3rd of June

Mastery is not an event. It’s a process

Why wait for heroes to arise in your life? Be your own hero!

Invest in yourself. Not investing in yourself will cost more.

Your expectation brings your reality

Your genetic code is not your destiny (epigenetics)

Your daily thinking, your daily emotions, your daily words actually regulate the expression of your digital code

Be in the state of flow

Instructional self-talk

2 massage protocol

The expression of your heroism

Service humanity

The majority spends time shopping superficially (superficiality)

The most of humanity want to be world class but are not practicing the world class skills/habits

“fit it like everyone else”

“don’t change the world”

Reverse hypnotize yourself

Reverse engineer yourself

You are worrying too much

You are stuck in a wrong way of living.

Mastery is a process as long as you do the job everyday

“My life is beautiful. Not easy”.

If you are scared to do something just do it

Practice especially when you don’t feel like doing it

World class comes to the ones who do the job when they feel it and when they don’t feel it

Discipline wins

If you have the chance to do something good for someone do it today

Focus is more important than intelligence

It takes so little to make someone happy

Be kind

Icon X Robin’s personal group that he coaches

The bigger your dream the more important your team

“Talent stealer”

Pick your team well. Pick your surounding.

We all make these excuses and then we believe them..

Your story becomes your self-fulfilling prophecy

THE HOW OF HAPPINESS Sonja Lyubomirsky (book)

Watch out what you say because you are going to believe it

I am making a bunch of excuses because I am scared

Stop lying to yourself

Stop saying you cannot

THE PSYCHOLOGY OF POSSIBILITY (book) Ellen Langer

My daily stories become my self fulfilling prophecy

“you are expecting me to do the job for you”

Marcus Aurilius MEDITATIONS

The job of the news is to frighten so they can control you

Να αγοράσω μεγάλο MOLESKINE με εβδομαδιαίο πρόγραμμα

The making of an expert

Every great man has invested 10,000 hours in himself before the first signs start showing up..

2,5 hours per day for 10 years before it starts revealing..

The only thing that is magic is magic..

GUNS AND ROSES Acell Rose (icon)

Yesterday’s (last year’s) world record is next years starting point

Calibrate world class interiority

Energy is more vital than intelligence

Deconstructions of icons in order to understand how they do it

Sustain world class

Guns and Roses were “dangerous”

People were disturbed by the genius of Picasso

Let people be terrified by how good you are

Titans diclince

Report on people not judge them

Nature’s secret medicine. Drink a lot of water.

Πρωινό – στίβεις ένα λεμόνι σε ένα ζεστό ποτήνι νερό

Leadership is hip

It is a great time to be alive

History makers do:

Fasting

Journaling

Had tight rituals until it becomes automaticity

Spend a lot of time in silence/solitude

They have great time with themselvess

Last meal 9pm next 4pm 16 hours fasting

The traits that make you strange are the ones that make you different

I just do the work

Consistency is the dna of mastery

Own your days

What you now find easy you once found it hard. That is called growth

It is harder not to wake at 5am and traing

They are not lucky or whatever. They are extreme practisioners.

You can be addicted to your devices, you can guild an empire but not both. 95% of people are addicted to their devices.

Nature

Sun

Fresh Air

Laugh is healing

Power pose. Victory Move.

Happy = move your body a certain way – happy

Small daily seemingly insignificant improvement when done consistently over time creates miracles

Neuroplasticity

Neurogenesis

Fire ambitilion to serve the world

GIBRAN THE PROPHET book

Income+Impact = perfect combination

We all have our victim programs. Your story will determine your behavior

PSYCHOLOGY OF CAN

-It can’t be done

-Watch me doing it.

Rewire your psychology.

We are all on the same boat

Do extraordinary things with consistency

Help you remember who you truly are

It is a sign of honor when we are the first in the world at what we do

BIW. Best in the world at what you do

If world class was easy everybody would do it

Respect

Few people produce magic. You need isolation

BIOGRAPY OF IAN FLEMING (isolation)

You have to do what 95% of people are not doing in order to get the results of the 5%

“you need to do what I am teaching you”

Every time you check on your likes/people who follow you/text you, you train your brain into distraction

Pain brings purification

All people become what they are because of difficult times

“they tried to burry us. They did not know we were seeds”..

LETTING GO book David Hawkins

Consistency is the ingredient of mastery

People have been hypnotized and they do not understand that all this is fun

We are hard wired to …(?)

Don’t lose the spark in your eye you had you were five when the world hurt you

Stop putting yourself down

Use the language of hope

Brain tattoos

People do not know how to manage their lives

Accelerate you learning because of exercise

The best present you can give your families is your presence

Check feed on your phone similar addiction to cocaine

Mastery without philanthropy is an empty game

“life is too short for bad wine”

So little is required to be healthy

8 forms of wealth (money is one of them)

Only people in pain are doing painful things

People do the best they can do based on their consciousness

You cannot put a price tag in your joy

Everything is about self love

Forgiveness is a productivity tool

Εάν δεν τον έχεις συγχωρέσει τον κουβαλάς

They day you release average

Your emotionality follows your physicality

Yes or yes?

DAILY RITUALS book

THE ESSENTIAL MARCUS AURILIUS book

You become who your friends are

The psychology of impossibility…

Mindset

Heartset

Health set

Soul set

If you are not iconic you hurt the world

Choose your influences well because there your fortune lies

Isolation: the tool of the history makers

An addiction to distraction is the end of your creativity

INTERVIEW with the vampire

5 precious assets

Mental focus

Physical energy

Self discipline

Your time

People waste their time

Fidelity to the shortness of live

Mindset/Mentality

“I am not the kind of person who could do it”

Proactive vs reactive

50 years vision

GOLDEN EYE (Matthew Parker)book (fleming)

If you are not moving (exercise) everyday you are decelerating your ability to learn

JAMES KE(a)RR LEGACY book

BUFFETT “THE MAKING OF AMERICAN CAPITALIST” book

Habit installation protocol

66 days of daily practice to install a new habit and then becomes automaticity

INTERVIEW with COBE BRIAN

Until your mission becomes your obsession your craft will never become your genious

Automaticity Capitalisation

GRIT book Angela Duckworth

The 8 brain tattoos of mastery/success..

1. Keep simple the few things that matter. He who tries to do everything becomes nothing
2. Genius is a daily lifestyle not a natural gift
3. No idea works unless you do the job
4. Small daily improvements done every day bring results
5. It is the most relentless..

the same gifts that make you weird are the ones which make you special

Most people take the limits of their vision to be the limits of the world. Few don’t follow them

To live a great live give more

Your personal story becomes your life

Be fit to be of use

“they are playing in another universe where I invite you to participate”

The world needs you

The myth of giftedness

One percent wins everyday

Deliberate practice

Synthesis of mastery

World class value

95% are doing the wrong things but they want the good results..

The 5 precious assets of the A players

1. Mental focus. Where your fortune lives

Isolate yourself from distractions

Rewire your brain in a minute. You can do it

Invest in your learning/training coaching

Cheap is really expensive

WILLPOWER book

Willpower in life is a muscle

What is most difficult is the most valuable thing to do (especially for you)

Do the hard staff

Self disciplined are the top people

Time=asset

You strengthen what you practice. Όταν ασχολείσαι με το κινητό σου, αυτό ενισχύεις..

A lot of people are seeing the world through their phones

Time protection

Talent protection

3 step success formula

Vague goals deliver fluffy results

Obsessive attention in detail

Better awareness brings better choices which brings better results

“Watch his fire”..

Genius is not genetic. Genius is what you do.

You were born in perfection.

