

# TJS MINDFULNESS WORKSHEET

FOR HIGHER PRODUCTIVITY, PERFORMANCE AND PROFITS



## PRAISE

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**“Tony helps you learn how to explore the depths of your experience and maximize your knowledge and insights to create a wonderful life.” Brian Tracy - Author - Many Miles to Go**

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**“Feeling amazing, elevated and inspired. The man is a genius who has an ocean of knowledge and is never tiered to answer my endless questions. Thank you!” Timea Van der Molen- Co-Founder of Vandercom, London**

## CREATED FOR YOU

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**Dear mindful student of wisdom,**

## **1 Introduction**

Thank you for purchasing this course that will teach you how to use mindfulness to cope better with your daily demands, pressures, and work commitments so you can become more productive, perform better when under stress, and help you generate more profits in your business.

To maximise your investment in this course and to ensure you complete the necessary supporting exercises, I have created this worksheet that you are required to complete as you go through each of the learning modules.

When used together with the course you are assured to become more balanced, aware, and mindful in coping with your daily grind and situations that cause you stress and give you a head full of noise.

## **2 About Me**

I am Tony Jeton Selimi, internationally renowned author, keynote speaker, human behaviour and cognition expert known as The See-Through Coach. I am an authority on the psychology of maximising human and business potential and I specialize in assisting leaders, CEO's, and business owners from all market sectors to find solutions to their personal, family and business problems so that they achieve quantum leaps in creating healthy, wealthy, and meaningful and fulfilling lives.

These include City of London financiers, corporate executives from Microsoft, Deutsche Bank, SAP, Ernest and Young, Santander, Mishcon de Reya, Vandercom, Gaya Cards, entrepreneurs, coaches, authors, health professionals, scientists, politicians, lawyers, stars and sports personalities.

Many of my clients use my expertise and wisdom to assist them in keeping their lives, health, relationships, attitudes, leadership and business acumen steadily on track. Using his TJS Evolutionary Method: ALARM®, my clients find solutions to their personal, professional, and spiritual challenges. They become grounded, effective, productive and prosperous in all spheres of their lives.

Through my unique integrated approach people can accelerate their learning and achieve excellence in all of the eight key areas of life; Spiritual, Mental, Emotional, Physical, Business, Money, Relationship and Love.

Clients I have helped have used my teachings to synchronise and align their inner being to their highest values so that they can fully embrace life, achieve greater results, and learn to use their hearts wisdom to live purposeful and love infused lives. Using the twenty five conscious steps of the TJS Evolutionary Method™ I take them on an inside out journey to unleash their infinite abilities to create more love, wealth, health, and wisdom required to drive positive social and economic change in the world.

I believe the world would be a better place if companies and leaders adopted purpose driven transformations, acted in more human ways, and care more about the environment in which they operate. I believe in the positive impact that coaching has on our personal and professional lives, healthcare, government, businesses, communities, society, and universally.



Once a teenage victim of war living homeless on the streets of London feeling lonely, abandoned, and broken now an internationally renowned speaker, author of two No:1 Amazon bestselling and award-winning books; A Path to Wisdom and #Loneliness and co-creator of five times award winning Living My Illusion documentary series, I know what it takes to create lasting transformation in people's lives.

My calling and vision is to reach, educate, elevate the minds, and inspire and awaken the hearts infinite wisdom and love in one Billion people. I love teaching people how to advance their human potential through writing books, giving talks, teaching at seminars, and in partnership with Vandercom, a leading telecommunication and IT service provider company, continue to create real life coaching documentaries and films that serve as an educational mirror for people from all markets and sectors to self-reflect and take the actions required to maximise their time, be more productive, improve their performance and drive the profits they desire.

Hundreds of published articles and feature stories about my insightful personal, spiritual and professional development methodologies have appeared in numerous international magazines and newspapers. I have appeared on radio and television news and talk shows, podcasts and featured as an expert in some of the global magazines including: Soul and Spirit, Global Women, Science to Sage, Migrant Women, Self-Coaching, Accelerate Your Business, Changing Careers Magazine, Consciousness Magazine, Your Wellness, Time Out, and Sage.

Radio shows I have been interviewed by include Radio Woking, Dream Big Radio, Hay House, Voice of America, Knowledge for Men, Self-Discovery Radio, Dona Seebo show, Beyond 50, Channel Radio, News for the Soul, TangledFm, Spirit Radio, and many more.

I have appeared on various TV channels including SKY, AlsatM, MTB2, RTK, RTV2, RTM, Klan Kosova, Soul Mate Relationship World Summit, and interviewed by Jack Canfield and Brian Tracy for NBC, CBS, ABC, Fox, and their affiliates reaching over fifty million viewers, readers and listeners worldwide.

As a pioneer on the frontier of human consciousness, education, business, and healthcare transformation and an explorer of the ultimate nature of reality, I am also interested in the field of psycho-spiritual development & transformation.

I am on a path to create a Concourse of Wisdom, the TJS Institute, and Abo and Ago Value Exchange Educational Foundation.

As an international speaker I have shared my transformative principles and methodologies in schools, universities, and conferences to business executives, health professionals, financial managers and consultants working in the field of human consciousness. Some of the topics I love speaking about include: mindfulness, impact of loneliness, leadership challenges in 21<sup>st</sup> century, building seven figure coaching business, the tricks of a successful entrepreneur, life success principles, business growth and wealth building strategies, the evolution of consciousness, attaining inner peace, well-being, spirituality, body-mind healing, bio energy and vibrational healing.

A keynote speaker at TEDx 6th Annual Conference in Wilmington, United Nations, various London Business Shows, the Animas Coaching Institute, Sterling Business network, Rotary Club International, Asset House Management, Raw Fest, Be Inspired, Conscious Leadership Events, Cranfield School of Management, private functions, and Love Spirt, and Mind Body Spirit festivals. I also hosts regular webinars with my clients entitled Conversations with Your Highest Expression of Self.

