



IMHO Reviews Announces Video Exploring Five Mindvalley Lessons Put Into Daily Practice

October 09, 2026

AVENTURA, FL - October 09, 2026 -

IMHO Reviews has announced a new video examining how five Mindvalley courses have influenced the daily habits of its creator, Vitaliy Lano. The video follows his experience applying lessons about exercise, intention, productivity, money, and memory, with an emphasis on changes that fit into an ordinary working day.

The announcement focuses on a question central to Lano's experience with personal development: what remains after the initial excitement of a course wears off? In the video, he describes reading books, watching lessons, saving quotes, and highlighting ideas, then finding that much of the material had been forgotten two weeks later.

His selection covers 10x Fitness, The Art of Manifesting, Super Productivity, Money EQ, and Super Brain. The five courses provide the starting points for a personal account of how particular ideas became repeatable practices.

“They’re the five things I actually use,” Lano said in the video.

The first example concerns exercise. Lano describes how the time involved in a gym visit could make consistency difficult, particularly during busy periods. After exploring the short-workout approach discussed in 10x Fitness, he adapted the idea into sessions that he could more easily accommodate.

His own routine includes roughly 15 to 20 minutes of exercise, sometimes using bodyweight movements or a Tabata-style workout. The video presents that routine as his personal application of the lesson. The change he emphasizes is the lower barrier to getting started and the greater likelihood of following through.

“You don’t necessarily need more motivation. Sometimes you just need less friction,” Lano stated.

The second lesson comes from The Art of Manifesting. Lano describes a morning practice of clarifying what he wants to work toward, followed by a practical question about what action he can take that day. His account emphasizes intention, attention, and decisions. Visualization becomes useful to him when it connects a longer-term goal with something he can do immediately.

Super Productivity provides the third example. Lano reflects on days filled with messages, interruptions, and task switching that left him uncertain about what he had accomplished. His response includes putting his phone away, turning off notifications, and choosing one important task to finish. He also describes shortening the list of activities competing for his attention.

The fourth course, Ken Honda’s Money EQ, prompted Lano to examine his emotional reactions to receiving and spending money. In the video, he discusses appreciating what a purchase provides and noticing when financial decisions automatically trigger worry or guilt. He continues to value responsible money management, while describing a more deliberate approach to the feelings surrounding it.

The fifth lesson draws on Super Brain with Jim Kwik. Lano describes practicing names, using visualization to help recall information, and engaging more actively with new material. He also connects memory with everyday attention, including listening to someone without simultaneously checking a phone.

Across the five examples, the video returns to the difference between understanding an idea and incorporating it into daily behavior. Lano’s account centers on modest adjustments that can be repeated during a busy week. Each example explains what he chose to do with the material and why that practice remained useful to him.

The discussion is framed as personal experience. It offers viewers a way to consider how course content might connect with their own routines, without presenting Lano’s outcomes as results that every learner

should expect. His adaptations also distinguish the practices he adopted from a complete account of each course's curriculum.

?You just need to make a few better choices and then repeat them,? Lano added.

The new video continues IMHO Reviews' coverage of online learning and personal development through firsthand commentary. It gives viewers five concrete examples to consider when assessing the usefulness of a course: whether an idea is understandable, whether it can fit into daily life, and whether it leads to an action that continues after the lesson ends.

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