You have been hyptonized

Be busy delivering results

Tradition/perception vs truth

Clean up the old wound because this is what hurts

Attachment to pain

You have money, you want more money, it’s a drug

True power is your craft

You either become the legend or the victim

Systematized inspiration

Mastery is a process, not an event

Your mission has to become your obsession

 4th of June

Your availability to learning

LEGACY 15 LESSONS IN LEADERSHIP book

66 days to install a new habit

Sustain world class

Is it sustainable? (key question). Sustain your dominance

It is all about investing in your education

Professional capability + personal mastery: invest in these two

Hard work

Fire in the belly

Relentless

It takes so little to make someone happy

Your behavior influences your friends, your friends friends and your friends friends friends

Survival instinct

If your life is not laughed at is not a great idea

Your instinct is always wiser than your intellect

Your intellect has been influenced by the society

Fuel your wonder

“here are the projects you ought to be doing” says your instinct

“he just does’nt get it”

As oy raise the game to the net level you are going to meet more resentment and jealousy

I’ve already achieved so much more than anyone has ever imagined. DON’T STOP

“I am doing that because I want to see how far I can get” (Cobe Bryan)

I’m doint my best to play in

You have to fight your need for approval

Develop

Don’t care what anyone thinks about what you do

Aw you keep going to the next level you are going to be scared. A lot

Do your best and let life do the rest

Noone will believe in you until you believe in yourself

“fly before you fly” (protocol of air fighters)

Mindset – journaling – meditation

Build a system

Systematize your life so you are free to run your craft

Deliberate gratitude

Got the best executive assistant so you can focus on the things you have to do

High understanding of your reality

Clarity presides mastery

Journaling = you relive the experience and reinforces your momentum/self belief

Why are you writing your journal? I need to enforce my selfe-belief and self esteem

In the winter of my life my journal has saved my life

Deepens your learning

What writing does to your life (there is a lot of science findings)

Organizes your thinking

Releases your natural creativity

Find your secret place

“it will cost me more if I don’t learn it”..

World class business

World class life

Even the woman that cleans Robin’s home is of world class

A job interview is a meeting of 2 liars

Brand: You dominate/take this position and keep on for the next 50 years until you are the only one

THE FOUNDER Ray Kroc (documentary) (founder of McDonalds)

Give 10X the value your clients are expecting

This is not a science. This is an art

Small micro-wins crate transformation

66 days to install a habit and 10 years to perfect it

He/she who is more curious always wins

DE MARTINI books

Living from the heart

Care for life more than money

You cannot get to world class alone

The smaller of execution better than the noblest of intentions

Forced optimization strategy

Once you feel on fire you go out there and you do the impossible

When I push myself I grow

Creativity as everything is a muscle

The growth is in the rest

As you push past your limits, your limits expand

Elite performance is a pulse.

Bolt says he sleeps in order to recover from exercise..

How gargantuan produces do it

Be in nature

Stay in beautiful hotels

Joy as a GPS

Be with the people that fuel your joy.

Better awareness brings better choices and better choices bring better results

There are not wastes

Everything is perfect

Behaviors / routines / your structure

Create an alternative reality

Income reflects your self-identity

Your self-worth is your net worth

Thoughts – emotions – words are my wellness and my performances

Potential unexpressed turns into pain

Escape from pain through addictions. (videogames, facebook, TV, gossip, drugs). Avoiding the pain within you

Don’t run from your pain. Go into your pain.

The mechanics of performance optimization

5 peak assets:

Mental focus

Physical condition

Willpower

Talent

Personal bandwidth

10X expectation delivery

95% of people give their attention to social media

5-8am An alternative universe. Willpower is higher in the morning.

Cortisol hormone of fear higher in the morning

Toxifying behaviors

95% are diluting their bandwidth through social media in the morning

Check mail/fb/news you lose part of your bandwidth

Every time you check on your smartphone, your next task suffers

Your life reflects what you are practicing

Mediocre results derive from mediocre practicing

Flow (your genius) comes from being

Do you have a lab? Do you have a studio to isolate?

Spend a lot of time around art

Pharmacy of mastery

FLOW THE PSYCHOLOGY OF OPTIMAL ESPERIENCE book

..and then you become undefeatable..

The 2 abilities of titans

Marketability (the industry/market cannot function without you)

Indispensability (have a good judgement and be indispensable to the organization)

“Tiger (Woods) played a game I’ m not familiar with”..

