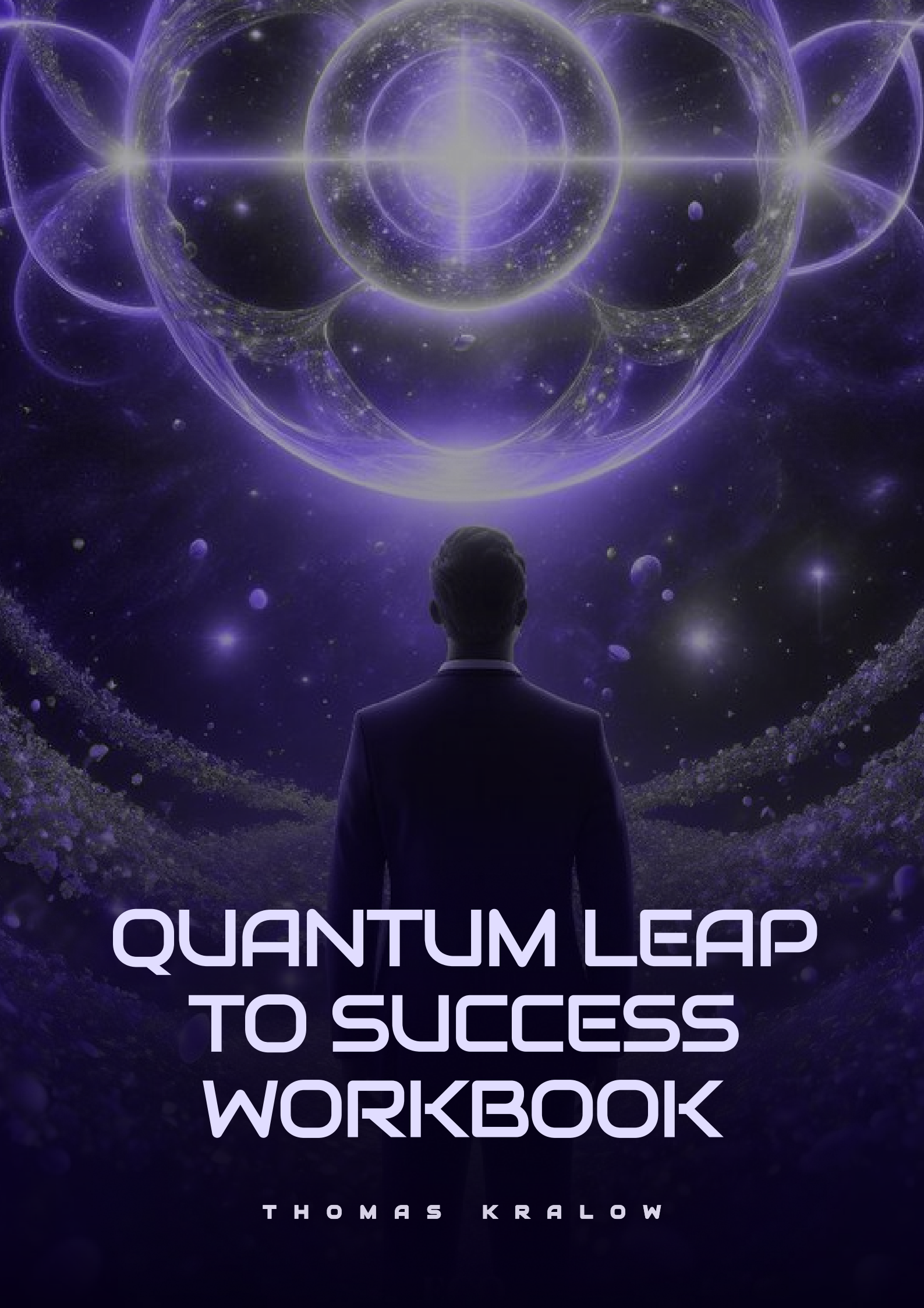


A man in a dark suit is seen from behind, looking up at a large, glowing, multi-layered spherical structure in a dark, starry space. The structure has a bright yellow core and is surrounded by concentric rings of light. The background is a deep blue and purple space with distant stars and nebulae.

