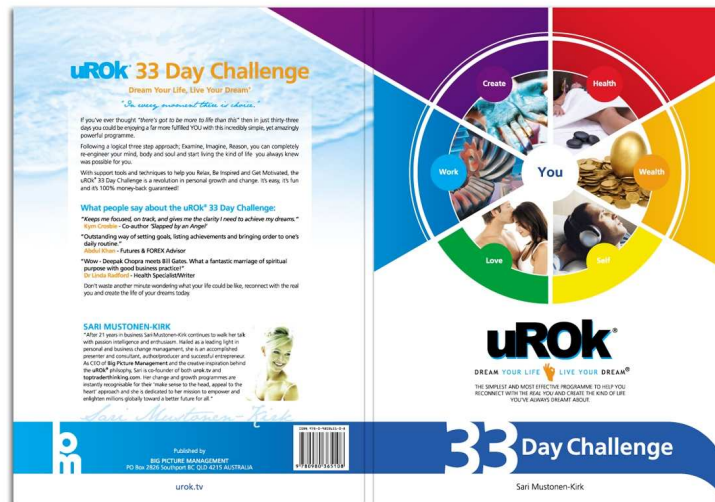


'uROK 33 DAY CHALLENGE – DREAM YOUR LIFE, LIVE YOUR DREAM' By Sari Mustonen-Kirk

FREQUENTLY ASKED QUESTIONS (FAQ)



1. What will it do for me?

Help introduce personal growth and positive change into your life or your money back!

2. What can I use it for?

To improve any or all areas of your life including:

Health, Wealth, Self, Love, Work, Create & Personal Purpose (Y)

3. How long does it take?

As little as 15 minutes per day for 33 days in a row.

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4. Who is it suitable for?

Anyone with the desire to 'Dream Your Life, Live Your Dream®' and get it happening right now.

5. What is it?

A complete Do-It-Yourself life planning and goal achievement programme.

6. How does it work?

Through a two part system you complete at home to:

1. Identify what is important to you and why, and
2. Complete a Daily System to make it happen.

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7. What is it based on?

A combination of ancient & modern thinking techniques as used by professional Change Agent Sari Mustonen-Kirk for over 20 years in business and personal consulting including:

1. The truth about how we create,
2. Proprietary Three Step EIR System of Examine, Imagine & Reason,
3. Focused through the uROK® Personal Wheel,
4. Explored through various senses and,
5. Anchored in a logical, easy & quick way each day.

8. Is it like the Secret?

Yes and No. They share some underlying philosophy. The uROK® Challenge applies the Aha! moments you learn through books and movies like The Secret, to your own life and then gives you a system to follow to make it all happen: covering all areas of the uROK® Personal Wheel; Health, Wealth, Self, Love, Work, Create & Y.

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9. I'm already reading something in Health, Wealth, Self, Love, Work Create or Personal Purpose ...why do I need The uROK® Challenge?

To take the Aha! moment from revelation to results!

The uROK® 33 Day Challenge works incredibly well to help you *anchor what you learn* from specialist authors and then *apply their teachings* through the *simple daily Challenge* activities.

For example, say you were reading Robert Kyosaki's Rich Dad Poor Dad and you wanted to start implementing his teachings, you would use what you know from RK to structure your Personal Wheel Statements in 'Wealth' and then build the remaining segments of Health, Work, Self etc around that.

If you were also using Dr Mercolas Guide to Better Health as your inspiration for a healthier life, you would translate his teachings into the uROK® Personal Wheel

Statements in your Health segment. If you also felt in need of healing for instance, you could incorporate some Caroline Myss thinking into your mix.

You can come up with as many statements as you feel are necessary or just one brief one to sum it all up. Again you'd then check for congruency with what you have listed in Health with your other statements in Work, Self, etc. to keep your wheel statements integrated.

In essence, you could apply as many of your favourite teachers thinking to the construction of your uROK® Personal Wheel statements as you like. The more widely informed you are on strategies to get results in each area of your life, the more rapidly your goals will materialise.

You give yourself a magnified chance of success when you use someone else's *proven model*, adapted to your *own life*, and then expressed *uniquely by you*, and this is exactly what uROK® 33 Day Challenge is designed to help you do.

The uROK® Challenge gets you stick to and actually do what you know works!

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10. What do you actually Do as part of uROK 33 Day Challenge?

1. Read and write up a workbook.
2. Take online inventories through urok.tv membership
3. Listen to the guided visualisation to Dream Your Life, Live Your Dream®
4. Get support through online resources and forums.
5. Write your uROK® Personal Wheel every day for 33 days
6. Listen to World Ranked Number 1 Self-Help podcasts by Sari Mustonen-Kirk via PC or iPod.

11. Who's done it before?

Sporting stars (World Champion bodyboarder Kira Llewellyn) Authors (Kym Crosbie 'Slapped by an Angel) Finance Professionals (Abdul Khan Financial Markets Advisor), Breakfast Hosts (Luscious Lisa 105.7 Radio Metro) Entrepreneurs (Marie Stephens Platinum Properties) Management Consultants (Gabrielle Button Quantum Leap), Specialist Teachers (Toogoolawa Ormeau) and all manner of people, of all ages, from all walks of life and backgrounds.

12. What are some of the Comments from past Challengers?

"Wow. Deepak Chopra meets Bill Gates!"- Dr Linda Radford

"It keeps me focused, on track and gives me the clarity I need to achieve my dreams" – Kym Crosbie Author 'Slapped by an Angel' & RSVP Events Director

"The wheel is an outstanding way of setting goals, listing achievements, and bringing order to one's daily routine. It forces you to focus on your objectives in each of the

areas, which can be often hard to do without such a tool; 'The Challenge' gives you direction" –Abdul Khan - Commodities & FX Specialist

"On completion of my first challenge, I have never felt better and I'm ready for my next 33 day challenge. Those flat spots from my personal Inventory are now building to be strengths in my everyday life. Thanks to uROK!!!!" – Kira Llewellyn World Champion Body Boarder

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13. What happens if nothing happens?

If not one single thing in your life improves or changes in a positive direction as a result of taking 'uROK 33 Day Challenge – Dream your Life, Live Your Dream' by Sari Mustonen-Kirk, we'll send you your money back and you can keep the CD and membership.

14. How do I buy it?

Online at urok.tv
[uROK 33 Day Challenge](#)

Telephone 0409 208 658
(International Callers use Australia Country Code)

Email: service@urok.tv

15. Who publishes and distributes 'uROK 33 Day Challenge'?

Big Picture Management is the publisher of The uROK® Challenge and has onlicensed urok.tv to hold the head distribution rights globally. urok.tv licenses appropriately bona fide Change Agents to distribute in local regions. uROK® and 'Dream Your Life, Live Your Dream® and all associated logos, designs and images and concepts are registered trademarks of Big Picture Management (ACN 061251081). uROK 33 Day Challenge – Dream Your Life, Live Your Dream by Sari Mustonen-Kirk and all associated online and offline tools and accompanying materials are Copyright © Big Picture Management and Sari Mustonen-Kirk.

16. What do I do if I want to become a Distributor for 'uROK 33 Day Challenge'?

1. Buy a copy of **[uROK 33 Day Challenge](#)** and do it!
2. Then, contact **matt.kirk@getbpm.com** to discuss Agency Details & License Royalties.