

# ACE Success

## Success Foundations

To live as you always dreamed is so close and completely possible. Trust me when I say you will truly love letting go of things you didn't even know were holding you back. Contrary to popular belief, creating your most outstanding dream for yourself and achieving it is actually very simple. It's time for you to make your dreams your new reality.

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# Outcomes

- ★ Solid Foundations for Creating the Life Of Your Dreams
- ★ Routines to build structure to improve your life
- ★ To give you a strong energised basis of Living Well
- ★ Build a strong healthy mind and body
- ★ Structures to support your visions
- ★ Proven format of strategies for realising Goals
- ★ Continual achievement tactics

What would you like to achieve...

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# Module 1 –

# Vision

## The importance of a solid Foundation

- ✓ Vitality to enable your new Dreams to find a reality
- ✓ Strengthen your awareness
- ✓ Improve your creativity
- ✓ Create a routine for morning and evening to support your daily endeavours.
- ✓ No one knows your body better than you so try new things.

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## Strategies to Engage and Support

- ★ Solid **Foundations** for Creating the Life Of **Your Dreams**
- ★ **Routines** to improve your life
- ★ To give you a strong energised basis of **Living Well**
- ★ Build a **strong** healthy mind and body
- ★ Learn to get excited of the **Possibilities of Life**
- ★ Increase your **stamina to excel** in your endeavours
- ★ Eat the Rainbow – **eat clean** and **balanced**
- ★ 2.8 litres of water per day (guide **2.8 lt per 75kg**)
- ★ Exercise/Move/Activities daily
- ★ Express Your **True Joy**

*Success is a habit not an act.*

Donna Benstead

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## Exercise & Activity

20 – 30 minutes of medium activity each day will increase your metabolic rate – increase your stamina as well as your ability to concentrate.

Create small goals to increase your stamina and vitality

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## Week 1 Prep & Checklist

-  Create a **Routine** to keep on track. You will need 5-6 hours a week.
- ✓ Watch the **videos** in order
-  Have a **Notebook & Folder** to keep everything together & organised
- ✓ Complete the **Checklist** at the end of each module to analyse your progress & **refine your direction**
-  Email your questions as you go. Will be answered in the **Q&A Calls** each week.
- ✓ Celebrate your progress - You are on **YOUR WAY** to Your Lifestyle Dream
-  **Join** the Facebook Group & **Register** for the Q&A Calls



## How are you spending your time?

We all have 168 hours each week to do with as we choose - let's see where you are spending yours

**168 hours**

**Sleep - Restorative**

.....  
**hours**

**Work hours inc travel**

.....  
**hours**

**Shopping Eating Cook**

.....  
**hours**

**Fitness & Activities**

.....  
**hours**

**Relaxation**

.....  
**hours**

**Learning Studies**

.....  
**hours**

**Are You using your  
time well?**

.....  
**hours**

**How you use your time will define  
your Lifestyle - Choose wisely!**

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## Routines – Build Structure

**Morning routine** – need not take any longer than ideally 60mins. The idea is to create a routine to enhance your day. Maybe you are not a morning person in which case exercise when it suits you – lunch time afternoon or evening – 30 mins a day is easy to fit in.

- a) Wake up without hitting the snooze button – its like starting a PC and turning it off half way over and over.
- b) Drink water at least 600ml – your body is dehydrated from no fluids for 6-8 hours while sleeping.
- c) Light bouncing on your toes for about 60-90 seconds – this assists the toxins that have accumulated in your intestines overnight.
- d) Meditate – with the view to get up to 30mins each morning
- e) Healthy Smoothie – there are lots of recipes online if you are not familiar with smoothies and the benefits
- f) Exercise – again ideally minimum 30mins.
- g) Setting your intention – what is your purpose for the day?

**There are 72 X 20 minute periods in every day – imagine what you can fit in – just 20 mins**

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## Your Morning Routine

Keep refining to suit your environment and increased wellbeing

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## Evening Routine

Evening routine – Takes only about 30mins. Creating an atmosphere of peace, calm and tranquillity. Restorative sleep is important to maintaining an ever increasing ability to achieve your ideal or dream life.

- a) Meditative Relaxation
- b) Gratitude Journal – 3 things you have learned in the day
- c) 3 Actions or Tasks for tomorrow

## Your Evening Routine

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## Module 2 –

# Mindset

What you think and believe is what you will receive.  
Your Language will determine your Outcome  
Affirmations to Support your Accomplishments  
I am – I can – I have – I always – I believe

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# Strategies to Engage and Support

- ★ Your Beliefs produce your Outcome
- ★ Making a Decision
- ★ Getting Clear and Concise
- ★ Creating new Beliefs
- ★ Aligning your Values
- ★ Being Your Best Self

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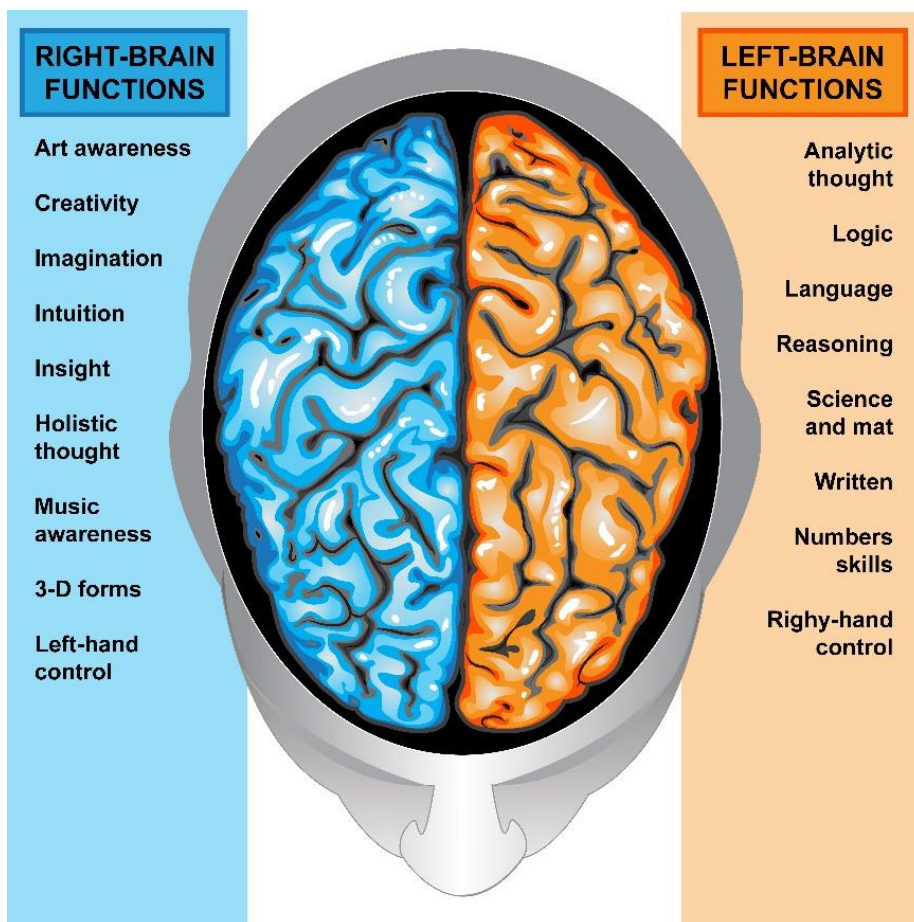
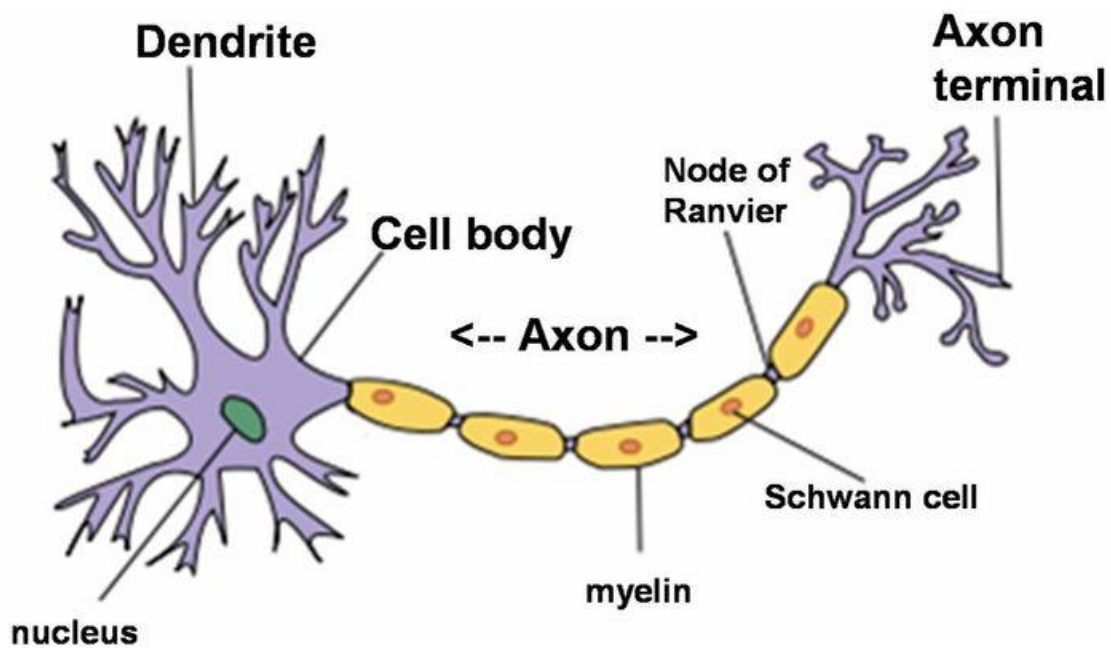
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## How your Brain works?



