what-you-should-know-before-you-start-your-next-diet/>

Assignment

What area's of your life are you the most fearful?

Lesson 3.3: If you can suffer you can never grow up

LINK

Assignment

How much pain are you willing to endure for what you want? (You may lose what you love if you don't keep your eyes on the prize)

What do you depend on other for?

What skills must you develop to not depend on others?

What fears must you overcome?

What do you depend on other for?

Notes:

Assignment

What area's of your life are you the most fearful?

Section 6: Money

Section 6.1: Free Government Money

Lesson 6.1.1: Cool trick to get uncle Sam to pay your bills

<http://alphalifestyleacademy.com/bailout1>

Assignment

Are you ready to get a financial education to get FREE Government money

in order to let Uncle Sam help you pay your bills? Yes | No |

What would you do with another \$500 on your paycheck?

Notes:

Lesson 6.1.2: Frugal Living & how to make money (part 1)

<http://alphalifestyleacademy.com/bailout2>

Assignment

What are the 3 ways to get FREE Government money?

Notes:

Lesson 6.1.3: Frugal Living & how to make money (part 2)

<http://alphalifestyleacademy.com/bailout3>

Assignment

Check the way you would be interested in becoming "Self Sufficient".

Ad Revenue

Sell Other People's Products

Affiliate Marketing

Network Marketing

Reseller

Sell Your Own Products

Notes:

Lesson 6.2.1: \$250 For Your Travel Expenses To And From Work

<http://alphalifestyleacademy.com/240-to-pay-for-your-travels-to-and-from-work/>

Did you apply? Yes | No |

The publication 535 "Business Expenses" is available from your local IRS office

Call 800-TAX-FORM

Website at: <http://www.irs.gov/>

Contact your local transit authority for more details on the program called "Tax Free Qualified Transportation Fringe Benefits"

Contact: Commuter Check Services Corporation, 401 S. Van Brunt St., Englewood, NJ 07631; 201-8339700 or 800-727-9436; <http://commutercheck.com/Home.aspx> .

Lesson 6.2.2: FREE Auto Repair

Did you contact the Auto Safety Hotline? Yes | No |

Auto Safety Hotline, National Highway Traffic Safety Administration, 400 Seventh St., SW, Washington, DC 20590; 888-327-4236; <https://wwwodi.nhtsa.dot.gov/ivoq/> The Consumer Report people have a searchable database for car recall information: Consumers Union, 101 Truman Ave., Yonkers, NY 10703; <http://www.consumerreports.org/cro/index.htm>

Lesson 6.2.3: FREE Professional Clothes

Did you apply for FREE clothes? Yes | No |

Contact <http://dressforsuccess.org> / <http://bottomlesscloset.org>

Lesson 6.1.4: Frugal Living & how to make money (part 3)

<http://alphalifestyleacademy.com/bailout4>

Blog Comments

Lesson 6.1.5: Frugal Living & how to make money (part 4)

<http://alphalifestyleacademy.com/bailout5>

Blog Comments

Lesson 6.1.5: Frugal Living & how to make money (part 5)

<http://alphalifestyleacademy.com/bailout6>

Blog Comments

Creditor	Total Debt	Number of Payments	
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Section 6: Relationships

Section 6.1 Alpha Male Academy “Dating”

- <http://alphalifestyleacademy.com/what-women-think-is-the-most-attractive-quality-in-men/>
- <http://alphalifestyleacademy.com/first-7-things-women-notice-about-a-guy-and-it-had-nothing-to-do-with-looks/>
- <http://alphalifestyleacademy.com/3-questions-to-make-her-feel-you-are-the-most-interesting-guy-shes-ever-met/>

- 1) Given a choice of anyone in the world who would you want as a dinner guest?
- 2) Would you like to be famous?
- 3) When did you last sign to yourself?
- 4) Do you have a secret hunch about how you will die?
- 5) If you could wake up tomorrow having gained any one quality, what would it be?
- 6) What is your most terrible memory?
- 7) What role do love and affection play in your life?
- 8) Your house catches fire. If you could save any one item what would it be?
- 9) Alternate sharing something you consider a positive characteristic of your partner.
- 10) Complete this sentence. "I wish I had someone with whom I could share..."
- 11) Tell your partner something you like about them
- 12) Star into each other's eyes for 4 minutes
- 13) If a crystal ball could tell you about yourself, your life, the future or anything else, what would you want to know
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?
21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling ..."
26. Complete this sentence: "I wish I had someone with whom I could share ..."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Links to the study/full questions:

<http://psp.sagepub.com/content/23/4/3...>

<http://www.nytimes.com/2015/01/11/fas...>

Lesson 6.1.1: Coming Soon

<http://alphalifestyleacademy.com/>

Blog Comments

Section 6: Relationships

Section 6.2 Alpha Marriage Academy

Lesson 6.1.2: Coming Soon

<http://alphalifestyleacademy.com/>

Assignment

Check the box of which areas apply to you

	Yes	No	N/A
Before Marriage			
Did you live together before marriage?			
Did you have a child together before marriage?			
Are your parents still together?			
Did you get married after age 27?			
During Marriage			
College educated? (if not, what are you doing to expand your mind?)			
Do you make more than \$50,000 yr? (If not see the Alpha Career modules)			
Religious Affiliation? Y/N			
Do you point out your husband/wifes mistakes? Y/N			
Tell each other "I love you" 5X a week? Y/N			
Hug 8X a day? Y/N			

30 second hug (skin on skin)? Y/N			
Kiss 6X a day? Y/N			
6 second kiss? Y/N			
Date night once a week? Y/N			
SEX once a week? Y/N			
Romantic rituals 6X a week			
Wives, do you weigh 25 lbs. Less than your husband? (if not, see Alpha Body modules)			
Husbands, does your wife earn more than you? (if so, see Alpha Career modules)			
Do you vacation together as a couple?			

Notes:

Section 8: Style / Beauty

Section 8.2 Alpha Beauty Academy

Lesson 8.2.1: How to look and feel like a model

<http://alphalifestyleacademy.com/how-to-look-like-a-model/>

Notes:
