



## **Rich Life Poor Life You Choose**

By A Podosky

**Lewis Philips signature books**

[Email](#)

### **Recommended Resources**

- [Web Site Hosting Service](#)
- [Internet Marketing](#)
- [Affiliate Program](#)

Please Read This **First**

### *Terms of Use*

First published in Australia 2009, copyright 2009 by Anthony C Podosky LLB

This version of this electronic book is Copyright © 2011 eBookwholesaler.

All rights are reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means; electronic, mechanical, photocopying, recording, or otherwise, without written permission from the copyright holder(s).

You must not distribute any part of this ebook in any way at all. Members of eBookwholesaler are the sole distributors and must abide by all the terms at the [eBookwholesaler page for Terms of Use](#)

No-one may offer or distribute this book through eBay or any type of auction.

### *Disclaimer*

The advice contained in this material might not be suitable for everyone. The author obtained the information from sources believed to be reliable and from his own personal experience, but he neither implies nor intends any guarantee of accuracy.

The author, publisher and distributors never give legal, accounting, medical or any other professional advice. The reader must always get those services from competent professionals that review their particular circumstances.

The author, publisher and distributors particularly disclaim any liability, loss, or risk taken by individuals who directly or indirectly act on the information in here. All readers must accept full responsibility for their use of this material.

All pictures used in this book are for illustration only. The people in the pictures are not connected with the book, author or publisher. No link or endorsement between any of them and the content is implied, nor should any be assumed. All pictures are just licensed for this book and must not be used for anything else without the rights holder's prior written permission.

All images © 2011 Jupiterimages Corporation, a Getty Images company.

## Contents

<b>Please Read This First.....</b>	<b>2</b>
<i>Terms of Use .....</i>	<i>2</i>
<i>Disclaimer.....</i>	<i>2</i>
<b>Contents .....</b>	<b>3</b>
<b>About the Author .....</b>	<b>6</b>
<b>Author’s Preface .....</b>	<b>7</b>
<b>Dream, Believe, Do - Protect.....</b>	<b>10</b>
<b>What This Book Gives You .....</b>	<b>18</b>
<b>Be Grateful.....</b>	<b>23</b>
<i>Exercise in Being Grateful.....</i>	<i>24</i>
<i>Summary of Key Points .....</i>	<i>26</i>
<b>Your Desire.....</b>	<b>27</b>
How Do You Find Your Purpose? .....	30
Your Thoughts are Important.....	31
<i>Temporary Setback = Your Advantage .....</i>	<i>33</i>
How to Develop a Positive Attitude .....	35
Visualization.....	37
<i>Exercise .....</i>	<i>38</i>
<i>How Creating Works! .....</i>	<i>39</i>
<i>Summary of Key Points .....</i>	<i>41</i>
<b>Faith.....</b>	<b>43</b>
<i>Please meet Faith .....</i>	<i>44</i>
<i>How do you develop Faith?.....</i>	<i>45</i>
<i>How Many Ways Can We Learn? .....</i>	<i>46</i>
Developing More Self-Confidence.....	47
<i>An Equation.....</i>	<i>47</i>
<i>Summary of Key Points .....</i>	<i>49</i>
<b>Universal Laws Exist .....</b>	<b>51</b>
<i>Practice This Exercise.....</i>	<i>53</i>

<i>Your Important Daily Exercise</i> .....	58
<i>Deliberate Creating</i> .....	60
<i>Summary of Key Points</i> .....	61
<b>Decision</b> .....	<b>63</b>
<i>Affirmation</i> .....	64
<i>The Story of Honda</i> .....	65
<i>Summary of Key Points</i> .....	67
<b>Your Definite Purpose</b> .....	<b>68</b>
How to Acquire Your Purpose .....	69
<i>Exercise</i> .....	69
When you get what you want in your struggle for self.....	72
<i>Summary of Key Points</i> .....	77
<b>Habits and Persistence</b> .....	<b>79</b>
Habit of Going the Extra Mile.....	82
<i>Summary of Key Points</i> .....	84
<b>Knowledge Applied</b> .....	<b>85</b>
Power of the Mentor Group.....	85
Secret of Money Magnetism.....	87
<i>Summary of Key Points</i> .....	89
<b>Love</b> .....	<b>90</b>
Exercise in Unconditional Love.....	92
<i>Summary of Key Points</i> .....	92
<b>Protection</b> .....	<b>94</b>
<i>Protect Yourself from What?</i> .....	94
Understanding Fear .....	95
<i>Exercise in Understanding Yourself Better</i> .....	96
<i>How Do You Eliminate Fear?</i> .....	98
You Can Detach from Negative Influences.....	99
<i>Symptoms of Fear</i> .....	100
<i>Exercise on Attitude and Discipline 100/100</i> .....	102
<i>Summary of Key Points</i> .....	103
<b>Conclusion</b> .....	<b>104</b>

*Adopt these Positive Habits:* ..... 109

**Recommended Further Reading**..... 111

## About the Author

Anthony Podosky first worked in the hotel industry as a functions manager. He had a very easy-going lifestyle with plenty of sport and fun!

Then, he chose to be more purposeful and commenced his law degree at the Queensland University of Technology.

After completion of the degree in 1992, he opened his own practice as a solicitor, specializing in sports law at a time when this area of law was in its infancy. He was on the board for the Australian and New Zealand Sports Law Association. His clients included leading Australian athletes.

About ten 10 years ago, Anthony realized that we are not teaching some essential success principles at school.

Anthony created this book after more than 10 years researching, summarizing and writing about the world's best success principles, so he could deliver them to the students of the world.

His clients can create a better life, and can supercharge themselves in the way that they feel; helping them to achieve goals they may have once thought unachievable.

Anthony's long road led to the creation of this book.

Anthony is a popular speaker with a rare ability to deliver complex material in an easily understood manner and has presented the material in this book to many audiences. He is young at heart and has now achieved a major goal; to provide a book filled with the most dependable, proven success principles in the world, which give practical encouragement to students of all ages as they seek the best path to achieve their own dreams.

The foundation of his coaching programs is teaching the world's best success principles, and how anyone can use them to help solve some of their problems and have a lot of fun too!

Anthony Podosky is a father to two wonderful boys.

### Author's Preface

To achieve whatever you choose to get what you want...

You have to think about it a lot.

You have to have a lot of reasons why you want it. You have to focus your feelings upon it a lot.

You have to believe you shall have it.

You have to do a lot.

You have to protect your mind from negative thoughts and negative influences a lot.

If you fall short, not getting what you want you have stopped doing one of these things - a lot.

### *Anthony C Podosky LLB*

Life is a game. Games have rules. The game of life you and I are playing has intangible universal laws (or forces) that apply to everyone. These laws affect us like rules in a game. Some rules are clearly more purposeful than others.

If you don't know all the rules, the game can become very frustrating and is not fun to play - let alone easy to win. If you play a game in sport, like golf or a team game like soccer and you or your team always loses, the continued run of losses tends to have a negative impact upon you and your team-mates. It will not be enjoyable to all.

We love to play a game and we love the satisfaction of a win. Life is meant to be a fun game. Let's use the great game of soccer as an example.

Imagine that you were new to town. You had never played soccer before, and you were asked to be the goal-keeper in the local town's soccer team. Let's assume that your team-mates forgot to ask if you had played soccer before and whether you knew the rules of the game. Imagine you were very keen to play with your new friends, and you forgot to ask about the basic rules of soccer and goal-keeping.

As the game starts, you notice that nobody touches the ball with their hands. Players use every other part of their body to advance the ball but not their hands. As the ball comes towards you as goal-keeper, you just follow what all your team-mates have been doing and run towards the ball to kick it. The ball is kicked past you, and the opposition scores a goal.

All your new team-mates immediately get angry, demanding why you didn't use your hands to stop the ball. You cry out equally frustrated, "Nobody told me I could use my hands to stop the ball - that would have made things a whole lot easier." Score is 1-0!

When I was a child playing with other children, before we started to play any game, the "backyard rules" of the game were agreed upon so everyone knew them - everyone knew how the game was going to be played. Score 1-1!

The game of life is similar. It helps enormously to understand the basic rules of the game so you can have fun.

Isn't that the whole point of the game? To get better at the game by working to learn and improve your techniques, so you can enjoy the game more!

This is the whole point of this book!

I am not going to give you every rule or law in the game of life because you don't need them. What you do need to know, and to apply, are the most dependable and fundamental laws of the game, so you can get what you want more easily - so you can have more FUN!

In this book you have been given the most dependable model of success principles in the world. Your game of life will slowly become a whole lot easier and more fun for you, if you can grasp and apply these success principles to your daily life.

Rich life or a Poor life - you do get to choose which one you want! It is your choice! Your life will become easier as you become aware of, and you diligently apply, this model of wonderful success principles.

I can assure you that as you adopt these positive habits, the model of success



principles will make your life a whole lot easier and so much more fun!

You can define a Rich Life anyway you choose. I define a Rich Life as everything you want it to be. I define a Poor Life as everything you don't want it to be.

Choose a Rich life, it is much more fun!

This book is a signpost for you to choose a Rich Life or a Poor Life. The teacher arrives when the student is ready. Are you ready?

I cannot understand why this information is not taught and examined in schools. Why is that? If you know, please let me know at

[www.richlifepoorlifeyouchoose.com](http://www.richlifepoorlifeyouchoose.com)

### Dream, Believe, Do - Protect

"They are able who think they are able." *Virgil, 70-19 BC, Roman poet.*

It is simple. Find a quiet place and block out all the noise, especially all the chatter in your head. Be still, and think your highest thought about what you like, listen to your feelings, decide to focus on that, work very hard, be persistent, and believe in yourself. (Oh, and don't listen to negative people's opinions).

Do you think it would be easier to row a canoe upstream or downstream? This is not a trick question. It is a no-brainer. Of course, it is easier to row downstream because you are using the natural energy flow of the river. Rowing upstream will exhaust you. It is too hard. Choosing to row downstream and go with the natural flow of the river, and choosing to go with your feelings about what you want, are similar. In both circumstances, you will struggle less.

It is helpful to identify *why* you choose what you do. This is most significant. It is this process of self-observation that will help you transform your inner self. It is like watching a movie with you as the lead actor. You must observe and understand your own motives before you can fully understand others.

If life is supposed to be easy, why do many people struggle? It is my desire to introduce you to dependable principles that will guide you to struggle less, and row downstream more often than you do now. The first thing that you can do is nothing. Stop, sit down, relax and be quiet. Learn to be still, and do not think of anything. It is here you can find something that you like. Why don't we do that more often? Why do we regularly think about things, and do things that we do not like?

Goals and plans are great, but it is the transformation of the inner you that you will focus upon in this book. It is an inward state of mind you must achieve, before what you do or say can be really effective. The habit of being sensitive to your true feelings allows you to be more confident in your choices. By getting in touch with your true feelings, you will gain extraordinary clarity and focus to help you discover and achieve your

purpose in life. You can detach from constantly being distracted, and laboring under the standards and negative feelings or opinions of others.

This whole process is like renovating a house. When you choose to renovate a house, you remove the old unwanted materials like sanding back the old paintwork in preparation for the new redecoration. The main structure of the house stays and endures the renovation work. On completion, it sparkles like new! I am not going to renovate your house but I will introduce you to this process which is like a renovation of the inner you.

The process can tear away any old bad habits that make you struggle, and replace them with new positive habits that can help you get what you desire. The aim is for you to choose to row downstream more. Visualize yourself rowing downstream. It is so much easier!

This book will give you the world's most dependable, proven system of success principles in plain, clear English. These principles have been proven to work over many decades, and these principles are continually used by successful men and women all over the planet.

Many young people will finish their schooling this year. Every one of them will be seeking a message of practical encouragement that gives them answers to questions like, "What do I do now?" They will seek even more answers to questions like, "Where do I get started?" and "Where do I turn next?"

This book will complement your schooling. The contents will empower you. It offers you fantastic practical knowledge, the right skills to achieve anything, and a clear road map for you to use throughout your life.

This book states, briefly and clearly, the most dependable, proven success principles available in the world, and how to use them effectively in an orderly manner.

You are told what to do at each step.

The information in this book will guide you and, more importantly, help you to choose and achieve whatever you desire. These dependable success principles

are my gift to you - real practical education for the 21st century.

If you choose to experience a rich life instead of a poor life, these principles are fundamental to any plan, and will allow you to achieve and enjoy your rich life more easily. The principles are easy to put into practice in your daily life. It is simply your choice to do just that.

In today's world, we are bombarded with more information than ever before in the history of the world - most of it useless and not asked for by you. We receive this information through television and radio, the Internet, formal and informal education, newspapers and advertising, to name a few. The success principles that you will learn about in this book, will offer you shelter from the rubbish that envelopes us like dark clouds daily.

Many articles and books have been written on all these success principles over the last 100 years. Those books and articles have enriched those readers' lives exponentially (and mine too!).

The point of difference of Rich Life Poor Life You Choose is that it is a brief, orderly presentation of the world's most fundamental and dependable success principles, written in clear understandable language, that you can use right now to achieve whatever you want to experience.

It is time to stop and re-evaluate what we are learning. It would be helpful that these wonderful success principles are revised, collected together in an orderly manner and presented to the students of the world. This book targets all readers who seek a better path, and especially students completing their formal school education who are not sure how to start to build a path, let alone know where to go or what to do next.

It is my desire that all school students be made aware that a model of proven, dependable success principles exists that they can use immediately. I call this model "Year13." Go to [www.richlifepoorlifeyouchoose.com](http://www.richlifepoorlifeyouchoose.com) to learn more.

For a long time I have felt the need to review and state these principles, briefly and clearly, for use by students. My dominating thought has been to ask, "Why aren't these success principles being taught in schools?" The answer

lies somewhere between competing interests of material already taught, and a complete lack of knowing and belief in the educators that there exists one set of proven, dependable success principles. Well they exist, and here they are for you. So let's go and renovate your current range of habits, so you can row your canoe downstream, using the world's most dependable success principles.

### **Now Let Us Begin!**

Let me be clear from the start. Becoming successful at whatever you choose it to be, or becoming wealthy, is *learned* behavior. I desire to give one of my own sons Tim who has just finished his school education an easily understood, clear model of proven, dependable success principles that he can always rely upon as he commences his own journey in life. The fact is we are all students learning and wanting a clearer path to our purpose. This book is for young and old students alike.

These success principles are offered to you in a time of great confusion in the world. Record numbers of people are complaining about working so hard, not having enough time with loved ones and not getting what they really want.

They are very confused about why they continue to get more of what they specifically don't want, even though they try so hard. This results in a lot of stress and tension in people which appears to be escalating. The "old methods", which may have worked previously, clearly aren't working any more.

On a positive note though, I feel there is an underlying shift occurring in humanity generally, and individuals are seeking greater awareness and more practical knowledge. This book is my contribution to advance this shift.

Often we feel the need to improve ourselves first, believing that only after we become more worthy will we be able to achieve our dreams.

This is a limiting belief that is clouded in self-doubt. You can learn to put aside this self-doubt. You can start this process where you stand.

No specific education is required to use these principles. There is no age or

gender that does better than the rest. Anyone can start to adopt these principles by adopting new habits at anytime they choose.

If everyone knew these simple principles and diligently applied them to their daily lives as new habits, the confusion and stress would slowly disappear in time.

We live in a fast moving world today. I call it the instant coffee society! Just add water! There is a saying "don't give me the pain - just give me the baby." Well, there is some pain in learning and using these principles, but you will experience far more pain by not using them. These wonderful, easily understood success principles are fun to use as you draw them into your expanding habit range.

Understand now that you can only think and act within your current habit range.

Could you increase your habit range by adopting new positive habits? Of course you can!

I assure you, your life will be a whole lot easier for learning and correctly incorporating these principles and habits into your daily life.

If you do not use them, the cost is most likely failure! It really is as simple as that! This is one of the reasons why there is so much stress and confusion in the world.

You may already be aware of some of these principles and you may be using some now with success.

The aim of the book is to ensure that you know all of the principles, that you adopt new positive habits, and that you apply them all of the time in your daily life as part of your routine, like showering and cleaning your teeth.

I have divided these principles into 4 main parts:

- 1. Dream**
- 2. Believe**
- 3. Do** and
- 4. Protect**

I have simplified what are sometimes complex issues into easily understood language and set them out in an orderly manner.

These four sections are the parts of the puzzle of how to achieve and be successful more easily in anything you choose to do.

You need to apply all these parts together, and to have them working diligently for you at the same time, in order to experience your chosen outcome as quickly as possible.

If you leave out even one principle, you may find your chosen experience or goal becomes elusive. You may discover yourself continually falling short of your goal. The result will be stress and confusion. You become frustrated at not achieving your aims. You will learn that this is just life's lesson reminding you that you have left something out and that you need to go back and revisit the principles to ensure that all parts of the puzzle are being applied by you, as best as you can.

To all school graduates I say, "Patience young grasshopper - you are now learning that you are an extremely powerful being, both in mind and in spirit".

The only difference between human beings and the rest of the animal world is our ability to choose.

We can think and choose to go with our instinct or go against it. Animals don't go against instinct. We humans have that one extra gift, free will.

As you will learn in this book, it is our feelings that are our most reliable guide.

You choose what you are wanting to experience. You must learn right now that the action taken by you after you have chosen what you want to experience,

needs to be action done in joy. If it is not action in joy (like a job we don't like) then it is very difficult to achieve what we want. The most likely result is you will not have what you have chosen to have. You will learn more detail about joyful action in **Part 3 Doing**.