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What are you noticing with your thoughts and outcomes and the correlation between?

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## Where is your Mind at?

- ★ Learn the **Power of your Mind**
  - ★ Have a clear **Vision for your Future.**
  - ★ Live in a state of **true joy.**
  - ★ **Realise Your Dreams** are available today.
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## Going Forward

- ★ Solid **Foundations** for Creating the Life Of **Your Dreams**
  - ★ **Practice** and **Practice** and **Practice** – 28 – 62 days
  - ★ To give you a strong energised basis of **Living Well**
  - ★ Build Your **Character** and Strengthen **Your Mind**
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## Module 3 –

## Language

***Your language decides your  
outcome***

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## Strategies to Engage and Support

- ★ Positive **Language** Positive **Outcome**
- ★ **Visual – Auditory – Kinesthetic**
- ★ Keeping a **Journal**
- ★ Removing the negative
- ★ **Being Your Best Self**

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## Language is Power

- ☆ More than one **way** to be heard
- ☆ Are you Hearing or **Listening**?
- ☆ Inward **messages**
- ☆ **Speaking Your Mind**

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## Create a lifestyle you can enjoy and build on

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## Next Steps

**Remember**

What you think and believe is what you will receive.

Your Language will determine your Outcome

Affirmations to Support your Accomplishments

I am – I can – I have – I always – I believe

Keep improving your Routines and continue to improve

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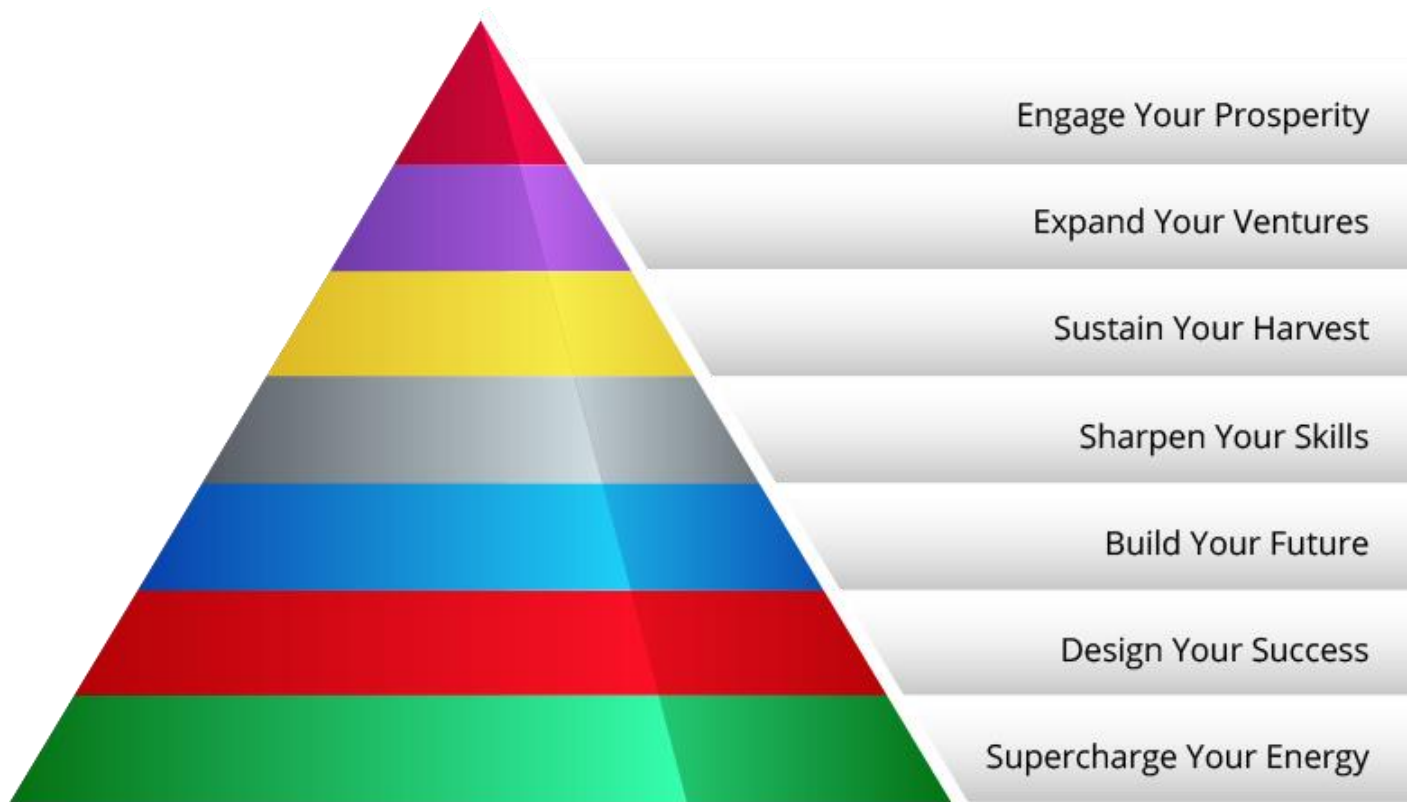
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## ACE Success Programs Hierarchy of Prosperity™

**Time You Become the Master of Your Own Destiny**



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The **ACE Hierarchy of Prosperity** Programs are for individuals who want to achieve success in their lives, apply and understand the fundamentals of true success. Success from the heart to carry you through life.

These signature programs based on the **Hierarchy of Prosperity** are designed to fulfil your desires of success and will continually support you for years to come.

**Success Foundations** is a dynamic 3 module intensive to kick start your plans and get a clear vision of your future. Rock Solid Foundations for Life.

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**Success Excellence Program** is an amazing program where you can work at your own pace to achieve your successes and discover your purpose.

