





The Big Picture



Would you like to:

Be More Successful, Make More Money, Free Up Your Time, Be Happy and Fulfilled and Get More Out of Your Life?

If so, you are in exactly the right place and I congratulate you for finding this program

We've all heard of: The Law of Attraction - and book and movie The Secret

Missing Secrets - such as how to set goals and what actions you need to take to achieve them, as well as many other things that are vitally important to success and happiness

You will discover these missing secrets and learn how to use them to create a far better life for yourself

100% practical - tools, techniques, strategies that will bring you everything you yearn for

You are the magic - you have everything within you right now that you need to achieve the life you have always been yearning for

You will learn how to unlock and use that magic to create a far better life for yourself

Someone one said that the only thing separating us from achieving what we yearn for is a certain degree of inner change

This program will show you how to uncover what has been holding you back

And exactly what steps you need to take to bring about that inner change quickly and easily

So that you can can finally achieve success, freedom and deep happiness

How is Success Created?

The Big Picture



**Millionaire  
Mind Secret**

So how is success created?

Is it just due to luck or is there a secret formula that leads to success, happiness, and wealth?

This is a really important question and one that most people never really think about

Thats why they can stay stuck for many years and nothing much may change for them



Hard Work?

How

Is Success Created Through Hard Work?

Sometimes But Not Hard Work Alone

Manual Labourers Work Hard But Are Rarely Financially Successful



Hard Work?



Created Through Your Mind

How



The Big Picture

Success and Happiness is Created in Your Mind

Every Great Endeavour, Every new Product and every new invention Has First Started as an Idea in the Mind of a Single Human Being

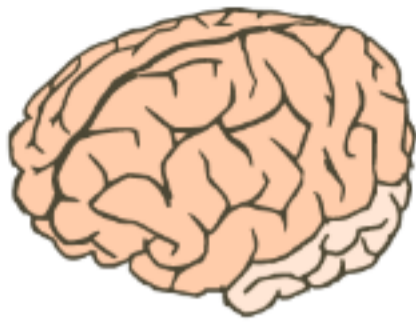
Great Ideas + Working Smart = Success & Wealth

Great Ideas Alone Do Not Guarantee Success

True Success = Great Idea + Clear Concise Goal + a Sound Action Plan + Daily Efforts

So, success and happiness always starts within your own mind

And we actually have 2 minds, or more correctly 2 different aspects to our mind



Conscious Mind

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Firstly we have our conscious mind

Conscious Mind = The Part of Our Mind We Use to Think and Reason

The Part of Our Mind we Are Most Familiar With

Its the part of us that thinks, and rationalises and makes decisions and it's the part of us that we think of as our unique identity

But, the Conscious Mind is Actually Only a Tiny Part of Our Mind and is very Limited in What it Can Do



Subconscious Mind



Conscious Mind

Creation

We also have a subconscious mind

And Your Subconscious Mind Makes Up Most of Who You Truly Are

It is True Miracle Worker When You Know How to Access and Use it Correctly

Accessing and Using Your subconscious mind correctly is the Secret to becoming Truly Successful

Its the most direct route to success and fulfillment in life



# The Subconscious Mind



Your Subconscious Mind = The Inner Genius That Controls Your Life

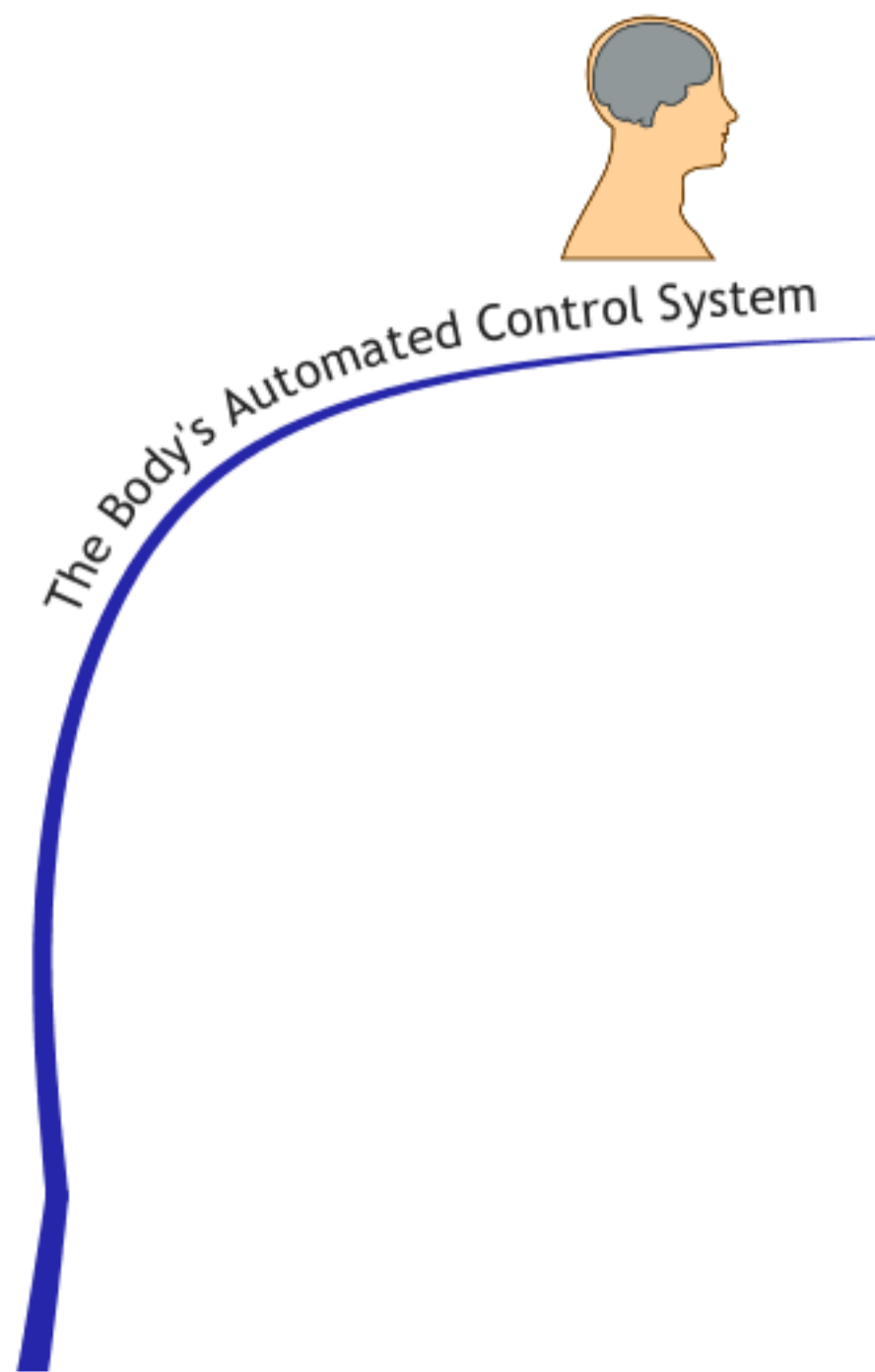
An Incredible Powerhouse That Magnetically Draws into Your Life Everything That You Yearn for.

It Also Draws into Your Life Things You Do Not Wish to Happen!

The Source of All Your Successes and Failures.

*“Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality”*

**Earl Nightingale**



Responsible for All Your Body's Automated Processes

eg: The Beating of Your Heart and the Breathing of Your Lungs.

No Need to Consciously Will Your Heart to Beat or Your Lungs to Breathe.

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## Mind Can Heal Body

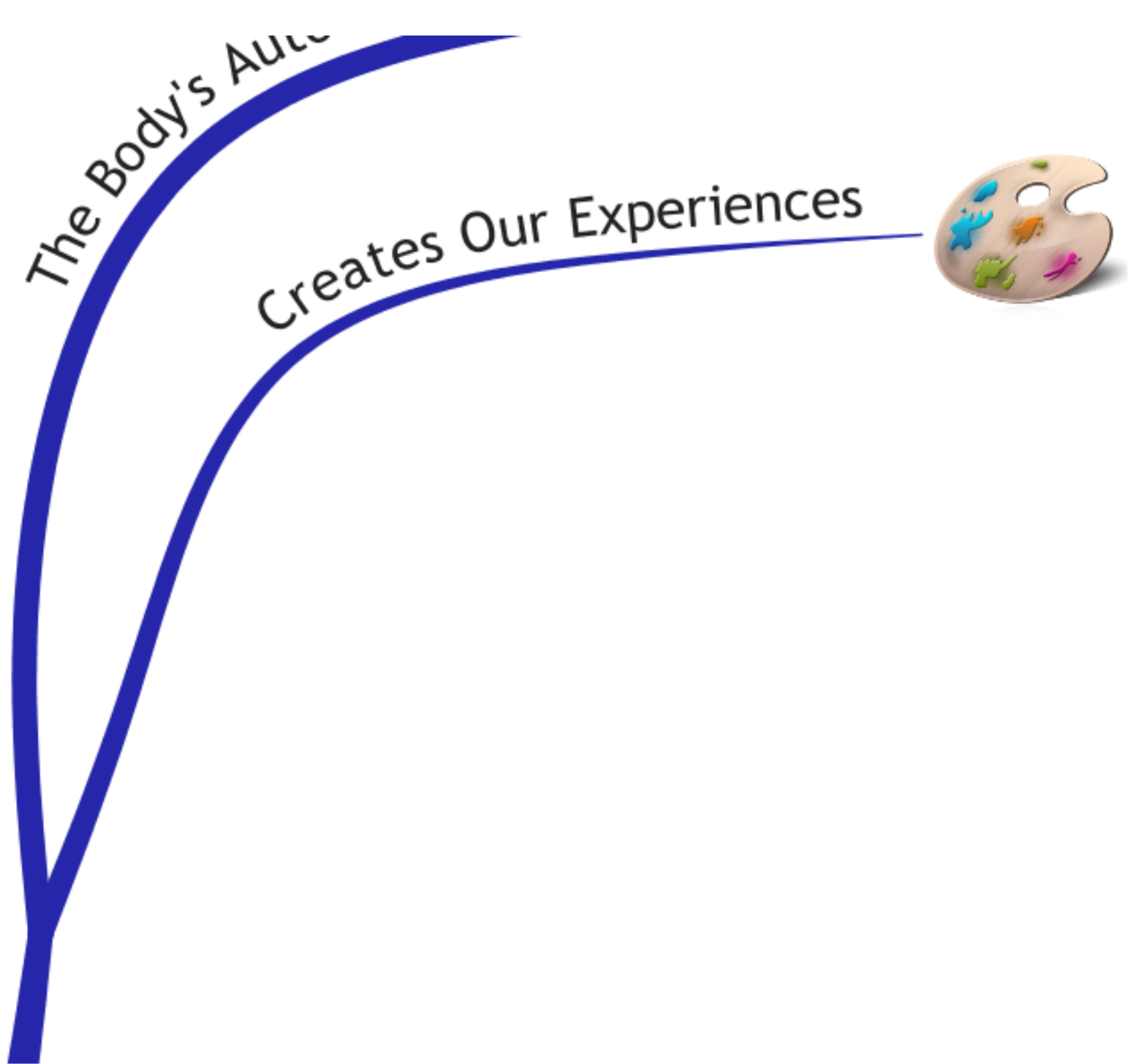


It is Possible to Convince the Subconscious Mind to Heal the Body in Miraculous Ways

There have been many cases where people who were terminally ill, have suddenly recovered despite all the odds

And this happens as a result of that person being able to access and powerfully influence their subconscious mind in all the right ways

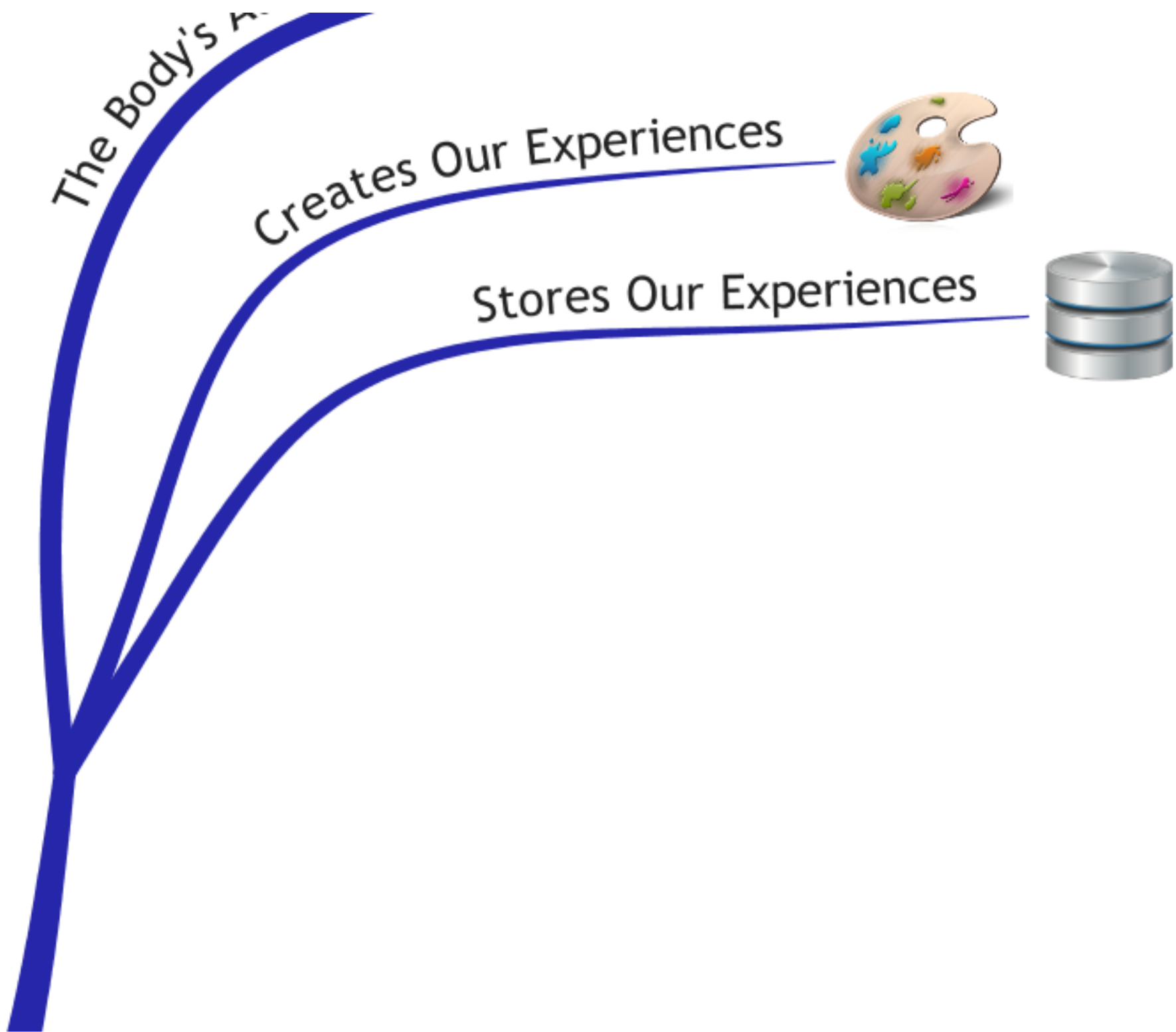
Such states of mind as faith or belief or gratitude strongly influences the subconscious mind, as we will discover



Affects Every Single Aspect of Your Life

Your Subconscious Expectations and Beliefs Affect What Happens to You and What You Experience.

Like a Beacon Transmitting Out Into the Universe



Napoleon Hill, author of Think and Grow Rich described the subconscious mind as:

*“A field of consciousness, in which every impulse of thought that reaches the objective mind through any of the five senses, is classified and recorded, and from which thoughts may be recalled or withdrawn as letters may be taken from a filing cabinet. It receives, and files, sense impressions or thoughts, regardless of their nature.*

*You may VOLUNTARILY plant in your subconscious mind any plan, thought, or purpose which you desire to translate into its physical or monetary equivalent. The subconscious acts first on the dominating desires which have been mixed with emotional feeling, such as faith. “*

Records, Catalogues and Files Everything That Happens to You

Every Thought, Emotion, Event and Experience During Your Lifetime

Young Children Have Total Trust in the World. They Believe Anything is Possible.

Most Adults Have Had Many Disappointments and Setbacks and Develop Many Restricting Beliefs

This is the Reason for Failure and Lack of Confidence

But Failure CAN Easily be Transformed Into Success, as We Will Soon Discover!



You Can Draw Upon Your Subconscious Mind to Find Solutions to Your Problems and to Access Unlimited Wisdom

Many Inventors and Scientists Use Their Subconscious Mind in This way.

Thomas Edison used to Dwell on a Problem, Hand it Over to His Subconscious, then Fall Asleep for 1 Hour and On Awakening He Would Often Have the Exact Answer He Was Seeking.

I Have Experienced This Myself on Many Occasions.

When you learn how to access your subconscious mind and start using it to give you the answers to your problems in life, then your life will never, ever be the same again



Your Subconscious Beliefs Always Create Circumstances That Support Those Beliefs, Even if They Are Wrong!

Your Dominant Thoughts and Emotions Are Like a Powerful Beacon Transmitting Out Into the Universe.

Your Dominant Thoughts and Emotions Create The Events and Circumstances of Your Life.

Your subconscious doesn't know the difference between positive thoughts and negative thoughts - it acts on all of them

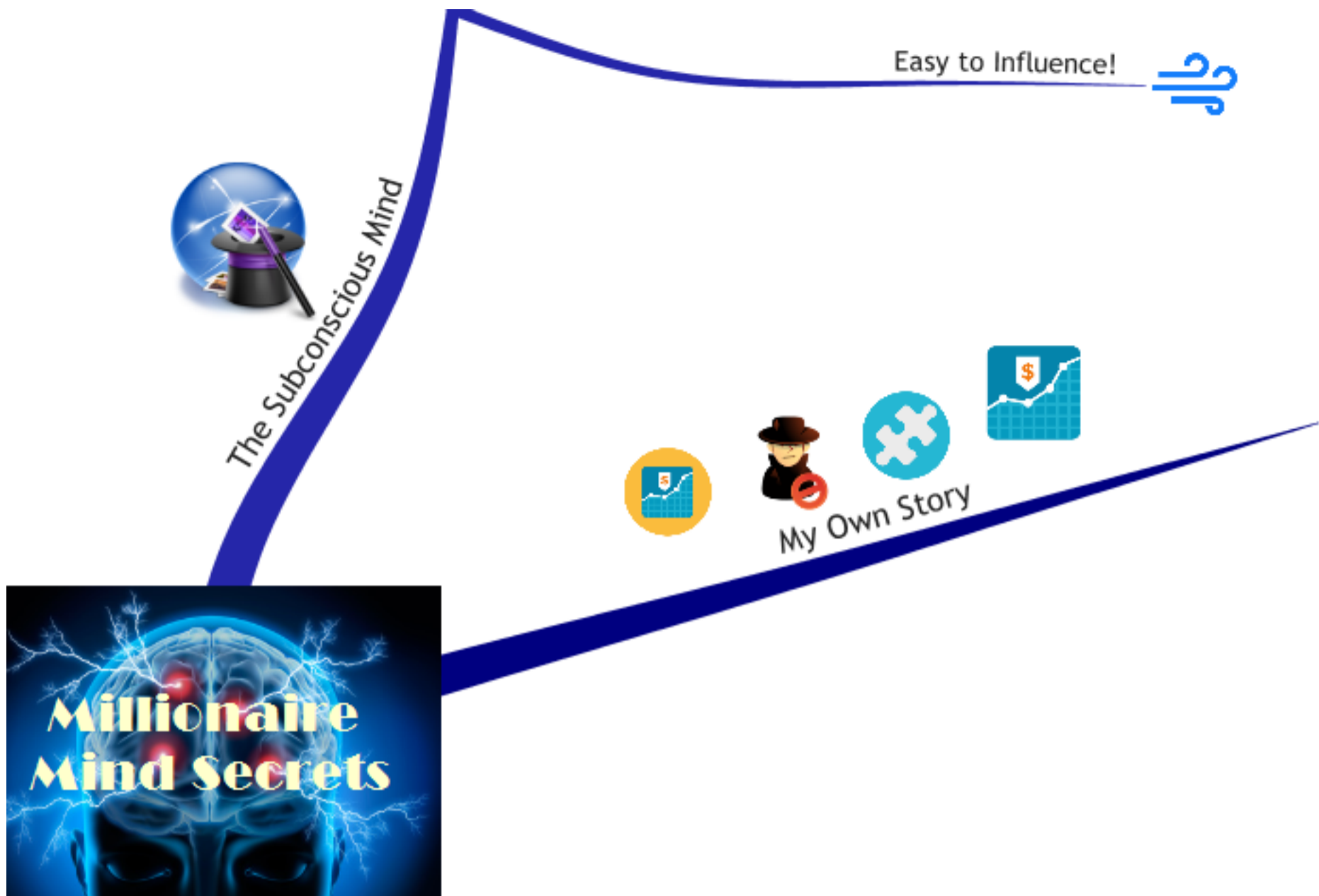
Especially if strong emotions are present

So its important to gradually become the master of our own mind instead of allowing our mind to master us



Good News - Its Easy to Influence Your Subconscious Mind - When You Know How.

Can Enable You to Become Truly Successful and Deeply Happy - Providing You Use the Tools and Techniques I Will Be Sharing With You.



Growing Up - Had Asthma

Very Bad at Sports - Always Lst to be Picked for Teams & Result - Very Little Self Esteem

Started My First Business at 15

10 Years Later at 25 Started First Real Business

Always a Struggle - Until I Developed Much Greater Self-Worth

Gradually Became Very Confident - As Confidence and Self Worth Grew - So Did My Profits

Used the Power of Positive Thinking - Massive Results All of the Time

Became a Millionaire and Only Worked Only a Day and a Half Each Week for Several Years

Sold to Multinational in 2001 - "Retired"

Found Institute for Afterlife Research - Was On Radio and TV 78 Times in 1 year

Trusted Wrong People and Made Bad Investments. Lost Every Single Cent in a Very Short Time - Couldn't Feed My Wife or Our Baby

Became Negative and Pessimistic - Expected More Bad Stuff, and That Bad Stuff Happened Every Time

Rediscovered the Power of Gratitude - Started Reprogramming My Mind for Success

Everything Started Changing Rapidly - Coincidences Started Again

Learnt Through Direct Experience the "Power of Negative Thinking" and How to Overcome It

Now I Can Help Many People to Do Exactly the Same and Become Truly Successful and Deeply Happy

Can Heal Body



Your Mind Creates Your Experiences!



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Us

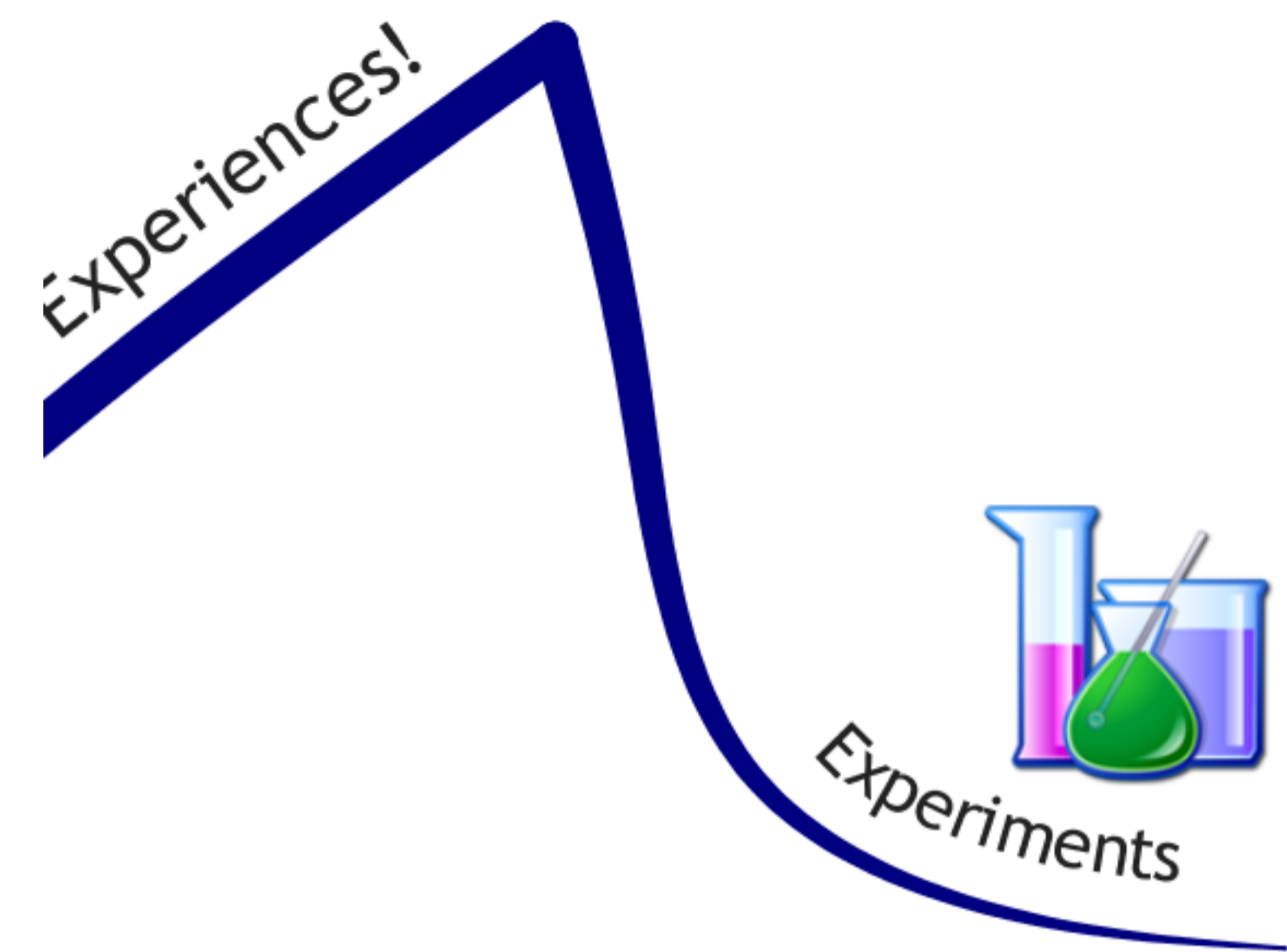


Your Dominant Thoughts, Emotions and Beliefs Create Your Experiences

Your Dominant Thoughts, Emotions and Beliefs Create Your Failures

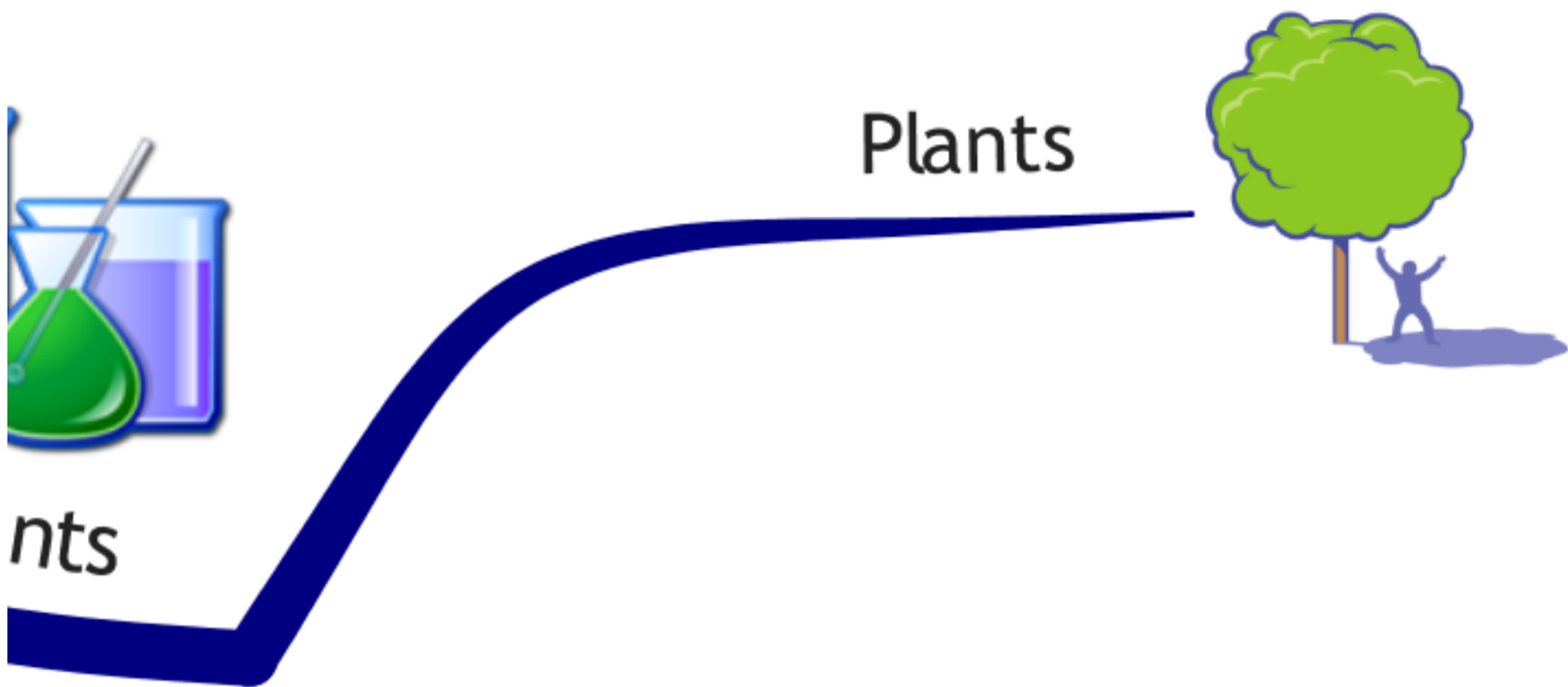
Your Dominant Thoughts, Emotions and Beliefs Create Your Successes

This is NOT Just Theory - Scientific Experiences Validate That This is True



Scientists Have Observed - That the Outcome of Sensitive Experiment Can be Influenced by the Observer

The Mind of the Scientist Can Affect Physical Matter Itself!



