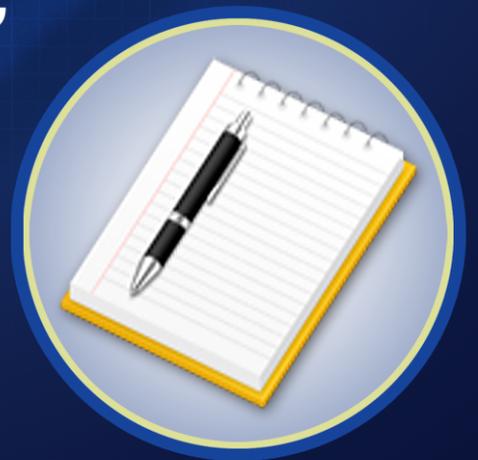


Dr. Mary Oz's

THE ONLINE BUSINESS BLUEPRINT

A complete guide to Internet
Marketing Success

Attend My First 7-Figure
Immersion Experience
with Been There
Done That



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**I Can Do This
Attends His First 7-Figure Immersion Experience
with Been There Done That,
Who Has Become an 8-Figure Marketing Legend**

“I think this is where many potential 7 Figure Earners fall short. They think they can find success with their own plan and try to hold themselves accountable, instead of utilizing the power of a proven plan, plus receiving the help from those who know the right steps and how to keep you accountable to a Quality Guided Proven Plan.”



Book 2

Dr. Mary Oz

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Chapter 1



The Informal Invite and Preparation

It was early morning December 30, 2011 when I Can Do This was awakened by a familiar sound. His new Verizon iPhone was buzzing and a rush of emails were pouring in. He rolled over, entered his password and his eyes were drawn to an email sent from his mentor, leader and teacher. The email was announcing an upcoming 7 Figure Seminar Weekend that only 30 people would be able to attend, and an application would need to be submitted and approved in order to attend the seminar with his now legendary mentor, Been There Done That.

The email warned that 150,000 invites would go out and only 30 fortunate and motivated people would be accepted into the small intimate, dynamic, hands on - learning environment. The odds were slim, yet I Can Do This knew he needed to be there. His internal voice was speaking to him.

Immediately, I Can Do This decided he was going! He had discovered the Power of You, the Power of Leadership, the Power of Influence, the Power of a Strong Team, the Power of Leverage and the Power of the Internet. He was ready to take the next step and make a financial commitment to taking everything he had worked

on and created. **He needed to develop a Quality Guided Plan by having access to his mentor's blueprints, secrets and expertise for a few days.**

So he patiently waited the designated day and time that the application would be emailed. He set the phone alarm early for January 3rd at 7am and started to prepare his thoughts, state, action plan, creativity and purpose by focusing on his gifts, skills, qualities and value, as well as what he thought he needed. He then took his thought process one step further and examined his own uniqueness that he could bring forth to himself, others and his work.

As promised on January 3, 2011, the application was released and I Can Do This, without hesitation, filled out the application with excitement, expectation, ease and comfort. He knew he had a great chance at being accepted and he was determined to be one of the first and strongest applications received. After completing the application, I Can Do This moved on to his consistent and continuous action tasks for the next day or so. **There was no time for doubting, worrying, fear or confusion.** He was certain, he was determined and he was strong. I Can Do This had created a daily routine of reading and re-reading his most powerful entries from his journal of success, financial freedom and fulfillment. In fact, his journal had become a very powerful tool for him and his team. He was in the

process of transforming his journal that helped him so much into one of his unique products that he was creating!

As expected, within 24 - 36 hours, I Can Do This received his anticipated call from Been There Done That's partner. He was accepted and they were expecting great things for I Can Do This and from him. His preparation, time, growth and journey were now opening to the next level of his **Quality Training and Support**. So the offer was made and I Can Do This graciously accepted the invite, pulled out his credit card and signed up for his first 7 Figure Immersion Experience with confidence and high expectations!

For I Can Do This had moved from level one of his journey of success, financial freedom and fulfillment, to level two. On level one, newbies often experience doubt, frustration, and confusion. Newbies generally don't make money and are in need of additional quality training and support. I Can Do This was now in level two, which required him to make a stronger commitment and spend more money on additional training and support.

Chapter 2



Be Aware of Your Expectations

As I Can Do This boarded his plane to San Diego, California for his 7 Figure Immersion Seminar, he was filled with excitement, hope, certainty and of course, his high expectations! He had done his homework and was well prepared with several e-books he had written. He had all his questions outlined and was expecting to come home and make the big bucks immediately. How often we find ourselves expecting immediate overnight success!

I Can Do This was in a great state and was clear on what he wanted, why he wanted what he wanted and 85% clear on how he was going to achieve what he wanted (or so he thought). He knew without a doubt he would receive some very much needed and appreciated help, feedback and guidance. However, what he didn't realize was that everything would not unfold just the way he wanted and expected. Life and learning often takes us on several twists, turns and even detours that we don't want any part of.

This detour, however, was different than the detour through the desert, which had in the past shaken his sense of self. With his new and improved identity, **I Can Do This handled the detour as a quality problem and**

waited for the solution to surface from within.

