

Execution of the *Law of Attraction* - A 30 day workbook

Execution of **The Law of Attraction**

By Rene & Raluca Bastarache

*Due to the
Law of Attraction
if you are reading this,
it is because
you attracted it to you.
It is no coincidence.
Like attracts like.*

About the Author



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Dedication



This workbook is dedicated to my loving mother Terri Bastarache. She has supported our training and studies for many years. She has used many of the techniques taught in this book for her own health with great success.

I am thankful of having been raised and molded by such a loving and supportive mother. I am both honored and proud to be her son.

*Thanks Mom,
We Love You*

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Introduction

Execution of the Law of Attraction - A 30 day action workbook.

We have been the Law of Attraction for over 15 years and the most common comment we hear is, “*The Law of Attraction sounds wonderful and it really makes sense but how do we actually execute it in our own lives?*”

This workbook is the answer to that question.

This is a step by step guide to execute the Law of Attraction in your life. It includes daily exercises to uncover and attain your goals in any area of improvement you desire.

It contains exercises for:

- Creating and maintaining positive thoughts
- Goal setting and attaining
- Having a happier life through choices
- Obtaining immediate abundance - A one week exercise
- Attracting health, wealth and happiness
- Deliberately planning the segments of your day
- Tracking your progress
- Day and night conditioning tools
- Changing and creating permanent habits

It contains all the knowledge, steps, worksheets, materials, conditioning tools and other related information required to keep you on track ...

This manual will give you all you need to complete the 6 major steps to accomplishing anything in your life that you desire.

“If others can do it, so can you.”

Here are the steps and descriptions of each one.

STEP 1 Thought - At the basis of everything is thought. Broken down to its base element, thought is energy. Energy puts off vibration. Vibrations which you may know from high school science of physics or even if you were a member of the school band at some time in your life, attracts other like vibrations. A good

example of this is if you have a room full of violins or other stringed instruments and you to strike a certain note on one of the strings. Any other instrument in that same room, that had strings pertaining to that same note would also resonate. They are similar vibrations therefore they all attract each other and resonate together.

Therefore when you think, and your thoughts put out vibrations, they will attract to them any other similar vibrations. This is being done all the time. Yes even at this moment as you are reading this report you are having thoughts, and those thoughts are putting out vibrations. They may be positive thoughts or negative thoughts. Either way they are presently working attracting similar thoughts to them.

STEP 2. Goal Selecting - This manual will guide you through the goal selection process. Is your goal to be happy or healthy? Those are great goals. Is your goal to have a lot of money? Let me tell you right now ... having money is not a goal! Money is a tool to attain goals. The goals are what you can purchase with the money or where you can go with the money or what you can do with the money. Not the money itself ... Use your imagination right now. Imagine that you have \$1 million with you in large bills in a briefcase. You can spend it on anything you like because it is completely yours. However you are trapped on a small deserted island for the rest of your life. On that island it is very cold and there is no wood or anything else to burn to make a fire except for the money in your briefcase. Now, the money in the briefcase is only good to start a fire. Nothing else! Can you see my point? Money is a tool but not the goal.

STEP 3. Knowledge - Now it is time to do a bit of research to see how you are going to attain your goals. Do you need to learn anything in order to accomplish a task? If you do, identify it and begin. Break it down, study it, prioritize, organize, whatever it is you need to do.

You have attained the knowledge for what it is you need to do however ***knowledge alone is not enough.*** Knowledge requires action in order to be successful. Without action is simply something that sits in reserve. There are many supposedly well educated people in the world with all kinds of diplomas that are still working in menial jobs and unemployed. In order for the knowledge to be useful, it must be acted upon.

STEP 4. Action - Take your goals and create your “*do list*”. What can you do

today that will take you one step closer to your goal. Identify it, and **do it**. Is there anything on your list that you may need the help of someone else for? Maybe a friend, professional, or mentor. If so, **do it**. Call them, contact them! This is the time for **action**.

5. Repetition - This is a vital step. In order for anything to become a habit for a permanent change, it requires repetition. Self-help books for motivational seminars alone will only motivate you for a short while. Scientific studies have shown that in 83% of the public they last approximately 3 to 7 days after which time you are right back to where you began before you attended the seminar or read the books. (*The yo-yo syndrome*).

In order to create a permanent change you must change your self-image. Through repetition of the positive thought process, imagination and action for a minimum of 21 days, you will accomplish permanent change. (*More about this in a later chapter*)

6. Gestation and expectation - The final step. As you are going through this process keep your eye on the goal. Continue with your desire to attain your goal with the expectation that it will happen. It is important to visualize yourself having attained your goals on a daily basis. Seeing yourself as **already having accomplished** your goal. You may do this through daydreaming, meditation, guided imagery or hypnosis.

Here's all 6 STEPS in action...

Imagine you want to plant a rare flower. So upon **thinking about it** and setting out as a **goal to do it**, you attain all the **knowledge** you can of the different kinds of flowers and decide on the one that you like. Then you **take action** and you buy the seeds and you plant them. Now you come back to the location each and every day with **expectation** that the plant will grow, watering it, weeding it and keeping it safe. Then you wait and wait and wait, and you finally get tired of waiting and you give up. Of course. now that you left. you will not have the reward of the flower. However even though you left, the seed you planted is still growing. It may have sprouted and was just slightly below the surface and ready to come out. As soon as you decided to leave guess what happened? The seedling sprouted out and emerged from the soil, turned into a beautiful flower and someone else walking by picked it.

CHAPTER I

*“We are what we
repeatedly do.
Excellence, then,
is not an act,
but a habit.”
Aristotle*

What is the *Law of Attraction*?

“What you think about, you bring about.”

Whatever you put your energy, focus and attention on, you attract to you. Yes, your thoughts become things. Who you are today is a result of the thoughts you've had from your past. Your present thoughts and focus are determining who you are going to be.

You attract what you are in harmony with ... what you are comfortable with. If you are living a very good, happy, and successful type of life, that is what you will attract. If you are living the opposite, a miserable, sad, meager type of life that is also what you will attract.

“Like attracts like.”

How to use this workbook

STOP!

Complete the short exercise on this page before turning to the next one.

1. Underline the following two word *goal accomplishment* in this sentence.
2. Write the word SUCCESS in the box below in ink.

3. Circle all of the letters t and s in this sentence.
4. Tear a piece of the bottom right hand corner of this page out of the book.
(Seriously, do it now!)
5. Once you have accomplished all of the previous steps, turn the page.

How to use this workbook (*Continued*)

You have written, circled and underlined in the book! You have even torn a page already. Now, don't be afraid to use it. It is simply a tool for change and not a trophy or an heirloom.

$$1 + 1 = 2$$

Do you believe this equation to be true?

