



The 5-Minutes-A-Day Way to Rewire your Brain for Success



Based off years of scientific research, this proven system forces your brain to be happy, focus and drive you to accomplish your goals.

If you could achieve one goal in the next 3 months, what would it be?

- Lose 20lbs and keep it off?
- Find love?
- Get a \$20,000 raise?
- Double your productivity?
- Exercise or meditate regularly?
- Quit smoking?
- Something else?

In a moment, you'll learn a brand new system to achieve those goals and more. It's based on decades of rigorous scientific research and takes just 5 minutes a day.

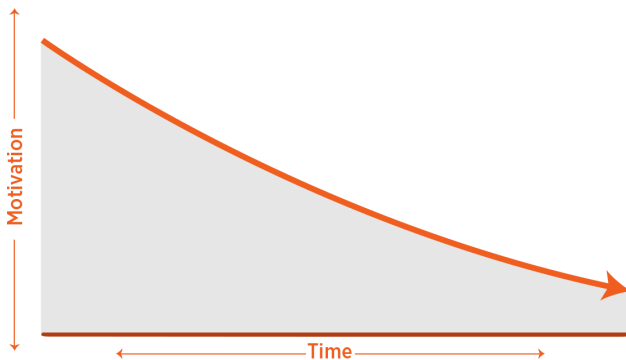
But before we get to that, it's important to understand:

Why we stay "stuck" and fail to reach our goals



Whatever your goals, you've probably tried to achieve them before. And the process went something like this:

You got super motivated and created a plan. For a few days, you did what you were supposed to (let's say it was "working out").



But then, life got in the way. After 2 weeks of going to the gym, you had to stay late at work and missed a day. Then you get a bad night's sleep and missed another day. Then you had to leave for a few days. By the time you got back, your momentum had disappeared.

Before you know it, it's been weeks since you set foot in the gym.

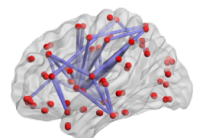
This cycle exists no matter what goal you're trying to accomplish. And it's both depressing and dangerous.

Because not only does it keep you from getting the life you want, you also feel like a failure. It makes it harder to achieve your goal the next time because you already know how that process ends.



But the reality is, it's not your fault.

Recent studies in neuroplasticity show us that creating a new behavior (or stopping an old one) means creating new connections in your brain. These start out weak and require time and use to strengthen.



It's like if you wanted to build a path in a thick jungle. You'd need to walk the same route over and over to make it clear and easy to use.

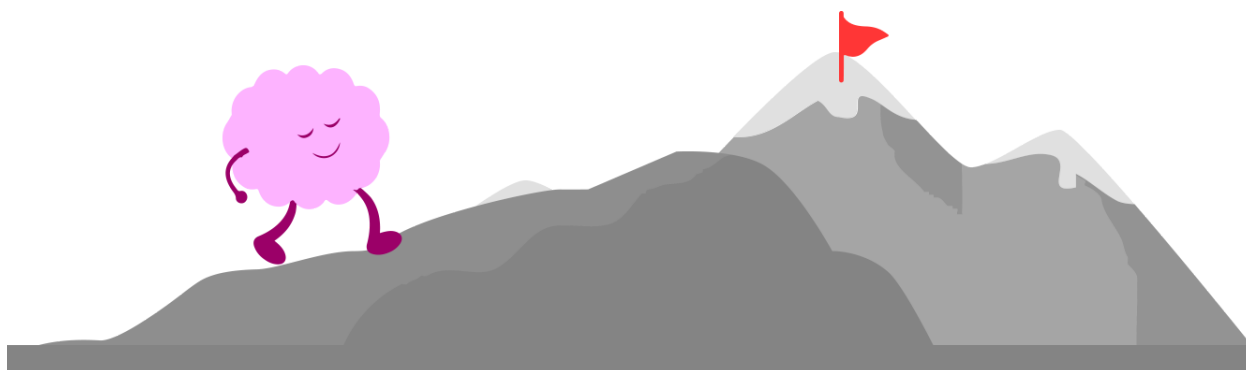


On the other hand, your old behavior patterns are already well-worn. So when you're tired or unmotivated, your brain won't want to spend energy creating a new path. It'll happily resort to a well-worn one. Which is why it's so easy to fall back into old patterns of behavior.