The first step for I Can Do This was to be aware of his strengths and weaknesses and what it would take for him to step out of his comfort zone. He would be meeting 30 or 40 like-minded people who were all at different points of the journey. His previous detour through the desert had taught him all about having the right mindset, controlling his thoughts and self-talk. Also, the Strength and Influence of the Shining Sun had taught him all about the Must Influence Factor. If he wanted to influence himself and others, he would need to be non-judgmental and focus on understanding the needs of others in the group. The whole experience of his journey of a lifetime had taught him his business, success, and fulfillment was really about **living from a place of “we” instead of “me.”**

This 7 Figure Seminar was not about comparing or competition. It was about sharing, learning, supporting, helping and discovering what were the right next steps and the necessary actions that deserved clarification. It was also about a bigger commitment, not just for I Can Do This, but for his new friends and partners as well. So off he went for a weekend of learning, growing, pushing beyond his comfort zone and lots of fun with new friends and potential business partners. His mindset was stronger than ever; however, he was still in need of some

necessary skills that Been There Done That had perfected
and was now teaching in a Seminar Immersion
Experience!

Chapter 3

I Can Do This Plays Full Out



In order to achieve the most from this unique opportunity and experience, I Can Do This knew without a doubt that there would be times he might feel uncomfortable, uncertain and unsure. There may be a part of him that might want to run and hide or not participate. There might even be a part of him who wants to take over, be pushy, self-centered or demanding. Certainly at times he might feel saturated and overwhelmed.

He immediately remembered that these are all parts of his thoughts and emotions that he manages. He had abandoned his old habit of allowing his disempowering beliefs; half-truths, lies and way of being direct him. **He was in control; he was doing the directing now.** His new belief was he would show up every day, for each scheduled event, with everything he had and give it his all. At this point in his journey, I Can Do This had attended several seminars and he had learned firsthand the experience of playing full out at seminars and in life.

Instead of doubting, he believed; instead of complaining, he sought understanding and new skills; instead of reacting to disappointment, he pressed on

with strength and clarity; instead of giving up or focusing on quitting, he reached deep within and tapped into his faith and Higher Power; instead of being frustrated, he controlled his thoughts and feelings; and most importantly, instead of remaining stagnant and unsuccessful, he choose to play full out.

So when he was tired, he pushed on. When he wasn't sure, he asked questions and asked for help. When he had helpful insights for others, he spoke up and gave a helping hand. He made sure he spent some time with his mentor and asked for assistance with what was most pressing and important and even provided valuable feedback when appropriate. Whenever, possible, I Can Do This volunteered his answers, questions and work to be viewed. He was prepared to leverage himself and the opportunity in every way possible.

Another way I Can Do This chose to play full out was by making a commitment with two of his team members back at home. I Can Do This knew which challenges would be toughest for him, so he elicited the support of two team members who would hold him accountable via phone contacts. He checked in with them whenever possible and used his self awareness and self honesty skills he had been developing to report back to them about his progress and any expected and unexpected creeks he was encountering.

On the first day, he found to his surprise he already needed help and clarification from his team members. As the first day unfolded, I Can Do This started to realize there was a good chance that he was not going to receive exactly what he had journeyed so far to get. The 7 Figure Immersion experience was great, informative and very helpful. It was awesome and wonderful to see his beloved mentor and leader in action. The truth was Been There Done That was brilliant and more dynamic in person. Yet I Can Do This had come with a specific expectation and the weekend experience was clearly heading in a different direction. As the first chock-filled, activity-oriented day unfolded, I Can Do This watched the clock and started to realize they probably would not be reviewing exactly what he wanted for his plan and his next step.

So I Can Do This made a decision and kept his word and relied on the Power of a Strong Team and allowed his team members to support him. After speaking with them, he decided to sit quietly in his room at the Hard Rock Hotel in San Diego, allow the strength and influence of the shining sun peer through the window, and just remain quiet and think. His mind raced back to the time he sat on the rock beside the unexpected creek and he deliberately took time to think out the situation before him.

It was all about the Power of Leverage. I Can Do This had signed up for the Immersion Experience in order