QUANTUM LEAP TO SUCCESS WORKBOOK

T H O M A S K R A L O W

This workbook is designed to help you to fully integrate and apply the concepts that you've learned throughout the course. Since this program is primarily practical, simply listening to the lessons isn't enough to create lasting change.

Real transformation comes from putting what you've learned into action, and this workbook will guide you through that process.

By completing the exercises in this workbook, you will solidify the knowledge that you've gained and take tangible steps toward your goals. Remember, change happens when you actively engage with the material, reflect on your current mindset, and intentionally create new patterns.

How to use this workbook:

- You can print this workbook out and fill the exercises in by hand, which is highly encouraged. Studies have shown that handwriting can assist to improve understanding and retention of the material.
- If you prefer to work digitally, you can also fill the workbook in by using PDF-editing programs such as Adobe Acrobat Reader, Foxit Reader, PDF-XChange Editor, or Notability.
- Alternatively, you can use a separate journal or notebook for the exercises.

Remember, the more you immerse yourself in these exercises, the more profound your results will be.

This workbook is your personal guide to implementing the lessons from the course, helping you to move from understanding to real-world success.

The Power of Focus

The Reticular Activating System (RAS) is crucial for our ability to focus and filter information. In a world where countless things are happening simultaneously, RAS allows us to concentrate on what truly matters to us, at any given moment.

When you focus on the things that you genuinely desire, life begins to guide you toward them, because your RAS starts to actively seek out opportunities related to your goals.

Once you establish that focus, all you need to do is follow the opportunities that present themselves. Your ability to achieve your goals is directly linked to how clearly you visualise your desires and how steadfast you are in maintaining that focus. By creating a vision board, you are effectively programming your RAS to identify the paths that will lead to the realisation of your dreams.

Exercise 1. Creating a Vision Board

1. Think about all of the areas that are important for you. Choose 9 areas. It is important to balance it out and not only focus on 1-2 areas.
2. Make a list of these areas and write specific goals for each one. Carefully plan how it will look & feel.

1. _____

Goals: _____

2. _____

Goals: _____

3. _____
Goals: _____

4. _____
Goals: _____

5. _____
Goals: _____

6. _____
Goals: _____

7. _____
Goals: _____

8. _____
Goals: _____

9. _____
Goals: _____

3. Find 3-4 pictures that represent the manifestation of those goals.

4. Get your own picture, and put it in the middle of the vision board.

Note:

- You can create your vision board [directly in this workbook](#) or [transfer it to a separate large sheet of paper or cork board](#) to give yourself more space for filling in the sections and placing images and photos that illustrate your goals.
- It is also recommended to [keep this board easily accessible](#) (place it on your desk, hang it on the wall where you can see it, or set it as your phone wallpaper, etc.).