The production of poetry.

Your works becomes magical

The marketplace rewards mastery

Fake pleasures society offers do not offer lasting joy

The cost: you will be misunderstood, ridiculed, outcast, suffer.

Escape from pain (addictions)

I am – I can – I will

Dream stealers

Why would you do that? When you are going for something big

Is the world right? Sometimes the whole world is wrong..

Everything is possible

Character=what you are doing and who you are when no one is watching

Don’t think the lives are going to last forever

..there obsolescence starts..

The biggest danger is complacency

In order not to be complacent always hand out with greater people

Physically and mentally when in pain take one more step

Outwork everyone around you and then you will see what others cannot see

Habit installation process

After 66 days you reach automaticity

For the 66 days you keep willpower installing the habists

20 days destruction of the previous

20 days confusion

26 days integration

Μετά στρώνει...

Change is hard at first, messy in the middle, great at the end

If it is not hard in the beginning the change is not significant

5-6am the legendary hour

Sweat more in training and you will bleed less in the war

Games are won before you put your foot in the ground

As you craft your day, so you construct your life

20/20/20 formula

5:00-5:20 move /intense exercise. You sweat.

Repairs brain cells damaged by stress

Dopamine=inspiration

Effect of exercise can last 15 hours later

COUNTER CLOCKWISE by ELLEN LANGER book

You want a non-excuse environment

Workout early in the morning shoots up the metabolic rate

Exercise – stress killer

5:20-5:40

Reflect, journal, meditate, affirm, pray.

Gratitude grows your joy. Clarity is the DNA of mastery

5:40 you are on fire

Learn. If you know better, you live better.

Start with the smallest of habits

The primary victory of the morning

THE PSYCHOLOGY OF POSSIBILITY

Make your home your sanctuary

Treat your kids with respect

I’LL TELL YOU A SECRET MADONA DOCUMENTARY

The minute you stop wanting to know more you die

90/90/1 (No 1 project)

For the next 90 days spend your first 90 minutes without any interruption to work at your No 1 opportunity to change the game

FOCUS – MINIMALISM

Man who chases 2 rabbits catches none

60/10

Work 60 minutes rest 10 minutes

Zero destruction environment

Reclaim your hero within

Daily 5

Set 5 small wins that you are not going to sleep until you achieve them

Before going to sleep

What 3 nice things happened to me today?

2nd workout by the end of the day

Nature Walks

The things that get scheduled are the things that get done. ROIx20

The weekly design system

7-8-9-10 Titan Summit 2017

ITS YOUR SHIP book

RETURN TO LOVE book

No Ask no Get

The Million Dollar Weekend

Find the best hotel

Book the penthouse

What value my marketplace needs that no one provides?

You are the visionary of your company. They execute

2 minutes recording for your team

The weakest pencil is always better than the hardest memory

Living work class is an art

Values without execution is worthless

Don’t buy into the dream stealers

Who must I become to get the life I want?

What terrifying secret have you never shared with another person?

What must I do daily?

 June 5th June

The quality of choices shapes your life

Most people do not know how to run/manage their lives

Jackie saw herself not only as a mother but as a developer for her kids

THE KENNEDIES documentary

BRING OUT MAGIC IN YOUR MIND Al Koran βιβλίο

Rare book

As you raise your energy so you raise your life

Bless everything

WILLPOWER book

Iron Will: “I’ve earned” it

Pushing yourself is extremely self loving

Anti-retirement mentality

No plans to retire

When you retire you get really old

STEVE MARTIN AUTOBIOGRAPHY book

Prepare prepare prepare

Harison Ford: “you are only as good as your last movie”

Lover of beauty

Love life

He who experiences more will win

Stand for excellence

You are on fire when you are happiest

All you should be doing is your magic

We build magic together

Affirmation: “it’s easy”

What do I need to do to… ?

