



# BOOST yourSELF!

The aim of this module is to help you to achieve an uncompromised life. The webinars in this module cover five of the most important aspects that will allow you to live your life to the full and achieve success.

All Sessions held between **15:00 - 17:00**  
Delivered by **Daniel Schembri**

## Webinar 1: Boost Your Memory

4 May 2020

This webinar will help you to activate your “super brain” in a way that will allow you to retain maximum learning in the shortest possible time, giving you the possibility to achieve more by working smarter not harder.

*This webinar will cover the following topics:*

- ▶ Looking at your brain as a muscle
- ▶ Understanding the term ‘social brain’
- ▶ Getting rid of limiting beliefs
- ▶ Rephrasing your daily scripts
- ▶ Creating new habits for success
- ▶ Identifying ways of increasing focus

- ▶ Learning to altering the state and context of learning
- ▶ Exploring ways in which physical exercise and diet significantly improve memory and learning
- ▶ Eliminating digital overload

*By the end of this webinar you will be able to:*

- ▶ Change your belief about your ability to remember
- ▶ Improve yourself through acquisition of more and better learning
- ▶ Take home actionable steps to build a stronger memory

This webinar is an accelerated journey towards understanding your beliefs and what is blocking you from achieving abundance. The webinar also offers realistic tips as to how to boost your money mindset.

*This webinar will cover the following topics:*

- ▶ Identifying what an abundance mindset looks like.
- ▶ Understanding the difference between a scarcity and an abundance mindset

- ▶ Uncovering your relationship with money
- ▶ Rephrasing your scripted beliefs
- ▶ Creating new habits for success

*By the end of this webinar you will be able to:*

- ▶ Aspire for abundance without having to apologies for it
- ▶ Design a robust blueprint for financial success
- ▶ Create a winning script that does away with your limiting believes



The aim of this webinar is to boost your drive and ensure that you never again lose out on a good opportunity that comes your way through lack of motivation.

*This webinar will cover the following topics:*

- ▶ Learning the art and science of motivation
- ▶ Exercising motivation as a muscle
- ▶ Taking control of your destiny
- ▶ Embedding motivational habits into your routine

*By the end of this webinar you will be able to*

- ▶ Understand what motivates you
- ▶ Be able to decode what your emotions are telling you
- ▶ Make the right choices that fit your purpose

The webinar aims at getting you organised and avoid unnecessary stress and chaos in your life. It will also enable you to become more productive thus reaching your goals faster.

*This webinar will cover the following topics:*

- ▶ Identifying existing practices that need better organisation
- ▶ Prioritising your workload to avoid managing by crisis
- ▶ Overcoming procrastination
- ▶ Working towards a deadline
- ▶ Organise your personal and workspaces effectively
- ▶ Maintaining an organised lifestyle

- ▶ Knowing how to resist procrastination and focus on meeting deadlines
- ▶ Planning to stay organised in the future

*By the end of this webinar you will be able to:*

- ▶ Juggle multiple commitments without stress
- ▶ Use techniques to overcome procrastination
- ▶ Create a structure that will enable you to become permanently organised

This webinar will enable you to identify how the quality of your decisions impact the quality of your life and equip you with tools to make better decisions.

*This webinar will cover the following topics:*

- ▶ Identifying barriers to decision making
- ▶ Avoiding procrastination when taking decisions
- ▶ Evaluating the impact of your decision

- ▶ Identifying the price of non-action
- ▶ Navigating the 6 stages of decision making

*By the end of this webinar you will be able to:*

- ▶ Generate creative ideas to take better decisions
- ▶ Build confidence in taking decisions
- ▶ Break-down decisions into manageable chunks