All Is One Vision



LIVE CHALLANGE WORKBOOK

“Become the One“

The Key to Success in 5 days

All Is One Vision

This workbook belongs to:

_____

Started: ____ /____ /____



All Is One Vision

The principles and framework
you are about to experience in this 5-day journey,
are built on decades of proven human potential science.

A methodology that has helped
hundreds of thousands of people worldwide
rewrite their paradigms and create extraordinary lives.



Welcome

Hello, and welcome to your transformation, my name is Liz Schütt

BECOME THE ONE 5-Day Mindset Coaching Journey

If you're holding this workbook, you've decided to do something most people don't.
You've decided to look at one specific recurring result in your life and understand the pattern producing it, so that you can create new results.

Over the next 5 days, this workbook will transform into a powerful mirror.
You are going to see your subconscious paradigms.
You will see your hidden mental programming.

By the end of this week, this invisible pattern will be exposed on paper.
You will have your Breakthrough Actions, and you will officially choosing to BECOME THE ONE you always dreamd of.
Each day has about one hour live session and one section of this workbook to fill in,
including a few quiet minutes of reflection.
That's it.
The work happens in the writing. not in the listening.

Liz Schütt
Founder of All Is One Vision

Real change doesn't happen all at once; it begins in the moment you decide that old patterns no longer get to define your future.
Applying these exact mindset principles is what transformed my own life, and that is why, I founded the
All Is One Vision
to guide you through the same shift.

How to Use This Workbook

Listen to the day's session first.
Then come back here and write.
Use a pen, not a pencil. Pencil is provisional.
Pen is committed.
Don't skip the challanges.
They are where the work actually happens.
Sign and date your worksheet on Day 1.
The signature is not symbolic –
it's a commitment device with research behind it.

I'll see you on Day 1.
Go ahead, give it a try.
I trust you're going to be amazed at what you find.

Once you can see a distinction,
you cannot un-see it.
The loop runs precisely because these things are blurred together.
The moment you draw the line between them,
new movement becomes possible.



BECOME THE ONE
5-Day Mindset Coaching Journey

STEPS TO BECOMING THE ONE

DAY 1: SET YOUR FAVORITE GOAL
8:00 PM CEST: Live Session with Liz
Complete Day 1 Workbook Exercises

DAY 2: UNLOCK YOUR SUBCONSCIOUS MIND
6:00 PM CEST: Live Q&A Session to set your Goal on Zoom with Liz
8:00 PM CEST: Deep-Dive Live Coaching with Liz
Fill out Day 2 Workbook Exercises

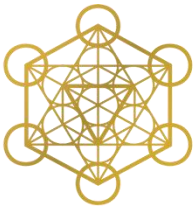
DAY 3: BREAK THROUGH THE TERROR BARRIER
8:00 PM CEST: Live Session with Liz
Fill out Day 3 Workbook Exercises

DAY 4: THE POWER OF DECISION & BRIDGING THE GAP
8:00 PM CEST: Live Session with Liz
Fill out Day 4 Workbook Exercises

DAY 5: REWIRE YOUR MONEY FREQUENCY
8:00 PM CEST: Live Session with Liz
Fill out Day 5 Workbook Exercises
9:30 PM CEST: VIP Mastermind Session on Zoom with Liz

DAY 6 (BONUS): THE ARCHITECTURE OF "THINKING INTO RESULTS"
8:00 PM CEST: Live Session with Liz

DAY 7 (BONUS): MASTERING YOUR SELF-IMAGE
8:00 PM CEST: Live Session with Liz



All Is One Vision

I CHOOSE TO BECOME THE ONE!

I commit to showing up fully for these 5 days,
because
I want to surround myself with the energy of the group
and feel the power of mentoring,
which will increase the likelihood of achieving my
goals over the next 12 months.

I commit to becoming conscious of the person
I am becoming.

Signature

Date

DAY 1

MONDAY / 8:00 PM CEST

CREATE YOUR FAVORITE GOAL

MY C-TYPE GOAL
Think bigger than what you already know how to do.

A-TYPE GOAL - Something I already know how to achieve.

B-TYPE GOAL - Something I believe I can achieve with effort.

C-TYPE GOAL - Something that stretches my identity.

a C-Type Goal comes from your heart ❤️

This is what I want:

_____.

DAY 1

MONDAY / 8:00 PM CEST

Write your goal on your goal card, starting with:
I am so happy and grateful now that ...