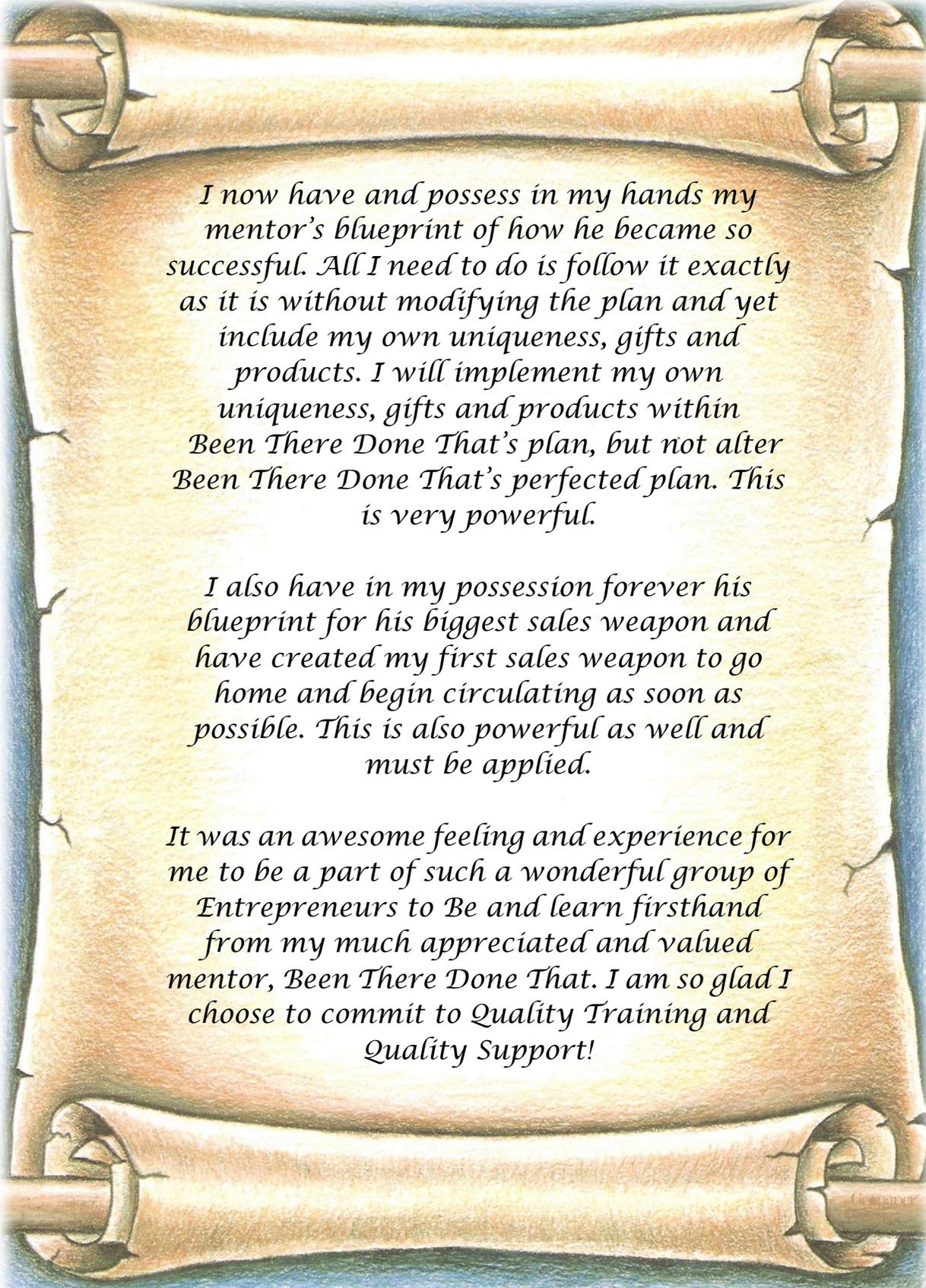
to leverage his Mentor's Plan and Success. It wasn't really about what I Can Do This had planned on as part of his preparation and expectations. **The leverage was in learning how to repeat his mentor's success.** It wasn't about what I Can Do This thought was right! It was all about what his mentor knew for sure and had already built his success, financial freedom and fulfillment on. I Can Do This had paid for the seminar with the intentions of modeling his mentor.

I Can Do This had his major breakthrough for his second day. He would have to be clearer and more focused tomorrow as he opened up his mind and approach to taking his mentor's already successful blueprint, secrets and system and put his uniqueness and creativity into his mentor's plan instead of the other way around. Even after all of the self-awareness, self-honesty and growth, I Can Do This found himself sometimes needing additional clarity, guidance and help. **It really was going to be a lifelong journey of continued self-awareness, self-honesty, openness, quality training and support, as well as constant and never-ending self-improvement and education.**

It was at this time that I Can Do This made a decisive decision that would put him on a fast track to his success. It seemed if he wanted a fresh, professional set of eyes to look at his work and his intentions for his new Quality

Guided Plan, he would need to commit to some coaching with Been There Done That's coaches. So I Can Do This grabbed his **Must Do Action Notebook** and wrote down the following: *Within 48 hours of being home, sign up with Been There Done That's Coach.*

So as the first day of the 7 Figure Immersion Experience grew to a close, I Can Do This grabbed his Success, Financial Freedom and Fulfillment Journal and followed through with his evening ritual. He took time to reflect and appreciate all that he had, all that he was, and everything he was learning. He began to write down the three most significant lessons that he had learned. Here is what his journal said.

A scroll with text on it. The scroll is unrolled and shows three paragraphs of text. The text is written in a cursive, handwritten style. The scroll is tied with wooden pegs at the corners. The background is a light blue gradient.

I now have and possess in my hands my mentor's blueprint of how he became so successful. All I need to do is follow it exactly as it is without modifying the plan and yet include my own uniqueness, gifts and products. I will implement my own uniqueness, gifts and products within Been There Done That's plan, but not alter Been There Done That's perfected plan. This is very powerful.

I also have in my possession forever his blueprint for his biggest sales weapon and have created my first sales weapon to go home and begin circulating as soon as possible. This is also powerful as well and must be applied.

It was an awesome feeling and experience for me to be a part of such a wonderful group of Entrepreneurs to Be and learn firsthand from my much appreciated and valued mentor, Been There Done That. I am so glad I choose to commit to Quality Training and Quality Support!

Chapter 4

I Can Do This Partners Up With Almost There



The first evening of the 7 Figure Immersion experience consisted of a meeting and mixing at Club 207. I Can Do This met many wonderful, interesting and intriguing fellow entrepreneurs. One of I Can Do This' weaknesses, that he was committed to working through was his tendency to take time to warm up to new people. I Can Do This was more of an introvert than an extrovert, so gatherings like these always seemed to put a little pit in his stomach.