This manual works on the same principle

1 = KNOWLEDGE	which is 50%	of the equation
+ 1 = ACTION	which is 50%	of the equation
<hr/>		
2 = SUCCESS	100%	total

Aren't you tired of 50%?

It takes both **KNOWLEDGE + ACTION** to achieve **SUCCESS**

You have the knowledge already, now it's time to do something with it!

This is a book of **ACTION**

Do all the daily exercises in the manual. Write in it, don't be afraid to mark it up, that is what it is designed for. Carry it with you. Roll it up, stuff it in your pocket, put it in the back seat of your car or pocketbook and refer to it as you need it.

It is like an umbrella. You need to have it with you throughout your day for it to be useful. If you leave it at home you will get wet when you needed it most.

Take ACTION now!

There is No Secret

The knowledge of how to become wealthy, healthy and happy ... *Has always been here ... Is here now ... And will always be here!*

It is common knowledge.

Everything you will ever need, want or desire is already here in the universal storehouse for you to place your order.

When you are told that someone has *the secret* to getting rich and all you have to do to get it is to purchase a yearly newsletter, book or attend a seminar, you will find that their secret to getting rich was getting your money for the newsletter, book or seminar.

After all, where did they get *the secrets* from? They have been here since the beginning of time. You can find them in the many text of wisdom available to all, dated back as far as the I-Ching which is one of the oldest books in print known to man and even in the bible. Many wealthy people have lived and still do that have had this knowledge and freely gave of it by writing countless books on attaining wealth and how they did it. Books by such authors as:

Wallace Wattles
Anthony Robbins
Napoleon Hill
Bob Proctor
W. Clement Stone
Og Mandino
Michael Losier
And Jack Canfield

It's time to move forward

When driving an automobile you'll notice that there is a large windshield in front of you and a very small rearview mirror to see behind. What you can learn from that is that where you came from has very little importance comparing to where you are going.

Your past is behind you. No matter what type of life you may have led, no matter what experiences you have had that have developed you into the person you are today, realize that your past is over. It is now time to turn the page to a new chapter.

It has been found that 90% of every decision that is made is decided by past experiences and only 10% is decided on the actual merits of the specific decision. Who you are now is a result of your past thoughts and experiences. They are what created your present self image. The good news is that whatever you place your focus, energy and attention on right now will begin to change your self-image into the new you that you wish to become.

This book will guide you through writing a new chapter of your life. Each and every breath you take from this moment forward is a new one, filled with new opportunities that are limitless. From this moment forward the pages of your Book of Life are completely blank. No matter where you came from, how you felt or what thoughts you have had, they have no bearing on your future unless you allow them.

Universal laws

As you will see there are many other *Universal Laws* that work hand in hand with the *Law of Attraction*. You will become familiar and utilize many of them throughout these exercises. Here are a list of some of them with brief descriptions on each.

The law of Attraction

Whatever you place your energy, focus and attention on, you attract to you. The universe will always give you more of what you focus on whether it be riches or misery, sickness or health. You have a choice to use the *Law of Attraction* to deliberately create what you want or to let it happen by default. Either way it is always working every moment of every day.

The Law of Deliberate Creation

You have the ability to choose your own experiences in your life through where you place your focus and attention.

The Law of Allowing

Just as you are responsible for your own actions you must allow others to be responsible for theirs.

The Law of Vibration

Everything moves and vibrates to a certain frequency. All of these frequencies will attract similar frequencies throughout the universe.

The Law of Polarity

Everything has an opposite. The Yin and the Yang. Negative can be changed through the Law of Polarity by thinking of its opposite.

The Law of Gestation

Nothing happens immediately. It takes time to occur. Once you plant a seed, it takes time to sprout, grow, and eventually bear the fruit. This is also known as the time of gestation.

The Law of Circulation

In order for money or any other types of abundance to be useful it must be circulated. If abundance is laid dormant and not in use then what message are you sending out to the universe? That you have enough already?

CHAPTER II

*“There are only two ways
to live your life.
One is as though
nothing is a miracle.
The other is as if everything is.”
Albert Einstein*

Maintaining positive thoughts

E. G. S. Emotional Guidance System - Your inner guide

It is said that the average human being has approximately 64,000 thoughts per day. Protecting all of your thoughts 24 hours a day can be a full-time job. There is a better way to gauge how you are doing and that is through your feelings. We call it your E.G.S., which stands for Emotional Guidance System. If you're feeling positive and happy, then you are on the right track. Your feelings are the best gauge of the thoughts you are keeping. Are you feeling good, excited, happy or are you sad, angry or disgusted?

Law of Vibration - One of the basic rules of quantum physics is that everything is energy. All energy puts off vibration. This rule is especially true when it comes to thoughts. Thoughts put off energy, and positive thoughts are higher energy than negative thoughts.

Another rule is that everything in this world has its spiritual or thought double. Anything that has ever been created was first thought of by someone at some point and then the thought became reality as they developed and created that item.

So following this line of thought, you have your spiritual or inner self, and your conscious or physical self. Your spiritual or inner self is very positive and as it is connected to the universe, it has so much more at its disposal than your conscious self does. Whatever you are feeling negative or having bad vibrations, it is because you are not in alignment with your inner self. Whenever you are having a good, positive feelings you are in alignment.

This spiritual alignment is the best gauge of progress that you can have. If you are feeling positive then you are right on track. If you are feeling negative it is important to be aware of your thought process and immediately change it.

How can I change my thoughts to stay in alignment with my inner self?

1. Thought stopping

You're going to have thoughts every minute of every day either way, whether you follow the teachings of this book or not. Knowing that ... why not try to train your thoughts to be positive, motivational and happy?

How can you change negative thoughts?

If you are having thoughts day and night, every minute of every day how can you control them? There is a technique in which you can control negative thinking and it is called *thought stopping*.

Before you attempt *thought stopping* is important for you to realize that there are certain lines of thinking that are unproductive and even harmful to you. These lines of thinking should be stopped or eliminated immediately.

Thought stopping is a simple yet effective way to stop unproductive or negative thought from continuing to develop. The entire process works like this. As soon as a negative or unproductive thought enters your mind or you are thinking in a negative way, simply say to yourself out loud “stop” and watch the negative thought fade away.

Even though this seems very simple, if you make a point of practicing it in your life on a regular basis you will find it to be very helpful in your progression.

Also, when you find a negative influence or statement coming to you from other people or any outside source, instead of accepting the negative input and allowing it to become part of your programming, you can stop it in the same manner. This gives your subconscious mind the ability to correct the negative and replace it with the appropriate positive programming.

Other words that can be used as a substitute the word “stop” are “cancel” or “delete”.

