

How to WIN at the GAME of LIFE

Mark Berger
TRAINING
UNLOCKING HUMAN POTENTIAL

How to WIN at the GAME Of LIFE

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A Question

On a scale of 0% to 100%, how **successful** do you believe that you are right now?

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Success is?

The ability to live a Balanced life filled with Health, Wealth and Happiness **NOW**, whilst working steadily towards Achieving your Goals.

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So Lets Play:

THE WHEN / THEN GAME

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I will be happy when:

- I win the LOTTO
- I get that job / raise / promotion
- I retire from work
- I meet my soul mate
- My boss gets a life
- My mortgage is paid off
- Crime and corruption ends
- Etc.....

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Playing

THE WHEN / THEN GAME

Is Postponing your Success!

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Waiting For:

External Circumstances,
Events and Relationships
to Change in order for
you to be Happy,

Is Postponing your Success!

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Rule Number One:

We are born Successful



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The Conditioning



Positive
Inputs



6:50%

12: 80%

Programs

Negative
Inputs

Beliefs, Attitudes, Values,
Perceptions, Behaviours.

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Rule Number Two:

It's not **what we have** that matters
it's **how we FEEL**
about what we have
that matters

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How do you feel about:

Your JOB?



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Rule Number Three:

Life is a Buffet



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How to WIN at the GAME of LIFE

Life is a buffet

- Be OPEN Minded
- So many ALTERNATIVES
- So much to READ
- So much to KNOW
- So much to GROW
- So many PLACES TO GO.

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Rule Number Four:

Everything is Relative



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The Reality of Relativity

PAST

- Negative
- Pessimist
- Fear
- “Failure”
- “Wrong”
- Blame
- De-motivated
- Impossible
- Victim
- Reactive



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FUTURE

- Positive
- Optimist
- Love
- Success
- Right
- Responsibility
- Motivated
- I'm Possible
- Visionary
- Proactive

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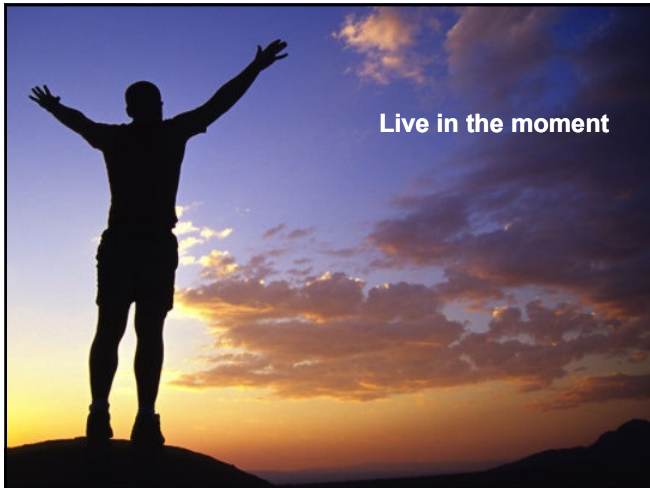
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Rule Number Five:

You are the sky



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Live in the moment

Meditation is:

“A state in which the body is relaxed, the mind is quiet and we are alive to the sensations of the moment.”

Eric Harrison

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