I am known for creating amazing, lasting, and life-long transformations in people, leaving them feeling inspired, fulfilled, empowered and with a sense of purpose, increased energy, performance, and focus.

### 3 What is Mindfulness?

In this section you are introduced to what mindfulness is and the two powerful tools that you are going to use throughout this course and many of the future courses that I will be releasing. These life tools, when applied daily can support you in becoming more mindful in every situation in your life, thus increasing not only your productivity, performance and profits, but also to help you master your life.

- I. **TJS Evolutionary Method: ALARM™ and**
- II. **The TJS Mindfulness Pyramid©.**

Firstly, I am going to shed some light on how you can use both tools to amplify your awareness. You can use them to become more mindful in every situation that causes you stress, makes you less productive, decreases your performance, and impacts your profits.

The more you learn how to use the tools shared in this course, the more you will learn how changing the way you respond to outside stressors is what ultimately will help you break free of the cocoon that is stopping you from being efficient, productive, and embracing the beauty of this world.

You know that daily distractions prevent you from listening to your gut feeling. The inbuilt ALARM your body uses to awaken you when something is wrong and to alert you about the things you can change to bring yourself back in perfect equilibrium.

Not listening to our inner ALARM is the root cause of disease, underperformance, and what creates the alarming negative side effects we observe in all layers of society, especially in business.

The ground-breaking TJS Evolutionary Method: ALARM™ is revealed in more detail in my book ***A Path to Wisdom***, but for this course all you need to know is the twenty five conscious engineering steps of the method. If you chose to learn the method in more depth, it can help you dissolve emotions that stop you from acknowledging, listening, acting and responding to your inner voice. The voice that knows how to maximise your inner energy to be more productive, increase your performance, and boost your profits.

In the diagram below you will see listed all of the 25 steps of the TJS Evolutionary Method: ALARM™ that you can use to resolve situations, overcome depressions, anxiety, resolve conflicts, change behaviour, get clarity of vision, improve business processes, become more mindful, and awaken to your dream life.

**Your Journey Begins Now....**



TJS Evolutionary Method: ALARM™ is a frame work of five pillars that become your personal guide for the journey within. The process that each pillar of this method takes you to is to your deepest parts of yourself, and making you more mindful every time a new awareness is gained from every situation you may be facing. This is the place where you can uncover the layers where the unconscious coping mechanisms build over years become conscious.

The five pillars are designed as a doorway to help you acknowledge the love that exists in all that you experience. You can use it to achieve the results you want and bring about the miracles you desire. When followed in the given order, you start to equilibrate skewed perceptions you may have, you begin to see the wholeness in everything you experience, and in turn you start to be more mindful. The more you educate your mind and master your emotions, the more you start to empower all of the eight key areas of life: spiritual, mental, emotional, physical health, vocational, financial, relationship, and Love.

It's the science of helping you go to the deeper parts of yourself so that you learn how to train your body-mind-heart-soul to elevate your consciousness and inspire you to take action to create the changes you may desire.

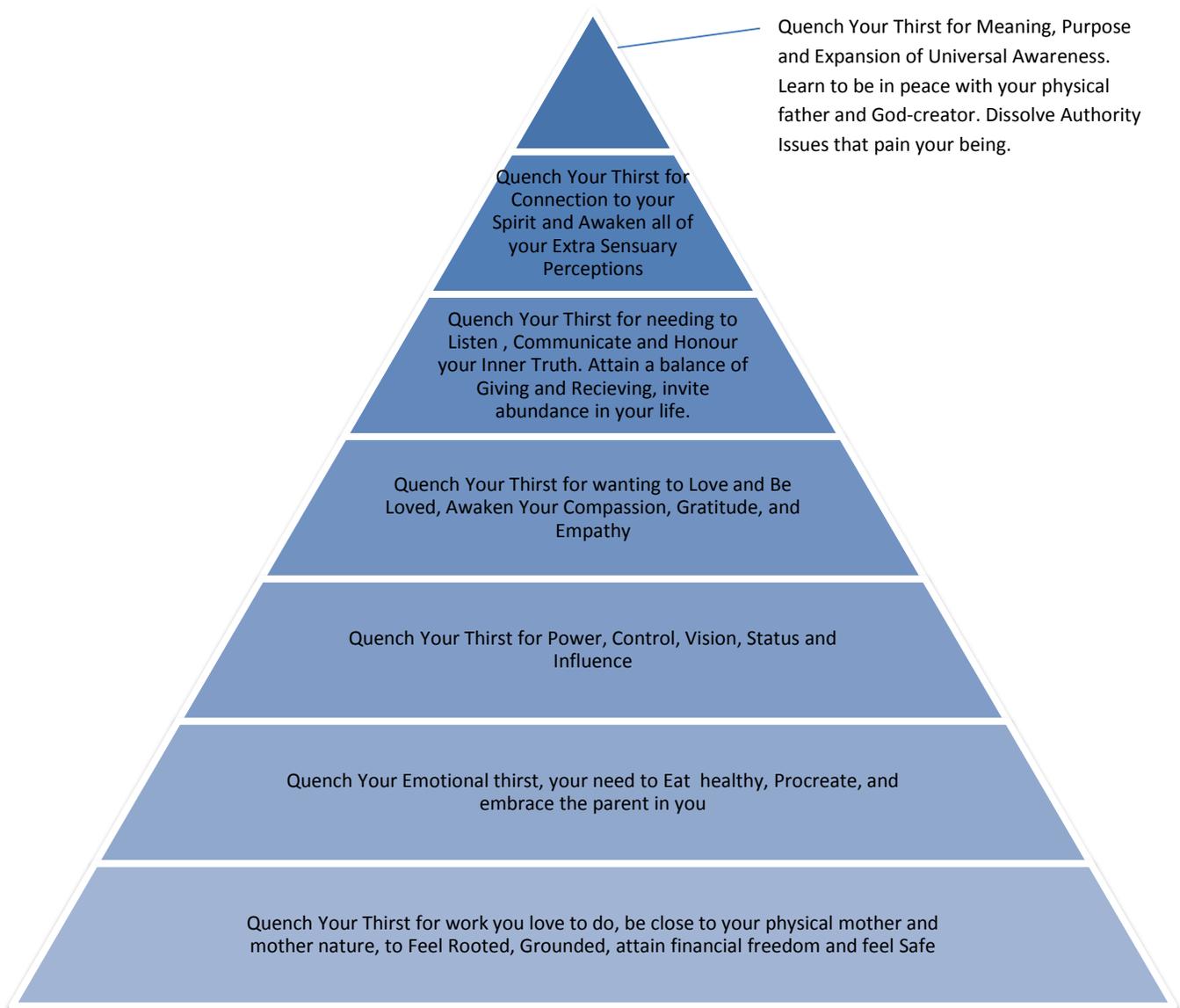
By using TJS Method in combination with the TS Mindfulness Pyramid© on a daily basis, you learn how to:

- Acknowledge and own your power (Attain Inner Control and Create Outer Influence)
- Love the unlovable parts of your being. Develop your ability to listen to your body's wisdom and experience life through the infinite wisdom of love (Awaken your heart's compassion, acceptance and love)
- Achieve higher vibrational states of awareness, mindfulness and intelligence. (Express the highest version of your authentic Self; be true to who you truly are)
- Create Results that are aligned to your true authentic values and become your life's purpose. You gain greater clarity, focus, and become more productive. (You Learn to Deliver Results regardless on the environment in which you are performing)
- Activate the Miracles of life by teaching you how to master your life, pitch your dreams into reality, and create infinite value for yourself and others through increasing your performance, productivity and profits so you can be of higher service to humanity. (Access your Inner Genius, infinite abilities, and the magician that is you.)

*"I have been using TJS Mindfulness Principles© and the TJS Evolutionary Method: ALARM™ in my private doctor's surgery with myself, staff and patients, the results are transformational. Tony's books A Path to Wisdom & #Loneliness are a "libra vitae", a garden of supreme wisdom, and a life navigator that can maximise the infinite abilities of your inner being." Dr. Sc. Todorche Stamenov*

Now that you have the twenty five conscious engineering steps of the TJS Method, let me share with you the seven building blocks of TJS Mindfulness Pyramid© that you can use in this section to help you identify what needs make you more or less productive, can increase or decrease your performance, and help you lose or gain profits.

## 4 TJS Mindfulness Pyramid



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Before you move to the next module, the first thing you need to do is to perform a reality check by identifying in detail of all your unmet needs, problems, and roadblocks that cause you to be less productive, drain your energy, decrease your performance, and stop you from being profitable in your personal or business life.

### EXERCISE: Reality Check

Take a moment to look in each of the eight key areas of life and identify in detail the unmet needs listed in the TJS Mindfulness Pyramid®, problems, and roadblocks that cause you to be less productive, impact your overall performance, and drain your money and stop you from driving more profits or help you increase your current salary.

In each of the eight key life areas below identify:	List Your Problems, Challenges and Perceived Road Blocks that you would love to resolve	What stops you?	How much does it cost you?
<b>Spiritual</b>			
<b>Mental</b>			
<b>Emotional</b>			
<b>Physical</b>			
<b>Relationship</b>			
<b>Business / Career</b>			
<b>Money / Profits</b>			
<b>Social</b>			

<p>Now take a moment to identify what is the unmet need listed in the TJS Mindfulness Pyramid© that causes you most pain, distress, and stops you being productive and doing the things that can improve your daily performance and profits.</p>	<p>For each of the unmet deed list three mindful actions you will take daily to help you boost your productivity, performance and profits.</p>
	<p>1</p> <p>2</p> <p>3</p>

**It's time to Reflect, pause, and write what changes are you willing to make?**


The more in depth you do this work, the more you will get out. The more you start to satisfy your needs listed in the TJS Mindfulness Pyramid©, the more you experience the world through balanced emotions and the less you are impacted by your daily stressors. Furthermore you will start to pay attention to the things that help you satisfy your need to love and be loved, the need to mindfully communicate your true being, connect with others in profound ways and maximise your human potential in every endeavour you find yourself in.

As each of this needs start to be met, the more your productivity, performance, and ability to attract and generate huge amounts of wealth that you can use to drive your purpose and fulfil most amounts of voids will increase.



## 5 Mindfulness for Increased Productivity

### EXERCISE: Visualisation

Take a moment to pause, close your eyes and spend next five minutes visualising what productivity means to you and why is it important. Make sure you allow yourself to day dream, the clearer the picture becomes in your mind, the more chances you have in creating it in your awakening life.

When ready open your eyes and start writing everything that you saw and naturally comes to your mind. Once you have made a list, take a moment, close your eyes and start to visualise everything you wrote, use your mind imagination to make it more fun, colourful, and exciting.

Practice visualisation daily for the outcomes you want, if you don't seem them straight away, just remind yourself that practice makes perfect. If I asked you to imagine an Orange, your mind straight away would imagine an orange, most likely you will also feel the bitter taste in your mouth, or if lucky and had many sweet oranges in your life, you may recall the sweet juice that quenches your morning thirst.

Similarly, whatever it is that you want to visualize, you need to train your brain to see it, the more you do this, the higher the chances for you to see what productivity truly means for you in your mind.

i.e. When I am productive I feel energised, I have time to eat healthy, go to the gym, and complete all of my daily tasks, I sleep well , and so on.