One additional point that is very important to the process is once you have said the words stop or cancel, it is important to *swap* your thinking to a different line of thought. Stopping alone is not enough, you must “Stop and Swap”. That means once you have stopped the negative thought you must begin a different line of thinking to send you in a positive direction.

2. Never end a negative statement

When you find yourself saying something negative or unproductive, simply do not finish the sentence or end it with a positive statement.

3. Distraction

Distract yourself with something radically different. If you find yourself thinking negatively find something different to distract you. A good recourse is to listen to positive uplifting music. Another is to watch a comedy on television. You may want to get up, walk outside and go for a brisk walk. Maybe even stand up and hop around a bit. There are so many options that you can choose from depending on where you are and what the situation is. It is just important to do something different to break the flow of negativity.

4. The 15 second rule

Whenever your thoughts are of fear, doubt or negativity be sure not to give them more than 15 seconds of your attention. As long as you can change your thoughts or get rid of them before approximately 15 seconds they will not have the momentum to be sent out into the universe. On the other hand if you want to create something positive with your thoughts you should hold that thought for at least 15 seconds or longer if possible ...

NOTE: Some people while trying to live this positive thought concept find themselves thinking or saying negative things and become discouraged and feel that they may have lost all progress they had been working on previously. You should understand that words alone are not going to be acted upon. They are just words. It is your thoughts and feelings that are acted upon. Thoughts become feelings and in turn become things, but keep in mind that as long as you change your thoughts from negative to positive within that 15 second period, you have not lost any ground. (*Try keeping the same thought for a period of 15 seconds. You will find that it is longer than you imagined.*)

Three universal laws at work

On the next page is an exercise utilizing the *Law of Deliberate Creation* to send positive seeds out into the universe. You'll then need to utilize the *Law of Gestation* while patiently nurturing the seeds to sprout and grow. As your thoughts and attention remain with the positive seeds you will be attracting more of what you have planted to you through the *Law of Attraction*.

Plant seeds in 15 seconds. *Exercise*

Make a list of your desires or goals below. When you have created the list break each item down to exactly what you would like to see as the final outcome.

Now take each item, one by one and create a visual picture of yourself having attained that goal. Once you have created that visual picture in your mind, keep it in your mind for a minimum of 15 seconds. (*The longer the better*)

By completing this exercise you have planted the seed of your desires and sent their frequencies out into the universe to begin the growth process.

Desire / Goal #1

The final outcome I'd like to see.

Desire / Goal #2

The final outcome I'd like to see.

Desire / Goal #3

The final outcome I'd like to see.

Desire / Goal #4

The final outcome I'd like to see.

Desire / Goal #5

The final outcome I'd like to see.

Desire / Goal #6

The final outcome I'd like to see.

Desire / Goal #7

The final outcome I'd like to see.

5. Eliminate the Shoulds - *The Law of Allowing*

We all seem to have our own ideas of what life should be like. Many times we find ourselves saying ...

I should be more caring.

I should be prettier or more handsome.

I should lose weight.

I should stop smoking

I should work harder.

I should make more money.

He shouldn't do that.

You shouldn't wear that.

You shouldn't say that.

You shouldn't go there.

You shouldn't drive that way.

You shouldn't be so angry.

We seem to set ourselves up with all the many shoulds because there are more shoulds than you can ever imagine. By setting ourselves up with all of these shoulds, we also seem to feel that everyone else should fall within our guidelines of how people should be. So when someone does not do what we think they should do, we become upset or stressed if they do not have the same morals, appreciation, understanding, or even driving skills. We tend to judge, criticize, and in many cases become very stressed. It's important to eliminate the shoulds from our lives and to try our best to simply be who we are.

This is the basic tenant in the *Law of Allowing*. We allow others to be as they are. We make our own choices and so do they. You cannot control anyone else. They may invite you to be part of their experience however they are ultimately in control of themselves.

6. Gratefulness - Once you have stopped your negative thought it is important to change your line of thinking to something positive. One way to do that is to make a list of everything that you are thankful for. It is important to show gratefulness to the universe for all that you are given. By being in a state of gratefulness you'll be attracting more of what you are grateful for, to yourself.

By being thankful for what you have you are sending out positive thoughts into the universe. These positive vibrations are in alignment with other similar

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positive vibrations and will attract more of what you have to you. It will also change your entire demeanor from being sad being happy and positive.

Use this worksheet each morning in conjunction with the 30 day *Book of Life* program.

GRATEFUL LIST

Make a detailed list of what you are grateful for right now in your life. Each morning when you wake up taking a moment to read through your entire list thinking about each item. If you think of something new that you are thankful for add it on to the list.

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Chapter III

*“Remember,
happiness doesn't depend
upon who you are
or what you have,
It depends solely upon
what you think.”
Dale Carnegie*

Goal Setting

How to choose goals in your life

With no goal you have no destination. In order to get somewhere you need to have made your decision as to where it is you want to go. Once you have made your decision or goal, the next step is to prepare what you will have to do to attain that goal. Then it is a matter of perseverance and focus. Keeping your eye on the goal and act as if you have already attained it. See yourself as the *goal you* already.

The goal worksheet on the next page will guide you through identifying your goals. You will first write down all of your goals that you can think of. Then you will do another list of all the things in your life that you do not want and by using the *Law of Polarity* (opposites) you will write the opposite of each item to find what it is that you do want. It is always interesting once you have completed this exercise to compare both the top list of what you do want and the bottom lists to see if they are the same. Take time to examine and re-asses both lists.

GOAL WORKSHEET

List #1. Make a list of what you really want in your life. (Your goals)

List #2. Now, make a list of everything you do not want in your life. - then - Write the polarity for each one (the exact opposite) to find what you do want.

I Don't Want

I Do Want

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Now compare List #1 with list #2. Are they similar?

BREAKDOWN WORKSHEET

From the goals that you have chosen on the Goal Worksheet, separate and write your goals under the appropriate titles below. Also write what can you do right now to attain any of your goals or to get you closer towards them?

WEALTH

HEALTH

HAPPINESS

RELATIONSHIPS

GOAL ACCOMPLISHMENT WORKSHEET

From your list of goals that you have created earlier, list your most important ones below and fill in all of the information pertaining to them so as to begin the process to attaining them.

Goal Number: _____

Today's Date: _____

Goal Title: _____

Describe the goal in detail: _____

Deadline to attain or have it by: _____

Obstacles that can possibly stand in my way of attaining it presently:

What do I need to work on to attain the goal? (*Skills, special knowledge . . .*)

What or who can I get to help me attain this goal if needed?