I Can Do This made sure he arrived on time and played full out. He entered the club on his own and immediately found a small group of friendly people holding phones and Flip cameras and decided this was probably the best group to approach first. Within a minute, I Can Do This met a quarter of the new group. For the next hour and a half or so, I Can Do This met several sojourners and diligently worked on introducing himself to at least 7 to 10 new people.

Here are some of the new 7 Figure Entrepreneurs To Be that I Can Do This met: Almost There, Can't Believe I Am Even Here, Not Sure Where I am Going, Definitely

Stuck, You Never Know, Doing It Now, Want To Be There So Bad, and I Am All Excitement, as well as Nothing Is Stopping Me Now.

An interesting occurrence usually takes place at these types of events. One or two of the entrepreneurs seem to congregate every so often in the same area and a small little unspoken bond and connection begins. And so it was with I Can Do This and Almost There.

On the first day, they happened to choose two seats next to each other and ended up making a nice, friendly, and helpful connection throughout the day. They both seemed to be on the quieter and more reserved side, yet both were totally serious and committed to their individual work, as well as to helping and supporting one another whenever possible. By the end of the day, they had discovered a new support member for their journey of success, financial freedom and fulfillment! A new team member was added to their already powerful teams.

Toward the close of the second day, Been There Done That encouraged everyone to look around the room and wisely choose a formal partner that would have to buddy up for the next 90 days on a weekly basis in order to continue with the seeds that had been planted over the past 3 days. I Can Do This quickly reflected on what a great informal partner Almost There had already been.

He decided he would ask Almost There to be his formal partner! But before a word was spoken, from across the room, a nod of the heads between Almost There and I Can Do This had already quietly agreed.

So as fate would have it, I Can Do This and Almost There formally partnered up in a 7 Figure Mastermind way to support one another on a weekly basis for the next 90 days. They had been challenged by their mentor to begin their first of many 90-day challenges. It was official and they were both on their way to the fast track to success, financial freedom and fulfillment. Not only were they learning from the same dynamic mentor, leader and teacher, Been There Done That had asked them to make a strong and binding commitment to one another in the form of a legally binding contract. I Can Do This and Almost There both smiled at the same time and simultaneously signed on the dotted line.

The official agreement would commence on February 14, 2011 at 10am New York time and 4pm Germany time. Here are the first three goals that were set by I Can Do This and Almost There:

I Can Do This

- 1) Buy necessary equipment for quality videos, including a tripod and headset, as well as open a

Skype account

- 2) Get much more comfortable behind my Flip camera. Record 12 videos in the next 14 days as practice. Make a commitment to video marketing.
- 3) Finish final version of the secret weapon I learned and circulate on You Tube.

Almost There's First Three Goals

- 1) Order a book on Copywriting recommended by Been There Done That, Hypnotic Writing by Joe Vitale.
- 2) Finish the first product and complete necessary changes.
- 3) Complete the products' secret sales weapon.

As they completed their goal setting and signing of the contract, I Can Do This realized two things: the first thought was he realized how nice it would be to have a supportive, accountable partner who really understood where he was on the journey. The second realization was that everyone should have an accountability partner to hold them accountable weekly to 3 imperative goals in order to create and maintain momentum.

Chapter 5

I Can Do This and Almost There's Accountability through A Promise and Written Contract



Been There Done That was careful to explain just how important and imperative this partnership and accountability was. He had a pre-written contract officially prepared which even included consequences for failing to follow through on committed goals and weekly contacts.

As 7 Figure Entrepreneurs, we now had in our hands Been There Done That's blueprint and secrets to success. The next vital step was to return home and implement the new Quality Guided Plan. **The un-nerving truth is most business builders and entrepreneurs need continued support and guidance in order to focus on what matters the most continuously.** Most business builders and entrepreneurs also need a mentor or coach to keep them accountable to their Quality Guided Plan.

Fate is a funny thing sometimes and often brings unexpected coincidences that can't be explained. For example, on the last evening of the event as the group was preparing to meet for dinner, I Can Do This and Almost There discovered they had been neighbors on the same

floor but never knew it. The next day a fun excursion was planned which I Can Do This had every intention of making and then running to catch his flight.