To help you maximise your results I have created TJS Meditation Solutions©. Meditation not only helps you become more mindful but it also improves your overall well-being. For this module, you may want to download **“From a Head Full of Noise to a Blissful Mind”** meditation on iTunes (<http://bit.ly/BlissfulMind>) or from my website <https://tonyselimi.com/shop/> . Doing this meditation for 90 days will help you sleep better, be more mindful and activate mental faculties that can help you focus your mind so you can be more productive at work, improve your performance, and boost your profits.

## **EXERCISE: Head full of noise**

**During this exercise you will use the first Five TJS Mindfulness Principles© of the TJS Evolutionary Method: ALARM™ to tackle all of the things that cause you to experience a head full of noise. Use the below five steps in any moment in time with every problem you may be having.**

### **Awareness**

Step 1: Take a moment to become aware of all the things that trouble your mind and when ready start writing them below:

### **Awakening**

Step 2: Once you have done a brain dump and written everything that troubles your mind, start to write down the things you are awakening to.

### **Alertness**

Step 3: Here you will start to observe the alerts your body is giving you about what troubles your mind and when you are experiencing a head full of noise.

### **Attention**

Step 4: Each alert is simply asking you to pay attention to what those thoughts that trouble your mind are asking you to do, make a list of the things you need to pay attention to:

### **Acknowledgement**

Step: 5 List all the actions you need to take and take the appropriate action, once you have taken action, list all of the things you acknowledged that caused you a head full of noise, reduced your productivity, and impacted your profits.



## 2 - Identify limiting beliefs around the factors which you just identified

Limiting Beliefs about myself	Limiting Beliefs about the world

**3 - Make a list of your top seven values which are most important to you.**

Top seven values	Why

#### 4 - Value reality check

And one of the best processes you may want to use is Dr John Demartini's value determination process which you can add to your workbook after you completed the exercise at <https://drdemartini.com/values/>

Once you have determined your hierarchy of values, the next step is to write your mission and purpose statement. Writing or typing is the first step in making your intangible ideas become tangible realities.

To be a master of life you will need to focus on the ever-finer details. In this manner you will become more present with your desired creation. No one will be productive and build your dreams for you. No one gets up in the morning and dedicates their life to you or your dreams. Dream building is up to you. Put everything you have into everything you would love. Clarity of vision and intensity of action produces amazing results.

This is your life. You are the Master. Begin now! Determine how you will create the masterful life, the profits, and the productivity you would love to have.

**Below you will find my Life Purpose Statement that you may want to use as a model to create yours.**

*"I Tony Jeton Selimi hereby declare before myself, others and God that my primary mission in life is to dedicate my life to creating a family of conscious leaders, teachers and healers. To travel the world, speak, teach, learn, and earn phenomenal amount of money as I develop people who love to learn how to maximise their human potential, make a positive impact in the world and teach them how to live a healthy, wealthy, balanced, and meaningful and love infused life.*

*By focusing on shifting people's awareness, I help my clients around the world attain a state of inner harmony that elevates their vibration to one of love and pure joy. Research ancient philosophies, cultures, and healing centres so that I can grow and add more value in my and everyone else's life. To learn from the best teachers, assist people to expand their human consciousness, heal their emotional, physical and spiritual pain. To be of service to global leaders, governments, educational systems, health care, and business owners by helping them achieve excellence in what they do and the people they serve.*

*I am internationally renowned best-selling and award winning speaker, mentor, coach and author of A Path to Wisdom, #Loneliness The Virus of The Modern Age, A Path to Excellence and continue to write many other award-winning and bestselling books that are translated in over 40 languages around the world.*

*Continuously I develop myself as a heart centered and purpose driven visionary, entrepreneur, investor, a key note speaker, human behaviour, cognition and emotional intelligent that is the world's number one go to expert. I am a conscious billionaire, spiritual healer and teacher of universal life wisdom and truth who continuously learns, absorbs the knowledge from all life disciplines, science, western psychology and the eastern methodologies of natural healing of the body, mind, heart and soul. I serve and teach others how to expand their vision and realize their dreams in the most efficient and effective way in the shortest period of time. I am sought world wide to establish dialogue for collaboration and be the spark that initiates global solutions to meaningful problems.*

*My commitment is to see love, acceptance, and peace dancing in the heart of every human being as well as in our personal and professional lives. In my travels around the world, I am continuously asked to be an ambassador of wisdom, excellence, peace, equality, love, healing, soul and heart centred entrepreneur and a key note speaker in key events held around the world. Regularly I am a key note speaker in all of the main London*

*events at Excel, Olympia, and on main TV, Radio, Magazines, Podcasts debates, and in online world summits. I continue to speak at global leadership, health, healing, body mind, coaching, entrepreneurial, KPI conferences, TED and TEDx, world economic forum in Davos, and the UN headquarters in New York and Brussels.*

*I am the train the trainer expert, I teach TJS Evolutionary Method: ALARM™ to leaders, entrepreneurs, and infiltrate the principles in educational institutions, governments, healthcare systems, and train wellbeing professionals to use it to help their clients eliminate disease and the handle post-traumatic stress disorder that come from: war, violence, and an increasing loss of trust, connection, and communication.*

*Instil Love, Trust, and gratitude in every human being that I encounter. Through my work I am inspired in assisting people connect to where these qualities reside, in the heart of every human being so that it emanates from each one of them.*

*By changing the lives of one billion people, I have in return the opportunity to receive incredible financial and social compensation and be a billionaire. In my pursuit of the universal laws of healing and teaching others I am enabled to travel the world first class, and own a private jet, have amazing TJS Cognition Offices in central London by 2030, New York, Skopje, Zurich, Barcelona and Tirana. I stay in amazing hotels, eat at best restaurants, have an apartment in The World Ship, and own a Tesla car, four bedroom penthouse in London, mansion in the country side, and have a portfolio of over hundred properties that I rent and use when necessary around the world.*

