

## 7 Secrets to Happiness—Module Two

### Define What YOU want!



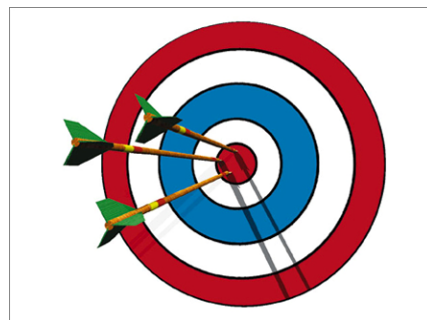
In the great Indian epic, the MAHABHARATA, we find the story of Arjuna's skill at archery displayed in a tournament held as a test of marksmanship. On a high pole hung a wooden fish, with its eye serving as the target. A host of brave princes took up the challenge to shoot out the fish's eye. Before each one let an arrow fly, his Guru, as a test of each prince's concentration, would ask the prince what he saw. All of them invariably replied that they saw a fish on a pole at a great height—with descriptions of the head of the fish, its color, and so on.

When Arjuna was asked the same question, he replied: *"I see nothing but the EYE of the fish."* And he was the only one who succeeded in piercing the target with his arrow!

This story perfectly illustrates how most of us make our way through life. Suppose that one of your goals is to attract money. The challenge is that *"wanting money"* resembles more of a wish than a specific goal. The amount of money you want, the timeframe in which you want to achieve this goal, how you will use this money—these are specific goals that increase your chance of truly attracting money.

This module is designed to do is help you develop laser beam focus on what you want.

**What is your "eye"?**



As I mentioned in the last module, during the Mind Movies re-launch we set specific goals which we reviewed as a team every day—from who were our new team members to how many visitors we wanted on our website, to how many partners would get involved to the revenue that we would generate and more.






While I strived to lose weight, my goal was very clear – a size 10 in 7 weeks. Much of the success in reaching any of these goals can be attributed to our *“tunnel vision”* and the fact that we focused only on one thing at a time.

This is why I strongly suggested you do the same.

This may mean that you need to neglect other areas of your life for a short time—as I did with my waistline during our Mind Movie re-launch. So be it. If you truly desire something, laser beam focus is a crucial ingredient for your success.

Now I can hear what you're thinking: *“But Natalie I have MANY things I want to manifest, how can I choose just one?”*

Let's break the possibilities down into the most common key areas:

-  1. Money and material possessions,
-  2. Relationships and Partners,
-  3. Health and Weight Loss,
-  4. Career and Business,
-  5. Personal Development and Spirituality.

Is the goal you chose in an AREA that particularly stands out as urgent for you or something that you've wanted for a long time?



Maybe you have lost your job and a new career or business is a priority. Maybe you have been single for a while and have decided that you're ready for a new relationship.

Maybe you have lost some invested money and want to rebuild your nest egg.

Maybe you have a pair of *“skinny jeans”* you want to get back into.

Whatever it is for you, NOW is the time to decide if you can be completely committed to the one area you have chosen to focus on for the 7 week period. We want to achieve big things in just 7 weeks.

This is where the “magic” begins.

It is time to stop focusing on “the now” and start converting your great story in to what you want it to be.

Remember that the Law of Attraction states that whatever you give attention to or focus upon, coupled with deep emotion, will absolutely manifest, whether positive or negative.

That means that if your focus is locked onto what’s happening in the present and how bad it makes you feel, you are by definition attracting more of the same.

HOWEVER.....

If you focus on what you want by a) writing it down, b) reading it at least twice a day and c) visualizing with emotion, then you will turn into a vibrational match to those things and “trick” your brain into thinking this is your reality.

Let me explain that further.....

Denis Waitley, one of America's most respected keynote lecturers and productivity consultants on high performance and author of many books including “*The Psychology of Winning*,” tells a story about a particular experiment involving top athletes. As part of their training regimen, the athletes would visualize their race from the starting gun to the finish line. Interestingly, what they found was that while visualizing the race in their mind, the athletes’ muscles would fire exactly as if they had been actually running on the track.



You see while you are visualizing, your mind assumes that this is your reality.

Therefore, if you visualize your end goal regularly, your brain will think that your great story is your reality and you will emit those thoughts and feelings at that vibration. You will operate at the same vibrational level as those things that you want to manifest. Without question they will be attracted to you.

This means that if you tell yourself something on a conscious level, visualize and truly believe you can create it, your subconscious will seek out the solutions to make whatever it is you desire into a reality.

The important thing to remember is to **keep focus on WHAT and WHY**—what is it and **why do you want it**. The “how” will come to you.



Here is another gold nugget that you want to pay close attention to.....

Once you are clear on what you want, you must both **visualize and attach emotion** to it.

ONLY THEN will the right course of action appear for you.

ONLY THEN will the universe shift all things so that the people, events and resources you need will align with you to attract what you want.