So if you rely on motivation or willpower to change your behavior, you're setting yourself up for failure. Because those things won't always be there.

Which is why it's so important to have a system in place to give you the help and drive needed when your motivation is low. So you can make progress day after day and make those habits and routines stick.

And that's exactly what I have for you today.



It's a system to rewire your brain. It pushes you towards your goal without you having to do much of anything. It'll keep you focused, happy, and motivated day after day. So you can achieve your goals faster, while still enjoying the little things in life along the way.

I used this system to go from almost failing out of school and sleeping in train stations to becoming an Oxford educated scientist. And continue to use it to this day.

Over the years, I've taught it to thousands of clients who wanted to be happier, more successful and reach their personal and professional goals.

Here's what it's all about:



"I had no friends, family, or money..

Hi, I'm Mehdi Toozhy, author, Huffington Post contributor, and Oxford graduate



When I was 15, I found myself sleeping in the train station in a country where I didn't speak the language. I had no friends, no family, and no money.

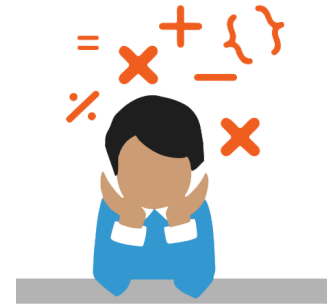
My only possessions were 2 handbags; one with clothes, the other with books from my favorite science writer, Isaac Asimov.

This happened because I'd convinced my mother let me leave Iran and move to Denmark. So I could pursue my dream of becoming a scientist.

I eventually wound up with a host family and enrolled in school. You'd think that would turn things around, but in

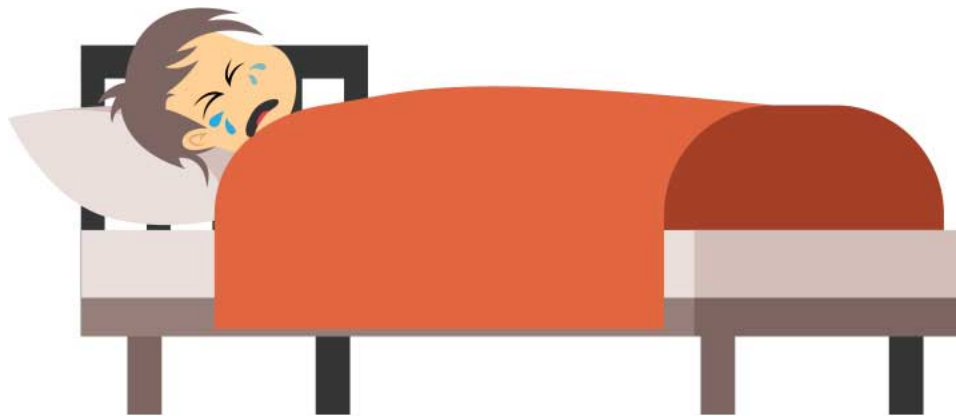
many ways, it made life worse.

Because it turned out I was terrible at math. A real problem if your dream is to be a scientist. My math teacher even told me “You’re not good at this. You’ll never be a scientist.”



He told me that every single week for an entire year.

It was devastating. Not only was I alone, now I felt depressed. I remember laying in bed at night wanting to cry. I missed my family and wondered if I'd made a mistake. All I wanted was a war helping hand to come guide me.



It never came. But something else did.

After years of reading personal development books (and more importantly, implementing everything I learned) I created a system to keep my mind focused and positive.



It helped me move past my fear, depression, and the negative voices both in my head and on the outside. It did me forward despite all the barriers in my way.

Years later, I graduated with top marks from the prestigious Oxford University. The same university as one of my heroes, Stephen Hawking.

People would ask me how I went from failing at math to becoming a successful scientist. So I began teaching my system to others. To help them excel in university, earn more money, find their passion, and more.