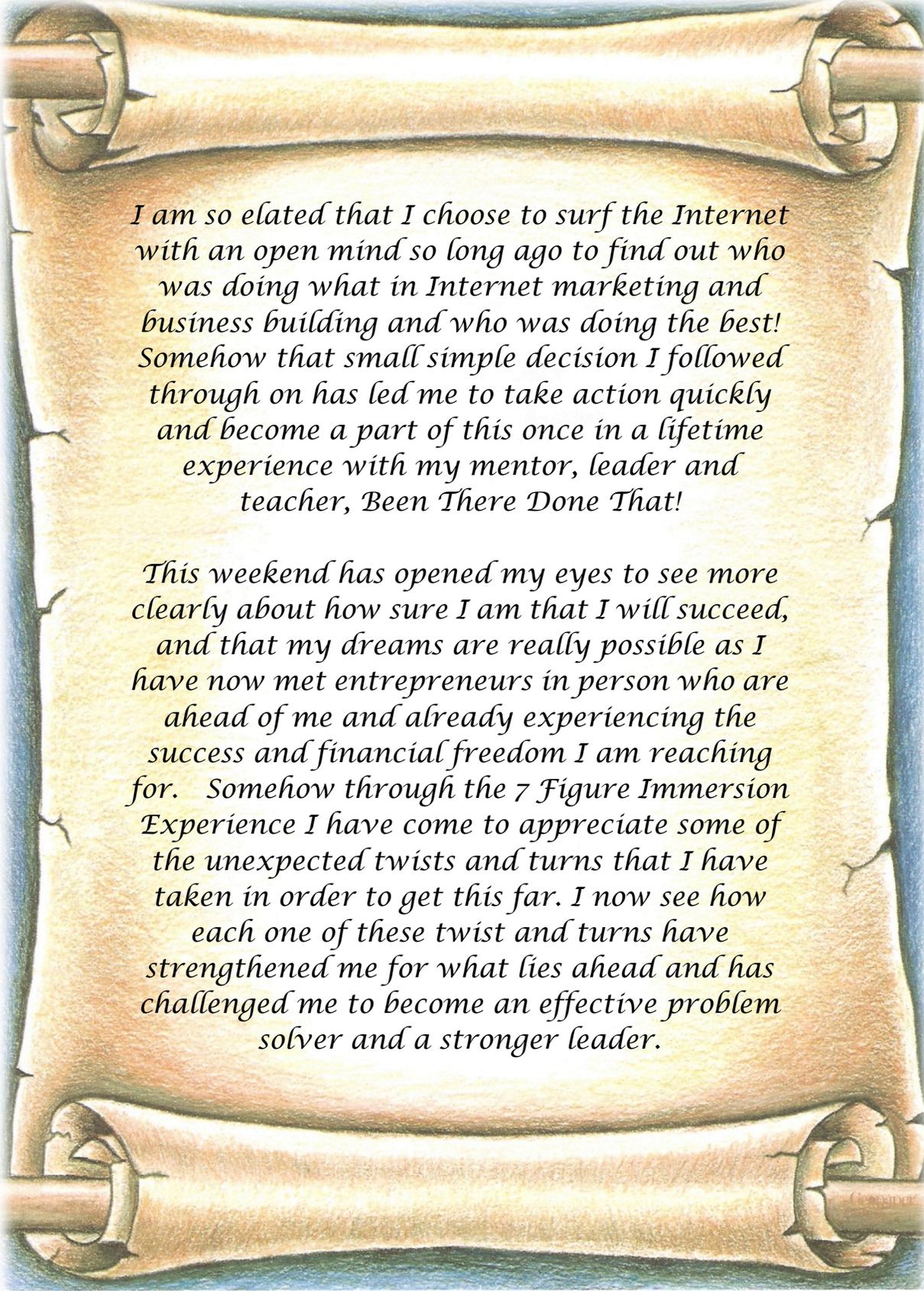
However, upon waking, I Can Do This had to handle some unexpected and unforeseen issues that did not permit him to attend the fun excursion. I Can Do This was disappointed for several reasons; however, the two biggest reasons were missing all the fun with everyone in the group, plus I Can Do This had no way to say goodbye to his new informal and now formal partner, Almost There, who he would take the next step with and hold one another accountable.

Yet, as fate would have it, as I Can Do This rushed down the stairs 15 minutes late with all his bags, and the Bell Hop was detained, whom did he see in the lobby, but Been There Done That. After giving a much appreciated, thank you and positive feedback who walked up himself but Almost There.

Sometimes even leaders still struggle with letting go of the minor details and letting it all come together the way it is suppose to. There is something to be said for surrendering everything, every moment, every detail and every need. I Can Do This had changed so much and learned to live entirely different and fate seemed stronger than ever in many promising professional relationships