ONLY THEN, when you are in an intentional, inspired state will intentionally inspired ideas come to you for the action you must take.

In summary, you must first be clear on your what and why, then visualize regularly so that any action you take will be inspired action. You will know that you are on the right track when each action step you take makes you... **FEEL GOOD!** Feeling good is your measure of whether you are on the right track or not.

Remember the important message from last week:

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

Is this starting to make sense?



Okay folks—it's time to get funky, time to write the story of your great reality.

Here are the rules...and by the time we finish this exercise you will have a list of positive affirmations that will describe your **Great Life Story**.

- ✓ All statements must be completely positive and stated in present tense. Remember that we are tricking the brain into thinking that our goal already exists and forms part of our reality right now.
- ✓ Avoid the words no, don't, and not. The subconscious mind doesn't recognize these words. If your statement is *"I have no debt"* all your subconscious hears is *"debt"* and you attract more of the same.
- ✓ Start as many affirmations as you can with I am. *"I am"* are very powerful words that give you complete ownership of what it is that you have written and want to achieve.
- ✓ Be sure to use as many descriptive, emotional, FEELING words that you can, words such as *"enjoying, happily, proudly, celebrating, lovingly etc."* These words invoke emotion when you repeat the affirmation. Remember that with the law of attraction, whatever you most give attention and focus to and FEEL deeply about is what you will manifest.
- ✓ Make your affirmations as specific as possible, such as: *"I am a size 10"*, *"I earn \$20,000 per month"*, *"I drive a brand new red Ferrari"*, etc.
- ✓ The last statement on your list should be *"I choose to create all of this or something better."*
- ✓ What you have written on your list is what you want to achieve based on your life experience up until this point. Who knows what else is out there that you are unaware of or haven't experienced yet. It might be 10 times better than what you have asked for. Always stay open by asking for *"this or something better"*.
- ✓ Make sure that you set aside some uninterrupted time to complete this exercise. This is a critical step for your future success and deserves the necessary quality time to complete it.

I bet many of you already own the best marriage-saving device ever created—the GPS—a husband's dream that takes him where he wants to go without ever needing to stop and ask for directions. Even so, one thing is clear; you can't expect your GPS to get you to your destination without punching in a specific address.



The same principle applies here.

Complete clarity about what you want to do, be and have constitutes the bulk of the work!

Go to your member's area, click the "workbook" tab and print out the worksheets for Module 2. You may need several copies.

On the first worksheet you will see 3 columns – What I Don't Want, What I DO Want, Why I Want It.

At the top of the page is a space for you to write down the area of your life that you will be concentrating on—Money or Material possessions, Relationships or Partners, Health or Weight Loss, Career or Business or Personal Development or Spirituality.

Now it is time to fill in the columns. The reason we have a "What I Don't Want" column is because sometimes, in order to figure out what you do want, it is easier to identify what you don't want and then rewrite that as a positive, opposite statement.

To fill out this column ask yourself: **"Based on past experiences, what DON'T I want?"**

Here are some examples:

I don't want to be broke – I have an abundance of money

I don't want a job I hate – I love my job

I don't want to be alone - I am in a loving relationship

I don't want to be fat - I am trim, taut and terrific

I don't want feel like a loser – I am a confident, intelligent person

I don't want people to take advantage of me – I am strong and empowered



You may know exactly what you DO want without filling out the first column and that's okay – just write that down in short, positive, present tense statements.



To fill out this column you must ask yourself:

***"If I had \$1 million and knew I couldn't fail, what DO I want?"***

Usually I would rephrase this question to include \$10 million for my lifetime goals rather than \$1 million. Since we are talking about a 7 week period here, we'll stick with \$1 million for now.

Here are some more examples:

I happily and easily pay my bills on time.  
I am the number 1 salesman in my industry.  
I cheerfully exercise every day.  
I am an inspiration to others.  
I lovingly spend quality time with my family each day.

I am a valued employee.  
I proudly donate 10% of my income to worthy charities.  
I am a loving wife.  
I am respected by my peers.

I am excited to wake up next to my beautiful partner.  
Together we are unstoppable.  
I am energized every day.  
I celebrate shopping for new clothes.

Onto the final column – Why I Want It. Here is where you focus on your motivation to achieve these things. Focusing on your WHY gives creates a “volcano” of burning, internal motivation especially if your WHY is something outside of yourself, greater than just you alone.

Ask yourself: **“Once I achieve this goal, who will benefit? How will that make me feel?”**

For example:

My partner falls in love with me all over again.  
 I make my parents proud.  
 I have the love and respect of my children.  
 I create a loving relationship with my family.  
 I attract my perfect partner.  
 I enjoy time with my kids.  
 I have the freedom of choice.  
 I feel healthy and energetic every day.

Get the picture?



