



Please no photography or recording devices allowed in the conference room.





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You should also know that Dr. Alok Trivedi wanted us to add this: I am a regular human, loaded with flaws and capable of annoying and pissing people off just as you are. I am unworthy of adoration or lame compliance. Question everything I say. Test every strategy, do your own research, always do what is right for you and your family. I am simply here to share my experience, knowledge and create an environment for you to discover your own voice and path. Listen to your heart more than me or anyone else and all will be well. The only request I have is be grateful for your life, work hard in the seminar and be kind to everyone here

Biography

Dr. Alok Trivedi



Dr. Trivedi is a media personality and author of "Wired for Wealth: Unlocking Your Brain for Financial Success" Amazon Best Seller Book and has been featured on CBS, NBC, Fox News, Shape Magazine, and Global News to name a few.

He has been in front of over 100 million people worldwide helping them navigate their psychology and mindset through challenging and stressful times.

Dr. Trivedi built one of the largest healthcare clinics in the country. For 27 years, he has been studying the science of success, fulfillment and human behavior.

Dr. T is an expert in rewiring people's brains to turn stress into success.

He is sought out by entrepreneurs and c-suite executives to rewire their brains to cut the bs, get to the cause to transform their money, business, and life.

Clients include the FDIC, Berkshire Hathaway, WNBA stars, Professional Golfers, Olympic Tennis Players, Corporate Executives and many more.

While he does work with celebrity clients, he also teaches thousands of people just like you all over the world. His most elite courses and events have thousands of attendees all looking for the secret that mainstream culture does not provide.





TESTIMONIALS



This was not just a game changer for me listening to Dr. T, this was life-changing. Ive spoken all over the world, literally all over the world to physicians, to common people. And what Dr. T does with his rewiring of the human body, actually going back in and teaching you that trauma is really not trauma and that rewiring is so important to human optimization and health was mind-numbing to me. I am so blessed that I came to this event. I promise you, if you come and listen to Dr. T, it will change your life too.



Gary Brecka Human Biologist & CEO at Streamline Medical Group



If you just stick with the commitment that you made to Dr. Alok, to buy the book, to open the book, to read the book, to go to the event, you stick to each commitment that you make, you're developing more confidence in yourself to take action again the next time an amazing opportunity comes your way because you're training your subconscious to believe that you can trust yourself to stick to your commitments.

There's nobody better to teach you how to do this than him. I've seen him rewire people's brains. So you guys are in the right place. Take the opportunity.



Jen Gottlieb Co-Founder at Super Connector Media



Dr. Trivedi impacted my life so fully and really helping me rewire and rethink how I treat others, how I grow my business, and then not just impact your life but if you can level up your game it will also impact those all around you. I m thankful for the study and his life mission to help people in their minds and their brains because that will help manifest the rest of everything else you do in your lives.



Randy Garn
New York Times Best-Selling Author & Entrepreneur

TESTIMONIALS



One of the most revolutionary and cutting edge events I have ever attended. This is about how our brain works and how that connects with our overall goals and life mission.

I would encourage anyone to attend one of Dr. Trivedi's workshops. It goes way beyond improving your income, this is about improving your LIFE.



Joseph Ward, Senior National Sales Director Financial Services Chicago, IL



Dr. Alok Trivedi is one of the most successful D.C.'s in the world. He's also one of the fastest rising speakers in the business. His platform skills are top notch and his marketing savvy is formidable.

I've shared the stage with him many times over the past 8 years and he's a real pro.



Steve SieboldAuthor of 8 Books on Mental Toughness



Dr. Trivedi literally changed my life—my business, personal life, my relationships with my family and friends. During one of his workshops I processed a trauma that I had been holding on to for over 30 years.

I'd recommend Dr. Trivedi's training to anyone who has tried other modalities of therapy without success. To anyone who has felt held back by all the "crap" we have carried around with us our whole lives.



Wanda Archer, Financial Services Denver, CO



When you listen to Dr. Alok Trivedi, you cannot help but admire his intelligence, imagination, knowledge and mastery of creating Aligned Performance. He has acquired habits of mind that convert them into results.

He is incisive, witty and delivers practical tools to help you achieve your objectives. I highly recommend him.



Sid Vaidya Senior Vice-President of GM and Senior Vice President of Hewlett-Packard

TESTIMONIALS

Dr. T has taught me to change my thinking and get to a place of love and gratitude for my past — the good, the bad, and the ugly. The more I do this, the more I can love myself. The more I love myself, the more I can love others for who they are. We saw a 64% increase in our income in 2019, which meant full ownership in our business.

The more work I do, the more grateful I am. I am excited to serve my family, my team, my community, and beyond.



Jackie Choury, Financial Services Denver, CO

I have so much peace now, it's almost shocking. In 47 years, I've never had this level of silence and inner peace in my own mind.

