MARTIAL PETER
Elevate Your Success

Personal Achievement Program Workbook

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A Master in Practical Psychology

Meet **Martial A. Peter,** a true trailblazer in practical psychology, entrepreneurship, and personal development. With a career spanning over 37 years, Martial has proven himself a master of mental toughness and practical psychology, helping individuals and corporations achieve lasting, sustainable results.

Martial's passion for psychology and personal growth began at the age of nine when he attended his first personal development seminar. The effects of that early exposure began to show by the age of fifteen, when he trained directly under José Silva, founder of the Silva Method. Since then, helping people achieve a better quality of life has been at the forefront of Martial's mission.

Determined to walk his talk, Martial decided early on that to be an effective transformational coach, he must first apply and prove his own teachings in his life, not just speak about them in theory.

As an entrepreneur, Martial embarked on an awe-inspiring journey, founding 14 start-up companies, including one that managed funds exceeding $1.6 billion AUD. His knowledge, determination, and vision led him to achieve remarkable success, with three of his ventures reaching incredible heights before being sold.

However, Martial's path to success was not without challenges. He faced daunting obstacles and nearly experienced bankruptcy twice. During the Global Financial Crisis, he suffered a staggering $390 million loss, yet he refused to be defeated. Rising from the ashes, he rebuilt his business empire with resilience and renewed purpose.

Life tested him once again when he went through a difficult divorce, resulting in the loss of more than half of his wealth. Still, Martial persevered, rebuilding not only his finances but also his sense of purpose and direction.

Through it all, Martial's mastery of practical psychology and unshakable mindset remained steadfast. Even when betrayed by business partners, he refused to be broken, turning adversity into an opportunity for deeper growth and transformation.

Today, Martial stands as a living testament to the power of resilience, mindset, and determination. He continues to experience phenomenal growth in his current ventures and serves as a guiding light for others seeking personal and professional transformation.

Beyond his own achievements, Martial is deeply committed to empowering others to reach their full potential. Drawing from his wealth of experience, he guides individuals to overcome obstacles, reframe limiting beliefs, and unlock their innate capabilities.

Through decades of learning, mentoring, and personal experience, Martial developed **Neuro-Synchronology**, the science of aligning the conscious and subconscious mind to achieve extraordinary results.

Martial's journey is one of triumph over adversity, a powerful reminder of what is possible when resilience meets purpose. His story, from monumental loss to exponential growth, inspires others to rise, rebuild, and succeed against all odds.

With Martial as your mentor and guide, you are invited to embark on a transformative journey of self-discovery, growth, and achievement. Prepare to be inspired and empowered as his wisdom illuminates the path to an extraordinary future, one where your potential knows no limits.

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What Will Be Your Key Takeaways?

- Harness the power of the world's most powerful supercomputer, your mind, and master the way you manage your iCloud.
- The seven pitfalls of ineffective goal setting.
- Creating and maintaining a winner's mindset.
- Eight effective strategies for setting and achieving your goals.

What You Will Experience

- How to engage a winning mindset before writing your goals down.
- Create your Master Dream List.
- Experience a highly effective goal-setting process.
- Your ultimate secret weapon.
- Engaging your subconscious mind to achieve your goals.

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What brought you here? What made you decide to come today?

Why is this important to you?

What is my intent?

What holds me back from achieving the success I deserve?

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Your Brain. Your iCloud.

The World's Most Hypersensitive Electromagnetic Biological Supercomputer

What you hold constant in your mind is what you will magnetize (manifest) into your life.

