

# *Pep Talk with Pepz* A GUIDE TO YOUR NEXT LEVEL



The ultimate guide to clarify  
your vision, build your  
confidence, and affirm  
your way to your next level.



# WELCOME

I'm thrilled to meet you! Thank you for subscribing and downloading "The Guide for Your Next Level." This guide will assist you in clarifying your vision and developing the unshakeable confidence you need to achieve your wildest goals.

But before we delve into the content you're here for, let's take a moment to get to know each other!

LET'S DO IT



*pepz*





## I'M PEPZ,

and I've been immersed in the personal development and coaching space for over a decade. My journey began in Human Resources, where I had the opportunity to work with esteemed organizations like New York University, Columbia University, and Oaktree Capital Management. During this time, I was entrusted with redesigning global onboarding systems, spearheading recruitment efforts, and single-handedly managing thousands of employees. Simultaneously, I pursued my dreams as an entertainer.

As an entertainer, I've had the privilege of collaborating with incredible artists and brands such as Post Malone, Shakira, Diplo, David LaChapelle, Paulina Rubio, Megan Thee Stallion, and many others. However, my most significant accomplishment thus far has been using these platforms to help people transform their lives.



## MY CLIENTS HAVE PLACED THEIR TRUST IN ME TO ASSIST THEM IN THE FOLLOWING:

1. Launching highly profitable businesses with minimal overhead.
2. Enhancing their marriages and relationships.
3. Successfully developing their dream careers.
4. Cultivating self-belief and self-love.
5. Paying off significant amounts of debt.
6. Inspiring others to pursue their dreams.

Let me share how my journey began. My family and I immigrated to the US when I was around five years old. We faced emotional and financial hardships and were unfamiliar with the American culture and language, which added to the challenges.

Throughout my life, I struggled to find clear direction, confidence, and success. By the time I graduated college, these struggles had reached a breaking point. I found myself without a plan for my life or career, burdened by six-figure debt, and battling depression.

Moving to LA at the age of 25 only exacerbated this, as I found myself in toxic relationships and environments. My debt continued to pile up, reaching close to \$200,000, and I struggled with my health, goals, relationships, and overall well-being.

But then, everything started to change when I made the decision that I was ready to change. I began envisioning the person I wanted to become and the life I wanted to lead. I committed myself to my next level by investing in courses, conducting extensive research, developing my own strategies, and hiring coaches who aligned with my vision.

Now, in this guide, I am here to help you embark on a journey of taking control of your life. Together, we'll navigate the challenges, discover your true potential, and create a roadmap for your personal growth and success. It's time to unlock the power within you and embark on a transformative journey that will lead you to a life of fulfillment, purpose, and abundance.

Are you ready to rewrite your story and embrace the life you've always dreamed of? Let's embark on this journey together.



# LET'S GET STARTED.

I recommend that you fill out the accompanying workbook as we progress to ensure you obtain the maximum value from my coaching.

It all begins with clarity of vision. Please take a moment to answer the following questions:

## FUTURE: WHERE DO YOU WANT TO GO, AND WHO DO YOU WANT TO BECOME?

1. What is your dream career or profession?

---

---

---

2. What income level would you ideally like to achieve?

---

---

---

3. How does the next level version of yourself look, act, speak, and think?

---

---

---

4. How would you describe your ideal, dream life?

---

---

---

## NOW: WHERE ARE YOU CURRENTLY?

1. What is your current career or profession, and how does it relate to your dream career or profession?

---

---

---

2. What is your current income level?

---

---

---

3. How would you describe yourself at present?

---

---

---

4. How would others describe you?

---

---

---

5. What are the limitations and factors in your current life that you would like to change?

---

---

---



## REVIEW: SO WHAT'S DIFFERENT?

1. What are the differences between your envisioned future and your current reality?

---

---

---

2. What aspects of yourself do you need to change?

---

---

---

3. When would you like to begin transforming your life?

---

---

---

Congratulations on being open to coaching and doing the work! I've found that my clients who have achieved the most remarkable results and accomplished incredible feats are those who put in the most effort, remained coachable, and embraced exploration.

Now, let's delve into affirmations and their connection to everything we've discussed!

