

## 7 Secrets to Happiness—Module One



*"Those who seek to drink milk should not sit on their milking stool in the middle of a field waiting for a cow to back up to them."*

*Old Chinese Proverb*

First of all, congratulations on your decision to give this course a go (that's Australian for "going for it"). Your decision represents the first step and I want to welcome you to Module Number One of our Seven Modules that we will go through together.

This project stemmed from my own burning desire to achieve a seemingly impossible 7 week goal (which I'll share in a minute). After making the decision to give it my best, during these challenging 7 weeks I journalled my progress at each step. After a fantastic success, I feel compelled to share with you exactly what worked for me in the hopes that these same principles will also work for you.

If you are familiar with the Law of Attraction you may recognize and be familiar with some of the material in this course. I have strived to combine practical application with my years of research from all the Masters to whom I give all the credit for my personal development...Bob Proctor, Jack Canfield, Abraham-Hicks, Wayne Dyer, Tony Robbins, Neale Donald Walsch just to name a few. I've done my best to add my personal experience to this collective wisdom along with my support and my empathy as I know full well for how difficult it is to strive for a monumental goal.



In other words I have been in the trenches and I totally understand.

My specific goal that spawned the idea of this course was weight loss but the beauty of these principles is that they can be applied to any and all areas of anybody's life.

What you will find in this course is a lot of my personal experience and beliefs written in an easy-to-understand and user-friendly format

Okay, let's start from the beginning...

In 2008, the Mind Movies team (\* see explanation of Mind Movies below) of Ryan, my husband Glen and myself relocated to the United States for 5 months to follow our dream of bringing Mind Movies to the world.

\*A Mind Movie is a 3 minute movie or visualization tool that combines powerful affirmations, inspiring pictures and emotionally charged music designed to command the universe through the Law of Attraction to bring to you all the people, places, events and opportunities you need to make your desires a reality. See [www.MindMovies.com](http://www.MindMovies.com)

We orchestrated a monumental re-launch of our Mind Movies website which consumed almost all of our waking hours. We used to joke that as business owners we only worked half time—12 hours a day that is!

I can admit it now - this move was scary. We risked everything to come to a country on the opposite side of the globe and long, long way from home. We left our families, our friends and our existing Coffee business, our main source of income—which fortunately Glen's brother agreed to operate for us. Glen and I even left our babies, Oscar and Ernie, our Maltese Terriers. Leaving them for such a long period of time was particularly heart wrenching.



We knew no one, burned our bridges and made a complete commitment to success. Because our time was completely consumed and focused on the launch of the website, exercise, good diet and healthy eating habits flew out the window.

We set insanely high targets – numbers of visitors to our site, new members, new team partners and of course the revenues we would generate. We can proudly say we reached all our goals—amazing and on the one hand, very gratifying! We returned to Australia in October 2008 and spent the next couple of months catching up with family and friends, sharing the journey and exciting time in the U.S.

However, as you can imagine, **none of these activities** were helping my waistline.

By the time Christmas arrived, I suffered a shocking revelation at a clothing store. I pulled a pair of size 12 shorts (my usual Australian size) off the rack and took them into the changing room, only to find out that they were far too small. When the assistant called out to me and asked “How is that size for you”? I was embarrassed and humiliated—“how does she know?” I thought.



“I’ll need the next size up” I replied in shame.  
 “What size will that be”? The tiny “size 8” sales assistant asked.  
 I found myself choking as I stammered out the words.  
 “Ah that would be a 12, I mean 14,” I blurted out.

To make matters worse my husband Glen was in the changing room next to me, trying on clothes as well. I didn’t want him to hear that I’d blown up to a size 14! Wait a minute--who was I kidding? As if he hadn’t noticed already! This felt like a whole new low for me.



By the way, you may not realize this, but Christmas time is summer in Australia, time to wear a bikini and go to the beach. Horrors!

You see throughout the entire duration of my 30s I had been trying to get from a size 12 back to a size 10—not the other way around!

Suddenly it's Christmas and I'm a size 14!

To go from bad to much worse, my 40<sup>th</sup> birthday loomed on the horizon and I really wanted to look fantastic for this significant "milestone". I organized a huge celebration and had no choice but to take the first step. Boldly, though not without trepidation—yes, I was scared—I openly declared my intention to be a size 10 for my 40<sup>th</sup> Birthday Party—from a size 14 to a size 10 in 7 weeks.

Immediately after making the declaration, I began to freak out. Who was I kidding? I had only been trying to drop one dress size for the past 10 years and now claimed that I would drop 2 sizes in just 7 weeks. Clearly what I had done until this point was not working.

I desperately needed a new plan.

Other than my inability to keep a fork out of my mouth, I knew my real problem. It was my own mindset.

My own thoughts sabotaged me every time, thoughts like:

*"I'm not meant to be a size 10 anyway..."*

*"I'm too old to be that skinny..."*

*"Life is too short to be dieting..."*

*"It's just too hard. I'm happy being a size 12 anyway..."*

*"I can let my hair down this weekend and start my diet Monday..."*

*"I've already had a bad meal today, so I may as well be bad all day and start again tomorrow..."*

I could go on and on—you get the picture.

