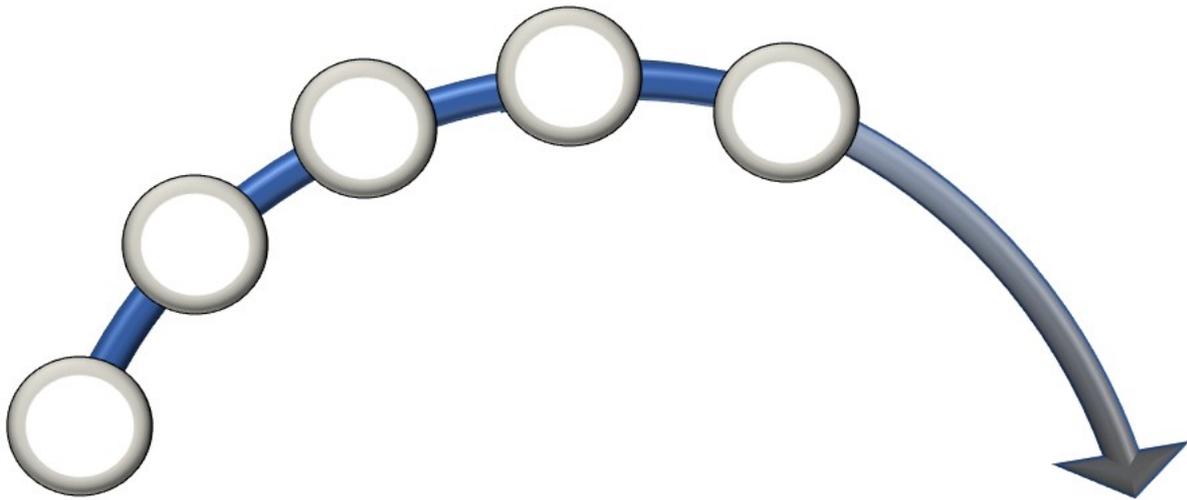




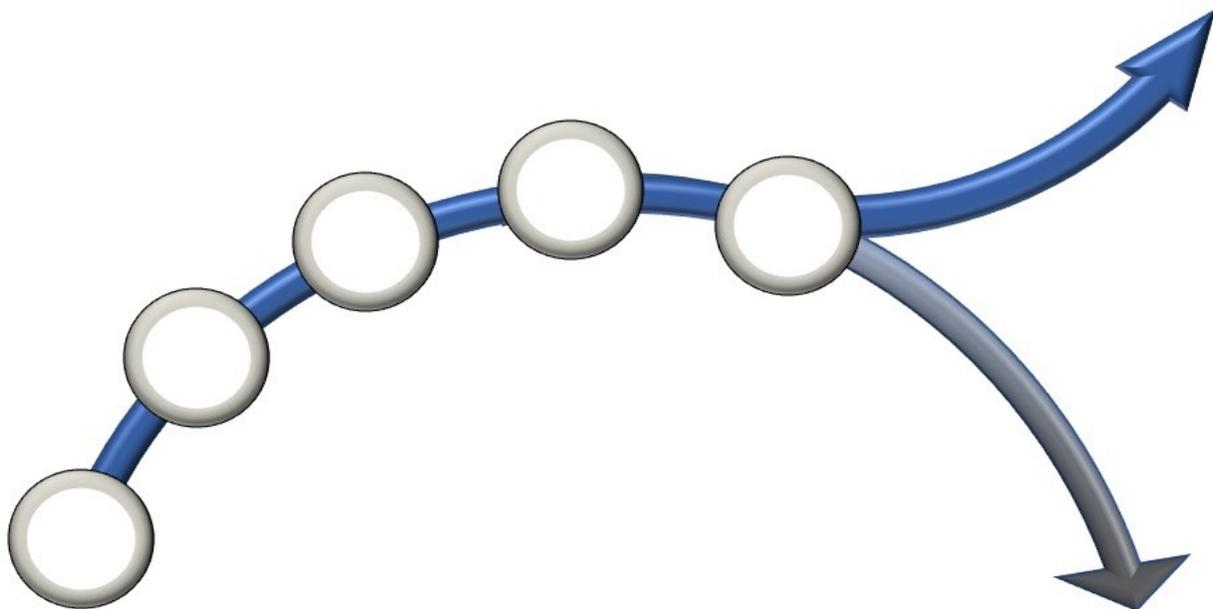
## “A-10 Plus All” Discovering Goodness Retreat Preface and Agenda

Your decision to secure this unique and powerful knowledge will provide you the pathway to your next level of meaningful, authentic, high-performance living – your vision, your way!