LET'S GO



# AFFIRMATIONS 101

Affirmations, although they may seem "magical" to some, can actually be understood through science and research. In order to be effective, they require a few key elements:



## PERSONALIZATION & CLARITY

Affirmations must be personalized to what you aim to acquire or develop for yourself. For example, one of my affirmations is "My talents are in demand." However, its impact on me has been significant because I have a clear vision of what it means for my talents to be in demand (being highly booked on elite-level jobs with prestigious clients).

By answering the questions above, you've already taken the first step in making affirmations work for YOU. Furthermore, this process naturally helps you develop the second requirement.



## BELIEF

Our belief system forms the foundation of our lives. Think of the placebo effect, which occurs when a person's physical or mental health improves after receiving a placebo or 'dummy' treatment. Similarly, for anything to work and for you to invest your time and energy into something or someone, you must believe it is worthwhile, and most importantly, believe that you are worthy of it. If you hold the belief that affirmations do not work, especially without a clear vision of what you hope to accomplish or gain, their impact on you will be slow and minimal.



## CONSISTENCY

Affirmations require consistent practice and time. They are meant to change your belief system, which depends on how long you have held certain thoughts about specific topics. Rewiring your beliefs will require effort, energy, and time.



## EMOTIONAL STATE

In the accompanying video, I break down how you can influence your emotional state to imbue your affirmations with the necessary energy to make them work most effectively and efficiently.



# SO WHAT EXACTLY IS AN AFFIRMATION?

An affirmation is a statement intended to create or reinforce a belief.

## And what is a belief?

A **belief** is a long-held thought that has been emotionally fortified to the extent that it shapes one's mindset, perspective, emotional capabilities, and behavior.

Our thoughts form our beliefs, which in turn shape our behavior, attract what we experience, and ultimately shape our reality.

Long-held thoughts → Beliefs →  
Behavior → Reality

By changing your beliefs, you can change your reality.

Understanding this is crucial because to create your dream life, you must have the right beliefs in place. You need to be confident and clear about what that entails. Most importantly, you want to both logically understand and emotionally feel that you are deserving of your dream life.

The reality is that we have both affirming and limiting beliefs, but our aim should be to predominantly have affirming beliefs, if not solely affirming beliefs. However, in my experience as a coach, I have observed that the majority of people have more limiting beliefs than affirming beliefs, often without even realizing it!

I am  
enough

I am  
enough

I am  
enough

I am  
enough

I am  
enough

I am  
enough

To clarify, a **limiting belief** can be defined as:

Opinions and ideas that one holds to be true, impacting the quality of life, self-perception, perception of others, and limiting one's level of success.

On the other hand, an **affirming belief** is:

Opinions and ideas that one holds to be true, enhancing the quality of life, self-perception, perception of others, and increasing one's level of success.

The symptoms of a lack of a proper belief system:

A lack of proper beliefs, whether about yourself, what you do, or what is possible for you, will manifest in not only your results but also your perception of opportunities and, most importantly, your perception of yourself.

To determine the type of beliefs that dominate your life, ask yourself whether you have more of what you want and feel fulfilled (**affirming**) or whether you have more complaints and dissatisfaction (**limiting**).

Now, consider this question:

**What would your life look like with a better belief system?**

I am capable

I am capable

I am capable

I am capable

I am capable



[illegible]

# AFFIRMATIONS FOR YOUR NEXT LEVEL

If you're here, it's because a part of you desires more:

More peace. More love. More joy. More abundance. More wealth. More health. More freedom. And, above all, more life.

Below, you'll find my personal affirmations that took me from broken, struggling, unfulfilled, and lost to living a life filled with joy, abundance, prosperity, and, most importantly, a life I love.

Remember, your reality is a reflection of your strongest belief. Change your belief, and you change your reality. Enjoy.

# AFFIRMATIONS

## HEALTH

My body is healthy. My mind is brilliant. My soul is tranquil. My skin is youthful.

I welcome my wellness.

I choose to heal.

I choose to get well.

I am releasing the pattern within me that has contributed to this condition.  
– Louise Hay

I am healthy.

I am timeless and youthful at every age.

My skin is free, clear, and flawless.

I am invigorated.

I am healed.

## ABUNDANCE

I am blessed more than I know.

The universe is rearranging itself in my favor.

I release the patterns in my consciousness that are creating resistance to my greatness and goals.

Money comes easily and greatly to me.

I am pleasantly surprised.

Every day I get paid.

I deserve, expect, and receive the best.

## RESPONSIBILITY

Everything I do, I do to the best of my ability.

I am responsible, able, and willing to do what it takes for what I want.