Surprisingly, I have discovered that nearly all our learned values and beliefs are programmed into our minds by about the age of six. For me, that's a bit scary. I mention this fact to make you aware that the people and the environment that you were closest to in those years will have had a profound impact on how you think about things - your beliefs and values, the way you choose to experience your life and the actions you take, joyful or non-joyful.

This is why it is so important to know that you have in your hands a book to guide you through the challenges that await you in the 21st Century.

I am not saying that the people and environment you experienced when you were young was negative or did not equip you well for life.

The purpose of this book is to give you in the simplest form, the most dependable success principles in the world to help you achieve what you want - to give you a clearer roadmap.

I wish someone had done exactly that for me when I left school. "Here son - if you want to get anything done well in life and achieve your goals, become rich and successful while living in happy, contented and harmonious relationships all your life - just apply these proven success principles".

Boy, that would have been more than a little helpful – that would have been fantastic!

I would have thought back then, "Sounds easy to me".

Well, it is both easy and difficult. But, I can assure you that it is a lot easier using these principles than not using them.

The cost in pain of learning and adopting these wonderful principles is much smaller, and is far less than the cost in pain of not using them.

The catch to using the principles well is to pay in advance. Your payment will be



in your time and energy. Time and energy are very important resources.

We all have 24 hours per day. How differently do successful people choose to spend their 24 hours to the way you might choose to spend your 24 hours per day? The answer is repeated many times over in this book.

You don't have to take my word for it, just test these success principles and apply them to the simplest of your tasks.

Read them to your family and friends - get some feedback.

The specialized knowledge, research and experiences that make up this book have been done for you. This latest and most easily understood data on dependable success principles has been collected for presentation to you.

My tip is to use the data as it has been written for you.

Always try and keep it simple.

We are human beings, not human doings. Many people today are running around like "chooks with their heads chopped off", becoming more frustrated.

Learn to just be. Learn to just relax and be quiet, and think. Practice this daily and learn to dream, with the intent of finding and doing what you like most. While you dream, be grateful for your life. Believe me, you chose to be here, exactly where you stand today.

Get your pen and paper ready because you are going to do some work. Yes, this is how you really learn, by physically doing it.

"The secret of making something work in our lives is first of all the deep desire to make it work, then the faith and belief that it can work, then to hold that clear definite vision in your consciousness and see it working step by step without one thought of doubt or disbelief". *Eileen Caddy, 1917 - 2006, Co-founder of The Findhorn Foundation Scotland.*

### What This Book Gives You

**Part 1, Dream.** This sets out the best starting point for the achievement of all your dreams and plans.



In this part, you will learn that whenever you feel lost, maybe not knowing what the next thing you should do, these principles offer you the best place to gather your thoughts and to start to focus on what you want.

You will discover that the best starting point is to start from a position of

gratefulness.

You will have to learn to be still and to say to yourself that you are truly grateful for your life right now!

You will learn that thoughts are real things. You are here to create the world around you as you wish it to be and to allow others to do the same. You must practice disciplining your thoughts.

You will learn to focus your thoughts. The human mind processes over 60,000 thoughts per day. However, with practice and self-discipline, one can learn to focus one's thoughts with positive emotion on what one desires to experience, and not be easily distracted. This is learned behavior and one that many successful people do as part of their daily lives.

There is nothing to stop you from using your mind to choose anything you desire. You, and only you, have 100% control over your thoughts. No-one on this planet can tell you how to think. No one can take this gift away from you unless you allow them to.

"Go confidently in the direction of your dreams! Live the life you have imagined". *Henry David Thoreau, 1817-1862, American writer.*

The process is simple; if you think and do something that makes you feel good, you are on purpose. If you feel bad, you are not on purpose. There is

no right or wrong, but there is appropriate and inappropriate behavior.

Start to become more sensitive to and disciplined about the way you think and the way you feel, and develop faith in your "gut feelings".

It is my belief that you have non-physical guides helping you via your "gut feelings". Some refer to them as guardian angels, always guiding you and communicating with you by the way that you feel.

Whatever you believe, your "gut feelings" do exist and are a great guidance system - a fantastic asset that guides you with both positive and negative emotions.

The positive emotions or feelings you have are based in love.

The negative emotions or feelings you have are based in fear.

Scientists tell us today that the universe is expanding. This is true.

Everything is expanding, including your knowledge. I believe that this is why we are here. We are growth seeking. We want to choose and experience what we want.

The freedom to choose and live our purpose gives us the inner contentment we crave to satisfy. This is one reason why human beings do not like to be oppressed.

"All big men are dreamers."

"They see things in the soft haze of a spring day or in the red fire of a long winter's evening. Some of us let great dreams die, but others nourish and protect them, nurse them through bad days till they bring them to the sunshine and light which comes always to those who sincerely hope that their dreams will come true". *Woodrow Wilson, 1856-1924, President of the United States of America.*

**Part 2, Believe.** This sets out how we can know that all is well in the world, and the world is expanding and growing. We are growing and expanding in our own learning as each person chooses their own experience.

It cannot be any other way. It is a universal law. There are other universal

laws, but I have selected the two most powerful that you will be introduced to. These laws are absolute and they apply to everyone and everything at all times - forever.



An example of a universal law is the law of gravity - you throw a tennis ball in the air and, eventually, it comes back down. When the Apollo astronauts were on the moon, one astronaut hit a golf ball to demonstrate the reduced effect of gravity - the golf ball was hit much further than it would have been on earth. Maybe he and the NASA administration staff just liked golf. Eventually, the golf ball came back down.

You can't see gravity but you accept that the law exists - you don't question it. The law of gravity is everywhere, forever.

The most powerful universal laws that you will be introduced to are the Law of Attraction and the Law of Deliberate Creation. There are other universal laws, but these two fundamental and most powerful laws are the ones that you must understand first.

The dependable success principles discussed in this book work in harmony with these laws.

As gravity is everywhere, even though you can't see it, so too is electricity. Once controlled, electricity offers you pleasure in your daily life - powering the lights in your house and running your television and other home appliances.

You believe that once you turn on the switch, the lights will come on. You accept this idea and just go about your normal life.

Universal laws work for you in exactly the same way. You just have to be aware of them and learn how to use them in your daily life (just like the electricity switch), and your life will be a whole lot easier.

You have to understand that these intangible forces exist.

These universal laws are like magnets - invisible forces working continuously.

In Part 2, I emphasize faith, my favorite part of the puzzle. Faith plays a huge part in this game of life. Faith wants to be by your side always, urging you to continue on your chosen path to your destiny. Faith is that tiny voice you hear saying, "You can do this! It really is easy."

You will learn that it is easy and it is possible, because you have thought it and you believe it. You will learn that thoughts are real things - everything begins with a thought.

Faith will help you build a great foundation for your chosen purpose. Faith will never leave you unless you choose to have no faith anymore. That would be sad, will likely make you feel bad, and you would be moving away from your purpose.

That cannot be good, as feelings of frustration will start to pound on your door! Don't answer the door - refuse to let them in!

**Part 3, Doing.** In that section, you will be introduced to the real physical action. There are the habits that you will need to adopt to ensure you achieve the dream you developed from your reading of Part 1 **Dream.**

You are here to create and experience the world around you as you choose it to be and to allow others the freedom to do the same.

Your thoughts, your dreaming of what you desire to experience, are the starting point for you to create the life you want.

The importance of being grateful for everything in your life at this moment, both good and bad, is paramount.

Being grateful for your life right now is a vital ingredient from the start because it lays a strong foundation and speeds up the process of your own positive creating.

In this part you will learn how to adopt a positive attitude. You will commence to learn that the key to having everything you desire is for you to have a positive attitude.

You can develop a positive mental attitude as you focus on developing a

strong, self-disciplined mind.

You will be introduced to proven, successful methods for you to discover your purpose.

You are going to be asked, "What are you passionate about in your life?"

Come on, let's go find out. This is your life's challenge - to find your passion and do it!

### Be Grateful

I am grateful for everything in my life – good and bad.

This is always your starting point before you think about choosing to do something.

It is very important to understand the concept of being grateful for what you have now. You commence this whole process of personal achievement for your own success, by coming from a position of gratefulness. If you can become truly grateful for all the things in your life now, you will speed up the processes that follow in this book. Adopt the habit of being grateful - say you are grateful daily.

Our good and bad experiences teach us. These experiences are the consequences of the choices we made. This is one of the ways that we learn, and you must be grateful for the opportunity to learn in this manner.

Understand that being grateful in advance for what you are going to achieve also speeds up the whole process for you. You can practice being grateful in advance now for what you are going to learn in this book and what you are going to achieve as you go about your life using these wonderful success principles.

Having the habit of gratitude will enhance your chances of success, and gratefulness in advance will propel you forward to achieve your chosen goals much faster. The universe will recognize immediately that you are a serious player in this game of life: you are committed to finding your chosen purpose and that is when providence walks by your side - intangible universal forces begin to magically clear the many obstacles in your path while offering you new opportunities.

You are a powerful being. As you understand more, you can be grateful for this. You can be grateful now for your physical body. You can write your own affirmation for gratefulness easily. Do this now!

### **Simple affirmations are:**

- I am very grateful for everything life has given me.
- I am grateful for knowing that I am guided by my feelings.

It is important to understand how affirmations work effectively for you.

Affirmations do not work if they are statements of what you want.

Affirmations work very well when your statements are clearly about what you already know to be true.

An affirmation's power will help you when you believe the statement 100%.

There is no room here for any self-doubt.

You see, being grateful is the first step in growing a positive attitude.

Here is an exercise to shock your body and mind into becoming more grateful.

### **Exercise in Being Grateful**

Stop whining: Stop complaining about anything, everything and anyone in your life for 7 days. If you can do this, you will be a much more pleasant and positive person to be around, and people will begin to be drawn to how positive you have become.

Make sure you do this exercise while saying your affirmation out loud and to yourself in your mind. You will begin to change your own blueprint on how you think and act - change may come slowly at first, but there will be change. You will begin to change the way you react to things that come into your life. You will change the way you are programmed based on your current values in your current belief system. You are feeding your mind with positive reasons for change and you will feel good.

This exercise can change the way you think, which changes the way you feel - more positive and less negative. The exercise will lead to more positive thoughts and more positive actions and, therefore, more positive results for you.

Gratefulness = stop complaining = be quiet = be still = focus your thinking



to be more positive = change by focusing your mind to be more positive = better positive attitude = changes your feelings = feeling more positive = change your actions = more positive results. You are on the path to your purpose. You have started the race. The starting gun has been fired - by you. You just chose to fire it.

Gratitude unlocks the fullness in our life. It turns what we have, into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow. *Melody Beattie, American author.*

Understand that a Rich Life or a Poor Life is a choice. I have seen both and I think a poor life is harder and less fun than a rich life.

I notice that when I feel or think in a negative way, it makes me feel bad. Immediately, my instant correction affirmation is to say "delete, delete, delete" (3 or 4 times, or as many as necessary) until the negative thought is gone! Like you would delete something you have typed into your computer. Delete it enough and it's gone. If I have a negative feeling, I simply focus on a feeling that makes me feel good. This works for me - it rings my bell. Find yours or simply use mine. It's free.

In fact everything in life is free. You will learn this in time. Money is energy. When you focus your energy towards money, something really happens. There is plenty of money in the world - enough for everyone to fulfil every choice and purpose. Given time, you will understand this principle too!

How difficult is it to take a deep breath, crack a smile, and think about something you like? It is easy, and you know that it is. Adopt the habit of smiling and breathing deeply everyday.

If you find yourself dwelling upon the negative things in your life that make you feel bad, grab this opportunity now to "flip the egg sunny side up". You have nothing to lose, have you? Instead, try dwelling on the positive things in your life. You can do this by focusing your thoughts on the positive things you have now.

Spend 10 minutes writing out your list of things that make you feel good. For example: your eyesight and your ability to read this book. You may feel a little uncomfortable trying something different. Give it a go. It won't bite you! You will start to feel good and that is a very beautiful thing.

Some men see things as they are and say "Why?" I dream things that never were and say "Why not?" *George Bernard Shaw, 1856-1950, Irish dramatist and writer.*

### ***Summary of Key Points***

Start the race with a new habit of always being grateful for what you have.

Know that being grateful in advance propels you to your chosen experience faster.

Think and say positive affirmations of gratefulness each day.

Smile and breathe deeply every day.

### Your Desire

Everything you see is created from thoughts.

Every thought you have has the potential to create anything you desire. You have more than 60,000 thoughts per day. That is a lot of creating potential. Your mind is like a huge super-computer. Every manmade thing you see around you has been created from a thought.



Thoughts and desires are inherently intertwined. From my perspective they are fixed together. You cannot have desire without thoughts. It is this desire that you need to seek out within you. Your desire must be very strong! It is the thought that starts your own journey to what you want to achieve personally. When you receive a "hunch", that creative idea that flashes into your mind like a bolt of lightning, write it down immediately and accompany the thought with feelings of gratefulness. This is when the fun of real creation begins in earnest.

Let me tell you now that, through your thoughts, you can create and have anything that you want. If you think you cannot then you are right, and you will not create what you want. It is that simple. Thoughts are real things - always have been, always will be.

Your journey to your purpose starts with one thought. A thought mixed with gratefulness and intense positive emotion, your intense positive feelings towards your great new idea, will see the creation of its physical equivalent - and bringing the idea into reality will happen much faster indeed. The thought is building a real strong desire.

Your thoughts may begin as just hope or a wish. A hope or wish on its own will have little effect in propelling you toward your desired result. But when you start to mix positive emotion, as intense positive feelings, with thought, something wonderful begins to happen. You will feel it in the pit of your stomach. It is then that you will know that you are on the right road to

achieving your purpose. You are *building an intense burning desire* within you. The burning desire will need to be as hot as a furnace - damn hot. So hot, that others will think that you are obsessed with your new idea. They will think that you are as single minded, perhaps, as Henry Ford and look where that got him!

The best explanation of the level of desire to get to is explained in *Think and Grow Rich* by Napoleon Hill.

"A long while ago, a great warrior faced a situation which made it necessary for him to make a decision which insured his success on the battlefield. He was about to send his armies against a powerful foe, whose men outnumbered his own. He loaded his soldiers into boats, sailed to the enemy's country, unloaded soldiers and equipment, and then gave the order to burn the ships that had carried them. Addressing his men before the first battle, he said, "You see the boats going up in smoke. That means we cannot leave these shores alive unless we win! We now have no choice - we win - or we perish! They won". *Sourced from Think and Grow Rich by Napoleon Hill.*

You must learn that you too have to "burn your own ship". You have to eliminate all negative thought, negative feelings and any negative people and negative influences. You can start to do this today by creating the desire to build new positive habits. This will help to build a state of mind that you will discover is essential to succeed: having a positive attitude towards everything you experience.

**Say this affirmation:**

- "I choose new, positive habits. I eliminate all negative things from my life."

Repeat this over and over.

We mistakenly think that what we believe about our own limitations is the proper measure of our limitations. If this is true for you, this is merely the thinking that is within your current habit range. Generally, you only think and act within your current habit range. With consistent effort, by choosing to think outside your current habit range regularly, your habit range will

expand. You have to be keen and enthusiastic about adopting new positive habits, especially the habits listed in the back of this book.

I encourage you to maintain an open mind. I encourage you to be ready to absorb new information. The only things that make this whole process seem complex or difficult to achieve, are the learned values and beliefs that you already have inside you. Some are negative values and beliefs, some are positive.

Let's take a simple example. You may think a thought that you desire a new car. First be grateful that you have the physical body, health and ability to drive the new car that you want. Secondly, with positive feelings, you think what it would be like to drive around in this brand new car. Why don't you go and sit in one and test drive it. New cars smell great, don't they? This is the right process to use to achieve your desire to have a new car.

But look what often happens. Suddenly, your old engrained learned beliefs from when you were young jump out and build obstacles like, "I can't afford that," - "I will never have enough money," or friends or family may say, "Who do you think you are, Rockefeller? You'll never have that new car. Just be happy with the old thing that you've got - you're doing alright with that one!"

So the creating is stalled immediately. You are confusing the request you made to the universe. You are also confusing the physical you. This approach won't get you your new car. All that it will get you is frustration and feelings of failure.

This example is to show you how easily we can confuse the process of creating. Be careful of *your susceptibility to negative influences*. These negative influences can destroy your dreams before you even get started. I call negative people "the dream stealers". They are everywhere and they are negative. Dream stealers play for the opposition - they should never be allowed to play on your team. Don't talk to dream stealers about your dreams and goals - in fact, better not to talk to them at all!

It will be the same scenario each time, until you can unlearn some or all of the limiting beliefs that you have inside you. You may need to do

considerable work in order to achieve a smoother path. I remind you that you have to pay for these dependable success principles in advance. Part of your payment is your time and effort to unlearn your limiting beliefs, like listening to other's opinions and being distracted by their standards of what is right. This is an inward battle you can win.

One way to help immediately is by affirmation. Saying affirmations daily, with strong positive feelings, will set you on your chosen path and help keep you there. Remain patient and persistent. Saying positive affirmations daily, out loud and to yourself, sends positive thoughts to your super-computer mind, building it up for further positive creating. This is physically easy to do and it takes little effort.

Repeating affirmations that state your new chosen belief clearly and positively will "trick your mind" into new possibilities. Anything is possible - the only thing that gets in the way of this process is your belief that something is not possible.