All human experience the bell curve of life. At some point in our lives we become aware of the decline in energy – mental, physical, soulful and emotional.



Yet there is knowledge that comes from centuries of human reflection and discovery that allows us to redirect the declines into inclines as we live completely aligned to our beautiful qualities within each of us.



This knowledge is now made available for the first time to “Elite of the Elite” leaders in our society so they can in turn share it forward.

The knowledge is spread over 100 actionable modules, each able to be learned quickly and used immediately if they relate to you.

9 of these modules will be shared with you over the course of three days in our “A-10 Plus All” Discovering Goodness Retreat.



## "A-10 Plus All" Discovering Goodness Retreat Preface and Agenda

### Vision

The ultimate power of humanity is the "Goodness We Create and Share."

The simple fact is that when we feel good, we share good. When we feel bad, we share bad.

The world is in the state it is in because too few people are truly aligned to their beautiful gifts within their soul and don't have the mental, physical, emotional and soulful knowledge to create goodness consistently.

"Know Goodness, Create Goodness, Share Goodness" through the most influential leaders of our world so they can share it forward with others!

Knowledge is available that allows us to know what goodness means, how to create the goodness that is inside us and then able to share the goodness with each person that comes across our path of life.

Can you imagine what that would do to planet earth?

### Who are You?

I am a successful person who has been blessed with gifts that I have used to create wealth, strong businesses and abundance for my family.

I am aware that I am aging and that I don't have the same energy that I used to, hence am starting to feel the loss of my power.

I have sacrificed my health to achieve and now understand that I need to reduce my aging cycle if the knowledge is out there.

I am aware that whatever I apply myself to, I succeed in, and at this intersection in my life I am looking for more meaning to create goodness, leaving the planet a better place than when I came into it.

I want to live and experience all that I had dreamed for but had sacrificed to achieve abundance for my family and businesses I have been involved in.

### About John Bedwany

A martial arts master with 35 years of experience, an international business leader with 30 years of experience across 30 countries, an entrepreneur, marketing, sales and business innovator, author, teacher and catalyst of Goodness Creation and Positive Energy Manifestation (PEM $\infty$ O2).

I have pioneered the Discovering Goodness methodologies to assist the world in becoming a more evolved planet made up of souls underpinned by authenticity, goodness and extreme high-performance living.



## “A-10 Plus All” Discovering Goodness Retreat Preface and Agenda

### Retreat Deliverables

We will share 9 Modules of Knowledge with you that deliver a refined state of mind, body, soul and emotions with the end in mind being:

#### **Beautiful Mind**

A Beautiful Mind is one that has you in the most progressive state of thought at all times. The mind is your connection to the Universe and has the ability to take you anywhere!

#### **Perfect Body**

The Perfect Body is one that aligns to your needs, whatever they happen to be, and is the healthiest it can be at all times – Health is absolutely everything!

#### **Authentic Soul**

It is all about being connected to the authenticity of your soul.

Finding your truth is achievable if you know how to connect to your natural gifts that you possess.

You can feel completely free and blissful with every breath you take and action you perform. It’s all about “Know Goodness, Create Goodness, Share Goodness”

#### **Unshakable Emotions**

Unshakable Emotions are impeccable qualities that keep you deeply calm yet courageous and are aligned to your true cause. They involve your ability to find your own freedom no matter what situation you are in. They provide you with the authentic fighting spirit to handle whatever and turns each experience into a positive gift to pay it forward.