*Explore ancient healing places, learn more from ancient teachings to help me to continuously provide answers to life's difficult questions. I invest in my personal development to evolve my consciousness.*

*Opened healing clinics by the sea and are surrounded by mountains, set up a unique TJS Institute devoted to maximising human potential, healing, innovation, research, bringing TJS Evolutionary Method: ALARM™ with the work of IAC, John of God, Science, Medicine, and Psychology under one umbrella.*

*Build on my land in Macedonia a unique mix of eco-friendly luxury apartments, retail space, underground parking, garden with personal development Centre and most visited magical fountain in the world named after my parents "Abo and Ago Educational Foundation." A foundation devoted to developing human potential, helping children and adults to become masterful leaders and teachers that not only improve the local economy but also serve global businesses.*

*Have most sold online and physical products that transform people's lives and further develop TJS Meditation Solutions™ as the leading brand in meditation and mindfulness most wanted products and services that are cosmo-ethical and pro-evolutionary. Filmed five seasons of Living My Illusion™ Documentary by 2020, won global awards, distributed across all major networks Netflix, Amazon, Hulu, HBO, and TV stations around the world. The movie about Timea's life took the world by storm and generated over \$50 million dollars in sales. Paul's books and documentary made a global positive impact in the OCD community, changed OCD health approach, and helped many other suffers cope better and in some cases fully heal OCD and other mental health problems. Filmed Emanuele's life journey and won many of the world's best LGBT festivals, co –authored many books together, and helped him be leading authority in integrative medicine in the world. My life has been captured in many documentaries and films that won Amy and many international film awards and inspired over a billion people.*

*I have a unique team of people, volunteers, joint ventures and business partners who are assisting me to realize the global mission. I am also continuously learning, meeting, and coaching the most extraordinary people from all walks of life from senior executives of top 100 FTSE companies, global leaders, entrepreneurs, celebrities, professional healers, coaches and well-being professionals known to mankind.*

*Oprah, Ellen, Jimmy, Graham, and all of the major global TV/Radio networks including BBC, ITV, NBC, and SKY News interview me. Get personal invites from President Obama, Richard Branson, Baybars Altuntas, Justin Trudeau, Zaev the Macedonian PM, Turkish, Albanian, Theresa the UK Prime minister, Madonna, Elton, Robin, Adele, and many world celebrities and leaders. I am honoured by the Queen, receives Nobel price and given many international awards. With TJS Cognition and my work, I have contributed towards changing, elevating and empowering the lives of One Billion people by 2030.*

*I am invited by John on board the World ship, be part of billionaire conscious club, get happily married with Todor in a private island by 2020, have two amazing healthy, intelligent, spiritual, loving kids, make 50Million + through documentaries I am co-creating with Joel and Timea. Continuously learn with John, Jack, Tony, Deepak, Oprah and have them as my teachers, clients and close friends.”*

Exercise for you:

Now, take this moment and write your purpose as detailed as the one you just read. The more detail you put in, the more you increase your chances to create it and be extremely productive and inspired to perform better.

You know deep inside that you have a purpose and you are here to fulfil it. You have a mission and just like my mission you read above you are here to share it. You keep your mission statement in front of you and read it daily. Your evolving mission directs your series of destinies as it has done for me. Your life purpose statement is what you believe you are presently on the planet for. It guides your behavior on a day-to-day basis.

It's your turn...

“I....



## **EXERCISE: TJS Vital Planning for Productive Living©**

Doing this exercise will help you learn how to use TJS Mindfulness Principles© to create a plan that can help you be more productive whilst maintaining inner equilibrium.

### **Step One: Increase Your Awareness on what you need to plan to make you more productive**

List ten major outcomes, goals, and experiences you want for yourself or are expected to perform in your work environment. Be very specific, i.e. file all of my expenses by Friday at 12:00, get a £10,000 salary increase in 30 days, organize all of my desktop and online files by end of the day, delegate low priority tasks to my team by 10:00 am every morning so I free up my day to do my higher priority tasks.

### **Step Two: Awaken all of your mental faculties needed to create a measureable plan of action**

Start to prioritize what is it that you need to do on a daily basis, make sure your main priorities are consistently scheduled in your calendar; write down what is it you need to do to stay focused and finally make sure you create a consistent routine of always looking at the quality of your work every week or month.

### **Step Three: Alertness – Listening to what you are concerned about is necessary step to increase productivity**

In your plan, start to list down all of the risks, worries, and problems you foresee and next to each of them write down three actions that can help you elevate each of the alerts you identified.

### **Step Four: Attention – Paying attention is key to tackling lack of productivity**

Often, we do not listen to the things that make us less productive, it could lack of interest in be a boring task, repetitive task, annoying manager, demanding customer, cold weather, family conflicts etc. Whatever it is, remember it is temporary, write it down, and next to each point write down at list five benefits why paying attention to those things that make you less productive will enhance your life, support the above purpose you wrote, and make you feel worthy.

### **Step Five: Acknowledge all of the things that prevent you from being productive**

Unless you are honest with yourself about the things that impact your productivity, you will continue to underperform, being in your organization or in your business. Completing the above four steps and taking action for each of the steps will help you see the hidden benefit in any endeavour that you dedicate your life too.

Make a list of all the things that you are extremely productive in, this will boost your energy and also support you to either delegate low priority tasks or do them with enthusiasm until you can delegate them to someone else.

This will help you instil the behaviours, the habits and adopt the values that are in alignment with the plan that you will be creating to help you be more productive and more successful.

