

7 Secrets to Happiness—Module Seven

Believe You Can Do It!



You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind.

-Dale Carnegie

Lewis Carroll's famous masterpiece ***Through the Looking Glass*** contains a story that exemplifies the need for all of us to dream BIG. Remember the conversation between Alice and the queen, which goes like this:

"I can't believe that!" said Alice.

"Can't you?" the queen said in a pitying tone. *"Try again, draw a long breath, and shut your eyes."*

Alice laughed. *"There's no use trying,"* she said. *"One can't believe impossible things."*

"I dare say you haven't had much practice," said the queen. *"When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast."*

What's the point?



When you dare to dream big and believe in seemingly impossible things, mountains can be moved and seemingly ridiculous goals can be accomplished. The trouble is, most people are afraid to even conceive of their private, impossible dreams.

The good news is that you are not most people.

"An open mind to everything will attract everything you desire. An open mind is a mind that invites in miracles."

-Wayne Dyer

This course represents the first step toward the rest of your amazing, self designed life.

I don't know what goals you set to achieve in this 7 week period—though I guess and hope that it wasn't a BHAG.....

That's right: a Big, Hairy, Audacious Goal.

Hey, no judgment! It is only a 7 week period.

How could you ever know what your BHAG is?

It's so big that you're frightened to tell anyone else about it. You have butterflies in your stomach every time you think about it and you're as excited as a 5 year old on Christmas morning. No sacrifice seems too big, no task too insurmountable. It keeps you awake at night and after experiencing success with your 7 week goal, you can't wait to apply your new Secrets to Happiness to this goal every day.

I honestly didn't expect you to set BHAGs during this course—such as to climb Mount Everest, become a brain surgeon or perform in your first opera.



The reality is, that when we first apply the principles of the Law of Attraction, we tend to play it safe—we set goals that may be a slight stretch though are well within the realms of what we believe to be possible.

If I did my job successfully, with this course you have seen what's possible and if you applied the principles, have achieved enough over the past 6 weeks to give you faith that by consciously incorporating the right mindset and HABITS you can achieve whatever you want—and I mean **WHATEVER YOU TRULY WANT**.

Now that you know what to do to make your dreams a reality, this final module is all about encouraging you to DREAM BIG.

Forgive me if I repeat some information from previous modules. It is simply imperative that I anchor these success principles.

At this stage we realize (well hopefully—because this really does work) that we can rewrite our agreement with reality and “trick” our minds into thinking that our reality (or our perception of it) is something very different than its actual manifestation by committing to paper our Great Life Story and reviewing it each day with emotion to create what we truly want our new reality to be.

We have a sense that we can also purposefully, and as often as we like, create a vibration for ourselves that is a match to that which we want to attract by regular habits of meditation, dream discussion, admirable thinking, deliberate intention and being grateful for what we DO have and WILL have.

And if our minds can be tricked so easily by incorporating these simple habits, then the GIGANTIC question needs to be asked...



Does our mind know the difference between a “garden variety” goal and a BHAG?

I think you know the answer to this—a flat out “NO”.

Ask yourself this question: What has stopped you in the past for daring to think “so far outside the square that now there is no square”? (That’s Australian for “outside the box!”)

Here are the usual answers:

“I don’t want to be disappointed,”

“I don’t think I can do it.”

“I’m afraid that I’ll fail.”

“I’m concerned about what people will think about me.”

All of these are different words that manifest the same meaning—a sense of FEAR.



So how do you get past this seemingly insurmountable and persistent road block? Good question.

Here are some major issues that you need to take into consideration in order to smash through the fear barrier....

Number 1) If you consistently perform the habits laid out for you in this course you set yourself up to becoming a *“master achiever”*—no kidding!

Every small win along the way builds your belief and banishes your fear more, hour by hour, day by day, year by year.

Within a short period of time, you vibrate at such a positive level that when you conceive clearly of what you want, it manifests faster and faster for you.

And as a personal friend to you, who is constantly in awe of it all, I experience this every day.

Number 2) Achieving a BHAG is not as hard as you think. Stay with me here for a minute...

What if your mind was playing tricks on you?

Think about when you look down a train track and see them joining in the distance, does this mean that they are actually joined?



Of course not. However, if you didn't know any different you would swear those tracks actually join together on the horizon.

Just because we don't know HOW or can't quite "see" any possible outcomes, does this mean a particular goal can't be reached?

Maybe your mind is playing tricks on YOU!