Despite charging \$500/hour, I soon ended up with more clients than I could handle. So I created an online system that would help me teach this process to thousands of people at once.

4 Scientifically Proven Methods for Reaching Your Goals Fast

There are tons of books, apps, and products for changing your mindset and reaching your goal. I've read most of them and tested everything.

The problem I ran into time and again was the practices were either incomplete, time-consuming or too hard to stick with.

That's why it took years for me to boil everything down into a simple, easy-to-use system. There are only 4 parts to it and it takes just 5 minutes a day.



Each tool is highly effective on its own. But together, it's a powerful system to clear your mind, rewire your brain.

Here are the four components for changing your brain and your life:



Goals

[Goals: Reprogram your brain for success]

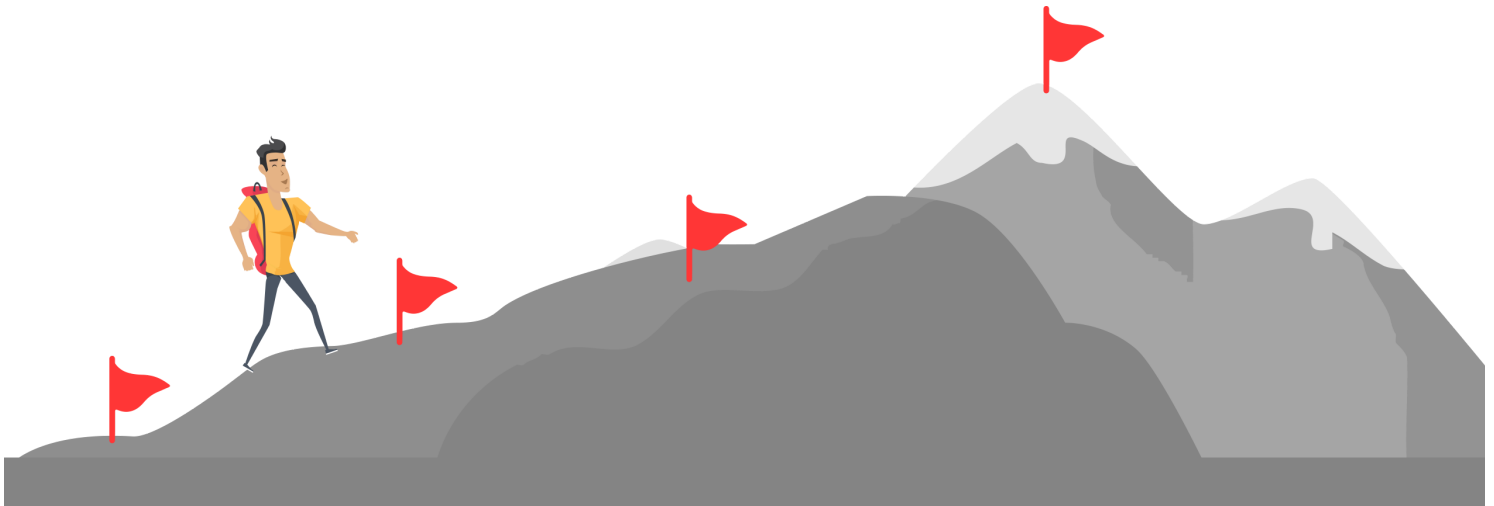


Rather than maintaining the bird's eye view of what you want to accomplish, break it down into the smallest, most manageable step you can. "Small steps together equal a giant leap."

John C. Norcross, PhD, a professor, psychologist, and specialist in psychotherapy, behavior change, and self-help

Goals are what keep you focused and motivated. Without a goal, I would have had nothing to focus on except my loneliness and depression back when I was 15. I would never have become a successful scientist.

The key to making them work, though, is to break them down into smaller, achievable goals. I write them down daily in order to rewire your brain's neuron connections.