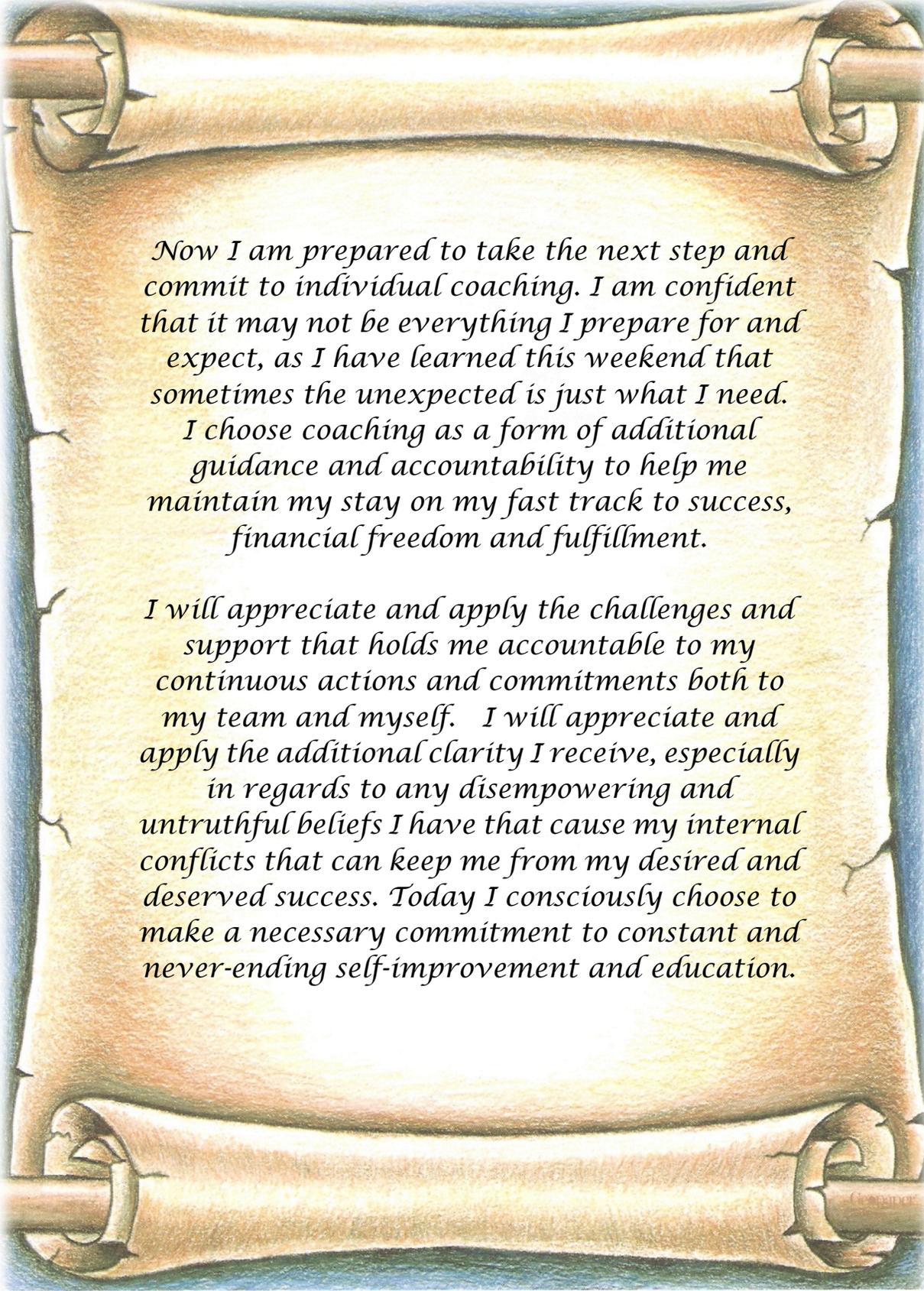
both here and at home.

So as he jumped in his cab, he greeted the driver with his new 7 Figure smile and reached for his journal of financial freedom and success. He took time to reflect and appreciate all that he had, all that he was, and everything he was learning. He began to write down the three most significant lessons that he had learned. Here is what his journal said.

A scroll with text on it. The scroll is unrolled and shows two paragraphs of text. The text is written in a cursive, handwritten style. The scroll is tied with wooden pegs at the corners. The background is a light blue gradient.

I am so elated that I choose to surf the Internet with an open mind so long ago to find out who was doing what in Internet marketing and business building and who was doing the best! Somehow that small simple decision I followed through on has led me to take action quickly and become a part of this once in a lifetime experience with my mentor, leader and teacher, Been There Done That!

This weekend has opened my eyes to see more clearly about how sure I am that I will succeed, and that my dreams are really possible as I have now met entrepreneurs in person who are ahead of me and already experiencing the success and financial freedom I am reaching for. Somehow through the 7 Figure Immersion Experience I have come to appreciate some of the unexpected twists and turns that I have taken in order to get this far. I now see how each one of these twist and turns have strengthened me for what lies ahead and has challenged me to become an effective problem solver and a stronger leader.

A scroll with text on it. The scroll is unrolled and has a yellowish-brown color. It is held by wooden rollers at the top and bottom. The text is written in a cursive font.

Now I am prepared to take the next step and commit to individual coaching. I am confident that it may not be everything I prepare for and expect, as I have learned this weekend that sometimes the unexpected is just what I need.

I choose coaching as a form of additional guidance and accountability to help me maintain my stay on my fast track to success, financial freedom and fulfillment.

I will appreciate and apply the challenges and support that holds me accountable to my continuous actions and commitments both to my team and myself. I will appreciate and apply the additional clarity I receive, especially in regards to any disempowering and untruthful beliefs I have that cause my internal conflicts that can keep me from my desired and deserved success. Today I consciously choose to make a necessary commitment to constant and never-ending self-improvement and education.

Chapter 6

Going Home with a New Game Plan – The Quality Guided Plan



So as his first flight toward Chicago leveled off, he broke out his laptop and began to create his New Quality Guided Plan based on his mentor's blueprint and secret weapon.