No wonder I was a size 14 with these thoughts!

I was a living vibrational match to being over weight.



Luckily through the work we did with Mind Movies and all the research we conducted on the Law of Attraction I felt that this time I had a secret weapon, a fresh approach and could develop a brand new thought process to face the challenge ahead. Hadn't we just applied the same principles I needed to lose weight to our recent Mind Movies re-launch with outstanding success?

Why not apply them in my own life to weight loss?

Cautiously optimistic, I decided to document specifically what I did so that I could share this information with anyone. If I could do it, then so can you, in whatever area you wish.

Keenly aware that the Law of Attraction works 24/7, what I needed was to deliberately activate it to attract and reveal the new size 10 that was inside me rather than the size 14 me that was covering me up.

I will share that on several occasions in the last 10 years, I did get back to a size 10. The problem was that I quickly found myself back where I started. In addition to a new thought process or mindset, I also needed to adopt the right HABITS to ensure I didn't fall back into the same old behaviors. I wanted both to reach a size 10 AND STAY a size 10.

As mentioned earlier, although in my case we are talking about weight loss, the same frustrations exist in every area of life—relationships, finances, career, family—you name it.

Do you find yourself going out with the same type of guy or girl with the same tired result?

Have you tried several jobs or career moves only to find that they never work out nor make you happy?

Have you had the best intentions of sticking to a budget or savings plan only to have yet another "emergency" knock you off course?

If you can relate to ANY of these, then the next 7 weeks will be transformational eye openers for you.

For 7 weeks, and no longer, I consciously adopted 7 success habits which, after getting that fantastic result I can honestly say I still use everyday and now apply to other areas of my life. If I can do it, SO CAN YOU!!!

Oh, I nearly forgot.....

I wore a fabulous size 10 dress to my 40<sup>th</sup> birthday party and it was a truly magical night that all my future birthdays will be measured against.



So, what steps did I follow for these great results?

✓ Step 1 was to **declare my intention**.

✓ Step 2 was to **apply what I knew**—which did not happen all at once as that would have set me up for failure. Gradually, at a steady pace, I implemented changes one at a time so that I could truly OWN them.

That's exactly what we will do together to achieve YOUR goals and dreams.

Do I detect a bit of hesitation?

"No worries" as we say in Australia. We won't be making massive, painful changes. Rather, we will make small, easy, yet deliberate adjustments that simply require a little discipline to do them consistently.

You will be blown away by how much small things, consistently done, can completely change your world.

So here is what you can expect.....



For the next 6 weeks you will receive 1 Module in multiple formats to give you the best chance to absorb all of the information. You may choose from text, an audio MP3 or a video that you can watch.

Each Module will be followed by a new habit to implement and the lesson will explain precisely WHY religiously executing that particular habit will create the desired change in your life. We will include a downloadable workbook and activity journal to help you stick to the plan.

You can also expect mid-week “rev ups” from me to make sure you are on track.

In essence, I will arm you with the what, why and how. If you take care of the “doing” part, we can't fail.

Before I ask you to think about what goal you would like to set to achieve in the next 7 weeks I would like to relay a story to you...



Over the years, flea trainers observed a strange, yet predictable habit of jumping fleas. In order to train them, fleas are placed in a cardboard box with a top on it. The fleas then jump up and hit the top of the cardboard box over and over again. As you watch them jump and hit the lid, something very interesting happens. The fleas continue to jump, only no longer high enough to smash against the top.

When you take off the top, the fleas still jump, yet never out of the box. Why not? Why not jump to freedom?

They won't jump out because they can't and the reason is simple. They have conditioned themselves to jump only to the level where the top used to be. Once conditioned, they can't go any higher!

As human beings, we do the same thing. We try to reach a specific goal and fail on our first attempt or even our second or third. Then we mentally restrict ourselves and create a self-imposed ceiling that stops us from ever reaching our potential. Just like the fleas, we can't jump any higher, and believe that we have reached our limit.

What I will show you over the next 7 weeks is that even though you may not have achieved a specific goal before don't be afraid to try again now. If you consistently apply and completely OWN the habits I teach you, you will be amazed at how you can manifest even the most elusive goals.

As I mentioned before, if you have an interest in the Law of Attraction and Personal Development, you may discover that much of this material is not new—perhaps you've heard it before. I was in the same boat. I had “heard” it, but not “applied” it—and that makes all the difference.

That is the main purpose of this course – the APPLICATION of what you already know and what we will learn together.

Okay, let's get to it!

Do you remember how the first step is to declare your intention? Well now is the time to think about what goal you want achieve in these 7 weeks.

I strongly suggest you only choose one area of your life to focus on. We are going to apply all these habits to that one area in order to guarantee that if you apply these principles focused on this one goal, you will achieve it, no matter what it is, in this time frame.

After this first 7 weeks you can then apply the same principles to other goals.

On the first page of the workbook for this week you will see an Intention Statement. You can print this out by clicking the "workbook" tab in your members area for Module 1.