Protect your bandwidth

Zero stress

Don’t slow down because you achieve more than expected (threat)

“remember you are just a man”

Comfortable=dangerous

So successful to stop taking risks = very dangerous

Always work always have great time. Will keep you young

Be blissful

Don’t live in your head. Live in your life

Don’t intellectualize

LETTING GO book

Heal your wounding

Elite performance is a pulse

Work for 5 hours in total and take the rest of the day off

When you complete a successful day you release dopamine

Zero device days

People do not like being around exhausters (nice word)

Ego depletion

Willpower=muscle

“you are one decision away from stupid”.. You did’nt protect your willpower

A list of the people who are your energy vampire. The ones who defuel your joy

You want to pay attention to why someone is underperforming

Who in your life does not fit

Non highperformers in a highperformance is very stressful

Fire some of your clients

I only want people on my life who make me happy

Stop setting for average people around you

“give some though love”

Be free to follow your dreams

Get the big toxins out. Fast

Most people don’t change, even if they can. Stop lying to yourself. They can change but they wont.

If you think you are good at creating business get someone else to run them

I don’t like running business

Don’t spoon-feed your team because they are going to become like babies

Find or build your dream home and watch what will do

Your environment shapes your inspiration

Luck: the invisible hand sometimes

Hire on character

Run your protocol

Run your system

Follow your joy. That’s your GPS

Some people are troublemakers

When you get rid of them it makes a lot of difference

Let technology be a servant not your master

Why do you need this drug “addiction”? Every vampire in order to escape from pain

Epsom salt baths. Take 2 baths a day if stressed

24 hours fasting

Let your body wake you up

Το mail του Robin το ξέρουν 10 άνθρωποι..

30% reduction in the calories every day = 30% more longevity

As your consciousness increases everything changes

Your truth vs your traditions

Takes a lot of courage to challenge the things that you feel uncomfortable

Halfhearted rituals bring halfhearted results

Massage reduces 31% cortisol increases 32% dopamine and 28% siritone

9 archetypes of the world

The minimalist. Extremely focus. Minimalism = a way of living

The eccentric: disregard from convention. A pirate

The dreamer

The champion

You might not want the Ferrari, but you can celebrate when someone has it especially if it is critical for him. He worked hard to get it

The Disruptor. Shatter the norm.

The perfectionist

The servant

The humanitarian

The hero

World is wounded because has been constructed by wounded people

I am not going to accept las year’s performance

Honor the things that make you special

Deconstruct limitations

Fake beliefs

I don’t deserve world class

Geniuses are gifted

More money=more pain

This wont work for me

Don’t have time

Historical wounds

I can’t have real love

My industry is too hard

It is hard time in my country

My past was tragic

I’m too lazy

I cannot get up early

I can’t change

New habits are too difficult

I’m not a superstar

It it is hysterical it is historical

Great wounds when you were a child

Out-suffer everyone around you

Every time you make an excuse you are giving him the power for a better future instead of you

People to remove from your life

But what about my family?

I can’t just leave my friends

I’m scared to let go

I don’t think I am settling

No one is perfect..

Places that drain your energy

I can just move..

Learn how to manage your time amazingly well

Last year’s world class is this year’s new normal

10X value obsession

60,000 more valuable a video than a piece of text according to research

THE POWER OF THE SMALL WINS article HBR

My winning formula

Share as much as you can

Be of most service

Relentlessly grow

Never give up

Believe in the unbelievable

Push the envelope

Never stop growing

Be humble

Always find a way to do things

Give your best self

Talk from your heart

Be extremely sincere

Be 100% present

Every adversity brings the seeds of greater opportunity

The heartbreaking disappointment

Expansion vs Distraction

The Fake powers

Formal authority

Money

Safety/security

Social status

Material possessions

The real powers

Access to greatness

Autonomy

Audacity/bravery

Self respect

Global influence

Learn how to be safe in an unsafe world

Very few people think for themselves

Taking back your power

Expansion

Discover the unknown talent

Authenticity

Relatability

Strength

1000 points of wisdom

True power

Contraction

Stucked in the past

Biter

Blaming

Blocked

Resentful

Powerless

Addiction

Crisis oriented living

Most people cannot construct their lives

They get hysterical

Before you seek revenge, start digging 2 graves. Confucius

The titan’s decline

THE 8 FORMS OF WEALTH

Self mastery

Health/vitality/longevity

Your loved ones

Your craft (be world class at what you do)