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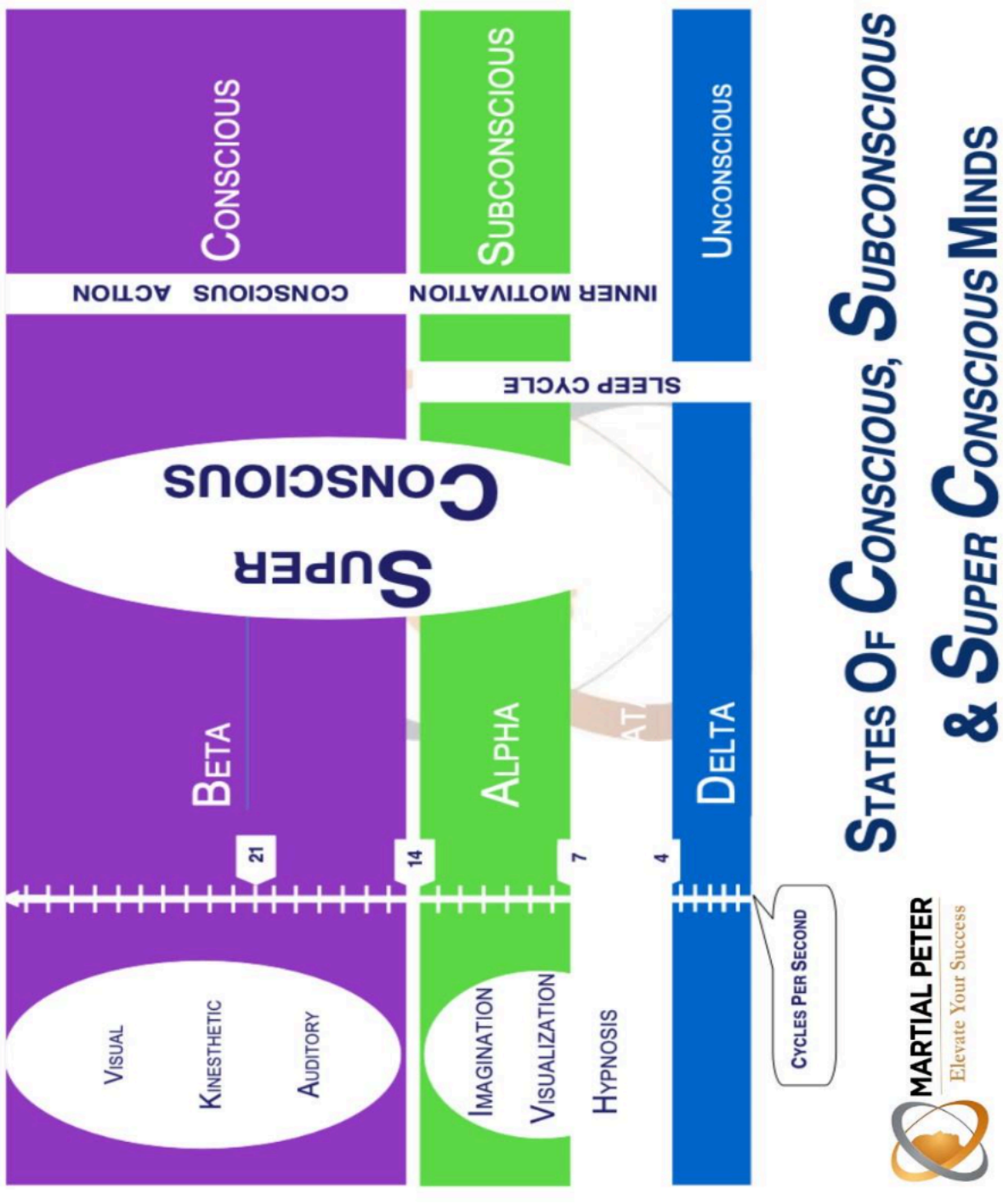
States Of Conscious, Subconscious & Super Conscious Minds
Conscious
Subconscious
Unconscious
Conscious Action
Inner Motivation
Sleep Cycle
Super Conscious
Beta
Alpha
Delta
21
14
7
4
Visual
Kinesthetic
Auditory
Imagination
Visualization
Hypnosis
Cycles Per Second
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All great achievements are built on a solid foundation.

To achieve this foundation, you must first understand the following.

The ____ that I am.
The ___that I ____ I am.
The __ that I ____ to be.

Every day you create your own history. By understanding who you are now and how you have got here, you can use your history and success to build a greater future. _____ leaves clues.

We all have our own inbuilt _____ for success. When you can clearly identify yours, you can use that to reproduce success in your life.

However, remember YOU are not your story; YOUR results are based on YOUR story.

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Notes

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The 7 Pitfalls of Ineffective Goal Setting

Pitfall 1: Vague Goals
One of the biggest mistakes in goal setting is vagueness. Goals like "I want to be successful" or "I want to get fit" are too broad and lack a clear target. Without specificity, it's difficult to create a focused plan or measure progress.

Pitfall 2: Unrealistic Expectations
Setting goals that are too ambitious or out of reach can lead to frustration and demotivation. While it's good to challenge yourself, unrealistic goals can set you up for disappointment.

Pitfall 3: Not Writing Goals Down
Failing to write down your goals is like navigating without a map. Goals that are not recorded are easily forgotten or pushed aside.

Pitfall 4: Lack of an Action Plan
A goal without a plan is just a wish. Many people set goals but fail to create a strategy for achieving them.

Pitfall 5: Ignoring Progress Tracking
Not tracking your progress can lead to a lack of awareness about how far you've come or what needs to be adjusted.

Pitfall 6: Overlooking External Factors
Sometimes, we set goals without considering external factors that could impact them. This can lead to frustration when uncontrollable elements interfere with our plans.

Pitfall 7: Neglecting Personal Growth
Goals focused solely on external achievements can overlook the importance of personal growth and development. Who do you have to become to achieve your goals?

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The Winner's Mindset

What is your ineffective mindset?

What is your winner's mindset?

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Eight Effective Strategies for Goal Achievement

Strategy 1: Set SMART Goals

We've touched on this briefly before, but it's worth reiterating. SMMAT goals, which are Specific, Motivational, Measurable, Achievable, and Time bound, provide a clear framework for successful goal setting. This approach ensures your goals are well-defined and trackable.