To make a commitment and SAY that you are going to do something represents a great start. However, to make a commitment and put it in WRITING gives us a significantly higher chance to achieve it.

When you SAY something AND put it in WRITING AND SIGN it, you make a bold declaration to hold yourself accountable to making sure that you reach that commitment. You greatly increase your odds of achieving that stated, written and acknowledged goal.

Your first step is to decide what goal you want to achieve in the next 7 weeks and complete the **Intention Statement**.



I'll address the reason for having a "Witness" in a moment.

Now comes your second action step. Think of it as a test because if you don't complete this task, how can you possibly complete the other tasks I will ask of you over the next 7 weeks? How good will your chances be of achieving your goals?

Are you game (that's Australian for "ready")?

Once you have completed your Intention Statement, I want you to stand and to read this out loud with passion and conviction. You may want to be in a room by yourself for this exercise.



Stop reading now or pause this audio or video. Off you go and make sure you come straight back.

How good does that feel?!?!

I'm sure that most of you have heard of the legendary motivator, Tony Robbins. His system of success is as follows:

1. Commit. (You have already done this your Intention Statement).
2. You must also publicly commit to someone close to you, someone who will keep you accountable. I suggest a spouse or close friend. Once you have chosen someone, ask them to sign your Intention Statement as the "Witness".
3. Model someone who has achieved great results and who can show you what to do. (This part is up to me.)
4. DO IT. (This part is up to you..)

Let's get to our First Habit.



*If You Think*

*If you think you are beaten, you are.  
If you think you dare not, you don't!  
If you want to win, but think you can't, you won't.  
If you think you'll lose, you're lost;  
For out in the world we find Success begins with a fellow's will;  
It's all in the state of the mind.  
Life's battles don't always go  
To the stronger and faster man,  
But sooner or later the man who wins  
Is the man who thinks he can.*

*Walter D. Wintle*

## The Habit of Gratitude

Many people agree that their greatest takeaway from the outrageously successful movie, *The Secret*, was the Habit of Gratitude.

To maintain a state of gratitude for what you have now is a crucial aspect of the Law of Attraction. A state of gratitude actually changes your vibration from one of bad, negative, indifferent feelings to good, positive, allowing feelings—what I call JOY.

To me joy is that pure connection to God, Source, the Collective Consciousness or what ever you choose to label that entity.

Please pay close attention...

If there is only 1 thing you learn from this 7 week course, here is the nugget you want to take away with you.



Are you ready? Here it is...

***THERE IS NOTHING MORE IMPORTANT THAN FEELING GOOD!***

When you feel good, you maintain a state of joy. You vibrate at a positive, allowing level and attract all those things that you focus your attention upon and feel deeply about.

The longer you can maintain this high level of vibration the faster all the people, events and resources needed to reach your goals will be attracted to you because you will be vibrating at a level that matches them.

In short, you are a vibrational match to those things you want to do, be or have. We all are.

In order to cultivate a HABIT of gratitude this is what I did and what I am asking you to do.

- ✓ Step 1—Go to the "workbook" tab in your members area and print out the worksheets for Module 1.
- ✓ Step 2—Have these sheets, your Intention Statement and a pen on your bedside table. Each evening when you go to bed re-read (aloud, with emotion if possible) your Intention Statement.
- ✓ Step 3—Then in the spaces provided write down 5 things that you are grateful for that exist in your life right now. Start each sentence with "I am so grateful that..." and then write out what you are grateful for.



The guiding rule is the following:

***You must complete this every night without ever writing the same thing twice—no repeats!***

This may seem like a big request, so I'd like to give you some examples and hints to help you with this.

Think of all the little things that happened to you today that you feel grateful for.

Here are some entries from my personal Gratitude Journal:

*I am so grateful we have a no fat, no sugar yoghurt shop 2 minutes from our apartment.*

*I am so grateful the king size bed here is sooo comfortable.*

*I am so grateful my hip flexor injury is healing.*

*I am so grateful we found an amazing acupuncturist in La Jolla to help with this process.*

*I am so grateful my dad was feeling better when I spoke to him today.*

You don't have to look that hard to spot many of the wonderful events that lift your day.

I remember nights when I could have rambled on about things to be grateful for. On those other nights, the ones where I struggled a little, I reflected on different areas of my life and this helped me immensely. I tapped into all sorts of things; financial, career, relationships, friends, family, health, personal development and spirituality.

The reason I suggest you do this just before you go to sleep is that according to quantum physics (I am a "What the Bleep" convert) your subconscious will send out waves of energy at the vibrational level of those things you want to attract.



Simply put, when you go to sleep in a happy, positive mood you tend to wake up in a happy, positive mood. Sometimes I would just wake up happy and other times the mere spotting of my pen and paper would trigger what I was grateful for yesterday, and instantly make me look forward to another positive day. I would bound out of bed with energy to burn.

The ACTION of writing down what I we are grateful for ignites a thought process of how we can take action to achieve what we want in life. We make that choice and we harness the ability to attract anything we desire—a totally empowered space.

I will be touching base with you during the week and will give you the heads up on next week's lesson.

Congratulations! You have now completed Module 1.