



# INSTANT TRANSFORMATIONAL **HYPNOTHERAPY**

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MASTERCLASS WORKBOOK  
WITH MARISA PEER

# WELCOME TO YOUR MASTERCLASS WORKBOOK

## 5 Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly implement the secrets revealed in this session.
5. During the Masterclass, use the dedicated space on the right side to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.

# WHAT TO EXPECT

## Table of Contents

<b>1. PRE-MASTERCLASS EXERCISE .....</b>	<b>4</b>
<ul style="list-style-type: none"><li>• Set your intentions before the Masterclass.</li></ul>	
<b>2. SELF-ASSESSMENT QUIZ .....</b>	<b>5</b>
<ul style="list-style-type: none"><li>• Assess your quality of life with this self-assessment.</li></ul>	
<b>3. INSTANT TRANSFORMATIONAL HYPNOTHERAPY.....</b>	<b>6</b>
<ul style="list-style-type: none"><li>• Section 1: The Power Of The Mind</li><li>• Section 2: Bulletproof Rejection</li><li>• Section 3: Rapid Transformational Therapy</li></ul>	
<b>4. TEST YOUR KNOWLEDGE .....</b>	<b>7</b>
<ul style="list-style-type: none"><li>• Solidify your learning after the Masterclass by completing a quiz.</li></ul>	
<b>5. REFLECTION .....</b>	<b>8 - 9</b>
<ul style="list-style-type: none"><li>• The right question can spur your unconscious mind to feed you the right answers.</li></ul>	
<b>6. STUDENT STORIES .....</b>	<b>10-13</b>
<ul style="list-style-type: none"><li>• Read what other people said about Marisa Peer.</li></ul>	

# 1. PRE-MASTERCLASS EXERCISE

## Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

## 2. SELF-ASSESSMENT QUIZ

Rate your life on the scale from 1 to 10 in each of the 12 areas.  
Write down the first number that comes to your head.

### Start with the Self assessment

NOTES

Rate your life on the scale from 1 to 10 in each of the 12 areas.  
Write down the first number that comes to your head.

#### Experiences:

Love Relationships \_\_\_\_\_

Friendships \_\_\_\_\_

Adventures \_\_\_\_\_

Environments \_\_\_\_\_

#### Growth:

Health and fitness \_\_\_\_\_

Spiritual life \_\_\_\_\_

Intellectual life \_\_\_\_\_

Skills \_\_\_\_\_

#### Contribution:

Career success \_\_\_\_\_

Creative life \_\_\_\_\_

Family \_\_\_\_\_

Community service \_\_\_\_\_

If you've scored lower than 8 in any areas, these are your areas for improvement.

### 3. INSTANT TRANSFORMATIONAL HYPNOTHERAPY

Follow along the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right. Click on the video to pause.** But pay attention, because you cannot rewind!

#### 1. THE POWER OF THE MIND

Notes

You can transform in \_\_\_\_\_ if you know how to.

Rejection makes people \_\_\_\_\_. We live in a world where we think from rejection we might die.

1% of Marisa's clients seem to have it all. The key belief they share is that they \_\_\_\_\_ all of this. They also want to \_\_\_\_\_ it with everyone.

The mind does whatever it thinks you \_\_\_\_\_ it to do.

Your mind doesn't \_\_\_\_\_ if what you tell it is right or wrong. Your mind would never argue with you.

#### 2. BULLETPROOF REJECTION

When you are \_\_\_\_\_ you know you \_\_\_\_\_ more, you know you are worthy of more.

First you do it, then you \_\_\_\_\_ it.

Knowing you're enough \_\_\_\_\_ you from rejection, anxiety and other \_\_\_\_\_.

#### 3. RAPID TRANSFORMATIONAL THERAPY

The most important words to tell yourself if some hurtful memories come up are "\_\_\_\_\_ of the hurt".

Events don't affect you, what affects you are the \_\_\_\_\_ you attach to them. You can change the \_\_\_\_\_ and meaning of any event.

## 4. TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

1. What was the topic of the Rapid Transformation Therapy session that you experienced during this Masterclass?

2. What, according to Marisa, is holding you back from living an uncompromised life?

3. How long does it takes to transform, if you know how?

4. What happens once you let go of beliefs that hold you back?

## 5. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. Think back of your lowest ranked areas. Could this be a result of a mental block acquired as a child?

2. What would it be like if you finally lived your life without the fear of rejection?

3. How would it feel if your beliefs were supporting you and you could achieve anything you wanted easily and effortlessly?