Experiments on Plant Growth - Influenced by Thoughts and Emotions

Growth of Two Identical Plants in Identical Conditions - Carefully Observed

Positive Thoughts And Emotions - Rapid Strong Plant Growth

Negative Thoughts And Emotions - Slow and Weak Plant Growth

Same Effect Even Over Long Distances

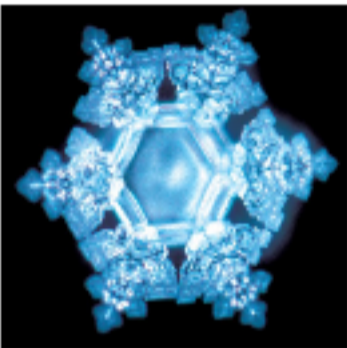
Experiments Conducted in Many Laboratories with Identical Results



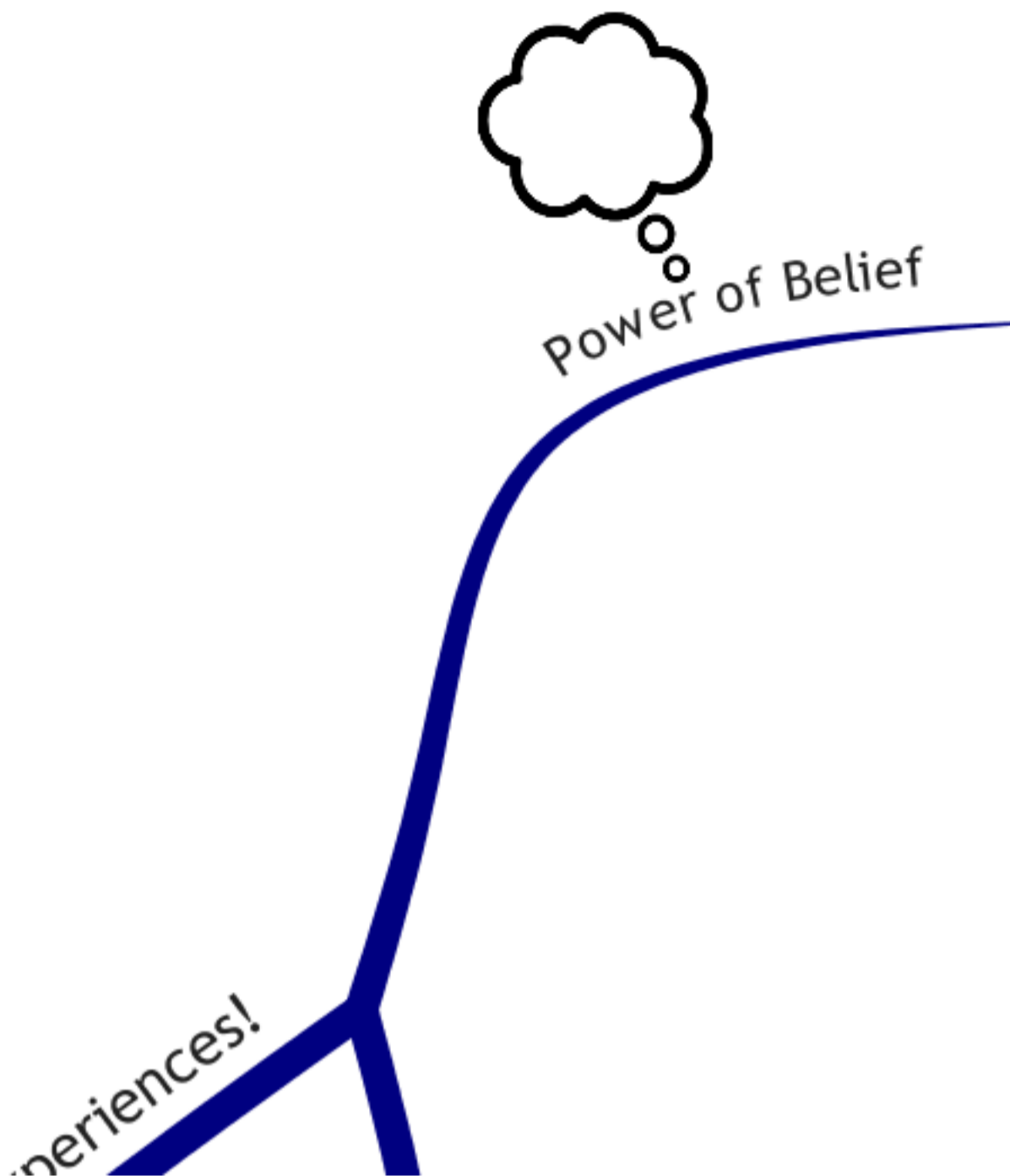
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# Crystal Growth



- Dr Masaru Emoto - Scientist from Japan
- Effects of Thoughts, Feelings and Sounds on Growth of Ice Crystals
- Powerful Microscope and High-Speed Photography in a Very Cold Room
- Crystals Forming in Frozen Water - Very Definite Changes When Specific Concentrated Thoughts or Emotions were Directed Toward Them
- Your Thoughts and Emotions and Beliefs Really Do Affect Your Physical Environment
- Important to Use This Understanding to Your Advantage Instead of Drawing More Negative Experiences from Your Environment



*“Whether you think you can, or you think you can’t - you’re right”*

**Henry Ford**

What You Believe Determines What Happens to You and What You Can Achieve Throughout Your Life

Your Beliefs - Responsible for All Your Success and Failures

Ancient Eastern Texts - You Affect Your Environment in 3000 Different Ways at Every Moment of Your Life

What You Think and Believe - Moulds Your Reality and Experiences

Extremely Important - Weed Out and Overcome Self-Limiting Beliefs and Increase Positive Empowering Beliefs

I Will Be Sharing With You Powerful Tools, Techniques and Staragies to Do Exactly This

of Belief



Conscious Beliefs

Your Beliefs Determine the Outcome of Everything That You Set Out to Achieve

They Create Your Successes and Failures



# Positive Beliefs



We All Have at Least Some Positive Beliefs About Ourselves and What's Possible for Us

When We Strengthen Positive Empowering Beliefs About Ourselves Then We Can Achieve Far More and Much More Quickly

Its Possible to Gradually DevelopAll Sorts of Constructive Beliefs That Can Totally Change Our Circumstances

We Can Even Go From Rags to Riches When We Use This Fully in Our Life



Beliefs

Repetition = They Are Stored in Subconscious



Again the Key is Repitition

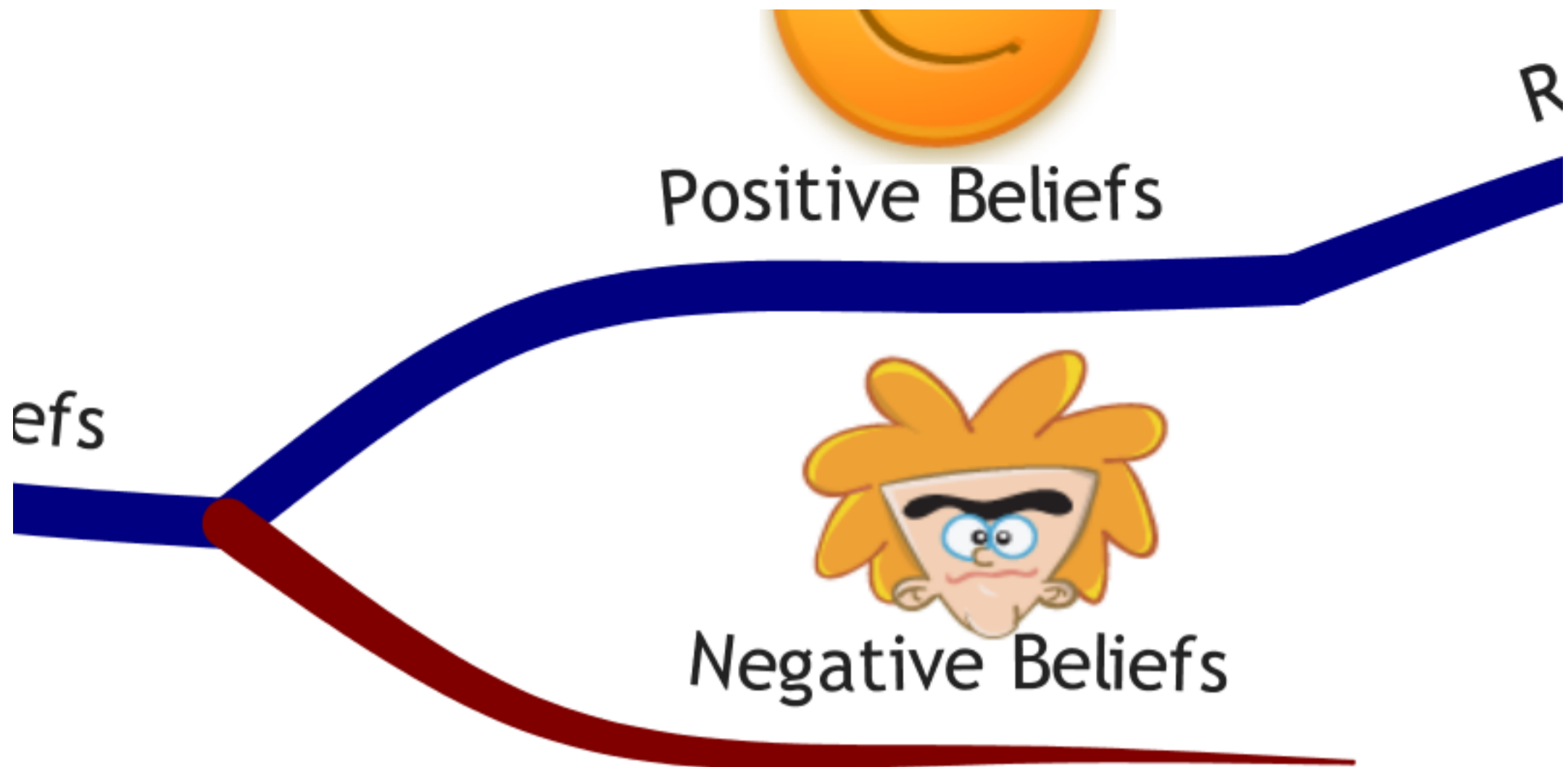
This Has Powerful Positive Influence on Your Subconscious Mind

These Repeated Positive Thoughts WILL Bring You Positive Effects - Guaranteed

Your Positive Beliefs Enable You to Break Through All Sorts of Limitations That Have Been Holding You Back

Realising This is Vital to Your Success

Again, Strengthening and Adding to Your Positive Empowering Beliefs is Your Key to Becoming Wealthly, Happy and Achiving What You Truly Yearn For



We All Have a Mix of Positive Beliefs and Negative Beliefs

A Single Negative Thought Doesn't Have Much Effect

However, Repeated Negative Thoughts Are Very Serious and Can Become Ingrained Negative Beliefs About What You Can and What You Cannot Achieve



Beliefs

Repetition = They Are Stored in Subconscious



Beliefs

Repetition = They Are Stored in Subconscious



Repeated Negative Thoughts Literally Program Your Subconscious Mind

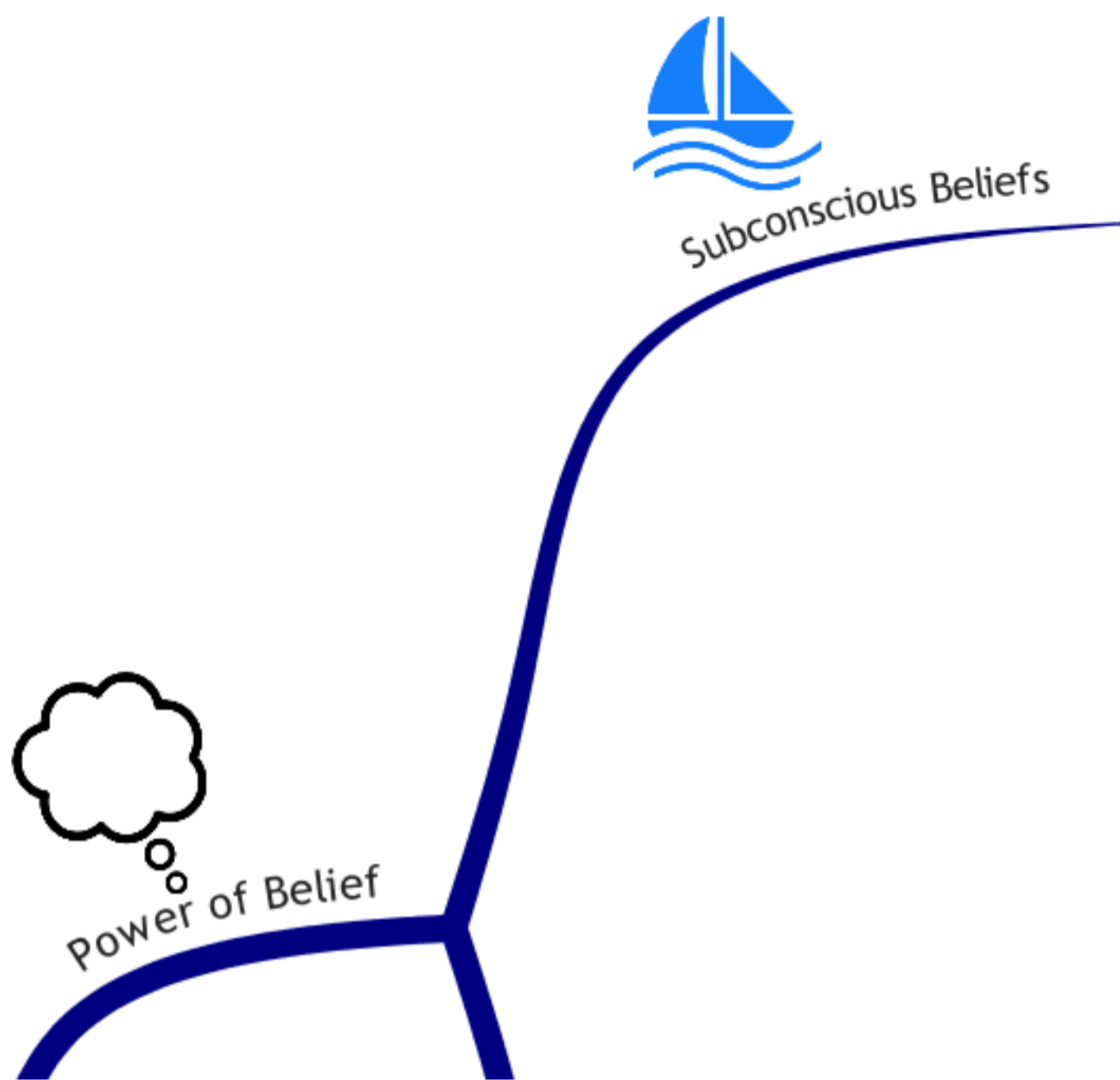
Whatever You Repeatedly Feed Your Subconscious Mind With Will Have An Effect on Your Life and What You Can Achieve

These Repeated Negative Thoughts WILL Bring You Negative Effects - Guaranteed

Your Negative Beliefs Continually Sabotage Everything You Set Out to Achieve

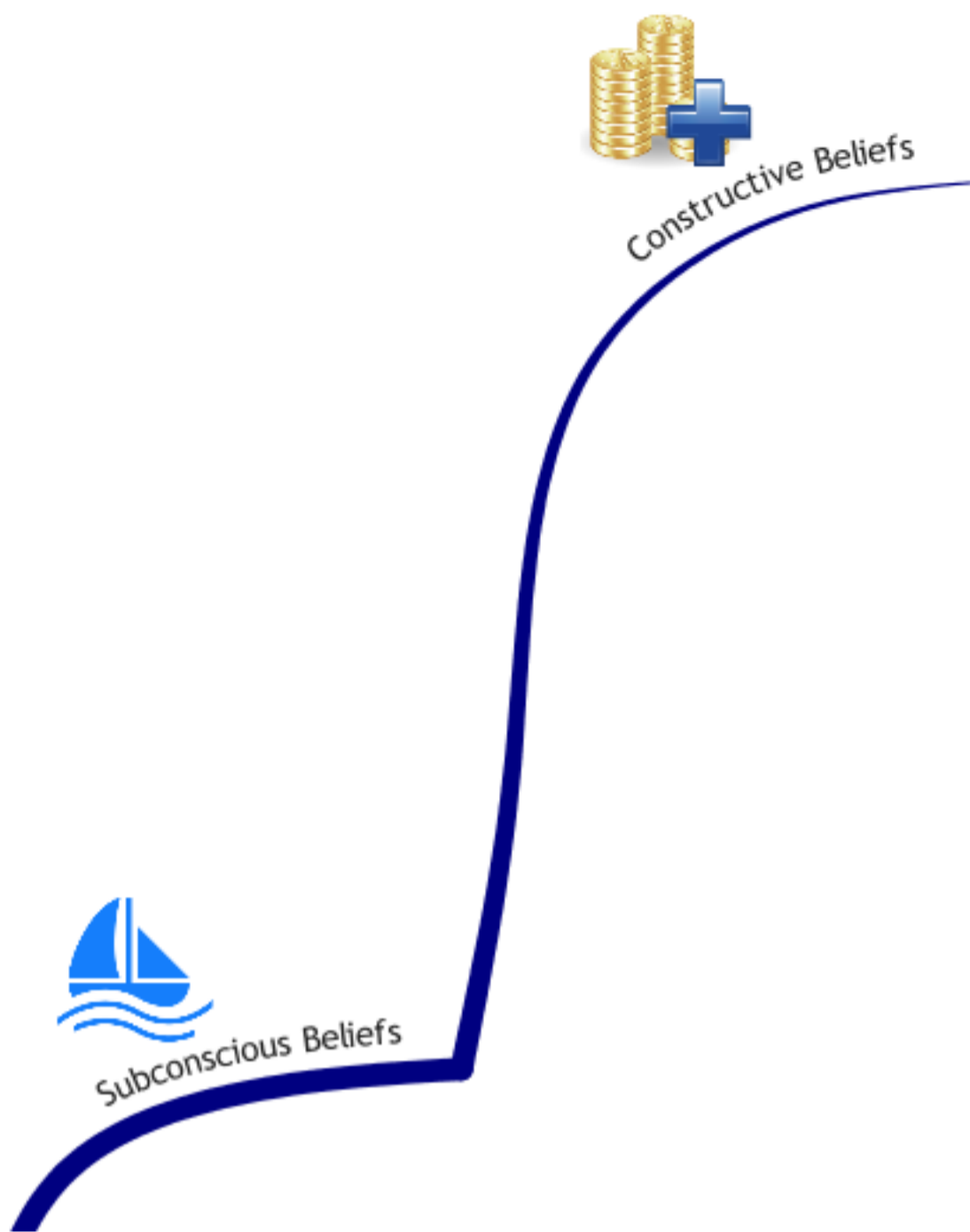
Realising This is Vital to Your Success

Starting to Do Something About it is Your Key to Becoming Wealthly, Happy and Achiving What You Truly Yearn For



Repeated Thoughts, and Both Happy and Painful Experiences Form Your Deep Seated Beliefs

They Form the Core of Your Outlook on Life



Your Positive or Constructive Beliefs Have Been Formed by Happy and Empowering Experiences as a Child and Later as an Adult

Your Constructive Beliefs Are What Enable You to Change Your Circumstances

Your Constructive Beliefs Are What Make You Happy

Your Constructive Beliefs Are What Enable You to Become Wealthy and Successsful

Even if You Have Had Lots of Disappointments and Failures and Don't Yet Have Many Positive Beliefs - You Can Still Start Creating Them using the Methods I will Be Sharing in a Moment



# Can Be Reinforced!

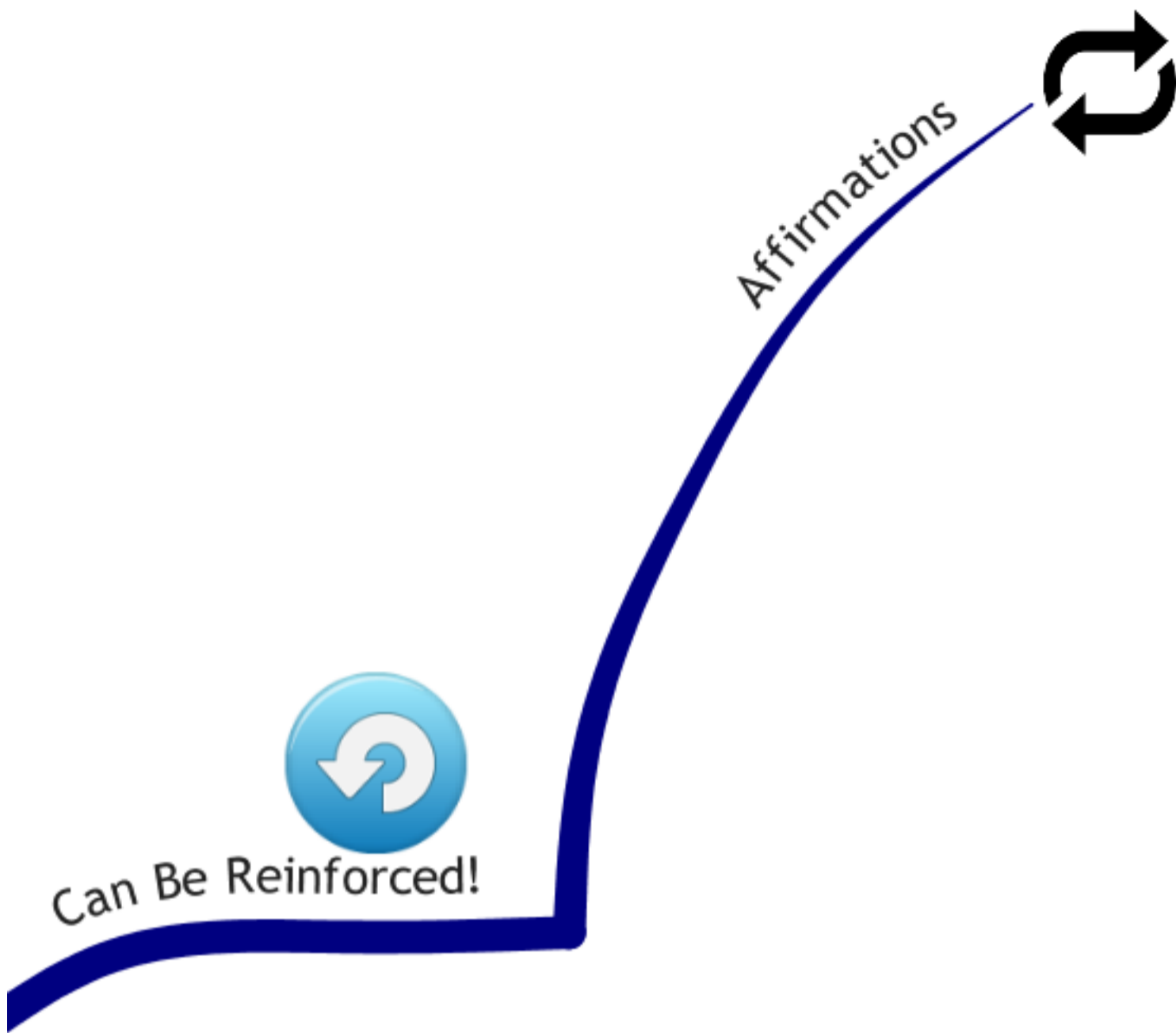
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Whatever Positive Subconscious Beliefs You May Have - You Can Strengthen Them Through Repetition

Your Subconscious Mind is Very Suggestible and Can be Very Easily Influenced, Using the Correct Methods

So How Can You Create Positive Beliefs in Your Subconscious and Also Reinforce Positive Beliefs You Already Possess?