Understand that in this instance, you (and only you) are the obstacle. Don't start blaming your mind, or your education, or your environment, or your family (or the pet dog!) You're the problem, or rather the beliefs that you have allowed into your mind, but your supercomputer has the power to fix it. I strongly encourage you to use all the principles in this book at the same time, all of the time, in order to achieve your chosen goal as quickly as possible. By the time you finish this book, you will know all the principles, and you will understand the importance of adopting these success principles as your NEW HABITS.

I like this positive affirmation:

I have a multi-millionaire mindset and money comes to me easily.

### **How Do You Find Your Purpose?**

*Passion Leads to Purpose.* Remember that your passion leads to your purpose. Your passion is what you like doing the most of all - it is something that you are very enthusiastic about doing.

What do you like to do? What do you enjoy thinking about doing?

Your first thought in response to these questions may only be a wish. If it is something that you like, and want to experience in your life, you are going to need to build it up into a burning desire. You can do this simply by thinking about your wish over and over. Let your wish settle into your mind. Relax and be pleased with yourself, knowing with 100% certainty that you have started the wonderful process of attracting something that you desire into a real physical experience just for you. You think and do this simply because you want to.

I would like to reiterate that you are the only one who has 100% control over your thoughts, and your thoughts are the only thing that you have 100% control over. Be pleased with yourself that you have started creating this new experience that only you want. It is easy. All wealthy and successful people use exactly this process. It is their starting point, and now it is also your starting point.

Think with gratefulness. Think with the most intense positive feelings that you can muster. You will get better at this as you practice and practice. You can build even more positive feelings by writing down lots and lots of reasons why achieving your goals makes you feel good - this creates a physical affirmation of your purpose. Go and do this exercise now! Keep doing this and you will soon be well on the way to becoming a master creator. You can build positive feelings by writing down lots and lots of reasons why these feelings are behind your goals. This is how you physically affirm your purpose. Write down all the reasons why you feel good when you do "what you like to do". Go and do this exercise now!

### **Your Thoughts are Important**

**Your thoughts are what count the most.** Most of your daily activities are commenced by your *unconscious thinking* within your current habit range. These dependable success principles will help you become more aware, more conscious of your thinking and what that means for you. If you can understand and practice and *be self-disciplined with your thoughts*, then there

is no need for the remainder of this book. This statement is that significant. Go to your highest thought of what you desire to experience as this thought will always be filled with joy. Focus your thoughts at specific times of each day, every day. Don't wander about aimlessly, allowing your thoughts to jump all over the place, and beware of things that can distract your thoughts.

You see, we come into this world with only the power of thought. Everything, every experience that has ever been created around you and in this world, commenced as a thought - a powerful thought at that. Inventions, cars, boats and planes, were all created by someone before you using exactly the same process.

Alexander Graham Bell, Thomas Edison and Henry Ford invented some of the items that you use daily. They invented the telephone, the electric light bulb and mass produced Ford cars respectively. These men knew and used the power of thought, mixed with intense positive feelings and emotion consistently, to create a burning desire that kept them focused until all obstacles were removed and they achieved their chosen experience - bringing their inventions into physical reality.

Your mind is your workshop of creating. Those three great inventors brought tools to the workshop of their own minds and you can too! A great tool to use with your mind workshop is simply a pen and notebook. When you have a thought that flashes into your mind that you feel positive about and you think, "Hey, that's a great idea I just thought," immediately write it down. Often these thoughts flash into your mind when you are relaxed, or even asleep, so keep a note pad close to your bed. These techniques and habits are those that successful people use now, helping to build a burning desire to propel them onto the path of achieving their chosen experience.

Understand and remember this - an impulse of thought can be turned into its physical equivalent by these known principles. Also, habits like "going the extra mile" and "persistence" are essential additions to these known principles. Without them you will be much more likely to meet failure, although failure only stares you in the face if you first think negatively.



You can choose to view apparent failure as a temporary setback. Temporary setbacks will help to re-align you and move you onto a better path to achieve your destiny, to achieve your chosen purpose. A temporary setback is just a lesson telling you that you have moved off course. When you meet a temporary setback - ask yourself "What can I learn from this?"

"We haven't failed. We now know a thousand things that won't work, so we're that much closer to finding what will". *Thomas Edison, 1847-1931, American inventor.*

The great inventors knew failure was only a temporary element of the process of success. Thomas Edison failed many thousands of times before he got the light bulb to work so that you and I can enjoy the pleasures of this great invention. Thanks Mr. Edison!

He knew that failure is just temporary. Failure only becomes permanent when you choose to quit!

You can choose failure to be temporary. Failure is a temporary setback you can use to your advantage. It follows that to be successful; you have to have lots of setbacks!

### ***Temporary Setback = Your Advantage***

All of my research clearly indicates that every adversity, failure or setback that we experience, brings with it the seed of an equivalent advantage. This has also been my personal experience. Since learning this, I often catch myself with a wry smile when I encounter a temporary setback.

The larger the setback, the larger my smile gets.

Sometimes I have even laughed because I know that an equal advantage is close by. I then say to myself, "What can I learn from this setback. Where is the advantage?" The more you accept this characteristic of failure, and practice searching for the advantage, the more quickly you will find this fantastic benefit. The advantage will be there - it always is. Part of the game is for you to find the advantage.

The key to recognizing the advantage, or opportunity, is to stop our natural

reaction of panic when things go wrong. Sometimes, you can be more effective if you can relax and go with the flow. Often when you stop, and breathe deeply, you allow the solution to be seen with greater clarity. In other words, wait for the dust to settle.

Going with the flow does not necessarily mean to go along with the crowd. Rather, it means to accept reality. It does not mean you give up, but it means it is time to sit out the current crisis, and wait for change to happen. The animal kingdom knows this process well. Towards the end of each dry season, animals wait out the crisis of lack of water as the wet season inevitably follows. One thing is certain in life, and that is the sun will rise in the east tomorrow.

An enjoyable characteristic of this whole creative journey is that as you get closer to your goal you find that there are fewer and fewer obstacles in front of you. The reason for this is that, by being persistent, you demonstrate your commitment to your goal - the more you demonstrate your commitment, the less this needs to be tested by temporary setbacks.

When you adopt the habit of persistence, "temporary setback" becomes unwilling to play against this formidable character in you. When you accept failure as a temporary setback, you will begin to see it as one of your little helpers, keeping you on track to your destiny. This applies no matter what you choose to do. It is the way things work!

Here is the key to a rich life.

You are already in possession of the key to a rich life. You were born with it. Many refer to the idea of "awakening the giant" within you, implying that you already have it within you. I agree - the most important number 1 key to a achieving a rich life, and to the unlocking the gate to your own success, **is the power to focus your thoughts, the power of your own self-disciplined mind.**

To be self-disciplined with your mind means to focus your thoughts with your feelings on what you desire to create and experience for yourself. Furthermore, it means not to be distracted by negative thoughts, negative feelings or negative people. .

You can take full possession of this key through enriching, growing and developing your own supercomputer of a mind. Take 100% control of it. One way that you can do this is by adopting and using all the positive habits listed in the back of this book. No one can take your self-disciplined mind away from you. Don't fritter it away. Develop it diligently, and then protect it from negative influences like dream stealers.

See the chapter on protection at the end of this book. This chapter will help you build a shield around your mind to minimize any susceptibility to negative influences.

### **How to Develop a Positive Attitude**

Self-discipline and your ability to focus your thoughts will assist you to further develop your positive attitude. Attitude, to me, is defined as the manner in which you think and act. More importantly, attitude is the way that you choose to respond to any thought or event or circumstance that you encounter in your life. Respond positively - shut the door, better still slam the door, on all negative thoughts, negative events and negative people in your life. You do this by consciously choosing to do it!



Be grateful for everything that life has given you. The things that make you feel good and bad for they both play a part guiding you in your life's journey. You develop a positive attitude by adopting all the habits that are listed in the back of this book.

A person with a positive attitude will use it at every obstacle. Every setback or adversity will be seen as an opportunity to find the hidden advantage. This is why a positive attitude heads the list of things that you need to develop to attract your chosen experience more quickly. It is why you must go inward on this journey of self-discovery. Learn how to detach from feelings of self-doubt and failure.

"No pessimist ever discovered the secrets of the stars, or sailed to an

uncharted land, or opened a new heaven to the horizon of the spirit." *Helen Keller, 1880-1968, American writer and scholar.*

So, it is all very simple. There are intangible forces at work all around you. These forces are here to be of great assistance to you. There is complete order in the universe around you. By learning these success principles and knowing how to apply them, you will discover that for every positive action that you initiate, there will always be an orderly positive reaction. It is universal law and there is no other way that it can be.

A positive thinker does not refuse to recognize the negative; he refuses to dwell on it.

"Positive thinking is a form of thought which habitually looks for the best results from the worst conditions". *Norman Vincent Peale, 1898-1993 American writer and Minister.*

Have you noticed that people like to be around positive people? This is simply because it makes them feel good. If you think negative - you will get negative. Do not expect it to be any other way. Just do not dwell upon negative thoughts and circumstances. Just turn your thoughts: turn your focus upon the positive things in your life. Make this re-focusing a new habit.

So, don't complain, don't blame anyone and don't whine about it if you are negative. It is a universal law that you are destined to experience negative results because as far as the universe is concerned that is what you are telling the universe to deliver - negative results. Your negative thinking, supported by negative actions, can only bring you negative results. You see, this is all quite like mathematics:  $1+1 = 2$ .

If you think positively and act positively with joy, then the result cannot be other than positive for you. Let me emphasize here and now - it will ALWAYS be this way, so accept it. It is just the same as understanding the force of gravity: you throw the ball up and it comes down - every time! Apply this knowledge to your advantage. This is the way it has been designed for you. You now know if you become frustrated - it is only temporary as you know that you can choose to focus upon your positive emotions. Ask "What am I meant

to learn here" "Where is the advantage" "Which direction shall I adjust my ship's rudder?"

Start where you stand now. You know you can start now because you know you have the most important tool to work with - the power to focus your own thoughts. Using the power of your thoughts through a self disciplined mind is always the starting line in the race of life. Choose a rich life. It is just a choice: it is as simple as that.

Here are some great daily affirmations that you can choose to start saying today.

### **Daily Affirmations**

I choose to experience a rich life

I choose to act only with joy

I choose to experience prosperity and abundance

I know the universe is expanding and my positive thoughts are expanding

I go out into this wonderful world and collect data to help me experience a rich life

I experience all of my desires

Life is good, I love life

I have a habit of focusing my thoughts by aligning my feelings with my intentions, and taking full possession of my own mind – this is my key to achieving my purpose

### **Visualization**



You can further develop a positive attitude by a technique called visualization. Olympic athletes use the visualization technique very well. They relax and visualize, seeing themselves receiving the gold medal. Their clear vision is to see themselves winning. They do this by recalling, in great detail, the positive feelings

they have felt in the past whenever they have been successful. They bring those positive feelings to the surface and focus upon them a lot! They transfer those feelings to the future event, and see themselves winning. They meditate on how they will feel when they win the gold medal. It is a practice that inspires them, and it is a practice that you can use to inspire yourself to achieve your chosen experience.

Exercise in creating who you want to become:

A picture book is a fun exercise to help build a positive attitude. This exercise clarifies your goals. It can help you visualize what you are choosing to create.

Grab an exercise book and find pictures of the things that you want. A picture of the type of house you want or the car you desire. Holidays, winning races, a pet animal or whatever you want to come into your life. As you collect the pictures stick them into the book and look at it regularly while saying your positive affirmations!

It can become a contagious exercise as you build the life that you want. It makes you more alert to opportunities. It is a simple but effective exercise. Make it a habit to look at it regularly.

Here is another helpful exercise that puts visualization into physical action.

### ***Exercise***

Let us buy that new car. You may desire to own a new car. Go to where they sell the new car of your choice. Sit in one and feel the new textures of the seating. Smell the new car. They always seem to smell good when they are new. Take the new car for a test drive. Visualize yourself giving over payment, driving it out of the sales yard and waving good-bye to the salesperson.

Remember to do the exercise with gratefulness in advance.

When you persistently focus your positive thoughts of owning a new car, the thought will become dominant. This dominating powerful thought, combined with your intense positive feelings and your *joyful physical action* will help you achieve your desired result more quickly. It is a universal law. Expect to

receive it and be grateful for the 100% knowing that you are going to receive the new car.

Do not doubt this, for if you start to doubt this process you will have started to think negative thoughts that you do not deserve it or that you are not good enough to own it! Eliminate these thoughts immediately and protect your positive mindset. If you do not, the results will disappoint you - you will not get the new car quickly or you may not get it at all.

If thoughts are real, what really happens? Where do thoughts go? Here is a simplified version. Your thoughts are energy. Your thought energy will gravitate to where it is attracted. This happens naturally, seemingly without effort, like magnets sticking together. The energy is picked up, similar to a radio signal, by other like energy. Like magnets, your thought energy simply attracts other like thought energy. It can be no other way. Remember like attracts like. Birds of a feather flock together. The Law of Attraction states: "That which is liken to itself is drawn".

I will have fries with that, thanks!

### ***How Creating Works!***

Your thoughts are like ordering something. It is similar to a scenario where you order lunch from a waiter in a restaurant. Your thoughts are energy that makes very small particles vibrate. A dominant thought, with intense positive feelings, will see the particles vibrate faster. You cannot see these small particles but they have been scientifically proven to be there. Einstein's great insight was to realize that energy and matter are different forms of the same thing. Basically, energy can be turned into matter and matter back into energy.

A thought creates a vibration and the vibration sees particles start moving more. This movement of particles creates a vacuum in their former position. As mentioned previously, the universe is made up of these particles and it is always in balance.

The universe abhors a vacuum, and will act immediately to fill the vacuum.



The only way it fills the vacuum is by filling the order - your thought - with an equal vibration. The thought energy is attracting all the time like a powerful magnet. Batteries are not required here, only the power of your thought!

You can speed up this thought and vibration process by focusing with intense positive feelings. The process

intensifies until presto, a new car! Well yes, you do actually have to do something, and a massive amount of physical activity may be required. It is here you execute your clear plans to achieve your goal. With practice, you will get better at the whole process, reducing the amount of physical effort and time.

Positive creating works this way. It is done by aligning your thoughts and your feelings with your physical action done in joy.

Understand that your work or any physical action that you do, must be action done in joy. You must feel grateful and believe 100% that you are going to get what you want. There is no room for self-doubt here. You are not to be distracted by any negative influences.

The process is as consistent as the tides, in and out, in and out - like when you throw a tennis ball in the air, gravity will always pull it back to the ground. Remember, if you change the thought, you will change the order. If you doubt your order can be fulfilled, your doubt will change your order. You will confuse the waiter. Just ask for the fries to be hot! Nothing worse than cold fries, so be clear when you order. Be clear with your thoughts.

If you have doubt or indecision or you give an unclear order, your order will not be delivered as you desire, and it will be placed at the bottom of the queue. It is like the waiter saying to you "You do not know what you really want." The waiter wants to deliver it to you but you must be clear and tell the waiter what you are wanting, without doubt. Otherwise, our waiter friend will be



confused, and you will get nothing or maybe a bomb of a car instead of the new one, or cold fries!

Writing down clear and precise goals is the best way. There is no confusion about what you want. Rewrite your clear statement until each word is exactly what you want. Do not include a word that is not required. Take control of your thoughts, be clear about what you want, and write it down clearly.

Be careful how you think about yourself. Love yourself first before you love another. Be careful what you say as it tells the world who you are. Learn to love yourself and you will be loved by others more easily.

### ***Summary of Key Points***

Everything is created from a thought.

Your journey starts with a thought. Thoughts are real things.

Your mind is your workshop. Passion leads to purpose.

Failure is only a temporary setback. It gets you back on course. Temporary setback has a hidden advantage.

Key to a rich life = your self disciplined mind and your power to focus your thoughts and by aligning your thoughts and feelings with your physical action done in joy.

Understand and adopt the habit of a positive attitude.

Visualization can bring you closer to your goal; use the picture book exercise to help create who you desire to become your thoughts emit vibrations that are received and acted upon instantly.

Change the thought, and you change the result.

Love yourself first.

## **Part 2 Believe**

You will be introduced to the most powerful forces in the universe. This may sound like something straight out of "Star Trek" or "Star Wars" but these forces are real, even though you can not see or touch them.

These forces are called faith, the Law of Attraction, and the Law of Deliberate Creation. These forces are your non-physical helpers that you will learn to develop and use daily. You will learn how to draw upon your positive feelings regularly to propel you forward to achieve what you want.

So let's go now and find out how and why these forces exist and why they are designed to help you achieve your definite purpose in life.

## Faith

Believe in yourself and others will believe in you.

If you don't believe in yourself, who will? How can you expect others to believe in you, if you don't?

"Always be a first-rate version of yourself instead of second-rate version of somebody else" *Judy Garland, 1922 -1969, actor.*

Believe in yourself. I can assure you that you have all the strength and power to go out into this world and to experience whatever you want. The easiest way to unleash that power is to adopt the success principles in this book as your new habits. Read and learn the list of habits at the back of the book. After 30 days of consciously practicing the habits you should notice some surprising results. Start now to adopt these habits into your life.

How do you believe? What are beliefs? You believe by feeling certain about something. A belief is formed from an idea which is given support by having lots of reasons to believe. Having lots of reasons helps you feel more certain about something.

A common statement is "Dogs are a man's best friend". To believe that statement, you need to feel certain that dogs are very friendly. You need lots of reasons that make you feel dogs are friendly. The more reasons you have, the more certain you feel, and it eventually becomes a belief. From one belief, another belief may grow: for example, you may become an animal lover.