4. What can you do today to start making everything available for yourself in terms of career, relationships and health?



5. How do you feel after the Masterclass? What were some of your biggest insights and takeaways?

6. What was your experience with the hypnotherapy session? What kind of sensations did you feel in your body? Did you have any specific memories or thoughts come up during the session?

**THANK YOU for joining Marisa Peer's Masterclass!**

## 6. STUDENT STORIES

### **"Working with Marisa has helped me to change some deep rooted issues"**



"Working with Marisa has helped me to change some deep rooted issues. I no longer use food to cope and I can finally become slim. I am amazed at how much food I am leaving I can't finish food and I am indifferent to junk food which is such a buzz to me. For the first time EVER I can work with food and it does not rule me at all."

~Steven Wallis,

*Chef and winner of Masterchef 2007*

### **"She helped me uncover a massive 'block.' "**



"I don't consider myself to be "woo-woo" or someone who is easily "swayed" into simply believing something works... But what I experienced in that room with Marisa changed my life—in just minutes. She helped me uncover a massive "block" that I realize now has been holding me back, and just days removed from working with her—I've already seen massive (positive) changes in my relationship with my wife, my children, and my employees. THANK YOU Marisa. I was skeptical before meeting you, but what I've experienced is unmistakably real.

~ Ryan Levesque,

*President, editorial director of Brand Development at Condé Nast International*

**"You have to see what she can do in [five] minutes."**



"I work in the financial industry and no matter how much money my clients have, how great their life appears to be, if they don't understand what Marisa Peer can pull out of someone in [five] minutes, they never feel successful or love their life. You have to see what she can do in [five] minutes that people search for their whole lifetime.

~ Garrett Gunderson,

*New York Times bestselling author of Killing Sacred Cows:  
Overcoming the Financial Myths That Are Destroying Your  
Prosperity*

**"Within two weeks of having just one session with Marisa I stopped smoking and drinking for good "**



Within two weeks of having just one session with her I stopped smoking and drinking for good and developed a completely different attitude to food.

That was 21 years ago. I have never had a cigarette or drink since and I don't want or like unhealthy food anymore despite the fact that I used to devour too much of it. At 75 I have so much vigour that astonishes others which I directly attribute to Marisa.

Because of Marisa Peer I have a whole new life I cannot recommend her or her methods highly enough."

~ Molly Parkin,

*Writer and renowned artist*

## **"I have finally taken the step to speak out more"**



I would like to express my gratitude to Marisa Peer for her "Uncompromised Life" course. It has really addressed some of the core things that has been very heavy and "mental blocks" that has drawn me down for so many years. Some of it seems to just melt away, and there has been so many awarenesses with the hypnotherapy sessions. Important as well has been to recognize that I am actually already doing a lot of the things that she suggest, so it is more about stop being so hard on yourself and be willing to receive more. And I have finally taken the step to speak out more

~ Tove Engvall, Sweden

## **"My self-confidence has definitely increased "**



Marisa is clear, gives terrific examples and is straightforward about where she is taking you and anchors the lessons in really well.

I am hard put to say what part of her Uncompromised Life was the direct factor although the "I am enough" segment definitely had an effect, but my self-confidence has definitely increased (and that occurred before the "I am enough" sector). I used to be very negative about my performance in hockey. I would nitpick every mistake I made during the course of a game. Since taking Marisa's course I now play with a far more positive attitude and am more relaxed (and as a result more effective) when I'm handling the puck. As a result, my overall play has shown a marked improvement in my game (and none too soon - I'm 71)!

~ John Maybee, Canada

## **"I have finally taken the step to speak out more"**



I feel the difference in me between when I follow the course daily and when I skip a couple of days, I feel more connected, more purposeful, more successful and emotionally I feel happier and more capable. And there has been big shifts in important concepts and slowly by slowly shifts in habits consequently.

And I do adore the way she explains things, they become so much easier, concepts that I already "knew" before are now absorbed and put into practice easily and happily thanks to the Uncompromised Life training.

~ Ana Fernandez, Spain

## **" I got so many benefits from Marisa's training and sessions"**



My life as an actor (and as a coach) can be pretty stressful sometimes, but I got so many benefits from Marisa's training and sessions. It is so well explained and very concrete because she uses real stories to show us how the mind works. [...]

The way, she works, all the modules are so perfectly well done! Every day, I listen to the audio hypnotic tracks, and it helped me enormously! [...] For example, I was able to be on stage for a big event and a premiere with a lot of confidence, self-belief, high self-esteem, and ease. [...] I would recommend this course to everyone. Thank you so much, Marisa Peer.

~Ann Esch, Belgium