The Good News is That it's Easy to Do and We Will Now Look at Some of These That Work Really, Really Well



*“It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen”*

**Muhammad Ali**

Affirmations - Every thought that you think and every word that you say

Affirmation - carefully formatted statements that you need to repeat to yourself (preferably aloud) and which you should also write down frequently.

An excellent and easy way to powerfully influence your subconscious mind

Simple to create and use.

Wellknown Example -19th century French Psychologist Emile Coué:

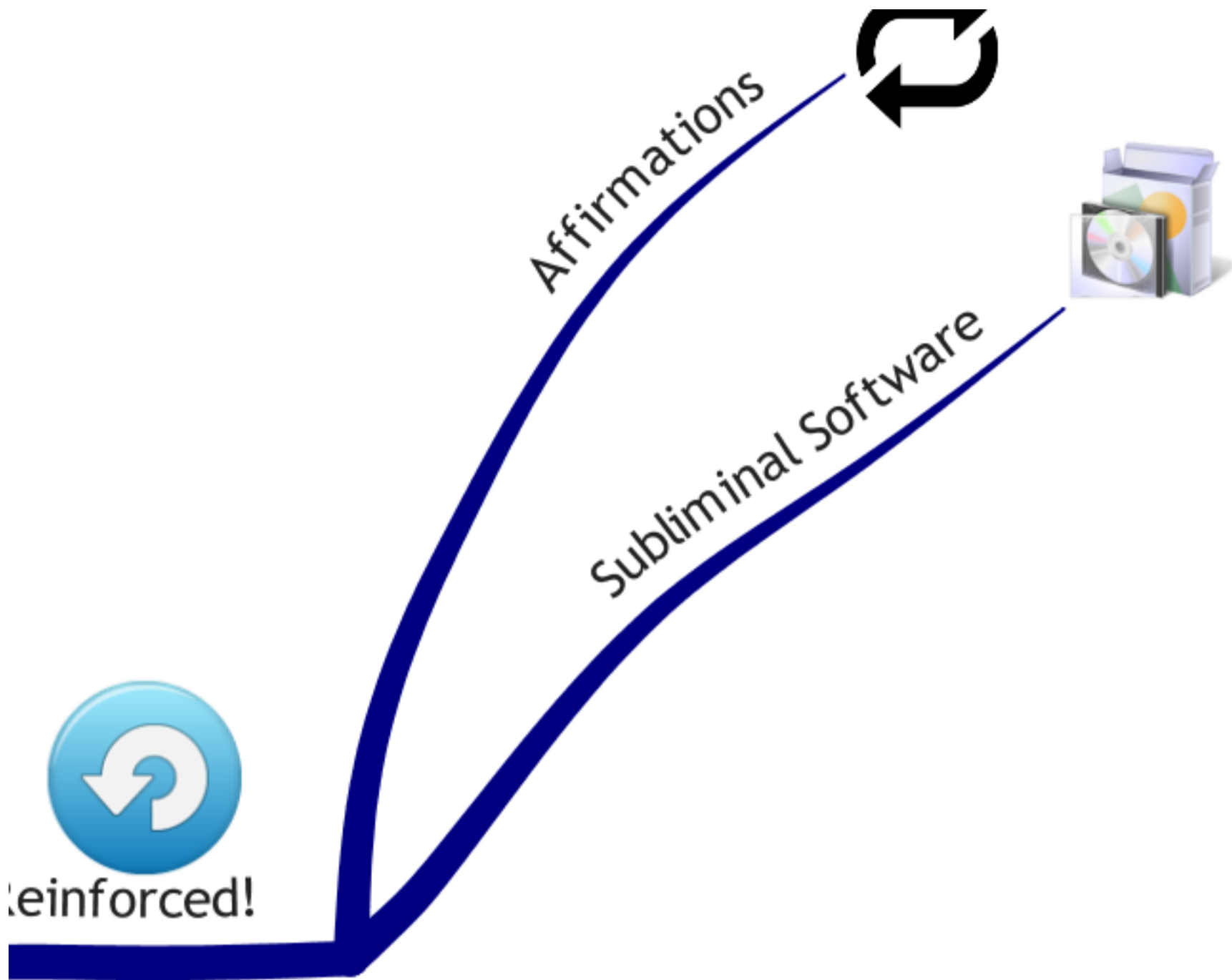
"Every day, in every way, I'm getting better and better".

Affirmations Should be:

- In the Present Tense
- Positive
- Personal
- Specific

Later on, we will examine the most effective way to construct affirmations that can reprogram your mind for success

We will also look at the ways in which you can use those affirmations for maximum affect



Software available that can flash affirmations on your computer screen so fast they are hardly noticeable

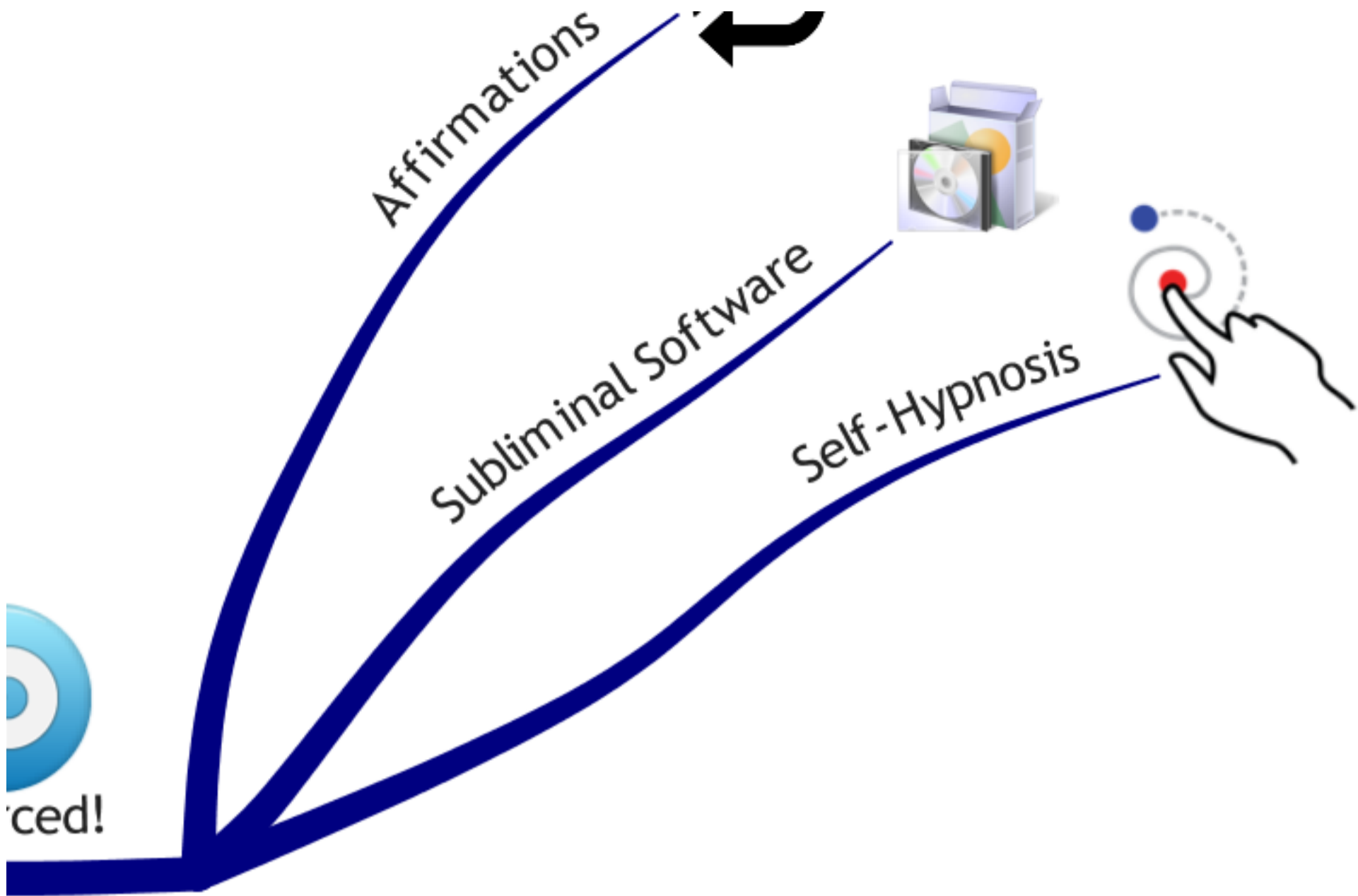
You subconscious does notice these affirmations and they are a powerful way to influence your subconscious

An excellent way to counteract negative thoughts and beliefs that may currently be preventing you from being really successful

Just imagine the effect of thousands of affirmations constantly flashing on your computer screen while you are working

A wonderful way to program your mind for success and happiness while you are working

Subliminal Audio Recordings - subliminal suggestions embedded in music can also have a powerful effect on your subconscious



Highly Effective Way of Communicating With and Influencing Your Subconscious Mind

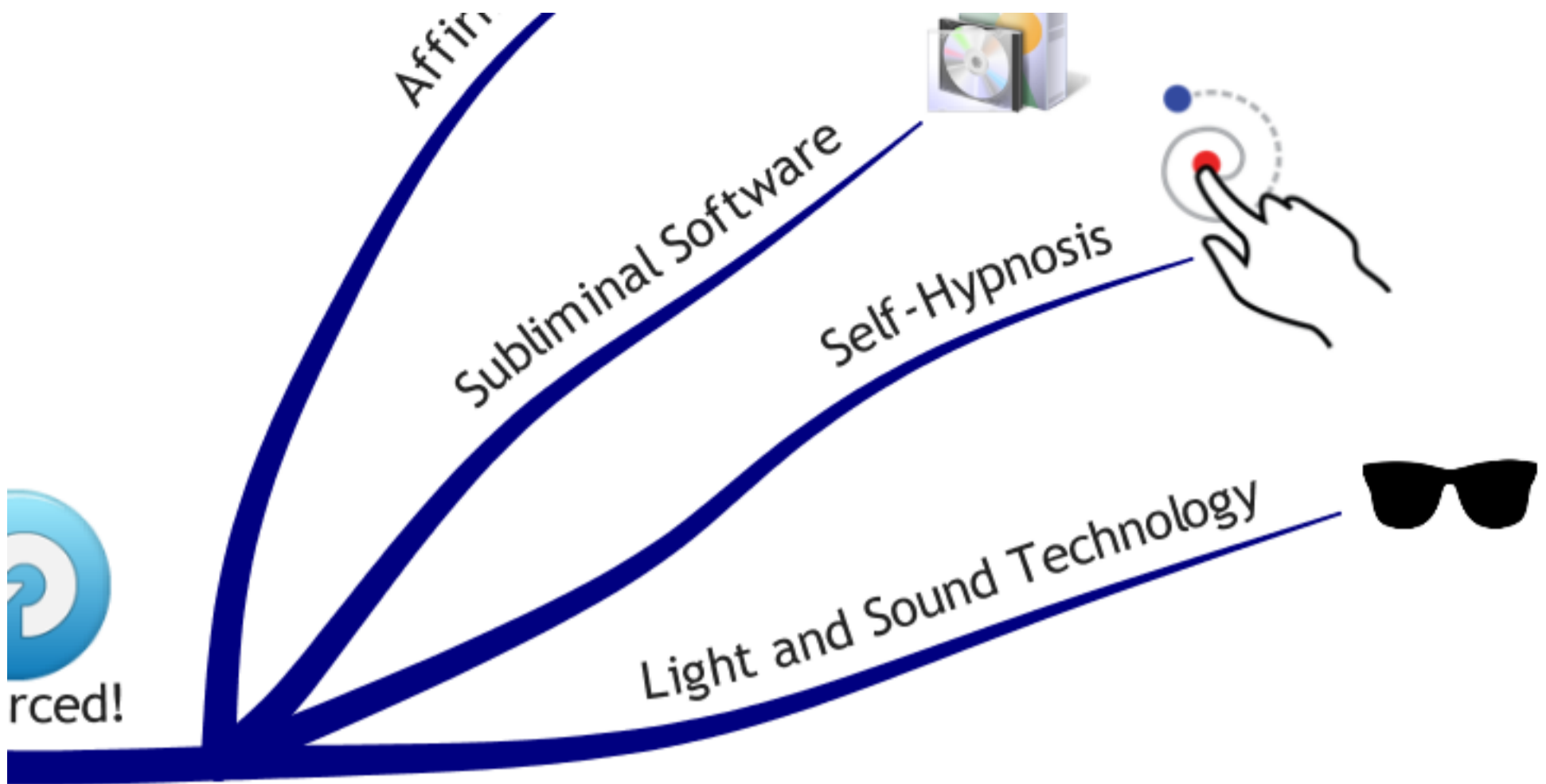
Hypnosis is a way of guiding you into a very relaxed yet suggestible state

A state where you can influence your subconscious mind very powerfully and without any conscious resistance

Used by most highly successful people

Self-hypnosis can overcome really stubborn subconscious beliefs very quickly

Can be used to overcome a lifetime of negative conditioning that could otherwise take years of psychotherapy to unravel



Light and Sound Machines are a relatively new type of technology

Sun flashing through trees when travelling by car or train can make you sleepy

Powerful hypnotic effect that is very difficult to resist

The speed of the flashes determines the effect on our brain

Can put you to sleep, wake you up, give you greater focus, put you into a meditative state and bring you into deep relaxation.

Binaural beats - sound pulses can be used in the very same way

Slightly different sound frequencies in each ear will entrain the brain to produce a frequency that is the sum of the difference between the two frequencies

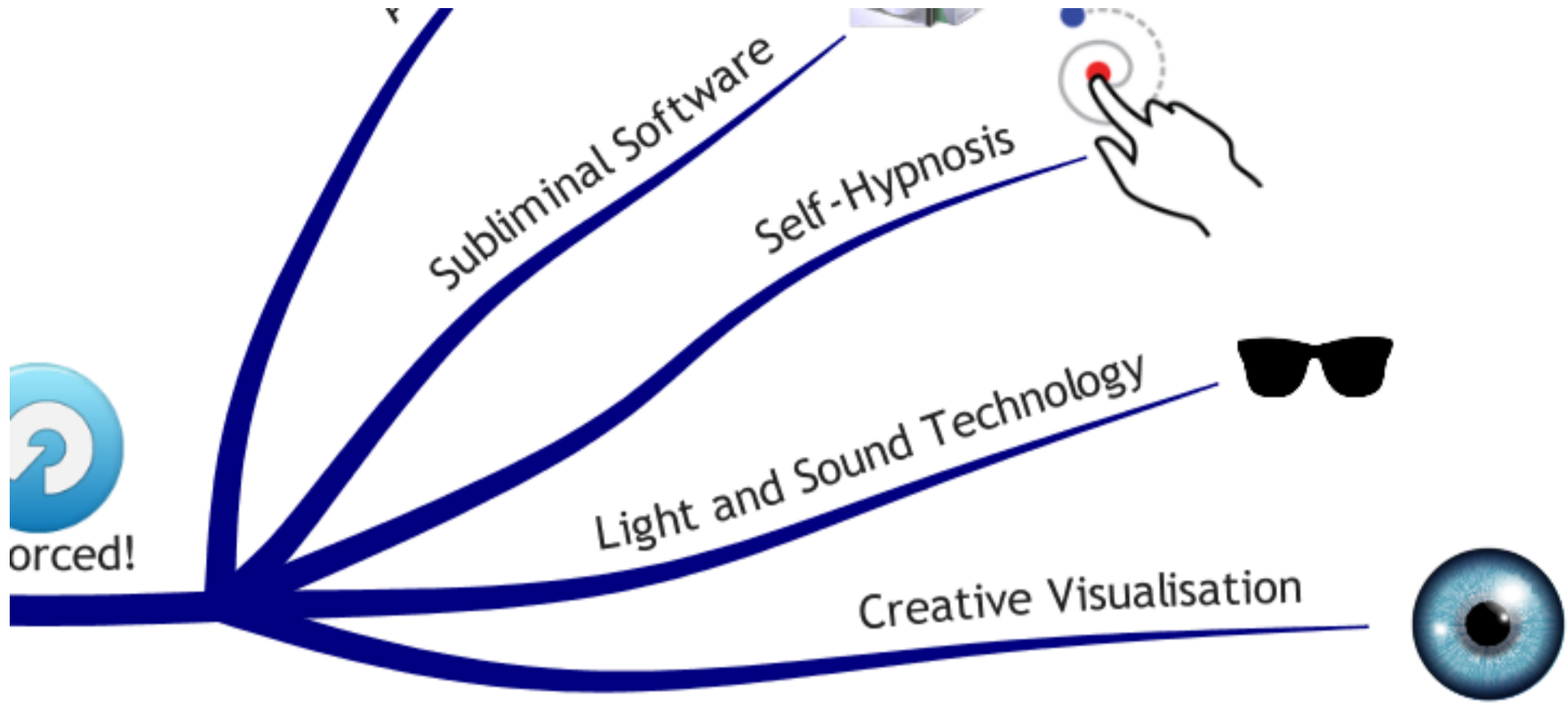
Example - 2 tuning forks that are very slightly different in pitch - produces a wah, wah sound in the brain

Sound and Light used together are even more powerful

Beautiful experience - geometric shapes and very pleasant sounds

Dial up any state of consciousness

Very safe - except flashing lights cannot be used by people who suffer from photo-sensitive epilepsy



Creative Visualisation - another powerful way to influence your subconscious mind

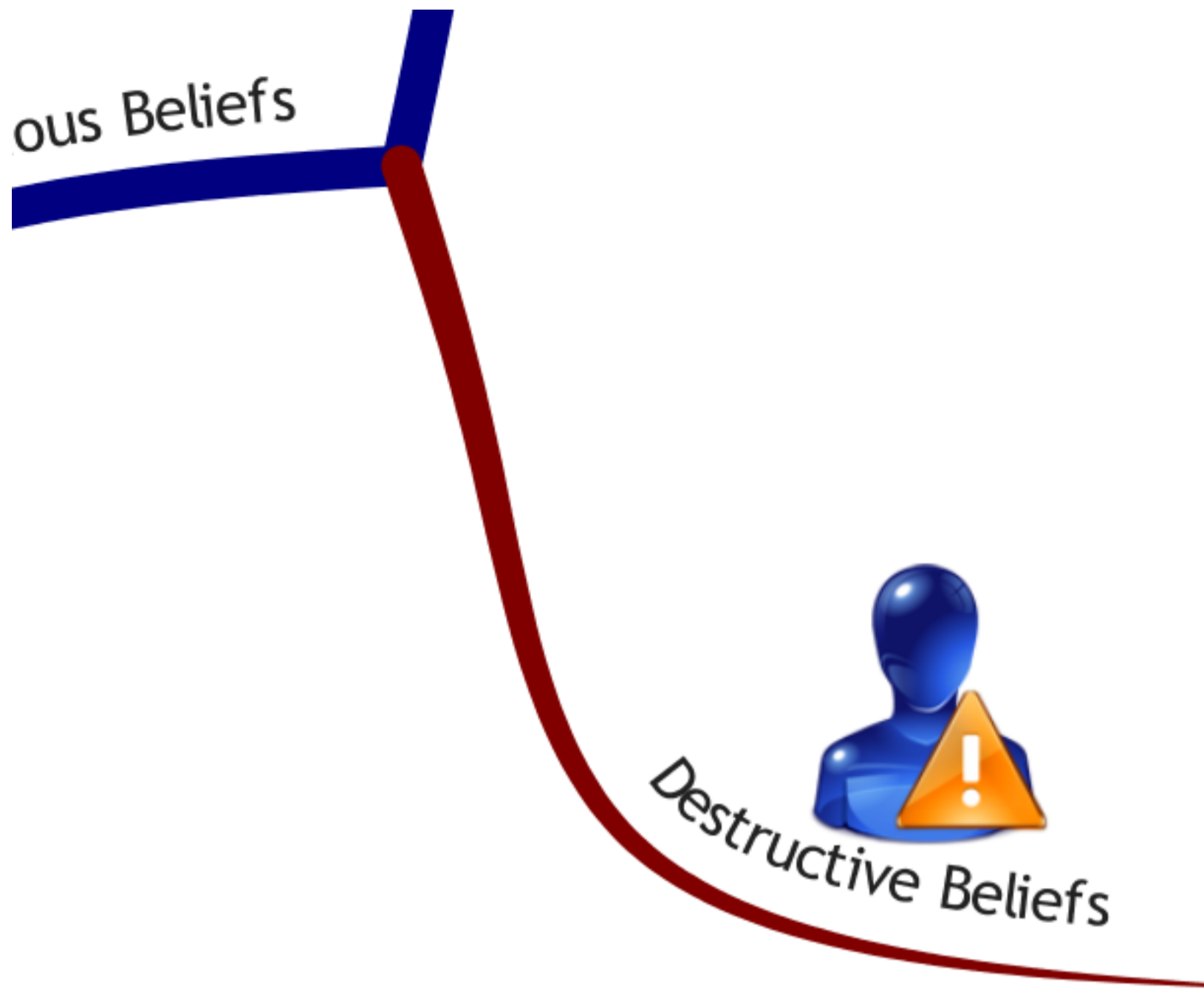
Visualise as clearly as you can, what you will see and hear and feel when you have reached your goal

Immerse yourself in these thoughts, feeling and emotions, as though they have already happened

Day dream your way to success using creative visualisation

Injects raw power into your goals - dramatically speeds up the process of reaching your objectives

Create a vision board - include pictures of all the things you wish to achieve and look at it often



*“Whether you think you can, or you think you can’t - you’re right”*

**Henry Ford**

Even if consciously you believe you can achieve something, you may subconsciously believe its not possible for you

In the Battle between Your Conscious and Subconscious Beliefs, Your Subconscious Beliefs Always Win Out



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# Self-Sabotage

Negative beliefs sabotage all your goals

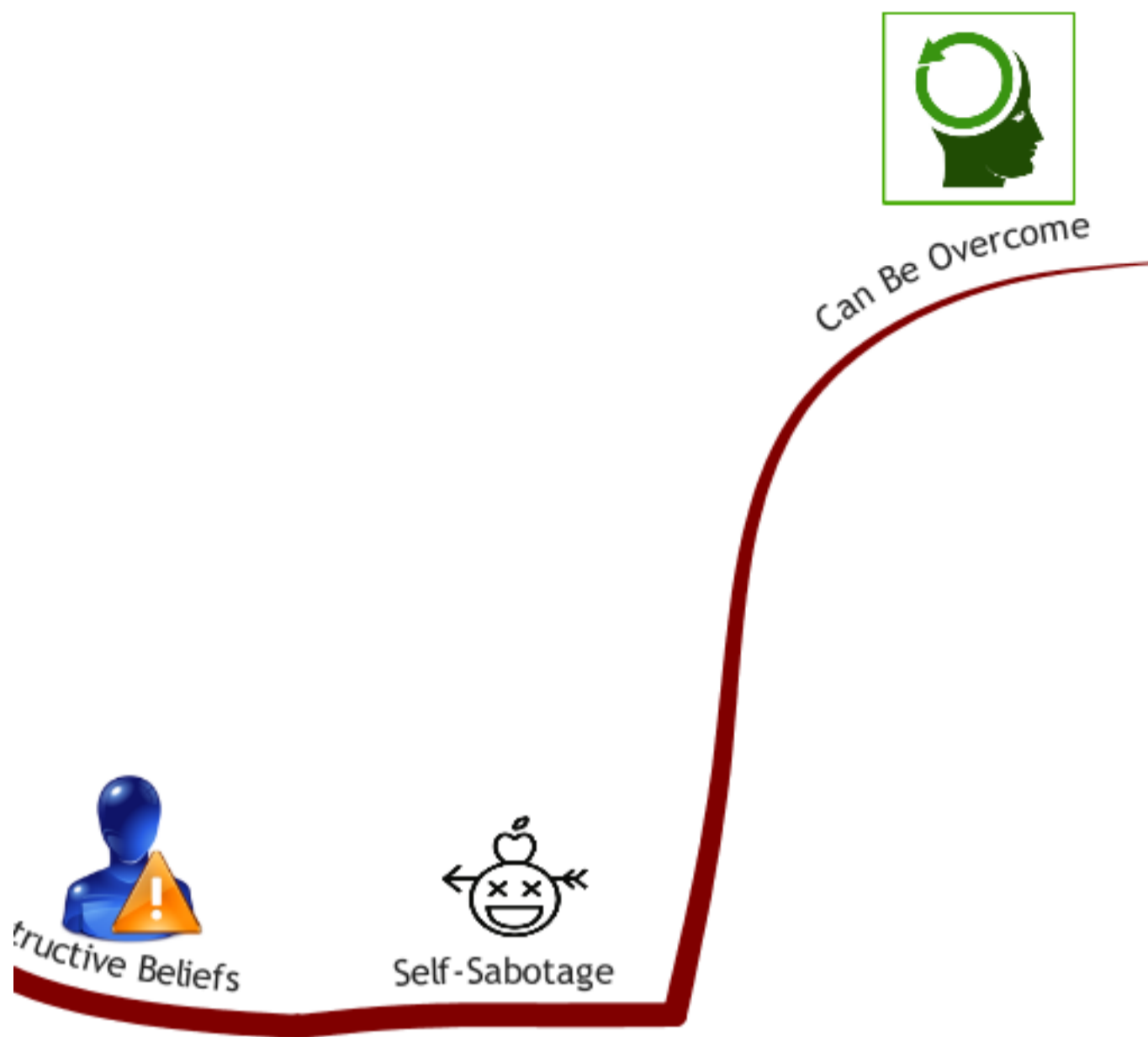
Negative beliefs try to keep you small and powerless and shackled to your painful past

Negative beliefs stop you becoming self-confident and empowered

Negative beliefs can wreck havoc in your life

Important to gradually change your negative beliefs, so that you can create the life that you truly yearn for

Vital - overcome these negative beliefs as quickly as possible



Again, we can overcome our conscious and subconscious negative beliefs using:

- Affirmations
- Subliminal Software
- Hypnosis
- Light and Sound Technology
- Creative Visualisation



