



**Changing
YOUR
Life
Starts With
YOU!**

ABOUT THE AUTHOR



Hello and thanks for taking the time to check out this book.

It's just a small insight of things I've come to know over the years which have changed my life and can hopefully help you too.

Actually, I shouldn't say "hope", because that implies uncertainty, and the only way these insights won't work for you is if you choose to ignore them.

My name is Jean Shaw and I am best known for my books on autism and mercury poisoning from dental amalgams.

You can find me at JeanShaw.com or on my main blog at JeansMenopausalMoment.com/blog and NO – it isn't about the menopause!

It's about change and my thoughts on all sorts of subjects.

We all only have one life to live so may as well make the most of it and have, do and be the best we can, don't you agree?

Jean



Let me ask you a question...

Do you really know what you want out of life?

You do?

That's great because most people have absolutely no idea, so you're way ahead of the majority of readers of this book.

I certainly hadn't a clue when I was first asked, but that's not really surprising.

The majority of us go through our lives in default mode. We accept whatever comes our way, and never really consider we have the ability to change it.

Yes, ninety-seven per cent of us think we have no control over what's happening and everything lacking in our lives is due to external "stuff".

It's always the fault of others.

If we lack finances, it's so easy to blame our education, our skills, our experience, and it's true they do play a part, BUT if you look at the majority of really successful people in the world, you'll discover most of them didn't have a college education, or any special skills or training.

What they all have though is self- belief, and the knowledge how to create the life they desire.

They take responsibility.

Another thing they do, (or rather don't do), is Quit.

There's an old saying –

"Quitters never win and winners never quit".

It's worth remembering.

Taking responsibility isn't that difficult, because it all comes back to something we all possess, and yes, that does include you ...

...it's your THOUGHTS!

It's been said many times,

"Your thoughts create your life", and it's so true.

That's another one worth remembering!

Everything begins with thought.

Someone, somewhere, sometime had a thought, which inspired an action, which turned into something tangible.

It's amazing really.

Everything you see, hear, touch, taste or smell at one time was just a thought in someone's brain.

So, if you really understand thought can create physical things, you should be able to grasp the fact everything you have in your life, good or bad, is the result of a thought you had at some point in time.

It's nothing to do with external "stuff" really.

What you think about, you bring about, and what you focus on expands.

If you don't want to be poor, stop thinking about all the bills and the money you haven't got, but instead focus on what you have got and what you want more of.

The clothes you wear, the house you live in, the car you drive, the work you do, the friends you have, are all the



result of your previous thoughts, and if they don't serve your best interests YOU have the power to change them.

Yes, really!

One thing I've heard many times from financially successful people is if you want to know what your annual income is likely to be, you should take a close look at the five people you most associate with.

Add up their total annual incomes, divide it by five and you'll discover your financial reality.

If it's not what you want, you need to change your circle of friends.

When I first heard that I was a bit surprised and annoyed really, because I felt I had to pass judgment on all the people I held dear to me.

If I found my friends and family wanting, was I supposed to shut them out of my life completely?

It disturbed me, but I soon realized I'd misunderstood.

It wasn't that black and white.

The message really means if you want to improve your life in any area, you need to find good role models and emulate whatever it is they do you admire and approve of.

Spend time with the experts.

So what is an expert?

Actually, it's just someone with more knowledge than you in a particular subject, and often it needn't be much more.

I remember many years ago, before computers were common, I went to evening classes to learn shorthand and typing.



The typing was fine, but shorthand took a long time to learn and I needed something immediately, so instead I opted to learn Pitmanscript.

I don't suppose it's taught these days, because few people take dictation any more, but it was a form of speed writing, based on phonetics.

Basically, apart from a few signs and symbols representing particular sounds, you write what you hear.

An example would be – ICUR, meaning - *I see you are*.

You've probably seen similar things at weddings – U2R1 for example, meaning - *You two are one*.

Anyway, I used to go to classes to learn Pitmanscript on Monday evenings, and on Thursday evenings, I'd go along to a different venue and teach exactly what I'd learned a few days earlier.

My tutor didn't mind; infact she'd recommended me for the position as she was unable to do it herself due to other commitments.

She was well aware I knew little more than my students.

Fortunately, they didn't!

So you see, you're most likely an expert yourself to someone.

You just don't realize it.



If you think back to your infant school days, I'll bet you were in awe of the children who went to "big" school, weren't you?

I know I was. They seemed so grown up and real "experts", but in reality all they had was more experience.

What about when you were a teenager

and couldn't wait to get behind the wheel of a car? Didn't anyone who'd already passed their driving test seem to be an "expert" driver?

I had friends who were slightly older than me and who'd only just got their full license, but compared to me, they were experienced drivers. They were "experts".

I occasionally play golf, or at least I have a set of clubs and can hit the ball (sometimes!)

If I ever decide I want to improve my game, it would be no good me asking my best friend for tips, because she's never played a proper game of golf in her life.

I'd need to approach a professional or someone with a low handicap and more experience.

On the same note, when I have problems with my computer, I can't ask my mum anything about computer related issues because she doesn't even know how to turn one on.

However, both my best friend and my mum are the ideal people to turn to IF I ever want any [tips on cooking](#) something edible.

They're both "experts" in that field, simply because they do a lot of cooking, and produce some really great results.