I choose to honor myself and my word.

If it is to be, it is up to me.  
(William Johnsen)

I always have a choice.

I am living an unreasonable life, by becoming an unreasonable person.

I am constantly attracting only great things, people, and moments.



# AFFIRMATIONS

## LOVE

Only love surrounds me.

Everything I do, I do with love.

I am in a healthy, loving, passionate, and steamy relationship with somebody who loves me.

I am irresistible.

I love, honor, and celebrate myself.

I deserve to be loved.

I have so much life and love inside of me.

I love and accept who I am and who I am not while welcoming the person I am becoming.

People love being around me.

I am loved greatly.

I am loved deeply.

I love myself.

## FORGIVENESS

I choose to forgive.

In forgiving, I free myself.

I release all negative emotions and low vibrations, and only embody love and positivity.

I forgive myself for not being perfect, I am doing the best that I can.  
(Louise Hay)

I accept myself for who I am and for who I am not.

I forgive others easily.

I forgive myself quickly.

It's over. Move on. Let it go.

# AFFIRMATIONS

## CAREER

I release all resistance and allow change to occur.

Everything is working out for my highest good.

The universe is rearranging itself in my favor.

Every single day and in every single way, I am getting better and better.

## CHANGE

I release all resistance and allow change to occur.

Everything is working out for my highest good.

The universe is rearranging itself in my favor.

Every single day and in every single way, I am getting better and better.

## DETERMINATION

Everything I do, I do to the best of my ability.

The perfect jobs and clients are looking for and hiring me.

I am strangely successful.

MY talents are in demand.

I make a living doing what I love.

# PEPZ'S DAILY MANTRA



I am creating and recreating myself to be the best possible version of myself every day and in every way. I am thankful, I am joyful, I am wonderful, I am loving, and most of all I am loved. It is a glorious day for me to be here, to be alive, and to be who I am. Life is not perfect, and it will never be perfect, but neither am I. And I still love myself first and foremost, not because of anything or in spite or despite anything, but because love is a gift I do not need to earn, work for, or work towards. I deserve love because I simply deserve it. It is glorious to be here, to be alive, to be myself, to be creating and recreating myself to be the best possible version of myself in every single way. God loves me, the universe supports me, the world is my playground, and I am free to do what I please, have what I want, and most of all I am free to love and be me just as I am and just as I am not. And I love me just the same.

Be sure to listen to Affirmations for Your Next Level every morning [here](#).



# NEXT STEPS

Imagine what it would be like to have your dream career, a six-figure income, and the unwavering belief in yourself. That's the next-level version of you that we'll develop together.

I know firsthand what it's like to face adversity and struggle. I grew up in an environment with emotional and financial turbulence, but I turned my life around. From amassing close to \$200,000 in debt and feeling lost, I transformed into a thriving artist, coach, and fulfilled individual.

Now, I'm here to guide you on your own transformational journey. My coaching has empowered clients to launch successful businesses, improve relationships, realize their dream careers, cultivate self-love, eliminate debt, and inspire others to pursue their dreams.

By choosing my coaching package, you'll gain access to:

- Personalized guidance tailored to your unique needs
- Proven strategies to overcome limitations and achieve breakthroughs
- Clarity of vision and a roadmap for success
- Exclusive resources and tools to support your growth
- A supportive community of like-minded individuals

