

# Key Takeaways for Addiction Recovery & Life Optimization



3 DAYS LIVE WITH JACK CANFIELD

**BREAKTHROUGH**  
TO SUCCESS

*Drive for Change*

**Join Jack Canfield for 3 Life-Changing Days**

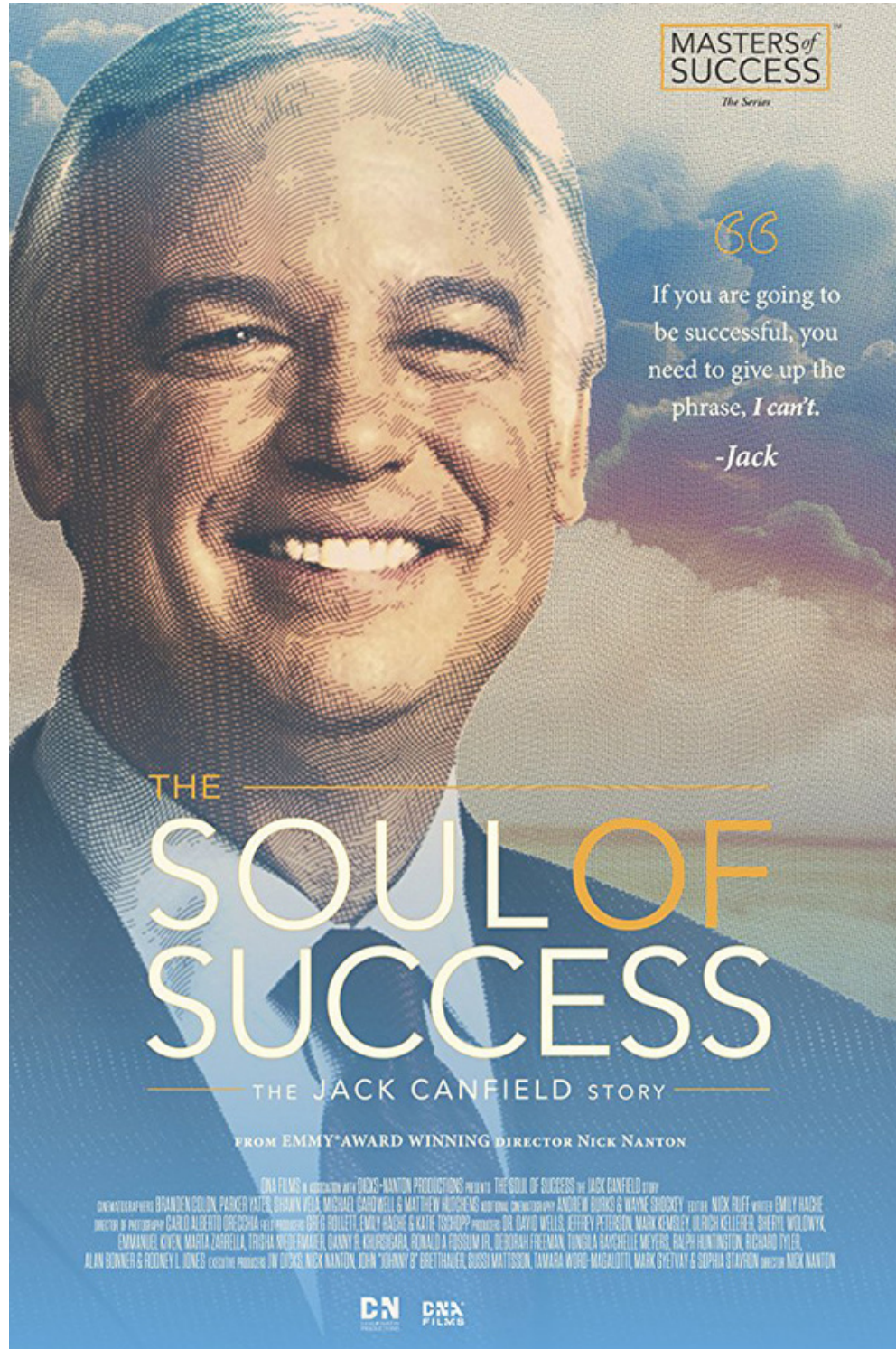


## Seminar designed to provide 2 types of learning experiences:

1. Conceptual and theoretical
2. Interpersonal, intrapersonal, transpersonal









NEW YORK TIMES BESTSELLER  
Fully Revised and Updated

Jack Canfield

cocreator of  
*Chicken Soup for the Soul*  
with Janet Switzer



10TH  
ANNIVERSARY  
EDITION

# The Success Principles™

How to Get from  
Where You Are to  
Where You Want to Be







Here's your chance to spend three powerful days focused entirely on YOUR highest vision for your life – and what you need to do to make your vision a reality.

**You'll gain clarity around these fundamental questions:**

- **Who are you, really – and who do you want to become?**
- **What are your most powerful gifts – and how do you want to use them in the world?**
- **What do you want to achieve with your life?**
- **What do you want your life to look like?**
- **How do you want to FEEL as you live the life you have created for yourself?**

These are the most important questions you can be asking yourself!



## **Tap Into Your True Power**

and take control of your destiny with certainty, grace, and ease

## **Define Your Dreams**

and then turn those dreams into actionable, attainable goals

## **Transform Your Mindset**

with guided visualization and meditations to elevate your inner game

## **Achieve the "Impossible"**

by understanding and fully activating the Law of Attraction

## **Take Bold Daily Actions**

that create momentum and massively accelerate your progress toward your goals

## **Adopt New Success Habits**

and learn new routines that support your success and future

## **Uplevel Your Community**

by joining a high-vibe group of dreamers, doers, and givers

## **Unlock Your Full Potential**

and start living your best life to manifest what you truly want

## **Break Free of Old Beliefs**

and develop a mindset that empowers you to achieve any goal



