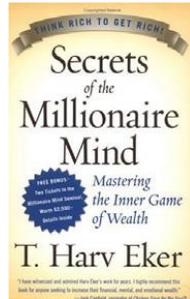


CHRIS SWENSON'S
MASTER NOTES
MASTER PRIVATE PRACTICE IN LESS TIME

SECRETS OF THE MILLIONAIRE MIND

MASTERING THE INNER GAME OF WEALTH



BY T. HARV EKER

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210 PAGES

"It all comes down to this: if your subconscious 'financial blueprint' is not 'set' for success, nothing you learn, nothing you know, and nothing you do will make much of a difference." ~ T. Harv Eker from Secrets of the Millionaire Mind

BOOK DESCRIPTION (from Amazon)

Secrets of the Millionaire Mind reveals the missing link between wanting success and achieving it!

Have you ever wondered why some people seem to get rich easily while others are destined for lives of financial struggle? Is the difference found in their education, intelligence, skills, timing, work habits, contacts, luck, or choice of jobs, businesses, or investments?

The shocking answer is: none of the above!

In his groundbreaking Secrets of the Millionaire Mind, T. Harv Eker states, "Give me five minutes, and I can predict your financial future for the rest of your life!" Eker does this by identifying your "money and success blueprint". We all have personal money blueprints ingrained in our subconscious minds, and it is these blueprints, more than anything, that will determine our financial lives. You can know everything about marketing, sales, negotiations, stocks, real estate, and the world of finance, but if your money blueprint is not set for a high level of success, you will never have a lot of money - and if somehow you do, you will most likely lose it! The good news is that now you can actually reset your money blueprint to create natural and automatic success.

Secrets of the Millionaire Mind is two books in one. Part I explains how your money blueprint works. Through Eker's rare combination of street smarts, humor, and heart, you will learn how your childhood influences have shaped your financial destiny. You will also learn how to identify your own money blueprint and "revise" it not only to create success but, more important, to keep and continually grow it.

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In part II you will be introduced to 17 "Wealth Files", which describe exactly how rich people think and act differently from most poor and middle-class people. Each Wealth File includes action steps for you to practice in the real world in order to dramatically increase your income and accumulate wealth.

If you are not doing as well financially as you would like, you will have to change your money blueprint. Unfortunately your current money blueprint will tend to stay with you for the rest of your life unless you identify and revise it, and that's exactly what you will do with the help of this extraordinary book. According to T. Harv Eker, it's simple. If you think like rich people think and do what rich people do, chances are you'll get rich, too!

NOTE INTRODUCTION

Many therapists in practice have a very difficult relationship with money. This book is designed to help free you from those fearful based self-limiting behaviors and thoughts that hold you back from the life you desire! Accumulating wealth doesn't have to be just about money. It is about wealth in all areas of your life. The more you grow, the more your practice grows, and eventually the wealth in all areas of your life grows too! I highly recommend reading this book for sure! Start with the Master Note and work through these ideas. Then move on to the book for the more advanced training!! Let's get started...

You can purchase a copy here: [SECRETS OF THE MILLIONAIRE MIND](#)

COMMIT TO YOUR SUCCESS; PLAY TO WIN

*"The first thing I did was commit to my success and playing to win. I swore I would focus and not even consider leaving this business until I was a millionaire or more. This was radically different from my previous efforts, where, because I always thought short-term, I would constantly get side-tracked by either good opportunities or when things got tough." ~ T. Harv Eker from *Secrets of the Millionaire Mind**

Far too often, therapists get into private practice to see if it will work for them. Such a commitment sets you up to fail.

Making the commitment to succeed and play to win in the long haul is much better. Stay the course and build this practice for the long haul.

DECLARATIONS VS AFFIRMATIONS

*"An affirmation states that a goal is already happening. I'm not crazy about this because, often when we affirm something that is not yet real, the little voice in our head usually responds with 'This isn't true, this is BS' ... On the other hand, a declaration is not saying something is true, it's saying we have an intention of doing or being something. This is a position the little voice can buy, because we're not stating it's true right now, but again, it's an intention for us in the future." ~ T. Harv Eker from *Secrets of the Millionaire Mind**

Affirmations can be valuable, don't get me wrong. However, a declaration brings with it so much more power.

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What declarations do you need to declare?

YOUR INNER PROGRAMING

*“Your programming leads to your thoughts; your thoughts lead to your feelings; your feelings lead to your actions; your actions lead to your results. Therefore, just as is done with a personal computer, by changing your programming, you take the first essential step to changing your results.” ~ T. Harv Eker from *Secrets of the Millionaire Mind**

Many of us have internal programs that can get triggered and then the program launches. Releasing those thoughts, feelings, and actions.

It is vital for practice success to ensure that you're inner programming is in check with your goals. Working with [Private Practice Warrior](#) can greatly ensure this is happening!

SIMPLE BUT PROFOUND

*“It's simple arithmetic: ‘Your income can grow only to the extent you do.’” ~ T. Harv Eker from *Secrets of the Millionaire Mind**

This speaks to the size and success of your practice as well! Your practice can only grow to the extent that you do!