However, if you have been chased or bitten by a dog then you may not believe dogs are friendly, and you may think I have chosen a poor example!

The belief or strong feelings that you have about something will affect the way you think, act or react to something.

Using the above example, I think dogs are a man's best friend. Why is this statement a belief for me? The reasons are simple. Dogs are always happy to see me. Dogs wag their tails incessantly as a display of affection towards me. Dogs always want to play with me. Therefore I feel certain that I love dogs. I

get this warm and fuzzy, good feeling when I see dogs. It is these reasons that help me support the idea that dogs are man's best friend. So you can see from this example I have reasons, or reference points, that support this belief.

You choose to assemble the belief from an idea. You collect reasons to support the idea which becomes a belief. Beliefs can be assembled or disassembled at your choice. You just need reasons.

The beliefs you assemble will determine your thoughts and actions. They will determine how you think or respond to a certain topic. You now understand that your purpose, your chosen experience begins with a thought. When mixed with intense positive feelings, you can believe in yourself and your journey has started. You are clearing the path to your purpose whatever you choose it to be.

You are about to meet a very powerful intangible partner. This partner will stand by your side through thick and thin, and through pain and adversity. Your new partner will hold your hand with unconditional love as you stride joyfully toward your chosen purpose, and then it will be. It is a universal law.

### ***Please meet Faith***

The power of faith is unlimited. Faith loves you and you will adore faith. Faith will move into your life and supercharge your mind. Faith is a state of mind.

Embrace faith, and rejoice in the fact that this intangible power has arrived to help you. Faith will propel you forward even faster than you can imagine; talk to faith. Faith will always listen to your positive thoughts. Faith does not like negative influences. Faith can leave you if you allow any negative influences to overwhelm you. Faith launches you forward to believe in yourself. It raises your self-esteem while magically connecting your aims, desires and your purpose - helping you transform them into the physical or financial equivalent.

Allow me again to emphasize this important point. Faith expresses its powers only through a mind that has been prepared for its arrival. You prepare your

mind by adopting the positive habits and having a positive attitude. Faith wants to play the game with a positive mind. As you develop your own positive attitude, invariably, faith will seek you out. Faith will knock on your door, and it will want you to come out to play the game (as you have chosen). Faith is a lot of fun and loves a good time. You will enjoy this partnership.

Faith will never leave you unless you choose to tell faith, consciously or sub-consciously, to leave.

Faith will not play your game if you embrace self-doubt, the arch enemy of Faith. Faith cannot stand the sight or sound of self-doubt. Faith will leave you if you think negative thoughts, and then you will feel bad. Always "delete, delete, delete" negative thoughts.

Faith reaches its fullest power when you take physical action in joy towards the attainment of your chosen definite purpose. Faith can struggle to help you if your actions are not joyful, for example if you hate your job. Faith does not like it because you don't like it.

### ***How do you develop Faith?***

You can develop faith in yourself by starting to say your daily affirmations.

#### **Daily Affirmations**

- I believe I can do it. I have faith in my ability to complete any task I desire.
- I believe in myself. I choose whatever I want. I focus my thoughts by aligning my feelings with my intentions.

You begin to believe and trust yourself that you can physically complete the tasks that you choose to do. There is no right or wrong way to do things but there is appropriate and inappropriate action. Start by completing small tasks. Do the tasks as best as you can. Be pleased with yourself and reward yourself.

Faith loves to play and work with you when you are clearing the way and taking action because you are preparing the playing field. As you learn to play with faith, faith will help you. Faith is really a state of your mind. You

develop the correct state of mind by adopting the new positive habits listed in the back of this book.

**Faith will help you to have faith in yourself when:**

- 1) You have a positive attitude free of all negative thought and negative influences.
- 2) You know the truth that every failure is only a temporary setback, carrying an opportunity for you to adjust your ship's rudder and set yourself in a better direction.
- 3) You know that a temporary setback is only failure if you choose to quit.
- 4) You have chosen your definite purpose, and have started to act upon it from where you stand.
- 5) You embrace the habit of persistence in everything you do.

You are starting to understand the Universal Laws of Expansion, Attraction and Deliberate Creating.

You have self respect, and you love you.

By taking the above action, you can build up your self-confidence. Learn to use these new positive habits in your daily life.

***How Many Ways Can We Learn?***

It is my understanding human beings only learn two ways. The first way, I call the "burn your hand on the hot plate method". If a child accidentally places their hand on a hot plate, the child will instantly learn never to do that again. That sounds simple and is fairly clear.

The second way we learn is by doing things over and over, until we have learned it. Like the way we learn to ride a bike or surf a wave. As a student at school, I was continually told to revise and revise my study, until I knew it well. The teachers were correct. Eventually, I passed my law degree.

So to develop faith, you can repeat positive affirmations daily. They will be absorbed by your subconscious mind. This is an important method of

voluntary development of faith.

### **Developing More Self-Confidence**

"You can further develop faith by building your self-confidence. This is done by your physical action completing tasks, especially tasks that are in harmony with your chosen purpose. You can start by doing small things well like mowing the lawn. Do a great job, and feel good about your completed task."  
*Barack Obama - President of the United States of America.*

You can develop faith by repeating affirmations like "I believe I can". A thought which is repeated over and over is finally accepted and learned by you, eventually showing itself in your behavior, your speech and your actions. Barack Obama displayed great faith in his speech after winning the presidential election by repeating, "Yes, we can!"

This is a positive affirmation in having faith in your own ability. Barack Obama knows that having faith in yourself and others is a fundamental success principle. It is undeniable.

We have learned that thoughts mixed with intense positive feelings, and combined with faith in our joyful actions; begin to translate into their physical equivalent. Add love to this statement and the power of the message becomes greatly intensified. There is a chapter on why love can make you more powerful later in this book.

I hope you are starting to get all of this. These are known, dependable, proven principles which, when gratefully applied by you, are undeniably the most powerful tool that you can use to propel yourself forward. To propel you to experience whatever you want. To get what you want as quickly as possible.

### ***An Equation***

Thought + focus with intense positive feelings + actions done in joy = get what you want.

I rarely discuss money, but you may be saying, "What am I reading all this hocus pocus stuff for, if I am not going to become filthy rich?"



Just hold on to your hat, I am getting to that point. These dependable success principles have nothing to do with money itself, because money on its own is inert, but understand this next statement: money can flow to you in rivers more easily if you understand and use these known, dependable principles. If money is what you want, then start to apply all the principles in this book!

If you believe you will have a rich life, you are right. If you believe you are doomed to have a poor life, you are right. It is a choice.

Understand here and now that you create your own misfortunes and you create your own success by whatever you think, believe and physically do.

Will bread and water do for you? If I told you that all you could have to eat and drink for seven days was fresh bread and clean water, you may not be too happy.

You may think that would be unfortunate. However, if I said the same to a young starving child from Africa, they may think that would be wonderful.

It is simply your belief. Your reasons for believing are different to those of a starving child and your reasons are what help to build your beliefs.

Look for reasons to keep faith in yourself.

Remember that the universe is expanding, and you are here to choose whatever you desire to experience.

*You are to remember and remind yourself who you really are and to choose who you want to become.*

These principles are the most dependable in the world to help you experience your choice faster and more easily. When you use all of the principles together, you will struggle less, and you will row downstream more!

Perfection comes through practice. Perfect practice can give you perfect results. Mediocre practice will give you mediocre results, at best. Being mediocre gives little added value to you or to the world.



Using visualization, seeing yourself experiencing your chosen purpose and receiving its material rewards, is a very practical exercise that will help to reinforce faith in yourself.

Remember the Olympic athletes use this technique extensively. They are always looking for that performance which is just a fraction better than their elite competitors.

You too can grow faith in your performance.

After you choose a goal, try not to "stress out" by trying to achieve it as soon as possible. Allow faith to help you to detach yourself from the end result. Detachment, or non-attachment, is a part of the whole process.

Non-attachment is the part where you know 100% that all the resources you need will be delivered to you in perfect time. Non-attachment is the absolute knowing and expectation that you will experience your chosen desire. This technique takes considerable practice, but I am sure that you already do this with very simple tasks like switching on the electric light! You always have faith that the light will switch on and usually you are not attached to the outcome of flipping the switch.

You are able to detach yourself from the end result when you trust that everything that needs to be done is being done. Your 100% expectation is of utmost importance - the 100% belief that you will get your desire. Be patient, keep using this process. Stay positive but do not force things. Remember, that if you encounter a setback, it just means you are going the wrong way. You need to adjust your ship's rudder and take a new direction. Don't get upset. Keep going forward. The obstacles will disappear in time.

"It isn't until you come to a spiritual understanding of which you are - not necessarily a religious feeling, but deep down, the spirit within - that you can begin to take control". *Oprah Winfrey,*

*1954 born, American television personality.*

### ***Summary of Key Points***

Faith is your intangible partner who believes in you.

Faith is a state of mind. Faith raises your self-esteem and self-confidence.

Obama knows the importance of faith in yourself; "Yes, we can!"

Allow faith to stand by your side. Faith believes in you.

Faith loves to play the game of life 24/7. Faith is fun. Faith is full of energy and faith energizes you.

Faith loves to play with you when you have a positive attitude.

You can develop faith by affirmations, "I believe I can do it."

Thought + faith + intense positive feelings + action done in joy = your achievement. You get what you want.

Detach from the result of your joyful work, knowing that all resources will be delivered to you. This is different from focusing upon your work.

Everything will be delivered to you when you need it.

### Universal Laws Exist

The Universe is always in balance.



Powerful intangible forces exist that apply to you each day, whether you know about them or not. Keep an open mind if you have not heard about these forces that are commonly referred to as universal laws. These laws act like gravity and electricity mentioned earlier. They play an integral part in the creation and development of everything you can see around you. Universal laws exist because you exist.

These laws are working all the time. They were working before you were born and will be working after you are gone. These laws do not care whether you believe in their existence or not. These laws will still apply to you daily. Universal laws continually work together to deliver what you ask for. As soon as you think of something you want to experience, a process has been commenced. The process is referred to as manifestation.

Nature creates and transforms matter using energy. It occurs naturally, seemingly without effort. This great organizing energy occurs without judgment. It delivers whatever you focus upon. What you think mostly about. The more dominating thoughts you have for your purpose, and the more you focus with intense positive feeling on achieving your purpose, the more you increase your thought vibrations and the faster the universe will assist you.

Obviously, in this physical world we have to physically do things and this is our work. Our work is what we choose to do, and doing the work is how we learn.

The work is the physical action we must undertake in order to bring about the experience that we have chosen.

You know that your thoughts are energy based. Positive thoughts vibrate faster than negative thoughts. I will briefly explain a very complex area as

simply as I can.

Remember, Einstein's great insight was to realize that matter and energy are different forms of the same thing. Basically, matter can be turned into energy and energy back into matter. Everything we know, even you and I, is made of particles vibrating at different frequencies. The frequency of vibration determines the density of the object, so determining how we see or experience it.

If you could put your hand under the world's most powerful microscope, you may see these particles. You would also see that there is space between these particles. Yes, there is space - the particles need plenty of room to vibrate! This vibration, and energy that is transmitted back and forth as a result of this vibration, is the foundation of everything working together. From this understanding, I have learned that the more positively you think and act, the higher the vibration. The more negatively you think and act, the lower the vibration. The higher the vibration the more powerful you become in getting things done your way! This is a very beautiful thing!

The higher your vibration, the more power you have to attract the things and the people that you want in your life.

Remember the universe is always in balance. Your thought creates a vibration which creates a small vacuum of space. The universe abhors a vacuum. It will automatically seek to fill the vacuum equally. All this hocus pocus means that you will get exactly what you most think about: you get what you ask for. Focus on positive things and you become more positive. Focus on negative things and you become more negative.

After a positive thought, stay alert to the possibilities. With practice you will begin to notice coincidences occurring that are in line with what you want. These opportunities will present themselves to you. There will be a time lag, but helpful opportunities will definitely occur. Always be able to act on them as they present themselves to you. Trust the process. If you don't act, the opportunity will just pass you by.

May I have some more fries, please!

Let us revisit the food ordering scenario. Your thoughts are like food orders to servants in the sky. These servants sit up there processing billions of orders. They must, because there are billions of people! They get your order via your thought and they offer you an opportunity as soon as possible. Allow some time for the order to be filled. The larger more complex the order, the more time the servants are going to require to fill your order before delivering that helpful opportunity to you. If you do not act on the opportunity, the servants will just put your opportunity down to the bottom of the "dumb dumb" tray of lost opportunities.

You also have to be forceful in the way you order. You have to be enthusiastic. You do this by focusing your feelings upon what you want. Don't be so arrogant to think that you are the only person in the world thinking a thought. You are not the only one placing thousands of orders each day. Remember that each person thinks about 60,000 thoughts per day, and there are an expanding number of people on this planet in the 21st century. So you better be screaming at the top of your lungs. It would be wise to get very passionate about what you are wanting because otherwise your order may not be heard. Yes, you will get your order placed. However, the opportunity may get misplaced, or the servants up there might just get a little bit too busy for your quiet plea for help and assistance, and they may consider your thought to be just a wish or a hope.

Get some enthusiasm and become very passionate about what you want! Understand that big ideas take time to manifest. The universe has to do considerable work to bring together all the pieces of the puzzle that will become your idea. Be patient, be persistent, focus with positive feelings and gratefulness, and act with complete joy: knowing 100% and believing and expecting 100% that you will achieve your chosen purpose. If you practice this process, you will get very good at it. It really is just like mathematics; as simple as  $1+2=3$ .

### ***Practice This Exercise***

This is a very good practical method of practicing manifestation.

I use it regularly to find great car parks. When I need a car park, I consciously think very positively and order a car park 10 or 15 minutes before I arrive.

I always get one. I am continually astounded on how successful I am at car parking. Now I just know that a very good car park will be there for me whenever I arrive. Now I rarely have to think consciously about it because I believe one is there for me. Try it and expect 100% that a car park will be there for you. Don't think negative. Manifestation is practical and a lot of fun! Remember to be clear and give notice of what you are asking. This is where the fun starts. This is where all the complexities of creation of life become simple.

Be patient, and let your understanding of these laws sink into your subconscious. The funny part is that you already know these laws well. It is that you have not been focusing upon them in your life. You have been too busy doing all those important things, like lying on the couch watching the re-runs of The Simpsons with the television remote control in your hand.

**1. Law of Attraction** is the most powerful of all Universal Laws.

It states "That which is liken to itself is drawn". Simplified, you can say "like attracts like" or you may know the common saying "birds of a feather flock together". This is the Law of Attraction.

See yourself as a powerful magnet that uses thought as the magnetic force to attract the resources, and the people that you want. In short, you get what you think about whether you want it or not. You get what you think about whether you like it or not. *You get what you focus upon whether you like it not!*

The universe delivers equally - it is law - it is absolute. Whatever your thoughts focus upon, whether you want it or whether you do not want it, you will begin to attract it. You begin to draw it closer for you to experience. It is the magnetic power of thought. Like energy attracts other like energy. It can be no other way!

If you are feeling poor, you cannot attract rich. If you feel unattractive, you cannot attract beauty.

For every action there is an equal and opposite reaction. Every choice has a reward or consequence. You are here to create the world around you as you choose it to be, and to allow others to do the same. You start to create by thought, the desire of wanting to experience new things you choose.

Why do I get things that I do not want?

Be careful, as you can attract by default. I feel this is one of the reasons causing a lot of the stress, tension and confusion in the world today. You attract by default by thinking too much about the things that you do not want. Understand that if you think about something, you start the process immediately. This process begins to attract like energy, like thoughts and like people.

Often, thoughts of things you really do not want are given your unconscious support by your intense negative feelings of not wanting to experience them. Examples are thoughts of suffering from illness or poverty. These thoughts are followed by intense feelings of sadness. The process can spiral you downwards even to experience symptoms of illness and poverty. You start to look for reasons, or reference points, that support those negative thoughts like "I don't feel that well," and "I really don't have that much money at all"!

Be careful, as this is a trap. The best answer is, simply not to think thoughts of things you do not want!

Practice thinking and focusing upon what you do want. This is why it is important to develop a self-disciplined mind. You get what you focus on. Please re-read this paragraph over until you understand it clearly.

Don't think or say things that you don't want to experience. They have a habit of not disappointing you. Murphy's Law is "If you think something could possibly go wrong, invariably it does go wrong".

Again, the lesson here is simple:

- Be careful what you think about
- Be careful what dominating thoughts you have
- Be careful what you focus upon
- Be careful not to think negative thoughts. Focusing negatively or having bad feelings about what you do not want will attract more of it.

If you focus on negative experiences more than positive experiences, you will become negative. You will get negative experiences in "truck loads" if you focus intensely with strong negative feelings on what you do not like. So, don't do it! Focus on the new habit of building a positive attitude. Simply change your focus, and you change your feelings. The better it gets, the better it gets, and the worse it gets, the worse it gets!

The answer is simple. Delete the negative thoughts. Use your new habit of focusing only upon positive thoughts with positive feelings about what you want to experience.

You will be able to do this more efficiently as you undertake perfect practice. Just a tip here, don't hang around negative people! It saves you a lot of your valuable daily 24 hours, and saves you a lot of energy. Don't give negative people your time or your energy. They drain your positive energy.

This is why I emphasized having a self-disciplined mind and a positive attitude early in the book. It is fantastic to know that you have non-physical guides (or angels) guiding you, and communicating with you through your feelings. You can easily feel your emotions. It is a fantastic guidance system. Have you heard the common saying "Let your emotions be your guide"?