HERE'S WHAT YOUR 3-DAY JOURNEY LOOKS LIKE

## BTS Program At-A-Glance:

### **Day One**

## Creating a Vision for Your Life

Gain powerful clarity into what you really want in all areas of your life, and align your gifts and passions with your goals to create a life of deep meaning and fulfillment and experience more satisfaction and abundance.





## Day Two

# Turning Your Past Into Your Power

Today, you'll become clear, present, and grounded in the moment. You'll learn how to identify and release old thoughts and beliefs holding you back and uncover new levels of self-confidence, vitality, and joy – and take control of your life.



## Day Three

# Make Your Vision a Reality

Create your master blueprint for achieving your top goals and learn effective strategies for staying motivated (and on target) as you work toward achieving your dreams faster within your new community of dreamers and doers.





**DAY 1**

**TAKEAWAYS**



"Everything you want is out there waiting for you to ask. Everything you want also wants you. But you have to take action to get it."

**-Jack Canfield**



**WHAT'S YOUR WHY?**



**WHERE ARE YOU NOW?**



"Most everything that you want is just  
outside of your comfort zone."

**-Jack Canfield**

# THE LIFE PURPOSE EXERCISE:

1. List 2 of your unique personal qualities
2. List 1 or 2 ways you enjoy expressing those qualities when interacting with others
3. Combine the 2 subdivisions into a single statement

Example: My purpose is using my *kindness* and *enthusiasm* to *support* and *uplift* others.



"If you can tune into your purpose and really align with it, setting goals so that your vision is an expression of that purpose, then life flows much more easily."

**-Jack Canfield**

$$E + R = O$$



**EVENT + RESPONSE = OUTCOME**



**THOUGHTS  
IMAGES  
BEHAVIORS**

**DAY 2**

**TAKEAWAYS**



"The process of change requires unlearning. It requires breaking the habit of the old self and reinventing a new self."

**-Joe Dispenza**

# TODAY I GRANT MYSELF PERMISSION TO...

ASK FOR...

SAY NO TO...

SAY YES TO...

BE/DO/HAVE...



