

# MIND TRAINING SESSIONS SUMMARY

Master the Fundamentals Boost your memory with  
M.O.M Technique

# The 3 Keys to fix your forgetfulness

M – Motivation (to do anything and everything)

O – Observation (be attentive)

M – Mechanics (tools, techniques and strategy  
on how to remember)

# A lot of people know what to do but they don't do what  
they know | doing what you know will make you better |  
Remember, Practice makes Progress

# The difference that makes the difference is always  
ACTION and that's why its important to act on anything  
we want the difference of result in

# Have your WHY in place | It will keep you motivated and  
keep you going | Reasons Reap Results

# Follow the H3 formula

H – Head (visualize what you want)

H – Heart (Emotion and Energy)

H – Hands (act on it)

# An incredible memory and a powerful presence come  
from being powerfully and passionately being present  
with people | Remember, to be present!

# Seek first to understand then to be understood | Don't  
listen to respond, Listen to understand first

# When we reshuffle the word LISTEN, we get SILENT  
which implies to if you want to be powerfully present with  
people, be silent on the inside and really listen to the  
person

# Today's Action Step:

\* Tell us your motivation to do this program? Need your  
reason, Your Why, Your Purpose?

\* Tell us what you can do to enhance your motivation?  
(What ideas do you have, to improve and keep the  
motivation going, every single day)