Board template

	Me	

Board template

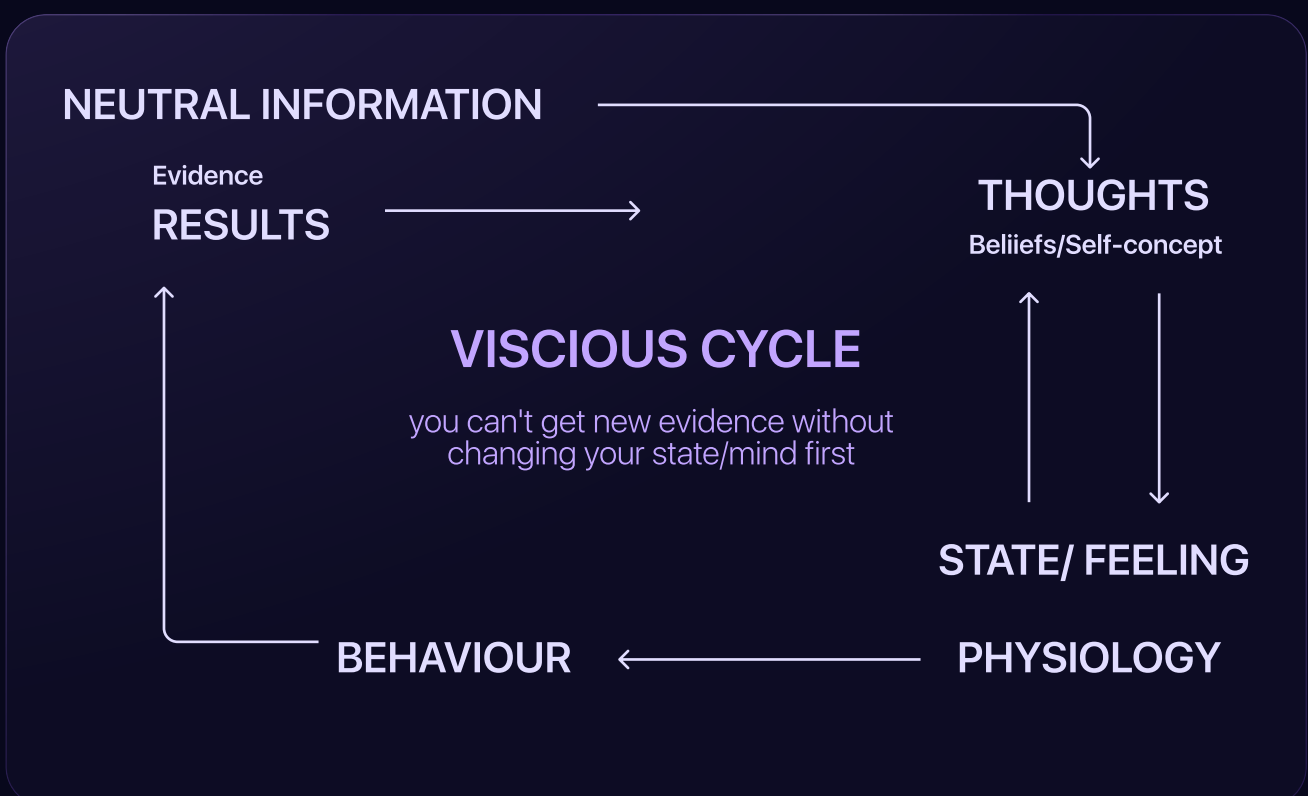
Money, Finances, Abundance	Recognition, Popularity, Success at work	Love, Marriage
Family	Me	Creativity
Knowledge & Education	Career	Friends, Travel, Fun

How to Create Your Reality & How to Change It

When a neutral event occurs in your life, how you choose to react to it is entirely within your control. If you decide to respond with negativity, you are likely to experience a negative outcome. This happens because **your brain is wired to prove you right** - when you strongly believe something, your energy shifts, and you subconsciously create circumstances that align with that belief.

You can break free from this vicious cycle by understanding that **what you experience today is a reflection of your past thoughts, feelings, and behaviour.**

The good news is, by changing your thoughts today, you have the power to create a different future. Your mind is a powerful tool, and when you consciously choose empowering, positive thoughts, you pave the way for better outcomes. **The shift starts within, and it leads to a transformed reality.**



For example:

Neutral information: Start a business.

1. Thoughts:

- Starting a business is easy.
- I am someone who can naturally start a business.

2. State:

- Feeling at ease.
- Feeling open.

3. Behaviour:

- Look for evidence — notice people who have started businesses with ease.
- Ask ChatGPT: «What is the easiest business model?»

4. Result:

Starting a business with ease.

Exercise 2.

Using a Thought Wheel to Get What You Want

1. Set a **goal** and a **timeline**, for example: «Make 10 \$k in 30 days».
-
-

2. Start **from the bottom (the result)** – visualise and fully feel what it's like when the result has already been achieved.

Ask yourself: «What did I need to think for this result to happen?»

3. Move to **Thoughts**. Write down what thoughts or beliefs you required for this result to occur.

4. Move to **State**. How do these thoughts make you feel?

5. Move to **Behavior**. What actions naturally arise from these feelings?

6. Take action! :)

Example:

Neutral Information: Make \$10k in 30 days.

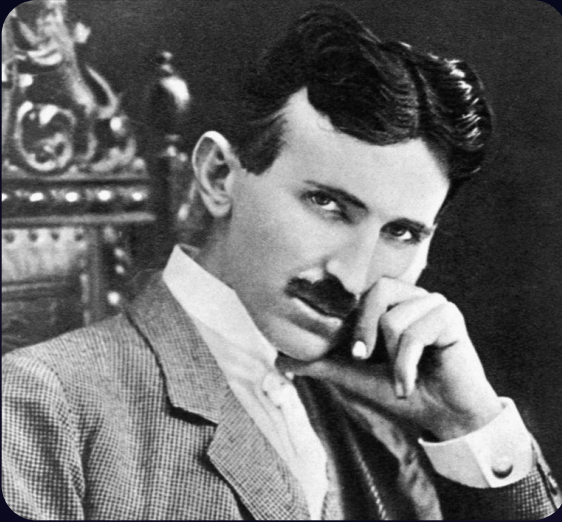
→ **Step 1.** Result: Make \$10k in 30 days.