## "A-10 Plus All" Discovering Goodness Retreat Preface and Agenda

### Retreat Construct

Message, Movement and Massive Amounts of Oxygen - the 9 modules are all underpinned by key messages that refine our mind, body, soul and emotions while we teach you the essence of the pinnacle of Black Belt techniques to help you reduce your aging process and empower you to realign to your soul's voice.

#### Key messages include:

1. PEM Walking to create massive amount of oxygen within our body without having to be fit
2. The formula for Blissful Euphoric Living
3. How you Treat Yourself and Others
4. How to create Extraordinary Outcomes effortlessly where everyone wins
5. How to create 10,000 New Good Habits while we are still alive
6. The art of Appreciation and the indestructible energy that this creates within us
7. Aligning our Soul Speak to our Mind Speak to ignite our authentic power within
8. Scanning your body for illness and Self-Healing
9. Articulating our Truth to Know Goodness, Create Goodness and Share Goodness.

Underpinned by this Knowledge will be the transfer of the living essence and spirit of a Black Belt persona to understand how to defend yourself whether a physical life-threatening challenge or the challenges of everyday life.

You will also be showering 8 times over the three days retreat to cleanse all the negative from your being.

### Key Takeaways

#### Six key takeaways from the retreat include:

1. 9 Mind Maps that summarise all Knowledge transferred.
2. How to you Treat Yourself and Others Diagnostics map.
3. Personalised Values map.
4. Personalised Beautiful Qualities list.
5. Personalised Truth Map.
6. Quarterly Action Plan to reduce your Aging Process by 10 years and your All Bucket list.



# "A-10 Plus All" Discovering Goodness Retreat Preface and Agenda

## Retreat Agenda

### DAY 1

Time	Activity
06:00-07:00	PEM Walking (A-10 Plus All)
07:00-09:00	Shower 1, Get Ready and Breakfast
<b>09:00-10:30</b>	<b>Discovering Goodness – The Formula for Euphoric Living</b>
10:30-11:00	Goodness reflection
<b>11:00-12:30</b>	<b>How do you Treat Yourself &amp; Other – Awareness creates Goodness</b>
12:30-14:00	Shower 2 and Lunch
<b>14:00-15:30</b>	<b>Co-creation Complementary Infinity breathing - Creating where everyone involved wins</b>
15:30-18:00	Goodness Reflection and actions consolidation
18:00-20:30	Shower 3 and Dinner
20:30-21:00	Personal PEM (A-10 Plus All) and sleep

### DAY 2

Time	Activity
06:00-07:00	PEM Walking (A-10 Plus All)
07:00-09:00	Shower 4, Get Ready and Breakfast
<b>09:00-10:30</b>	<b>A Great Good Day – Go to Bed with Better Habits than when you woke</b>
10:30-11:00	Goodness Reflection
<b>11:00-12:30</b>	<b>The Art of Appreciation Infinity Breathing – very hard to be unhappy when you're dancing inside</b>
12:30-14:00	Shower 5 and Lunch
<b>14:00-15:30</b>	<b>Soulful/Mindful – Values by Which we Live</b>
15:30-18:00	Goodness Reflection and actions consolidation
18:00-20:30	Shower 6 and Dinner
20:30-21:00	Personal PEM (A-10 Plus All) and sleep

### DAY 3

Time	Activity
06:00-07:00	PEM Walking (A-10 Plus All)
07:00-09:00	Shower 7, Get Ready and Breakfast
<b>09:00-10:30</b>	<b>Power Zone Infinity Breathing – Managing Fear/Releasing Fear, Full Body Health Scan</b>
10:30-11:00	Goodness Reflection
<b>11:00-12:30</b>	<b>What is Your Truth – Authentic Power, Energy Formed by the True Intent of the Soul</b>
12:30-14:00	Shower 8, Lunch and Pack
<b>14:00-15:30</b>	<b>Silence and Nature – Silencing Your Mind and letting your Soul Speak</b>
15:30-18:00	Goodness Reflection and actions consolidation
18:00-20:30	Dinner and the start of your beautiful life
20:30-21:00	Depart after making new friends and securing new knowledge