If you want something more in your life you just need to decide what it is, then associate with the people who have the knowledge you desire and the lifestyle you aspire to.

Watch what they do, how they do it and copy them, or at least the bits that serve you.

Imitation is the highest form of flattery apparently. It's also a very good way to change your life, especially if you choose to only copy the good bits!

Learn from their mistakes.



If you can't spend time with your role models personally, read their books, listen to their tapes, watch their videos, and sign up for their newsletters. Do what ever it takes to get you where you want to go. Absorb as much knowledge as you can.

Knowledge is like food for your brain, soak it up like a sponge and NEVER stop learning.

Anything you learn and do to change your thoughts in a positive way can only be beneficial, especially in those areas of your life you're currently unhappy with.

If you want to change your life, YOU have to CHANGE your life.

It's that basic. It's not always easy, but it all begins with your thoughts.

Okay, I'm going to ask you again...

Do you really know what you want out of life?

Don't be surprised if you have difficulty answering that.

Most people have absolutely no idea. I certainly didn't.

We're never taught to consider it, at least not in anything more than general terms, and most of us find it uncomfortable to dig too deep.

Sometimes wanting more can seem selfish or ungrateful.

So let's try asking it a different way...

Do you really know what you DON'T want out of life?

I'll bet that was easier wasn't it?

I say that because we all find it easy to complain about something or someone, don't we?

Okay, another question. Have you ever thought about your brain?

One of the things I always find amazing is how powerful our brains are, and how little we use them. It seems researchers have discovered the average person uses less than 10% of their brain.



Fascinating, isn't it?

The most powerful computer on earth is stuck between your two ears and you only use a small fraction of it.

You see your **brain** is made up of **two distinct parts**.

There's your **conscious mind**, which accounts for approximately **5%** and then there's the all **powerful sub-conscious mind**, which makes up the other **95%**.

Your **conscious mind** is your **short-term memory** and can only deal with **seven pieces of information** at once, (so multi-tasking may not be such a good idea after all).

Your **sub-conscious mind**, on the other hand is your **long-term memory**, and can handle around **400 BILLION pieces** at once.

That's quite a difference, but really useful because if everything had to be stored in your conscious mind you'd go crazy.

It's bad enough now sometimes, isn't it?

You must have days when things seem to be coming at you from all directions and you either get paralyzed not knowing what to do first, or forget to do something because there's just too much to remember.

Talk about information overload!

Your conscious mind remembers the things important to you at the time, but can only cope with seven things at once.

Everything else gets registered in the sub-conscious part until it's needed.

Any information stored in your sub-conscious is there for life and sort of runs on auto-pilot. It's how you do routine tasks without having to really think about things.

If you drive a vehicle you've surely experienced journeys when you can't remember anything about them from the time you started until the time you arrived at your destination, haven't you?



Come on, you can admit it.

You just got in your car, turned the key and somehow got where you needed to go.

Scary, isn't it?

Or, even on a simpler level, think about just tying your shoes.

How often do you even think about how to twist the laces and form the bows these days?

I bet you just do it, don't you?

I know I do.

It's something I've done so many times, I'm just able to do it without even thinking, thanks to the picture stored somewhere in my sub-conscious long term memory.

The information in your sub-conscious mind comes from many different sources, and creates a picture of your life.

You began to collect it as a child, and over the years it builds up and accumulates references for the person you "believe" yourself to be.

Your pictures will be different from everyone else's.

They are why you see the world differently to everyone else, and your sub-conscious mind doesn't make judgments on whether the information it has is right or wrong, good or bad, was imagined, or is in your true reality.

It just accumulates the information and stores it in an ever expanding giant warehouse.

Every day you request your mind for millions of pieces of information.

However, you have so much stored in your sub-conscious, it would be impossible to treat each request as if you'd never demanded it before.

It would be like searching a warehouse for something with no inventory. You'd never retrieve anything.

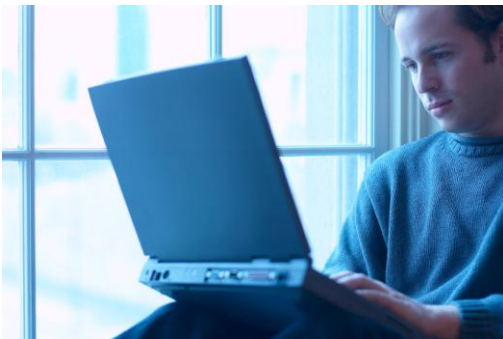
So, when you want some information, your sub-conscious mind presents you with a stored version of what you want to know.



It accesses a memory, similar to when your computer shows you a cached version of a web page.

It makes access much faster and easier, but sometimes you need to refresh it because it's not completely up to date.

That's where you may run into problems.



With an old web page on a computer, you just clear the cache or hit refresh, and the new updated version appears, but it's not that easy with your sub-conscious mind.

You see, over the years, your long-term memory has created a picture of who you are based on all your experiences and the information it has accumulated.

It always wants to serve up the version it identifies as being consistent with your beliefs.

One example of this often given would be a person who wants to lose weight.

Obesity and weight issues are common problems these days, widely associated with health issues such as heart attacks and Type 2 Diabetes.