Can Be Overcome

Affirmations



Affirmations



come

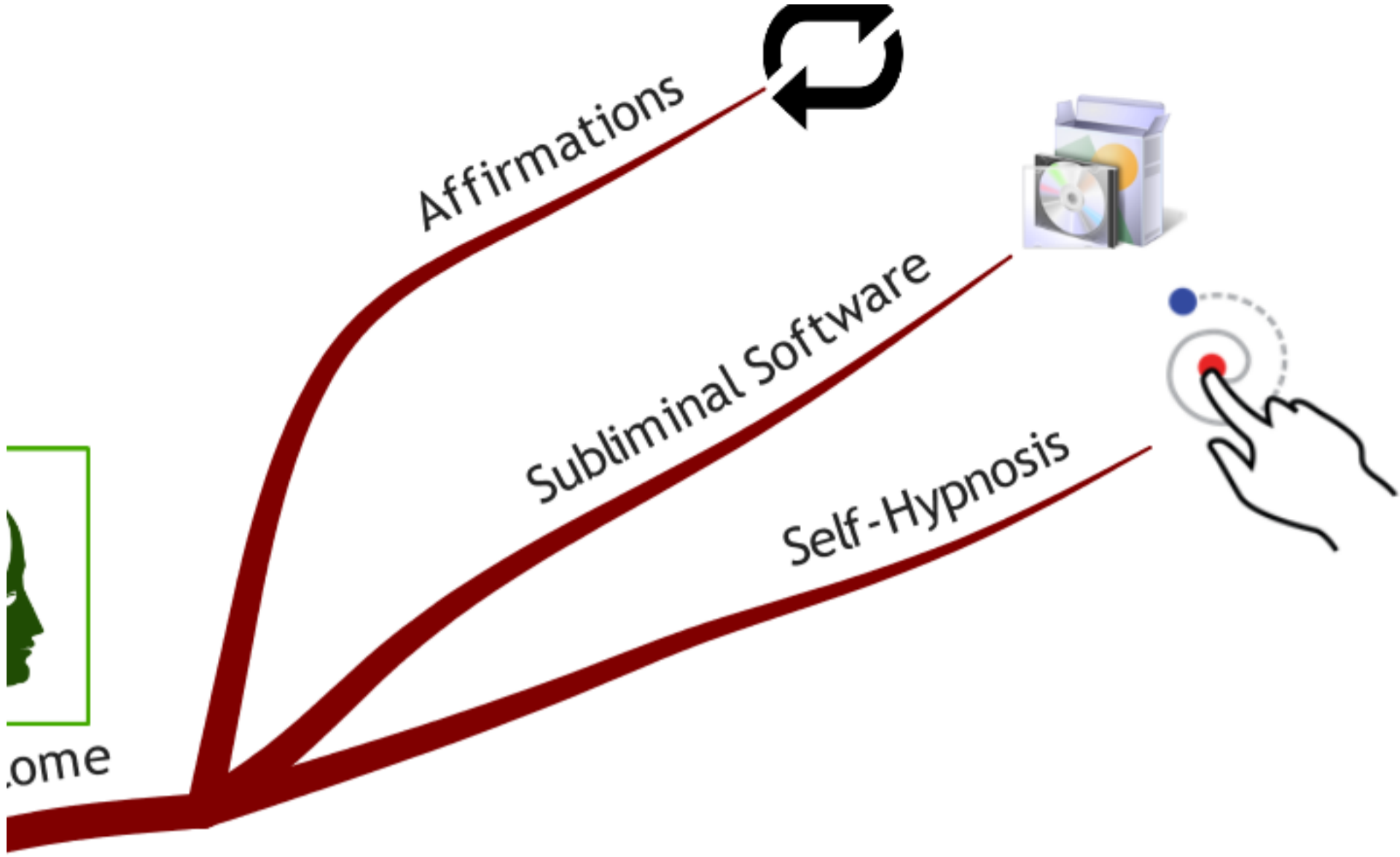
Affirmations



Subliminal Software



Subliminal Software



Self-Hypnosis



come

Affirmations

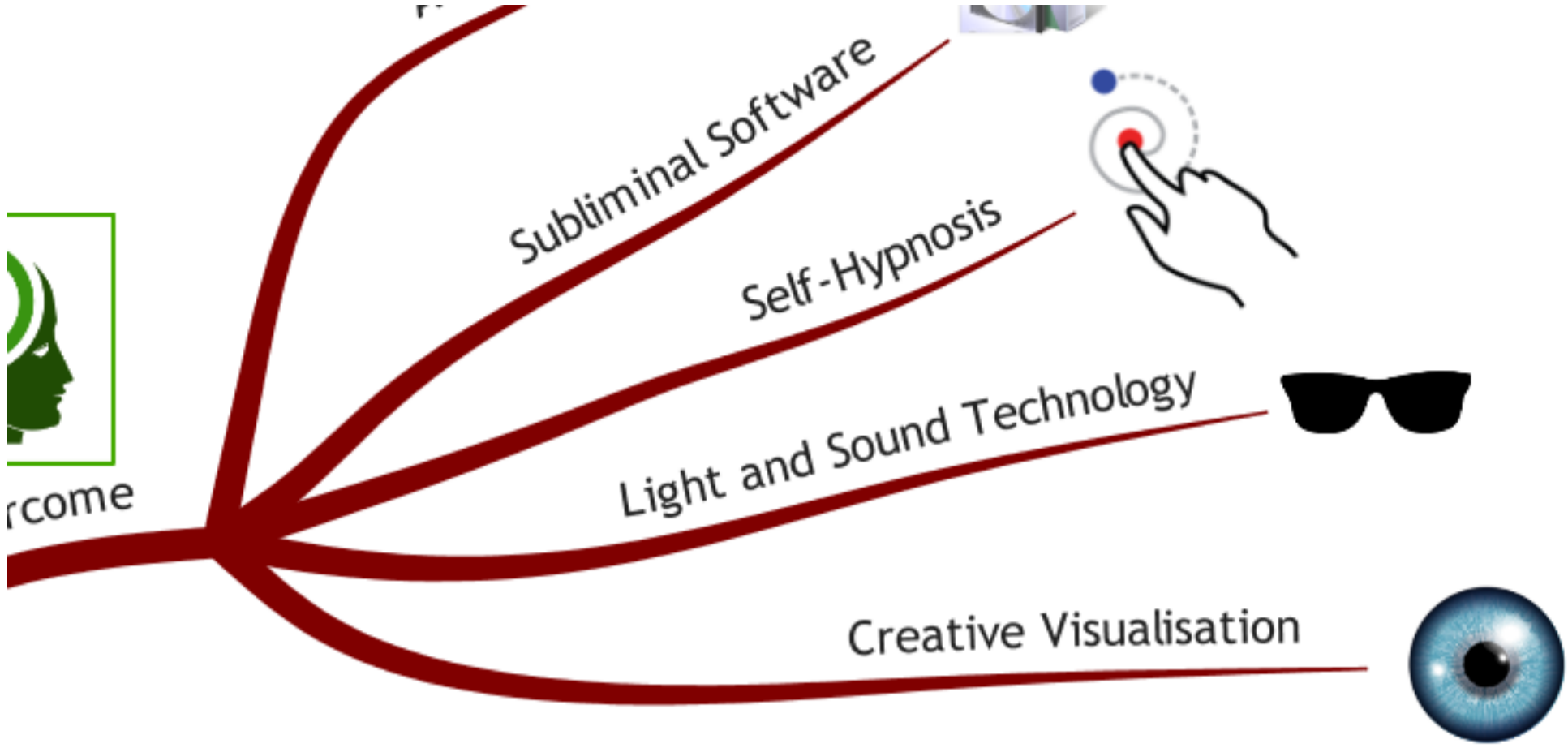
Subliminal Software

Self-Hypnosis

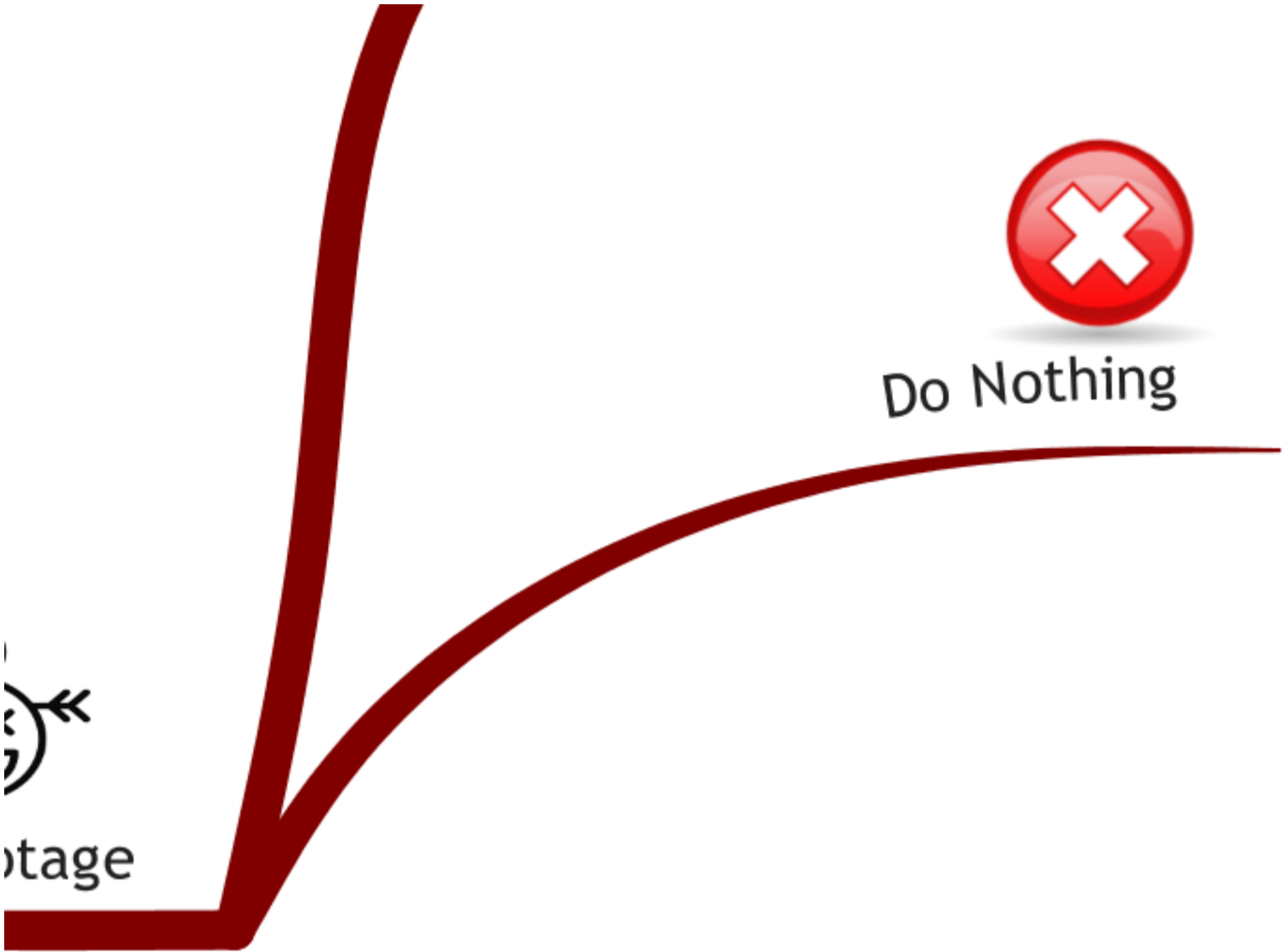
Light and Sound Technology



Light and Sound Technology



Creative Visualisation



Not changing these negative beliefs means your circumstances may not change either

Creative Visualisation



Experience Further Loss & Suffering



Nothing

If you don't overcome your conscious and subconscious negative beliefs, then you will definitely experience more loss and suffering



When you start reprogramming your mind with affirmations, self-hypnosis and the other technologies I mentioned, it will start having an immediate effect



ffect

Not Necessary to Do it Forever



The great thing is that it's like tipping a balance - even if right now you are 52% negative and only 48% positive then all you need to do is tip the balance by more than 2% to win over your negativity

As you reprogram your mind, your positive beliefs become reinforced and your negative beliefs are weakened

After some time, you may need to reprogram your mind less often to maintain the same effect of heightened positivity



# Self-Esteem and Wealth

Did you know that your self-worth has a direct effect on your ability to make money?

It really is true; having low self-value and very little self-confidence hampers your ability to make a lot of money

Whereas high self-worth can literally make you rich



lth

*Low Self Value = Poverty*



When I was in my early to mid 20's I very little self-worth

As a result I constantly had big money problems which wore me down continually

I even started having experiences that showed me clearly that my self-worth was the root cause of this

I made big efforts to improve my self-value and even doubled my prices to my clients

Totally transforming your self-worth can take time, especially if you have a lot of negative beliefs

However, the powerful techniques, tools and strategies you are learning here will make rapid changes in your life and totally transform your earning potential

As your mind changes so will your ability to make a lot more money



overtly

## Techniques for Uncovering Subconscious Beliefs



### Techniques for Uncover Your Subconscious Beliefs about Money and Business:

#### STEP 1:

Complete these sentences:

- 1) The worst thing about money is.....
- 2) In the area of money I feel afraid because.....
- 3) In the area of money I feel angry because.....
- 4) In the area of money I feel sad because.....

Next write out the exact opposite beliefs and WHY they are true - this will loosen the hold each of these has on your subconscious mind

EG:

- 1) The great thing about money is.....
- 2) In the area of money I feel courageous because.....
- 3) In the area of money I feel confident because.....
- 4) In the area of money I feel happy because.....

#### STEP 2:

Complete this sentence:

Wealthy people are.....write out 10 things

Next write out the exact opposite beliefs and WHY they are true.

EG: Instead of "wealthy people are selfish" you could write:

Wealthy people are generous because they have more free time to help others

#### STEP 3:

Next write out 10 reasons why you must become highly successful

Also, write out 10 reasons why you need to make a lot of money doing so

#### **STEP 4:**

Write out each of the following sentences and add 10 reasons for each of them, as quickly as you can

Don't think, just write down the first things that come into your mind for each one of the following:

- 1) I cant make millions now because.....
- 2) The worst thing about having a business is.....
- 3) You cant trust people in business because.....

Next write out the exact opposite beliefs and WHY they are true.

Loosens the hold that each one of these has on your subconscious mind.

#### **STEP 5:**

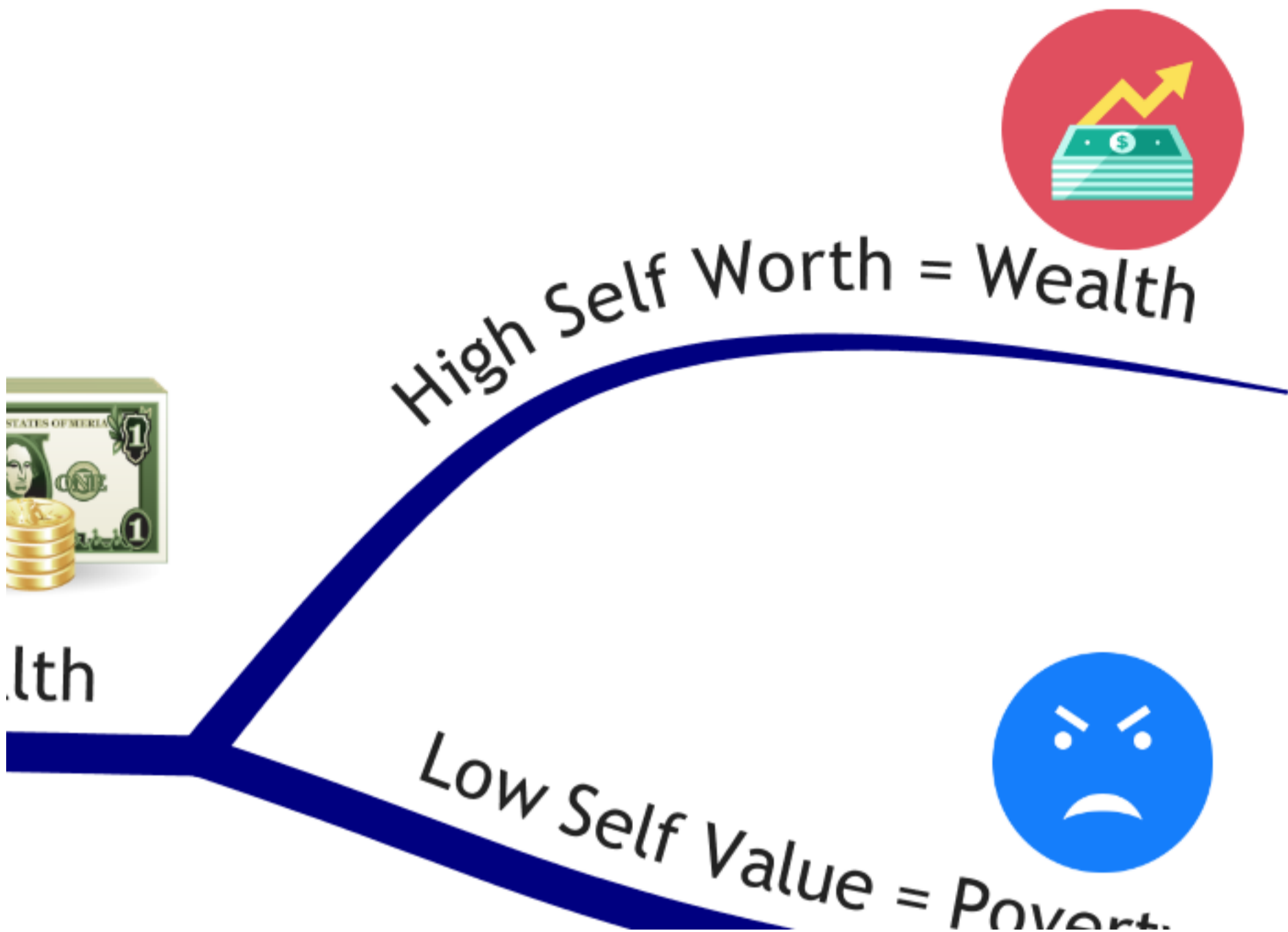
Finally, write out 100 reasons why you need to make a specific amount of money each month (or be a millionaire)

Finally, write out 100 ways that could enable you to make that amount of money each month

These exercises will be very revealing to you and can show you what beliefs you have about money and business that could be holding you back right now

Also, having lots of really strong reasons why you must become successful will have a very powerful influence on your subconscious mind

I suggest that you also look at what you have written frequently



When I was in my early to mid 20's I very little self-worth and very little money

Then, as my confidence and self-worth increased - so did my successes, my wealth, and my happiness

Over a period of years I went from being someone who believed they couldn't achieve anything into someone who absolutely knew that they could achieve whatever they set their heart on

I became a millionaire and for many years I only had to work a day a half each week

I spent most of my time giving back to society through various types of voluntary work

I also travelled the world and had more than enough money to do everything I wanted

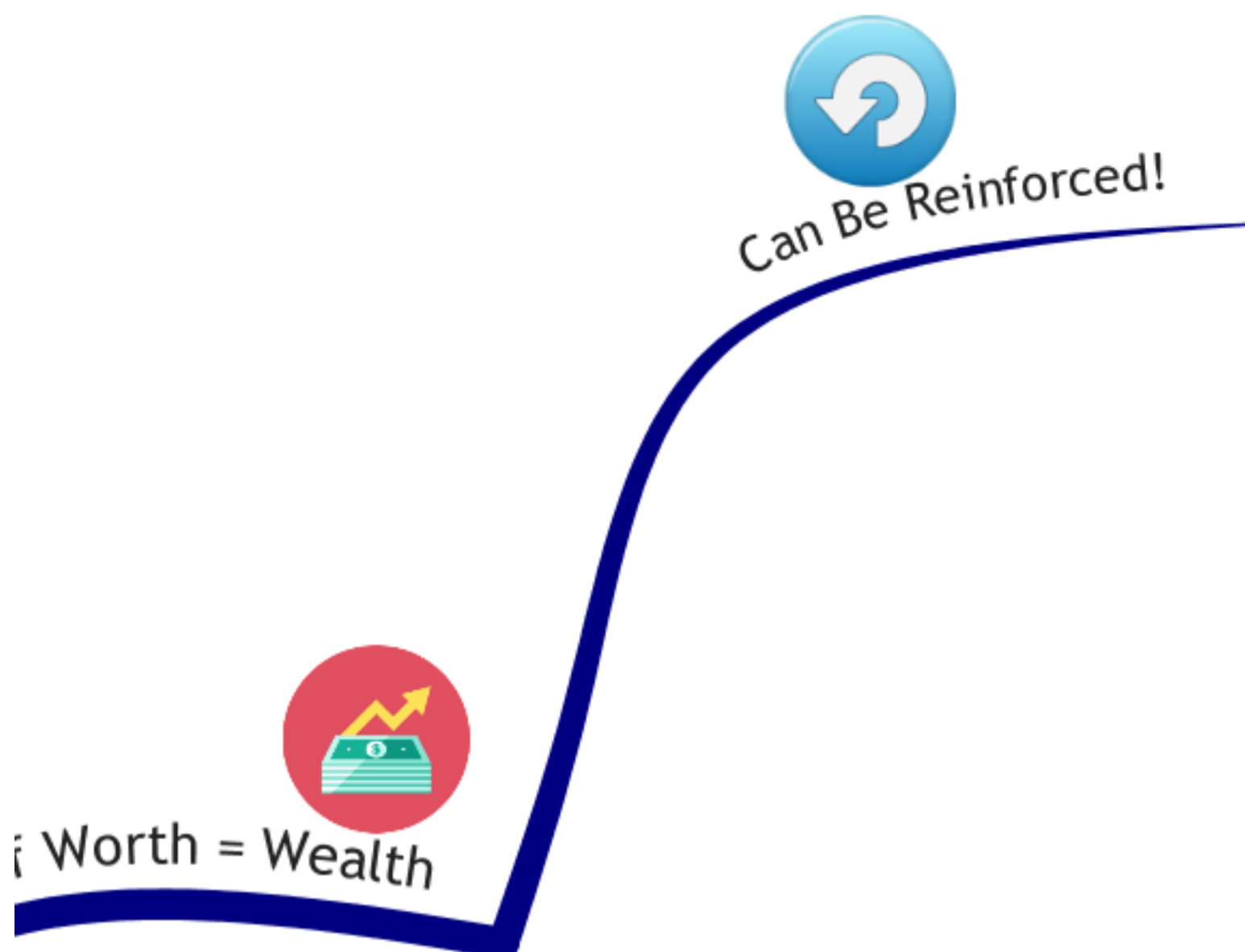
I had freedom, wealth and happiness for a very long time

All of this happened after I started improving my self-image, becoming more confident and working on transforming myself

As I changed so did my circumstances

As you improve your self-worth, and as you overcome your inner negativity your weath will also dramatically increase

Your circumstances only change when youi change and in this program you have all the tools for rapid change



Even if you have a lot of self-worth and you are already quite successful, you can definitely still improve your self-worth and your earning potential

You see, you never really reach a plateau where everything becomes permanent

Life gives us lots of challenges all of the time and its very possible to back slide and lose your confidence

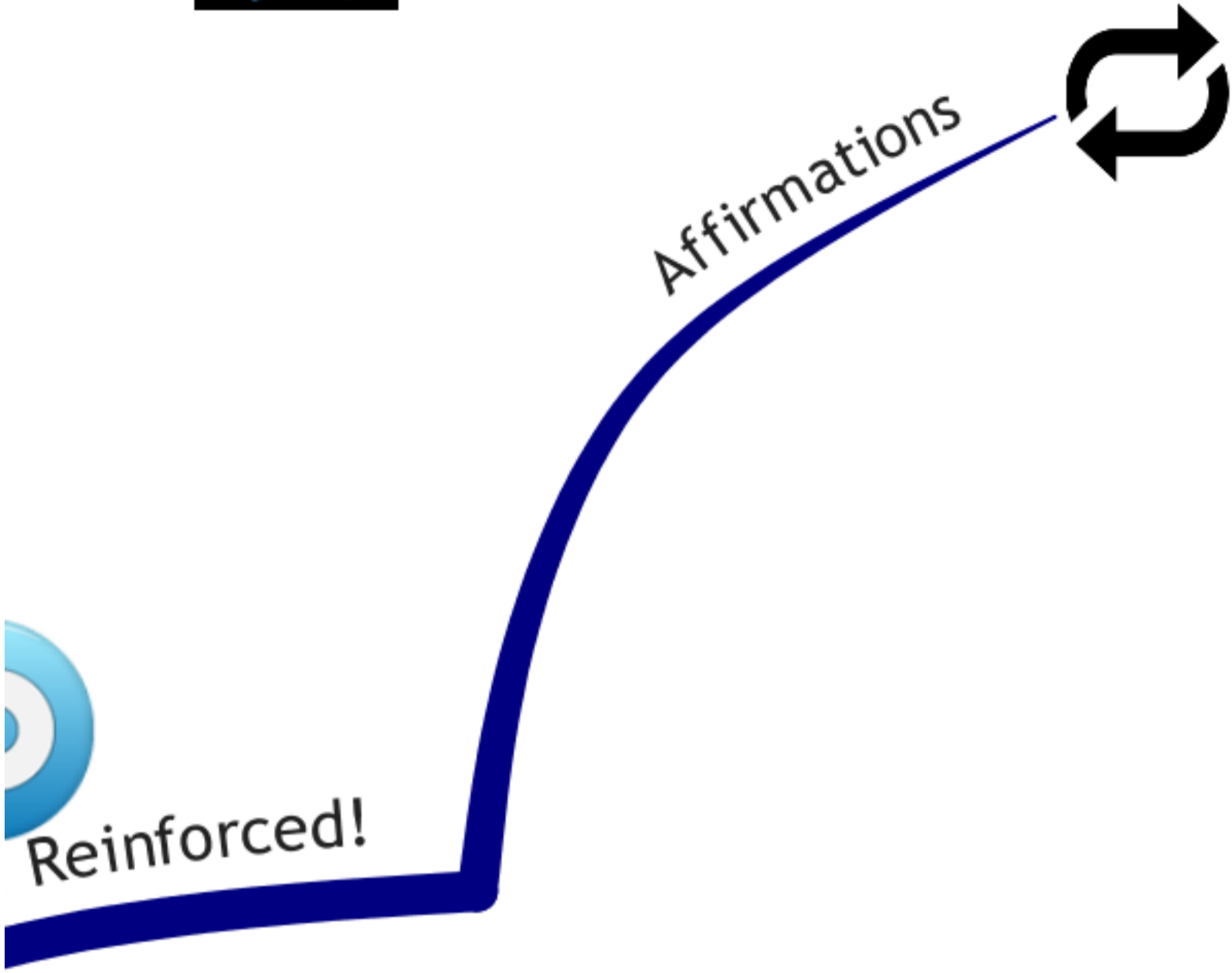
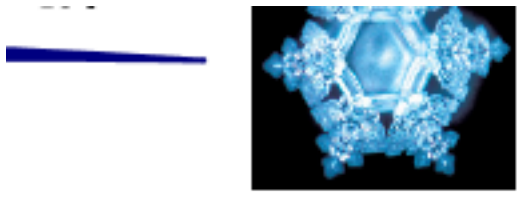
This happened to me and gradually as I lost everything I started doubting my ability and my self-confidence was badly shaken

