

The Magic Formula for Success

Here is your key to success. As you read through this book, you will find all of the information to understand how and why this will work. If you follow these steps completely, you will achieve results that may even amaze you. This is not a substitute for actually reading the book. You will probably want to refer back to this handout as you go through the book and the exercises. Make sure you complete all of the exercises. It will take some time to do this, and the results will last you a life time.

Be clear on exactly what you want. By creating your Blueprint for Success, you will have a clear picture of what you. Without that clear picture, your mind will not move you to your goal.

Be clear on why you want it. Write out your reasons. There is an exercise that will help you get clear on what you will gain by changing and what you will lose if you don't. Making a change is 80% why and 20% how. When you get strong enough reasons, you will be pulled like a magnet. Review these reasons every day.

Exercise your will. This is very important, but not in the way you think. You do not need to use will power to force yourself to eat healthy foods. The way you must use your will is to make yourself constantly focus on being trim, healthy and happy. Mentally live in the body and life you desire. Feel grateful for your great new life. Let go of what you currently have. If you find yourself thinking about your problems or obstacles, shift your thinking back to your desires. If you are tempted to eat something unhealthy, focus on how good it feels to be trim and healthy.

This is essential to remember. You move toward your dominating thoughts. When you think about obstacles and limits, they become larger and stop you from reaching your goal. When you focus on your desired outcome, the obstacles will disappear. Thinking can be the hardest work you do. Our minds tend to wander if we don't control our thoughts. When you find yourself focusing on what you don't want or what currently is, shift your thinking back to your desires.

Commit to daily exercises. Repetition + Emotion = Success. Creating success is really very easy, but you must commit to daily mental exercises. Do not skip a single day! NASA scientists call this the 30-Day Rule. When they were training astronauts for the challenges of weightlessness, they fitted participants with special goggles that would reverse their vision. Everything would appear to be upside down. An interesting phenomenon occurred near the 30 day mark. Even though they were still wearing the inverse goggles, their brains corrected their vision and everything appeared normal. This change basically rewired their brains so that any time they wore the goggles after that point, everything still looked normal. Participants who had missed a day during that time did not have the same result. If they had even one day of interruption, they had to start over until they reached the point that their brain changed.

Read your Blueprint for Success every morning when you first get up and every night before you go to bed. Imagine yourself already having the body and life you desire. Feel really good as you think about this. Open your eyes and think about what you are grateful for in your life right

now. Then let go of that thought and expect to see evidence of your success as you go through your day.

Fall in love with your desire. Do you remember the first time you fell in love? You could not stop thinking about that person. No one had to remind you to focus on them. When you fall in love with your new body and life style, you will find it easy to keep it in your mind. If you find it hard to fall in love with your new life, there is a block that you are holding on to internally. Ask yourself why you feel this way. Where did that feeling come from?

Clear any blocks to your success. The two reasons these will show up are regret and fear. Regret comes from looking at the past. Since you can't change the past, stop thinking about it. If you feel negative feelings, use EFT to release those negative feelings. Release the past and forgive yourself and others. Release any doubts and limiting beliefs from the past. Let go of envy, jealousy or any other negative feeling. When you see people who have what you want, thank them for showing you what is possible.

Have unwavering faith. If you have fears, it comes from looking at the future. When you look at the future, you will have one of two feelings – Fear or Faith. Fear and Faith are two sides of the same coin. They are both anticipating something in the future that has not happened. You cannot have both at the same time. Fear is the anticipation that something will go wrong, while faith is the belief that it will go right. Since we don't know what the future will hold, you must replace fear with faith.

Imagine you are driving your car and you approach an intersection that is controlled by a stop light. Even though the light is green, is there any guarantee that drivers coming the other way will stop? No, there isn't. If you are afraid that they will not obey the light, you will find yourself stuck at the green light and never make it through the intersection. If you have faith that the other drivers will obey the light, you will continue on toward your destination. Embrace the future, have faith that you are creating the life you desire and you will arrive at your destination.

Affirm the future. After you release any blocks, you are open to new possibilities. Use power affirmations or meditative affirmations to create the behavior and beliefs that you want. Remember the 30-Day Rule for creating new behavior.

Believe in yourself. Expect success. You don't need to force it. Open your mind and allow your success to come to you. If you feel any resistance, you will stop your success from coming. As Napoleon Hill said, "Anything the mind of man can conceive and believe, it can achieve". Believe you can have it, believe you deserve it and believe it is possible for you.

"Take the first step in faith. You don't have to see the whole staircase, just the first step"

Dr. Martin Luther King Jr.