How does attaining this goal help me? (*What's in it for me?*)

What must I do to achieve this goal? (*Specific steps*)

How can I create accountability? (*Who can I get to hold me responsible?*)

My list of commitments (*I promise to do the following by when . . .*)

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From your list of goals that you have created earlier, list your most important ones below and fill in all of the information pertaining to them so as to begin the process to attaining them.

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What must I do to achieve this goal? (*Specific steps*)

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What do I need to work on to attain the goal? (*Skills, special knowledge . . .*)

What or who can I get to help me attain this goal if needed?

How does attaining this goal help me? (*What's in it for me?*)

What must I do to achieve this goal? (*Specific steps*)

How can I create accountability? (*Who can I get to hold me responsible?*)

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Today's Date: _____

Goal Title: _____

Describe the goal in detail: _____

Deadline to attain or have it by: _____

Obstacles that can possibly stand in my way of attaining it presently:

What do I need to work on to attain the goal? (*Skills, special knowledge . . .*)

What or who can I get to help me attain this goal if needed?

How does attaining this goal help me? (*What's in it for me?*)

What must I do to achieve this goal? (*Specific steps*)

How can I create accountability? (*Who can I get to hold me responsible?*)

My list of commitments (*I promise to do the following by when . . .*)

Creating daily affirmations

From your goal worksheet choose whichever goal you would like to work on and create a daily affirmation.

Once you have created your positive goal affirmation, you will sit or relax somewhere at least 15 to 20 minutes a day and contemplate, imagine, or even daydream about that goal. Some find it easiest to simply repeat the positive affirmation over and over visualizing yourself having attained this goal as you do it. Eventually the words may become fragmented but just keep the picture and the feeling with you.

It is important to realize that faith is built through repetition. In order to receive or attract anything you must have faith that it can't be attained.

Affirmation Exercise

Create a daily affirmation utilizing the following criteria with your goals.

Simple - One sentence is great, two is good and three is too much.

Believable - You must believe that the goal is attainable. Are you able to imagine or visualize yourself as having attained your goal? If you cannot see it in your mind or believe it, then you may want to rethink your goal to select something believable.

Present tense - Your affirmation should always be written in the present tense as it is easier to visualize yourself actually doing something rather than waiting to do it or having already done it.

Measurable - Be specific and measurable in creating your affirmation. Include times, amounts, measurements, and detailed descriptions as much as possible.

Positive - Suggestions should always be positive and never include threats, punishment or ultimatums.

Carry a reward - Goals are always more attainable with a reward in sight. In most cases the actual goal is a reward in itself.

Positive Affirmation Goal Development Form

Create an affirmation pertaining to the goal that you have chosen using the six step criteria on the previous page.

Find a quiet location where you can sit to relax for at least 15 to 20 minutes each day where you will not be disturbed. Read this affirmation to yourself three times, then close your eyes and begin reciting it quietly to yourself over and over for approximately 15 to 20 minutes. It is important that you use your imagination to visualize the affirmation as you recite it. Even though you may begin to forget some of the words, still continue to use your imagination to see yourself as already having accomplished the goal.

NOTE: It is important to realize that in order to change your self-image from who you are to who you would like to be you must use your imagination to see your desired goal each and every day for a minimum of 21 days. By doing this you are actually changing the engrams within your mind and creating new memories to replace the old ones. Your subconscious mind does not understand the difference between a real memory and an imagined one. It is also important to keep the same affirmation without changing it for the entire 21 days. Afterwards you can move on to your next goal by creating a new affirmation and repeating the entire process over again.

CHAPTER IV

*“I challenge you to
make your life a masterpiece.
I challenge you to
join the ranks
of those people
who live what they teach,
who walk their talk.”
Anthony Robbins*

Book of Life - How to get started

In my journey of creating a positive new life, I found myself on occasion not always thinking the positive thoughts that I would like be. I found it interesting that if I would get up in the morning having a great day that it was much easier to continue having a great day due to the positive momentum that had already been started. I also found that on the mornings that I did not feel so great or began having a negative day that same of momentum would often times continue following a likewise path.

Realizing how important it was to start my day out right I began looking for ways that I could condition myself to get up in a positive frame of mind and stay that way throughout each segment of the day.

The purpose of the following *Book of Life* exercise is to guide you into starting your day out right, from the very first thing in the morning, in a positive, happy frame of mind so you can have a more productive day. It guides you through breaking down your day into positive segments so as to keep the ball rolling. It includes exercises that will raise your vibrations thereby attracting more of what you are experiencing to you.

This exercise should be done in conjunction with the exercise on gratefulness. As soon as you get up, go through your gratefulness exercise and then continue with this one.

If you were to look at yourself in your present *Book Of Life*, who you would see is not the "actual" you. It is the "past" you. All of your thoughts, memories and experiences of the past have made you who you are today. Your health, success, confidence, fears, happiness or even lack of are all a result of your past. Your past may be filled with stories of a great childhood filled with success and happiness or maybe even ones of disappointment, abuse and hardship. The good news is ... those stories of your life are over. This is a new chapter in your life. Stop reminiscing in the past, you can't change that but you can change what's on the next page.

In that same *Book of Life*, the next page is blank. You can change, be or do anything with your life that you like, regardless of your past. You can write whatever you want on it. It has not been written yet. You are the author.

If you could create a brand new life with no limitations or restrictions what would it be?

This is the your new Book of Life, it starts right now. Make it a spectacular one!

Instructions:

In the upcoming *Book of Life* pages it is important to take time each morning to complete every category before you start your day. It is also important to spend some time every evening to record your progress. There are enough pages for one entire month. Use them.

If you find yourself facing resistance in taking the time to complete this exercise due to the inconvenience, realize where that resistance is coming from. It is coming from your conscious mind. That part of the mind that fights change and progress, that wants everything to remain the same or status quo. Make a decision right now if you want to progress or not, and stick with it. Remember you are in charge of your mind and it is your choice.

“If you fail to plan, you plan to fail.” Rev. Rene A. Bastarache

Do list - Make a list of all the things that you would like to accomplish today. This list can include both personal and business.

Segment intending - Each day can be broken down into segments. In most people's lives the individual segments of each day are blended from one to another and many people go throughout their day not paying attention to the details and thereby letting many opportunities slide by.

Examples of these segments are your waking-up segment, your breakfast segment, your walking to the car segment, your driving to work segment, your walking into the office segment and your morning meeting segment.

Take a few moments to think about the various segments of your day. Set forth your intent. Deliberately intending and being in control. See yourself performing each segment in your mind before accomplishing it. It will become easier as the days go by. You will change your days and they will become much more positive, enjoyable and productive.

What can I do today to have an exceptional day? Is there anything you can do today to get one step closer to your goal? How can you change this day from an ordinary day to an exceptional one?