I then needed to start again and begin changing myself and as I changed so did our circumstances

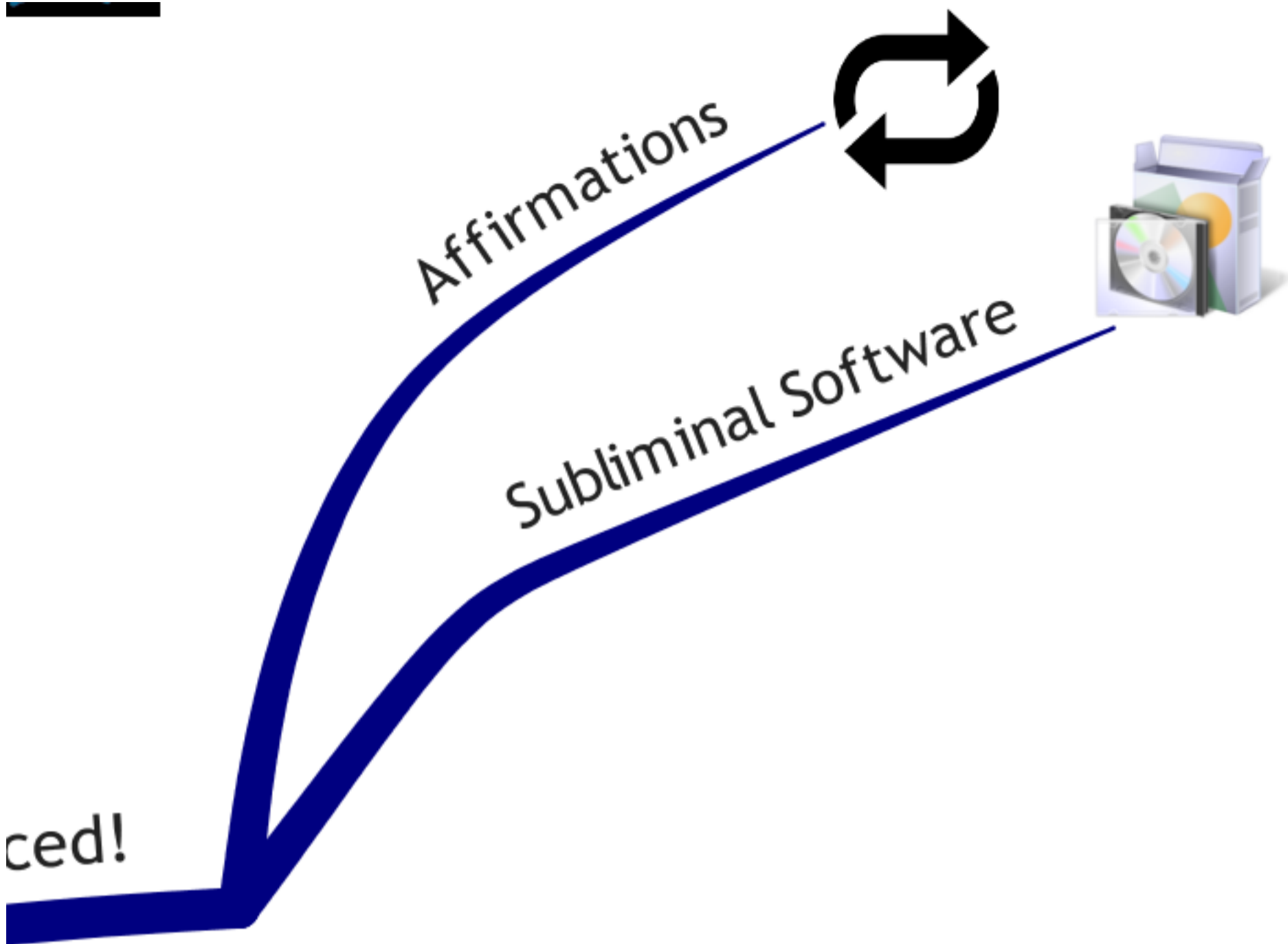
You too can quickly reinforce your self-confidence, your self-worth and experience big positive changes in your finances

And again you can do this reprogramming using:

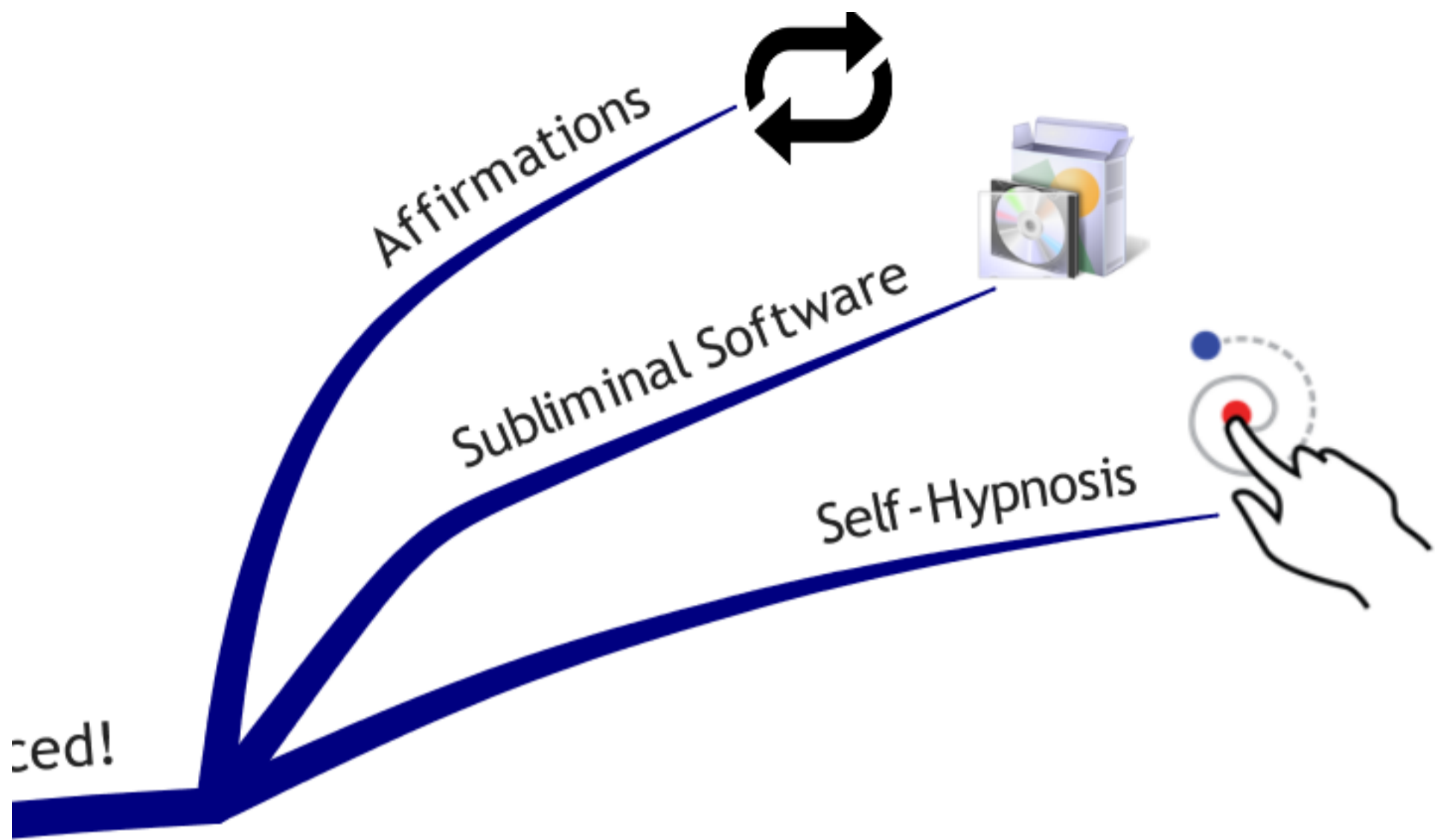
- Affirmations
- Subliminal Software
- Self-Hypnosis
- Light and Sound Technology
- Creative Visualisation



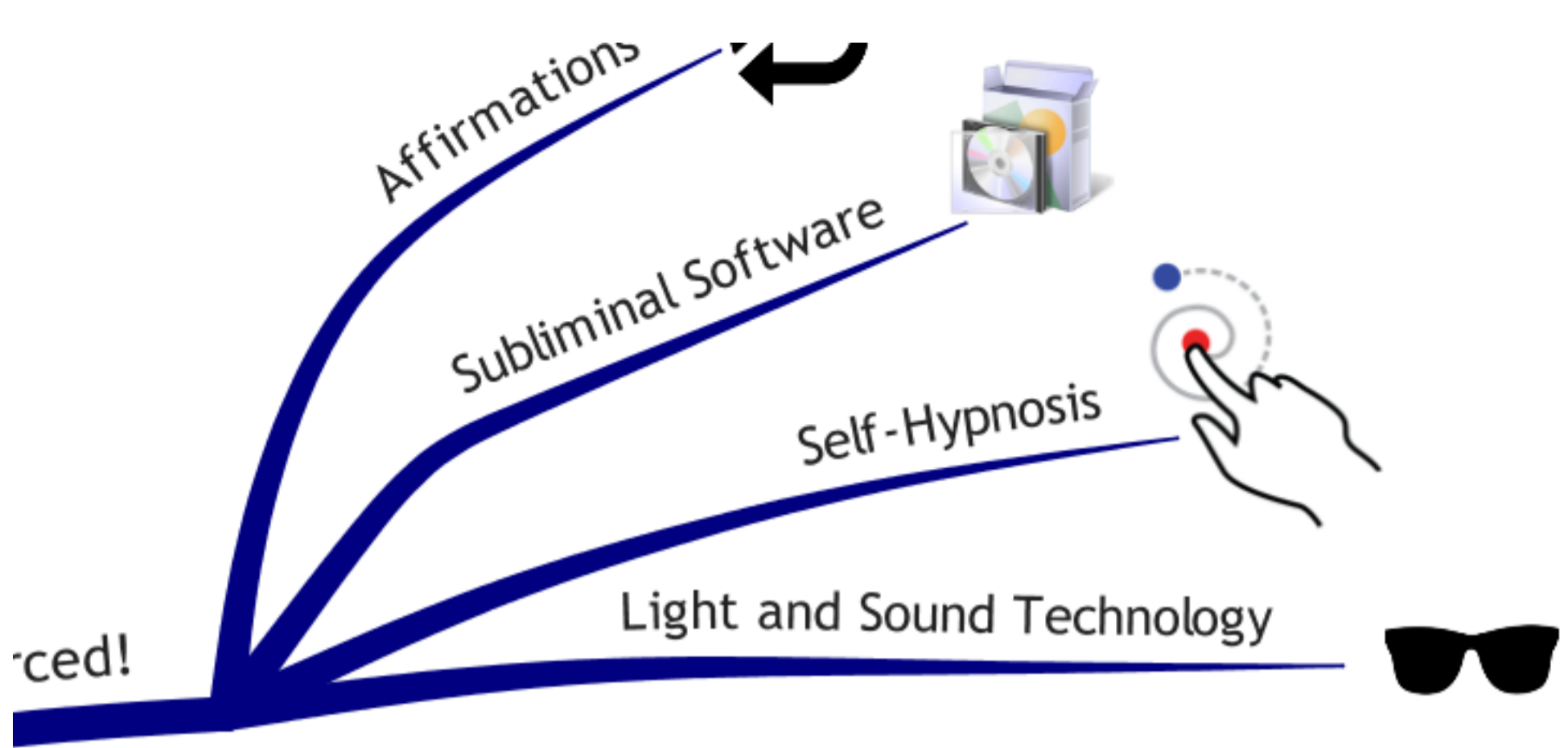
Affirmations Reinforce Self-Worth



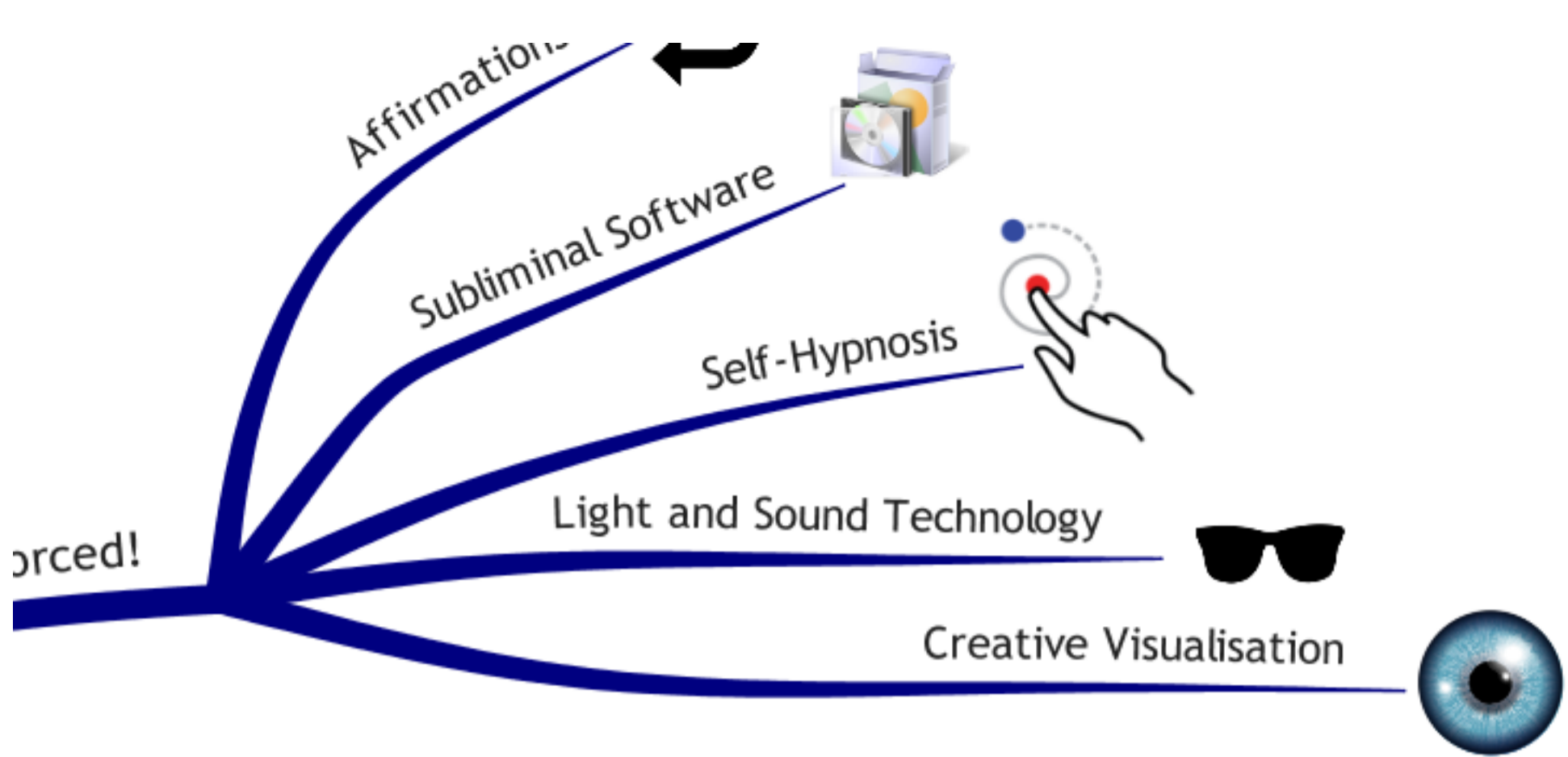
Subliminal Software Reinforces Self-Worth



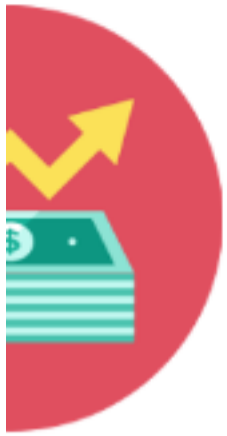
Self-Hypnosis Reinforce Self-Worth



Light and Sound Technology Can Reinforce Self-Worth



Creative Visualisation Can Reinforce Self-Worth



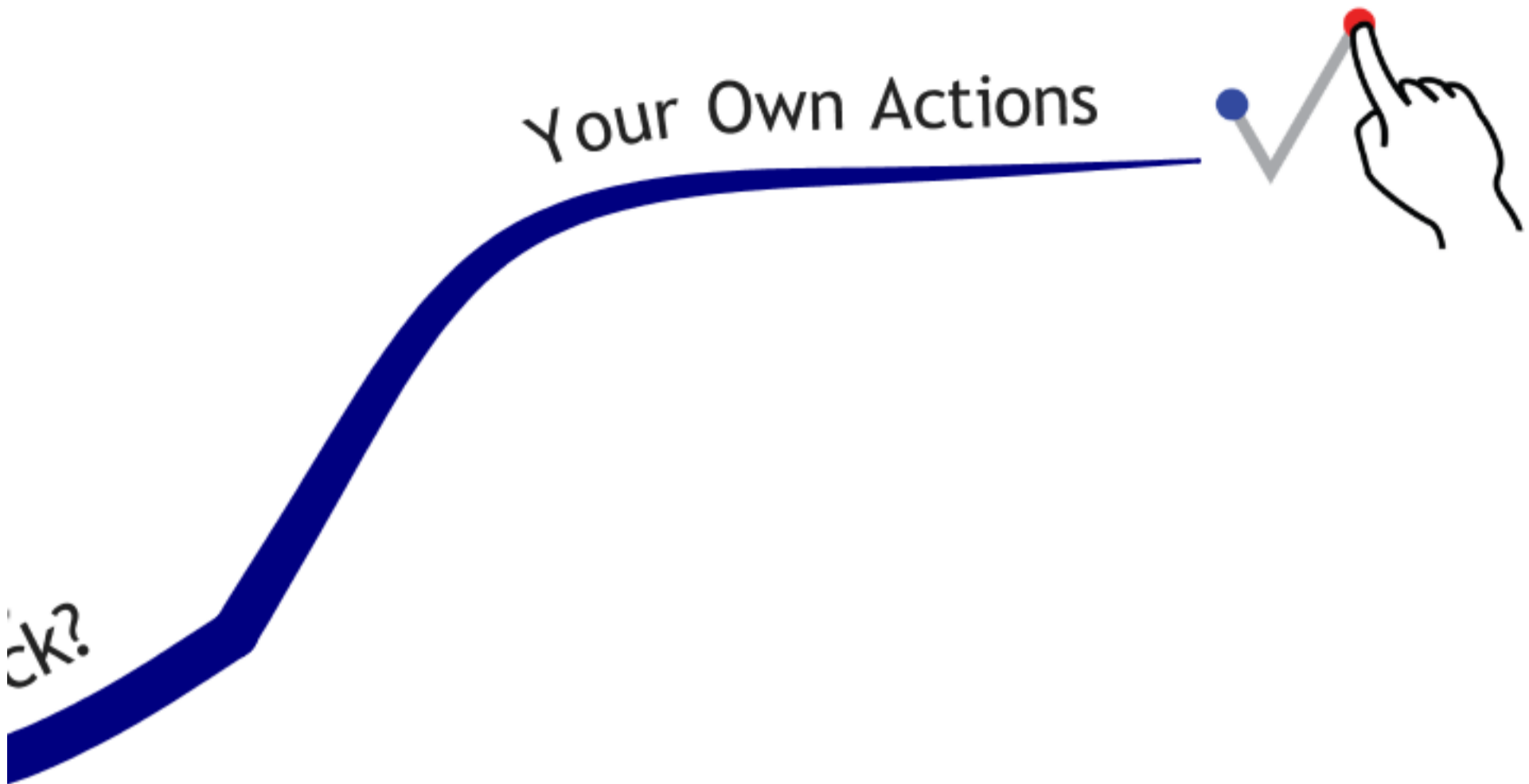
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What about Luck?



You create your own luck!



You could wait and hopefully become lucky

Or you can create your own luck through your own actions

It's always far better to have control of what happens to you, instead of just hoping for some positive change to happen

If you take action on what I am sharing with you and use it fully in your own life, then you will become a very lucky person

There's also great satisfaction that comes from making lots of efforts that turn into wonderful results in your life



The easy way to achieve anything is to apply ourselves 100% to whatever we are doing

Get started right away - expect resistance and be determined enough to overcome it whenever it arises.

The difficult way is to keep putting off “until tomorrow” things that may seem boring, or things that are difficult, or things we really don’t want to do right now.

This means we will continue to give in to our negativity.

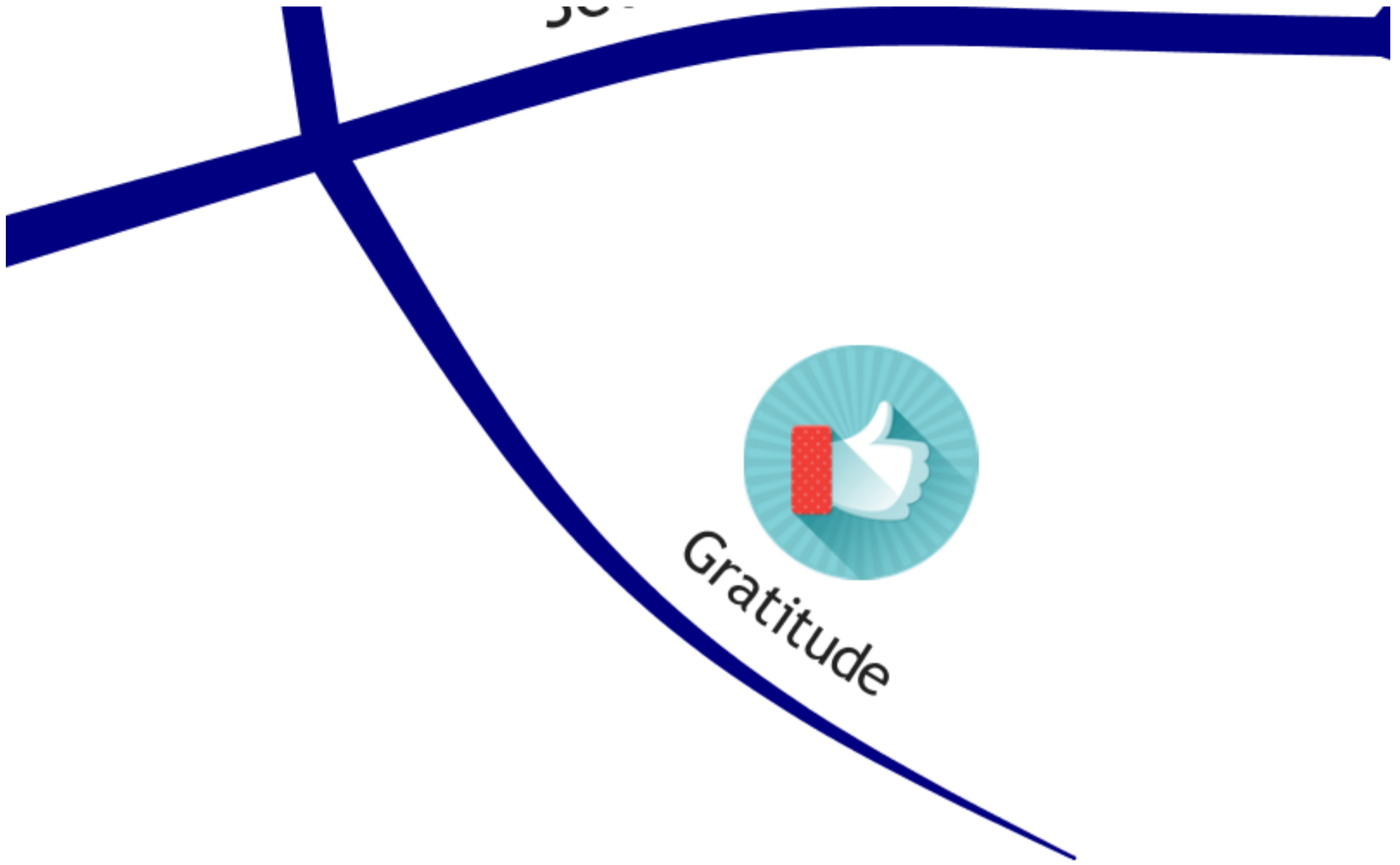
We will actively keep our own life small and disempowered.

This prevents us from achieving anything really worthwhile and can lead to disappointment, bitterness and resentment.

Most people fall at the first hurdle, and very few go on to the second or third.

Please build up great resilience within yourself, face your challenges head-on and never be defeated!

Then you will truly win in everything that you do.



Complaint Destroys Good Fortune

Gratitude or appreciation acts like a powerful magnet

Over time which you allow to dominate will determine whether you live a happy and fulfilled life or one of complaint, deep suffering and misfortune

Easy to get stuck in a negative emotional state

You have significant ability to shift your emotional state, if you choose to do so

Gratitude allows you to change your inner emotional state and change your external circumstances - providing you test this for yourself

Gratitude can also save lives

Gratitude really can transform every situation and it can attract all sorts of riches into your life

I had to lose everything in order to discover this for myself!