Whatever challenges you face now are only challenges because you have not grown enough to surpass them. You will! Then you will have grown and able to take on more challenges.

Keep growing not only your business but yourself as well!!

DON'T COMPLAIN!

*“Complaining is the absolute worst possible thing you could do for your health or your wealth. The worst! ... For the next seven days, I challenge you not to complain at all.” ~ T. Harv Eker from *Secrets of the Millionaire Mind**

Complaining actually does nothing for your business or your life! All it really does is DESCRIBE what is going on. It offers no solutions!!

Careful as Darkness always seeks to infiltrate your mind and get you to complain. Be watchful!

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Instead of complaining, ask yourself what are you going to do about it?

Take the seven day challenge of not complaining at all. Notice the difference it makes!

WANTING OR COMMITTING

*“Rich people are committed to being rich. Poor people want to be rich.” ~ T. Harv Eker from *Secrets of the Millionaire Mind**

I choose this idea as it relates to practice success as well. There is certainly a difference between WANTING to be rich and actually COMMITTING to be rich.

The same works for your practice. There is certainly a difference between WANTING to have a good practice and actually making the COMMITMENT to having one!

Do you WANT to have a great practice? Or are you ready to make the COMMITMENT to do what it takes to have one?

ARE YOU AFFECTING OR INFECTING?

*“Energy is contagious: either you affect people or you infect people... I believe negative thinking is like having measles of the mind. Instead of itching, you get bitching; instead of scratching, you get bashing; instead of irritation, you get frustration. Now, do you really want to be close to people like that?” ~ T. Harv Eker from *Secrets of the Millionaire Mind**

Are you affecting your clients or are you infecting them?

Does your business affect people the way you desire? Or does it infect them in a negative way?

Are your supports in this journey to practice success affecting you good? Or infecting you negatively?

IS IT REALLY BETTER TO GIVE THAN TO RECEIVE?

*“‘It’s better to give than to receive.’ Let me put this as elegantly as possible: ‘What a crock!’ That statement is total hogwash, and in case you haven’t noticed, it’s usually propagated by people and groups who want you to give and them to receive. The whole idea is ludicrous. What’s better, hot or cold, big or small, left or right, in or out? Giving and receiving are two sides of the same coin. Whoever decided that it is better to give than to receive was simply bad at math. For every giver there must be a receiver, and for every receiver there must be a giver.” ~ T. Harv Eker from *Secrets of the Millionaire Mind**

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What a tough idea to swallow here; especially for us therapists who seem hardwired to give and give and give!

In practice, we all struggle with accepting money for our services! We tend to feel guilty or sorry for our clients and cut them a break. Inevitably we screw ourselves!! We are GIVING a very valuable service to others. It is important that we also RECEIVE something back; or we deplete ourselves!

In business it is very important to GIVE so much by offering a plethora of services, content, etc...

However, if we don't RECEIVE anything in return we will not be in business long. Think about the heart that pumps (gives) out the blood to the body. Notice how the heart then receives blood back!! If not, heart attack time!!!

You don't want a heart attack in your business!!!

EXPANDING YOUR COMFORT ZONE (CZ=WZ)

*"Here's an equation I want you to remember for the rest of your life: CZ = WZ. It means your 'comfort zone' equals your 'wealth zone.' By expanding your comfort zone, you will expand the size of your income and wealth zone." "The more comfort becomes your priority, the more contracted you become with fear." ~ T. Harv Eker from *Secrets of the Millionaire Mind**

Comfort Zone (CZ) = Wealth Zone (WZ)!

Expanding your comfort zone leads to expanding your wealth zone!

The same works for your business and your life! The more you expand your comfort zone the more you expand your business and your life!

Expanding that comfort zone is what leads to true freedom! Staying in your comfort zone may appear comfortable but you only become more contracted with fear (no freedom)!!!

Look for ways to expand your comfort zone on a regular basis! Then grow as a person which leads to a growing practice and growing wealth in all areas of your life!!!

CHRIS SWENSON'S MASTER NOTES MASTER PRIVATE PRACTICE IN LESS TIME

ABOUT THE AUTHOR OF “SECRETS OF THE MILLIONAIRE MIND!”



T. HARV EKER

Using the principles he teaches, T. Harv Eker went from zero to millionaire in only two and a half years. Eker is president of Peak Potentials Training, one of the fastest growing success training companies in North America. With his unique brand of “street smarts with heart,” Eker’s humorous, “cut-to-the-chase” style keeps his audience spellbound. People come from all over the world to attend his sold-out seminars, where crowds often exceed 2,000 people for a weekend program. So far, Eker’s teachings have touched the lives of more than a quarter million people. (from HarperCollins) Learn more about all things Eker at MillionaireMind.com.

ABOUT AUTHOR OF THIS MASTER NOTE



CHRIS SWENSON

Chris Swenson is a true [Private Practice Warrior](http://imchrisswenson.com) who believes that therapists in private practice are in the best position to truly make a difference in the mental health concerns of our world. He loves helping people succeed in private practice as he studies, embodies, and teaches the fundamentals of mastering private practice. Learn more about Chris at <http://imchrisswenson.com>