



Nelson is three-and-one-half-years-old and time is really flying by!

Mack Newton On...

“You Can’t... ‘Just Do It’!”

No doubt about it...it’s extremely catchy...‘just do it!’. In fact, don’t just do it...do it NOW! I mean, who can argue with that? I can’t. But...is it doable? Just do it? No, I don’t think it is. Why? The statement is in violation of one of the most important laws in all the universe. It violates The Law of Correspondence. The Law of Correspondence says, “As within, so without.” It is saying that your outer world is a direct reflection of your inner world. So, before anything can show up in your outer world, it must be as a result of your inner world of thought and emotion. So, as the German philosopher Goethe said, “One must BE something to be able to DO something.” So, what then is the first thing you should do? You must change yourself. You must change yourself on the inside before you can get different results on the outside. One thing I know about this for sure is that there are no short cuts in this process. You can’t fake it. You can’t fake it for very long, if at all.

Earlier I mentioned that before anything can show up in your outer world, it must be as a result of your inner world of thought and emotion. Yes, it all starts with your thinking. Change your thinking and you will... you MUST change your life.

Unfortunately, you can’t change your thinking the way you’re thinking, so it all comes down to the one thing you can... ‘just do’. This one thing that will lead you to a new way of thinking and eventually to a new life. You must get a clear mental image of what you want to experience in your outer reality. Everything... your thinking... your emotion... your doing, will follow from there.

Because of the Law of Correspondence, your outer world of relationships will correspond to the person you really are inside, the root of your true personality. This is important because you seldom really fool anybody and the real you will always eventually reveal itself, so the solution is to permanently change the outer things by first changing the inner attitudes of mind.

I hear so many talk of wanting Mr. or Mrs. Right to show up in their lives or wanting the person in their lives to love them more. You cannot make someone love you...you cannot wish someone into your life. What you can do is to make yourself into someone who can be loved... make yourself into someone who will attract that special someone to you. Wishing and hoping never works... changing yourself from the inside to the outside works.

IN THIS ISSUE

- Discovering Your True Potential
- Every Effort Counts
- UPDP: “The” Ultimate Personal Development Program
- Attitude of Champions
- I Will Fight Back Self Defense Class
- Do You Want Some of This?

Everyone needs love and when you become someone who can be loved, it won’t be long before you attract the love of your life to yourself. Remember... there are no shortcuts. In addition, even your outer world of health and fitness and your world of income will correspond to your inner world of thought, emotion and preparation.

When I was younger, I was forced by coaches and teachers to concentrate on doing things better, changing my techniques... sometimes just practicing harder. That was a mistake.

What usually results in those kinds of situations is frustration, anger, bitterness, disappointment and sooner than later the person gives up on their dreams because they mistakenly believe they’re not good enough.

Of course practice is important. Of course proper technique is important, but it’s not enough. Remember, Goethe said, “One must BE before one can DO.” ■

~ Mack Newton

Attitude of Champions

Claudia Chavez, who recently represented Australia in the World Tri-Athlete Championships, uses Mack's mindset conditioning techniques to strengthen her performance and discipline needed to win. She says "the most important thing to be a CHAMPION is your attitude, in any thing you do and think. Have a big dream to fight for!

Be persistent, have discipline and always do your best."

Since attending UPDP this year, Steve Kozzman says "by continually following Mack and Blair's lessons daily...they keep me striving for more" - Steve's "sky is the limit" attitude is changing lives through his charity work and sharing Blair's and Mack's teachings with volunteer groups. ■



Steve Kozzman and Claudia Chavez both earned special recognition at UPDP.

UPDP: "The" Ultimate Personal Development Program!



Lynda Gale

Can you imagine accelerating your business performance and creating 3 - 4 months worth of sales in just five days?

That is exactly what happened at UPDP 2015 under the guidance of Master teachers; Mack Newton and Blair Singer.

The results achieved in one week were truly a Quantum Leap for all participants.

There is No Comparison to other programs when measuring the real world, tangible results.

In just 5 days an excess of \$24,900,000 in global business sales were achieved, \$5,000 donated to a charity and 26,000 meals provided to disadvantaged kids—every participant reported significant growth in their personal performances, and for many; unprecedented outcomes.

UPDP is about taking action from the get-go, pure theory based learning is discarded and replaced with experiential learning. The goal is to not only deliver results fast, but immediately position attendees as inspiring leaders, fully equipped to implement

business and team performance improvement strategies.

"Life Changing" is how I best describe the UPDP experience, a definition shared by many others.