You only have to look at the variety of books, magazines, CD's, courses, etc., available on Amazon.com or in your local shops to see what a huge market it is.

If you've been overweight for any amount of time, your sub-conscious mind will have built up a picture of you as an overweight person.

Your every thought, feeling, and decision will come from the point of view of an overweight person, because that's what you believe yourself to be.

It will affect the food you eat, the clothes you wear, the activities you do (or don't do), and the lifestyle you lead.

You are overweight!

That's what you believe and that's the image your sub-conscious mind will serve up to you.

It's very powerful and likes consistency.

Your sub-conscious also wants to protect you, so it strives to keep the internal picture of who you believe yourself to be, the same as your outward reality.

If your internal image is one of an overweight person and you are overweight, your sub-conscious mind will be happy.

If you ever decide you want to change your life and lose some weight though, it creates a whole different situation.

You might start a [healthy eating plan](#) or take some form of diet and exercise.

If you're successful, your outward reality will begin to change, but the internal picture, stored in your self-conscious mind will remain the overweight person.

After all, that's what you've long believed yourself to be, so the internal and external pictures won't tie up.

Your sub-conscious mind won't like that at all.

If you've ever been on any sort of diet, taken up [exercise](#), or indeed tried to make any major changes in your life, you'll probably remember how motivated you felt in the beginning.



You were undoubtedly filled with enthusiasm, excitement and anticipation of greater things to come, weren't you?

I know. I've been there too.

Did you notice how quickly that changed though?

Now you know why.

Your sub-conscious wasn't too happy with you because you were changing the order of things.

Over time it made it just that bit more difficult to stay motivated.

If you were on a diet, at first you were probably excited and full of hope at the prospect of losing those extra pounds. Your conscious mind would have been working hard, concentrating on helping you out.

Most likely, you even saw some difference in your weight and appearance. The trouble was, as soon as you noticed a difference, so did your sub-conscious mind.

As soon as it realized the internal image of what you'd long believed yourself to be, and your external reality weren't the same, it did its utmost to make them tie up again.

Suddenly, you lacked motivation as your efforts were sub-consciously self-sabotaged

That's why so many diets fail.

It's not the diets themselves, but **YOU**.

Motivation is like food. You need some every day!

In order to change your life, you have to **CHANGE** your life, which essentially means you have to change your **BELIEFS** about yourself.

This applies to all areas of your life, because just as in the weight example, **your beliefs create your thoughts and your thoughts create your life.**

There's a definite process –

beliefs = thoughts = actions = results

Your beliefs are based on the experiences you've had in the past.

If they've been good in a specific area, your beliefs are likely to be positive, and if they've been bad, the opposite is true.

Let me give you another example and consider something simple like going out for a meal.

Several years ago I was friendly with a couple and we decided to go out for dinner one night in a proper restaurant, rather than a fast food outlet.

The town where we lived had a choice of different types of cuisine, so all we had to do was select either, Chinese, English, French or Indian food.

My male friend really liked Chinese food and his wife, Indian.

However, he decided he didn't want to eat Indian because he'd traveled quite a bit in the Navy and the last time he'd eaten it, (years ago at a different restaurant in a different country), he'd got an upset stomach.

My female friend, however, didn't want to eat Chinese because she was a bit of a fussy eater and the only time she'd tried it before, (again at a different restaurant) she'd disliked the bits in the soup, had found it difficult eating with chop sticks, but had been too embarrassed to ask for a knife and fork.

That left French and English food.



Based on the fact, neither had ever eaten French food, but thought it consisted entirely of bread, wine, garlic, onions, snails, and frog legs, we finally ate in an English restaurant.

The food was very nice, but not unusual for us as we were all English anyway.

Can you see what happened, though?

My friends restricted our eating **choices based on their past experiences and their beliefs** about what the food would be like.

These may or may not have been true, and it doesn't really matter, because their **beliefs were true for them**. They were based on information stored somewhere in their personal sub-conscious warehouses.

I, on the other hand, had never experienced any problems with any of the different types of food, so would have been prepared to go to any restaurant.

It's funny too, because we all chose the same menu, and yet all had different views of how the food tasted.

Okay, here's another example. Do you remember when you were at school?

Did you ever go out on a day trip and have to write about it, or draw a picture about it when you got back?

Were you ever surprised how many different versions were produced of the same event?



We all have a different view of a situation based on our previous experiences, and they always say there are three truths -

My Truth, Your Truth and the Real Truth!

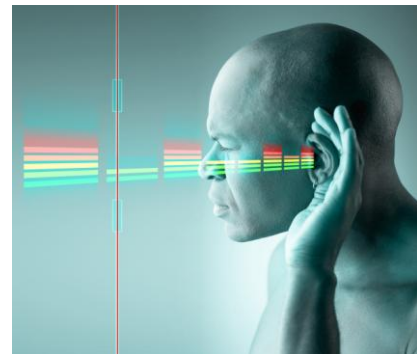
Your truth is whatever your sub-conscious believes it to be.

So, if you now understand **your thoughts create your life**, your beliefs create your thoughts, and your beliefs are created by the information stored in your sub-conscious, it makes sense to start from the ground up **if you want to change your life**.

You've got to get back to basics, do a bit of reverse engineering and **change the information stored in your sub-conscious** if it doesn't serve you.

