

FREE SUCCESS SYSTEM OF THE
EMPOWERED MILLIONAIRE INSTITUTE

**DAY
05**



'90 DAY CHARGE'

(OCTOBER 5 - S2 EXERCISE 1)



BASED ON THE
'MVP'
MILLIONAIRE
VALUE PACK

CONCEIVED AND DEVELOPED BY JAMES LEE VALENTINE
ESPECIALLY FOR YOU AT **Great Personal Expense**

S2 SUCCESS SYSTEM OF THE
EMPOWERED MILLIONAIRE INSTITUTE

90 DAY CHARGE - DAY 05



S2

EMPOWERED
MILLIONAIRE
MASTERY

(Sunday Exercise)

CONCEIVED & DEVELOPED
BY JAMES LEE VALENTINE

(90 DAY CHARGE - ABRIDGED VERSION)
S2 EMPOWERED MILLIONAIRE MASTERY
7-DAY REVOLUTIONARY WINNING DISCIPLINES SUCCESS SYSTEM

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EMPOWERED MILLIONAIRE SATISFACTION GUARANTEE

If you are in any way dissatisfied with any aspect of the
Empowered Millionaire S1-S2-S3 Success Systems
contact James Lee Valentine via email
jlv@empoweredmillionaire.com

Visit this website to view the full range of
Empowered Millionaire Success Systems
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*This is an abridged
version of the
S2 Module and
Sunday Exercise
especially for
participants of the
90 DAY CHARGE.*

*The full length version
is available exclusively
for participants of the
MVP20"! program.*



BE STILL

Empowered Millionaire Mastery

Be Still

SUNDAY

Today I will master the
Winning Discipline of...

*Being in solitude with
the sounds of silence
every day.*

EMPOWERED MILLIONAIRE CREED – PRINCIPLE # 1

Today I am still and have gratitude for my blessings.



BE STILL : MANIFESTATION EXERCISES

This is an ACTION exercise. It is designed to induce physical application, so that I feel compelled to take action. This compelling feeling comes from my physiology — it results from *physiological actions*.

These physiological actions are threefold and are reinforced through three specific *Manifestation Exercises*.

1. *Visualization Exercise*: To be visualized whilst placing both hands on the heart.
2. *Declaration Exercise*: To be powerfully declared whilst the fingertips are touched to the temples.
3. *Performance Exercise*: To be done after pumping both fists in the air to induce a powerful physiological state.

These three acts of creation imprinted into my psyche through repetition — *every day* — guarantee the realization of that which I wholeheartedly desire.

Two versions of the *SUNDAY EXERCISE* follow:

1. Black & white small version (for printing)
2. Color lo-res small version (for printing)

** Color hi-res large version comes with *MVP2010*



BE STILL

BE STILL : MANIFESTATION EXERCISES

THESE PHYSIOLOGICAL ACTIONS ARE TO BE PERFORMED EVERY SUNDAY

THINK

VISUALIZATION

As I place both my hands on my heart, I internalize this thought, visualizing it until it becomes one of my controlling beliefs...

Peace and harmony and solitude surround me always and all ways, making my life peaceful, harmonious and serene every day.

SPEAK

DECLARATION

As I place my fingertips on my temples, I declare these words out loud with fervent passion to invoke this declaration as my reality...

My days are peaceful, harmonious and serene, enabling me to enjoy long periods of blissful solitude every day.

ACT

PERFORMANCE

As I pump my clenched fists in the air — saying “yes, yes, yes” — I commit to perform this action today to manifest the results I seek...

I easily find quiet places in which to experience long periods of solitude every day, thereby attracting successful circumstances to me.

It's Sunday . . . I've got the power!



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