What do I want to attract into my life today? Once again looking at your goal list as well as your affirmations. What do you want to attract to your life? What can you be thinking of today to do that?

What can I do to make someone happy today? By making someone else happy you raise their vibration to a positive one which will in turn attract more positive to you.

What can I do to make me happy today? Take at least a few moments each day to raise your own vibrations whether it be simply listening to your favorite music or treating yourself to something you enjoy.

Reporting: At the end of each day take a few moments to report on the progress that you made with each of the previous categories. This is a very important part of the process.

BOOK OF LIFE Day 1

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 2

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 3

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 4

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 5

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 6

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 7 Date: _____

DO LIST

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SEGMENT INTENDING

Lined area for writing 'SEGMENT INTENDING'. It contains 28 horizontal lines.

BOOK OF LIFE Day 7

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 8

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 9

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 10

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 11

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 12

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 13

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 14

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 15

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 16

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 17

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 18

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 19

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 20

Date: _____

DO LIST

SEGMENT INTENDING

BOOK OF LIFE Day 20

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 21 Date: _____

DO LIST

SEGMENT INTENDING

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BOOK OF LIFE Day 21

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 22

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 23

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 24

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 25

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 26

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 27

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 28 Date: _____

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SEGMENT INTENDING

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BOOK OF LIFE Day 28

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 29

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

BOOK OF LIFE Day 30

What can I do today to have an exceptional day?

What do I want to attract into my life today?

What can I do to make someone happy today?

What can I do to make me happy today?

REPORTING: (How did I do with all the above?)

CHAPTER V

*“What you are
is what you have been,
and what you will be
is what you do Now.”
Buddha*

Additional conditioning exercises

Sleep Conditioning

Go to sleep at night thinking thoughts of great wealth, perfect health, wonderful relationships or astounding success depending on your specific desire. Dwelling on any of these positive subjects while going to sleep will not only attract more of what you are dwelling on to you but in many cases will also help you to get to sleep easier. Most people who suffer from insomnia do so because when they go to bed at night their minds are randomly thinking of everything that happened throughout their day, everything they have to do the next day as well as many other things. It can be difficult to sleep while the mind is so busy with all these objectives. By focusing on one item such as wealth your mind will be more focused and will have the opportunity to relax easier so you can fall asleep quicker.

If your goal is to be wealthy, once you are in bed continually repeat the word wealth over and over to yourself. As you are repeating the word wealth use your imagination and imagine what having great wealth means to you. Imagine yourself having already attained this great wealth and even feeling the feelings of success as you continue to repeat the words until you eventually fall asleep.

This is one of the strongest conditioning tools that you can do and you'll find that in a relatively short period of time there will be major changes in your life.

Abundance exercise

How to attain wealth in 7 days - A kick-start to success.

Are you impatient?

Would you like to see abundance begin in your life as early as tomorrow?

Then try this exercise and you will!

Explanation: You are putting vibrations out into the universe every moment of the day. Some are positive and some are negative. Even if you are not consciously trying to guide them positively to receive abundance into your life, they are still being created by you. They are being created by default and in many cases may unknowingly be negative vibrations. The universe will always give you more of what you dwell on. It's happening right now! What are you thinking of?

Law of Deliberate Creation - In this exercise you will focus your thoughts on what you want each morning so as to deliberately send out many positive vibrations (higher vibrations) which will in turn attract similar positive vibrations to you throughout the day yielding immediate results. It is a deliberate use of the *Law of Attraction* rather than allowing it to happen by default.

Make a list on the following form of as many ways that you can think of in which you are able to accumulate residual income or “anything” positive into your life. The list can include things such as unexpected help with a personal project, free advice from a mentor or colleague, unexpected checks in the mail, finding a five dollar bill on the sidewalk, a friend taking you out to lunch, and unexpected sale at work, a promotion, winning at Bingo or a grocery store contest. Make the list of as many possible things you can think of that would help you or add to your present situation in anyway.

Each morning review your list in a spirit of gratefulness, as if you have already received them. Do this for a few minutes so as to send out positive vibrations into the universe. This will attract more of what you desire that day. It is extremely important that as you review your list each morning that you take the time to visualize or imagine each item and how it would affect you in a positive manner.

NOTE: The more effort than you put in to the imagination and especially feeling

(*emotional*) process, the more results you will receive. For added success, whenever you have free time throughout your day take a few moments to daydream about receiving the various items on your list. One last point which is very important; be sure to approach this exercise in the spirit of expectancy. If you believe that you will receive abundance, you will.

Remember this slogan ... *Whether you believe you will or you believe you won't, you're right!*

At the end of each day record the results to see how you may have received abundance. Be patient and take the time to record the results each and every evening for the entire week.

This exercise is a great opportunity to prove to you that the *Law of Attraction* does work and can be used to attract more of what you would like to your life. you will truly be astounded at the end of your seven days.

HAPPY HOME WORKSHEET “*Happiness begins at home.*”

Happiness begins at home. For most people, with the exception of work, home is where you spend most of your time. What are you surrounding yourself with? Is your home environment one that promotes and raises your vibrations or is it one that does the opposite?

Having a home that you are happy with will help you to be happier, raising your vibrations. What goes through your mind when you’re at home? Are you thinking about the many unfinished projects? Are there broken things that you have been wanting to fix but haven’t got around to them? Maybe a broken window, a door that doesn’t close properly, burned-out light bulbs that need changing or even a leaky faucet. Are there maybe items that you don’t like that you’ve been wanting to get rid of?

Take a walk from room to room in your house and write down everything you do not like about it in the left column below. In the right column write what you would like to see, have or replace it with. (*Use this exercise for your work or car also*)

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CHAPTER VI

*“No matter how hard the past,
you can always begin again.”*
Buddha

The past - The ghost that you allow to haunt your future.

Many people hang on to the past as a crutch. It is something they hang onto so as not to move forward. It is something that slows down, cripples, and hinders progression.

When it stays in the past it is a **memory**.

When it is remembered in your present it is **history lesson**.

When it is consulted for a decision it is an **illusion**.

When it is a limitation it is an **excuse**.

When you are unaffected by your past it is **progress**.

Look at it this way when you have someplace you must get to in a hurry it is much easier to get there without excess baggage. Travel light, leave your baggage in the past.

90% of all decisions are made as a result of your past.

10% of those decisions are made from the actual stimuli of the situation you are confronted with.

In my occupation I have the opportunity to counsel and coach people on a regular basis. I have found that usually what stands in the way of personal progress or growth is the past. When giving someone a new challenge to do for the week the excuse that usually comes up is, "That's not going to work for me because in the past it never has", or "I tried that before and it didn't work". It always seems like the past keeps creeping up into the present to affect the future.