Now remember, your sub-conscious doesn't know the difference between something vividly imagined and your reality, which is great news for you.

If you present it with **vivid clear images of what you really want** in your life **often** enough, eventually the internal picture it presents of the person you "believe" yourself to be, will be more in keeping with the external life you desire.



That was a bit of a mouthful, but what it basically means is if you want to be slim, you've got to create an internal image of you as a slim person in your sub-conscious before you think about changing your external image.

Does that make sense?

You have to trick it, so you'd better be prepared for a bit of work.

All self improvement takes time, and consistent positive effort, which can sometimes be inconvenient and none of us like that, do we?

I'm afraid there's no quick fix though.

Just like the farmer reaps what he sows, you can only get what you expect to receive.

You know yourself, if the seed you plant is for marrows, you can't expect to get cucumbers. (That example is supposed to represent the difference between being slim and more ample in case you hadn't guessed).

You'll get what you believe you'll get, so the **first thing** you need to do if you want to change your life is to **know what you want**.

Here's that question again...

Do you really know what you want out of life?

You can't have what you want if you don't know what it is, and often what you really want isn't what you think it is at all.

I realize that may not make a lot of sense, but humor me, anyway.

Clever advertisers sell the sizzle and not the steak, which basically means they attach feelings and emotions to what ever they're trying to promote.

For instance, when people buy designer label clothes, or fancy named watches and things, they're not spending a fortune necessarily because of how the item looks on them.

A cheaper imitation version could look just as good and unless you chose to reveal it wasn't the "real" thing, most likely no-one would ever know.

You would though, and what you're really buying is the prestige it brings knowing you own a designer item, and the way it makes you feel when you wear it, especially if other people admire your purchase.

You're not just buying the "thing", you're buying the experience, and it's well documented people buy on emotion and justify with logic.

I've done it loads of times, and if I go back to analyze what I really bought each time, it would be "hope".

If you ask most people about money they'll tell you they want to be rich, but what does that really mean?



Money itself doesn't actually mean anything. It's what you can do with it that counts.

Money can't buy you happiness, but it can make your life easier and more comfortable.

It can give you experiences.

It can give you **FREEDOM!**

Having money gives you the power to choose how you spend your time, and how you can best contribute to society.

I believe we all have a purpose.

Money gives you the freedom to choose what you do, or don't do, and those choices will be based on the core values hidden deep inside you that make you unique.

When your core values tie up with the things you think you want in your life, you're more likely to get them, and more significantly...keep them!

It's been said whatever you want more of in your life, you should give away.

If you want more friends in your life, you need to give your friendship. If you want love, give love; money, give money; clothes, give clothes, time, give time.

Simplistic as it seems, that's the way the Universe works. It's all to do with the way energy flows.

You can't put something in a space that's already occupied so you have to create a vacuum.

It's the old farmer thing again – you reap what you sow.

I know it's hard to grasp.

It seems crazy doesn't it, when you really need money you have to give it away, or if you're short of clothes, you need to reduce your limited wardrobe?

However, that's the way it is based on the Universal Laws and specifically those of Giving and Receiving.

It's important to note though, there's a big difference between giving willingly because you want to and doing so grudgingly because you have to.

The results are never the same.

You must truly believe you live in an abundant world and things will come back to you bigger, better and greater than before.

If you want to understand the way life works and get a good grasp of why your thoughts create your life, I highly recommend you get [The 11 Forgotten Laws](#) by Bob Proctor and Mary Morrissey.

It's an amazing program and reveals there's more than enough of everything to go round in this world, but most of us don't realize it.

We usually come from a mindset of lack and scarcity rather than abundance.

However, as this course points out, everything in this universe is made up of energy and is continually moving. If there are spaces, it will move to fill it.

You just have to be open and receptive to receiving it.

Did you ever see the film *The Secret*?

It introduced the Law of Attraction to the world, and many people felt inspired to change the way they thought.

Positive thinking found a new lease of life.

However, many people didn't realize you do actually have to take some action as well as just think about what you want.

It takes time and effort!

Earlier, I mentioned your core values. They are what matters most in your life.

They're the emotions and experiences you crave and desire, like acceptance, freedom, friendship, honesty, integrity, love, recognition, security, wellbeing, etc.

If you write down your core values, you may well discover a few things about yourself, and why you make the choices you do.



Try it now and see how many you come up with.

Hopefully you found quite a few because I want you to prioritize them.

Go on, do it now!

I'll wait, so don't read on until you have your list, because if you skip this bit, you won't come back and do it later.

Trust me on that.

Okay, well done for taking action.

Were you surprised by the core value most important to you?

Now, let's go back to the original question...

What do you REALLY want?

I want you to now do what I had to do and write a list of all the things you want or need to live the life you desire.

They're going to be the parts for your DIY life.



You can design it any way you want to so don't limit yourself.

The only limits you have are those in your own imagination so don't hold back.

Most people list only things they believe are attainable based on their current situation, but you have to think big and resist the temptation to just consider what's possible or realistic.

Hard isn't it?

Don't base your list on what you think you deserve. Just go wild and consider if you could be, do, or have anything you

wanted with no limitations, what would it be?

Go on – think outside the box!

Most people find it really useful to create some sort of vision board, and it doesn't have to be anything fancy.

