



TONY ROBBINS

# THE ULTIMATE ADVANTAGE:

The Secret to an Extraordinary Life

## 3 Levels of Mastery

- 1** **Cognitive Mastery:** Understand It.  
You have the intellectual understanding.  
Knowing is NOT enough.
- 2** **Emotional Mastery:** Feel it!  
You link emotional consequences.
- 3** **Physical Mastery:** Doing it...Consistently  
You embody it and own it in your physiology - it is your identity.

## 2 Master Skills for an Extraordinary Life



## **WRITING EXERCISE: 2 OF THE BEST EXPERIENCES**

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1. What are 2 of the best experiences of your life? What were you feeling? What are the patterns?

## **WRITING EXERCISE: WORST EXPERIENCE**

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1. What's one of the worst experiences of your life so far? What were you feeling?

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***An ancient Hawaiian practice of reconciliation and forgiveness.***

Ho'oponopono is a Hawaiian problem solving process to  
release memories that are experienced as problems.

There is a part of us that has all the solutions to our problems and  
it's inside of us, it's closer than our own breath. Sometimes we forget  
that we all have free choice. So we can choose to suffer, we can keep blaming,  
we can keep complaining, we can keep seeing ourselves as victims or  
we can choose to let go.

Ho'oponopono is, "I'm sorry for whatever is in me that created this."  
It's giving your problems to a part of you that knows better,  
that has the solution.

It's a way to reset, delete unconscious memories that you may not  
even be aware of, and tap into the part of your self that  
knows the answer.

**Long Form:** I love you. I'm sorry. Please Forgive me. Thank you.

**Short Form:** I love you. Thank you.

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HO'OPONOPONO:  
The Hawaiian  
Forgiveness Ritual

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***I love you.***  
***I'm sorry.***  
***Please forgive me.***  
***Thank you.***

**EXERCISE:**

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1. Think of a situation that you are suffering over right now. Rate it on a scale of 1-10. 1 is no suffering, 10 is massive suffering. Please choose something that is a 6/7 or above.

2. Now think back on that situation, how has your level of suffering changed? What do you feel now?



## The Three Things That End Suffering

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1

**GET PERSPECTIVE:** Where is it in your body? Take it out, make it small, and push it far away.



2

**CHANGE YOUR PHYSIOLOGY & FOCUS:** 3 Breaths of 4x4x4 & think of 2 things you're grateful for.



3

**3 PHRASES:**

1. I won't give this/them/that this power over me.
2. It's not worth it, life is too short to suffer.
3. I'm 100% responsible for my experience and I can free myself NOW.



4

**THE ANTIDOTE:** Accept/appreciate the thing you used to judge (I love you, thank you, 3 Questions & Turnaround)



5

**CELEBRATE!** Salute yourself & others.

## **Exercise/Homework: Write a Letter to Yourself**

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- 1.** Write a letter to yourself, and discuss the following: The decision you made about why, no matter what, you are going to live in a beautiful state. What will you do if you get tempted or get pushed into an old pattern? Why are you committed to end suffering in your life? Why living in a beautiful state and ending suffering in your life are absolute musts for you, and how this will change your life going forward?
- 2.** Choose a commitment buddy – someone who will encourage and support you and help hold you accountable.

## The Three Things That Cause Suffering

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### THE FEAR OF

- ①. **Loss**
- ②. **Less**
- ③. **Never**

## The Three Things That End Suffering

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### THE ANTIDOTE

1. Appreciate & Enjoy
2. Learn & Grow
3. Love, Give, & Be Grateful

## **BYRON KATIE: 3 QUESTIONS & TURNAROUND**

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### **A. The 3 Questions**

1. Break the Pattern: Is this true? Could this be a misinterpretation or a misperception? Do you have all possible information necessary to know exactly what this means?
2. Get Leverage: What do you feel, experience, and become like when you believe this thought?
3. Annihilate the Limiting Belief: If this thought didn't exist, how would you feel, behave and experience life? What would you be like?

### **B. The Turnaround**

1. Say the opposite/antithesis is true  
Example: This can't be done. Turnaround: This must and will be done.
2. Get Leverage:  
Example: Suzie is a bitch. Turnaround: I am a bitch.
3. What are three examples that show this antithesis is true?

**NOTES:**

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