To-do list

[To-do list: Clear your mind and de-stress]



According to experts in cognition, mastering to-do lists has never been more important than in the digital era. In his book, *The Organised Mind: Thinking Straight in the Age of Information Overload*, Daniel J Levitin makes it sound very sexy indeed. In fact, he claims it can help you live like a rock star.

Trying to remember everything you need to do is exhausting. Your mind is for having ideas, not holding them.

Creating to-do lists helps clear your mind. So you feel happy, at peace, have more brainpower saved up for other tasks.



Habits

[Habits chain: For consistent, lasting change]



"Breaking a habit really means establishing a new habit, a new potent response. The old habit or pattern of responding is still there (a pattern of neuron responses in the brain), but it is less dominant (less potent)."

Timothy Pychyl, Director of the Centre for Initiatives in Education and faculty member in the Department of Psychology at Carleton University (Ottawa, Canada)

What you do defines who you are. And what you do is defined by your habits.

The key to creating successful habits is twofold:

- 1) Start small and take tiny, manageable steps
- 2) Track your progress

Few people ever do the second one but it makes all the difference. Studies have shown tracking behavior has a huge influence on helping people hit their goals. (Source: Harken, Benjamin et al (2015), Does Monitoring Goal Progress Promote Goal Attainment? A Meta-Analysis of the Experimental Evidence, Psychology Bulletin, vol 142 no. 2.)



Reflection

[Reflection Journal: The key to a happy, positive mi]



"Journal therapy is all about using personal material as a way of documenting an experience, and learning more about yourself in the process." It lets us say what's on our minds and helps us get — and stay — healthy through listening to our inner desires and needs."

Kathleen Adams, a psychotherapist and author of Journal to the Self

Journaling is another chance to clear your mind. It's also a chance to look inward and find out you are and what you really want in life.

Now it's easier than ever to reprogram your mind

Though you may already know the importance of these 4 techniques, odds are you're not using them regularly (If you were, you wouldn't be reading this!)

That's because there's never been a single, easy-to-use tool to manage all of them.

Sure, you could rely on an App for habit tracking, a separate notebook for journaling, another or spreadsheet for goal setting, etc. But that just gives you more things to juggle and makes it likely you'll stick with any of it.

The trick is to have everything in one place. That way, you only have to focus on adapting one habit, not 4.

That's why I created this special tool that makes it easy to integrate all 4 of these techniques in your life in less than 5 minutes per day.

Introducing the Focus Success System: A natural, effective way to reach your goals faster and easier



Focus Success is self-commitment lifestyle web based application that will help you keep your daily activities accountable through its 4 step system:

It's a complete set of tools that will help you set the tone for the life you wish to have and the person you wish to become.

Focus Success will help you overcome even the most stubborn personal barriers, and improve area of your life through effective, enjoyable and interactive four step system (goals, to-do list

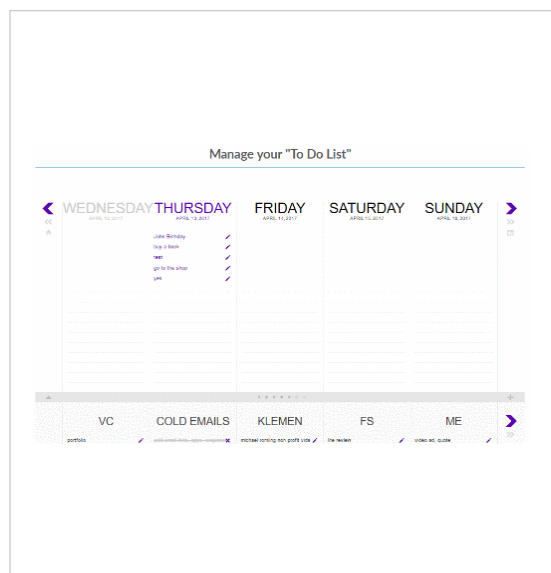
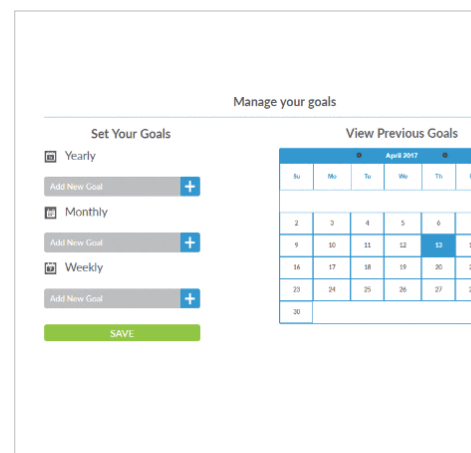
habits, reflections).