You just cut out pictures of all the things you want in your life from magazines, or get some photos and stick them on a background to make a picture.

Add an image of yourself standing next to them to make it more personal, and create a few copies.

Put them in prominent positions where you'll see them regularly.

It's great to have a vision board, because our minds tend to think in pictures, and seeing is believing so I'm told.

Stick your desired images on your fridge, above your computer, on the back of the bathroom door, anywhere you can look at them often, especially before you [go to sleep](#) at night and as soon as you wake up in the morning.

The reason it's good to look at the images of your dream life then is because those are the times you're most relaxed.

When you go to bed at night, you've hopefully dealt with the bits of important information in your conscious mind so your sub-conscious mind can take over.

If you haven't, do what's known as a brain dump and write down anything you need to do the next day on a notepad.

It's always good to do that anyway.

Described as planning your tomorrow today, it's a simple technique and works wonders.

You just write a list of the important things you need to accomplish the next day and you'll find completing your tasks will be much easier. You'll know exactly what you need to achieve and won't get side tracked.

Some people call it writing a To Do List.

That sounds like hard work though doesn't it? You know, I "must" do, rather than "choose" to do, so I prefer to call it an Action Plan instead.

It's a simple mind shift, but works for me.

Try it!

Another good thing about doing a brain dump before you go to bed and then looking at the images in your dream life, is it allows you to clear your mind so your sub-conscious can focus on the pictures you've just fed it.

If you look at them again in the mornings as soon as you wake up, you'll still be in sub-conscious mode so the picture of your dream life will be able to find its way into the storage warehouse.

The picture will be reinforced.

Remember, your sub-conscious won't know whether the images are imagined or in your reality, so keep presenting it with the images you want in your life.

"What you think about – you bring about".

The things you think repeatedly get fixed in your mind and eventually the cached memory it serves up to you will represent the life you actually want.

When your internal and external pictures match – you'll get what you desire, because your powerful sub-conscious mind will be happy.

I read somewhere when you dare to dream big and believe in seemingly impossible things, mountains can be moved and amazing goals can be accomplished.

Sounds good to me.

“An open mind to everything will attract everything you desire. An open mind is a mind that invites in miracles.” - Wayne Dyer

Anyway, I've gone off on a bit of a tangent here, so let's get back to your written list about what you really want and desire in your life.

Make each entry in your list as explicit as possible. Our minds think in pictures and we attach emotions to events, so create vivid visions of everything you desire.

Think how all your senses tie in with the images.

For instance, if you want a new car, what make is it?

What color is it? How many doors has it got? Are the seats leather?

What do they smell like? Are they cold to sit on? What color are they?

Has your car got any extras like cruise control, CD player, GPS, telephone access, dipping mirrors, electric windows, automatic windscreen wipers?



What does it feel like to drive? Has it got a smooth gear change? How many gears has it got?

Do people admire the car? How do you feel when people see you in the driving seat?

(Did you put a picture of it on your vision board? Was it the obligatory red Ferrari?)

You mustn't just picture what you want, but experience it with all the sensations available to you.

Feel it, taste it, smell it, touch it **as if you already possess it.**

The more real you can make it, the better.

Remember when you create your list and your vision board, your thoughts are based on your beliefs and they don't always serve you.

When you make your list of things you really, really want, pretend there are no limitations with regards to time, money or talent and just let your imagination run wild.

Whether the new car you want is that red Ferrari which seems to symbolize success, a white Rolls Royce or an old banger, it really doesn't matter.

What's important is the list contains the things YOU want to create the life of YOUR dreams.



Remember, this is YOUR list of what YOU want, not what other people expect you to have, or what other people choose to have.

Listen to your inner voice, and NOT to the voice of reason.

Stop being "sensible" and "realistic".

Hopefully, you can come up with about 20 different "dreams". The more, the better, so you have a more detailed picture, but if you have trouble getting started, do some more reverse engineering.

Write down a list of things you really, really DON'T want in your life and then write the positive alternative next to them, i.e

I don't want to be broke / **I do want** to have all the money I need.

Once you have your list, you need to drill down a bit and decide what each item actually represents in terms of your core values by asking yourself – "Why?" several times.

Don't worry; it will feel a bit strange the first time you do it.

No-one likes to dig too deeply.

Anyway, getting back to the list, here's one fictitious example, although it might apply to someone:

I DON'T want to be woken by an alarm clock early every morning.

Ask yourself why you didn't want to be woken by the alarm clock every morning?

Let's pretend the answer is,

"Because I find it difficult to get going first thing in the morning".

Why?

"Because I don't sleep very well and am always tired in the morning."

Why?

"Because my partner does shift work and gets in when I'm in bed."

Why does that affect your sleep?

"Because I get up to have a drink and talk with him".

Why?

"Because otherwise we'd never see each other."

Do you see where I'm going with this?

Whilst initially the statement ***I DON'T want to be woken by an alarm clock early every morning*** may just appear to be an excuse to stay in bed a bit longer, it's **really associated with the core values of love, intimacy, and freedom.**

One way to re-write that statement on your wish list in a positive way could be –



"I want the freedom to wake up when I want, to spend my time with whom I want, whenever I want and live life on my terms doing only those things which serve me and help me achieve the life I desire and deserve."

