



## HOW MUCH DO YOU LIKE YOUR LIFE?

Do you find yourself working far too hard to succeed financially, make ends meet or move up that corporate ladder? And what remains of your time; are you working on fulfilling your relationship or meeting family duties and adhering to social demands? How often do you consider your *own* needs?

What we focus upon enlarges and while we focus upon everyone else's needs we are shrinking our lives, reducing ourselves to servant. In doing so, we become a slave to life and all too often this pressure slowly, but gradually increases until our frustration bursts into anger or depression.

Depression and anger can often lead to alcohol and drug abuse, or worse. All of this can be resolved with a minor focal shift. However should you find yourself in bouts of depression, anger or sadness contact your coach and address the issue.

This document is designed to help you to understand how to get more enjoyment out of your life and tip the balance in your favour. It's really simple.

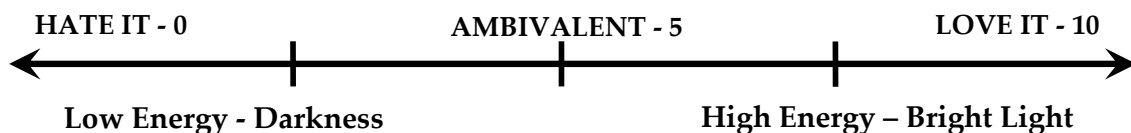
### HOW TO GET MORE 10 out of 10 DAYS!

Ten out of 10 days are knowing or uncovering what you enjoy in life and planning or better still diarising these activities into your calendar. That is, plan to ***“Do more of what you like and you'll like more of what you do.”*** It's really that simple, but sometimes we need these gentle reminders to rebalance our lives.

### SO HOW DO WE START?

On the next page you will see some boxes. Complete the boxes by first writing down what you like or love doing. Then go back over your list and give it a score out of 10 – use “THE PASSION SCALE” (below) as a guide. For example; if you “LOVE IT” give it a 10. If your “AMBIVALENT” about it; that is you don't love it but you can take it or leave it – give it a 5. If you like it, mark it somewhere between 5 and 10. Get the idea?

#### THE PASSION SCALE



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Stable Health Clinic - 22 Alma Road, St Kilda Victoria 3182 – [rik.schnabel@infinitybelief.com](mailto:rik.schnabel@infinitybelief.com) – [www.infinitybelief.com](http://www.infinitybelief.com)

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**HERE'S AN EXAMPLE**

You'll notice that there are two lists – “My True to Self Likes and Loves” and “My Relationship/Family Likes and Loves”. The first list is to include a list of what you like and love; be absolutely selfish (or true to self). The second list is to focus upon the things that you like to do as a family or as a couple. You'll notice that sometimes, you can do some of the things you like doing alone, as a couple or as a family.

List what you like or love doing – even if you haven't done it in awhile. Once you've completed the list – give each thing a score from zero to ten. I've included an example for you below...

<b>MY TRUE TO SELF LIKES &amp; LOVES</b>	
<b>LIKES AND LOVES</b>	<b>SCORE</b>
Swimming	7
Oil Painting	8
Yoga	7
Coffee with friends	8
Surfing	9
Camping	8
Bushwalking	7
Creative Writing	9
Thai Cooking	8
Walking	8
Playing Guitar	9
Photography	8
Reading	8
Listening to Music	7

<b>MY RELATIONSHIP/FAMILY LIKES &amp; LOVES LIST</b>	
<b>LIKES AND LOVES</b>	<b>SCORE</b>
Picnics and BBQ's	8
Making Music	7
Walking	7
Doing Craft	5
Beach Cricket	10
Camping	8
Bushwalking	7
Country Drives	8
Exploring	9
Cooking	8
Eating out	9





## AND FINALLY...

Score your items that you've listed from zero to ten. This will give you an indication of what you really like. Now pick out the high scorers or anything you fancy and allocate a time in your diary to do them. You may even like to allocate a time each day, week or month to the things you love and I guarantee, you'll love life a whole lot more.

*"Do more of what you like and you'll like more of what you do." – Rik Schnabel*

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## SPECIAL OFFERS! GET MORE OUT OF LIFE with LIFE BEYOND LIMITS

Here are some offers from *Life Beyond Limits* to help you get more out of your life. Please note: These offers are available for a limited time only and may be withdrawn without notice.

### WEALTH WEEKEND! SPECIAL OFFER – SAVE \$376



Learn the techniques to building a wealthy mindset. Wealth is impossible without a healthy mindset. This powerful 2-day workshop will show you how to gain the all important neurological shift for wealth.