Our emotions or feelings are a very wise guide. Be guided by your gut-feeling. It keeps you on the best path to your purpose.

Here is a great example of an affirmation using the Law of Attraction. You can construct your own affirmation using your own thoughts and feelings.



**Daily Affirmation:** I experience joy, abundance and perfect health. I know I have it.

My measure of success is the amount of positive feelings I have. Lots of daily positive emotions equal lots of success each day. It makes me feel great.

There are only two deep emotions - love and fear. One feels good and one feels bad. Guess which one is which? Correct, go to the top of the class! Love feels good and fear feels bad. *All your choices are driven by either love or fear.*

Thoughts that have no or little emotion are not that powerful. Thoughts that combine emotion are powerful attracting magnets, so pay attention to the way you feel.

If you feel good, you are on track and in accordance with your intentions. If you feel bad you are not on your path, and you are not creating the positive experience you want.

**2. Law of Deliberate Creating** is a delicately balanced law, and it is in two parts.

It is launched more powerfully with emotion.

The two parts are *thought* (for example I want a new car) and the *100% expectation or belief* that you will have it. Sourced from Amazing Power of Deliberate Creating by Esther and Jerry Hicks.

To practice using this law, try the exercise below. The exercise will help you apply all the laws and success principles simultaneously. Monitoring all your thoughts is just too difficult. There are too many thoughts. This is why it is easier just to focus on your feelings as it is a much easier way to get what you want or what you choose to experience. There is no list of what is right or wrong but there is what is appropriate and what is inappropriate for you. Be sensitive to how you feel. Your feelings are the most common form of communication with your inner self. In short, this is the best way.

If you are going to choose any regular exercise from this book, I strongly

recommend you choose this exercise which will show you how you can start to create what you desire.

### *Your Important Daily Exercise*

Go to your 'workshop', which is any place where you cannot be distracted, so you can do this exercise anywhere. The important point is for you to be relaxed. It is not a meditative state, but a place where you feel happy - an uplifted lighthearted feeling like when you pat a dog or listen to your favorite song or when you just stare out at the ocean.

When you have attained this feeling, you are now in your 'workshop'. Spend about 15 minutes per day in this state. Relax and be still. Block out all thoughts until you have no chatter or thoughts in your mind. In this presence of stillness, you can ask, and concentrate on what you want to experience. This practical exercise helps you to think and focus more clearly on what you want. Focus on your feelings and they will guide you. Be ready for those solutions or "hunches" that pop into your mind. Let your feelings be your guide. Practice this often and you will get very good at this helpful process.

Use this exercise below after your workshop. Don't just use this process when things are tough. Do it regularly, and remember to say you are grateful for the things in your life right now.

**Exercise:** On a piece of paper write what you want and all the reasons why you want it. On the back of the paper write all the reasons why you believe you will have it.

As you go about your daily life, stay alert for opportunities and new experiences that fall in line with your intentions from your workshop. Go through what is good and what is bad as you work out what information you need to achieve the experience that you desire! You will get very efficient at this with practice. You can do this exercise anywhere and anytime. You are using your own self-disciplined mind and you should be proud of yourself. This is a good feeling and you will be on purpose. The good feeling you experience stems from your love for yourself.

You may already know this. If you choose to act without joy (like doing a job you do not like), you will feel bad.

You need to change your inner feelings about your job and to focus on the positive aspects. You can use the habit of going the extra mile at your place of work. Your fellow workers will start to change their feelings about you as you become more positive and more pleasant to work with.

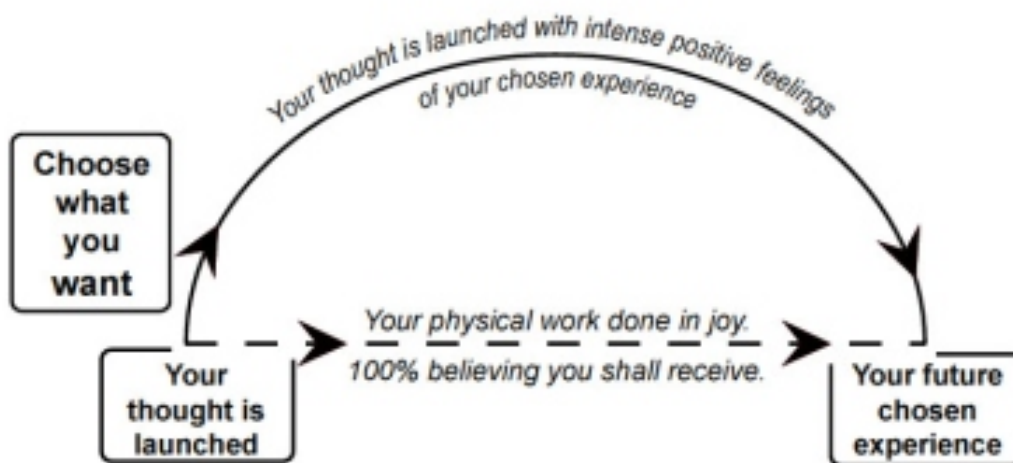
It is important to understand that any physical action that you take must be done in joy, otherwise it will not lead to a happy ending. That would defy this universal law.

The answer is to do your work as best as you can, using all the new positive habits and principles in this book. When you do, the opportunities you seek will appear over time.

There will be a happy ending. This is in line with a universal law and it is absolute.

Believe in yourself and love yourself.

### DELIBERATE CREATING



**\* Illustration by Litzia Designs**

**<http://www.litziadesigns.com.au/> All rights reserved**

**Equation:** Thoughts + Your Feelings + Your Actions (always done in joy)

= Your Chosen Experience.

It is extremely important to understand that all parts of this equation, your thoughts, feelings, and actions are ALWAYS in ALIGNMENT.

### *Deliberate Creating*

You choose your future experience.

Your thought is launched with intense positive feelings. When you have 100% belief, you shall receive your chosen experience.

Your physical work must always be done in joy.

Please take time to absorb this information and try the easy exercises. Do it regularly, because the workshop exercise is a practical method of developing your self-disciplined mind and positive attitude.

Adopting these success principles as your new habits is important. If you do not adopt these new habits, you may find your goals elusive and may experience more unnecessary temporary setbacks.

You can begin to reduce having bad feelings and the negative experiences of self-doubt, frustration and confusion. Not understanding these dependable success principles, and more importantly, not applying them as best as you can is one of the reasons many people are frustrated, confused and blaming others for not achieving what they want.

They become fearful and experience negative feelings of self-doubt. People may begin to have unworthy feelings that are not helpful to achieving their own success.

These are limiting beliefs and they can be eliminated.

There are other universal laws, including the **Law of Inertia**, which states that "Energy in motion tends to stay in motion".

The two laws covered above are the ones that are most helpful to you as you start this process of renovating the inner you and creating the person that you desire to become.

I hope that you understand this material, as it is vital to the whole process of

getting what you want!

Finally, it is important to understand your ability to create is done by focusing your thoughts upon what you want.

Focus your feelings on what you want to experience, and believe and expect 100% that you will experience it.

Your thoughts, feelings and your physical action must always be in alignment.

### ***Summary of Key Points***

Regular thoughts with deliberate positive emotion can effect positive change in your life. Thoughts with no emotion will see little or no change.

The Law of Attraction is the most powerful law in the universe.

Use your workshop for 15 minutes per day.

In your workshop, be still and clear your mind of all thoughts before you start to think about what you desire to experience.

If you do not know what you want, ask "What do I want to do?" in your workshop.

The Law of Deliberate Creating has two parts:

(1) Thought

(2) 100% belief that you will have it

Write down what you want.

Write reasons why you want it. Write down the reasons why you believe you will have it.

If you do not want something, do not think or focus on it. Think about what you do want. To change the way you feel, change your focus to something you want. The more you focus your thoughts on what you like, the better you will feel.

Your thoughts, feelings and actions done in joy must be in alignment.

## **Part 3 Doing**

Here is where the "rubber meets the road". In this section you will be inspired that an orderly process exists to help you get what you want more quickly. You will discover that any physical work that you do must be done in joy. The work you must do to achieve your chosen purpose might be heavy but your heart and soul will sing!

The wonderful success principles you have learned in parts 1 and 2 can now be physically applied by you in an orderly manner.

Things will start to come together for you.

You will learn how to find your purpose through doing practical exercises.

You will be introduced to the importance of adopting positive habits that will help you to develop into a serious player in the game of life.

You will become a persistent, loving person with an attractive personality.

Others will want to be around you.

You can do it and you will do it!

So, let's go and make your chosen life really happen.

Let's do it now!

## Decision

Do it now!

The word "decision" comes from the Greeks. Broken down, "de" means today and "cision" means to cut. The word means "to definitely choose immediately". A real decision means that you cut off any possibility other than the one you have decided to make a reality. You don't just decide to draw a line in the sand. When you make a real decision, you drill a line into hard rock!

See yourself as an actor in a movie. You are acting as a surgeon. The surgeon must use a scalpel to cut open his patient. The surgeon knows that he must detach from causing you pain, and cut you open to heal you. Like the surgeon, you must learn to decide to cut away old bad habits that have not worked for you. Like the surgeon, you must learn to detach yourself, and think only of cutting!

Successful people make real decisions promptly, and change their minds slowly, if at all. People who fail to achieve what they want have the habit of reaching decisions slowly, or not at all. People, who fail, change their decisions quickly, and often. The lack of a habit of making decisions is near the head of the list of the major causes of failure. It has been said that the power of decision is the power of change.

Procrastination is the opposite of decision. Procrastination is one of your enemies. Be aware of its existence but do not focus upon it. You will be able to make a real decision at the conclusion of this book. You can make a decision about adopting new habits that will help you apply these dependable success principles. Are you going to procrastinate? There is no right or wrong answer here, just a decision or procrastination. I had to make a decision to complete this book. Making real decisions is difficult at first but it gets easier with regular practice, and it makes you stronger.

Decide to get a mentor group.

Make a habit of making lots of decisions. Make a decision to get a mentor to help and guide you. Get yourself at least 2 or 3 mentors. A mentor can be someone who agrees to guide you, and to keep you accountable. A mentor

will meet with you regularly, and be in harmony with what you want.

Keep your own counsel and keep your thinking and decisions to yourself except for your mentor group. Be very sure of the selection of your mentors as they can assist you in making prompt decisions about achieving your success. You now have another tool that you can apply to achieve your success.

### ***Affirmation***

- I make real decisions. I am grateful to have a mentor group.

It is better to remain silent and be thought a fool than to open your mouth and remove all shadow of doubt. Opinions are popular, and everybody has one! Most people love to give their opinion. They are cheap.

People who fail are generally easily influenced by the negative opinions of others. Don't listen to them. In Australia, we have a common name for this type of influence. We call it the tall poppy syndrome. Refer to the chapter on protection about shielding your mind from all negative influences. If you are easily influenced by other's opinions, you may have little or no desire of your own to make a real decision. Don't let negative opinions affect your decisions.

'Decide to be comfortable with some risk

Risk! Risk anything!

Care no more for the opinions of others

For those voices do the hardest thing on earth for you. Act for yourself.

Face the truth' *Katherine Mansfield, 1888-1923, New Zealand writer*

Often, risk is a real partner when making decisions. With risk comes opportunity and growth. Ask yourself these questions when you are faced with a decision.

What is the best thing that can happen?

What is the worst thing that can happen?

What is the most probable thing that can happen?



If you can accept the worst, make your decision now. If you can insure against the worst by preparing for the worst, and be comfortable with that, decide to do it now. You have to be uncomfortable to grow. Learn to be comfortable with being uncomfortable.

"Even a mistake may turn out to be the one thing necessary to a worthwhile achievement". *Henry Ford, 1863-1947, American Car manufacturer.*

### ***The Story of Honda***

Here, I have included one story. We all love a good story, especially one with a happy ending. This story is an example of a man who knew how to make a real decision. His name is Soichiro Honda who was the founder of Honda cars and motorcycles.

In 1938, Honda was a poor student who dreamt of designing a piston ring for Toyota. Each night after school, he would work on his design. After years of effort, he finally presented the design to Toyota who promptly rejected it. He suffered humiliation from teachers and friends. Was he frustrated? Yes he was. Was he broke? Yes he was. Did he give up? No way!

Honda knew that his feelings of frustration were associated with a temporary setback. He asked "What lesson can I learn here? Where is the advantage"? Honda chose to be persistent, just as you can choose. So he continued to look for the advantage. He made a decision to take more action, and remain persistent. Honda altered the direction of his ship's rudder. He was flexible. He had a definite purpose: to sell his piston design to Toyota.

Finally, after another two years, he finished a better design, and Toyota actually bought it. Honda needed to build a factory to supply the piston rings to Toyota. He needed concrete, but as the Japanese government was getting ready for World War 2, none was available. He gathered all his resources and built his own concrete factory.

He started to produce the piston rings but his factory was bombed and

destroyed. He still did not quit. He managed to get his employees to gather the empty fuel cans dropped by allied bombers. This material was unavailable in Japan during the war.

Life will often test your strength, and it did to Honda. An earthquake flattened his factory, and he was forced to sell his piston operation to Toyota.

When you put in as much effort as Honda had, and persistently pursue your own success, it is only a matter of time before your success is achieved.

Honda knew this. Honda knew there was still an equal or greater advantage for him close by. As you persist, it is like the common saying, "When one door closes, another door opens".

Japan was in turmoil after the war, and there were no raw materials for anything. There was little fuel to drive his car. He made another decision. He would not quit. He found a little motor mower engine and hooked it up to his bicycle, so he could get to the markets to buy food for his family. Other people saw his motor bike, and soon he was flooded with orders to build more motor bikes. He needed to build a new factory to keep up with the orders. He had no money, and there were no materials available. He pondered his problem, and eventually came up with a new, better idea. He wrote to thousands of bicycle shop owners all over Japan asking them to invest in his new motor bike venture. More than enough did invest! Have you heard the saying "Ask and you shall receive"? Honda did just that. Just keep asking. Be persistent! Honda was.

His first motor bike designs were a disaster as they were too big and bulky. Honda was flexible, so he decided to change his approach, adjusting his ship's rudder, and made new, smaller bikes. Honda was committed.

Born was the Honda motor bike company. Honda received the Emperor's award and was a success at last! Honda's passion led to his purpose. He liked to work with his hands on engines.

Have you made a real decision in your life? What is it? You don't have to tell anyone else, but tell the "Guy in the Glass". He is the guy in the poem who you will meet in the next chapter.

### *Summary of Key Points*

Our decisions, not the conditions of our lives, are necessary to determine our achievements.

Real decisions are the power to change your direction.

Decisions are 100% commitments. Drill your decision into rock!

A real decision cuts-off any possibility other than the one you decided to make a reality. Like the surgeon, think only of cutting.

Honda used all of the dependable success principles. Failure was only a temporary setback. Honda sought the equivalent advantage.

### Your Definite Purpose

"Think big to be big, think very big to be very big

Set your sights high, the higher the better.

Expect the most wonderful things to happen, not in the future but right now.

Realized that nothing is too good.

Allow absolutely nothing to hamper you or hold you up in any way".

*Eileen Caddy, 1917-2006, Co-Founder of the Findhorn Foundation, Scotland.*

Learning to become more definite about what you like is very important because you will be very good at it. You will be creating who you really want to be. It is part of your self-discovery. Learning to do what you like is equally important because your physical activity will be joyful. Your thoughts, feelings and action will be in alignment. You will be rowing downstream and your life will be easier. Why would you not want to do what you like the most? If you like it, you will have fun! Isn't that a powerful reason to pursue your purpose, and do it?

This is one of the reasons I wrote this book. You may become enlightened and discover your purpose by reading this book. I truly hope so. There are tools for you in this chapter to help you to find your purpose. I believe you have a special purpose in being here, and that you also have unique abilities to allow you to achieve that purpose.

"Singleness of purpose is one of the chief essentials for success in life, no matter what may be one's aims". *John D Rockefeller, 1874-1960, American oil millionaire and philanthropist.*

Becoming definite about the things you like leads to certainty, enabling you to focus better. Remember you get what you focus upon. Writing down lots of reasons why you like something builds certainty. It builds your belief and develops your focus.

My dominating thoughts always gravitate to what my dominating feelings

are. That makes sense to me. Thoughts like: what I like to do and who I like to be with. Even my negative thoughts: like what I don't like to do and who I don't like to be near! So develop the habit of focusing upon your feelings, and do what you are passionate about! Creating a burning desire requires your full commitment - 100%.

"You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hopes rise to the stars. Enthusiasm is the spark in your eye, the swing in your gait, the grip of your hand, the irresistible surge of your will and energy to execute your ideas.... Enthusiasm is at the bottom of all progress!" *Henry Ford, 1863-1947, American car manufacturer.*

### **How to Acquire Your Purpose**

This is a simple process but one that will require your time and effort - how much time is up to you. You get to choose everything. You get to choose how much time you want to spend thinking about what you like to do.

I love this statement - passion leads to purpose.

If you do not know your purpose or why you are here, just ask when next in your daily workshop! Ask for your purpose, and ask your guides to show you what it is. Do it with intense gratitude and intense positive feelings. *Be quiet, and listen* to anything that falls into your mind. When it happens, write it down immediately. Write down anything that comes to mind as it will probably not come to you clearly at first. Be patient and be grateful going to your workshop. Only write down what you like; don't write down things that you don't like. Write down lots of reasons why you like it, and on the opposite page write down reasons why you believe you will have it.