Once you REALLY know what you want and why you want it, you can start working on getting it.

That's when you need to focus, because there's no magic bullet or quick fix.

It's going to take work, sometimes lots of work.

Maybe, you'll have to commit a lot of your time. Perhaps it will cost money, and unless you keep focused on your desired outcome, and your big why, you may get distracted.

The outcome you desire and your big WHY has to be worth any effort you'll need to put in, because you'll most likely have a few obstacles placed in your way.

Sometimes, it will be your sub-conscious mind trying to sabotage your success, and other times it will be your friends and family.

They may not understand why you want to change and may even feel a bit hurt, as if wanting to improve yourself is a reflection on them.

They might try to put you off and discourage you. That doesn't necessarily mean they don't want you to succeed, but most likely they're concerned you might fail.



They just want to protect you, and prevent you from getting hurt, just like your sub-conscious mind.

Hurt is an emotion and your emotions are very important.

They're created by your beliefs.

Remember, I mentioned your beliefs are housed in your sub-conscious mind.

Well, as your beliefs create your emotions, your emotions create your thoughts and your thoughts create your life because they inspire you to take the actions which create your results,

...IF you change your sub-conscious mind, you'll change your beliefs, which

will change your emotions, which will eventually change your thoughts, which will change your actions, and ultimately create the life of your dreams.

Then instead of living a default life you'll live your life by design.



Got it?

Good!

All you need to do now is get rid of all those disempowering beliefs, which have held you back and create some **empowering** ones instead.

How about these for starters –

- I can't get what I want becomes ***I CAN get what I want***
- I have limited possibilities becomes ***I have LIMITLESS possibilities***
- Everyone is against me becomes ***Everyone supports me***

Since creating your desired life will depend on changing your beliefs, you need to know what they are.

Let's start with Money.

What do you honestly think about it?

When I was first asked that question I didn't really know if I thought anything about it, other than no-one I ever spoke to seemed to have enough.

People either had it or they didn't, and as life isn't always fair I felt it safe to assume some people really deserved more, and on the flip side, there were those who had more than they perhaps deserved.

I never gave much thought as to how people acquired it though, but now I'm going to ask you a few questions.



Do you think if someone has a lot of wealth, they must have either inherited it or have the right connections?

Would they have to be someone famous, or dishonest in some way?

Do you think having money makes a person greedy and selfish?

Are all rich people stuck up, and do they look down on people with less money?

If you had money would you be able to keep it?

How about earning it – do you think you're clever enough, or skilled enough to command a huge salary?

Do you deserve to be rich? I'll bet you've never really thought about it either, have you?

It's important though because if your opinion of people with wealth isn't very favorable it's unlikely you'll ever have any yourself.

After all, you wouldn't want to become someone you don't particularly like would you?

It's the same with all the other important areas of your life, such as health, happiness, peace of mind, relationships, self-esteem, success, etc.

If you don't believe you deserve them, you won't get them, and even if you do get them, you won't be able to keep them UNLESS your beliefs about these areas are consistent with your reality.

You have to seriously examine your underlying beliefs, and why you believe what you do.

No doubt you'll discover they have something to do with whatever you've experienced in the past.

Somewhere in your sub-conscious warehouse you'll find a person, an event, or series of events which have influenced your current beliefs in some way.



For instance, I don't particularly like dogs.

I'd never hurt them, but I'm very wary of them. I tend to avoid dogs as much as possible and would never go out of my way to make a fuss over one.

I suspect it's because I had an incident with one as a small child and although it was many, many years ago, the memory is stored in my sub-conscious ... somewhere!

It doesn't matter how often people tell me their dog "wouldn't hurt a fly", or would "just lick you to death", I don't believe them.

Their statements may or may not be true, but it's not the truth for me, because the beliefs stemming from my sub-conscious tell me otherwise.

My emotions create my beliefs, my beliefs create my thoughts, and my thoughts create my life.

If I want to become more comfortable with dogs, I need to change my beliefs about them, and that's exactly what you need to do if the beliefs you now have about any area of your life don't support your desired goals.

You need to change them and start creating new ones.

The best way is to write them down, because once you commit your beliefs to paper, the laws of the universe start to help you out.

Write everything down in the present tense and make your statements positive.

Concentrate on **I am, I can, and I have** statements.

Think about your attributes, strengths, talents, and competencies.

You can write things like –

- *I am competent and achieve everything I put my mind to*
- *I am energetic and always do the best I can*
- *I am strong and a useful person to have around*
- *I am enthusiastic and always give my full attention to anything I try*
- *I am a good person and always consider others*
- *I am generous and enjoy giving others a helping hand*

I know they sound a bit strange, but affirmations are funny things. You have to write them the correct way.

Now you've written them down, you need to say your affirmations out loud everyday, several times.

Just like the images in your vision board they need to be implanted in your sub-conscious.

"We must be the change we seek to see". - Ghandi

You can expand your statements and make them more detailed, in fact that's just what you should do.

These examples are compilations of a selection I took from some of Lisa Diane's courses. She's very motivational and has clearly fine tuned her affirmations.