When we are faced with a challenge we "see" the only solutions that our mind relies on to figure it out from its programmed memory.

Remember what "programmed memory" sounds like?

"Rich people are bad".

"I'm not rich enough".

"I'm not good enough".

"I don't deserve it".

"Money is the root of all evil".

By now, we all know better than to entertain thoughts like that.

If you still entertain thoughts like these, then you know what to do.



Burn them. (Refer back to Module 5)

Number 3) Weigh it up (that's Australian for "consider the possibilities...")
– what's the worst that could happen?

My husband Glen and I might be defined as serial entrepreneurs.

We have own and run MANY different businesses during our 11 year marriage, including, as amazing as this may sound:

- A Direct Mail House
- A Company that sold Investment Properties
- A Promotional Company
- A Nightclub on the busiest street in Sydney
- A Manufacturer of Alcohol – Schnapps
- A Bathroom Advertising Company
- 3 Coffee Franchises
- And a few more not worth describing...

Over the years we have had varied levels of success and each of these businesses required different levels of investment in terms of both time and money.

Each time a new opportunity came our way Glen would ask the question *"Should we get involved in this business?"*

After we went through our initial checklist—the one compiled from past business lessons—both successes and failures—my question would always be *"What's the worse that could happen?"*

My reasoning was that even if we lost everything (our house and money) we would still have each other and the knowledge and ability to make it all back and start on a new, exciting journey again. I always knew we would reach our goals one day, as long as we kept trying.

When we returned to Sydney after the successful re-launch of Mind Movies, the common reaction we got from our friends and family was...



"You guys were always trying something new. We knew you'd make it sooner or later!"

Here's my point: It may take you a while to find your calling and reach your BHAG but if you truly BELIEVE that you will find it and you apply the principles outlined in this course...you really will!

The mere fact of acknowledging that you have a BHAG and taking the time to think and meditate on what that might be constitutes a huge step in the right direction.

As Neale Donald Walsch says, life is meant to be a magnificent adventure which begins at the end of your comfort zone.

If your BHAG is to write a book, climb Mount Everest, sing on stage, be a public speaker, jump out of a perfectly good airplane, get a degree, work as a geologist, build a village in Africa, build your dream home in the mountains, earn your first million or WHATEVER blows your hair back (that's Australian for "rocks your boat").



If you take the steps to achieve that BHAG...What's the worst that could happen?

You might fail. Would that be the end of the world?

You KNOW you will do it...eventually. It may take you a few attempts but each time you move closer, ever better equipped to achieve success.

Thomas Edison was once interviewed by a young reporter who boldly asked him if he felt like a failure and if he thought he should just give up. Perplexed, Edison replied, "**Young man, why would I feel like a failure? And why would I ever give up? I now know definitively over 9,000 ways that an electric light bulb will not work. Success is almost in my grasp.**"



Shortly after that, and just over 10,000 attempts, Edison invented the light bulb.

Number 4) Educate yourself to win.

Nothing is more empowering than a regular drip feed of positive, reinforcing information.



Books, audiobooks, MP3's, teleseminars, PDF's, articles, reports...a plethora of information exists waiting for you to grab it and absorb it.

This documented information not only PROVES what you can do, be or have—countless testimonials and true stories much like those referred to in Module 3, it also has hundreds of different people sharing a similar message in hundreds of different ways.

It is this information that spurred my success. It can also spurn your success along with the ideas and material in the course.

Feed your mind with this diet every day.

The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.

-Alvin Toffler

The Habit of Constant Education

This habit virtually explains itself...

By consciously controlling the positive data you constantly absorb, you not only educate yourself on how to create and achieve your wildest dreams, but you also hear a similar message from hundreds of different sources and therefore prove to yourself without a shadow of a doubt that...

YOU CAN DO IT!