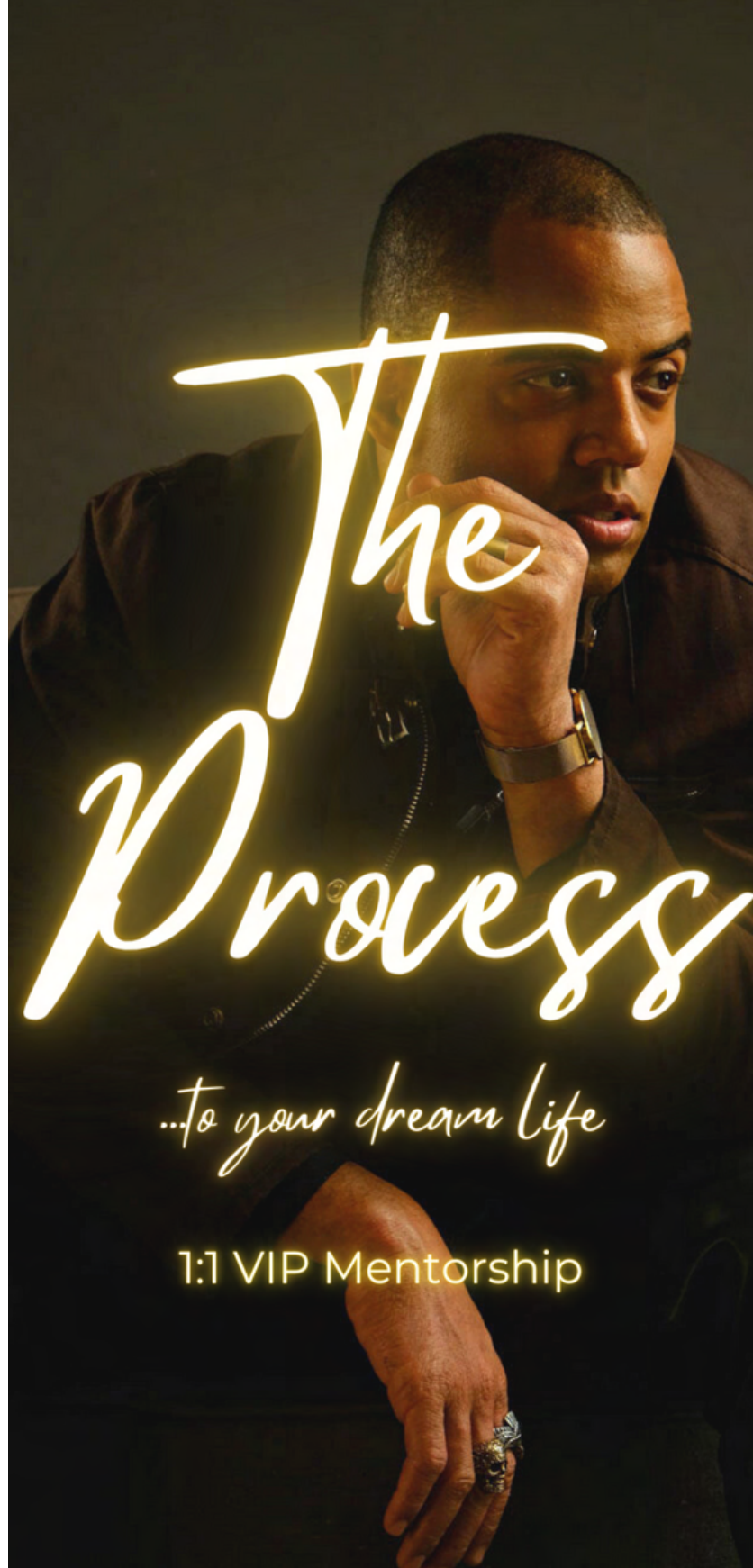


I'm so confident in the effectiveness of my coaching that I offer a satisfaction guarantee. If you're not completely satisfied with your experience after the first session, I'll refund your investment, no questions asked.

Visit my professional website at [www.peptalkwithpepz.com](http://www.peptalkwithpepz.com) to learn more about my coaching packages and testimonials from satisfied clients. Take the first step toward a life of abundance, joy, and fulfillment. Click the button below to schedule your complimentary consultation and let's embark on this transformative journey together.

# 1:1 MENTORSHIP

Introducing The Process, your ultimate step-by-step roadmap and exclusive VIP experience that will elevate every aspect of your life. Join Pepz as your trusted co-pilot on this personalized, strategic, and invigorating journey. Discover how this transformative course and dynamic group program can empower you to unleash your full potential. Explore the possibilities and learn more about The Process at [peptalkwithpepz.com/theprocess](http://peptalkwithpepz.com/theprocess).



I'M READY FOR MY PROCESS!





Get To  
Your  
Next  
Level

Group Intensive

## COACHING IN COMMUNITY

Elevate your journey with "Get To Your Next Level" program—a transformative experience crafted from my personal journey.

Over 3 weeks, unlock 7 success modules, exclusive goal-setting techniques, time mastery strategies, and a resilient mindset framework. Gain profound confidence to pursue your dreams, all while benefiting from real-world wisdom drawn from my own struggles and triumphs.

Join a community that goes beyond theory and welcomes you into a proven path of growth. Start this empowering journey and visit [www.gettoyournextlevel.com](http://www.gettoyournextlevel.com).