MY GOAL _____ 20___

I'm so happy and grateful now that...

DAY 1

MONDAY / 8:00 PM CEST

MAKE SURE ...

Once you have your goal written down, ask yourself:
“Why do I want this?”

Ask yourself this question 7 times and write down your answers:

1...

2...

3...

4...

5...

6...

7...

The final answer that comes is your real “Why”

Place the goal card in your wallet, purse or pocket and read it several times a day.

Remember the image you most often hold in your mind will sooner or later be expressed in physical form.

DAY 1

MONDAY / 8:00 PM CEST

MAKE SURE YOUR GOAL IS WRITTEN CORRECTLY:

1. The goal should be written in the present tense

2. The goal must be specific and measurable

3. A goal should have a date by which you plan to achieve it.

DAY 1 CHALLENGE EXERCISES

1. Answer the questions above. Write your goal on a Goal Card and read it often every day.

2. Take a selfie with your goal card and post it in our WhatsApp group.

3. Everyone who completes the exercises will be entered into a drawing for daily prizes (we want to reward your perseverance!)

4. Join the Zoom meeting on Tuesday at 6:00 PM where I will help you set your goal.

DAY 1

MONDAY / 8:00 PM CEST

SUMMARY

FIRST DAY OF THE CHALLENGE
YOU CREATE AN AMBITIOUS GOAL

Every human being has been programmed for success.

Do you know where you're going?
Do you know what you want?
A goal is needed to start the machine of success.

Your goal terrifies and excites you,
all at the same time.
Your true purpose and goal comes from your heart.

PERSEVERANCE IN 4 STEPS

Write down your C-Type goal.
Make a action plan. Take 1 or 2 steps forward.
Close your mind to the opinions of others.
A friendly alliance with the right people.

DAY 2

TUESDAY / 8:00 PM CEST

DISCOVER THE POWER OF YOUR MIND

THE MIND: WHO IS RUNNING THE PROGRAMME?

	Mark your answers:	
I compare myself with others	YES	NO
I don't trust my decisions	YES	NO
I'm worried about other people‘s opinions	YES	NO
I put things off until later	YES	NO
I‘m afraid to make mistakes	YES	NO
I'm atraid of rejection from others	YES	NO
I have trouble concentrating	YES	NO
I have a problem with procrastination	YES	NO
I don't feel like a great leader	YES	NO
I'm afraid to sell	YES	NO

DAY 2

TUESDAY / 8:00 PM CEST

DISCOVER THE POWER OF YOUR MIND

THE MIND: WHO IS RUNNING THE PROGRAMME?

Do you believe in yourself?
On a scale of 1-10:

Do others opinions of you, matter to you?
On a scale of 1-10:

Are you confident?
On a scale of 1-10:

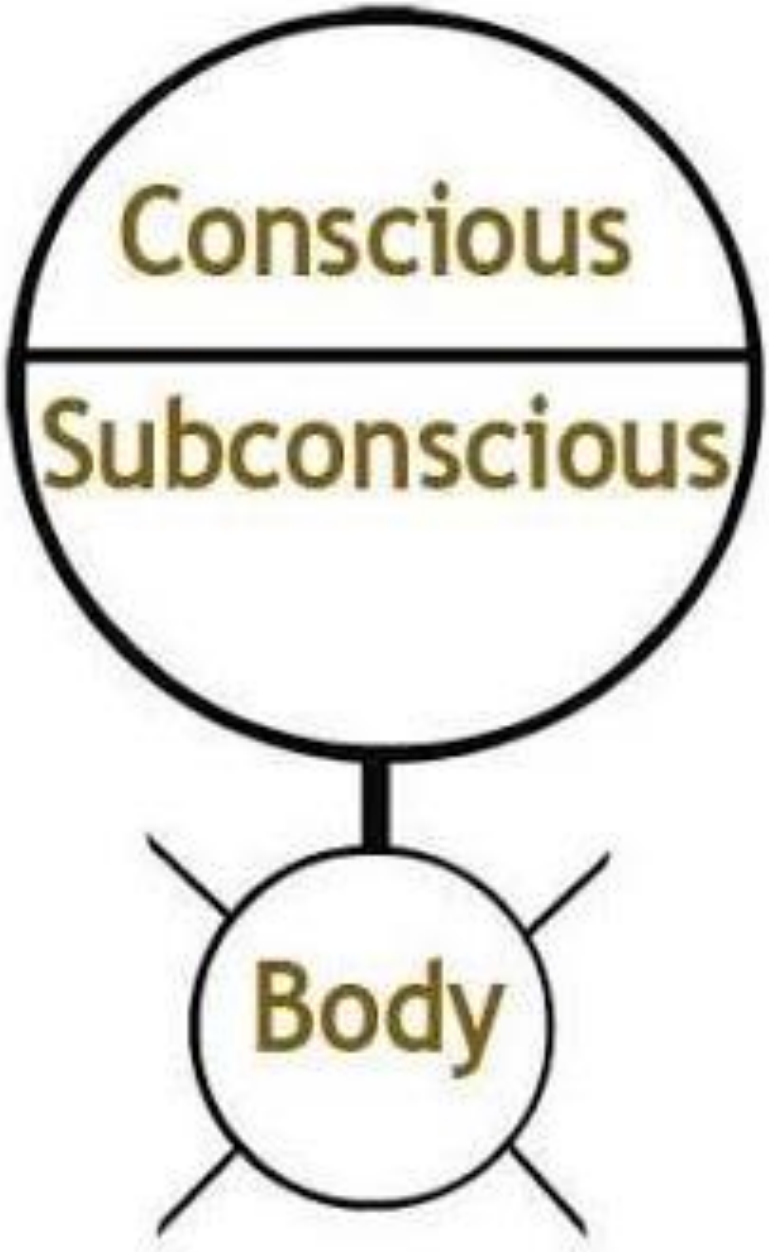
Do you respect yoursell?
On a scale of 1-10:

Do you appreciate your achievements?
On a scale of 1-10:

Do you give your all every day?
On a scale of 1-10:

DAY 2

TUESDAY / 8:00 PM CEST



Remember you want to live
from the inside out.

DAY 2

TUESDAY / 8:00 PM CEST

Paradigms work like that.

A familiar thought becomes a familiar behaviour.
A familiar behaviour becomes a pattern.
A pattern becomes automatic.
And eventually we say: "That's just who I am.“
But is it?

Think

What is your RESULT (the one you bringing to this work)?
Specific. Treat it as a data, not identity.

Wow much has your habit/paradigm cost you so far? Specify it:

DAY 2

TUESDAY / 8:00 PM CEST

What is one thing I repeatedly do without questioning?

Choose one habit and one belief from the list and write down 1-2 action steps for a paradigm shift:

DAY 2

TUESDAY / 8:00 PM CEST

DAY 2 CHALLENGE EXERCISES

1. Answer the questions above.

2. Take a photo of your Stickperson‘s notes and post it in our WhatsApp group.
Let us know what you learned from the session.

3. Everyone who completes the exercises gets the “Decision Article” that has transformed companies and families.
We are still rewarding your perseverance.

DAY 2

TUESDAY / 8:00 PM CEST

SUMMARY

DAY 2 OF THE CHALLENGE
DISCOVER THE POWER OF YOUR MIND

You are the problem, but you are also the solution.
Your **SUCCESS** depends on your **MINDSET.**

95% MINDSET + 5% STRATEGY = SUCCESS
Same company.
Same product.
Same tasks. → **VARIOUS RESULTS**

WHAT ARE YOU FOCUSING ON?
Man becomes his thoughts.*

THOGHTS consciousmind
EMOTIONS subconsciousmind
BODY action

You are not responsible for the program you have, but you are responsible for changing it!

THE IMAGE THAT WE HOLD OF OURSELVES IS THE FOUNDATION
THE PARADIGM CONTROLS 96% OUR BEHAVIOR.
IT IS YOUR LOGIC, YOUR PERCEPTION, HOW MUCH YOU EARN?
HOW MUCH YOU SELL?

YOU HAVE A CHOICE, CHANGE YOUR PARADIGM

DAY 3

WEDNESDAY / 8:00 PM CEST

BREAK THROUGH THE TERROR BARRIER

What are your biggest fears that keep you from achieving your goal?