The goals app will allow you to write down your yearly, monthly and weekly goals.

The purpose of the Goals app is to rewire and refresh your brain connectors into new brain connections and territories. This will help you define your days, weeks, months and years with clear direction and purpose.

Recommended use is in the morning so you can set an optimistic tone for the day.



A to-do list is like a virtual assistant or external hard drive your brain

You can use it throughout the day as it also helps with scheduling and taking notes. It manages itself because any task you don't accomplish on a given day will automatically moved to tomorrow.

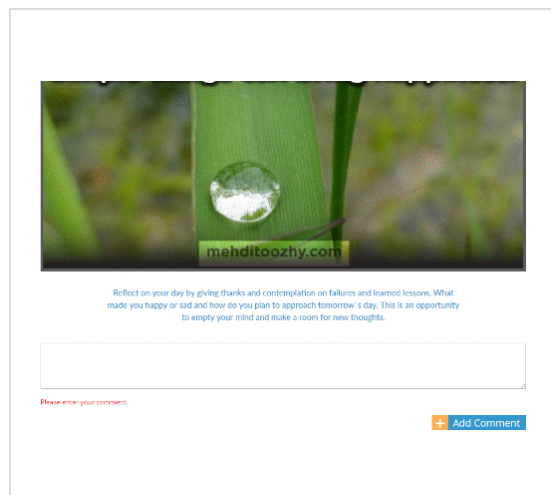
It also contains a custom list for further structuring and organizing.

Recommended use is in the mornings so you can successfully prioritize your tasks.

Habits app will visualize your progress with newly formed habits.

Marking your newly set activities as done will help you strengthen your brain connectors and follow your progress.

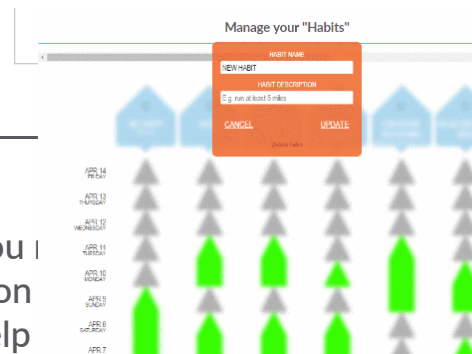
Recommended use is in the evening when things get done.



Reflections app will help you reflect on your day by giving thanks and contemplation on failures and learned lessons. Emptying your mind will help you get ready for a peaceful sleep.

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Recommended use is in the evening just before you go to



HOW THE FOCUS SUCCESS SYSTEM WORKS FOR YOU



Focus Success is fully customizable.

It can help you in every area of your life: Love, relationships, friendships, adventures, environment, health and fitness, intellectual life, skills, spiritual life, career, finances, creating family, community life and others.

Here's a closer look at how each part of the system will enhance your life:

Frequent use of "Goals" will help you with:

Clearer Focus

Productivity

Track success and make adjustments as needed

Make decisions easily (after searing your goals into your brain, it'll be easier to say "no" to distracting tasks that aren't in alignment with where you want to go in life.)

Frequent use of "To-do list" will help you:

Create order

Be more effective (while staying focused on the right tasks)

Save time and get more done

Accountability (writing a task down gives it life and starts the process of planning how y accomplish it)

Relieve Stress

Feel accomplished and know you're making progress (the proof will be right in front of y

Frequent use of "Habits" will help you with:

Commitment and sticking to your major life goals

Consistency and steady progress

Energy and mental clarity (as your behaviors become automatic, you'll have more brainpower to focus on other areas of life)

Frequent use of "Reflections" will help you with:

Clarifying your thoughts, feelings, and what you want out of life

Self-mastery (You'll learn what makes you happy and confident -- and what people or situations are toxic for you)

Reducing stress

Solving problems more effectively

HOW BAD DO YOU WANT TO TRANSFORM YOUR LIFE?