The past is over. It is behind you. It is simply a memory. It should stay behind you and not be in front of you blocking your path. It is important to examine each and every challenge independently that occurs in your life. To make decisions with the information on hand, realizing that each and every new situation or challenge, is exactly that. A "new" situation or challenge. Whenever you find yourself making a decision that involves not being able to do something or some other form of restriction because that's how it was in the past, realize that the past is simply an excuse.

If you don't feel you can do a presentation because one that you did in the past turned out badly, that is an excuse.

If you feel a relationship might not work out because your last one didn't, that is an excuse.

If you think you're going to have a bad day at work because there is someone who has been giving you a hard time each day, yes, that too is an excuse.

You have the *choice* to create what you want in your life. You have the choice to plan each segment of your day and make it wonderful or to let your day happen by default and accept what happens. You also have a choice with any challenge that may arise to either react to it or act. Are you an actor or a reactor?

Choices

Every thought you have is a choice. You can make a conscious choice to have faith or fear. To draw abundance to you or negativity.

Faith is the expectation of something good that will happen.

Fear is the expectation of something bad that will happen.

Faith - "Faith is the substance of things hoped for, the evidence of things not seen." (Hebrews 11: 1 KJV)

How do you build faith? Faith is built through repetition. By doing things over and over continually you are building faith.

In school you had faith that you would learn a certain lesson or subject. Through repetition each and every day, that lesson became part of you and eventually turned into a habit.

As a child you may have been taught certain religious beliefs. Through repetition of the various lessons they eventually became a belief.

Years ago in the military I was a US Army drill sergeant. I would get raw recruits off the street who had faith that some day they would be soldiers. Through constant repetition and training they were turned around from being individually minded, rebellious teenagers, with no guidance, from the streets to highly motivated, elite team members of trained combat groups. After just six short weeks they would leave their Basic Training being totally different people than when they came in. Yes repetition builds faith and becomes habit.

This same formula utilizing faith can be used in any area of life that you choose.

Even being a lifelong criminal is a habit. At some point in the beginning of a criminals career, the first time he decided to do something illegal, it was distasteful to him. Then for whatever reason, he did it again. The second time it was still distasteful however became a little easier. Through repeated criminal activity the distastefulness began to fade away and it became easier and easier to accomplish. Eventually it maybe even became enjoyable and then turned into a habit.

Fear is (False evidence appearing rreal)

In many cases in our lives fear of the unknown can add great stress to a situation. Walking into a dark room, being late for work, taking a test, giving a sales presentation or even receiving an unexpected, pass due bill that may be larger than you can presently handle. Fear in many cases seems to take on a life of its own as it spirals out of control.

When and if you find this type of behavior happening to you, stop yourself for a moment and ask, “How am I doing at this very moment?” You’ll find that at this very moment that financial obligation is not affecting you whatsoever. In most cases you will find that at this very moment you have food, shelter, and warmth. This very moment you have all that you need and you are fine. It is the fear of the unknown that causes the anxiety. To look at it another way, it is the Boogiemán hiding in the closet or right around the corner. The actual fear that you had is something that will never take place. Each new day brings with it new challenges and opportunities. It is like opening a Christmas present. You never know what is inside, what surprises lie right around the corner. So whatever your challenges may be, keep in mind the present. You are okay right now.

Fear is not real, it is subjective, not objective.

About eight years ago I was teaching a clinical hypnotherapy certification course up in Biddeford Maine. One of my students was a Psychiatrist by the name of Dr. James Kot of Bethlehem, Pennsylvania. We had just finished conducting a practice hypnotherapy session on a volunteer who came to the school with her family. During the break I overheard Jim speaking to the teenage

daughter of the client that we had just finished with. In the conversation she had mentioned to Jim that she would very shortly be leaving home for the first time in her life with an organization called “Up With People”. This was an organization that was going to take her to various countries throughout the world where she would be a performer of sorts within a large group. She mentioned to him that although she was very excited about the trip she was also very scared. Her fear was due to the unknown, as well as being on her own for the first time. In part of this conversation I remember seeing Jim looking her straight in the eyes with that loving, concerned manner that he has, saying, “Where is the fear? Show it to me. I want to see it.” To this she replied, “I can’t show it to you. It’s in my head.” There was then a short pause between the two of them, and looking at her face I noticed what I can only describe as a “Aha moment”. She got it. Of course Jim went on counseling her as I went about my business.

This was a wonderful learning experience in my life. Once again the wisdom of Dr. Kot amazed me. I realize what he was getting at. The fear that had been crippling her all this time, getting in the way of her enjoying the excitement of this upcoming experience was something that no one else experienced except for her. It was a choice that she had made and like any choice could be changed.

How to eliminate fear

Here are two ways to eliminate fear that I use in my practice with clients constantly. The first one is simply by using the principle of acceptance. The second is to change the properties of fear from being subjective to objective. In fact these principles in addition to eliminating fear can also be used to eliminate anxiety, stress and also pain. If you do use these techniques as a way to eliminating pain, please check with your physician in advance. Remember pain is a warning signal that something is not right with the body and should be paid attention to. Do not attempt to relieve pain unless it has been reviewed and approved by a professional medical practitioner.

1. Acceptance

The opposite of acceptance is denial or pushing away. This is exactly what most people do when they experience fear. Rather than accepting it they try to push it away, to run from it. Whenever you push something away you tend to increase it. Whatever you are fighting, you will get more of.

Instead, take a few moments to examine the fear, attempting to label it as much as you can. What are you afraid of? Why are you afraid of it? How does that make you feel? Why? What options do you have? How would this situation be any different without the fear etc. ? By accepting the fear and identifying it you are bringing it into a manageable range. It is important to realize that life is as it is. That whatever you are feeling right at this moment is the very best that life has to offer you right now, and it is okay. Within this remarkable life we get to experience happiness and joy, however they would not be realized nearly as much unless we had the opportunity to experience sadness and even fear. Realizing it just for what it is and allowing it to be, will lessen and in most cases eliminate the fear altogether.

2. Make it objective

Fear is “subjective”. You can’t see it or show it to anyone. It is in your head. Therefore, by making it “objective” you are literally changing it to something else... to a physical object. If it is a physical object then it has changed and cannot be a “subjective” fear anymore. You have changed its very nature and it no longer exist. Just as when a caterpillar is turned into a butterfly. Once a transformation has taken place it is no longer a caterpillar. It has transformed and is now something else, a butterfly.

Exercise to eliminate fear

Here’s how it works ... This is what you would say or think to yourself. Keep in mind that I do this with clients so I will be reciting it to you as if I am doing it with a client.

“I will be asking you questions and I would like you to answer me out loud. Now, close your eyes and focus on the fear you are now experiencing.