TAKE ME TO MY NEXT LEVEL

# TESTIMONIALS

These selected excerpts highlight the positive impact your coaching services have had on your clients' lives. They showcase the transformation, increased confidence, and tangible results they experienced through your guidance.



PEPZ'S TEACHINGS HAVE ALLOWED ME TO BECOME AWARE OF HOW RESPONSIBLE I AM FOR WHAT HAS AND WILL MANIFEST IN MY LIFE. SINCE WORKING WITH PEPZ, I HAVE INCREASED MY YEARLY INCOME BY AT LEAST 50% AND EARNED A POSITION AT A NEW COMPANY THAT ENHANCES MY GROWTH SUBSTANTIALLY MORE THAN MY LAST COMPANY. PEPZ IS A STUDENT OF THE SAME TEACHINGS AND SHARES HIS EXPERIENCES WITH ME AS A CLIENT. HE DOESN'T EXPECT ME TO BE PERFECT BUT TO BE PROGRESSIVE IN MY WORK.

ADRIAN FRANCO, ARCHITECT/DJ

---



SINCE TAKING BOOTCAMPS AND PRIVATE 1:1 PERSONAL DEVELOPMENT TRAINING WITH PEPZ, MY MINDSET IS MUCH MORE POSITIVE AND AT PEACE. THANKS TO PEPZ, I WAS ABLE TO GET OFF MY BUTT AND BE INTENTIONAL WITH GOALS. I CURRENTLY HAVE MORE CONFIDENCE NOW THAN BEFORE TO DO THINGS I WOULD HAVE NEVER DONE.

OLDALINA SANCHEZ, SPEECH LANGUAGE PATHOLOGIST

---



SINCE I STARTED TO WORK WITH PEPZ, I GAINED A NEW CONFIDENCE IN MYSELF. I LEARNED HOW TO BE ORGANIZED AND SET GOALS BIG AND SMALL, WHICH I HAVE ACCOMPLISHED FASTER THAN I USUALLY DO. I HAVE LEARNED HOW TO BE VULNERABLE AND GET RID OF MY EGO, WHICH LED ME TO ACCOMPLISH ANOTHER MAJOR GOAL OF MINE.

MARY MORETTI, DANCER/MODEL

---





SINCE I STARTED WORKING WITH PEPZ, I'VE NOTICED A TOTAL SHIFT IN MY MINDSET AND ATTITUDE. WITH PEPZ'S HELP, I WAS ABLE TO LAND MY DREAM JOB AFTER 1+ YEAR OF UNEMPLOYMENT. I'VE LEARNED THAT I AM CAPABLE OF ACCOMPLISHING ALL OF MY GOALS, NO MATTER HOW BIG THEY MIGHT BE.

OLIVIA AKERLEY, UI/UX DESIGNER

---



THE MENTORSHIP PROGRAM WITH PEPZ WAS ABSOLUTELY AMAZING...I WAS ABLE TO SECURE A \$30,000 (USD) COMMISSION.

MARK HUNTER, EXECUTIVE BUSINESS DIRECTOR

---



ANDRES "PEPZ" JAVIER IS A BRILLIANT CAREER COACH. BEFORE WORKING WITH PEPZ, I WAS COMPLETELY UNSKILLED IN THE AREA OF CREATING A RESUME AND COVER LETTER OR USING LINKEDIN. I WAS ALSO TERRIFIED OF INTERVIEWS AND NETWORKING. AFTER WORKING WITH ME FOR A COUPLE OF MONTHS, PEPZ HAS PREPARED ME TO INTERVIEW WITH CONFIDENCE, TO NETWORK LIKE A "PRO", AND TO CREATE AN ENGAGING RESUME AND COVER LETTER. HE MAKES SURE TO GIVE CONCRETE STEPS FOR YOU TO TAKE TO REACH YOUR GOALS. I AM ALREADY SEEING RESULTS OF MY WORK WITH HIM. AFTER HAVING WORKED WITH SEVERAL COACHES OVER THE YEARS, I TRULY CONSIDER PEPZ TO BE THE BEST IN THE BUSINESS!

ALICIA SAND, DATA ANALYST

---

# I'M READY FOR MY NEXT LEVEL

@2023 Pep Talk with Pepz, LLC.

The information and training contained in this workbook is via Pep Talk with Pepz, LLC and only for intended recipient, and may not be used, published or redistributed in any way.

Connect with me here.



To your next level,

*pepz*