An analysis of over 138 Scientific studies showed the people are more likely to lose weight, better, and achieve other life goals (even lower blood pressure) when they had a financial

incentive. (Source: Volpp, Kevin., et al (2008) Financial Incentive-Based Approaches to Weight Loss. Journal of the American Medical Association, vol 300 no. 22)

Which is why we initially thought we'd charge \$50/month to use the Focus Success System

~~\$50~~

Not because we need the money, but we know you'll take this more seriously and see more drastic change if you have skin in the game.

And besides, \$50/month is a small price to pay compared to what you stand to gain. It's also easier than reading dozens of books, studies, and spending years testing all the different techniques for rewiring your brain.

We thought about \$25/month and may return to that, but because this is a new product, we want to get the ball rolling strong.

~~\$25~~

So we won't even charge \$15/month.

~~\$15~~

For now, you can get access to the complete Focus Success System for just \$7/month.

\$7

And if you sign up for a full year, we'll reward your commitment by cutting another \$20 off



Once you sign up, you'll be billed each month automatically. You can cancel anytime and we'll your payment, no questions asked.

Focus Success Monthly Plan	Focus Success Year-Long Subscription (save \$20/year)
\$50/month	\$600/year
\$25/month	\$300/year
\$7/month	\$64/year

SIGN ME UP!

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SickKids[®]
FOUNDATION

And because this system is about changing lives, we're donating 10% of the proceeds to a different charity each month (such as the Sick Kids Foundation.) So not only is y money motivating you, a good chunk of it is going to the fortunate.

MEHDI`S FOCUS SUCCESS TRIPLE GUARANTEE

I've been using this system for over 20 years. I've taught it to thousands of clients and know it works. If you try it for a month, I can guarantee you three things:



Guarantee #1 Deep & lasting results

Upon using Focus Success, you'll notice virtually instant results that will only get better in the coming days, weeks and months.



Guarantee #2 Impact on Your life

Focus Success will give you total control over your life by sparking profound positive changes in every aspect of your life.



Guarantee #3 Change your life or your money back

This system comes with a full 30-day money back guarantee. If you're not feeling you're well on the way to drastic life change within 30 days, let us know. We'll cancel your subscription and refund your payment in full, no questions asked.

BONUS: A SUPPORTIVE COMMUNITY TO CHEER YOU ON

When you join Focus Success, you'll be instantly added to our Facebook group. There, you can empower and share experiences with each other and get even more support anytime you need it.

You'll also get daily emails gently reminding you to take 5 minutes and use the Focus Success System. Making it even easier to stay on track and achieve your goals.