If you were to imagine putting the fear inside of a box how large of a box would you need?

If the fear had a taste what would it taste like?

If the fear had a sound what would it sound like?

If the fear had color what color do you imagine it would be?

If the fear had a smell what would it smell like?

If you were to toss this box up and down or lift it just a bit how heavy do you think it would be?

Now, imagine all of these together. Imagine the fear in the size box you chose ... imagine the taste ... the sound of it ... the color ... the smell ... and the weight.

Now open your eyes. The fear is gone.” *(If the fear had not completely left your client then have them do it over again if needed for the remaining fear.)*

Habits

Self sabotage is a habit as well as a choice.

Success is a habit as well as a choice.

Insecurity is a habit as well as a choice.

Confidence is a habit as well as a choice.

Being broke is a habit as well as a choice.

Being rich is a habit as well as a choice.

You have now learned that ...

1. Faith is built through repetition.
2. Through this repetition you create habits.
3. Anything that you have done repeatedly, for at least a minimum of 21 days has become a habit.
4. Once it becomes a habit it is ingrained in your subconscious mind and your subconscious mind now takes it over.

That is the four step process to creating habits.

The amount of habits that each human being has is astounding. Some are positive and others negative. Some were created purposefully and others by default. Habits are created through your thought process, through repetition and through your past experiences. All of your thoughts, actions and experiences of the past have made you who you are today. They have created your self-image which is the sum of all your habits.

Here are some habits we do subconsciously and may not realize.
Reciting your date of birth, Social Security number, phone number or address.
Reciting the alphabet.
Simple addition and multiplication.
Typing.

Riding a bike.
Remembering the words to your favorite song.
Saying “bless you” when someone sneezes.
Holding the door open for someone out of respect.

Through continued repetition you can create any type of habit that you like, positive or negative. It is a choice issue. How do you look at things? How would you like your life to be?

It’s amazing how two people could have gone to the same schools with the same educational credentials, live in the same city, are the exact same age, work at the same place, however one is struggling to get ahead in life and the other is rich. why is that? Because of choice. One had created the habit of struggle and just getting by in life and the other had created the habit of success. Yes, being rich is a habit. Being a habit, it can be developed. Am I starting to peak your interest yet?

I’d like to tell you a story of twin brothers that were brought up together by their family. One brother was very rich, healthy and successful. The other brother lived in poverty, was unemployed, an alcoholic and very often on drugs. When interviewed and learning how the two brothers ended up that way their responses were quite amazing.

The successful brothers response was like this. “I was brought up in a dysfunctional family where my father was an alcoholic and very abusive. Because of this my mother left us when I was only 14 years old. It is because of my father that I am successful. I decided I did not want to be like him so I did something about it and now this is my life.”

The unsuccessful brothers response was like this. “I was brought up in a dysfunctional family where my father was an alcoholic and very abusive. Because of this my mother left us when I was only 14 years old. It is because of my father that I am a failure. Coming from that environment I had no choice. So this is my life.”

Self Image

Here is the importance of an ongoing program such as the 30 day workbook. Listening to self-help tapes, and attending motivational seminars or workshops

can be very exciting and give people strong desires to succeed as a result, however 83% of the public will let go of the positive programming and be right back to where they started within three to seven days rendering it ineffective. Positive self talk or motivational seminars alone ***do not work***. Sure, they will motivate you temporarily, but the desire to change will not stay with you unless it is acted upon each day to become a habit thus becoming part of your self-image.

The research behind this has come about as a result of sleep studies conducted at UCLA. It had been discovered through controlled studies that 83% of the public upon given positive suggestions whether they be positive affirmations or even hypnosis had rejected the positive suggestions within three to seven days. Only 17% of the public was able to retain the positive suggestion beyond the three to seven days in order to create change. The reason that 83% rejected the positive suggestions so quickly is because of the nature of the conscious mind.

The conscious mind is a creature of habit, status-quo or sameness. It continually fights change as it is comfortable with the way it is. So whenever change is introduced, even if it is something that you want, it will be met with resistance by the conscious mind. A good example is the cartoon image of the little angel standing on one shoulder and the little devil standing on the other shoulder, fighting back and forth over a decision.

“Change is inconvenient, it involves making an effort. The very word itself is defined as doing something different. In order to change you must do the opposite of same.”

Rev. Rene A. Bastarache

What actually happens is while you are sleeping and in the dreaming state your conscious mind is rationalizing back and forth with the new input it has been given that day. Realizing that in order to accept the positive input it would be required to change. Since change is inconvenient, within three to seven days the conscious mind will actually dump out the positive suggestions through dreams. You may have even experienced this from time to time when you are trying to do something different than you normally do and wake up in the middle of the night realizing that you were dreaming about just the opposite. Unfortunately many times we do not remember our dreams and have no clue that this is happening.

The other 17% of the public are able to act upon positive suggestion and change very easily. They are the ones that do not need self-help and motivational programs because they are able to do it on their own. You may even know some

of these people. They are the ones that everything seemed to come simple to them, or the ones that have a desire to change and are able to do it immediately with little effort.

So that leaves the rest of us, the 83% of society that are attending self-help seminars and reading books like this because they have not attained their goals as easily. The good news is that there are ways that we can also progress through creating new positive habits to replace the old negative ones which in turn will change your self-image.

Self-image (*What is it?*)

Your self-image is how you see yourself or how you would describe yourself to someone else. Do you describe yourself presently as successful, relentless, healthy and a constant winner or do you identify yourself as insecure, a quitter, self sabotaging or lacking in many areas?

All of your abilities, actions, feelings and behaviors will always be consistent with your self-image. You will always act like the kind of person that you perceive yourself to be. You "cannot" no matter how hard you try, out-perform, or act not in accordance with your self-image. You may be able to do it for a short while but ultimately will snap back to the person that you perceive yourself to be. It is just as if you stretched a rubber band, and let go of it. It will snap back to its original shape.

This explains what we call the Yo-Yo syndrome. Even though you want to progress, you find yourself trying and trying as you ultimately snap back to who you perceive yourself to be. Many people for example even if given a large sum of money will ultimately find some way to lose it. A good example of this is to look at many of the overnight success stories in Hollywood. Even though outwardly they seem to "have it all", riches, fame and success within a relatively short time, many of them have lost it all, are in prison, broke, on drugs and even have committed suicide. Why? Their self-image was not in harmony with success.

Dr. Maxwell Maltz, MD, author of *Psycho Cybernetics* and a plastic surgeon with New York Hospitals conducted extensive studies of the concept of self-image. The results of his research found that by giving the subject repeated positive input through guided imagery or visualization the subconscious will

create "engrams" (memory traces), and produce new neuropathways. He further found that the brain does not accept "new" data for a change of habit unless it is repeatedly given each day for 21 days (without missing a day).

