

Foreword By: Christy Whitman
New York Times Best-Selling Author of *The Art of Having it All*

SIZE MATTERS

*How to **Dream Bigger**,
Step into Your Personal Power
and Start Creating your
Dream Life Today*



DR. AUDREY REILLE

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By Dr. Audrey Reille

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Foreword

By: Christy Whitman

*New York Times Best Selling Author of *The Art of Having it All**

Throughout virtually every period of human history, we have been blessed by visionaries who were somehow born with an ability to pierce the prevailing superstitions of the day and open our eyes to a broader truth. Thanks to their discoveries – and to those made by ancient sages and modern physicists alike – we now know that the world we live in is spherical, not flat, and that our universe is not comprised of dense, rigid, fixated matter but of pure energy that is living, pliable and responsive. We now also understand that our ability to expand both our consciousness and our perspective is endless, and that our ability to mold and shape our lives to reflect our hearts' desires is limited only by what we believe is possible. We are all born with the power to create; the extent to which we acknowledge this ability goes a long way toward determining our destiny. In the famous words of one of our

country's most famous and beloved visionaries, the forward-thinking industrialist Henry Ford, "Whether you think you can or you think you can't, you are right."

Whatever it is you most want to create in your own life, you are unlimited in your ability to create it, for the simple reason that you were born into a universe of unlimited possibility, opportunity, energy, and abundance. As a certified Master Law of Attraction coach, the author of four books – two of which have become New York Times bestsellers – and the founder of the Quantum Success Learning Academy, it is my life's mission to awaken people to their innate ability to be the deliberate creators of their own experience. There is no limit to what or how much abundance you can attract into your life. However you define what it means to "have it all," it is yours for the taking. The sky is truly the limit.

As children, dreaming big is completely natural, and settling for less than what we really want is a foreign concept. But as we grow up, many of us become conditioned to believe that our wishes are selfish or unrealistic. We become wary of playing a bigger game in life, because the bigger we play, the more we fear there is to lose. These beliefs are nothing more than a self-imposed ceiling that restricts our imagination, our sense of possibility and ultimately, our innate right to be happy. Once we come to realize what powerful creators we really are – and, in fact, that we chose this life because it provides the perfect forum for our creative expression – these restrictions disappear, and dreams and desires forgotten long ago happily re-emerge.

Reawakening to your long-forgotten dreams is a deeply personal mission, because no two people have your same desires or have travelled the same path. You can't look to friends or family to tell you what is best for you. Instead, this awareness can only unfold when you inquire within. All there is to do is to suspend judgment, and to listen. Whatever your dream – whether

it's to start your own business, or to advance in your career, or to pick up and move to a completely different part of the country or the world – you owe it to yourself to acknowledge that this is your dream, and to pursue it with passion. Changing just one aspect of your life, such as your career, will undoubtedly produce a ripple effect. New circumstances, new opportunities, new encounters, new relationships and new experiences are all lying in wait for you to take that first important step.

Size Matters is an information-packed book that will give you both the knowledge and the inspiration to reconnect with forgotten dreams, to acknowledge what you are really yearning for, and to form an unshakable commitment to pursuing that purpose. The pages that follow will show you how to build a step-by-step, strategic plan to make even your biggest dreams a reality.

Dr. Audrey Reille is uniquely qualified to serve as your tour guide on this soul-inspired journey, because her message is refreshingly simple: Be authentic; love and accept yourself and others, and live a meaningful life. Synthesizing universal principles, business strategy, self-empowerment and spiritual truths, this book delivers a comprehensive approach to personal transformation and success. Dr. Reille's mission is to do more than coach people to reach their goals. She wants them to experience more freedom and joy; to live in greater alignment with their purpose, and to meet each day with an open heart. By embarking on this journey, you are following in the footsteps of all the great visionaries who have lived before you, who dared to dream a bigger dream. May all that lies ahead surprise and delight you!

Christy Whitman

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Preface

What was your favorite thing to do as a teenager? Was it to spend time with your friends, watch or practice sports, play games, go to parties, and have a good time? If yes, I am happy for you because that seems like a lot of fun! Personally, I had a very different experience. My favorite hobby was to read, and more specifically, read about self-empowerment, psychology and business. I had insatiable hunger for knowledge and tools to allow me to create anything that I really wanted to be, do, or have in my life. I was somewhat disconnected from my body, but strongly associated with my mind and its creative power.