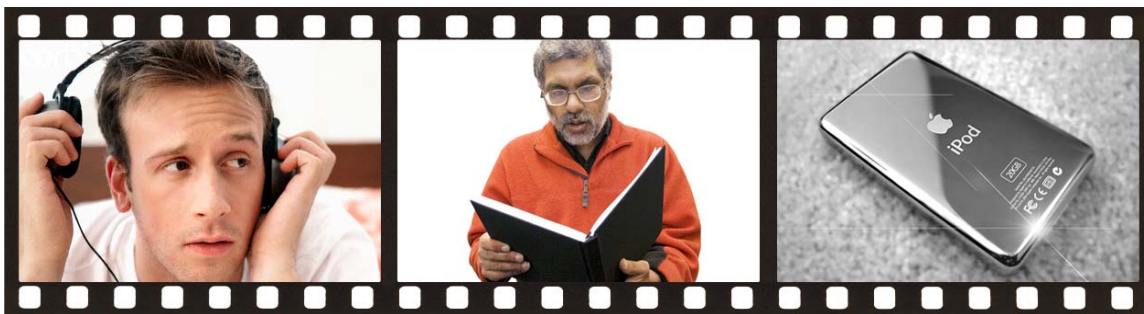
So many others have done it – some with much bigger obstacles to overcome—now it's your turn.

To successfully implement this habit I suggest you create a routine.

I offer this example of the routine I have adopted:

Each morning, as I exercise, I listen to an educational audiobook, MP3 or recorded teleseminar on my iPod.

I allocate at least 1 hour each day to research material online about Personal Development and the Law of Attraction – some of which I have made available to you during this course.



I attempt to read for at least ½ an hour before going to sleep. Honestly, I don't succeed EVERY night. I'm a morning person. By the time I have cleaned teeth, washed and moisturized my face, written what I'm grateful for that day and revised my Great Life Story, my eyes are pretty much closed some evenings.

Choose a routine that best fits your lifestyle. You may find that lunch time is best or when the kids have gone to bed or an hour before they get up or whatever works for you.

I have listed my favorite books of all time – some of which I have read many times over. ALL of them have contributed to the material in this course, Each time I read the same book, amazingly, I learn something new. And of course, I am still compiling the list.

Here are a few of my absolute favorites:

[Everything You Want](#) by Muneeza Khimji

[Think and Grow Rich](#) by Napoleon Hill

[Conversation With God](#) by Neale Donald Walsch

[The Way of the Peaceful Warrior](#) by Dan Millman

[Money and the Law of Attraction](#) by Esther and Jerry Hicks

[Ask & It Is Given](#) by Esther and Jerry Hicks

[The Success Principles](#) by Jack Canfield

[The Alchemist](#) by Paulo Coelho

[Awaken the Giant Within](#) by Anthony Robbins

[It's Never Crowded Along The Extra Mile](#) by Wayne Dyer

[The Attractor Factor](#) by Joe Vitale

[The Answer](#) by John Assaraf

[Harmonic Wealth](#) by James Ray

[The Magic of Thinking Big](#) by David J Schwartz Ph.D

[Anatomy of the Spirit](#) by Caroline Myss

...and any other book written by the authors above.

I also need to mention the Matrix movies - let me explain...

Are We in The Matrix?



"Hello Neo.... Welcome to the real world..."

-Morpheus from the movie The Matrix

The Matrix is one of my favorite movies of all time. I love it so much because to me it demonstrates what life might be like once you realize that you control what you want to do, be or have through the power of your own thought.

It's like you've swallowed the red pill.

EVERYTHING is suddenly different; your *"agreement with reality"*, the joy and appreciation for the seemingly insignificant things; the way you see the world and the people in it, the way you respond to different situations; the way they respond to you.

At the risk of being brash, I call this the ***"That Doesn't Apply To Me"*** Club.

When you belong to this club (and you do now), normal, every day things don't apply to you because you know that you have.....

A CHOICE!

You CHOOSE to be healthy, you CHOOSE to earn a certain amount of income regardless of the economic climate, you CHOOSE to have positive people around you to help you achieve your goals, you CHOOSE to be happy.

You make your choice by deciding what you want and then manifesting it into reality, consistently performing the 7 habits that convert you into the Master Manifester that you are.

Much like in The Matrix...you can't go back.

And why would you want to? You have the power to create your most amazing dream life by simply and consciously putting in a small amount of extra effort—that which most other people don't.

This is what sets YOU apart from everyone else.

I have a small favor to ask of you.....

Share your success. Your energy will positively influence people around you. Share your story, both by telling everyone about it and by living it by example.

Pay it forward. Share the information, the books you are reading, the interesting, uplifting material you discover, the power of this course.

Imagine what the world would be like if we all understood this "Secret" and all made choices for the "good of all concerned".

Imagine being a facilitator of that change!



It has been an absolute pleasure spending the last 7 weeks with you. Make sure you keep me up to date with your amazing journey, either through our blog or by emailing me at customersupport@mindmovies.com

*Become the change you want to see
in the world.*

-Ghandi