Money/increase our income but not your lifestyle costs

Circle of genius” your network

Lifestyle

Impact

Score all of them 1-10

Plan in the next 90 days which to improve

Be an original

Find your rhythm and your own voice

PROTECT YOUR BANDWIDTH

i Stefanos,

It’s been just over a month since your transformational experience at Personal Mastery Academy 2017! Before you know it, it’ll be Titan Summit time.

We thought this would be a great opportunity to look back on the key points, insights and tools that really resonated with you during the event.

Maybe some you have forgotten about and maybe some you have been installing as a daily habit. Either way, we hope this list of the 50 Best Lessons from PMA 2017 sparks your inspiration and gets you on track to living the world-class life you deserve.

Here you go:

 Ideation that isn’t executed is ideation wasted.

 If you’re surrounding yourself with A-Players, you’ll become an A-Player.

 Lay claim to your heroism.

 If you’re not running your interior rituals, as well as your exterior rituals, you’re doing a disservice to yourself.

 What’s the point of having a great mindset if your heart is broken from the past? It’s all about mindset, heartset, healthset, soulset.

 If you’re not managing your self-talk, you’ll get left behind.

 It takes so little to make someone happy [like my friend and past event attendee Pau Gasol shared with me].

 The bigger the dream, the more important the team.

 Your story becomes a self-fulfilling prophecy.

 Your excuses self-consciously set your mind to negative.

 Your genetics do not determine your genius.

 When you ask someone stuck in victimhood if they know their Big 5, they won’t.

 Last year’s world-record is next year’s starting point.

 Get your interior life right so your potential can be reached at the next level.

 Energy is more valuable than intelligence.

 With better awareness, you will make better choices; with better choices, you will see better results.

 Be otherworldly good at what you do. And sustain it.

 Granularity turns into superficiality over time if not practiced.

 The traits that make you strange are the traits that make you special.

 Own your days and your days will reach 100x.

 What you now find easy, you once found difficult.

 World-class is a lonely sport. The only person you’ll have with you your whole life is you.

 You can be addicted to your phone, or you can be world-class, but you can’t do both.

 Laughing releases cortisol.

 When you’re inspired, your body moves differently because you restructure your neural structure. Strike a power pose!

 There are 2 economies: Income and Impact.

 I don’t buy into the psychology of can’t because I’m into the mastery of can.

 It’s a sign of honor when you’re the best in the world at what you do.

 The great ones are eccentric.

 You have to do the things the 95% won’t do to get the results the 5% get.

 Life can only be understood in hindsight and lived in foresight.

 Every distraction costs you your fortune.

 Your fortune depends on you having the grit and drive to do the work.

 Your greatest growth lives on the jagged edges of your darkest pain.

 Use your pain as a clarification process.

 Micro-wins are key to being BIW after 10 years of practice.

 Consistency is the DNA to mastery.

 The greatest gift you can give is presence.

 If you really loved yourself, you wouldn’t complain or allow yourself to be in pain.

 Life is too short to play small. Go big for the benefit of the world.

 Rest. But not every day.

 Release the people and the conditions that hurt you.

 Exploit the adversity to live the opportunity.

 Deconstruct your specialness so you live it.

 Your mindset determines your behavior; your behavior determines your results.

 Choose your influences well, for there your fortunes lie.

 When people throw rocks at you, you use them on your rise to mastery.

 Until your mission becomes your obsession, your craft will never become your genius.

 True power is being an instrument of service.

 Willpower is a muscle – the more you flex it, the stronger it grows.

I hope this list has brought you back into that tight bubble of total focus you were a part of at PMA. And we hope to welcome you back into the room in 2018.

Have a wonderful week ahead,