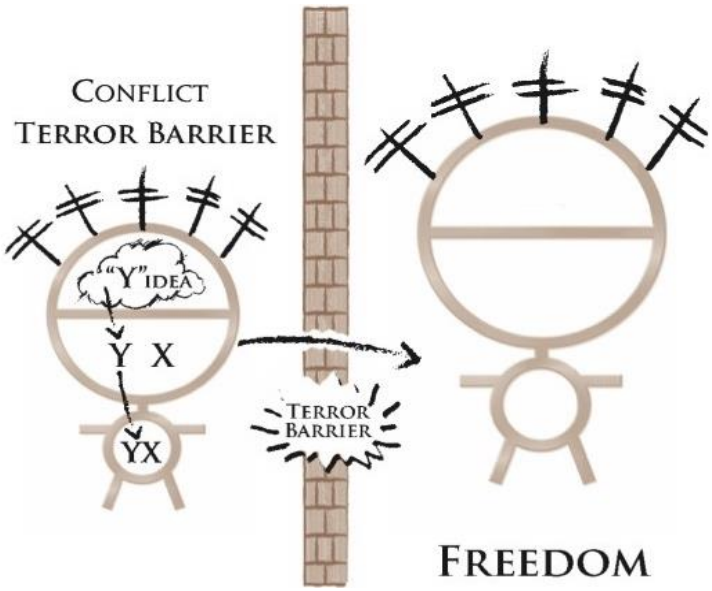
How would you feel if you got rid of the fears listed above?

DAY 3

WEDNESDAY / 8:00 PM CEST

BREAK THROUGH THE TERROR BARRIER

Choose one thing you are afraid to do, but you commit to doing it because you know it will bring you closer to your goal?



☐ Yes, I want to overcome my fears and anxieties because I want to create my reality consciously!

☐ No, I make the decision to stay where I am and allow my paradigms to continue to control my life!

DAY 3

WEDNESDAY / 8:00 PM CEST

DAY 3 CHALLENGE EXERCISES

- [ ] Answer the questions above.

- [ ] Go Live on our WhatsApp group to break your fear of criticism from others and public speaking. Video should be at least 1 minute long, share with us what you have gained from our challenge so far.

- [ ] Everyone who completes the exercises will be entered into a drawing for daily prizes!

Faith and fear
both demand you believe in something
you cannot see. You choose.
- Bob Proctor

DAY 3

TUESDAY / 8:00 PM CEST

SUMMARY
BREAK THROUGH THE TERROR BARRIER

Can you afford to stay where you are?
How much is your paradigm costing you?

If your goal conflicts with the information that is
encoded in your suboonsclous mind.
your self image will never allow your goal
to become a reality
- MAXWELL MALTZ

THE NO-NO EFFECT???
I can‘t cope.
It is impossible.
I will disappoint myself and others.

Be not afraid of life. Believe that life is worth living, and your belief will help create the fact. - William James

WHAT DO YOU WANT TO BELIEVE?
-I can!
-I can‘t!

Faith OVER Fear

"Faith is the power to achieve anything."
FAITH WITHOUT ACTION IS DEAD

DAY 4

THURSDAY / 8:00 PM CEST

THE POWER OF DECISION & BRIDGING THE GAP

HOW LONG HAVE YOU BEEN AT THE SAME LEVEL WITH YOUR **RESULTS IN LIFE**?
BE HONEST WITH YOURSELF?

Think about a time in your life when you wanted to **MAKE A DECISION**,
but fear stopped you...

DAY 4

THURSDAY / 8:00 PM CEST

DAY 4 CHALLENGE EXERCISES

Where am I repeatedly hitting the glass?

What has postponing this decision cost me?

☐ Time ☐ Money ☐ Opportunity ☐ Confidence
☐ Peace ☐ Growth ☐ Relationships ☐ Other

☐ **Yes, I want to get out of my own way and build the life I deserve!**

☐ **No, I want to stay exactly where I am!**

☐ Make a decision that will change your future forever. Schedule a call to learn more about the All Is One Vision program and how working with us over the next six months will completely transform your life.

Schedule your call:
+49 176 24721480

DAY 4

THURSDAY / 8:00 PM CEST

DO YOU FEEL IT'S TIME FOR A CHANGE?



Do you feel like you're capable
of achieving so much more,
but don't know where to start?

Do you feel stuck
in the same place
and don't understand why?