- *I have unlimited ability and all the support I need from my friends and family to create the life I deserve and desire.*
- *I am honest, kind, loyal, considerate, loving, understanding and compassionate in all my relationships.*
- *I communicate and share ideas that make a positive impact on people's lives and turn every experience into an opportunity.*
- *My mind is open to prosperity and rapid improvements are happening in all areas of my life. As I prosper so do my friends, family and all my business partners.*
- *I am always able to find just the right people at the right time to help me with whatever I need and am able to help them in return.*
- *People know me, like me and trust me and I only attract people, events and circumstances I truly want into my life.*
- *I enjoy physical exercise. It makes me feel good and allows me to get through each day with energy and drive. I am fit and healthy. My muscles are toned and strong.*
- *I am the correct weight for my body. I always eat the right foods, and get enough sleep so my body functions in absolute perfection.*
- *I am able to provide real value and make a positive impact on everyone I come in contact with. I strive for excellence and treat others with encouragement, fun, honesty, integrity, kindness, loyalty and love.*
- *My businesses are set up to be successful and to run effectively and effortlessly whether I am involved in them or not.*

- *I am creative and my employees believe in me. They share my vision. They are skilled, capable, loyal hardworking and productive and we all greatly benefit from our joint efforts.*
- *I have all the money I need and am able to travel where I want, when I want. I have beautiful clothes, live in wonderful homes, and have perfect staff to look after them.*
- *I share what I have with gratitude and am thankful for all that's good in my life.*

How's that for some positive brain food?

Of course you need to make your own list. Just **avoid any negativity and write in the present tense.**

Hopefully, you now realize your future is in your hands.

No-one else can create it for you,

I'll repeat this one more time - **your subconscious doesn't know the difference between what's real and what isn't**, so feed it with vivid pictures of all the positive things you desire and deserve.

The world's your oyster, so go on - create the life of your dreams.

Stop living on default like everyone else.

If you've got this far in the book, you've done really well but it won't help you at all unless you **take action.**

You have to follow through and start building some empowering habits by believing, speaking and acting as if you're already successful.

My dictionary describes a success as being a "*favourable accomplishment, attainment, issue or outcome*", so in order for you to be successful in whatever area of your life you desire, you need to **create your world on purpose.**



Concentrate your mind and focus your thoughts.

Think positive and smile.

Smiling makes you feel much better and it's also impossible to frown when you're smiling, which is another good thing.

Incase, you haven't heard it, here's a great poem about smiling. I don't know who wrote it, but it's called appropriately – **SMILING**

Smiling is infectious

You catch it like the flu

When someone smiled at me today

I started smiling too

I passed around the corner

And someone saw my grin

When he smiled I realized

I'd passed it on to him

I thought about that smile

Then realized its worth

A single smile just like mine

Could travel round the earth

So if you feel a smile begin

Don't leave it undetected

Let's start an epidemic quick

And get the world infected!

Lovely, isn't it?

I'm sure you've heard of the 80/20 rule, which applies to just about anything in life.

Well, according to [Lisa Diane](#), psychologists believe any activity is 80% mental and 20% physical. They even suggest more results can be achieved by applying one hour of concentrated, focused thought than through twenty-four hours of physical labor.

Clearly it's a case of working smarter, not harder, so concentrate and focus.

Henry Ford, the car giant knew that to be true. It was due to the focused thinking of his employees, he finally achieved the engine he so desired.

Do you ever watch any reality programs on television like Dancing With The Stars?

If so, you'll notice how the posture of the contestants changes as the competition progresses.

As it improves, so does their confidence.

Whenever, I've watched inspirational speakers on stage or on videos, they've always stood up straight and walked with authority.

The way you hold yourself and the way you breathe have a distinct effect on the way you feel.

Just changing the way you breathe can change your emotional and psychological state, and examples of this can be seen in shows like the X Factor, or American Idol.

Again the confidence of the contestants grows the longer they stay in the competition. They hold themselves differently, are more self assured, and for some the transformation is like a chrysalis turning into a butterfly.

Susan Boyle is a prime example.

This amazing finalist from Britain's Got Talent had a dream. She became a global singing sensation almost overnight because she took consistent,

positive action, and has become an inspiration for ordinary people all over the world.

I don't know if you've ever heard her speak since her rise to fame, but she's very charming, and humble.

Currently, she still lives in the same house in Scotland she lived in before her meteoric rise to fame, and in spite of her changed financial circumstances, she gives herself a moderate allowance each week, which she says easily covers her expenses.

Money has given her freedom and choices.

Susan was one of the stars appearing in the charity 2010 Children In Need program. They give their time freely and the money raised goes to help disadvantaged children in the UK.

Susan sang a single from her second album *The Gift*

Perfect Day made music history by becoming a number one hit both sides of the Atlantic at the same time.

One of the lines in the song is –

"You're gonna reap just what you sow".

Sound familiar?

Like all successful people, Susan Boyle didn't quit.

Although local people knew she could sing, no-one really believed she would amount to anything.

Susan was bullied, became the butt of jokes and was called cruel names whilst she was growing up, including "retard", but she never gave up.

Instead, it made her more determined. She didn't quit and neither must you.