Dr. Alok also helped me develop a new level of occupational excellence for myself. After working with him, I have changed who I am as a leader, which has dramatically improved the performance of my team.



April Abrahamson, C00 Golden, Colorado

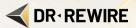








NOTES



HEALTH INTENTIONS

My Health goals for today are :	
1.	
2.	
3.	
The Health struggle I've had in my life is :	
1.	
1.	
1	_ 🖍

Today is about you and your breakthough

All to often people set goals that aren't aligned to them and what they want; rather they place other people's goals on themselves.

List 5 Health goals you had for yourself you didn't achieve :	
1.	
2.	
3.	
4.	
5.	
Failure Feedback Principles:	
How did you feel when you didn't achieve your goals?	
1.	
2.	

Failure Feedback principles:

- 1. The goal isn't aligned to what you really want creates inaction
- 2. You don't really believe you can achieve it creates inaction
- 3. The fear of failing from achieving from the goal prevents inaction
- 4. The fear of the new challenges that the goal will bring creates inaction
- 5. The goal you are setting is not in practical space and time reality

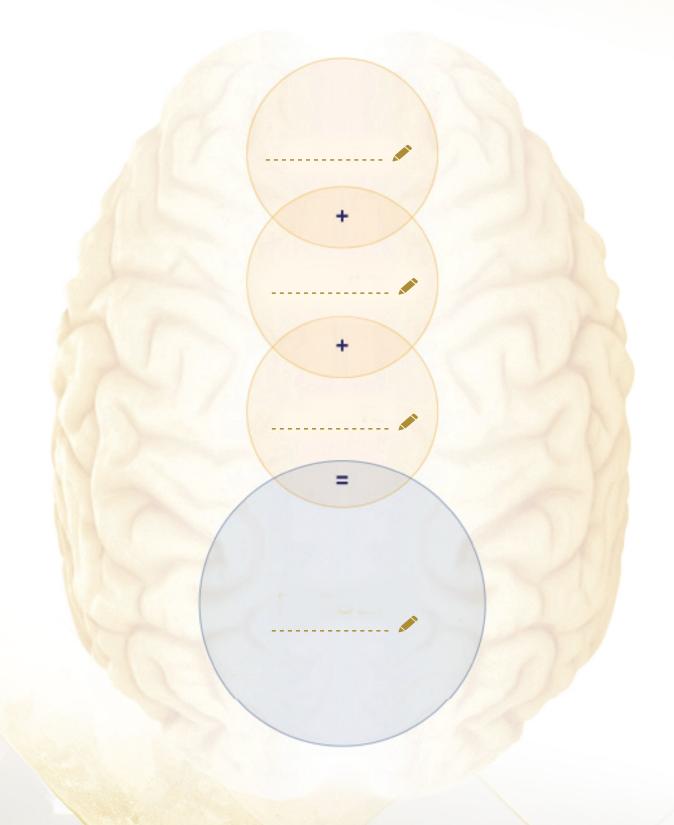
\triangleleft	DEFINE WEALTH
_	
	TRUE DEFINITION
~	TRUE DEFINITION
4	TRUE DEFINITION

\triangleleft	DEFINE HEALTH	

	THE ABILITY TO		
[<i>_</i>]	

IF YOU CAN'T CREATE YOU ARE NOT WEALTHY AND HEALTHY

OLD MODEL



2- BODY	

\triangleleft	3- DIET	
\triangleleft	4- SLEEP	

\triangleleft	5- MONEY	
	6- LIFTING WEIGHTS	
	0- Ell Tilla WEIGITTS	

	7- CARDIO	
4	8- MEDITATION	



SYMPATHETIC

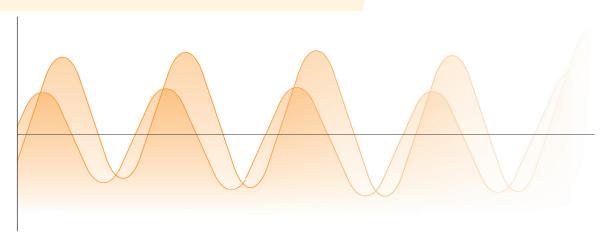


ENERGY

COHERENCE:

Neurologic connection and EEG of the brain (Mind-Body Connection)

UNHEALTHY N.S/INCOHERENCE

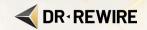


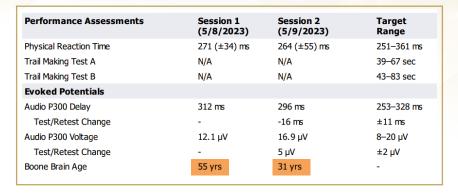
States of Incoherence:

HEALTHY N.S/COHERENCE

States of coherence:

TOTAL REWIRE

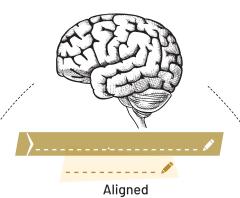




Performance Assessments	Session 1 (5/10/2023)	Session 2 (5/11/2023)	Target Range
Physical Reaction Time	336 (±76) ms	336 (±24) ms	252-363 ms
Trail Making Test A	N/A	N/A	38-64 sec
Trail Making Test B	N/A	N/A	43-83 sec
Evoked Potentials			
Audio P300 Delay	260 ms	252 ms	250-324 ms
Test/Retest Change	-	-8 ms	±11 ms
Audio P300 Voltage	4.5 μV	19.0 μV	8–21 μV
Test/Retest Change	-	14 µV	±2 μV
Boone Brain Age	56 yrs	22 yrs	-

Performance Assessments	Session 1 (5/9/2023)	Session 2 (5/9/2023)	Target Range
Physical Reaction Time	255 (±42) ms	270 (±39) ms	261-376 ms
Trail Making Test A	N/A	N/A	60-102 sec
Trail Making Test B	N/A	N/A	58-112 sec
Evoked Potentials			
Audio P300 Delay	320 ms	■ 276 ms	285-371 ms
Test/Retest Change	-	-44 ms	±11 ms
Audio P300 Voltage	14.3 µV	■ 18.1 μV	6–16 µV
Test/Retest Change	-	4 μV	±2 μV
Boone Brain Age	48 yrs	22 yrs	-

Performance Assessments	Session 1 (4/12/2023)	Session 2 (4/12/2023)	Target Range
Physical Reaction Time	269 (±36) ms	270 (±86) ms	253-364 ms
Trail Making Test A	N/A	N/A	38-64 sec
Trail Making Test B	N/A	N/A	43-84 sec
Evoked Potentials			
Audio P300 Delay	304 ms	284 ms	249-323 ms
Test/Retest Change	-	-20 ms	±11 ms
Audio P300 Voltage	14.7 μV	19.3 μV	8–21 μV
Test/Retest Change	-	5 μV	±2 μV
Boone Brain Age	42 yrs	24 yrs	-



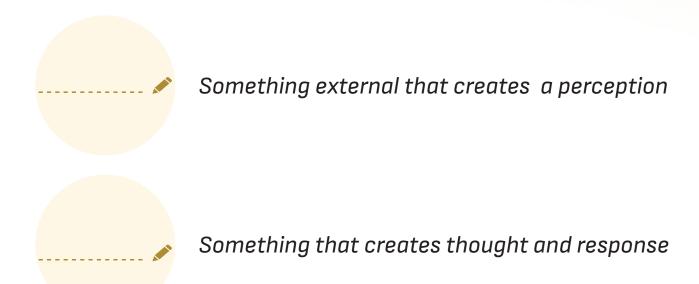


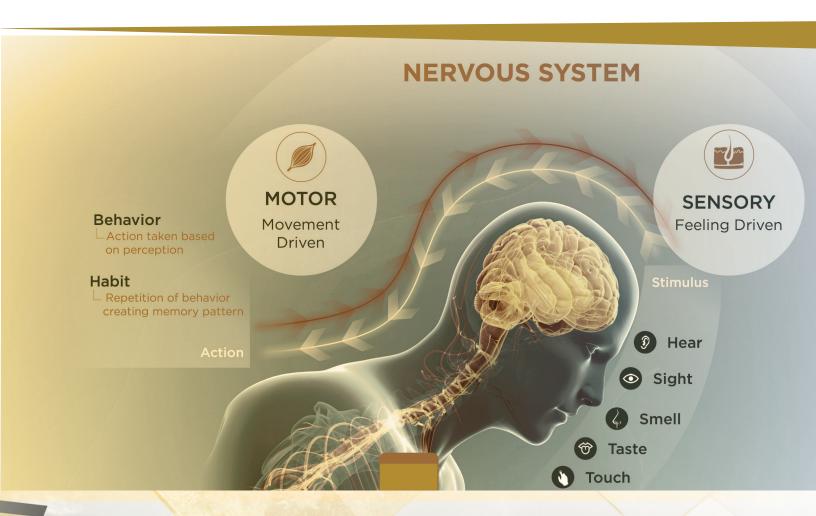
E-MOT-ION Emitted - Ion [Energy In Motion]



VALUES

THE NEW MODEL







WHERE DO THOUGHTS COME FROM?

PERCEPTION VALUES EMOTIONS BELIEFS



EXTERNAL

BEHAVIOR HABITS CHARACTER PERSONALITY



Fill in the spaces below!

