

# Mindset Mentoring Private Group

*with Glenn Azar*



THE  
**BUILDING  
BETTER  
HUMANS**  
PROJECT

# MINDSET MENTORING PRIVATE GROUP

## Situation:

I have long been of the belief that we have become too comfortable in western society and many years of traveling to 3<sup>rd</sup> world countries plus 17 years in the Australian Defence Force (Army) have given me an understanding of just how tough and resilient we humans can be.

But modern society has taken that away from us and to have full accountability we must admit that we have taken that away from ourselves. We have become our own worst enemy, but the good news is that we're also the solution.

The fact that you are reading this shows that you are ready to make some changes but more importantly that you realise **you** must take control to do so. Congratulations on that realisation. Now let's do something with it.

If you've found yourself struggling to create change, perhaps there's something in your life that you just know you could be doing better at, maybe things are going well but you get that niggling feeling that you're not reaching your full potential, whatever the challenge is I can promise you that with a systematic approach, regular check ins and guidance points, some accountability and a true desire to change that you can quite literally change anything in your life.

I'm sure we've all had situations in life that feel hopeless, like there's no way we will come through this, I know I have. But we always come through. The game here is, do we come through a stronger and more resilient version of ourselves or do we come through feeling beaten up, knocked around and defeated?

That's the thing I can change for you. I have been working on myself and with others for so many years now that I can promise you if you're willing to do the work and willing to learn with an open mind that you can honestly achieve anything and make positive steps in any area of your life.

If that seems like something you want then read on. If that sounds too much, too hard or just not something you believe you could do then you should stop reading now because we will only amp this up from here.

I have seen far too many people make amazing changes and achieve things that should be almost unachievable to believe this is unattainable for you. So if you're keen then strap yourself in and let's get after it.

*Glenn Azar*

**Mission:**

To create a lasting change in your mindset and your habits. A systemised approach to any problem that will allow you overcome challenges and obstacles or to create improvements in areas that are already good but that you want to be better.

**Execution:**

The Mindset Mentoring Private Group is an opportunity to work with me in a mentoring capacity with a small group of others. It means you get to learn the systems, apply the systems and learn from others whilst applying these learns to your own life.

<b>Sunday</b>	Every Sunday night you will receive a mindset video working through a concept that you can apply immediately. These will go into a private dropbox for you to access as well as inside a private facebook group for those on FB.
<b>Monday</b>	Set your intentions for the week. This can be done inside the FB group but for anyone not on FB you would do this and upload directly into the dropbox.  I only expect people to share what they're comfortable with in a group format.
<b>Tuesday</b>	Live ZOOM session with me. Here we will work through some ideas and concepts related to the learnings for the week (Sunday Session). This is an opportunity for anyone to interact or ask questions live but if you don't feel up for that then of course still attend but learn from others.  These will be recorded and placed into the private group dropbox and FB page for you to watch at a later date.
<b>Friday/Saturday</b>	Check in (reflection) on how your week went, what you did well, what you could improve on and to start to think about what you might do differently next week.  This can be done inside the FB Group or directly uploaded into the DropBox Folder.

This program is very intentional. By that I mean I ask you to live consciously and intentionally for the entire eight weeks. Don't go on autopilot, which is how most of us tend to live, because you will repeat the same behaviours that are most likely not getting you the result you want currently.

These are what we call habits and they can be good or bad or as I prefer to call them, resourceful habits or unresourceful habits. The goal in this program is to create resourceful habits.

## Actions:

This program is only \$200 which equates to \$25 per week. Think of this as a gym membership for your mind.

To be a part of this simply click the link below and book in. From there I will be in touch with steps to be taken next.



## Communication:

***Everything starts with a phone call to see what it is you want to achieve and work out why you signed up so we can keep you on track and accountable.***

Once you have signed up I will organise a suitable time for you and I to chat. After that chat I will send through the links you need to access resources throughout the program.

This is a program that is aimed at stepping you through the process of overcoming blocks or obstacles, getting and staying focused and challenging you to step up and be the best version of yourself. It will challenge you, inspire you and ask you to take a solid look at yourself in order to be the person you truly want to be. Personally, professionally, in relationships, physical health, in your business, trade or profession.

I will aim to overhaul the things that deep down you know you need to overhaul so you find happiness, fulfillment and live a life you love which achievable for all of us.