Low Self Value = Poverty

## Crazy Gratitude Experiment



After losing evrything and not being able to feed my wife or our baby, I picked up an old book that changed everything

A 100 year old book about the power of gratitude

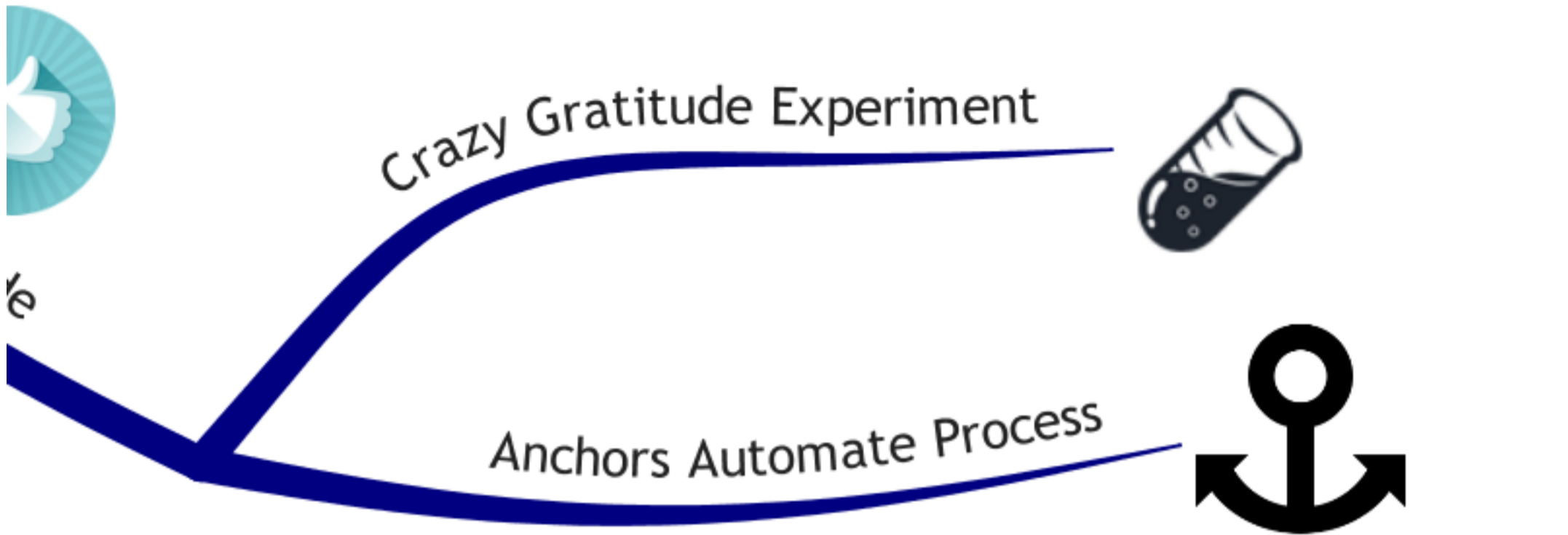
I decided to do my “crazy gratitude experiment”

Every 30 minutes of the day I replaced negative thoughts and emotions with gratitude

Within 3 days positive synchronicities started happening again

Everything started changing from the point where I did this experiement and started to reprogram my mind for success

If you find yourself in difficult circmstances and need an immediate change for the better - try this “crazy gratitude experiment” for yourself



Over 100 years ago a Russian scientist by the name of Ivan Pavlov noticed a rather interesting phenomenon.

Research with dogs - was able to get the dogs to associate the ringing of a bell with feeding time.

Anchors have been used in advertising for many years

A very effective way of influencing people

Very easy to program a person's mind in such a way that whenever that person sees or hear something they immediately think in a certain way

In advertising; logos, taglines and images are used together in a powerful way that make people instantly recognise a brand and feel a certain way towards that brand

It is possible to create your own anchors that can help you in very powerful ways

For example, you can create your own gratitude anchor

An NLP technique you can use to automatically bring up powerful feelings of gratitude, whenever you wish

The



My Own Story



Outwitting the Devil Within

### Battling Inner Negativity Leads to Massive Results

Whenever you do anything that is really beneficial for your life then there will always be internal and possibly external resistance that will try to prevent you from succeeding

Airplane rolling along a runway - the air resistance pushing against it enables the airplane to rise into the air. It simply cannot do it without it

We actually need some resistance in order to achieve anything worthwhile in life

# Internal Resistance



This negativity does everything in its power to stop you and keep you disempowered and it will do this in every way imaginable

Always works through your areas of weakness - your achilles heel

Although appearing quite subtle it is actually powerful in keeping otherwise potent individuals from achieving remarkable things during their lives

The only thing stopping an ordinary person from becoming an extraordinary person is whether or not they can recognise and overcome this inner negativity

Resistance or negativity shows us our weakness and shows us what things we need to change in our life

Only by overcoming negativity can we reach our goals

Negativity is essential to achieving our goals

Internal Resistance



The Nature of Negativity



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Without challenges our lives can become very stale

Challenges force us to stretch our life and develop new abilities that we did not possess before

Its like a ship in a tranquil sheltered harbour

When the captain sets a destination (or goal), the ship leaves the harbour and moves out into the stormy seas

Only by moving forwards, despite the waves crashing against his ship, can the captain and crew reach their intended destination

Just like a ship or airplane, every clear destination we set for ourselves will only be achieved when we encounter and overcome resistance within ourselves and in our environment

So, as soon as you set a big goal for yourself, you will definitely encounter challenges that will make you grow

Without growing as a result of these challenges then you will not be able to achieve your goals, unless of course they are very small goals

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The Nature of Negativity



Overcoming Negativity



How to overcome negativity:

If you study the lives of great people, then in every case they were people who encountered all sorts of big challenges

Instead of giving up at the first hurdle, they picked themselves up, dusted themselves down and tried again

In most cases they failed several times before succeeding in a truly big way

Thomas Edison failed 10,000 while trying to invent the light bulb

Most people give up at the first or second hurdle

All highly successful people have refused to give up. They have failed far more times than ordinary people, but they have not given up

True success only comes to those who are persistent and refuse to give in to temporary challenges

If you want to become outrageously successful then you must refuse to give up and you must keep trying until you succeed!

Persistence, overcoming negative beliefs and programming your mind for success is the key to success

the Devil Within

Overcoming Negativity



Effective Mind Programming Tools



Programming your mind for success and reprogramming and eliminating negative beliefs that sabotage your success is vital

This is the core of everything

Without doing this nothing remarkable can really change for you

But when you use these techniques and technologies your life can change in the most wonderful ways imaginable

Please make it your top priority to start using these tools immediately and just see for yourself how your life transforms!



# Tools

# Affirmations



Affirmations - Every thought that you think and every word that you say is an affirmation

You can create affirmations to reprogram your mind to achieve whatever you want including success and happiness.

For example if you have very low self-worth this could be the reason why you are prevented from achieving great things in your life.

So, by creating a positive affirmation that counteracts that negative belief, you can literally rewrite the programming or wiring of your brain.

Affirmations are an excellent and easy way to powerfully influence your subconscious mind

They are also simple to create and use.

Wellknown Example -19th century French Psychologist Emile Coué:

"Every day, in every way, I'm getting better and better".

When creating affirmations, they should be:

- In the Present Tense
- Positive
- Personal
- Specific

So now lets look at how to create your affirmations so that they are really effective and so that they can powerfully affect your subconscious mind and bring you great success and happiness

# Affirmation Construction



As I explained a moment ago your affirmations need to be written in the present tense, they need to be positive, they need to be personal, and they need to be specific

So for example if you have a rather negative outlook on life, if you are low on energy and you're feeling pretty miserable, then an affirmation like the following could help reprogram your thoughts, make you feel better, and give you a better outlook on life

Affirmation to overcome pessimism, low energy and get you unstuck:

- "Today, I am full of energy and overflowing with joy."

Now, even though you may be feeling the opposite right now, by repeating this affirmation each morning, afternoon and evening, you will start to feel different and experience positive changes in your life.

I know this sounds really simplistic; almost like it's a magic bullet. But it really does work and it is possible to reprogram your thoughts using affirmations like this.

Here are some affirmations that can help to overcome the tendency to constantly worry about the future:

"I am confident that I can overcome every challenge"

"I understand that the only constant in life is change and I welcome it"

"My mind is relaxed and I am thinking clearly"

Here is an affirmation to increase focus and productivity:

"I am energised, focussed and productive"

So affirmations are very easy to create and for more examples of affirmation construction please read the **Affirmation Worksheet** that is included with this program

# Affirmation Construction



## How to Use Affirmations



ions

Read your affirmations when you wake up in the morning and also before going to sleep at night.

You can also repeat them during the day or whenever you wish.

When you are reading your affirmations (preferably aloud) try to put as much emotional energy as you can into them.

As you read each affirmation, imagine that it has already happened. That you have already reached this goal.

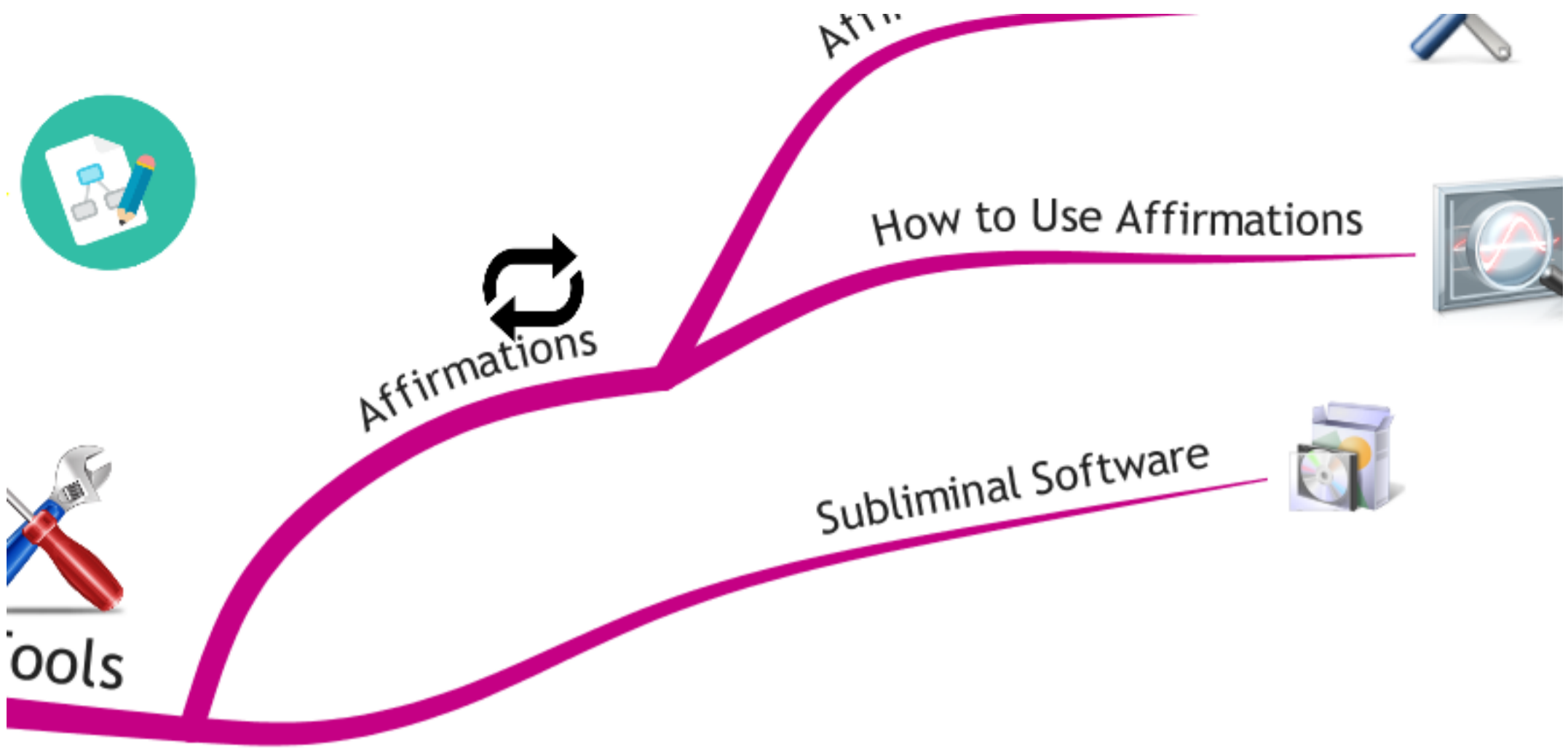
Try to see, hear and feel what it will be like when you have achieved each goal.

Emotional energy is extremely powerful and when you do this it powerfully affects your subconscious mind and motivates it in all the ways that you need.

So really try to infuse your affirmations with feelings like gratitude and excitement.

The effect is that your subconscious mind will start working on the instructions that you have given it and you can even start seeing results very quickly.

The more impressions you make on your subconscious mind the better and the more effective the process will be.



Subliminal technology has been used in advertising for many years to influence people to buy products and services.

In fact, it can be so powerful that in several countries has been banned with serious consequences for advertisers that use it

However, you can use it as a powerful way of influencing your subconscious mind in all the ways that you need

2 Main Types:

There are two main types of subliminal programs that you can use to influence your subconscious mind:

Computer programs that flash affirmations onto your computer screen so quickly you don't even notice them....but your subconscious notices them and it goes to work on the subliminal messages you have selected

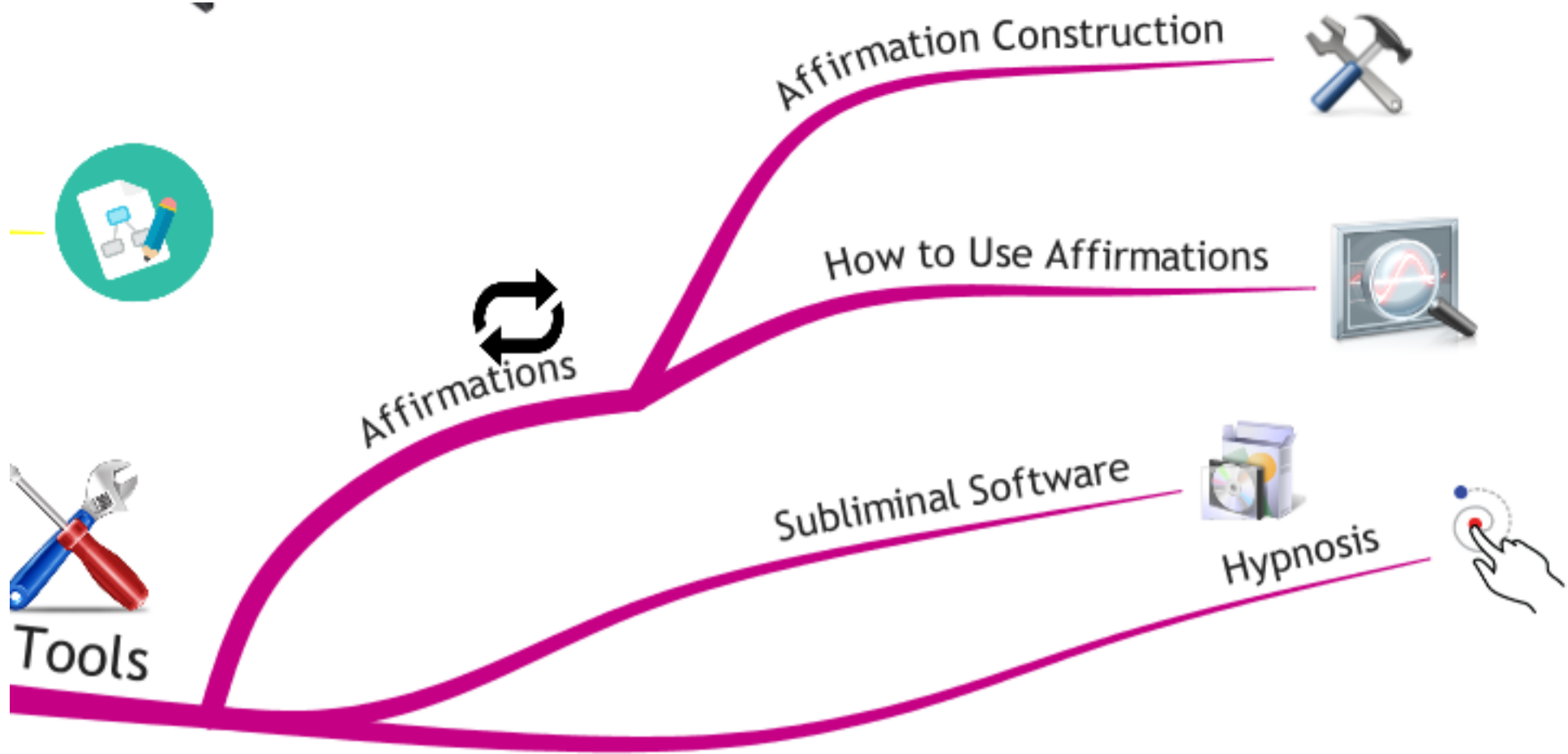
The other type are audio recordings that have affirmations and suggestions embedded in them

You can listen to relaxing music and the subliminal messages are barely noticeable behind the music, but they are there

Again, you may not even notice the subliminal voices but they can be picked up by your subconscious mind, which can then go to act on the suggestions

Just imagine the powerful effect of having thousands of powerful affirmations flash on your computer screen throughout your working day so quickly that you don't even notice them!

Or how music with subliminal suggestions can do the same



Hypnosis is one of the very best ways to influence your subconscious.

It can help you to overcome any conscious or subconscious limiting beliefs that you may have about yourself and what is possible for you.

It's easy to use hypnosis to overcome all sorts of problems and difficulties that could normally take years of psychotherapy to unravel. And this can often be achieved in only a few sessions.

Most highly successful people use self-hypnosis on a regular basis to reprogram themselves for success.

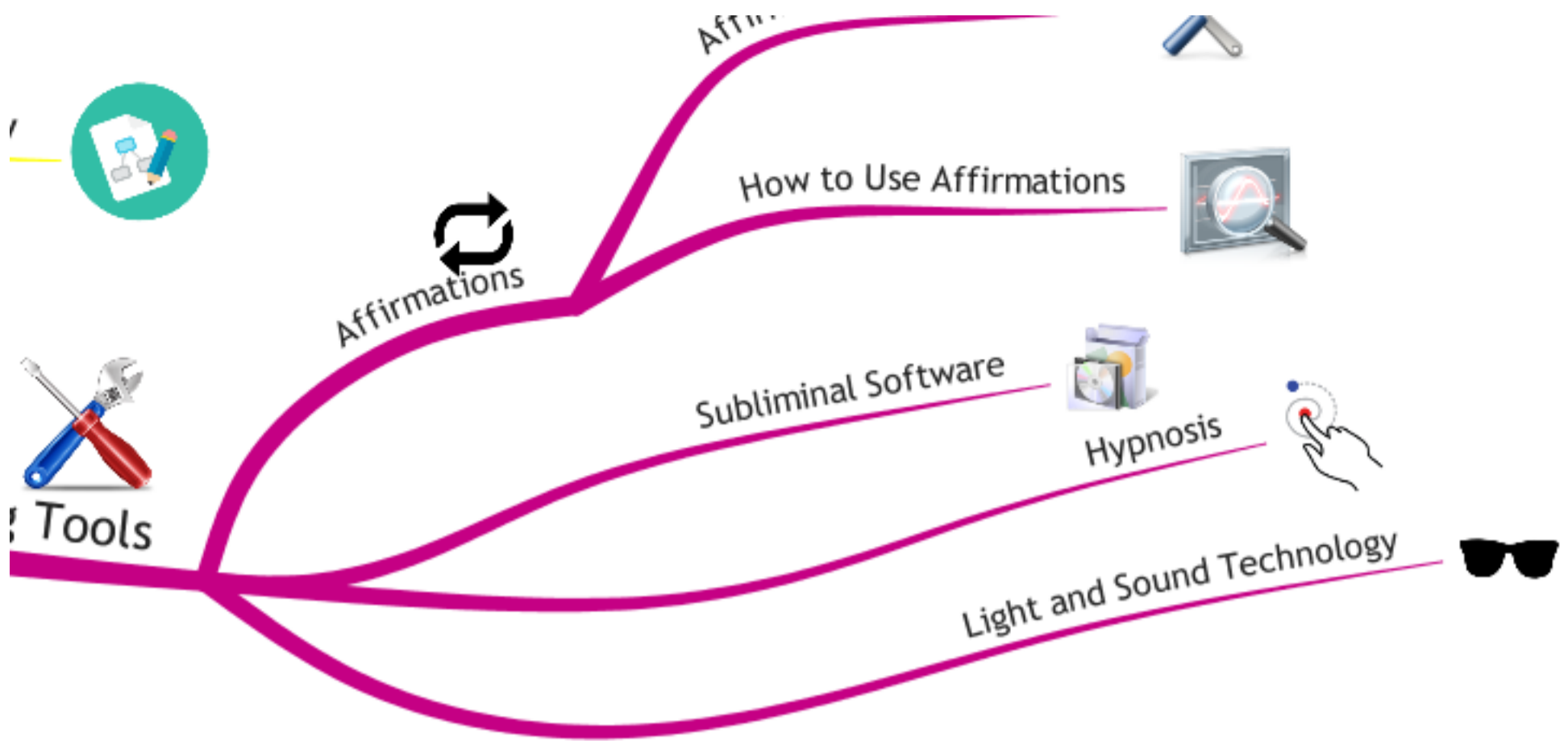
They understand that self-hypnosis is one of the most direct routes to success....because it is so effective at reprogramming negative restricting beliefs.

Hypnosis is simply a way of guiding you into a very relaxed yet suggestible state.

The hypnotist or hypnotherapist often starts by asking you to imagine each part of your body relaxing deeply. Starting with the toes and gradually working your way up to the top of your head. By asking you to imagine each part of your body relaxing the hypnotherapist can gradually help you to enter a very relaxed state, which is very pleasant and refreshing.

In this very relaxed state the hypnotist can suggest to you various positive affirming statements that can be implanted into your mind.

You see, in this very relaxed state your critical conscious mind is bypassed and your subconscious mind can be influenced very easily and the suggestions you introduce to it can bring about very positive and lasting change.



Light and Sound Technology - profound effect on your brain. Brings you into a hypnotic state quickly

Light and Sound Machine - small electronic device. Set of headphones & light frames (ordinary sun glasses with LEDs).

Put on the headphones and light frames and close your eyes.

Different programs have different effects. Hear pleasant tones and see swirling geometric shapes through the light frames. Its very pleasant!

Brain produces all sorts of frequencies depending on what we are doing at any one time.

Connected up to an EEG machine when asleep - displays very slow oscillations on the screen.

Alert and focused; much faster frequencies are active and displayed on the EEG machine.

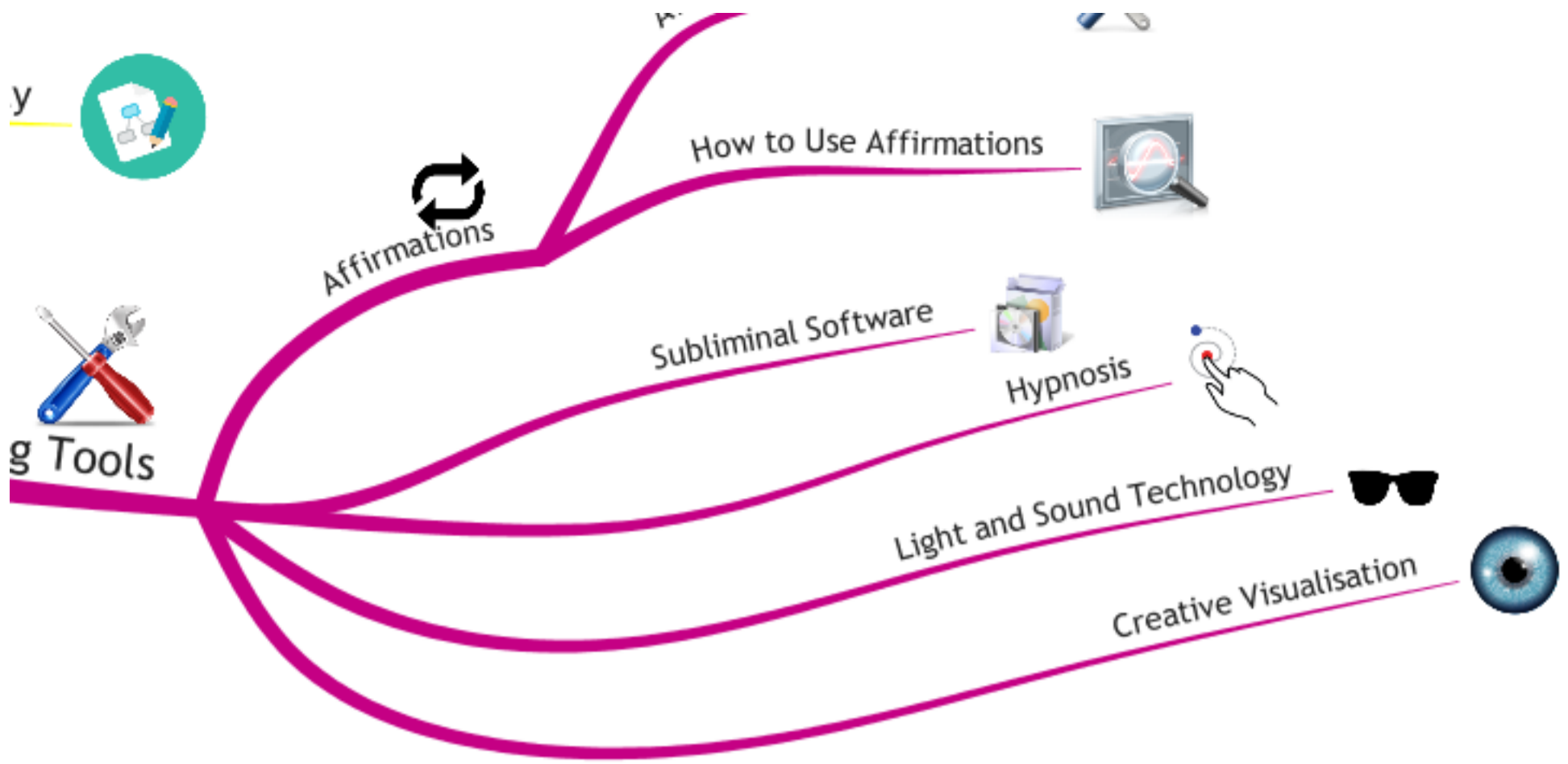
Frequency Following Response - brain starts to follow those sound beats and flashes of light.

Sleep, Increase Focus, Increase Learning Ability, Meditative State, Peak Performance States

Powerful device for self-transformation especially

Can be combined with self-hypnosis by selecting a light and sound session for deep relaxation

Extremely potent combination!



When doing affirmations its important to visualise as clearly as you can, what you will see and hear and feel when you have reached your goal

This has an even more powerful effect on your subconscious to create what you desire

Also, regular day dreaming about what it will be like when you have achieved your goal can help a lot.

Carrying out creative visualisation injects raw power into your goals and it will dramatically speed up the process of reaching your objectives

**Vision Boards:** Can be helpful to create a vision board - include pictures & photographs and statements that support the goals you have set

Include photographs of the things that you wish to achieve, and everything you can imagine that will support you in achieving your goals

Example - goal to become a bestselling author.

Create a picture that shows your book in the bestseller section of Amazon. Write a cheque to yourself for the royalties that you will receive. Include photos of famous radio and TV hosts with your own photo pasted beside them as though they were interviewing you.

Looking at and adding to your vision board frequently can help you to visualise really clearly what will happen when you achieve your goal.

Powerfully influences your subconscious mind and will be enormously helpful to you in speeding up the process of achieving your goals.