→ **Step 2.** Thoughts: I can do this, it is possible for me.

→ **Step 3.** State: Confidence, drive.

→ **Step 4.** Behaviour: Commit to learning sales/executing every day.

Law Of Attraction & Law of Vibration



If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.

— Nikola Tesla

Law of Attraction is the ability of a person to manifest the reality of his desires by aligning his thoughts, feelings and energy with this reality. **The core idea of the Law of Attraction:**

Universe is made of energy vibrating at different frequencies.

By aligning yourself with the frequency of your desired reality on an energetic level, you can manifest and attract the life you truly want.

Your ideal reality already exists on a specific frequency - you simply need to tune into it.

To do this, start thinking about the reality that you desire as if it has already come true. Feel the success, gratitude, happiness, and fulfilment as if they are already a part of your life. When you embody these emotions, you naturally attract experiences that bring more of those feelings into your reality.

Exercise 3.

Creating Affirmations

Create 10 affirmations in present tense:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

For example

- I am successful.
- I am beautiful.
- I love myself.
- I am wealthy.

PRO TIP: if you feel resistance, you can trick your brain and ask «How would it feel to be successful?». What matters is to tap into that feeling.

Exercise 4.

Gratitude Journal

Write down:

1. 5 things that you are grateful for right now, that already exist in this timeline.

Gratitude energy is «done energy».

2. 5 things that you are grateful for in the future, written in the past tense as if they have already happened.

This is called **scripting** - you are writing the script of your future.

Example:

- I am so appreciative/grateful that I can wake up at any time I want (now).
- I am so grateful for (something you are grateful for today).
- I am so grateful that Thomas's course was released, and I've now made my first \$50k in a month.
- I am so grateful that I finally bought my dream car.
- I am so grateful for (something you are grateful for in the future as if it has already happened).

Vision Creation

Visualisation is a powerful tool for manifesting your desires because it engages your brain's reticular activating system, which helps you to focus on what's important. When you visualise your goals regularly, your brain starts recognizing opportunities and guiding you toward them.

By engaging all five senses during visualisation, you create a stronger connection to your desired reality, making it easier for you to attract it through the law of attraction.

Visualisation also helps your nervous system to become familiar with your goals. When you aim for something outside of your comfort zone - like earning more money or attending high-status events - your subconscious may resist due to fear of the unknown. But, by visualising yourself in that reality, you train your mind and body to feel comfortable with these new experiences.

In short, visualisation helps you to mentally “live” your future, making it feel real and achievable, so you're ready when it arrives.

Exercise 5. Guided Visualisation

1. Listen to the [Guided Visualization Practice](#) for 21 days for the best results.
2. You can use this visualisation for different timelines.
3. Listen to the NLP technique ‘Insert your vision in your future timeline’.

Self-Concept

If you want to make a significant change in your life, first you must stop identifying with the behaviours or limitations that hold you back. When people say, “I am lazy” or “I am bad with money”, they are locking themselves into a particular identity. Be mindful of how you describe yourself, because every "I am" statement shapes how you view yourself. Your self-concept is the foundation of your reality - it's how you see yourself and what you believe is possible for you to do or achieve.

The truth is, your behaviour doesn't define you; it is simply a combination of habits that you've developed over time. The beauty of this is that habits can be changed, and so can your self-concept. You have the power to redefine yourself, to create a new identity aligned with the goals and desires that you want to achieve.

Self-concept is not only about your thoughts; it's about the emotions and behaviours that naturally follow from those thoughts. If you think of yourself as a confident, successful person, your actions will begin to reflect that belief. You will take risks, embrace opportunities, and seek out experiences that align with your new self-concept.

Exercise 5. Identity Expansion

Part 1.

Take a moment to reflect on how you currently identify yourself.