## 6 Mindfulness for Increased Performance

### **SYMPTOM: Lack of Emotional Mastery – TJS Performance Boosting Attitudes**

To begin applying mindfulness to your anxiety, stress, and pressure or that of your clients, here is short description of The Seven TJS Attitudes that will help build the foundation for successfully addressing them and amplify your performance:

#### **1 - Adopt Childs Attitude – Be Curious**

This refers to a beginner's mindset that is curious and ready to see, hear, behave and act from a new perspective and consider new ideas in regards to dealing with anxiety, stress, or pressure.

#### **2 - Practice Balance and Equanimity**

When you know everything in life has its equilibrium, you start to practice attitudes that allow wisdom to develop through a broadening of perspective and an understanding that your whole experience is so much more than your current feelings, whether positive or negative.

#### **3 - Exercise Acknowledgement**

Having the mindset of acknowledgment means that you are emotionally intelligent and are able to take each experience for what it is; you accept what is happening and be secure in the knowledge that it, like the weather it will pass.

#### **4 - Achieve Complete Awareness**

Due to the number of thoughts we have on a daily basis, our unique beliefs and values can filter the information in a way that causes us to have skewed perceptions and not see the entire situation that causes us stress, pressure, and anxiety with complete awareness. By bringing your focus to the intention of working with a new awareness that simultaneously sees and acknowledged the two sides of any situation, you learn to overcome challenges with ease.

#### **5 - Be Patient and Non-judgmental**

This is a very important attitude to cultivate, since it being patient can help you listen better, broaden your perspective, and help you persevere when you run into obstacles on your journey. Adopting non-judgemental attitude involves experiencing your present moment as an observer, without evaluating and judging it. It means you let go of value judgments about yourself and how you are feeling, and allows you to begin your work from a more balanced starting block.

#### **6 - Self-compassion**

Showing yourself compassion is an important part of loving yourself and being mindful to yourself. Learning to become kind to yourself at challenging times, as you would be kind to a dear friend or family member, can help you to decrease your anxiety, stress, and pressure by being a support for yourself.

#### **7 - Non-striving and Self-reliance**

This attitude refers to the willingness to accept a person, situation or experience as it is, without trying to change it. To combat your stress, pressure, and the anxiety you may have, you must first be present with it and accept your current state. Then practice the mindset of self-reliance which is characterized by trusting yourself and your ability to handle your feelings and master your emotions. Cultivating your self-reliance will allow you to more easily acknowledge, experience, and let go of your anxiety, stress, and pressure and focus on improving performance.

Practice each of The TJS Performance Boosting Attitudes, firstly make sure you read the full description of each mindset then try to embody each mindset or attitude. Take note of how you feel, think, behave, and act. Afterward, reflect on your experience and describe it, with a special focus on your feelings, thoughts, and behaviours during the process.

You can also head over to iTunes and download my meditation “Awaken Your Senses, Master Your Emotions” <http://bit.ly/MasterYourEmotions>, doing this meditation for ninety days will help you release trapped emotions, listen better to your body’s built in ALARM system, and become master of your emotions, thus increasing productivity, performance and profits.

Almost everything “negative” that happens can be reframed! TJS Meditation Solutions© help you calm your mind, master your emotions, centre your being, awaken your inner doctor, reframe and become more mindful! You can download the entire set from <https://tonyselimi.com/shop/> or from iTunes <http://bit.ly/AwakenYourInnerDoctor>

## 7 Vital Planning for Elevated Living – Five Day Intensive Coaching Program

*“The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvellous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day. Never lose holy curiosity.” **Albert Einstein***

The quality of your life is determined by the quality of the questions you ask yourself daily. The Vital Planning for Elevated Living Five Day Intensive Program - Life Organizer is an inspired seminar that comes with your personalized dream book. It will help you question the unquestionable by asking yourself hundreds of quality questions that will inspire and empower you to live and fulfil your most meaningful dreams.

The more detailed your questions, the more detailed the plan of your dream becomes. Any detail you leave out of master planning your dream can become an obstacle you can face in your life.

If you like to unravel the genius in you, accelerate your growth, boost your profits, productivity and performance like no other program has done for you, then I invite you to devote spend five days of your life to contemplating and writing answers to a series of quality, self-reflective Questions.

Thoughtfully, but yet spontaneously write their answers and pay close attention to any emerging, even more refining questions that might arise, ones that you may add further to this list. The skill of asking quality questions will have as much importance to you as the skill of contemplating the corresponding quality answers. The morals of right or wrong concerning your answers determined by some outside individual or collective authority, do not apply.

What does apply is your own original creativity associated with filling out the answers to these life-changing questions. These questions and answers will have major genius building significance. Sharpen or reframe each question in a way that they will bring you the greatest fulfilment. Transcend any of your pre-existing paradigms or prejudices that interfere with asking clear and inspiring questions or discovering brilliant and wise answers.

Your master plan will awaken your body, mind, heart and soul to a deeper appreciation and understanding of the hidden order that permeates the universe. It will awaken you to the inner wisdom that prevails and guides you along your ultimate journey.

To book, please e-mail [info@tonyselimi.com](mailto:info@tonyselimi.com) , as someone who invested in this course, you get 25% discount on your initial consultation and any of the coaching package you may purchase straight after.

## 8 7 TJS Mindful Principles exercises

### Principle 1: Distraction Exercise

One of our biggest challenges to getting things done is the distraction of the mind, while we try to get one job done, our mind reminds us of ten others that still need doing. We quickly check our email because our mind alerts us to the fact there may be unread emails in our inbox and if they remain unchecked we may be missing the fact that the Earth is shortly to be demolished by an alien construction crew!

Our phones can do virtually everything for us, so why not help us meditate? This does not mean scrolling through your Instagram feed, the point is to use relaxing music or a guided meditation to mentally step away from outside distractions. Download TJS Meditation Solutions for a range of guided meditation sessions, by simply following my calming voice, you begin to distract your thoughts and start to train your brain to relax.