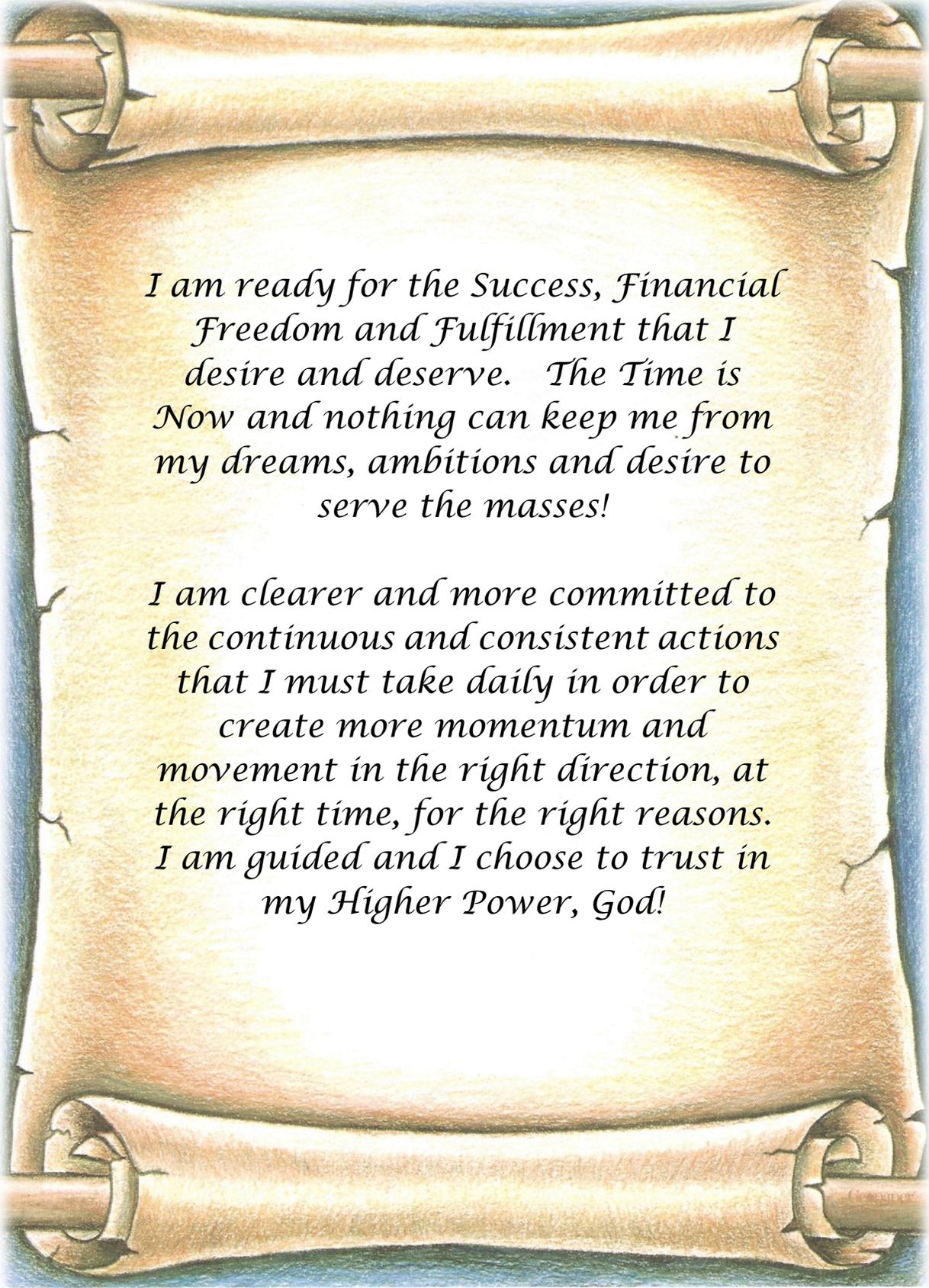
Choose a marketing strategy to market my blog. I have chosen Video Marketing as my first main strategy for the next 6 weeks. I will get training from Been There Done That and model what he has done! Create a lead capture page and sales page modeled from my mentor's successful capture pages and drive as much traffic as possible. Implement video marketing and blogging and begin mastering with enough skill and frequency. (Hint - be sure to use correct tags and keywords) Also master the art of shooting effective video. (Hint - be sure to also tag video optimally) Commit to the above plan for 6 weeks. Create 1-2 content-rich videos with recommendations from Been There Done That. Once I am comfortable behind my Flip camera, commit to creating and uploading 100 content rich videos. Utilize my existing subscription with my traffic-generating program for optimal broadcasting. Wait and watch for referrals as I build relationships through Social Media.

As he reviewed his **Must Do Action Notebook**, he remembered he must take the next step emotionally and financially and sign up for coaching. He realized how it seems that most people who are top earners and well-known leaders like Been There Done That know that once the right seeds are planted in the right soil at the right time, daily tending and attention is still very much needed. I Can Do This whispered to himself, *“I think this is where many potential 7 Figure Earners fall short. They think they can find success with their own plan and try to hold themselves accountable, instead of utilizing the power of a proven plan plus receiving the help from those who know the right steps and how to keep you accountable to a Quality Guided Proven Plan.”*

As he placed his pen down, which seemed to have magical powers whenever he wrote in his journal, he realized **all business builders and entrepreneurs who are serious about their fast track to success, financial freedom and fulfillment should commit to coaching with their mentor, leader and teacher.**