Would you like to start
fulfilling your dreams,
but are afraid of failure?

Would you like to discover your
true path in life?

Would you like to eliminate
negative thoughts about
yourself?

Let's talk

Schedule your call:
+49 176 24721480

WE WANT TO HELP YOU GAIN GREATER CLARITY AND AWARENESS ABOUT HOW YOU CAN MOVE FORWARD IN LIFE.

DAY 4

THURSDAY / 8:00 PM CEST

SUMMARY
THE POWER OF DECISION & BRIDGING THE GAP

DECIDED - INTERESTED

YOU CAN EITHER HAVE
EXCUSES OR RESULTS

THE STORY OF THE FLY
The fly continues to struggle
to get out the window
even though it is only 10 seconds away
from the open door to freedom.

IN THE AGE OF ACCESS TO
INFORMATION,
SUFFERING IS A CHOICE

Decide what you want and say NO to
anything that wants to take it away from you!

SUCCESS IS FAITH
EXPRESSED IN ACTION

The prison door is open

THIS IS HOW LONG IT TAKES TO MAKE A DECISION:
5 SECONDS

DAY 5

FRIDAY / 8:00 PM CEST

REWIRE YOUR MONEY FREQUENCY

The law of compensation is a universal principle stating that your rewards, income, or outcomes always match the value, effort, and energy you put forth:

*The demand of what you do.
*How good you are at it.
*And how difficult it is to replace you.

How do you feel about your current financial situation?

What negative beliefs do you have about money?

Are you ready to make a decision to start earning more?

DAY 5

FRIDAY / 8:00 PM CEST

DAY 2 CHALLENGE EXERCISES

☐ **Join our VIP Zoom meeting at 9:30 PM CEST where we will be answering all your questions for a few hours.**

Join our exclusive VIP Zoom meeting tonight
at 9:30 PM CES!
We'll be available for a few hours to answer
all your questions and share valuable information.
Don't miss this opportunity
to interact in a small group and receive personalized support.
We cordially invite you - see you tonight!

WHY JOIN?

“My company has increased exponentially.
I owe a lot to Thinking Into Results.
At that time, we were doing $70,000 to $80,000 a year.
Now we're on target
to hit half a million dollars in sales.”
— Chris Damaren

“I now want to do what I was afraid of:
walk into the office of the CEO of a multi-million-dollar company,
and not be terrified, and actually look forward to meeting them.”
— Jay Whitelaw

“I’ve learned that I really have infinite potential.”
— Diane Cies

“I made my monthly income my daily income.”
— Dr. An Ho

DAY 5

FRIDAY / 8:00 PM CEST

SUMMARY
REWIRE YOUR MONEY FREQUENCY

Money Paradigm:

Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God."— Matthew 19:24 "Money doesn't buy happiness."
"To earn a lot, I have to work hard“

USE YOUR POTENTIAL:
***MEMORY *WILL**
***IMAGINATION**
***REASON**
***INTUITION**
***PERCEPTION**

HOW CAN YOU
GIVE MORE VALUE
TO OTHER PEOPLE?

"To earn more you have to decide
how much you want to earn
and make the decision to do it."

SURROUND YOURSELF WITH PEOPLE WHO GET THE RESULTS YOU ARE LOOKING FOR.

What does financial freedom mean to you?

BONUS:

We have a special surprise for you!

To further support you,
during the challenge, we have prepared two additional meetings
- full of knowledge, motivation and inspiration!

At these meetings:
*You'll gain additional tips, to help you achieve better results.
*We'll answer your questions and clear up any doubts.
*We'll give you a dose of motivation to continue pursuing your goals!

DAY 6 SATURDAY | 8:00 PM CEST

THE ARCHITECTURE OF "THINKING INTO RESULTS

DAY 7 SUNDAY | 8:00 PM CEST

MASTERING YOUR SELF-IMAGE

You can't miss this!
This is the perfect opportunity to get even more out
of the challenge!
See you at the meetings!



DO YOU FEEL IT'S TIME FOR A CHANGE?



Do you feel like you're capable of achieving so much more, but don't know where to start?

Do you feel stuck in the same place and don't understand why?

Would you like to start fulfilling your dreams, but are afraid of failure?

Would you like to discover your true path in life?

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HOW YOU CAN MOVE FORWARD IN LIFE.