

# **Pre-Med Success 60-Day Conditioning Program**

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Dear Pre-Med Student:

Thank you for participating in the Pre-Med Success ... Live! Seminar.

To help you continue your progress toward successful acceptance to medical school, I have created this 60-Day Conditioning Program.

The purpose of the 60-day program is to help you focus on your success as a pre-med and then to keep you focused so that you can get what you want – acceptance to medical school.

To achieve this, the 60-day program will set up a series of success-oriented habits regarding admissions, unconsciously getting you to implant the visual image of a successful outcome in your mind.

What you focus on in life expands in your life. Fear, worry, anxiety and doubt about acceptance to medical school will expand in your life UNLESS you consciously replace them with a sense of joy in what you are doing, purpose/legacy for your future and fulfillment in your daily achievements.

What kind of applicant are you on the inside? When you are accepted to medical school, how do you see yourself behaving? Your success as a pre-med is largely determined by your willingness to focus on a successful outcome.

My goal is to make the next 60 days a microcosm of your pre-medical experience. You can take the next 60 days with you for the rest of your life and point to them as a reference point – “For 60 days, I achieved!”

This program will anchor the success principles as habits in your life.

Please give me your feedback as you progress through the program. Email me at [dono@inquarta.com](mailto:dono@inquarta.com).

Thank you!

Don Osborne / INQUARTA

949-417-1295 x. 211

## 60-Day Success Conditioning Program

### Instructions

Every day for the next 60 days, work through the Pre-Med Success Conditioning Program one page at a time.

Write out the Day and today's date.

Read out loud the Pre-Med Success .... Live! Values and Attitudes.

Pick one of the statements and review it.

Acknowledge three things you have done today to move you closer to acceptance to medical school.

Examples may include: "improved my study habits," "finished a project early/on time," "met with professor," "worked on my personal statement," "became a leader in an extra-curricular activity," etc. The only limit is your imagination and will.

Write your legacy: "When I am a doctor I will ..." This means to write down a very big life-long achievement, goal, objective or accomplishment. For example: "When I am a doctor I will invest 10 years of my life working on a cure for cancer." Or "I will personally work one month each year providing health care to an underserved population in the undeveloped world." Once you have written your legacy, you may write a new one for the next day or rewrite one from a previous day.

Make your legacy LARGE – large enough to be a life-long challenge for you to fulfill. The bigger the goal, the better. "A big mountain is easier to see from far away than a small hill."

If you have questions about the 60-Day Conditioning Program, email Don Osborne at [dono@inquarta.com](mailto:dono@inquarta.com).

**I believe in your success because *You are a successful pre-med!***

## **Do you know anyone who is a premed?**

**Do you know someone who is a premedical candidate, or is thinking about applying to medical school?**

**Do you remember how the Pre-Med Success ... Live! Seminar made you feel? Empowered? Capable and confident?**

**Please share this good feeling with your friends! Refer them to the Pre-Med Success ... Live! Program.**

**Tear this sheet out and give it to a friend – after all, would you rather go to medical school with your friends or with total strangers?**

**Referral to Pre-Med Success ... Live!**

**This sheet entitles you to enroll in the Pre-Med Success ... Live! Seminar for the discounted rate of \$49 (normally \$695). You may bring up to 3 friends for \$10 each. Parents may attend free.**

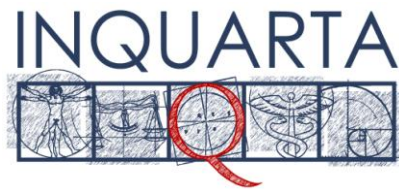
### **INSTRUCTIONS**

**To enroll, call Don Osborne at 949-417-1295 x. 211 and then fax this sheet to INQUARTA (or mail it, or bring it).**

**Referred by \_\_\_\_\_**

**Your Name, Email and Cell phone #:**

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## Pre-Med *Success*: The Live Seminar Principles and Attitudes

- **I am a successful pre-med student.**
- I keep my promises to myself and to others.
- I improve my candidacy to medical school every day.
- I respect my time.
- I stay focused on my goals.
- To help others, I know I must help myself first.
- I create my success in college -- and my life.
- **Preparing for and applying to medical school is a marathon. I am a marathon runner.**
- I use study strategies that make me a very successful college student.
- I go beyond what is expected of me. I do more than the minimum.
- My passion to be a doctor is bigger than any obstacle.
- I do what I need to do even when I don't feel like it.
- I have priorities and keep to them.
- I know admission to medical school is about Quality, not Quantity.
- **I know why I want to be a doctor.**
- I deserve to be a doctor because I value my future patients.
- I see myself working with my future patients. I work hard today so that I can help them tomorrow.
- I will succeed!