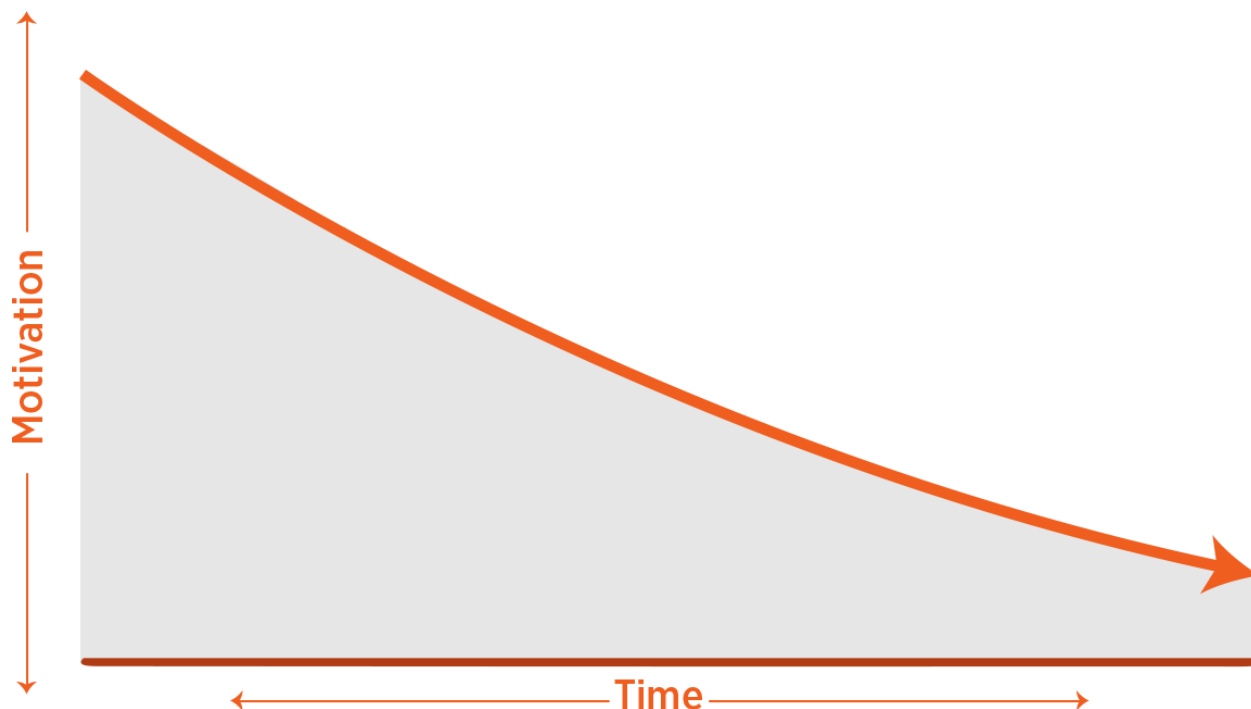


HERE'S WHAT TO DO NOW

At this point, you have two options:

- 1 You can try to do this yourself. But you already know how that goes, you've experienced countless times.

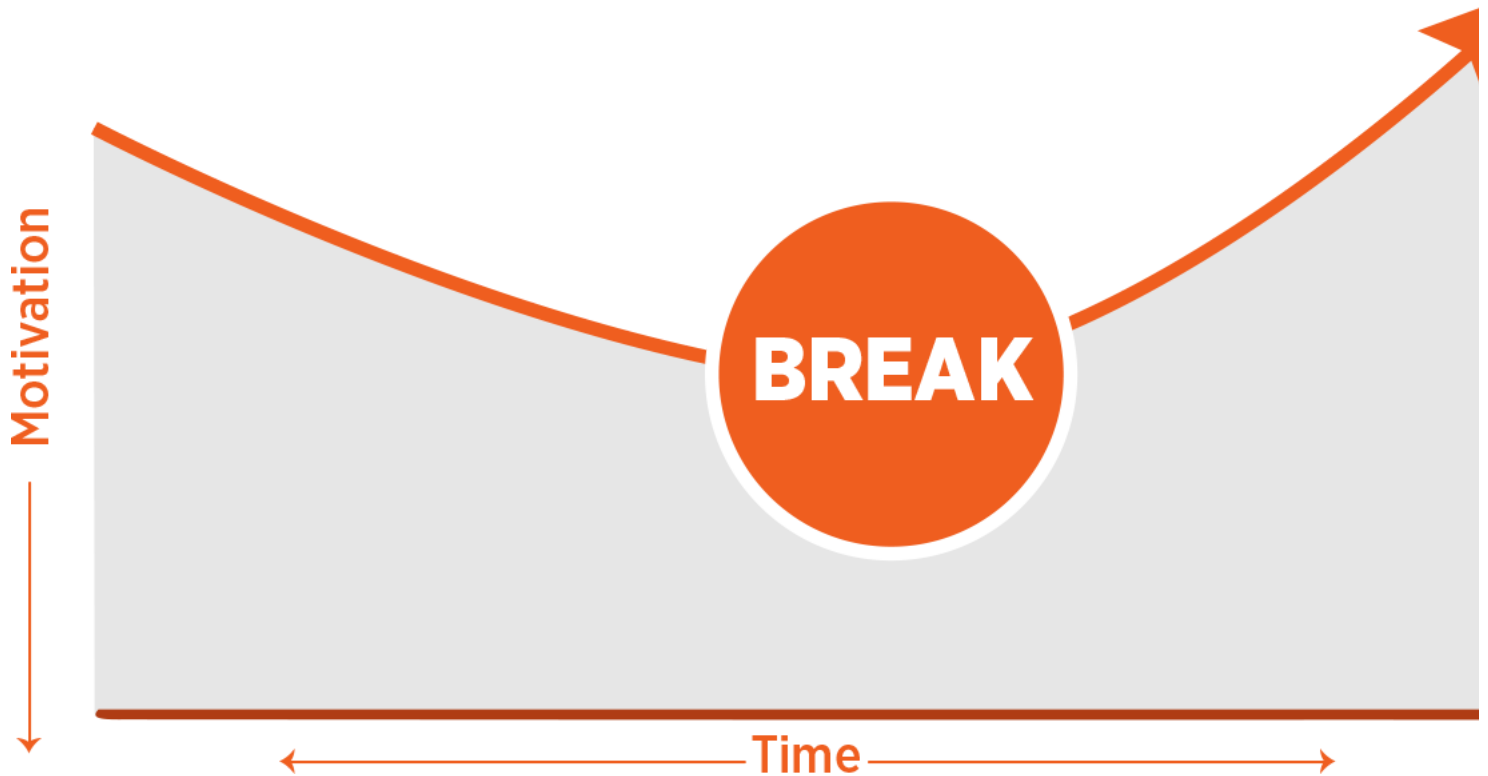
You get excited to finally make a change, but with no helping hand to guide you, your motivation fades and you get nowhere. You continue that same, depressing cycle and are stuck with the same problems day after day, year after year.