You are born with the ability to distract a thought, especially the negative ones that cause us inner discord. In any given moment, no matter what troubles you, distract your mind by shifting your focus to something that makes you smile, i.e. a cat, a view, a joke.

### Principle 2: Perform a full Body Scan

Another popular exercise I daily use to help my clients be more mindful is called the Body Scan. It requires very little in the way of props or tools, and it is also easily accessible for most beginners. You can do it anywhere and any place.

Sit down in a comfortable position where you can remain still for a period of time, close your eyes and start breathing on a count to five, and exhal on a count to five. Now, with each breath bring your attention firstly to the tip of your head and then with each breath slowly start to become aware of what's happening in your head, sense your scalp, face and head, jaw, mouth, nose, cheeks, ears, eyes, forehead, hair, brain, and move down to your neck, Upper back- back ribs & shoulder blades, arms (lower, elbows, upper), hands (fingers, palms, backs, wrists), chest, lower back, the abdomen, pelvic region- buttocks, tailbone, pelvic bone, genitals legs, lower legs, thighs knees, and the rest of the feet (top, bottom, ankle) then to the feet.

If you feel any pain, tension, or sense something is not right in any of your body parts, then hold your focus there longer and breath into that area and instruct that part of your body where you feel discomfort to relax. Repeat this until the area concerned is free of stress, pain or discomfort.

After the Body Scan is complete and you feel ready to come back, you can slowly open your eyes and move naturally to a comfortable sitting position.

Now that you have a firmer understanding of the Body Scan you can also use my Open and Awaken Your Heart meditation to do a full Body Scan right now by downloading it from iTunes <http://bit.ly/AwakenYourHeart> or my website <https://tonyselimi.com/shop/>

### Principle 3: Mindful Seeing

For some, the absence of visual stimuli can feel stifling. After all, a healthy imagination does not come naturally to everyone. The activity of Mindful Seeing may be helpful to anyone who identifies with this feeling.

This is a simple exercise, requiring only a window with some kind of a view and for you to follow these steps:

Step 1: find a space at a window where there are sights to be seen outside.

Step 2: look at everything there is to see. Avoid labelling and categorizing what you see outside the window; instead of thinking “bird” or “stop sign”, try to notice the colors, the patterns, or the textures.

Step 3: pay attention to the movement of the grass or leaves in the breeze, notice the many different shapes present in this small segment of the world you can see. Try to see the world outside the window from the perspective of someone unfamiliar with these sights.

Step 4: be observant, but not critical. Be aware, but not fixated.

Step 5: if you become distracted, gently pull your mind away from those thoughts and notice a colour or shape again to put you back in the right frame of mind.

This exercise only lasts a few minutes, but can open up a world of discovery in an otherwise familiar place.

#### **Principle 4: Mindfulness of the breath, sounds and thoughts**

With every breath, sound, and thought there is so much we do not pay attention to. Take a moment and observe what changes in you when you consciously do deep slow and deliberate abdominal breathing. Hear the sounds in your environment and appreciate them as they are, not for what you want them to be. And let your thoughts just be, observe them by tapping to your inner child, you may want to paint them with the colours of the rainbow, or simply see them disappearing with every breath you take.

Mindful listening to your breath, the sounds you make, and the thoughts you have is an important skill and can help you thrive when feel under pressure, anxious, or out of control.

#### **Principle 5: Acceptance of thoughts and feelings exercise**

Step 1: Think of one thing you are stressed about and one thing you look forward to.

Step 2: Direct attention to find out how it you feel about the things you are stressed or you look forward to.

Step 3: Observe your thoughts, feelings and body sensations both when talking and listening about something stressful or positive.

Step 4: Acknowledge the body’s wisdom to alert you at those two opposite thoughts and emotions.

Step 5: Accept that they are both there to help you change the way you interact and relate with self and others so that you can pay attention with curiosity, kindness, and acceptance to everything you said and everything you listened to.

### **Principle 6: Breath Focus without Guidance**

With every breath you take focus your mind on the breath itself, start with five minute exercise and gradually increase it to fifteen minute. This will help you become present, release stress, and cope better with any situation.

### **Principle 7: TJS Meditation Solutions© - Head Full of Noise**

I cannot stress enough the importance of great guided meditation can help you calm your mind, put those thoughts to rest, at least for a while, and create a blissful space in your head, for this I encourage you to download From a Head Full of Noise to Blissful Mind <http://bit.ly/BlissfulMind> and do it for ninety days.

### **Bonus Principle 8: Non guided Breath Focus**

This is where you take a candle, you light it up, and put in front of you. Make sure you are sitting directly in front of the candle; you breathe normally, and focus your mind in the middle of the candle light. Do this exercise every evening when you go to sleep and see how not only your sleep improves, so will your focus, sharpness, and ability to see things with a pair of new lenses and a new awareness that is guaranteed to help you be more productive, more focused, and more profitable.

You have come to the end of this course. I trust you really enjoyed taking it as much as I've enjoyed teaching it. This is the first of many courses that I will be creating in partnership with The Expert Academy, so to hear more, please do head over to my website <http://tonyselimi.com> and sign up to receive my inspirational my newsletter packed with information, news, and tools designed to maximise your human potential.

In doing so, you will receive a FREE chapter of my Amazon bestselling book A Path to Wisdom and the award winning book #Loneliness and be kept informed of new courses, talks, seminars, book launches including highly anticipated book A Path to Excellence. Through my newsletters, you will be the first one to hear the latest news about the Hollywood and Los Angeles Award Winning real life coaching documentary Living My Illusion.

If you become one of my clients and a student of TJS wisdom, you are in for a chance to capture your transformational coaching journey with me in a documentary that not only supports you to grow your business, increase your influence, and have a global presence, but it will also inspire action in others. Imagine that!