### ***Exercise***

Find your passion and you will find your purpose. Here is a great starting point to finding your passion. Your work is to find out what you want and like, and do it, because you have unique abilities for that purpose. It sounds like the treasure hunts that I enjoyed as a child. Well, it is similar to a treasure hunt!

When you are relaxed in your workshop, simply say "I want to know what I want"! To help find your passion, remember to be grateful. Ask yourself questions like "What do I like doing?" and "What makes my heart sing?" Write the answers down in very large letters. Write as many reasons as you can about why you want it, and why you feel this way. Forget about everyone else and everything else, and be true to yourself as your own best friend. Write down as many reasons as you can about why you believe that you will have what you want. Use your newly acquired self-disciplined mind to take full control of your new dominating thoughts.

What are your gut-feelings telling you? Be extra quiet and listen. If it does not come to you in one sitting, stop and try again later, repeating it over and over until it comes to you. If it feels good, write it down immediately. Be patient. Your passion will come to you. You will feel your passion's arrival in the pit of your stomach. This is your purpose.

It is important to write a clear and definite statement of what you want in your life and commit it to your memory. In your statement, commit to a date by which you will achieve it.

Goals and plans are great. However, it is your intention to do what you choose, and your feelings about what you want to do that are paramount. Your feelings and intentions must always be in alignment. If your feelings and intentions are not in alignment, your goals will eventually lead to suffering. This is most significant. You need to think about this statement deeply, and understand it.

For example, if you do not feel good about doing your job, any goals and plans you create will lead to some suffering. You will not feel good about you. You will be rowing upstream, and you will struggle. Eventually, you may achieve your goal, but you or others will suffer on your chosen path. You have the courage, and the power right now, to decide to renovate your current thinking, and seek an easier path.

Again, I would like to emphasize that you can row downstream from the start, by aligning your feelings with your intentions. You align your feelings

with your intentions in your workshop. This will help you struggle less and you will be rowing downstream. You will be more enthusiastic and have more fun!

The one person who is going to think and feel the most for you throughout your whole life is, guess who? Yes it is you, and you have to be your own best friend. This is one of my favorite poems. It enhances the statement that your best friend has to be you. You must love you.

## The Guy in the Glass

By [Dale Wimbrow](#) 1895-1954, (c) 1934

**When you get what you want in your struggle for self**

And the world makes you king for a day;

Then go to the mirror and look at yourself,

and see what that guy has to say.

For it isn't your Father, or Mother, or Wife,

Who judgement upon you must pass.

The feller whose verdict counts most in your life,

is the guy staring back from the glass.

He's the feller to please, never mind all the rest,

For he's with you clear up to the end,

And you've passed your most dangerous, difficult test,

If the guy in the glass is your friend.

You may be like Jack Horner and chisel a plum,

And think you're a wonderful guy,

But the man in the glass says you're only a bum

If you can't look him straight in the eye.

You can fool the whole world down the pathway of years,

And get pats on the back as you pass,

But your final reward will be heartaches and tears

If you've cheated the guy in the glass.



That is a great poem. For me, it reflects upon the importance of being true to yourself, and of finding your purpose. Essentially, you have to do what makes you feel good, for as long as it is appropriate. You do this because you want to do it for you. You get to judge you. As the poem reflects, you have to be able to look yourself in the mirror and speak the truth to yourself. Ask yourself, "Am I doing my best to find my purpose?"

Your purpose in this game of life is to find your purpose, and to do it as best as you can. Always remember: you will be best served by using all the dependable success principles together, to ensure you achieve your ultimate goal. Fulfilling your purpose will bring you the inner contentment, the great joy and abundance you seek to experience. The action you take to fulfil your purpose will be joyful. It can be no other way. Now, that's a beautiful thing! You may have more than one purpose. Writing down lots of reasons in your workshop will help you to discover other purposes for you to fulfil.

It is important to know that, throughout history, all successful people in all walks of life have decided to diligently apply their abilities and gather all their resources behind a definite major purpose of their own choice.

Many people have no such purpose. They go around and around as if on a merry-go-round - a rudderless ship always coming back to their starting point. Some may begin with a purpose, but quit when they are overtaken by temporary setbacks. More than 90% of people go through their life not knowing what they really want. They have not given themselves the time to be definite about what it is that they truly desire.

They accept mediocre results. If you could ask them what it is that they want, some of the usual responses are: to be rich, have a big house, be famous, be a great singer or writer, be loved by many, and have lots of friends! This is all good but it is not specific. It is not precise. They are not applying these dependable success principles appropriately.

It is a tragedy that our education system today fails society in this important area. These simple, dependable principles could be taught formally in schools. It is my view that students should not be allowed to complete their formal

schooling without passing an examination on the principles set out in this book.

### **Why These Principles are so Effective**

Being grateful, and having a definite purpose, engaging the habits of persistence, and going the extra mile in your work, forms a powerful force which propels you to enjoying your own achievements. All these principles are interconnected like a steel chain. The more you engage these principles and the more you become aware of their great power when used together, the stronger the links of the chain become until the chain is unbreakable. It will only break if you choose to quit.

These success principles are very effective because they are practical. You do not have to improve yourself before you start to use them. You do not need a university degree or a diploma to start. You can start to use the principles right now, anytime. Deciding to find a definite purpose in your life develops your own self-confidence, your self-discipline and the ability to concentrate your efforts. In short, the process makes you feel good. It helps you to spend your time better. Remember you have 24 hours in each day. We all sleep about 7 or 8 hours per day. The remainder is available to you to choose how you are going to achieve your definite purpose.

Once you decide to find your purpose, you will become more alert, and more peaceful. You will inspire those around you, and you will receive their cooperation. Remember that faith will now be working with you as faith loves to play the game with a positive attitude, and a definite purpose. Your positive attitude will help dispel the negative influence of fear, doubt and indecision. Procrastination is destroyed. You are on your way to achievement and you are the only one who can stop you.

These principles are some of the tools that you can use that will help renovate your state of mind. Remember, you are programming your mind by adopting and using positive habits. This is done by repetition of affirmations. You will need to repeat your definite purpose daily for at least 30 consecutive days, until you can recite it like your favorite poem. Your

precise written statement of your purpose will bring you joy as you recite it to yourself wherever you are. It becomes a new habit!

Faith will be there beside you, always wanting you to be successful. Building your faith in yourself is part of the game. You will become stronger. Your self-confidence will sky rocket, and people will notice. People will notice it in your posture, and in what you say. They will know immediately that you are a person who knows where you are going and what you want. In fact, people will miraculously appear in your life wanting to help you. It is the way the universe works.

The universe conspires to ensure all resources are drawn to you to achieve your major purpose. It is a universal law, and it can be no other way. It is the power of universal convergence that will create pleasant coincidences, great luck and fortune. It often makes me laugh when people talk about successful people, like "Oh boy, isn't she lucky, she drives a great car". Successful men and women know that you make your own luck. The more I know, and act on my purpose with passion, the luckier I become!

Your plan needs to be flexible as you will find changes may be necessary should you meet temporary setbacks. Adjust the sails of your boat and the rudder of your ship. Decide to bounce back, and sail in a better direction.

As you begin this task of major importance in your life, ideas and changes will be presented to you in the form of inspiration or temporary setbacks. When this happens, include them into your written plan, and act immediately. Don't let opportunities to learn pass you by. Grab them with both hands, and write them down straight away, so you don't forget any new ideas. Make doing this a new habit. Keep your plan to yourself, only revealing it to your mentor group who work in harmony with you.

Feeling lost? Cause another to be successful.

The principle "to cause another" basically implies that when you help another to be successful, you will be successful. If you feel lost, or you do not know what you want, this is an excellent principle to put into practice. Be grateful that you now have a place to start your journey, make your contribution with

unconditional love, and you are sure to bring your dreams into reality. You "cause another" by giving them a hand-up. They win and you win too!

If you find you do not know your major purpose, if you have contemplated this regularly in your workshop for a considerable time and still have no answer, then *to cause another to be successful* will be your trick. It is simple, and you can do this: help yourself by helping another.

Go and find someone who needs help in any task. Maybe teach them the principles you have read in this book. The important thing is physically "to do" something. Go and help someone. Keep an open mind, and use faith because faith loves to play this game. Faith loves to help, especially when you are trying to help. You will become inspired as faith helps to build your self-confidence. Do this with Love.

When you find someone who wants some help, or maybe an organization like the Red Cross, do it for free. Help them, with the intention that you seek your life's major purpose. You will find it. It may take time. The habits of going the extra mile and persistence are particularly important when you try to cause another to be successful. You will find your purpose, and your reward may surprise you. Stay alert to pleasurable circumstances and your feelings. This will help guide you to your purpose.

Your ship now has a rudder. Causing another to be successful will provide a rudder for your ship, and you will be rowing downstream! It is great fun rowing downstream. Your action gives you direction, and it is your action that will build your self-confidence, and make you feel good.

Having a definite purpose gives you the rudder for your ship. It gives you direction, and it makes you feel good. More positive emotions make you feel good, happier and contented. The funny thing I notice is how time flies when you are having fun doing what you love. This is the way it is meant to be. It is the way it has been for me writing this book.

What do I do if I meet a temporary setback?

Firstly, remember it is only temporary. You must endure your temporary

setbacks. Although you may be tempted to view them as negative experiences, they are necessary in order to grow. You have to be uncomfortable to grow. Our negative experiences are essential for us all to fulfil our intended destiny. They teach us.

Experiencing a temporary setback means you are getting off your path to your purpose. Take a time out. Let the dust settle. Don't give in to your natural reactions and panic too much. Stop immediately, and go back and revise: "What is my purpose". Meditate, and get counsel from your mentor group.

In your daily workshop, think about solutions, and not what went wrong. Make sure that your feelings are in alignment, in harmony, with your intentions. Take action, but only focus on solutions. The more practice you undertake, by regularly going quietly to your own workshop, the more new ideas and solutions will come to you. Go back to your many written reasons that explain why you have positive emotions behind your chosen goal. Use the technique of visualization like Olympic athletes do. It will help you to feel better. These are the practical methods to get you back on track to your purpose.

The above exercise in finding your purpose will help you keep faith by your side - keep your faith in you. It will strengthen you, and you will feel better. Remain positive, knowing and expecting 100% to achieve your purpose. Eventually you will notice that obstacles and temporary setbacks rarely appear in your life. They magically disappear. You no longer attract them.

Finally, if you have avoided discovering the path by which you can best contribute to society as an individual, it is impossible to achieve your purpose, and you will not feel good about you.

"If I try to be like him, who will be like me" *Jewish proverb.*

### ***Summary of Key Points***

Passion leads to purpose.

To find your purpose - go to your workshop, relax, and think quietly.

Your purpose is what you like to do most.

If you do not know - just ask and listen! Be patient.

Write a clear detailed statement of your purpose.

Say affirmations daily stating your purpose.

Faith loves to play and work with a definite purpose.

The universe conspires to deliver all the resources you need, when you make a decision to achieve your definite purpose.

"To cause another" is a practical way to find your passion.

Defeat is only temporary, focus only on solutions. It is your choice.

## Habits and Persistence

Action is better than inaction

"Nothing in this world can take the place of persistence. Talent will not; nothing is more common than successful men with talent.

Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated failures. Persistence and determination alone are omnipotent". *Calvin Coolidge, 1872-1933, President of the United States of America.*

Habit is defined in Webster's dictionary as a behavior pattern acquired by frequent repetition that shows itself in regular performance. A habit of taking physical action for a definite purpose becomes a habit by doing it over and over. You repeat it with a burning desire.

Your journey to your destiny is fuelled by your imagination. Learn to use this powerful tool in your workshop. Use your imagination, and visualize receiving what you want or doing what you like. Your mentor group can help you to create clear practical plans to get the desired result. Having faith, your state of mind has more clarity and becomes more self-disciplined. You can visualize yourself already in possession of, or experiencing, the desired result.

It is your choice. Be persistent, and choose to build the positive habits. Voluntary habit building is a self-discipline I encourage you to master. You will need to build your willpower. Start to be persistent now by using small "baby-steps," and achieving small goals. This step by step action will build your self-confidence. In your workshop, repeat your thoughts and focus on your feelings. Through self-disciplined action and persistence, your desire will become a fixed part of you. Persistence will become your new important habit.

"Action is the antidote to despair". *Joan Baez, 1941- American Folk singer*

How do you persist? How do you endure?

It is better to become more persistent steadily. As you begin this process of

inner awareness and discovery, slow everything down: complete small tasks slowly, but perfectly. Be pleased with yourself when you finish. Actions done this way will help to build your self-confidence.

I read an Asian classic in which a young man asked his elder, "How do I endure?" The elder answered, "You endure by enduring". This simple statement stayed with me.

There is no magic wand to help you to endure adversity, but there is definitely magic when you adopt and apply the habits of:

- ✓ Persistence
- ✓ Gratefulness
- ✓ Faith
- ✓ A definite purpose and a burning desire to it
- ✓ A positive attitude

Adversity brings inner growth. You have to be uncomfortable to grow. Temporary setbacks are often called "character building"! You can call it any name you like, but when you decide to be persistent, you will feel a part of you grow just that bit stronger.

Don't take "no" for an answer when faced with a setback, as you now know it is only temporary. Remember to ask yourself, "What is the lesson I need to learn at this time?" The answer will come, if you stick to your definite purpose, and persist in applying all of your positive habits. You will be able to endure the unendurable. In time, faith will fill you with positive emotions that will supply you with the energy and resources to continue on your journey. Ask your guides and mentors for help, for they are only too willing to help you.

"Don't wait for a light to appear at the end of the tunnel, stride down there ... and ... light the bloody thing yourself". *Sara Henderson, 1936-2005, Australian Station manager and Writer.*

You must have the habit of persistence. Persistence is an essential element of these dependable success principles. Make persistence your friend, and



allow persistence to become one of the tools of your trade. Make persistence your number 1 habit, and you will increase your own will power. Make the decision now that you will commit to embracing the habit of persistence and the habit of going the extra mile when you render a service to anyone.

Successful people are often seen as ruthless, but what they display is generally misunderstood. Successful people know that will power, mixed with a burning desire, a definite purpose and faith, are necessary components to achieve their stated goals quickly. Successful people have persistence as their number 1 habit.

Forget any old bad habits that have not worked for you. Rather than try to change old habits, don't focus on them. Just don't even think about them. Release them. Delete them. Focusing on new habits is much easier. Use your positive attitude and your growing self-disciplined mind, to delete old habits and focus instead on engaging new positive habits, especially persistence.

Problems are a major part of life. Always try to focus on the solutions as they will be close by.

Don't whine about why you always have problems ... Get on with the solving.

"Take it from someone who has been there - The solving gets easier as you go along". *Sara Henderson, 1936-2005, Australian Outback station manager and writer.*

Persistence has always solved the world's problems. Persistence is a quality like carbon is to steel. Persistence is the glue that will stick all these wonderful dependable success principles together, and keep them together.

"I'm grateful for all my problems. As each of them was overcome I became stronger and more able to meet those yet to come.

*I grew on my difficulties". JC Penny, 1875-1971, American Retailing Magnate.*

Expand your habits, as you can only think and act within your current habit range. Remember that as you adopt and use these successful principles,

you are learning a new habit and you will experience a new behavior. It will be uncomfortable at first, but you will get use to it. In a similar way, the accumulation of wealth and money is learned behavior. You have to commit and pledge to yourself that you will learn and study this material.

I can assure you that your life will become a lot easier. You don't want to be out there cracking rocks in the hot sun. You can get a machine to do that. Choose to use your self-disciplined mind to help you adopt new positive habits. This is the way forward to the feelings of inner contentment that you seek.

### **Habit of Going the Extra Mile**

You can use this habit when you render any service like the work you do in your job. Going the extra mile is doing more than what is required of you as an employee. Grab this habit of going the extra mile and jam it into your tool box. Go the extra mile and you will attract multiple rewards. People will want to work with you. You will become a more valuable employee.

In your daily workshop, think about ways that you can go the extra mile for your employer. The rewards will follow. If you have a setback, use this habit. If one mile extra is not enough, then go another mile and another, until it is done. Besides a mile is not far, it is only 5,280 feet on the old scale. This is how you have to set your mind. Break everything down to small baby-steps to help you "knock over" your task, bit by bit. If you cannot do it all at once, just do a little portion of the task, but do it well.

You are where you are today, and more importantly you are who and what you are today, because of your fixed habits. It is your frequent repetition of your thoughts, feelings and behavior that has brought you where you are today. You only act within your current habit range. The challenge you face is to engage in mastering and assimilating these dependable successful principles into your life as your main habits. Your time and effort is the price which you must pay, in advance.

Be grateful that you have this opportunity to learn that there are known principles that, applied together, create a concrete formula for success. These principles are universal laws, and are absolute. They apply at all times for the

benefit of anyone who chooses to use them. I have found no other more dependable way to get what you want more easily. You have to embrace these proven principles as your new habits. You just have to get this, once and for all.

Going the extra mile means rendering more service, and a better service, than you get paid for, and doing it with joy and a positive attitude. When rendering your service, enduring success will not be attained without this habit. Fix it into your armory of tools, and start to use it immediately. The rewards that flow from your application of this habit have a compounding effect that often results in you receiving what you desired many times over.