- What is the story you tell yourself about who you are?

- What story do you share with others about yourself?

- Where do you see yourself in society?

- Do you view someone else as the main character in your life, with yourself as the sidekick, or do you see yourself as the main character?

- How do you **envision yourself**, when you're thinking about yourself?

If you see yourself as average, you'll never move beyond that! And if you want to be exceptional, you've got to see yourself as exceptional.

To expand and reach new levels, **you must adjust your self-concept to match the version of yourself that you want to become.**

Part 2.

If you want to achieve a next-level goal, **let's define who that version of you is** - the version who has already manifested that vision.

For example, if you currently **see** yourself as someone who isn't great with money but you want to achieve financial success, you need to see (visualise) the version of yourself that is excellent with money and already living the lifestyle that you want to achieve.

- **What kind of person would you be?**

→ Perhaps you'd be determined, responsible, and someone who checks and tracks their finances every Friday.

Now, **recall your 1-year (or 90-day) vision** and identify this version of yourself:

→ How does this version of you look?

→ How does this version of you speak?

→ How do you breathe?

→ How does this version of you dress?

→ How do you take care of yourself?

→ How do you take care of others?

→ How do you contribute to the world?

→ How does this version of you feel?

→ How does this version spend both their working and free time?

→ What places and events are you attending?

→ What people do you surround yourself with?

Part 3.

Start acting **as if you are already this next-level version of yourself.**

- Start **dressing, speaking,** and **making decisions** like this version of you.
- Go to the **places** this version of you would go to.
- **Study successful people** who embody the qualities that you want to develop and **learn from them.**

Money Mindset

Exercise 6.

Three-Step Process to Release Limiting Beliefs: Identify, Question, Reframe

Step 1. Identify

1) Assess your financial behaviour and emotions.

For example

- Do you avoid looking at your bank account?
- Do you feel guilt or fear when spending money?

Tap into that emotional discomfort and ask yourself: **What's behind it?**

For each financial habit, ask: **What belief might be driving this behaviour?**

→ **Example:** If you feel fear when spending money, you may believe that money is scarce.

2) Notice repeating patterns.

If you experience the same financial challenges repeatedly (e.g. always living paycheck to paycheck, struggling to surpass a certain income level, even after taking courses), you need to connect the dots.

→ **For example,** if you can't get past a certain income level, you might fear making more money because of a belief such as, «I'm not good with money. I'll mishandle it, make mistakes, or lose it». **This fear might cause you to avoid potential financial growth, to protect yourself from the pain of losing money.**

3) Reflect on your past.

Think about your childhood

- Identify old beliefs:

→ For example, if your family struggled with money, you might have adopted beliefs such as «Money is always scarce» or you may have heard things like «Rich people are greedy people».

Step 2. Question Your Beliefs

Once you've identified a potential limiting belief, ask yourself:

- Is this really true?
- Is it based on facts, or is it just a story that you've been telling yourself?

Step 3. Reframe the Belief

Replace the limiting belief with a more empowering one:

→ For instance, change «Money is hard to get» to «Money flows to me easily, when I provide value».

Exercise 7.

Setting Money Goals

1. Set a goal.

For example: «Earn 10 \$k in 30 days».

2. Rate the goal.

On a scale **from 1 to 10**, how much do you believe this goal is attainable for you?

3. If your rating is less than 10, ask yourself why:

Write down everything that comes to mind. This will help you to uncover the unconscious thoughts or beliefs that may be driving or blocking you.

4. Ask yourself:

What do I need to believe about money (or myself) to fully believe in achieving this goal?

If you wish to release fear and/or limiting beliefs on a subconscious level to breakthrough & quantum leap to your next level, the most effective ways are 1:1 sessions or my group programs. Inquire privately.

BONUS!

Let me offer a quick perspective shift on how you can make \$10k (or any amount for that matter!).

Name (one of the following or all at once):

- **One thing you're really good at:**

- **One result you've successfully manifested:**

- **One problem you've successfully overcome:**

Now, ask yourself:

- Do you know people who need the same result or have this problem?

- How many people might need this? Could there be at least 10,000?
-

- Do you think people would pay \$1 for this solution?
-

If the answer is yes, then there you have it!
You only need to be exceptionally good at one
thing to make \$10k.