Also, please don't forget to check out TheExpertAcademy.com for more great courses on everything from wine to negotiation.

You only have to choose to make a choice, take the first step, and allow the wisdom written in every chapter of my books be your conductor who directs the symphony of your life.

To redefine your reality, rediscover your purpose, become more mindful and return to natural state of joy I encourage you to read my books, attend my talks, seminars, and connect with me on all of the social media sites. You may also book me as a speaker to inspire your audience, teach mindfulness in your company, and hire me to coach your team and executives to resolve meaningful problems and increase company profits. Make sure you follow and share my work to support the vision to empower, educate, and elevate the lives of one billion people.

Thank you again for taking the course, and please do look out for the next one.

Tony Jeton Selimi

**“Loving the unlovable in you is not a choice, it is your destiny.”**

Expert on the Psychology of Max Human Potential, Visionary, TEDx Speaker, founder of TJS Cognition and the co-creator of Living My Illusion documentary series, and an Amazon bestselling Author of A Path to Wisdom and the Award winning book #Loneliness – The Virus of The Modern Age internationally known as **The See-Through Coach**.



## 9 Some words of support



“Feeling amazing, elevated and inspired. The man is a genius, an ocean of knowledge and he is never tired to answer my endless questions. I am very grateful, fortunate and blessed to have this unique experience. Thank you Tony J. Selimi” **Timea Van der Molen-Co-Founder of Vandercom, London**

“Thank you for giving me my inspiration. I am inspired to be more productive, perform better, and within a month I increased my profits by following your program and weekly having mind blowing clarity coaching sessions.” **Robert B - Lawyer, London**

“I have always said that I would do this, but I never took the time. I appreciate the opportunity to put together all my thoughts, because it is a great gift to myself and it is a greater gift for my children. I always wanted to know what made others successful and I wish I had a book like this when I was starting out.” **Ed Joyce - Melbourne, Australia**

“I feel like I pulled years of dreams and thoughts together to a real vision and direction. I can actually see where I am heading. Before I starting my coaching program with Tony and doing this workshop I was successful on the outside but crumbling on the inside. I feel empowered for the first time in the direction of my life. I feel certainty and a real mission. Fear has been with me every step of the way. Fear that I am not good enough and fear of what in the world will I do if I lost my corporate job. I have for years dreamed about being an inspired leader but felt it was for someone else not me. I did not have that potential in me. Now I see I do. The financial mastery outline was phenomenal. I cannot wait to go home and devour all the material that is here. Thank you for supplying the guidelines to bring to fruition my dreams.” **Michele Scataglini – Senior Executive, London**

“I received so many benefits from this Vital Planning for Elevated Living seminar. I learned in depth about my values, behaviours, fears and mostly what is missing in my life. I have never planned much before. Tony has inspired me to create a global vision to transform the health care and follow my childhood dreams to help people heal. I know now what has been missing to take myself to a higher level, having a coach, mentor and a spiritual teacher like Tony by my side who simply shines powerful light that helps you get out of the dark and onto your life enhancing path. I enjoyed being challenged by the questions I would have never asked myself. I look forward to tomorrow and the rest of my life. Looking back at this first plan will be so much fun.” **Emanuele Garbelli – Dr, Consultant Physician, Healer-London**

“I have been reading and studying self-help material since I was 14. By my immediate family and friends I am considered successful and a goal setter. But I have always known something was missing. I felt in my heart that if I were going to be a master goal setter my life would be different. By this time I would have more money, more trophies, a larger car, house, yachts, admiration and other items I associate with being successful and a goal setter. Having Tony as my coach, healer and doing his programs put me on a path of self-discovery and creating Move-Play-Explore brand with a mission to help other male entrepreneurs to have fun, be healthy, happy and have time for their families.” **Paul Miller, PT, Author-London**

“After these three days I now know why Tony’s teachings are like the best compass in the world that helps you navigate not only through many roads on earth, but he also can guide you through the process of connecting you to your infinite soul. I see now why I started my coaching journey with Tony, these five days with him has helped me see what a master goal setter is and does if you daily put the time. My missing link has been brought into position and I can begin to attract and experience all my dreams and leave a legacy. I believe if I can pass this torch to others I then can not only achieve a childhood dream to train future generations to travel to space, but I can fulfil my mission in all areas of my life. Thank you from the depths of my soul Tony J. Selimi. I answered questions beyond my expectations.” **Phil Carvil – Space Physiology Scientist, London**

“The benefits are infinite, especially at this time when I am going through healing OCD and wanting to set up my consulting business. I don’t know a lot of the answers right now, but I am on my healing path to perfect health and have been asked the questions that I am now able to answer. Thank you God, and Selimi. In my personal life I love the questions. I will be answering them for a long time.” **Melissa Alesia - Adelaide, Australia**

“This has been a tremendous opportunity to organize and prioritize and commit to writing my vision and dreams, create my destiny as well as review the valuable principles I have learned from Tony’s work. Thank you Tony, it is so good to be back. You bless my life.” **Tim H - London, UK**

“This mindfulness course and The Vital Planning for Elevated Living five day seminar provided me with the clarity needed to refocus, master, and plan my vision.” **John Braedon - Oxford, UK**

“Tony, it had been nearly 10 years since I heard your voice & the inspirational messages that you offer but it felt just like home sitting in your Vital Planning class in Pimlico last month. As fate would have it, my husband gifted me years coaching with you for Christmas & I left the class energized & ready to face the new year with a renewed enthusiasm and outlook. I can only offer my heartfelt thanks for the messages you continue to remind me of. I will continue to Count My Blessings, equilibrate my perceptions, and be an excellent mother to my two daughters whilst I am building an inspired business from home that supports me in bringing up my two girls who are learning to play harp and piano and want to play at your next book launch.” **Sandra Wick-Germany**