Here's another lovely poem written by someone who clearly understood the importance of that message –

DON'T QUIT

**When things go wrong as they sometimes will
When the road you're trudging seems all uphill
When the funds are low and the debts are high
And you want to smile but you have to sigh
When care is pressing you down a bit
Rest if you must but don't you quit
Life is queer with its twists and turns
As every one of us sometimes learns
And many a failure turns about
When he might have won had he stuck it out
Don't give up when the pace seems slow
You may succeed with another blow
Success is failure turned inside out
The silver tint of the clouds of doubt
And you never can tell how close you are
It may be near when it seems so far
So stick to the fight when you're hardest hit
It's when things seem worst that you must not quit.**

Susan Boyle had entered twelve competitions before someone finally recognized her talent. Each rejection served as a learning curve and made her even more determined to fulfill the promise she'd made to her dying mother and achieve her ambition to be a successful singer.

If you ever listen to her speak she always expresses gratitude for everything good in her life.

We can all do that.

No matter how hard life seems at times, there's always something to be grateful for.

A long time ago I received one of those please forward type e-mails, which spoke of a woman moaning about the pile of ironing she had to do for her family and how she was feeling really depressed and put upon.

Then she had a shift in mindset.

Instead of being depressed about the task in hand she turned her thoughts to how lucky she was.

The woman reflected the fact she had all the ironing to do meant she had her health, was physically able to do the ironing and the time to do it in the comfort of her own home.

She had a roof over her head, electricity to be able to run the iron, money to pay for the electricity, a family still living at home and who clearly had more than one set of clothes to wear, a washing machine to wash the clothes, and running water.

Suddenly, the pile of ironing didn't seem such a chore after all.

When you become aware of all the things you can be grateful for, it makes a huge difference to your life.

It's said you become what you want by affirming what you already are and what you already have.

You need to live with an attitude of gratitude.

Think about your family, friends, health, talents, career, blessings, and gifts.

Then think about just being alive.



That's something to be grateful for isn't it?

Being yourself, living the life of your dreams and creating the lifestyle you desire and the person you want to be is just a continual process of unlearning.

Let go of those limiting beliefs.

Now, let me ask you this question just one more time.

Do you know what you really want out of life?

If so, PLEASE tell your sub-conscious!

"All dreams appear impossible until someone makes them happen"

Barry Neil Kaufman

"You cannot teach a person anything - you can only help them find it within themselves"

Galileo

Here are some words of wisdom from Bob Proctor – one of the great inspirational and motivational speakers featured in *The Secret*.

1. Get and stay out of your comfort zone.

I believe that not much happens of any significance when we're in our comfort zone. I hear people say, "But I'm concerned about security." My response to that is simple: "Security is for cadavers."

2. Never give up.

Almost nothing works the first time it's attempted. Just because what you're doing does not seem to be working, doesn't mean it won't work. It just means that it might not work the way you're doing it. If it was easy, everyone would be doing it, and you wouldn't have an opportunity.

3. When you're ready to quit, you're closer than you think.

There's an old Chinese saying that I just love, and I believe it is so true. It goes like this: "The temptation to quit will be greatest just before you are about to succeed."

4. With regard to whatever worries you, not only accept the worst thing that could happen, but make it a point to quantify what the worst thing could be.

Very seldom will the worst consequence be anywhere near as bad as a cloud of "undefined consequences." My father would tell me early on, when I was struggling and losing my shirt trying to get Parsons Technology going, "Well, Robert, if it doesn't work, they can't eat you."

5. Focus on what you want to have happen.

Remember that old saying, "As you think, so shall you be."

6. Take things a day at a time.

No matter how difficult your situation is, you can get through it if you don't look too far into the future, and focus on the present moment. You can get through anything one day at a time.

7. Always be moving forward.

Never stop investing. Never stop improving. Never stop doing something new. The moment you stop improving your organization, it starts to die. Make it your goal to be better each and every day, in some small way. Remember the Japanese concept of Kaizen. Small daily improvements eventually result in huge advantages.

8. Be quick to decide.

Remember what General George S. Patton said: "A good plan violently executed today is far and away better than a perfect plan tomorrow."

9. Measure everything of significance.

I swear this is true. Anything that is measured and watched, improves.

10. Anything that is not managed will deteriorate.

If you want to uncover problems you don't know about, take a few moments and look closely at the areas you haven't examined for a while. I guarantee you problems will be there.

11. Pay attention to your competitors, but pay more attention to what you're doing.

When you look at your competitors, remember that everything looks perfect at a distance. Even the planet Earth, if you get far enough into space, looks like a peaceful place.

12. Never let anybody push you around.

In our society, with our laws and even playing field, you have just as much right to what you're doing as anyone else, provided that what you're doing is legal.

13. Never expect life to be fair.

Life isn't fair. You make your own breaks. You'll be doing good if the only meaning fair has to you, is something that you pay when you get on a bus (i.e., fare).

14. Solve your own problems.

You'll find that by coming up with your own solutions, you'll develop a competitive edge. Masura Ibuka, the co-founder of SONY, said it best: "You never succeed in technology, business, or anything by following the others." There's also an old Asian saying that I remind myself of frequently. It goes like this: "A wise man keeps his own counsel."

15. Don't take yourself too seriously.

Lighten up. Often, at least half of what we accomplish is due to luck. None of us are in control as much as we like to think we are.

16. There's always a reason to smile.

Find it. After all, you're really lucky just to be alive. Life is short. More and more, I agree with my little brother. He always reminds me: "We're not here for a long time, we're here for a good time!"

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