Even beating yourself up for being unable to make significant, lasting change.

The simple fact is, if you could do this yourself, you would have done it already! And you would be reading this.

But you can break that cycle right now, today. By joining a system that, if you follow it, will reprogram your brain for you. Keeping you focused, happy, and driving you forward each day.



And like a snowball rolling down a hill, you'll continually build momentum. growing stronger, more determined, and more successful in both your personal and professional life. There's no limit to your potential or how far you can take this. The only question is, will you take that first step and join?.

Focus Success Monthly Plan	Focus Success Year-Long Subscription (save \$20/year)
\$50/month	\$600/year
\$25/month	\$300/year
\$7/month	\$64/year

SIGN ME UP!

SIGN ME UP!

FREQUENTLY ASKED QUESTIONS

Q. What is Focus Success?

A. Focus Success is self-commitment lifestyle web-based application. Its 4-step system will help you achieve your goals easier and faster.

Q. How does focus Success work?

A. Focus Success's fully customizable features will allow you to write down your own goals, to list, habits, and reflections. All four steps completed mark your day as an accountable.

Q. Can I set and change multiple goals and habits?

A. Yes, of course, you are in charge of your life and can add, remove, or change activities as per your wish.

Q. Why would I put money in when I can just track habits without all the money stuff?

Two reasons:

Putting money down will make you accountable. It's an extra motivation tool because you'll want to get your money's worth.

No other app or program has all 4 of these techniques in one easy-to-use place. You may think you can keep track of all these things separately on your own, but if that were the case, you'd be doing it already.

Q. Can't I cheat and say I've completed all four steps, even if in real life I didn't?

A. Yes, you can. Actually cheating (i.e. lying to yourself) is the part of the process and it is inevitable.

Q: Does Focus Success store any customer payment information?

A. Absolutely not! All payment information is 100% handled by a secure, PCI compliant 3rd party partner (ie: Paypal, Stripe, Authorize.net, Braintree). For additional security, Focus Success is stored on a highly safe and secure server. Built on Amazon AWS Infrastructure.

Foundations of Focus Success are based on the premise of neurology where your daily logging and completing all four steps will re-connect your brain connectors. Sooner or later, you'll eventually start putting in the real work automatically and effortlessly.