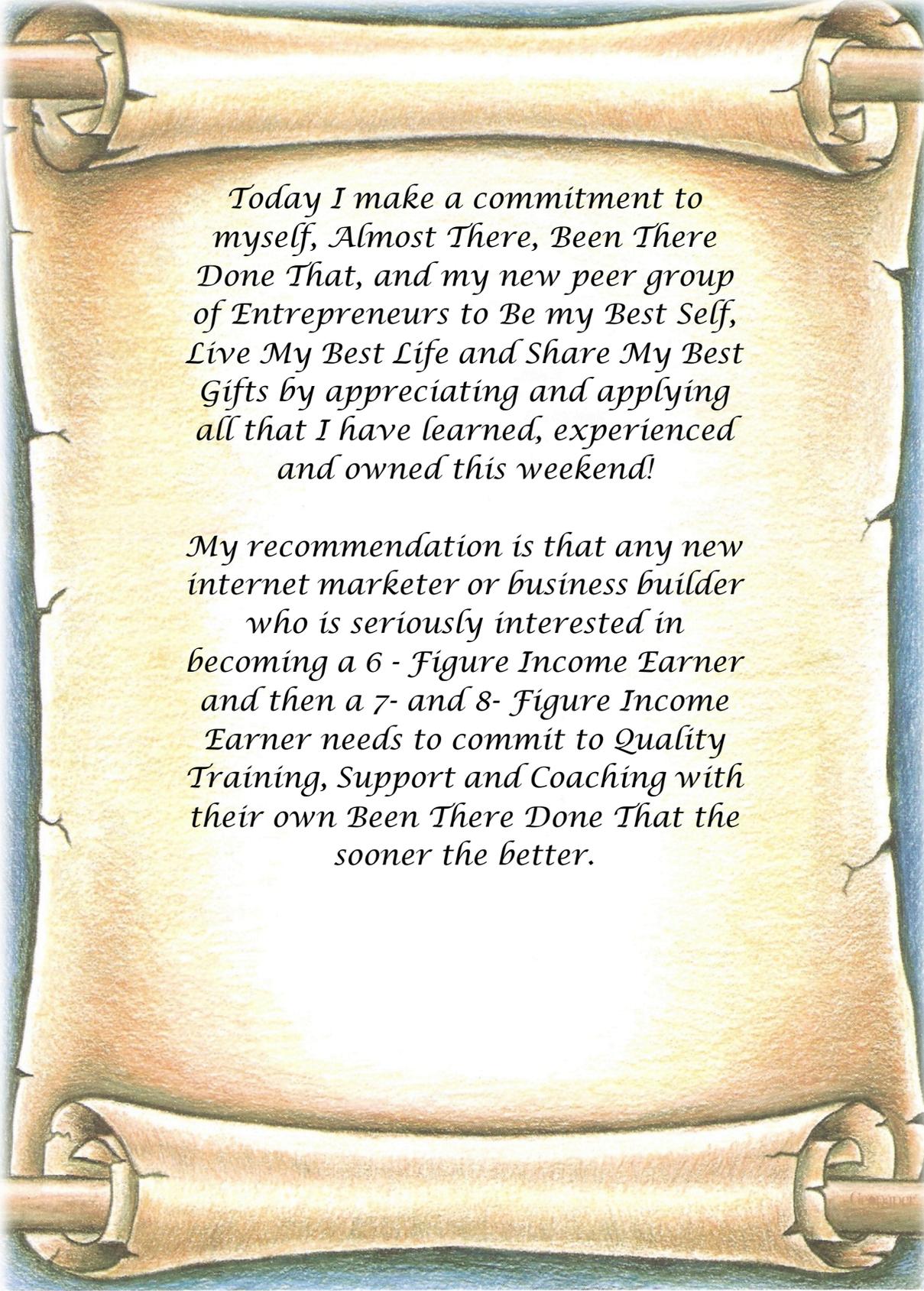
Later on in the evening, once again I Can Do This reached for his journal of success, financial freedom and fulfillment and favorite familiar pen. He took time to reflect and appreciate all that he had, all that he was, and everything he was learning. He began to write down the three most significant lessons that he had learned from his

7 Figure Immersion Experience. Here is what his journal said:

A scroll with a light brown, textured surface, rolled up at the top and bottom. The scroll is held open by wooden rollers on the left and right sides. The text is written in a black, cursive font. The scroll has some small, dark spots and a slightly worn appearance.

I am ready for the Success, Financial Freedom and Fulfillment that I desire and deserve. The Time is Now and nothing can keep me from my dreams, ambitions and desire to serve the masses!

I am clearer and more committed to the continuous and consistent actions that I must take daily in order to create more momentum and movement in the right direction, at the right time, for the right reasons. I am guided and I choose to trust in my Higher Power, God!

A scroll with text on it. The scroll is unrolled and shows two paragraphs of text. The text is written in a cursive, handwritten style. The scroll is tied with wooden pegs at the corners. The background is a light blue gradient.

Today I make a commitment to myself, Almost There, Been There Done That, and my new peer group of Entrepreneurs to Be my Best Self, Live My Best Life and Share My Best Gifts by appreciating and applying all that I have learned, experienced and owned this weekend!

My recommendation is that any new internet marketer or business builder who is seriously interested in becoming a 6 - Figure Income Earner and then a 7- and 8- Figure Income Earner needs to commit to Quality Training, Support and Coaching with their own Been There Done That the sooner the better.

For just a quick moment I Can Do This thought, “I wish I had found Been There Done That sooner on the journey.” Then he remembered the journey with its timing, twist and turns was all about strengthening him as a leader and problem solver. The truth was he had found his mentor and coach exactly when and where he was supposed to. All was well and it was time to trust, appreciate and apply.

If you are interested in your own Coaching with an Internet Marketer who has Been There and Done that visit this link

<https://businessbuilders.infusionsoft.com/go/diamond/article/>

If you have enjoyed your journey with I Can't Do That, Been There Done That, and Almost There be sure to inquire about an upgraded version of this 7-part series e-book.

The upgraded version of this series includes video training to help you through the technological issues of building your Internet marketing business from scratch to 6 figures. Included in this program is an upgraded personal self - development map, as well as a more in depth internet marketing business flow chart, as well as the million dollar sales funnel formula.

For more information visit www.drmaryoz.com