



PERSONAL BEST SEMINARS

LEVEL 1 - COURSE OVERVIEW

- ORIENTATION AND OVERVIEW
- THE VEIL IS THINNING
- INTENTION SETTING
- PERCEPTION IS ATTITUDE - ATTITUDE IS EVERYTHING
- THE POWER OF THE MIND
- THE LENSES
- UNLOCK YOUR FULL POTENTIAL
- BAGGAGE
- GAME OF LIFE
- DECONSTRUCTION
- REFLECTION
- CREATING A NEW
- SEEKING TRUE EXPERIENCES
- OVERCOMING
- SELF-DISCOVERY
- THE POWER OF CHOICE
- TRANSFORMATION AND EMPOWERMENT





DAY ONE

Wednesday Evening - Start Time - 6:30PM

OVERVIEW

Participants are given an overview of the entire core program (Level 1, 2 and 3). We discuss Level 1 in detail, what to expect, and the transformative experiences awaiting you. We dive into the power of experiential learning and the numerous benefits it offers. Lastly, we introduce a fundamental concept that forms the foundation of this program — the importance of becoming aware of limiting beliefs, understanding their impact, and overcoming them to achieve incredible life results.

This sets the stage for you to fully maximize the value of this process.

THE VEIL IS THINNING

In this awe-inspiring section, we recognize that we are the center of our entire universe. Our upbringing, values, and past experiences have shaped our current reality. Often, we live unconsciously, rarely stepping back to observe our beliefs, attitudes, and behaviors. Here, we begin to see the

veil for what it is—an all-pervasive influence shaping our relationships, experiences, and even our core identity. As we become aware of this, we understand how it limits our clarity, happiness, freedom, power, and overall identity. This newfound awareness drastically alters our approach to life and influences who we are, and who we will become.

INTENTION SETTING

Participants evaluate their current state and establish clear intentions for the next five days. We believe that "you can't change what you don't acknowledge," so acknowledging both what's working and what's not is a crucial step in setting intentions for personal growth.





DAY TWO

Thursday Evening - Start Time - 6:30PM

PERCEPTION IS ATTITUDE - ATTITUDE IS EVERYTHING

We are all humans with unique relationships, backgrounds, values, and experiences. Despite our shared humanity, we each perceive and experience the world through different lenses. In this section, we will explore the lenses through which you see the world and how you respond to it. Prepare for a powerful experience that will reflect in your results.

THE POWER OF THE MIND

Discover the incredible power of your mind and its impact on your physical well-being. Learn how you can heal your body through the choices and power within yourself. This transformative experience will reshape your perception of your own strength.

THE LENSES

Take a deeper dive into the lenses that shape our view of the world and the stories we create around them. Often, we wear masks to hide our true selves, but in doing so, we also listen to and hear ourselves. This can lead us to believe that we are victims to the world around us. After this section, you will recognize your power to remove the stories of the past and simply see and accept reality for what it is.





DAY THREE

Friday Evening - Start Time - 6:30PM

UNLOCK YOUR FULL POTENTIAL

Why aren't you living your best life - achieving financial success, experiencing pure happiness, attaining physical fitness, enjoying a thriving community, and finding inner peace? It all comes down to your perspective - your context. Our experiences, both conscious and unconscious, shape who we are and what we believe about ourselves. Our growth and happiness are limited by the context of our past.

But fear not! Once we gain awareness of our current context, we can reverse-engineer our mindset and create a life of immense power, growth, and joy. This newfound clarity grants us the freedom to take action like never before.

BAGGAGE

Now, let's delve deeper into our current context and the outcomes it has produced. In this section, participants

have a transformative opportunity to symbolically release the emotional pain they have been carrying. Our upbringing, values, experiences, and past relationships have all shaped us through the lenses we unknowingly created. By releasing the emotional baggage associated with these experiences, we invite life-changing possibilities.

THE GAME OF LIFE

How we approach one thing reflects how we approach everything. How do we interact with others? How do we define "victory"? How do we handle "defeat"? The answers to these questions profoundly impact our relationships, career, and overall life. In this section of the workshop, you will gain insight into your own beliefs and motivations. Become the observer of your thoughts and actions, allowing you to explore the belief system underlying all your life's outcomes. Only through this deep understanding can you consciously make choices that lead to more fulfilling, rewarding, and powerful results.



DAY FOUR

Saturday all Day - Start Time - 10:00AM

DECONSTRUCTION

Explore the depths of your belief system and uncover what truly lies within. Take a moment to evaluate whether you are content with what you find or if you are inclined to make changes. Remember, only you hold the answers. If adjustments are desired, how can you manifest them? What are your aspirations in life?

During this phase, participants will analyze their findings and construct a new way of being that aligns with their desired belief system. Embrace the intentional choice to take action that reflects your true desires and deepest aspirations. Embrace a lifestyle full of freedom and authenticity, focusing not on what has been, but what is possible.

REFLECTION

The individuals we admire, respect, or even dislike often possess qualities that mirror our own. This unexplained

connection or repulsion stems from our subconscious projection of our own traits onto others. It is through this projection that we better understand and relate to people, as their actions and behaviors serve as reflections of our own. In this section, we will examine the reflections we perceive in others, starting with ourselves.

CREATING A NEW

Life has no boundaries. You are the artist, and your life is a blank canvas awaiting your artistic touch. What do you aspire to create? The possibilities are endless. The process of reframing your belief system cultivates a more potent, valuable, and self-revering perspective. Let us continue onwards to further creation - creation in our lives, relationships, and the act of giving and receiving. This section serves as a loving, reverential, and heart-transforming experience.





DAY FIVE

Sunday all Day - Start Time - 10:00AM

SEEKING TRUE EXPERIENCES

In life, we often seek material possessions believing they will bring us freedom, abundance, and happiness. But what if we could find these qualities without relying on money? In this section, we will explore the experiences we truly desire in life and how to pursue them.

OVERCOMING LIMITS

Our desires for experiences often get hindered by self-doubt and excuses. Whether it's wanting a new car or any other desire, we'll uncover the driving force behind what we truly want and how to achieve it.

SELF DISCOVERY

Who are you at your core? In this section, we'll delve into this question and explore your perception of yourself, your personal growth, and untapped potential. This module will also provide grounding techniques to reconnect

with your Personal Best 1 (PBI) experience whenever needed.

THE POWER OF CHOICE

As humans, we possess the unique power to choose. This module will dive deep into the concept of choice as a creative force. When we understand the true nature of choice, we gain the ability to shape our identities and manifest what truly matters to us.

EMPOWERMENT

Personal Best Seminars is committed to empowering you with new perspectives and tools for a life of freedom and fulfillment. The knowledge and insights gained during this course will stay with you as you step into living to your fullest potential. The truth of life will be unveiled, and you'll just need to embrace it.