# *Daily Actions That Lead to Success*

Ok, you now know how to create your own affirmations and how to powerfully influence your subconscious mind

So, now lets look at how to put everything into action in a way where you are guaranteed really great results

You see, affirmations are an extremely powerful way of creating truly amazing success and happiness in your life

But, before you can create affirmations that will allow you to reach your goals, we need to first of all look at how to SET goals and what you need to do to ensure that you really do reach those goals

Affirmations without clear goals or action steps are not enough on their own

Once you have a crystal clear set of goals and a list of action steaps then everything else follows from this



# Goal Setting

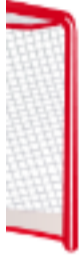
Firstly, you need to GRADUALLY transform your subconscious beliefs about yourself, before setting really big goals

You see, it's really important to gradually stretch your realm of possibility, especially if you have a lot of negative beliefs about yourself and what is actually possible for you

By setting small short term goals for yourself and by achieving those goals - slowly and surely your belief in your ability will start to increase

As this happens you can go on to create even bigger goals for yourself

It's really important that you get direct feedback that the process works before creating goals that are truly outrageous



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# Create Short, Medium and Long Term Goals



Start With a Clear List of Goals

Short Term, Medium Term and Long Term Goals

Short Term - about 5 goals in the next 3 months (realistic)

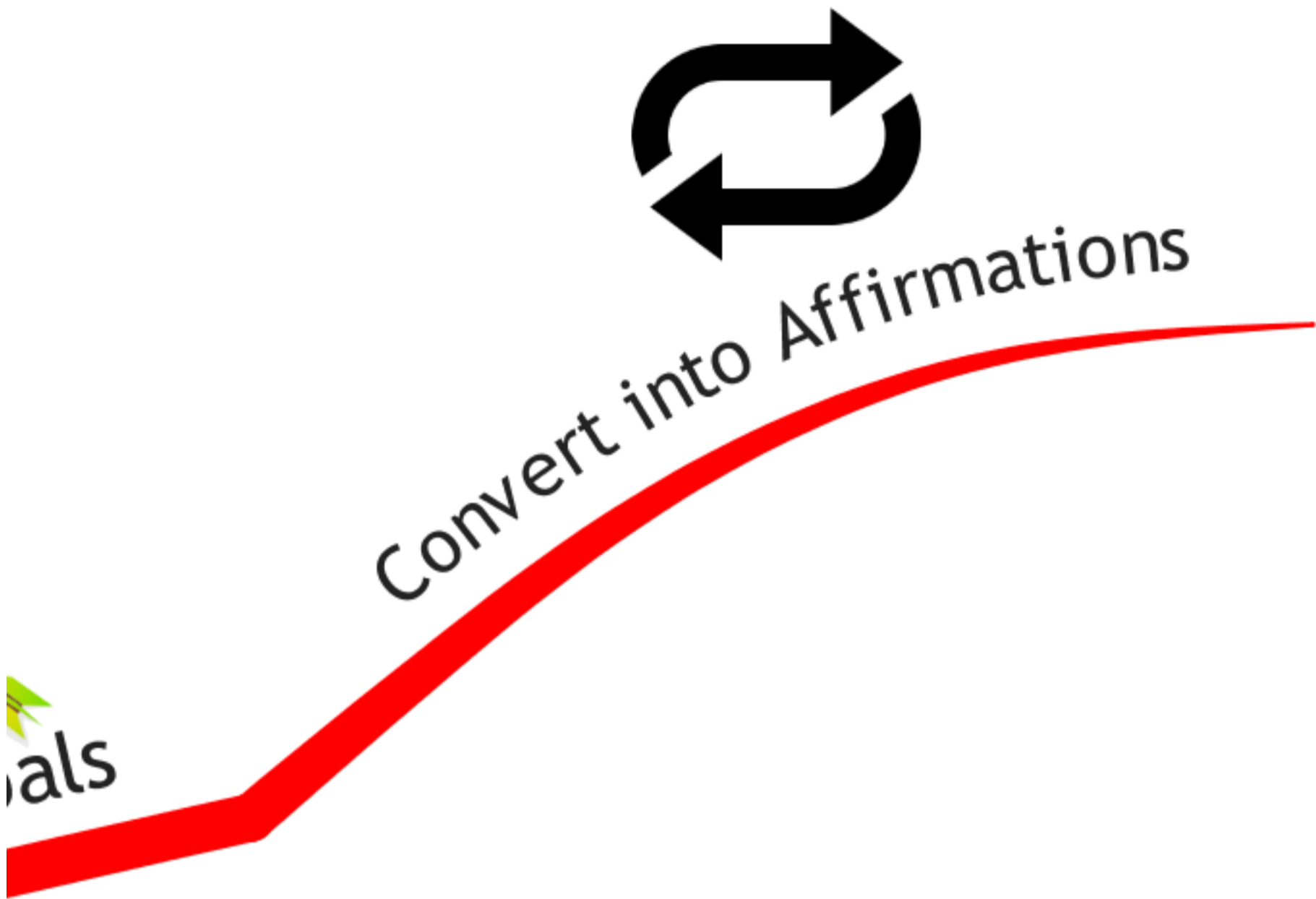
Medium Term - 5 to 10 goals in the next 1 year that are even bigger than your short term goals

Long Term - 5 to 10 goals in the next 5 years that are even bigger than your short and medium term goals

Make them as clear and concise as possible

Also, write down the reason WHY you need to achieve each goal

Having a strong reason why is very important and it helps you to achieve your goals more easily



## Convert Your Goals into Affirmations

Take time and care to convert each of your goals into concise affirmations

This is really important!

You will be using these affirmations to program your subconscious, so please don't rush this part!

It may even be possible to combine some of your goals into a single affirmation

### Example:

Your goal is to become a bestselling author and to have lots of media attention

Affirmation might be something like this:

"I am deeply grateful for being a bestselling author and for being interviewed on radio and TV frequently"

Remember - When creating affirmations, they should be:

- In the Present Tense
- Positive
- Personal
- Specific

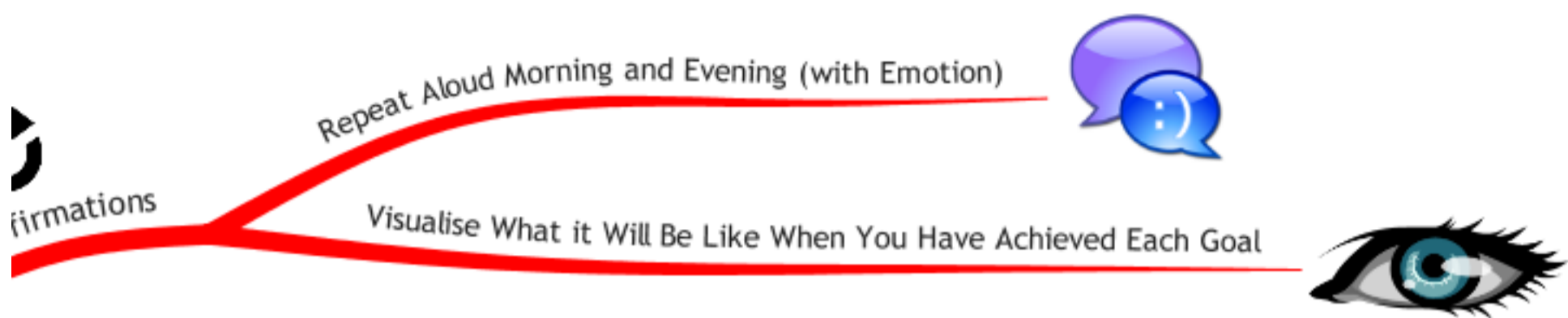
nations

Repeat Aloud Morning and Evening (with Emotion)



Read your affirmations aloud with emotion each morning and evening

Put real feeling into this - bring up excitement and belief



Visualise what it will be like when you have achieved your goals

The more you do this visualisation the more powerful it will affect your subconscious to create what you desire

Try to imagine in your minds eye what you will see, hear, feel and experience when you have achieved your goal

Work yourself into a state of excitement and belief, and then just let it go and move on to your next visualisation

What you definitely dont want to do is introduce any doubts or fears

Yous subconscious does not destinguish between good and bad, right or wrong or between what you desire and what you fear

Whatever your dominant thoughts and emotions are becomes your reality

By bring up excitement and really visualising what it will be like when you achieve your goals you will be feeding your subconscious with exactly what it needs to bring your goals to fruition

Convert into Affirmations

Break into Action Steps



## Action Steps

"Failing to plan is planning to fail".

Now that you have converted your goals into affirmations, there is also another thing you need to do with your goals

You need to start creating an action plan for each one of your goals

A list of actions that you need to take to achieve each goal

You may not yet know every step yet, but start by just writing down everything that comes to mind

Later you can add action steps as they become aparent

Important to regularly tick off actions as you implement them and add to your list of action steps frequently

Visualise What it Will Be Like When



Steps



Every Day Take an Action

#### Daily Action Steps

It really important to take consistent actions towards each of your goals, even if its only a tiny step

Every journey of 1000 miles begins with a single step....then another step and another

Small consistent daily actions over time mount up to huge results!

on



### Challenges

When you set clear goals, start taking action steps towards their achievement and start reprogramming your mind for success, then you're guaranteed to meet challenges!

The only thing that is separating you from achieving any goal is a certain degree of inner change

When you start making these changes, then you literally invoke from your environment challenges

So many people make great goals for their lives, but stumble at the first hurdle and then just give up

Few people pick themselves up and dust themselves down and keep moving forwards

Thomas Edison - 10,000 attempts to invent the incandescent light bulb

True winners in life are people who keep trying no matter how many setbacks or challenges they encounter

They go far beyond what ordinary people attempt and therefore always win

Every highly successful person has had far more setbacks than most people, but they refused to give up

This is your key to massive success



ges



Necessary for Growth

Challenges are Vital for Your Growth

When you set a clear goal and start taking actions towards its achievement you will definitely experience setbacks

But, it is these challenges that you invoke from your environment that literally QUALIFY you to achieve your goal

Put another way, your challenges are the very things that you need to encounter in order to achieve your goals



rowth



### Challenges Enable You to Develop New Skills

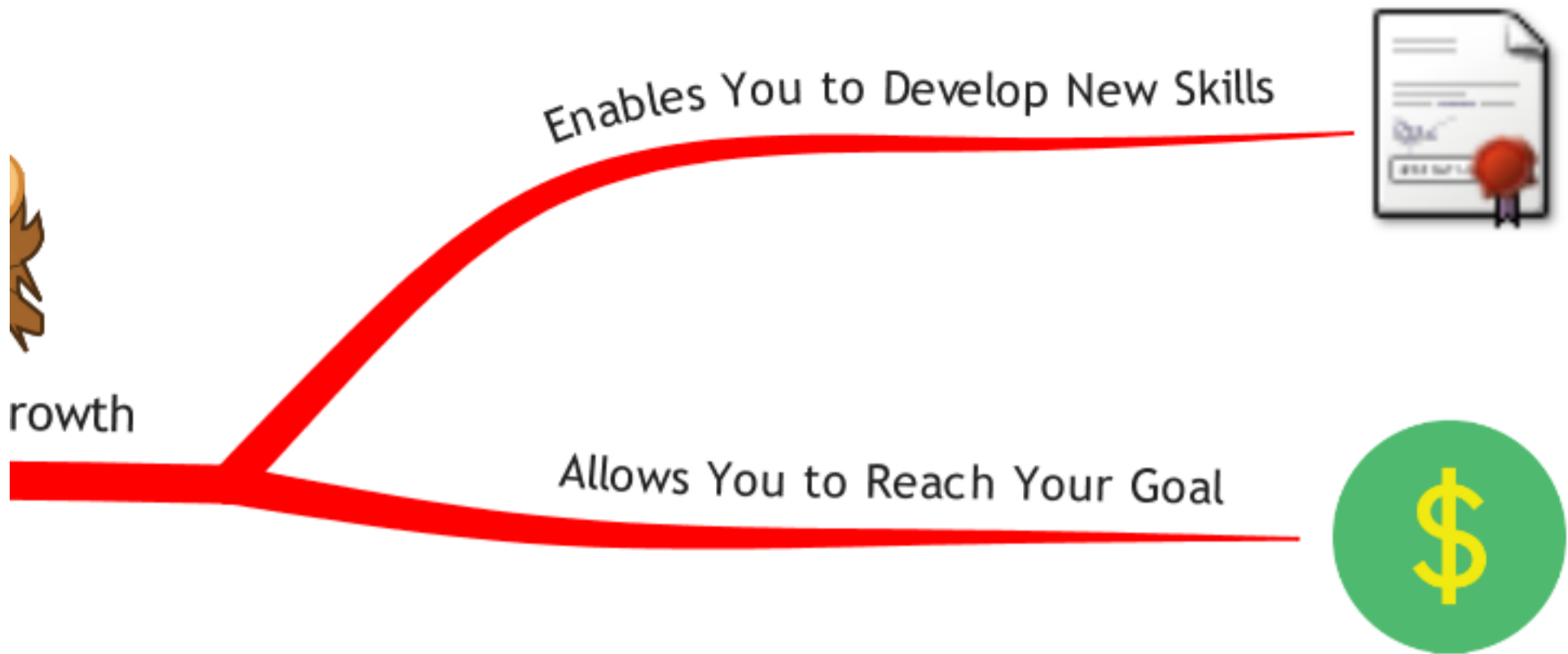
Challenges stretch your life, and enable you to develop new skills, abilities and understanding

When you develop these, achieving your goal happens as a matter of course

Not having any goals is a bit like a ship in a sheltered harbour

But when the captain sets a clear destination and moves out of the harbour towards that destination, he will encounter stormy seas

Only by continuing forward's will that captain reach his destination



These difficulties that you will experience as you move towards your goal, come from within you as well as external challenges

They always show you your current areas of weakness and are really, really helpful!

So, please do not be in the least bit frightened by this, but rather see it as proof that you are making great progress!

The difference between an ordinary person and an extraordinary person is whether or not they can successfully overcome internal and external negativity

So, your challenges are the very things that you need to encounter in order to achieve your goals

They are an essential part of being able to reach your goals and are your best friend!

So please start viewing them as such and expect to experience them



Setting

Create Short, Medium and Long Term Goals

Break into



Create New Habits/Daily Routine

## Your Daily Routine

If you look at the world's most highly effective people, in every case they have a daily routine

They have created new habits that they use continuously to achieve high sustained performance all of the time

High performers always do things in a different way from poor performers

Creating new habits that counteract old bad habits is fundamental to their sustained success

You only get 24 hours in a day, so if you want to achieve far more than most people, then you must start doing things differently

The only way you can get more done each day, without experiencing additional stress, is to create a daily routine, which you stick to religiously

For example:

Most people are at their most creative first thing in the morning

Therefore, the morning should be reserved for making rapid progress towards your goals

By blocking out time, before you have any other distractions is the key to great success

Switching off your phone, avoiding checking your email, as well as social media is vital if you're to make consistent steady progress towards your goals each day

Even just avoiding looking at email before 11 AM means that you can make huge progress every single day of the week

If you're a writer - if you spend just two hours each morning writing, you could easily write a book within a single month

So creating a daily routine which includes your main priorities for the day is really important



Break into Action Steps



Every Day Take an Action

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Daily Productivity Plan



outine

## Daily Productivity Plan

So its very important to block out time for specific important activities like I just mentioned

A great way to make sure that you are consistently taking actions towards your goals is to create a daily productivity plan

You can create this plan at the beginning of each day or at the the end of the day for the next day

Along the top of your daily productivity plan should write the names of the 3 most important goals or projects you are working towards

Under each project name write up to 5 things that you absolutely must do today that will progress you towards that goal

Then you need to write out the names of the people that you need to contact today, no matter what

You also, need to write out a list of the people from whom you need something today so that you can move forwards

Finally, at the bottom of the page write out your priorities for today - those things that you absolutely must get done today, BEFORE looking at your email, social media or giving in to other distractions

By creating a Daily Productivity Plan you will DEFINITELY make very fast progress

You will also feel better about yourself, you will be energised and you will be empowered

Please, never underestimate the power of this very simple and straightforward strategy

It enabled me to write a bestseller within only a couple of months

It can also enable YOU to become far more successful than you have ever been before, if you are not already creating a Daily Productivity Plan

Break into Action Steps



Every Day Take an Action



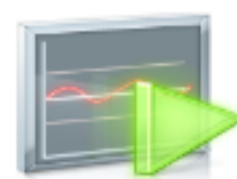
Challenge



Daily Productivity Plan



Exercise



outine

## Exercises

Setting aside some time each day to take exercise will help you become far more productive in every way

Even just getting up from your desk for a couple of minutes every hour to stretch your muscles, can have great effects on your focus and energy level

If you can increase your energy and focus, you can get a lot more done, and a lot more quickly and far more easily

When your mind is crystal clear amazing things will become possible for you

On the other hand if you feel sluggish a lot of the time then there is very little that you can achieve

Therefore getting up from your desk every hour and taking gentle exercises like Qigong, as well as more strenuous exercise a few times a week will have enormous effects on how quickly and easily you become successful, empowered and deeply happy

Also what you eat is really important and how much water you drink

Are you eating food that gives you energy, life force and clear thinking or are you poisoning your body with all sorts of food and drink that saps your energy and makes you feel groggy a lot of the time?

Only you can answer this, but it's something to consider deeply

We only get 24 hours each day, and if you want to become outrageously successful and achieve everything you truly yearn for in life then it really is important that you seriously consider improving your overall energy, vitality and clarity of mind in every way that you can

When you do this you will make more progress than you could ever imagine.

What was difficult before now becomes easy, and you will have a renewed energy and enthusiasm for life

Exercise gives you clarity of mind, a faster ability to think, more energy and far greater efficiency

Break into Action Steps

Every Day Take an Action

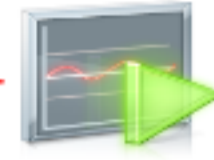


Routine

Daily Productivity Plan



Exercise



Energisation Routine



## Energisation Routine

Now, a moment ago I mentioned the importance of regular 2-3 minute breaks from your work, throughout your work day

Ideally you should take a break every 45 to 90 minutes and either walk around for a couple of minutes or do some gentle exercises

This will mean that you can return to your work with more energy, more clarity of mind and even greater focus

Science tells us that for most people our ability to focus only lasts about 90 minutes, so try not to go beyond the 90 minute focus window

One great way to remind you to do this is to set a reminder on your phone to ring every 90 minutes

One type of exercise that will reinvigorate you is a simple Qigong exercise and its very straight forwards

## Qigong Exercise

There are 6 phases to this exercise, but they are really easy to understand and its very quick to do each of them

### PHASE 1:

First make both your hands into a cup shape

Now, lift your left leg off the ground and tap with both cupped hands on each side of your ankle at the same time

Gradually keep tapping your way up both sides of your leg, to your knee and right the way up your leg to the very top fo your leg

The whole process should take you around 10-15 seconds

Next swop over and do exactly the same for your right leg

## **PHASE 2:**

When you have completed this, cup your right hand and hold your left arm straight out in front of you

Now, start tap with your right cupped hand - starting at the fingers of your left hand and working your way up your arm to your shoulder and also the back of the shoulder

Do this over approximately a 20 second period

Next do the same with your right arm - hold it out straight in front of you and with your left hand cupped start tapping at your fingers and over a 20 second period gradually make your way up your arm to your right shoulder and the back of the right shoulder

## **PHASE 3:**

Now stretch your left arm out again in front of you and with your right hand cupped gradually tap from your waist up to your under arm over about a 15-20 second period

Next swop over and do the same for the right side of your body

## **PHASE 4:**

Finally, cup both hands and tap them over your kidneys in your lower back for about 10 seconds

## **PHASE 5:**

Lastly bounce up and down on your toes for about 10 seconds becoming aware of the new energy in your body

## **PHASE 6:**

Stand straight with your legs gently apart and and breathe in and out rapidly through your nose for about 20 seconds

This whole series of Qigong exercises takes only 2-3 minutes but it gives you a lot more energy and renewed focus and even greater clarity of mind

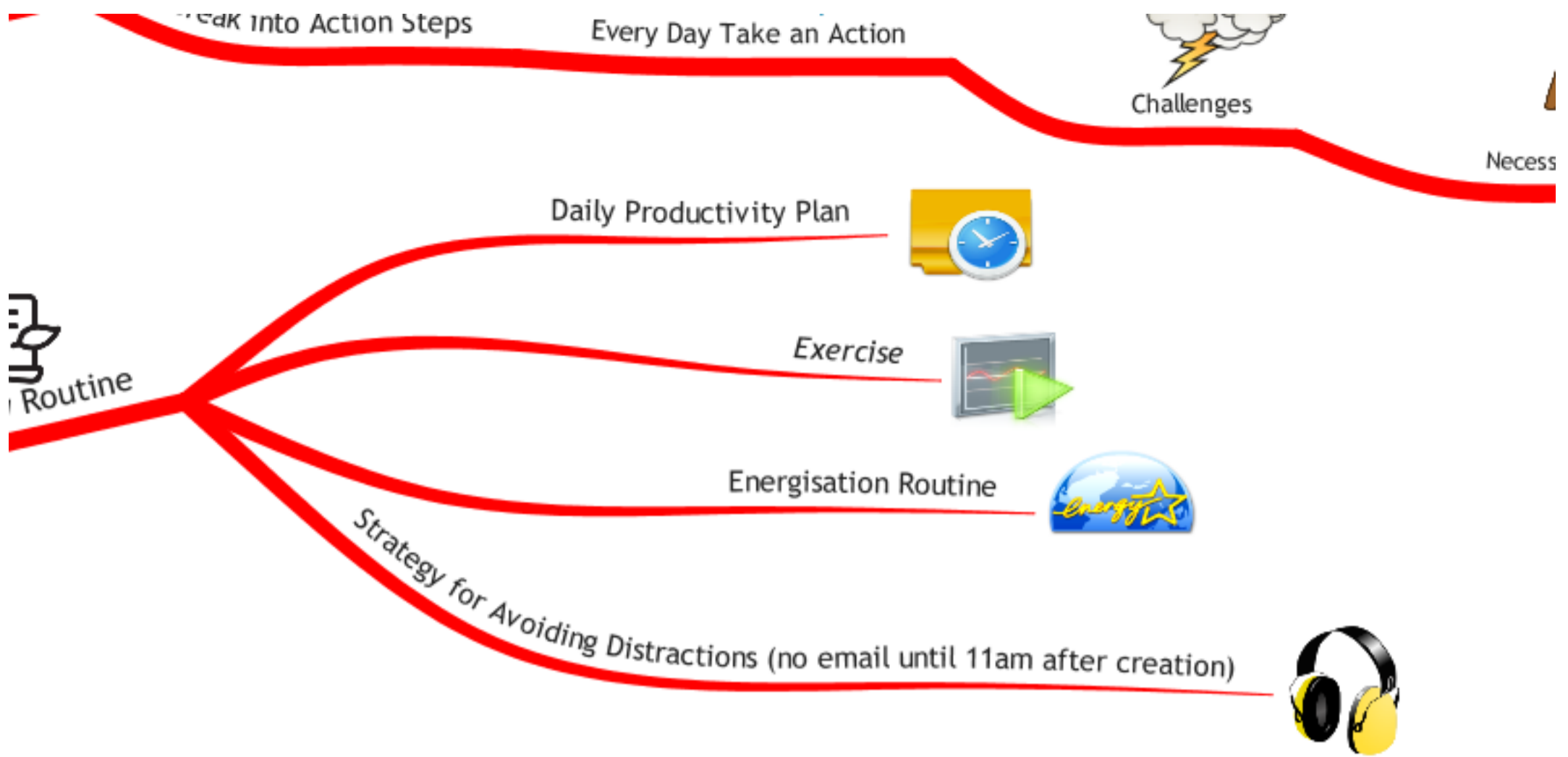
If you keep this up throughout the day it can have enormous effects on your productivity, your enjoyment of your work and how quickly you reach all of your goals

## **WARNING:**

One of these exercises involves standing on one leg, which may not be suitable for you if you have poor balance or if you are overweight or suffer from any condition that makes this exercise a risk for you

Likewise the breathing exercise that I just shared with you may make you feel a bit dizzy or lightheaded so it should also be practised with caution and done very gently at first

I am not a doctor and you should always consult a medical professional when considering any new exercise routines



### Strategy for Avoiding Distractions

I know that I have already said this before, but I really need to repeat it again, because its so important to your success

If you want to operate at a higher level of performance than you have ever done before, then you absolutely need to manage the distractions that go on around you

For example, if you work from home, then this may include locking your office door for the first part of each day, so you aren't disturbed by your kids or loved ones

Of course if you do this then its important that you tell them why you will be doing this from now on!

But, probably the most important thing of all is to completely eliminate all distractions until mid-morning or when you have completed at least 2 hours of productive work

So please make sure you do this by turning off your phone, closing down social media and don't even look at your email until the creative part of your day has been completed



Earlier I explained how gratitude acts like a magnet, drawing into our lives the things that we desire, whereas resentment and complaint prevent us from benefiting in so many different ways

What we do in life, and why we do it has a direct effect on what happens to us

Everybody wants to be successful and live a happy life of meaning and purpose

However, those who are just looking for quick money, without caring about their customers are only just fooling themselves

Your motive in creating wealth is extremely important

We need to ask ourselves why do we want to be wealthy and successful. Is it just to satisfy our cravings, or is there a bigger purpose to our desire?

Is it to help the lives of our customers, our family and society, or is it just to satisfy our own ego, our insecurities and our need for more?

If you look at the lives of highly successful people, in most cases they are very giving people and they really care about others

Its almost a written law of the universe that in order to benefit, we must first help other people



So, if you want to be highly successful in all that you do, it is really important that you to develop the desire to give more than you receive

Those that do this, always attract truck loads of raving fans, who really want to follow their advice and also buy from them

When you develop the desire to really care about your customers then you have a far greater chance of becoming really successful yourself

So, pive your customers more in value than they paid you in money



## Giving All is Gaining All

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Many years ago I heard the saying "giving all is gaining all" and this is so true

If we want to receive, then we must first give

But this is not just giving in order to receive - that in effect is a way of trying to trick the universe into giving what you desire and it won't really work so well

What I am saying here is that it's important to gradually develop a greater caring spirit in order to be really successful

And the way to develop such a caring spirit is to start taking action immediately

You can add this development of a caring spirit to your goals and affirmations, but it's even better to also start doing things that bring about that spirit

In other words start taking actions in your work to go the extra mile, and to give more than you have given before

And gradually you will find that your actions will bring about a true desire in you for other people's happiness, and you will automatically start to give people more than they expect

It's just another new habit that you can cultivate - and one from which you will benefit enormously

Even if you are already doing all of this, it's still very important to frequently return to basics and ask yourself if you could do even more for your clients



# Over Deliver

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So what I'm saying here is that you need to make "over deliver" your mantra and your motto

When you develop real care for the people that you are helping and give them more than they expect, then it attracts all sorts of beneficial coincidences, partnerships, joint ventures and lots of loyal customers into your life

When you start acting as a powerful catalyst in the lives of the people whom you are serving, then life always supports you too

When you are continually doing things that are significant for the happiness of others, its like the universe says:

"hold on a minute, this person is making a real difference....I'd better help him do his job so that he helps even more people"

It's a universal principle that when you care more for your clients and go the extra mile then those whom you support will also support you



# Greater Success

# Over

And this means far greater success, fulfillment, happiness and money

Please develop this spirit of "giving all is gaining all"

Overdeliver in everything that you do and the universe will overdeliver to you too

The book and movie "The Secret" was wrong when it said "Ask and you will receive"

This couldn't be further from the truth as that's a kind of begging that can only keep you in poverty

Also, it ignores the fundamentals of what we have explored in detail during this program.