Strategy 2: Break Goals into Smaller Steps

Large goals can be overwhelming. Breaking them down into smaller, manageable tasks makes them more approachable and less intimidating. This approach also allows for regular progress checks and a sense of accomplishment.

Strategy 3: Create a Vision Board

A vision board is a visual representation of your goals and dreams. It serves as a constant reminder of what you're working towards. By placing your vision board somewhere you'll see it daily, you keep your goals visually and mentally present.

Strategy 4: Develop a Routine

Consistency is key in achieving goals. Developing a daily or weekly routine that aligns with your goals helps create momentum. This routine turns goal-related activities into habits, reducing the effort required to engage in them.

Strategy 5: Use Positive Progressive Affirmations

Positive Progressive affirmations can reinforce your commitment to your goals and boost your confidence. These affirmations should be positive, progressive, present tense, and resonate with your aspirations. Repeat them daily to embed these positive messages in your mind.

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Strategy 6: Seek Accountability

Sharing your goals with someone else can significantly increase your chances of achieving them. Whether it's a friend, family member, or a mentor, having someone to hold you accountable can provide additional motivation and support.

Strategy 7: Embrace Failures as Learning Opportunities

No path to success is without setbacks. When faced with failure, view it as a learning opportunity rather than a roadblock. Analyse what went wrong, adjust your approach, and keep moving forward.

Strategy 8: Celebrate Your Successes

It's important to acknowledge and celebrate your achievements, no matter how small. Celebrating successes reinforces positive behaviour and keeps you motivated. Plus, it allows you to reflect on and appreciate the progress you've made.

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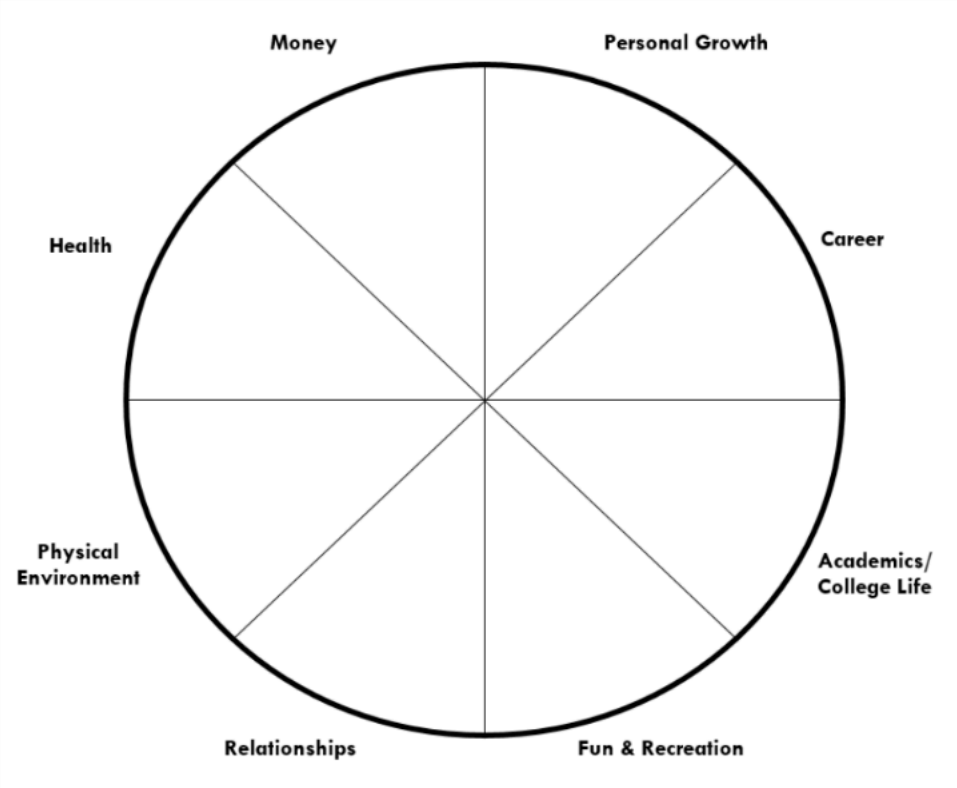
The Wheel of Life

The Wheel of Life, also known as the Life Wheel, is a powerful and widely used tool for self-assessment and personal development. It provides a visual representation of the balance (or imbalance) in various areas of an individual's life. The wheel is typically divided into segments representing different aspects such as career, finance, health, family, relationships, personal growth, fun and recreation, and physical environment.



The Wheel of Life is a simple yet profound tool for gaining insights into your personal wellbeing and for initiating meaningful change. It encourages a holistic view of life, emphasizing the importance of balance across various dimensions for overall fulfillment and happiness.

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Your Master Dream List

A **Master Dream List** is an extremely powerful tool that helps you embed into your subconscious mind what you truly want to experience, own, and achieve in life. It is not just about goals; it is about dreams, those big, bold, beautiful visions that make your heart race and drive you to create a better quality of life for yourself and your loved ones.

Date	Description	Area of life

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Your Secret Weapon

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