TRIVEDI IDENTITY EVALUATION

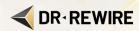
1)	What 3 things do you do	daily tr	nat excite you	1?		
2)	You move into a furnished apartment to make it feel		•	hat 3 things (do y	ou bring into the
3)	In your free time what 3 th	nings (do you find yo	urself doing?		
	<i>p</i>					
4)	Your paycheck gets cut in no matter what?	half wł	nat 3 things d	o you figure o	ut ho	ow to buy
	· · · · · · · · · · · · · · · · · · ·					
5	You have 3 months to liv	e wha	t would you d	o with your ti i	me c	on the planet?
6)	It's your birthday what 3 t	hings	would ask fo i	?		



Fill in the spaces below!

TRIVEDI IDENTITY EVALUATION

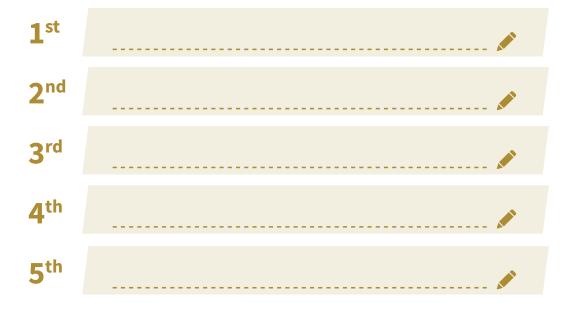
7)	3 things you envision expe	rier	icing in your life that seem to	be s	showing up in your life?		
8)	What 3 things do you love	to l	earn about?				
	<i>></i>		<i>></i>				
9)	9) What are the 3 things you find yourself keeping organized without being reminded?						
10) On google what are your 3	mo	st common searched subject	ts?			
	<i>_</i>		<i>></i>		/		
11	11) Check your pictures in your phone. What are the 3 most common themes?						
	<i>></i>		·····				
12) Go to your bookshelf, what are the 3 most common themes?							
13) List the 3 people in your life you looked up to/infatuated with or are your role models.							



Fill in the spaces below!

TRIVEDI IDENTITY EVALUATION

Most Frequent Values



ENERGY

MAP OF CONSCIOUSNESS

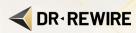
STATE OF CONSCIOUSNESS	FREQUENCY	EMOTIONS	PROCESS
	700-1000 Hz	Love & Grace	Pure Consciousness
	350 Hz	Forgiveness	Transcendence
<i>></i>	150 Hz	Hate	Aggression
<i>></i>	100 Hz	Anxiety	Withdrawal
	20 Hz	Humilation	Elimination

Reference:

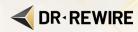
^{1.} Map of Consciousness, Copyright of Dr. David Hawkins

ENERGY





1. MIND			
Are you where you expected to be in your life? Yes No Why? / Why Not?	How do you feel about this experience? ☐ Enlightened (5 points) ☐ Accept (4 points) ☐ Angry (3 points)		
_	☐ Fear (2 points) ☐ Guilt/Shame (1 point) Score		
2. BODY			
Are you where you expected to be in your life? ☐ Yes	How do you feel about this experience?		
□ No Why? / Why Not?	☐ Enlightened (5 points)☐ Accept (4 points)☐ Angry (3 points)		
	☐ Fear (2 points) ☐ Guilt/Shame (1 point)		
	Score		



3. DIET	
Are you where you expected to be in your life? Yes No Why? / Why Not?	How do you feel about this experience? ☐ Enlightened (5 points) ☐ Accept (4 points) ☐ Angry (3 points)
	☐ Fear (2 points) ☐ Guilt/Shame (1 point)
	Score
4. SLEEP	
Are you where you expected to be in your life?	How do you feel about this experience?
☐ Yes ☐ No	☐ Enlightened (5 points) ☐ Accept (4 points)
Why? / Why Not?	☐ Angry (3 points)
	☐ Fear (2 points) ☐ Guilt/Shame (1 point)
<i>P</i>	Score



5. MONEY	
Are you where you expected to be in your life? Yes No Why? / Why Not?	How do you feel about this experience? □ Enlightened (5 points) □ Accept (4 points) □ Angry (3 points)
6. EXERCISE	☐ Fear (2 points) ☐ Guilt/Shame (1 point) Score
Are you where you expected to be in your life? Yes No Why? / Why Not?	How do you feel about this experience? Enlightened (5 points) Accept (4 points) Angry (3 points) Fear (2 points) Guilt/Shame (1 point)
	Score

SCORE

- 1. MIND
- 2. BODY
- 3. DIET
- 4. SLEEP
- **5. MONEY**

TOTAL SCORE

6. EXERCISE

27-30 Enlightenment 22-26 Acceptance (Danger Zone) 16-21 Anger 10-15 Fear

1-9 Guilt/Shame