If after all the books you've read and all the lessons you've learned, still today, you have not found what you believe is success then this workshop is for you. ***Surely, it must be easier than slogging it out day after day!*** Well it is. Did you know that everything you are is a concept in your mind? So ***if you haven't yet found success it means that it is not present in your neurology*** - it is not in your mind!

### **EMPOWERMENT PACKAGE – Wealth Weekend Workshop:**

1x Ticket to Wealth Weekend \$475  
1x Copy of *Life Beyond Limits* Book \$28  
4x *Life Beyond Limits* Hypnotic CD's \$160  
1x One on One Coaching Session \$192  
Total Value \$855  
**Total Investment - only \$475 (Save \$380)**

See [www.infinitybelief.com](http://www.infinitybelief.com) for more details or use the link below to register -  
<http://www.infinitybelief.com/form.php?fid=33>

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## **HEAVENLY HYPNOTIC HEALTH DAYS! BONUS OFFER – SAVE \$27.95**



### **Relax and Feel Fantastic!**

**Heavenly Hypnotic Health Days** are a unique and relaxing way to get what you want from life without having to endure the pain. Just sit back and relax while you get the learning, **installing your desired outcomes deep into your unconscious** or subconscious mind. You don't have to do anything but listen to Master Hypnotist, Rik Schnabel as he takes you on a wondrous adventure, using embedded messages to progress you through life. **Heavenly Hypnotic Health Days** will have you floating on air for days with long lasting benefits that will have you feeling empowered.

### **RELAX PACK – Heavenly Hypnotic Package:**

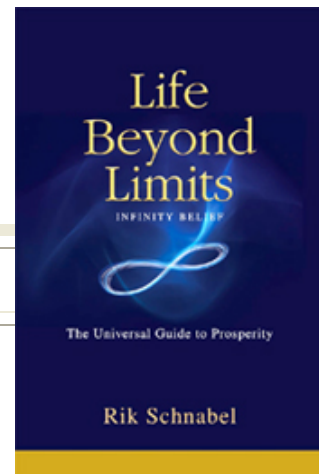
3x Tickets to Heavenly Hypnotic Health Days \$165

1x Copy of *Life Beyond Limits* Book \$28

Total Value \$193

**Total Investment - only \$110 (Save \$83)**

Attend 3 Heavenly Hypnotic Days or bring 2 friends to the event of your choice.



### **HEAVENLY HYPNOTIC HEALTH DAYS**

- AUGUST 6, 2006 - **Live a Calmer Life, Free of Anxiety**
- AUGUST 20, 2006 - **Developing a Prosperous Mindset**
- SEPTEMBER 3, 2006 - **Live a Life Beyond Limits**
- SEPTEMBER 10, 2006 - **Activate Your Creativity**
- OCTOBER 1, 2006 - **Connect to Your Spiritual Self**
- NOVEMBER 5, 2006 - **Discover Your Destiny**
- DECEMBER 3, 2006 - **Overcome Sadness and Depression**

RESERVE YOUR PLACE - AS EACH DAY IS RESTRICTED TO ONLY 20 PEOPLE.

To reserve your place – click **BOOK NOW**

See [www.infinitybelief.com](http://www.infinitybelief.com) for more details or use the link below to register - <http://www.infinitybelief.com/form.php?fid=34>

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**EMPOWERMENT PACKAGE – Wealth Weekend Workshop:**



Learn the techniques to building a wealthy mindset. Wealth is impossible without a healthy mindset. This powerful 2-day workshop will show you how to gain the all important neurological shift for wealth.

**EMPOWERMENT PACKAGE – Wealth Weekend Workshop:**

- 1x Ticket to Wealth Weekend \$475
- 1x Copy of *Life Beyond Limits* Book \$28
- 4x *Life Beyond Limits* Hypnotic CD's \$160
- 1x One on One Coaching Session \$192
- Total Value \$855 - **Total Investment - only \$475** (Save \$380)

Double click the grey box (below) to indicate your preferred attendance dates.

**MELBOURNE**

- July 22 and 23 (Sat. & Sun.)
- August 26 and 27 (Sat. & Sun.)

**BRISBANE**

- November 25-26 (Sat. & Sun.)

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**Complete this portion with your details:**

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Mastercard  Bankcard  Visa (tick the appropriate box)

Credit Card Number

Expiry Date: ...../..... Name on Credit Card:.....

Signature:.....

*Post Your order form complete with credit card details, cheque or money order to: Life Beyond Limits: Stable Health Clinic - 22 Alma Road, St Kilda Victoria 3182*

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1x Ticket to Heavenly Hypnotic Health Days \$55  
1x Copy of *Life Beyond Limits* Book \$28  
Total Value \$83  
**Total Investment - only \$55** (Save \$28)

Double click the grey box (below) to indicate your preferred attendance dates.

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