Now go to the second worksheet for Module 2 titled My **Great Life Story**. Write your statements onto this worksheet.

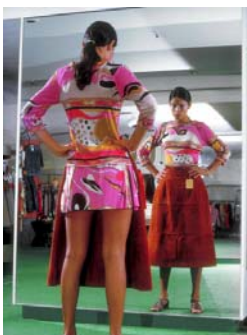
In addition to last weeks Habit of Gratitude, which you will again complete this week, you will be reviewing this at least twice a day.

These activities should be done just before going to sleep and when you first wake. Keep these worksheets on your bedside table.

One more thing...

Although the revision of your **Great Life Story** is supposed to invoke positive emotions, there may be some situations where reading your affirmations brings out a negative emotion for you.

Let me explain; Suppose that one of your statements is “*I am a size 10*” but when you look in the mirror and don’t see a size 10 looking back at you, your mind spirals into negative thoughts like: “*No you’re not, fatty*”, or “*You look more like a size 20*”, or “*You don’t even remember what a size 10 looks like!*” (you know what I mean). Clearly, this thought process does not create a good, positive feeling.



To counteract this potential negativity, start these affirmations with the statement: “*I am happy that I am in the process of “...becoming a size 10” OR “earning \$20,000 per month,” etc.*

For me, even though I was a size 14 at the time, by repeating “*I am a size 10*” I felt empowered. I felt full of positive feelings because I knew without a doubt that I soon would be a size 10. Plus I never recited my affirmations while looking in the mirror.

Everyone is different. Choose which method serves you best.

Let's conclude this module by pointing out one glaring omission from this course....

That omission is instructions on how to construct your personalized plan of action.

We each have different goals to achieve which makes it impossible to convey specific instructions on how to take action for each one. This you must research yourself and seek counsel from experts if needed.

Remember that once you are clear on what you want plus you visualize and attach emotion to it, the right course of action will appear for you.

The universe has an uncanny way of shifting things so that the people, events and resources you need will align with you to attract what you want.

As you start to consistently revise your **Great Life Story** this week, you will find ideas coming to you on how you should proceed. Make you sure take note and listen to your intuition on these ideas.

The important thing is to take action. Research the internet, ask people who have already achieved your goal or something similar themselves, check in with friends and family for help...whatever it takes to get you moving toward your goals. Your customized plan will naturally become clear for you.



*"It's not what's happening to you now or what has happened in your past that determines who you become. Rather, it's your decisions about what to focus on, what things mean to you, and what you're going to do about them that will determine your ultimate destiny."*

- Anthony Robbins

Now it's time for Habit Number Two.....



## The Habit of Consistent Focus

You already have your **Great Life Story** which, by the way, is a monumental first big step in helping you manifest your desires. Congratulations!

It's time to incorporate the Habit of Consistent Focus in order to bring this story to life.

Each day, from now on, you will review your **Great Life Story** at least twice a day to maintain your focus and re-program your new reality into existence. We will do this first thing in the morning and right before bed in the evening.

See, as promised, none of these habits are all that hard!

Here are a few hints to help you super-charge this process:.

1) Keep a copies of your **Great Life Story** in a places that you will pass regularly during the day—your computer, the refrigerator, the bathroom mirror, the dashboard of your car, and so on. This way you can read your story (obviously not while you're driving), feel empowered and visualize your new life every time you have a lazy 5 minutes, what I call "*daydream*" time, or anytime that you need a 5 minute "*power break*". Put those times to good use.



2) Have some fun with this! When appropriate, play your favorite song while reciting your **Great Life Story**. Turn up the volume, jump around the room and loudly read out every affirmation that's on your list.....get a little crazy with it. This changes your state to one of joy and happiness. It creates a positive trigger every time you hear that particular song again and puts you squarely inside your **Great Life Story**.

3) Of course I also have to recommend the making of a Mind Movie. A Mind Movie is a visualization tool which combines your affirmations with photos and the music that is most powerful and uplifting for you. You can download your Mind Movie onto your iPod or your computer and watch it morning and night. This makes the process easy and fun. It keeps you completely focused and emotionally charged about the things that you want to achieve.

4) As part of the Mind Movies package you will also receive a program called Mind Movies Subliminal. Once you have created your Mind Movie you can load this into your software and have your Mind Movie running faintly in the background of your computer screen while you work. This way, all day long you will be subliminally absorbing your **GreatLife Story**. Now there's a great recipe for success!

The combination of these methods is extremely powerful. It is quite probable that you will manifest part or all of what you set out to achieve before the 7 week period is finished. This is why it is important to focus on your **Great Life Story** everyday and make changes and updates when necessary.

You will find on this week's worksheets there is a check box titled The Habit of Consistent Focus. Tick this box once you have completed this habit at least once that day.

Congratulations you have now completed Module 2. I'll check back in with you in a few days.....