In other words the importance of: programming your mind for success, overcoming negative conditioning, creating clear goals and affirmations, creating action lists, taking consistent daily actions, becoming more productive and giving to others more than you expect

This program is revealing to you the powerful missing secrets that can transform your life totally

So instead of "Ask and you will receive", the truth really is "Give first and you will receive"



There is also another wonderful reason why you need to create real value for your customers:

When you over deliver it will have a really positive effect on your own mind and also your subconscious

It will enhance your self-worth

Just the act of giving more than people expect will make you feel a lot better

And you feel proud of yourself, and generous - which you certainly will be

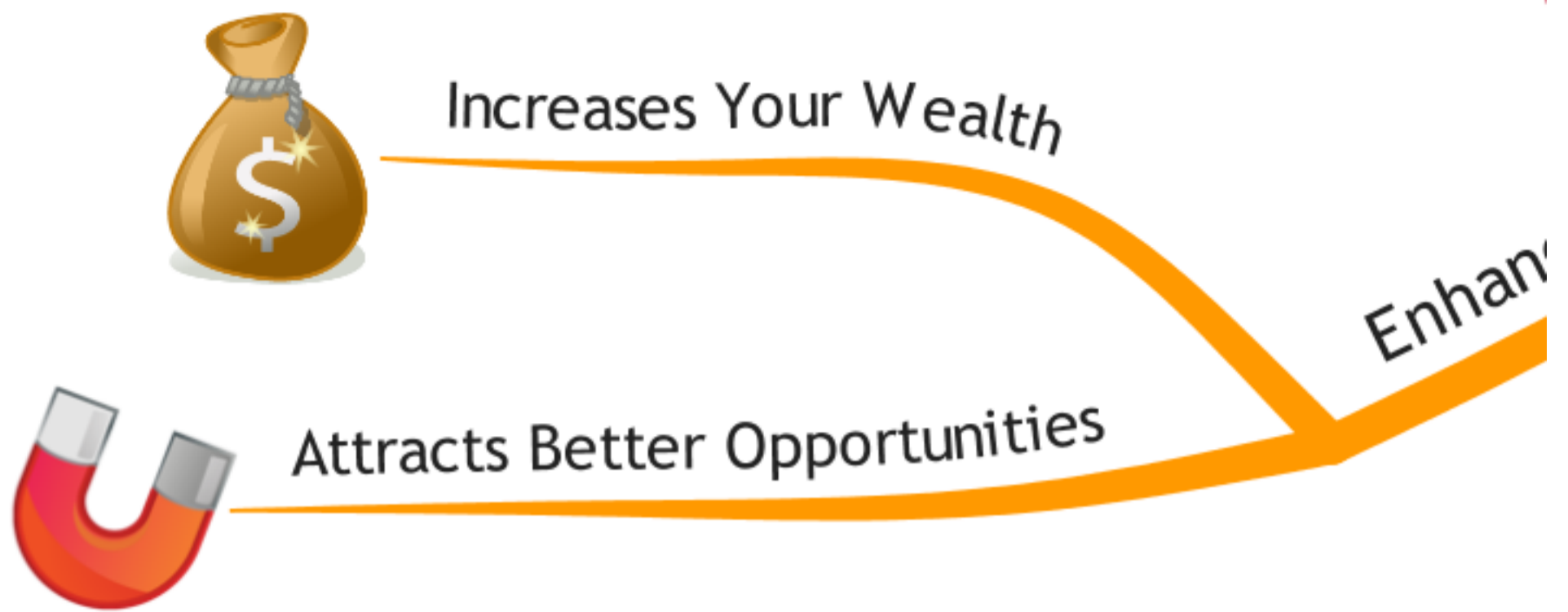


Increases Your Wealth

Enhance

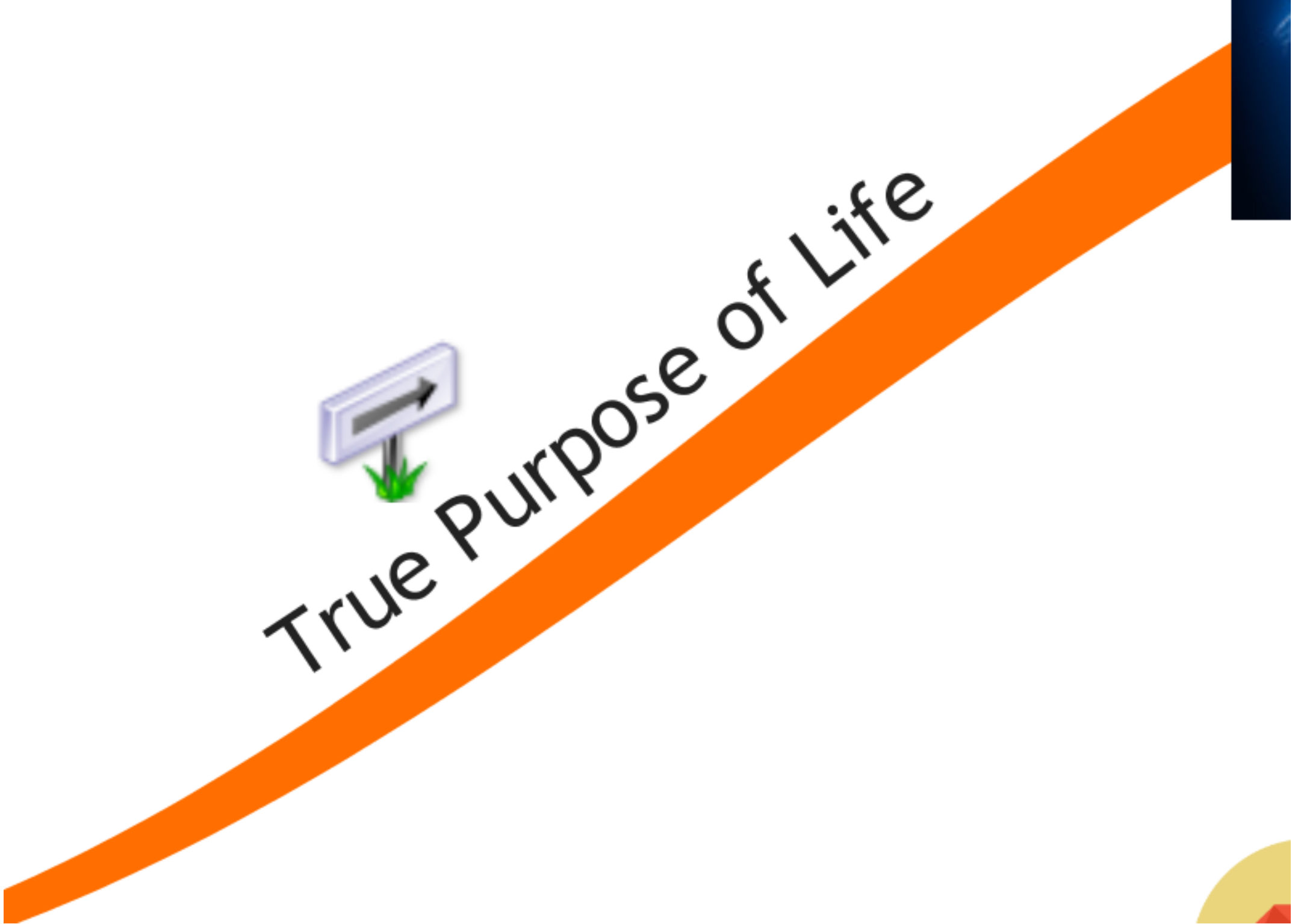
As your feelings of self-worth increase, so will your financial wealth and happiness

This is a law of the universe, and there are no exceptions to the rule



Not only will this mean you will be more financially successful, it will also attract into your life all sorts of new opportunities that you would never have encountered before

Again, please make "giving all is gaining all" and "over deliver" your mantras and mottos



# True Purpose of Life

My cousin died in a road accident when I was only 15 years old

This had a massive impact on my life and it led me to start questioning everything

I wanted to know what life was about, why we are here, and what we should be doing while we are here

For several several decades I studied the scientific evidence for life after death, and I have appeared on radio and TV many many times sharing that evidence

Although this program is not about life after death, I can assure you that if you research this subject for yourself, and dig really deep, sceptically sifting through all the trash that is out there, you will definitely find nuggets of irrefutable evidence that will show you that life does indeed continue after physical death

Also, what we do during our life and how we live our life really is very important

When you know this for certain, then it can affect everything that you do from this point forwards

By studying the evidence for life after death, it is highly likely that you will also discover your own unique purpose in life

We all have different talents, abilities, interests and desires and we all can contribute something different to the world around us

However, my own research for the past 40 years has led me to conclude that the purpose of life is to learn through experiences and to help others in any way that we can

When we really are learning from our experiences and growing, and becoming wiser and more compassionate human beings, while at the same time assisting others on their own unique path, then we are truly fulfilling our mission as a human being

Becoming aware of your true purpose, and taking action to carry it through will lead to deep fulfilment in your life



# Happiness



And this leads us on to happiness and how to develop a life that's really happy and fulfilled

This is extremely important - becoming happy is the most important thing we can achieve during our life

Becoming happy is not something that comes about by chance

Even though most people don't understand this - becoming happy is something that we have total control over

But there are really two kinds of happiness - superficial happiness and true happiness

So let's look at the first of these



## Superficial Happiness

Superficial happiness is what most people understand as happiness, but it's very unstable and can change in a moment



Good Things That Happen

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Superficial happiness is the sort of happiness we experience when something wonderful happens to us

It's dependent on something great happening to us, and we don't have much control over it

Also also often short lived, even though its very pleasant



Good Things That Happen



Material Success

Superficial

One example might be when we become financially wealthy or truly successful

Now, don't get me wrong, I'm not saying that wealth and success are not important for happiness

Everything that contributes to your well-being, your freedom and your ability to do what you want is really important

But what I'm saying here is that there have been innumerable cases of people becoming incredibly wealthy and deeply successful, but who inside feel miserable and desolate

So superficial happiness is based on external circumstances which can change over time, and often in an instant



# True Happiness

True success and true happiness only comes to those who take full responsibility for their lives.

Also, becoming deeply happy and fulfilled is not reliant on external circumstances or things that we have or don't have in our lives

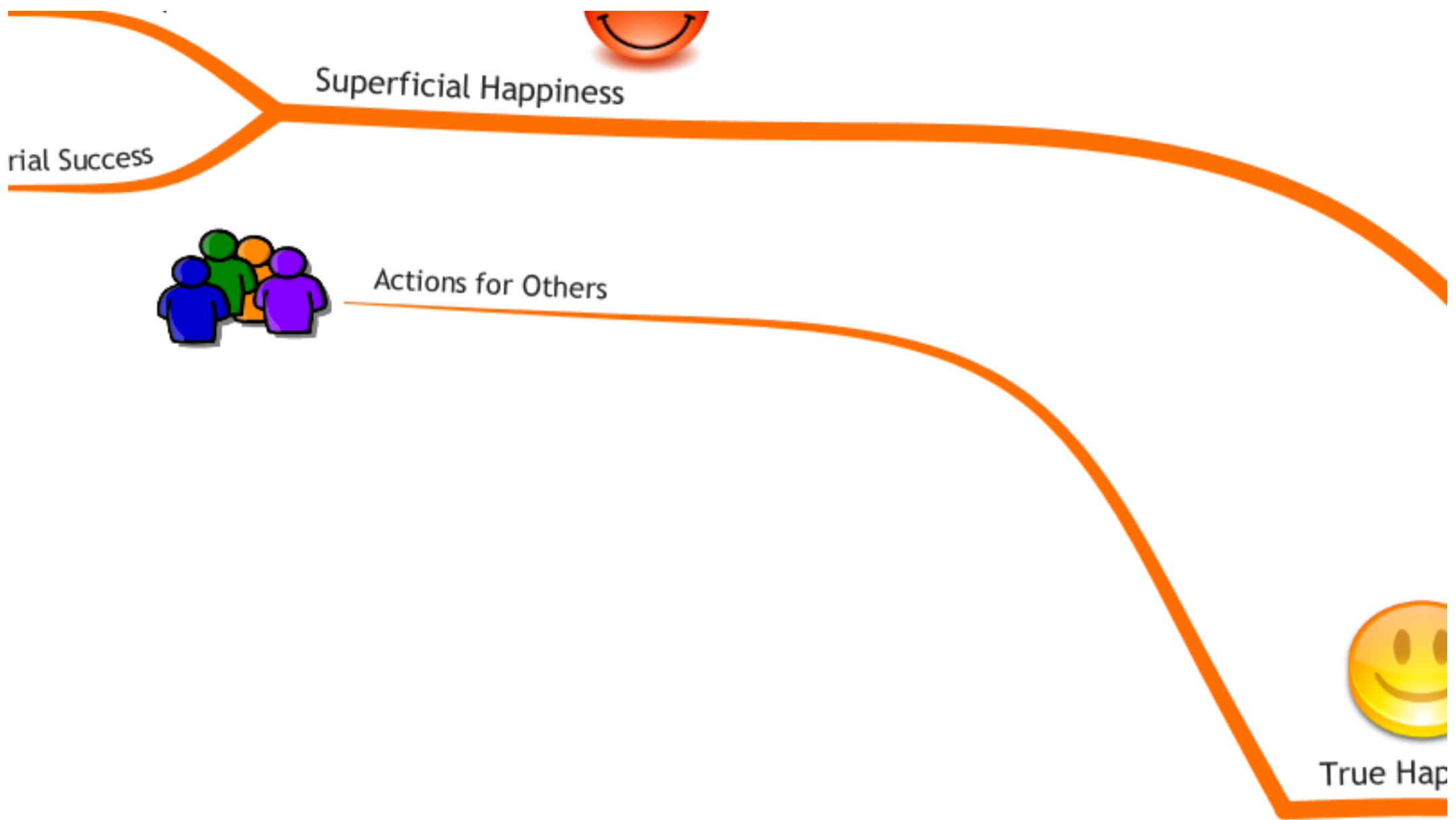
Deep happiness comes from our way of life

It comes from having a strong purpose in life

True happiness is something that every single one of us can achieve, providing we make the effort to do so

It's not something that we automatically possess, it takes consistent action and doing the right things

True happiness is something we can create for ourselves if we choose to do so



Just like we explored earlier, when we give to others more than they expect, then it is us that benefit the most

Likewise, when you make the effort to support those around you more than before, you plant the seeds in your life of your own life of true long-term happiness

It is not possible to be happy in a vacuum. Human beings need each other, and we need to support each other - it's a basic human desire

Developing an outward looking attitude, and contributing to those around us in any way that we can will have a very powerful long-term effect on our own happiness levels

Especially when we are helping people who are having a really rough time; taking the time to support them, encourage them and hopefully empower them, then this has an immediate effect on our own mind

When you get into the habit of helping those around you more than you did before, then it enables you to tap into a reservoir of wisdom that lies within your life

When life is difficult for you, that is the very time you need to take action for the happiness of others

And when you do this, amazingly it jumpstarts your inner wisdom and allows you to access solutions to your own problems a lot more effectively

It enhances your own consciousness in a way that may truly surprise you!

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Actions for Others



The Bigger Picture



True Ha

I believe that its also really important to gradually develop a much bigger picture for our lives

When we are living our lives contributing to something that is far bigger than just ourselves then this can be the source of deep fulfillment and true happiness

So by developing a very big vision for your life and what you leave behind for others after you die is really important

So, I would urge you to deeply consider what it is that you want as your ultimate purpose, your reason for living. What it is that you want to work towards that can continue to help many people after you are gone

Now I do realise that for many people who are just starting out that this may seem a very lofty and far off goal

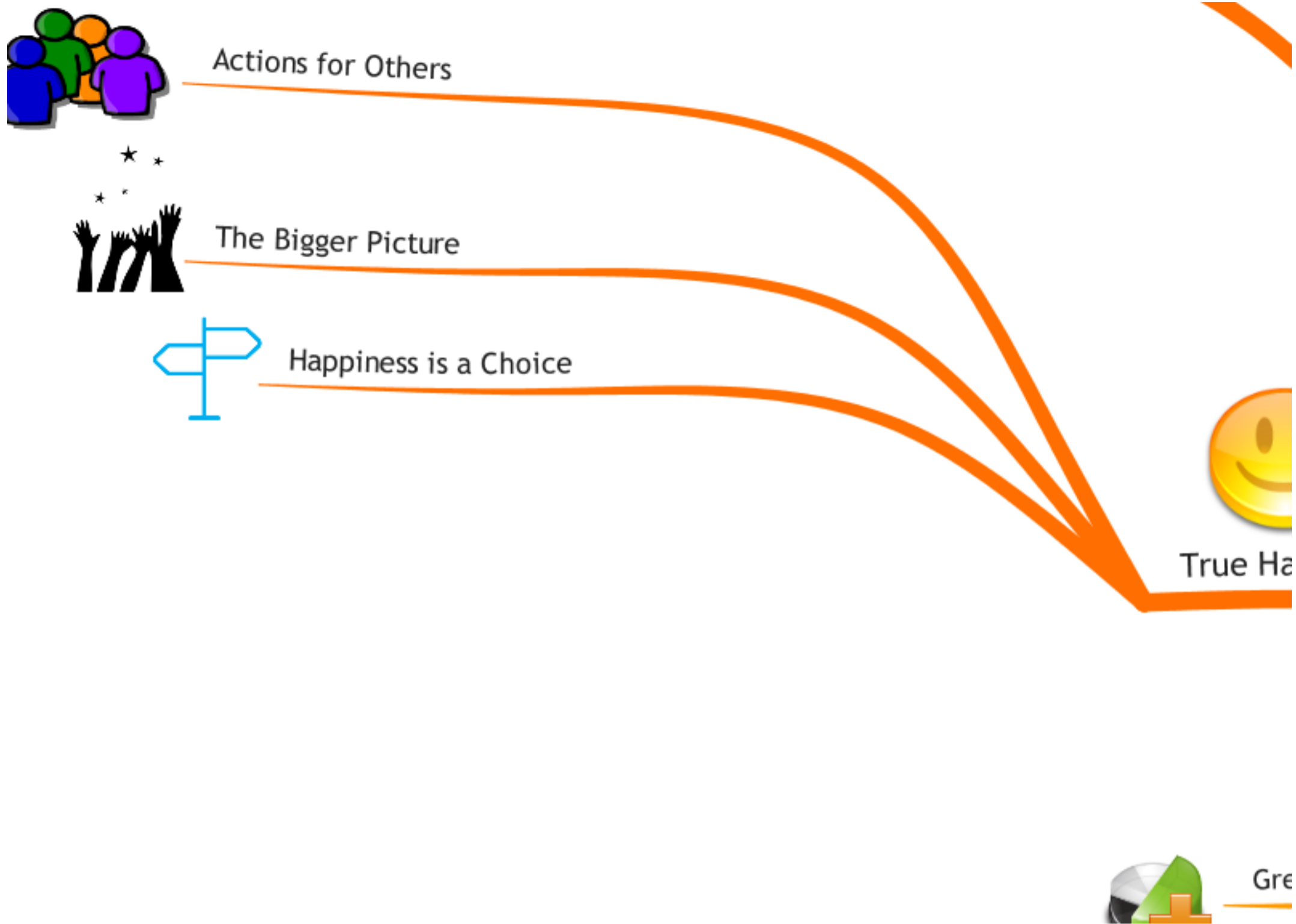
But if you put into practice what you have learnt in this program, then you will start to see really amazing results in your life. You can then go on to create even bigger goals for your life, having the confidence that you really can achieve amazing things.

Gradually, as you increase your realm of possibility and as your confidence and your successes grow then you definitely will benefit from attaching all that you do to an even bigger purpose that is bigger than yourself

Ultimately, most highly successful reach the point where they wish to give back to society in a powerful way

Your long-term happiness and fulfilment is directly linked to your have such a long-term goal purpose for your life

Take some time to consider this and when you are ready add that purpose to your goals, affirmations and your action list



Finally, happiness is a choice

Becoming happy is a choice you need to make

Most people just react to their circumstances according to what happens to them

It's possible for some people to be totally blown away and deeply upset for days on end, simply because someone has said something to them that appeared hurtful

The truth is that we all wear tinted glasses and we perceive everything that happens to us according to our past experiences of hurt, loss, and deep conditioning

2 different people can often perceive the same event in totally different ways. So we all have perceptions that are faulty or inaccurate

Also, we all have an amazing ability - to choose how we react, how we feel and what we do

Everything is choice - we either choose to remain stuck or we choose to change

We choose to remain unhappy or we choose to do something to change it

I'm not talking about positive thinking here

What I am saying is that whether you experience happiness or disappointment as your dominant condition is your choice and your choice alone

You have the choice right here and right now to change your life in truly amazing ways; ways that could bring you everything that you could ever wish for

Or you can choose to continue doing things the way you have always done them

Which you choose will determine whether you become deeply happy, highly successful, wealthy, healthy, wise, compassionate and a role model for others

Or you could remain at your current level for as long as you wish

Which do you want to choose?



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The Bigger Picture



Happiness is a Choice



The Importance of Mentors



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There is only so much that you can learn during your lifetime through your own direct experience

So, if you want to become very happy and achieve something truly remarkable in your life then you really need to learn from other people who have already travelled the same road before you

There is no point in trying to reinvent the wheel

Simply find people who have already done what you are trying to do and learn from them and copy their success

When you seek out and learn from truly great mentors, then you can go a lot further and a much more quickly than if you did everything through trial and error

When you learn from others who have been very successful, then you will avoid so much unnecessary hardship and pain

I learnt this the hard way - I had to lose everything before I really understood the importance of taking on mentors for my own life

My first business was a great success but I didn't read many books about business and I didn't have any mentors

I sometimes wonder how much bigger I could have grown my business and how much more money I would have made when I sold that business to a multinational - had I learnt from mentors at all

Later after selling that business I lost everything though trusting the wrong people and by making bad investments

I urgently needed to learn new skills and started learning from the world's best writers as much as I could - it made a massive difference

I now have several mentors for different areas of my life and the effect is that I can make more progress in a couple of months than I would previously have done in an entire year

So please seek out and learn from great teachers

These days due to the internet its very easy to find outstanding mentors and learn new skills very quickly

# Happiness is a Choice



## The Importance of Mentors



## Mastermind Groups

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You might like to also consider joining a mastermind group

A mastermind is a group of people who are all working in the same area of business and trying to achieve similar things

You can either create your own mastermind of like-minded people or join an existing mastermind group

The idea is that you all help, support and encourage each other in your goals

Its also an ideal way of brainstorming any new ideas you may have and get feedback from other members of the group

It also keeps you accountable and moving forwards towards your goals instead of giving up on them easily

By being part of a mastermind you will also benefit enormously from the experience of everyone in the group

You can also learn new skills far more quickly when others are there to share with you what they have discovered for themselves

Ideally you want at least one person in the mastermind to have more experience than yourself

I have found my own mastermind group to be motivating, inspiring, empowering and it allows us all to keep moving forwards

There are only 3 of us and we get together on a Skype video call ever Friday morning for an hour and a half or sometimes even longer

We are spread across 3 different times zones with up to a 9 hour time difference, yet it works really well for us all

# The Importance of Mentors

True

Mastermind Groups

Group Coaching



Group coaching is also another excellent way of progressing your goals, your success and your happiness by learning valuable new skills very quickly

Group coaching can take the form of weekly, bi-weekly or even monthly group coaching calls where a mentor is giving you training and also answering your questions

This can take the form of webinars, conference calls or actually meeting together in person at a seminar

Whichever ways you use to increase your knowledge, your understanding and your experience - please comit to yourself to lifelong learning from this point forwards

People who constantly learn new skills can do all sorts of new things and achieve incredible success and happiness

Whereas people who learn nothing new stay at their current state and nothing much changes for them

Most of my mentors read at least one new book each week and this is something I do myself too

So, please make a comittment to yourself right now to constantly learn new skills and also put into practice what you learn



# Congratulations!

## Life

I want to take this opportunity to really congratulate you on finding this program and for going through it all the way through

You have learnt all the most important things that go into creating a life of continual success and deep happiness

And you now have a roadmap for creating massive success in your life

You have seen how your subconscious beliefs create the circumstances of your life and how it also acts as a gateway to limitless wisdom and answers to all your life's problems

You also discovered how easy it is to access your subconscious and influence it with powerful suggestions that can bring about rapid changes in your circumstances

You have also learnt that it is the negative conditioning you have received while growing up that holds you back from achieving happiness and success

And how you can finally remove the effects of that conditioning using simple, easy to use tools, techniques and strategies

You have also seen how your own inner negativity works through your areas of weakness, and how it tries to sabotage everything you set out to achieve. and how you can now finally recognise it

You also discovered how to reprogram your mind to overcome all the self-imposed limitations that have been holding you back

And you can do this using affirmations, audible and visual subliminal suggestions, hypnosis, light and sound machines and creative visualisation

You then learnt the most effective way to create goals, convert them into affirmations, and break those goals down into actions steps you can take to achieve them

Next, you discovered that when you start taking actions towards your goals you will experience challenges that stretch your life and how they are actually 100% necessary in order for you to be ABLE to achieve those goals

You then learnt how to create new daily habits that will allow you to achieve your goals a lot more quickly

And these included using a Daily Productivity Planner, Taking Exercise Breaks, How to Give Yourself More Energy and Greater Focus, and how to avoid distractions so you can reach your goals a lot faster

You then learnt all about the importance of "over delivering" to your customers and how this increase your self-worth, attracts business partners, new

opportunities and brings you greater wealth and satisfaction

Finally, you discovered the difference between superficial happiness and true happiness

And how to create deep long-term happiness by creating a big long-term goal for your life that also helps many other people

So again, many congratulations for finding this program and for starting to put into action all we have covered



Start Immediately - Do Not Delay!

Congratulations

So now please do get started right away

If there is anything you are not yet totally clear about, then please go through the relevant section again, because all parts of the process are very important to your success

Also, please don't delay writing down your goals and converting them into affirmations - this is really important

Many people do a course and have every intention of putting it into action, but time passes and they do nothing and their life doesn't change at all

Everything we have covered is practical (not just theory) and needs to be put into action

Thanks so much for sharing your time with me and I very much look forward to hearing about your own great successes using the tools, techniques and strategies in this program