The strength of the program comes from the full support and dedication given by Mack and Blair. An environment is created that allows you to be both vulnerable and strong at the same time, no judgment, no excuses, no blame. You are unhindered to be open to new experiences, ask questions, play big, fall down and get back up again. Every aspect of the program is designed to create actionable learning opportunities.

Since completing the program I have continued training with Mack and following the 3-2 plan – my health, fitness and well being have dramatically improved and the benefits are showing up in every area of life.

My business has experienced massive transformations, adding an additional team member and seeing a 150% growth in sales.

Amazing results in less than 3 months, achieved by implementing the core values practiced at UPDP.

Small Changes – Massive Results! ■



Discovering Your True Potential:

A Journey Towards My Taekwon-Do Black Belt and Naval Career ~ By Madison Turner

I failed weigh in... and this was the 2nd time. If it happened again, I would lose my admission to the ROTC program, my college scholarship and the dream of my naval career.

The beginning of my career as a Midshipman was a rude awakening: no longer was my hand held to make sure tasks were completed in time.

After a difficult and trying first semester, I turned to Master Newton and Taekwon-Do. When I first started, I realized that I had no real sense of identity, values or motivation.

My grades were dropping, my performance in ROTC was poor, even my relationships with friends and family were beginning to fail and become destructive. Through Master Newton's teachings, guidance and questions, I was able to discover who I was, who I wanted to become and how to make that happen with a series of definitive processes.

Taekwon-Do gave me so much more than the goals of the practice itself. It is who I

became to be able to achieve those goals. I had a goal to be able to break a board, but to achieve it, I became someone who could defend myself and my family.

I set a goal to improve my communication in class, but in achieving it, I became better at communicating any time, any place, with anyone.

In striving to achieve my Taekwon-Do goals, I became a bigger, better version of myself who knows I can accomplish anything I choose to do, if I put the work in.

In May 2015, I commissioned as an officer into the United States Navy. As an ensign assigned to the USS Jason Dunham, I am now leading sailors across the world in order to protect this great nation.

Going with me in this next adventure are all of the lessons and teachings I gained while learning Taekwon-Do. While my training in Taekwon-Do is nowhere near finished, I am excited to use what I have learned to propel the Navy forward. ■



Madison is pictured here with Master Newton and his father John Turner immediately after Madison's promotion test.



Every Effort Counts!



Let's say you have an injury or your normal routine is disrupted. After your initial recovery period, it is almost too easy to allow 'valid' excuses to take over and justify why you cannot continue with your healthy exercise and eating habits.

The simple fact is that after just two days of not exercising, the results you worked so hard for start to reverse and a level of muscle atrophy starts to occur. So even if you only have 10 minutes a day, doing high intensity workouts until you can get back to your regular fitness program is a must to stay on track.

If ten minutes is stretching it, well you can always fit in my 7- minute online workout to get your body moving! ■



Take Back Your Freedom with the Ability to Defend Yourself

Join us Dec. 12th for the “I Will Fight Back” self-defense class that is open to women, men, children and adults at



Breaking a board with hammer strike

Newton Fitness. Learn the mindset, self-defense techniques and confidence of knowing how to defend yourself, if necessary. You’ll be able to quickly and calmly assess your environment for danger and be mentally and physically prepared to take action.

The world is not as safe a place as it used to be... Women are getting attacked in domestic disputes, on University campuses, at malls or shopping center parking lots. Men are suffering as the victims of hate crimes and muggings while children are abducted from schools and right out of our homes.

Now, the holiday shopping season is almost upon us, and individuals and families will be even more exposed while in shopping mall parking lots and garages, especially after dark. It is vitally important to your safety to have the ability to fight back to protect yourself and your loved ones. “I Will Fight Back” is a class that will teach you powerful, effective self-defense methods, and give you the confidence needed when actually placed in these types of situations to take action and defend yourself. ■

To learn more, or register, visit: <http://bit.ly/MN-IWFB>

Do You Want Some of This?

The accelerated and experiential techniques designed into the Ultimate Personal Development Program (UPDP) tap into a learning parallel that allows Quantum results to occur almost effortlessly.

Wherever you are right now: If there are still goals waiting to be achieved, if you have areas that continue to be a challenge... If you are looking for answers or support to scale up your performance; UPDP can provide the environment for you to step up.

You will experience growth in many areas including health, fitness, wellbeing, mindset, attitude, sales, leadership, team building, and much more. ■

Join us for this Life Changing event in March, 2016.

E-Mail: info@BlairSinger.com

to register or for more information.



Mack Newton and Blair Singer at UPDP 2015



3243 E. Indian School Rd.
Suite 101
Phoenix, AZ 85018

(602) 957-6492
www.macknewton.com