"For thirty-seven years I've practiced fourteen hours a day, and now they call me a genius!" *Pablo Sarasate, 1844-1908, Spanish Violinist and Composer.*

Here are two advantages of going the extra mile:

- ✓ It gives you a good reason for asking for more pay; you have become reliable, maybe even indispensable
- ✓ It keeps you alert and it destroys procrastination; it brings clarity about your own purpose

In order to achieve what you desire, you must have the habit of persistence. It is the sticky glue that keeps everything together when the going gets tough! Tough it out! Tough times will come in the form of temporary setbacks, and you will be tested. Your will power will be tested, just like Honda was tested. However, the rewards and positive feelings are there waiting for you to take and enjoy. The universe wants to give it all to you, so ask and act.

"When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn". *Harriet Beecher Stowe, 1811-1896, American author and social reformer.*

### *Summary of Key Points*

Habits are a behavior pattern of frequent repetition that shows itself in regular performance.

You can embrace a new habit by making a real decision and taking massive action to ensure you are committed to this new habit.

You can embrace a new habit by repetition of affirmations and actions.

You have to be uncomfortable to grow.

You can only act within your current habit range.

You become more persistent by breaking tasks down into small baby steps and completing those tasks slowly and methodically as best as you can.

These are examples of affirmations.

- 🕒 I embrace this new positive habit of persistence
- 🕒 I know being persistent attracts positive emotions
- 🕒 I know being persistent builds my positive attitude raising my self-esteem
- 🕒 Being persistent keeps me on my chosen path bringing me joy
- 🕒 I love being consistently persistent
- 🕒 I am grateful for my new habit of "Going the extra mile"

## Knowledge Applied

Knowledge applied is all powerful

Knowledge alone is not power.

"I have often felt uncomfortable when I have heard the term "Knowledge is power." It is my belief that knowledge alone is not power. Knowledge on its own does nothing. If knowledge does nothing, why do we pursue it?

The great end of life is not knowledge, but action". *Thomas Fuller, 1608-1661, English Clergyman and writer.*

Knowledge *applied* is all powerful.

We pursue knowledge because it can be applied to help us to achieve what we want to experience. Knowledge applied is powerful. It is the application - the doing, the action that follows the acquisition of knowledge - which is potent.

Understand that you are a student, until your purpose is fulfilled. I would encourage you to adopt a life with the habit of a "love of learning". Learn to read books on subjects that you like.

Specialized knowledge is more accessible now than at any other time in the history of the world. If you want specialized knowledge on any of the world's subjects, it is offered free in public libraries and on the internet. Many libraries have free access to the internet, providing unlimited information via search engines such as "Google". Go to [www.google.com](http://www.google.com) and type in the name of the topic you seek.

You can apply this knowledge to develop and grow your definite purpose.

This new knowledge is food for your positive attitude.

## Power of the Mentor Group

This is a very important component of success. Successful people often have sworn confidants or mentors, who they meet regularly, to help them find knowledge and solutions. It is a positive behavior that I would encourage you to model because it is very likely that you will need this type of help in achieving your definite major life purpose.

You will need to select 2 or 3 people who are in harmony with your intentions and desires to form your mentor group. The purpose of the group is to help support your clear and precise written plan – to ensure your continuous persistent effort, and help to keep you accountable. They will also help you gain any specialized knowledge required.

You will discover that successful people are often pleased to help you, if they see before them a person who is committed to a definite, worthwhile purpose. Often, they will give you some time for free - just ask. This is one of life's little miracles.

You should meet with your mentor group regularly, at least weekly.

The major reason to have a mentor group is that when one mind connects with another mind in harmony, they can create ideas and action plans of incalculable value.

In company boardrooms, this idea is often used to solve problems. It is called "brainstorming". The power of the mentor principle seems to go beyond anything science can completely explain. However, it is my view this power flows from the collective consciousness of the minds of your mentor group: minds working in harmony for a common purpose.

It is a great practical method to receive new ideas.

Learn how to increase the level of vibration in your mind. Exercise your mind like any other muscle. Reading is a good method.

When you do physical exercise, you increase your vibration. If you drink alcohol and smoke cigarettes, you reduce your vibration. If you want to have positive results and achieve what you want, you are going to have to adopt habits that maintain and increase your level of vibration.

Habits like exercising regularly and eating appropriately can help increase your vibration. These habits increase your energy level, which increases your ability to think clearly and remain alert for longer periods. Remember you have the same amount of time as any successful person in the world today. How well are you using your 24 hours each day?

I wonder how keen you are about doing all of this new work. How enthusiastic are you becoming reading this book? Are you going to have a go? Are you going to leave it all for a time when it best suits you? I can assure you there is never a 'best time'! It is your choice! Only you and the 'guy in the glass' are going to know your answer. Rich life or a poor life, it is your choice, and you can choose to start at any time.

The universe doesn't care what you choose. You have been given the power of free will. Even if you choose to do nothing, you are still choosing. You can not escape the game of life. The universe will only observe you. However, the universe is there to receive your next thought and your next choice. It will act immediately to fulfil it, as it always will. Remember, it is all up to you to choose, and to act.

You have been given knowledge that can be powerful knowledge, *if you apply it*. It would be sad if you chose not to try, especially if you already know what you want. Let me encourage you to try something from each chapter. At least, just try and do one affirmation. Use the first affirmation on gratefulness - this is the best starting point for the whole process of creating new positive habits. Do it for you and the guy in the glass!

Through the self-discipline of your mind, and working with other minds in harmony, you can think and receive new ideas and new plans to solve issues more easily.

Being part of a mentor group that meets regularly will help you to launch yourself to achieving your definite purpose. This is another practical tool to help you gain the knowledge to achieve whatever you want.

### **Secret of Money Magnetism**

Here I will offer you a secret to attracting money. You can learn how to implement this strategy with your mentor group. Becoming wealthy is learned behavior. People will pay you if they see a benefit to them.

Your sense of your worth is raised when you do something that gives you self-respect.

Concentrate your energy, with determination and persistence, on something that makes you feel worthy to others. You can do this by going the extra mile in performing your duties at work. Work does not need you, but you definitely need work. Your work is how you learn and physically express yourself.

Now, understand this principle. You will attract money in exact proportion to the *uniqueness* of your product or service, the way that your product or service *adds value* to the customer's life, and the extent to which you can *leverage* or repeat the product or service over and over again. This is a great principle or strategy for attracting money: uniqueness, adding value to people's lives and being able to *leverage* it, or multiply it.

Ponder this principle and make it a habit. Leverage is one reason why the internet has become a growth market for selling products and services world-wide. The internet offers great leverage.

Take this book as an example. It offers a degree of uniqueness in that it has described the most dependable model of success principles in the world. Students all over the world should have a copy, and study it carefully. The book adds value to the reader, by offering proven strategies that can help to improve the quality of their life - a life of better health, in body and mind, and in all human relationships. It helps to acquire prosperity, joy and abundance in whatever you choose to do. The book can use leverage by delivery for sale over the internet and through other existing publishing networks.

Finally, my favorite strategy to increase wealth is to pay yourself first. Pay yourself at least 10% of your income, and use it only to purchase assets. I define assets as those things that earn you money, and liabilities as things that don't earn you money. You may find that this is where some of your greatest challenges are found. How will you choose to spend the money that you receive throughout your life?

**Affirmation:** 10% of all I earn is mine to keep forever!



### *Summary of Key Points*

Knowledge alone is not powerful.

Knowledge applied is all powerful.

Specialized knowledge is freely available on the internet and in public libraries.

Successful people are often willing to give specialized knowledge to a committed person with a definite purpose.

A mentor group is essential for your success. It is much more difficult to do it on your own.

Uniqueness + added value + leverage = money magnetism.

Pay yourself first! At least 10% of each amount you receive for services you render.

10% of all you earn is yours to keep forever.

Assets earn you money - liabilities take money away from you.

Spend your 10% acquiring only assets.

## Love

Love yourself first

The end of all wisdom is love love love.

"A real friend is one who walks in when the rest of the world walks out".

*Walter Winchell, 1879-1972, American journalist.*

For most human beings, love is the greatest experience. I have included this chapter to remind you to love yourself first. Love yourself first, and then you can love another better. Having this habit allows you to help others more effectively. It's like the airplane safety drill instructing you to put your own oxygen mask on first, before helping your child. To 'love yourself first,' means showing and telling yourself daily that "*I love me*" or "*I am important to me.*" Look in the mirror and tell yourself that you love you.

For me, to exercise your body displays love for yourself. Remember, you are a human being. Learn to just "be". The exercise of being still is a good place to start. You can do this in your daily workshop. Any form of meditation together with deep breathing and stillness is relaxing exercise that rejuvenates your mind, body and spirit. Yoga and simple acts of stretching enhance the positive feelings you have. All of these activities increase the positive vibrations within you and require very little physical effort. Walking is also an easy exercise.

You can start these physical exercises anytime and anywhere. You can choose to start now.

Eating appropriately for you is an exercise in self-love. Eating is something we do as human beings every day. There lies the opportunity to engage in new habits that make you feel more positive.

The habit of going the extra mile always leads us to love, for there is no greater expression of love than that demonstrated by our unselfish service for the benefit of others. You will find that when you apply this habit of going the extra mile, people will be drawn to you.

They will know instantly that you not only care for yourself, and have self respect, but they instantly know that you are a caring person. Others will see

that you have a pleasing, caring personality. When you apply all the habits you have learned in this book, others will find you to have a magnetic personality.

People will just want to be around you because it makes them feel good. These new habits will increase your positive feelings. Your self-confidence will soar. You will attract more positive people. Remember, birds of a feather flock together. "That which is liken to itself is drawn," which is the universal Law of Attraction. It is absolute. The new habits will work for you more if you think about them with intense positive feelings. People will just love you for it.

The emotions of love, sex and romance are interconnected like the three sides of a triangle of achievement. It can create genius. Love is the outward expression of the spiritual nature of us all.

These positive emotions combine to help create the world's great thinkers and leaders. It clears the path of negative emotions like selfishness and greed. True greatness will never be found where love does not exist.

Love is the solid foundation which allows you to build a positive attitude. Love makes us all responsible to each other. Through the love of all mankind, you become a person who allows others to enjoy the freedom to think and act as they choose. You will understand the importance of not imposing your beliefs and standards on others. There is no right or wrong way, but there is appropriate and inappropriate behavior. Allowing yourself and others to choose freely, demonstrates a high level of positive behavior.

If you are to be truly great, you will love all humankind. There are plenty of great examples of inspirational leaders who used the love of all mankind - like Mother Theresa, Nelson Mandela, Bill Gates and Mahatma Ghandi to name but a few. You will be compassionate, sympathetic and tolerant, and you will be willing to act graciously and with joy.

It is important to understand that fear is at the opposite end of love. Fear is the energy which restricts contracts and harms you. To experience fear and to know fear is to know who you are not. Fear makes you hold on to everything very tightly. Fear makes you feel bad.

Love makes you feel good. Love is the energy which expands, stays, shares and heals. Love lets everything go. Love opens you up to choose who you desire to become. Choose to move towards Love as that is all there exists. You will have feelings of who you really are.

### **Exercise in Unconditional Love**

Try and think of someone that you know who exhibits unconditional love. Make a list. Write your name at the top of the list. Be the first person on your list of examples of people who exhibit unconditional love!

### ***Summary of Key Points***

Adopt the habit of loving yourself first and you will love all others more easily.

Love is a solid foundation to build a positive attitude.

Love, sex and romance are interconnected to help you achieve.

Be the best giver of unconditional love you can be!

Physical exercise and eating appropriately are acts of self-love.

## **Part 4: Protection**

The final part of the puzzle ensures all the work you have done is protected with the strength of a warrior's shield. You have done a massive amount of fantastic work in parts 1, 2 and 3.

In part 4 you will learn how to protect your purpose and all your work from destruction, and you will understand the importance of protection. You will naturally want to protect all your good physical, emotional and spiritual work, so you get what you want and enjoy yourself more easily.

Protection is the "icing on the cake". Most of us love cake icing because it tastes sweet. Go for the sweet spot! The sweet spot is what you like to do most. It is what you can do with your eyes closed. What are you good at? This is your cake, your purpose.

You are going to smother your own cake with icing to protect your chosen good work from all of the negative influences and negative people in the world.

So let's go, and put plenty of icing on your cake. I want you to have the most dependable protection for all your hard work. This will ensure the creation of your own masterpiece for you to enjoy.

## Protection

The best protection is your self-disciplined mind.

Successful people know the importance of the habit of protecting themselves. They want to protect their chosen good work that has helped them enjoy a rich life. Those who have chosen a mediocre life, or a poor life, do not know how to protect themselves well.

### ***Protect Yourself from What?***

You have to protect yourself from all negative influences. Protecting yourself from negative people is at the top of the list, and the best protection *is having a self-disciplined mind*. The second best protection strategy is to choose to *focus on what you want to experience*. It takes considerable practice to achieve effective protection when you are surrounded by negative influences, but with practice these two strategies become intertwined providing you with a warrior's shield of protection against negativity. Don't allow yourself to become distracted by the limited standards of others or their opinions.

You need to be aware that to apply these most dependable success principles in this book optimally, your mind must be clear of basic fears and any negative influences. Delete from your mind any susceptibility to negative influences that you may have. You can do this by not thinking about them. You will feel better focusing on positive thoughts. Practice this over and over and you will find yourself developing a more positive, self-disciplined mind.

You can do a practical self-analysis later in this chapter to help you discover how susceptible you are to negative influences.

The best protection is a self-disciplined mind.

This is very important. Clear out indecision, clear out all doubt and throwaway all your fears. This is not an easy task by any means, but it can be done by adopting the new positive habits described throughout this book. The trick is to start to do it slowly, using the "baby-step" method. Perfect practice makes perfect when you adopt these new positive habits one small

step at a time.

## **Understanding Fear**

Can you look in the mirror, and ask this question to the person looking back at you. What are you afraid of, and why?

"Our fears are a treasure house of self-knowledge if we explore them".  
*Marilyn French, 1929 - 2009, American novelist.*

I would like to make you aware of some of the symptoms that can develop into fears and negative influences. Our aim is to eliminate the symptoms before they become a full-blown disease. Indecision is a big negative symptom. Indecision grows into doubt, and together they bloom into full blown fear! Be very careful, as this process is slow and often difficult to detect.

Indecision, doubt and fear are your enemies. They can and will, independently or collectively, destroy your definite purpose. They can destroy your faith and destroy your desire. Everything you have learned in this book will amount to little, if you choose to allow these negative influences to grow. Indecision, doubt and fear will knock you over like a pack of cards, and send you direct to a poor life. They will do it slowly but effectively.

This is why it is so important to be able to know and recognize your enemies. Indecision, doubt and fear will try to come into your life and come into your life they will, if you choose to let them.

"Courage faces fear and thereby masters it.

Cowardice represses fear and is thereby mastered by it". *Martin Luther King, 1929-1968, American Civil Rights leader.*

"Do the thing you fear and the death of fear is certain". *Ralph Waldo Emerson, 1803-1882, American writer and poet.*

Your ability to observe your motives is essential to achieve inner growth. You can use the exercise *as if you are on-screen and acting in a movie*. You must understand *why you do the things that you do*. Your knowledge of you is the most reliable guide to your future behavior. You will make mistakes on

any path you choose, but the process of self-discovery can free you from the need of approval of others.

It is therefore important to do a self-analysis on yourself.

Knowing yourself better will help you to discover whether any symptoms of negativity have arrived in your mind. These symptoms are often hidden. It is part of your purpose to eliminate them. You have to ask yourself deep questions.

I have given you 11 groups of questions below to use to start your self-analysis. You should be able to think of many more questions. It is up to you to decide how much time and effort you are willing to put into this important exercise. Ask your mentor group to help you.

Remember the Guy in the Glass? He is your best friend, and is watching you and wanting you to choose the best for you. He is always there.

### ***Exercise in Understanding Yourself Better***

Have you ever told yourself that you are grateful for your life? Have you ever told a friend or family member that you are grateful for them being in your life?

Are you open-minded about new information that you receive? Do you read books to learn more about what you like? Do you have a love of learning? If not, why not?

Do you ever give yourself time just for you? If you don't, could you start to do so now? Do you think you a reliable person? Have you been persistent when faced with a setback in the past?

Have you ever dreamed of a better life? Have you written down what your better life might look like? Why do you want that better life? What are the reasons you want a better life? How important are those reasons to you now?



What are you prepared to give in order to experience that better life right now? Can you write those things down now? How much time are you prepared to give?

Do you believe in you? Why do you believe in you? What reasons can you write down now to support your belief in yourself?

Do you make decisions promptly? Could you make one decision promptly today? What is it? Have you ever gone the extra mile? When? How did the other person benefit? How did you benefit?

Do you have any idea what you want to do in your life? Do you understand now that there is a process to help you find what it is you want to experience? Are you able to write out that process? Do you think that you can start this process now? If not, why not? What would you like to do first? Why?

When was the last time that you helped someone for love, and expecting nothing in return? How often do you perform this type of act of kindness? Do you love you? How much? Have you ever spoken to the "guy in the glass"?

Do you think you have a pleasing personality? What could you do right now to have a more pleasing personality? What have your work relationships been like? Are they pleasing to you? If not, why?

Have you been persistent in following your own dreams and plans? Do you have a plan?

If you don't have any plan, do you think you could write something down that you would like to do? When are you going to do it?

11. Do you think you drink alcohol too much? Do you smoke, or take drugs? Why? Do you exercise regularly? If you do not exercise regularly, why don't you? Do you think it is possible that you could start exercising, if you had some help? Do you need help to start?

Ask your mentor group to check your self-analysis. You can continue asking searching questions in order get to know yourself better. Ask positive people to

give you some feedback. Be sure that they know what you are trying to achieve.