# REPROGRAM LIMITING BELIEFS

Subconscious, Conscious - Start with  
conscious and meditate and contemplate  
to figure out the unconscious

# HOW DO YOU HIDE?

What I hide:

Who I hide it from:

What do you fear if they knew:

What does hiding cost you:

What would you rather have:

How could you get it:

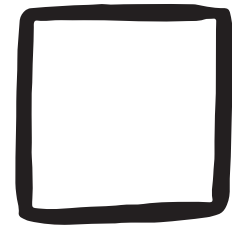


# DESIGN YOUR HOUR OF POWER

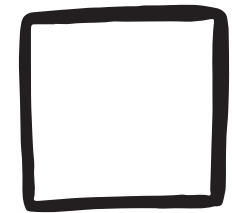
**60 minutes in a row daily, including things such as:**

- Meditation
- Walking
- Other Exercise
- Breath Work
- Reading
- Affirmations
- Visualization
- Stretching
- Cold Shower/Sauna
- Vitamins/Supplements/Juicing

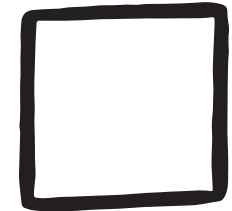
## **EXAMPLE**



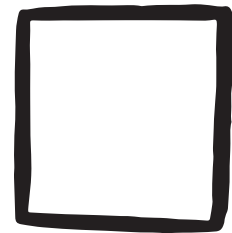
**Hydrate, Supplements, Cold Shower (15 min.)**



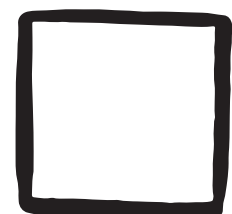
**Meditate (10 min.)**



**Stretch, Journal, Prayer (15 min.)**



**Walk on Treadmill Listening to Audiobook (15 min.)**



**Review Planner for Day (5 min.)**



# LAW OF VACUUM

When you stop doing something negative  
you must **replace it with something positive...**

*Otherwise you'll get sucked back  
into doing the negative thing.*

# **KEEP SCORE FOR SUCCESS**

"The easiest, fastest, and best way to find out what is or isn't working is to pay attention to the results you are currently producing."

**-Jack Canfield**

# HABIT TRACKER

- We naturally want to improve our score
- Start with daily total of 100 points
- Create list of habits you want to create
- Assign numerical scores to them
- Assign negative scores for bad habits
- Score you total of 100 points each night



# WHO DO YOU SPEND THE MOST TIME WITH?

Put a + or - if they are a positive or negative to your life.

Leave blank if they are neutral.

(+ / -)

Person:

Person:

Person:

Person

Person:

**EPIC DAY 2**  
**QUICK NOTES**

**The problem with the West is that we  
are addicted to comfort.**

*Physical AND psychological comfort.*



**A study showed that the most successful people were the people that were most willing to be uncomfortable.**

**When you keep score at something  
*you get better at it.***

# **The Rule of Five**

**Do five things each day that**  
*get you closer to your goal or goals*



**When someone says *no* to you, ask:**

**"What would have to happen  
for you to say *yes*?"**

**DAY 3**

**TAKEAWAYS**

# Considerations, Fears & Roadblocks

A goal that is important to me:

Considerations, Fears, Roadblocks	Solution or Action to Take

# **ACT AS IF**

"One of the great strategies for success is to act as if you are already where you want to be."

**-Jack Canfield**





30-DAY  
EXPERIMENT

**In your ideal vision 3 to 5 years  
into the future...**

**What does the best version of you  
look and feel like?**

**How do you spend your time?**

**What are the relationships you have?**

**What type of work are you doing  
and how are you being rewarded?**



**What activities do you enjoy most?**

**What values are you living?**

**What are your daily habits and disciplines?**

**What are you saying no to?**

**Who do you need to ask for help and support?**



# **Programs We Offer:**

**\*Total Alcohol Recovery**

**\*Ultimate Opioid Detox**

**\*Recovery Coach Blueprint**

**[ElevationRecovery.com/Courses](https://ElevationRecovery.com/Courses)**



THE END!

THANK YOU