Old habits are not eliminated they are simply replaced by the new habits.

So if your past memories made you who you are today, then creating new positive memories will elevate your self-image to create a positive future you. The subconscious mind "cannot" differentiate between an imagined memory or a real memory. Therefore through these positive daily exercises, memories are created within your imagination of the goal that you would like to attain. By using your imagination to visualizing these goals, every day, without missing a day, for a 21 day period, new memories are created which become habits. These new habits replace the old ones.

A 21 Day Foolproof method of creating habits

Now you have at your fingertips all of the information necessary to change your life. With this information you can now eliminate any disorder. You can enhance any positive habit. You can create any new habit.

What do you really want in life?

Do you want to developed a habit of being rich?

Do you want to eliminate disorders and be healthy once again?

Do you want to create a wonderful new relationship?

Do you want to make your present relationship great?

Do you want to be a better salesman or more productive?

Do you want to be successful?

The list is endless. As mentioned earlier in this book it is all a matter of ...

Choice

You have the choice to be, do or attain whatever you want.

Let's begin.

21 Day for Change

Here's a way you can accomplish the task of creating a habit of anything you wish.

Go back to that section titled "Positive Affirmation Exercise" mentioned earlier in this book. Once you have decided what it is you would like to eliminate, enhance or create. Utilize the six step criteria in creating a self suggestion script and write it on the "Positive Affirmation Goal Development Form" in that same section. Then simply follow the instructions stated in that paragraph.

When conducting the exercise be sure to use your imagination to visualize yourself as already having *attained* your goal. Also try to feel the feelings of what it would be like having already attained your goal. Remember the subconscious mind works according to pictures and emotions rather than mere words.

NOTE: It is imperative that you conduct this exercise each and every day for an entire 21 days utilizing the same affirmation that you have created. Do not change the picture or the goal until after the 21 days. It is through repetition that you create new subconscious engrams in the mind.

** Another option is to contact us about our 21 day for change program on CD or MP3. This is a guided imagery program that can be used for an entire 21 days on virtually any topic that you would like to eliminate change or develop. More information on this program and how to obtain it can be found in the appendix at the end of this book.*

Chapter VII

*“People often say that
motivation doesn't last.
Well, neither does bathing,
that's why we
recommend it daily.”*
Zig Ziglar

Affirmations

Words alone are not effective in changing your thought process. In order to be effective you must think about them. You must use your imagination to visualize them and most effectively to have feelings about them.

Here are a selection of positive affirmations that you should read as often as you have the time. As you read them, imagine what you think the author was trying to get across. *Enjoy.*

“The secret of getting ahead is getting started.

Mark Twain

“Our greatest glory is not in never failing but in rising up every time we fail.”

Ralph Waldo Emerson

“The subconscious mind does not understand the difference between an imagined memory and a real memory.”

Rene A. Bastarache

“It is hard to fail, but it is worse never to have tried to succeed.”

Theodore Roosevelt

“Tell everyone what you want to do and someone will want to help you do it.”

W. Clement Stone

“Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire, which transcends everything.”

Napoleon Hill

“In your book of life you are writing the next chapter, make it a spectacular one.”

Rene A. Bastarache

“All the breaks you need in life wait within your imagination. Imagination is the workshop of your mind, capable of turning mind energy into accomplishment and wealth.”

Napoleon Hill

“If you believe in what you are doing, then let nothing hold you up in your work. Much of the best work of the world has been done against seeming impossibilities.”

Dale Carnegie

“There is no such thing in anyone's life as an unimportant day.”

Alexander Wolcott

“You can have anything you want, if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish if you hold to that desire with singleness of purpose.”

Abraham Lincoln

“Do not go where the path may lead, go instead where there is no path and leave a trail.”

Ralph Waldo Emerson

“Work as though you would live forever, and live as though you would die Today.”

Og Mandino

“When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.”

W. Clement Stone

“You must be the change you wish to see in the world.”

Mahatma Gandhi

“Victory belongs to the most persevering.”

Napoleon Bonaparte

“He who controls others may be powerful, but he who has mastered himself is mightier still.”

Lao-Tzu

“Go confidently in the direction of your dreams. Live the life you've Imagined.”

Henry David Thoreau

“All that we are is the result of what we have thought.”

Buddha

“Learn from yesterday, live for today, hope for tomorrow. The important thing is to not stop questioning.”

Albert Einstein

“I have a dream...”

Martin Luther King

“We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world.”

Buddha

"Self-suggestion makes you master of yourself"

W. Clement Stone

“Your life is in your hands, to make of it what you choose.”

John Kehoe

“Let others lead small lives, but not you. Let others argue over small things, but not you. Let others cry over small hurts, but not you. Let others leave their future in someone else's hands, but not you.”

Jim Rohn

“No matter how carefully you plan your goals, they will never be more than pipe dreams unless you pursue them with gusto.”

W. Clement Stone

“Next week will come no matter what you do ... Where do you want to be?”

Rene A. Bastarache

“Always bear in mind that your own resolution to succeed is more important than any one thing.”

Abraham Lincoln

“Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.”

Albert Einstein

“What the mind of man can conceive, it can achieve.”

W. Clement Stone

“The key is to create rather than to compete.”

Rene A. Bastarache

Appendix - Services and added products we offer

21 Day For Change Program

Our program is available in both CD or mp3 format. Includes two guided visualizations. This program has been specifically designed to develop, eliminate or enhance virtually any habit or disorder. The initial CD runs approximately 40 minutes and the follow-up CD which should be listened to daily last approximately 15 to 20 minutes.

Due to the uniqueness of this program, upon successful completion of your habit after the 21 day of the usage it can be reused over again for any other habit or disorder as many times as you wish. Info at www.groupsuccesscoach.com/law_of_attraction_book.htm

Success coaching - with Rene for business or individual.

Life coaching - with Raluca health, wealth, relationship and life issues.

Public speaking - Raluca and Rene are available for public speaking events.

Corporate training - with the *Execution of the Law of Attraction workbook*.

Hypnotherapy certification - become a Certified Clinical Hypnotherapist with the American School of Hypnosis.

For information on Success or Life Coaching, CDs, MP3s or to inquire about having Raluca or Rene speak to your business, function or organization...

Go online to www.GroupSuccessCoach.com

E-mail: admin@GroupSuccessCoach.com

To learn more about no therapy services or to be a certified hypnotherapist...

Go to: www.ChooseHypnosis.com

E-mail: admin@ChooseHypnosis.com

“Thank you for purchasing our workbook and congratulations in your success.

Rene & Raluca