

# The UPW Post-Event User Manual

Program Yourself for Success



# Contents

	Page
Welcome.....	3
Who are Energise UK.....	4
About this Workbook.....	5
Legal & Important Information.....	6

## Momentum After UPW

The UPW Momentum Workbook.....	7
--------------------------------	---

## Success Resources

Conditioning Your New Behaviours.....	16
The Six Human Needs: Making Success a Habit.....	19
Pain & Pleasure: The Twin Forces of Success & Motivation.....	23
Defining Your Life: How Your Values Guide Your Actions.....	29
Instantly Change Your Habits & Eliminate Your Fears: The Swish Pattern.....	35
Setting Goals: Create a Compelling Vision.....	38

## Living Health Resources

The Ten-Day Challenge.....	44
Introduction to Alkalising.....	64
Alkaline Diet FAQ.....	66
How to 'Cleanse'.....	71
Acid/Alkaline Food Chart.....	73
Food pH Chart.....	75
Juicing Benefits Chart.....	77
Benefits of Alkaline Water.....	78
Alkaline Diet Recipes.....	80
Next Steps.....	83
UPW July 2007.....	84
Post-UPW Products.....	85
References & Further Reading.....	86

# welcome!

So you've been to Unleash the Power Within. You've danced, clapped, massaged, firewalked and cheered your way through four exhilarating days of the very finest success coaching and personal development.

But what next?

This workbook has been designed to help you take the next steps forward towards your new goals and to help you to create your dream life. It builds upon the knowledge taught at UPW and helps you to keep the momentum going.

In the first half of the workbook we take you through several highly effective personal development tools that enable you to both make rapid, immediate change as well as to plan and condition yourself for lasting, long-term success.

In the second half we focus upon the learnings of Living Health (Monday) and give you all of the resources you need to start your new, healthy lifestyle and send your energy levels through the roof! There are also a couple of handy charts for you to print out and stick to your fridge to help you make healthier choices at meal times!

So, what are you waiting for - let's get started...!