Fear can be a very destructive emotion. Fear is to a man's soul what a drop of poison is to a well of spring water. Understand that fear is no more than a state of mind. The pressure of fear comes from within. You have learned that everything you create starts with a thought and it is here that the symptoms of fear germinate. This is exactly where you have to eliminate fear. See it, and squash it. You have to be able to detect it from 100 paces. Indecision just loves to hide from you. It will try to hide anywhere. It hides in any one who is susceptible to indecision. Unfortunately, that is just about the whole population!

### ***How Do You Eliminate Fear?***

You can begin to eliminate fear by focusing on love, and what you really want to experience! Relax, be still and think about the things you want to experience. Focus as best as you can, and make these thoughts your dominant thoughts. Use your self-disciplined mind to do this. This is how you can begin to protect yourself. Just choose to spend more time thinking and taking action on the positive things you want. Do not think about fear. Don't focus on fear. To change your experience, you choose to change what you think about - you change your focus.

You eliminate fear and indecision by not focusing upon them. Ignore fear! Don't give fear too much importance. An ignored guest often departs unannounced.

"I am an old man and have a great many troubles, but, most of them never happened." *Mark Twain, 1835-1910, American novelist.*

Focus on what you want. It does sound easy, but it can be difficult when you start, especially if you are stressed. It is best to try it when you are not stressed! You delete fear and indecision by not thinking about them, and by being more decisive. Consistently focus on the positive things that you desire. Practice this over and over. Start to practice it with simple tasks around the house or at work.

Be decisive, and eliminate thinking about fear. Just be aware that different fears exist. Like the fear of dying or the fear of poverty. In the ancient book "Art of War" Sun Tzu wrote "Know thy enemies." He was wise. Do your self analysis, and learn more about you. Know your own fears but do not focus on them. As you practice this technique, you will grow as will your self-esteem and belief in yourself grows.

Maybe you don't want to do anything new.

What follows next may appear inconsistent with most of the material presented so far - you can be successful in life just the way you are now. You do not have to improve yourself. You don't have to be any more worthy to receive great benefits and fantastic opportunities. You don't have to change before you achieve success.

Success also has many definitions and your definition of success is unique to you. You can even vary your definitions as you see fit. Some people who have negative aspects to their lives are still very successful. Britney Spears is an example of someone who has endured many negative experiences like drug and alcohol abuse, and separation from her children while achieving professional success.

Some people find it quite difficult to be positive most of the time. Some people find it difficult to be positive at all! I know I am not always positive. Don't be afraid of negativity, but be aware of how it can affect your *performance*.

You can use negative influences in reverse, for example "envy" of other people's financial success can fuel your action to get what you want. Sometimes it is ok to "procrastinate" when you believe that urgency is not warranted.

### **You Can Detach from Negative Influences**

Learn to ignore the negative voice within you. This will help lift the weight of the world from your shoulders. If you can understand that the pressure of stress comes from within you, you can learn to stop it growing by learning

to detach yourself from it. You detach yourself by choosing to detach. Remember, a positive attitude is aware of negativity, but chooses not to dwell upon negativity. This is the difference: *how you choose to respond*. It is our habits that govern how we choose to think and act.

If you are not concerned about the outcome of a situation, you will experience little or no fear. If you can realize that you have no further control over a situation, there remains no reason to attach yourself to the outcome. Detach yourself, and the fear disappears. This happens because there is no reason for you to be concerned about the outcome.

### ***Symptoms of Fear***

Knowing the symptoms of fear will help you recognize these enemies more easily and give you an early warning system to guard your mind against fear. This enables you to protect yourself from negative influences more effectively.

Indecision is my number 1 fear symptom. Lack of ambition or indifference is also a symptom, as is focusing on the negative path. People who know all the reasons why something will not work are to be avoided. Procrastination, worry and just plain laziness are all symptoms of fear. People who are over cautious have symptoms of fear. See if you can identify other symptoms of fear. The greatest way to eliminate the fear of death is a burning desire for achievement of your definite purpose and causing another to be successful.

Here is your worst enemy - your susceptibility to negative influences. To achieve and enjoy a rich life, you will have to build a shield of steel to guard your mind against negative influences. Negative influences are like cancer. Often you are unaware of negative influences, until they start to destroy the foundations of your good work. If you suspect negative influences go back and analyze yourself and those around you. Decide to repel them with all your will. Be very persistent here, or you may fail to achieve your purpose. You will not get what you want.

You can protect yourself by focusing on your new positive habits. Focus your

energy on manifesting your dreams through your positive attitude. This is the best protection.

You focus by thinking positively about what you want to experience, and acting in joy. If you choose tasks that do not inspire you, often your negative side will show itself. You must learn to focus on what inspires you. Go to your highest thought. This is your passion. What you are enthusiastic about doing. The easiest way to do that is focus on your passion, and your positive side will show itself with great enthusiasm.

When faced with negative thoughts of your own, use the "delete" button technique over and over until that negative thought vanishes. This is the technique that I use. It is simple and it works for me. It could work for you. Get yourself a powerful defensive technique. Make this new technique a new affirmation, and affirm it and practice it daily.

When people say negative things to me, or I hear negative things spoken in groups, I simply choose not to listen. I do not hear them. Perhaps people think I am vague, or "off with the pixies," but it works for me! You need a technique that blocks out negative influences. Find your own, or use the one I suggest. Make it a habit.

Do not focus on negative influences as they have a tendency not to disappoint. The Universal Law of Attraction will apply. "That which is liken to itself is drawn." Negative people tend to hang around with other negative people because that is their habit of comfort. It makes them feel right! Birds of a feather flock together.

You have to be uncomfortable in order to learn. Choose to fly with positive people. They have learned that being uncomfortable is followed by great new feelings of joy and comfort.

Let your feelings be your guide. One feels good and one feels bad. Simply choose the feeling that makes you feel good which is based in love. There is no real right or wrong, but there is appropriate and inappropriate behavior.

***Exercise on Attitude and Discipline 100/100***

Earlier I likened these dependable successful principles to mathematics. These dependable success principles combine to give you a formidable action plan to achieve your goals. When they are added together they form a single equation which equals the most efficient dependable pathway to your own personal achievement. The words positive attitude and self-discipline have been featured as the key to the equation throughout this book.

Here is a fun mathematical test.

Give the letter "A" in the alphabet the value of 1, "B" the value of 2, and "C" the value of 3 throughout the alphabet to the letter "Z" which will have the value of 26. Now take the words "attitude" and "discipline", and write them vertically. Give each letter the corresponding value. I have done it below, but it is important for you to do this exercise too!

A = 1 T = 20 T = 20 I = 9 T = 20 U = 21 D = 4 E = 5  TOTAL:        100	D = 4 I = 9 S = 19 C = 3 I = 9 P = 16 L = 12 I = 9 N = 14 E = 5  TOTAL:        100
---------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------

Don't you find this fascinating? For the letters in each word to add to 100 underlines the importance of giving 100% effort in your life.

It always surprises people who see it for the first time. It is simple. Life is just like that - it is meant to be simple. It appears to me that some people have made their lives a little too complex by not aligning their feelings with their intentions about what they choose to do most. The stress and confusion created can be undone slowly and methodically. Change your habits: be more

positive and you will get more positive results. You begin to change the habits by using the power of your thought! Remember, the easiest way to start is to just FOCUS your thoughts on the new habits with intense positive feelings. Use all the habits that are listed in this book.

You can use the 100% attitude and discipline exercise to help to remind you what is required. Maybe you could begin using the "cause another" technique by showing the exercise to your friends and family. It is a fun way to start!

Lastly, remember the only thing that you have absolute control over throughout your whole life is your thoughts. Do not be careless with your thoughts. Develop a positive attitude and a self-disciplined mind as this is the key that will unlock the door for you to stride forward with love, feeling positive emotions as you achieve your chosen definite purpose.

### ***Summary of Key Points***

Successful people have a habit of eliminating their susceptibility to negative influences.

Successful people protect themselves from symptoms of negative influences and fear.

Be aware of the symptoms of fear like indecision, laziness and procrastination.

Have you done your self-analysis yet? Do you think you could start now?

Attitude and Discipline = 100%

You have absolute 100% control over your thoughts throughout your life.

Develop a positive attitude and a self-disciplined mindset, and focus on positive feelings.

## Conclusion

Life is a daring adventure or nothing.

"To keep our faces toward change, and behave like free spirits in the presence of fate, is strength undefeatable." *Helen Keller, 1880-1968, American writer and Scholar.*

**Note:** Helen Keller became deaf, dumb and blind shortly after birth).

Mt Everest does not care whether you climb it or not. Climbing a mountain can reveal things about the inner you. You are tested by the climb, both physically and mentally. The climb becomes a fight between the physical you and the mountain. There is another fight being acted out simultaneously. This fight is happening inside you - your limitations and your thinking are being stretched from their previous comfort zone. The fight is on to restore balance and, when you stretch yourself, a new comfort level is reached. When you really believe you can do it, you have virtually climbed the mountain.

Similarly, an expedition to the Antarctic offers explorers a testing environment of the unknown. You physically explore the outer world and, simultaneously, your inner world. Your battle is with your current beliefs and limitations of what you think you can achieve. You are required to expand your ability to endure the unendurable, physically and mentally.

You don't have to go and climb a mountain, but the challenge you face is similar. Your journey to find your true purpose, and achieve it, can expand your current beliefs and limitations. This can make you feel uncomfortable. This is a good feeling, because it means you are growing. You have to journey inward, to understand your thoughts and actions, before you can be more effective.

It is my hope that you choose to use these most dependable success principles on your climb to the peak of the mountain which is finding your purpose. You will be delighted with the joy and satisfaction you experience as you start your climb.



A rich life or a poor life is a choice, and you get to choose at any time throughout your life. There is no set *time* that you have to choose, but there is always the *opportunity* to choose. You can breathe a sigh of relief. No matter how old you are, you have not missed the boat to your success at all!

"You can't build a reputation on what you're going to do". *Henry Ford, 1863-1947, American Car manufacturer.*

You now know that you have the choice, and you have 100% control over that choice, at anytime. The principle reason I wrote this book is so that when you decide to choose, you have a readily available collection of proven, dependable success principles that, when diligently applied by you, will always lead you to your chosen rich life.

Use the book as a study text. Grab a highlighter, and go back through the book, and highlight those parts of the book that you like most. Applying the habits listed at the back of the book will make your action more effective, so making it easier for you to achieve your purpose.

What has happened in the past cannot be altered. The power to change your habits always exists in the present moment. *Your life always exists in the present moment.* You know the importance of making a decision. You know that you are likely to endure many setbacks. You know that these setbacks are only temporary, guiding you to a better course. Setbacks become easier to endure as you progress, once you understand that they play an essential role in guiding you to your purpose.

Initially, you may have many setbacks, but that is good. The universe is directing you to the best path. You will be tested by these setbacks. Learn to use humor when looking for the hidden advantage. Don't take life too seriously, and learn to laugh at yourself. When you apply the habits of faith and persistence, setbacks begin to disappear. When this occurs, you will know you are close to achieving what you want! Choose wisely, using your "gut feelings".

I would like to thank you for reading my book. I am grateful that I took the opportunity to write this book for you. Writing this book has given me

immense feelings of joy. Frankly, writing this book makes me wonder who rescued whom?

I have practiced these dependable success principles and I know that I would not have finished the book without applying them myself. This, I can promise you. Dreaming, passion, faith and belief, having a definite purpose, making the decision to write and finish the book, going the extra mile, persistence, having a self-disciplined mind and "causing another to be successful", have been the foundation success principles that I have used to complete the work that you are reading.

It has been a pleasure presenting it for you. The principles in this book are not new. Actually, they are very old. This book is merely another vehicle to deliver the wisdom of these principles to you. This book is like a signpost, guiding you to a better path. These same principles can also be found in thousands of books written by a multitude of wonderful authors all over the world. Their work has been inspirational to me, and I have included some under **recommended further reading** at the back of this book.

I have analyzed this wisdom because I am passionate about you having it. The material is brief, clear and gives practical encouragement to students of all ages in the 21st century. I adopted this theme in response to how challenged we believe we have become towards time. Many people believe there is simply not enough time in the day! This is one of the reasons that I have kept this book brief.

Initially, finding your purpose may appear to be a huge undertaking, but it isn't too big, if you break it down into small "baby steps". Like climbing the mountain, you achieve it step by step. Finding your purpose, and actually going out and achieving it, may seem to be a heavy task, but your heart will sing!

It is a choice you *can* make - a decision you can make *today*. Don't be fearful or indecisive or have any doubt. These are the most dependable principles in the world, and they work. Just choose to begin. Remember, you begin by being grateful. A positive attitude is the best behavior you can adopt, and understanding how to detach from self-doubt and failure is vital to winning

the game in life.

The transformation of your inner-self will launch you to get what you desire. Your willingness to win the fight within and cultivate your strengths will see you achieve. Like the climbers of Mt Everest, you will have to win the "battle in your mind". Your answers lie within you and the resources you need lie within your grasp.

The 4 parts of this book, *Dream Believe Do and Protect* will help you find and achieve your desired purpose. The 4 parts will help you align your feelings with what you can choose to do now. When you choose to align your feelings with what you choose to do, you will be rowing downstream. Life will be easier. You will struggle less. Both young and old can adopt these new habits in their hectic lives, as we find ourselves seeking a more practical education.

Finally, I would like to leave you with this thought. Some of you are not appreciating yourselves very much. Primarily, it is because you do not understand the rules of the game. At the beginning, I wrote about the importance of knowing the fundamental rules of the game, so that you can enjoy the game, and have more fun. I feel you may not understand why you are getting what you are getting: the things that you want, you are not getting and the things you don't want, you are getting. You don't understand why this continues to happen, and you tend to blame others and make comparisons, and in all of this you don't feel good about you. You may have become stressed and confused with your lot in life. There are solutions right here in this book. The answers lie in you taking the necessary physical action.

*Dream Believe Do and Protect* is the encouragement that I desire to convey to you. Please use these principles and adopt the habits listed at the back of the book. Photocopy the list, and keep it with you for quick and easy reference. Your physical action is the best practical method to adopt new positive habits and will uncover many opportunities.

"If you wait for opportunities to occur you will be one of the crowd".

*Edward De Bono, born 1933, American writer and exponent of creative thinking.*

Choose to smile and breath deeply daily. Can you do this now? Simply by choosing to smile more and breathe deeply regularly, means that you have started to adopt the list of habits at the back of the book! Do it slowly, step by step with inner conviction.

You have been given the world's most dependable, proven system of success principles. Why would you continue to do what you do, when you know what you now know? My definition of stupidity is continuing to do the same thing and expecting a different result! The universe is expanding. It is now your time to expand with it and to experience and feel the positive emotions within you. Focus on your feelings. Focus on what you want. Don't procrastinate. Don't allow yourself to be easily distracted.

Positive people will be drawn miraculously into your life. Once you have studied, learned and adopted these habits and success principles, you will find your life getting easier. You will start to experience the art of "doing less and achieving more." It will be like watching the world's best ballerina maneuvering through her complex dance, seemingly effortlessly, going with the flow.

"God helps those who help themselves". *Benjamin Franklin, 1706-1790, American statesman and scientist.*

This process gets easier and it's fun. Lastly, start by using "baby steps" before you walk and run. Just start. Remember faith loves fun - go and enjoy yourself. It is the way it is meant to be.

With unconditional love.

**Anthony C Podosky** LLB

I am available for lectures on the material in this book. You can ask by contacting me at [www.richlifepoorlifeyouchoose.com](http://www.richlifepoorlifeyouchoose.com) to arrange availability.

***Adopt these Positive Habits:***

- \* Being grateful
- \* Thinking positively
- \* Focusing upon your positive feelings
- \* Focusing your thoughts on what you want
- \* having a definite purpose
- \* Believing in yourself
- \* Being decisive
- \* Having a positive attitude
- \* Your physical action is done joyfully
- \* Persistence
- \* Going the extra mile (especially in your employment)
- \* Having a self-disciplined mind (being self-disciplined with your thoughts)
- \* Habit of not being distracted from your highest thoughts and feelings
- \* Paying yourself first with at least 10% of your income smiling more
- \* Breathing deeply
- \* Developing faith (100% knowing you will achieve)
- \* Applying the universal laws of attraction and deliberate creation
- \* Going to your daily workshop
- \* Recognizing failure as only a temporary setback
- \* Recognizing that temporary setbacks have a hidden advantage
- \* Recognizing susceptibility to negative influences
- \* Patience
- \* Giving and receiving love
- \* Avoiding negative people and negative influences using a mentor group

- \* Love of learning
- \* Achieving
- \* Causing another to be successful
- \* Exercising regularly
- \* Eating appropriately
- \* Giving to charitable purposes

### Recommended Further Reading

"Think & Grow Rich" by Napoleon Hill

"Thick Face, Black Heart" by Chin-Ning Chu

"Making Mega Money" by Mark Sneddon

"The Seven Habits of Highly Successful People" by Stephen Covey

"The Richest Man in Babylon" by George Clason

"The Seven Spiritual Laws of Success" by Deepak Chopra

"You Can Heal Your Life" by Louise L Hay

"You Can Do It!" by Paul Hanna

"Rich Dad Poor Dad" by Robert Kiyosaki

"Awaken the Giant Within" by Anthony Robbins

"Golden Rules of Wealth" by Noel Whittaker

"The Millionaire Course" by Marc Allen

"The Master-Key to Riches" by Napoleon Hill

"A New Earth by" Eckhart Tolle

"The Power of Now" by Eckhart Tolle

[Another eBookWholesaler Publication](#)