**Exclusive Success Program** is a state of the art mentoring program based on the Hierarchy of Prosperity, an extraordinary hierarchy system which covers all areas, where a strong foundation of accomplishment and ability to apply the fundamental *building-blocks* to drastically improve all facets of their life including; Business, Career, Family, Relationships, Health, Leisure, and Social Consciousness. From getting unstuck, or to really accelerate what is already working in your life.

Whether you are a business owner, entrepreneur, consultant, professional or an aspiring self-employed, this mentoring program will give you a structured insight and guidance to:

- Strategies to achieve in any are of your life
- Let go of limiting beliefs and release blocks
- Create the environments to choose your future
- Become the person you always wanted to be

### **Who This Is For...**

The types of people who will benefit from this most include

- ★ Business Owners, Entrepreneurs, Consultants who have heard and learnt from a multitude of business performance programs and want to on the cutting edge of a new methodology.
- ★ Individuals who are captivated by the law of attraction and want to take their first steps to learn the framework to improve all areas of their lives
- ★ Open-Minded Individuals who want to challenge their existing understanding of success in life, and reality itself.
- ★ Anyone who knows there must be more to life than their current realities, and are motivated to take action on new knowledge, to powerfully transform their lives.

This is the most advanced Hierarchical mind change work for the world we live in today, delivered in a way that is fun, insightful, and rewarding for the right participants.

## *Who This Is Not For...*

The Hierarchy of Prosperity is available for everyone who chooses to receive it with an open-mind, and willingness to put the work in to achieve the life they desire. However, this is not for everyone. It challenges existing frameworks and stretches minds and people may find that they simply aren't ready for it. We are all on our own journey

- ✘ Individuals who aren't willing to have their existing understanding of the world challenged.
- ✘ Quick-fix Seekers who want an instant solution for their life and businesses, without having to put in the right energy and effort to make a change.
- ✘ Selfish people who have no desire to achieve success with the purpose of having a positive social impact (family, community, nation and the world).
- ✘ Deceitful people who want to learn tricks and tactics to manipulate others in life, as a way to fuel their own ego and sense of personal power.

## *What You Will Learn...*

- **Learn the logical** levels of change as they apply to transforming multiple areas of your life, other people's lives, the environment around you, and humanity itself.
- **Challenge your** environment as you know it now and learn how you can create it.
- **Developing awareness** of what drives the way you think, understand and act in your life.
- **Understand the Relationship** you have with yourself.
- **Clarify Your Life** Vision and Purpose so you can express your highest values to serve and support your environment.
- **Improve your outlook** see the whole picture with you in it and make extraordinary plans
- **Develop awesome** Routines and rituals to support your endeavours and adventures
- **Let Go of** Limiting Beliefs – look forward to success and abundance
- **Connecting Your** Head with your Heart to boost your ability to impact other people's lives, and to manifest the life you want.
- **Uncover the Resources** that you have used in the past, and miraculously got you where you are today.

- **Learn How to Cause** More Miracles by drawing on past, present and future resources that are sitting right under your nose.
- **Applying the Wisdom** of the conscious and subconscious minds and how your body helps you make better decisions in your life.
- **Healing old** programs of self-doubt.
- **Unlocking emotional** blocks within ourselves to free us from unwanted sabotage patterns.
- **Finding the powerful voice** within ourselves to cut out the noise of opinions of others to stay on our unique path on this planet. It's time to have more "wealth" in your life - and were not talking just in terms of money!
- **Gain control** and take your life to the next level.
- **Easily bust** through that 'glass ceiling' and get the recognition you deserve
- **Heighten Your** levels of energy and vitality
- **Enjoy a fulfilling** relationship with your partner & family

So, instead of a life that feels like it is being tossed aimlessly through stormy seas, you can stand at the helm, as the captain of your ship, and steer your life through calm peaceful waters.

### ***Typical Results...***

- Increase Your Health & Vitality by at least 10% and usually more
- Increase Your Income by at 15% - generally a lot more
- Improve Your Lifestyle beyond your present thinking
- Expand Your Mind to take on amazing abundance

Here's to your Success

Donna