When I was only a few months old, I had multiple surgeries and spent a great deal of time lying on a bed because my hips and legs were in a cast and I couldn't sit or stand. That went on for about three years. I adapted to my circumstances and learned to speak long before I could learn to walk. I couldn't go out and play like other children did, so I played with my mind instead. To keep

me entertained, my family bought me countless books, puzzles and games. I watched educational programs for children on television every day. I felt powerless over my body, but I had power with my mind.

Now that so many years have passed, my predominant emotion when I recall my early years is not sadness but gratitude. I am grateful that my struggles gave me so much courage, strength, and determination. I absolutely hated seeing pity in people's eyes, and I decided that I would never be a victim. I chose to take control of my life, as much as I could, and focus on what I could do, rather than what I couldn't do. I am grateful that my ordeals put me on a path of personal development and self-empowerment. I am grateful I learned that my mind is my greatest ally!

Fast-forwarding to my teenage years, I was the ultimate introvert, happiest when I was in my room with my beloved books and my imagination. At that point, I could walk, and could have led a normal teenage life, but I was still more interested in reading than going out. I was shy, terribly insecure, and preferred to be alone. What was once a painful limitation had become my comfort zone. Thankfully, my creative mind showed me what I was yearning for, and I found the courage to manifest in my physical life what I could see in my imagination.

At age seventeen I finished high school in France and went to college. Next, I dreamed of being bi-lingual so I found a way to transfer to a university in England, where I completed my Bachelor's Degree in Business Administration. My next dream was to get a Master's Degree so I moved back to France and enrolled in an International Business program. Part of the curriculum was to study and work abroad, making it a perfect fit for me. I studied Economics in Spain for six months and did a summer internship in Italy. A few months later, I was on my way to Los Angeles to get my MBA. Not bad for an introvert who just a few years earlier

didn't want to leave her room! I had pushed myself so far out of my comfort zone that I had forgotten what was comfortable even was. It was more exhilarating to challenge myself than to dream small and live small.

I loved living in California and found a great job after graduating from college. I managed to get a green card, move up in my career, and enjoy an abundant life under the sun. Every time I turned a dream into reality, my mind created a new dream. It wasn't because I needed more things in order to be happy, but because I enjoyed the enthusiasm I felt each time I was working on manifesting something joyful. I loved to stretch myself and didn't want to risk getting comfortable and stagnant. Being a school-addicted bookaholic, naturally, I decided to go to the University of Southern California and get a Doctorate Degree.

Shortly after, my father passed away unexpectedly at age fifty-eight, and the grief shook me to my very core. Suddenly, my priorities changed. My job was no longer fulfilling; I needed more meaning and more purpose. I immersed myself deeper in the self-empowerment world, reading even more books and going to seminars and conferences that empower people to change their lives. My idea of a fun weekend was to attend an "I Can Do It" conference by Hay House or to go to one of Tony Robbins' transformational events. I completed several coaching certifications, including Christy Whitman's Quantum Success Coaching Academy and Tony Robbins' Strategic Interventionist Certification.

Can you guess what happened next? Having read hundreds of books on self-empowerment, neuro linguistic programming, and spirituality and completed multiple coaching certifications, I no longer enjoyed my traditional career. I took my business experience, management expertise, and my self-empowerment strategies and built my own coaching business. I really loved the idea of walking away from what no longer made sense to me and starting

a brand new chapter in my life. I was on a mission to inspire people to listen to their calling, dream bigger, and empower them to create an extraordinary life.

People thought I was crazy to walk away from my big paycheck and benefits. I thought they were crazy to think that a paycheck and benefits would stop me from living my purpose. I wanted passion and meaning. Did they not understand who I was? The fact is that their opinion of me had nothing to do with me. It was only a reflection of their own beliefs about what is possible. They were thinking small and dreaming small. They were driven by fear and limitations and I wasn't. Why? What was the difference? I believe the difference was that I had been inspired by authors, speakers, coaches, and spiritual leaders for twenty years, and that taught me to think in bigger ways. I do realize that book-addictions are rare, and normal people don't spend all their vacation time going to seminars and conferences like I did. And that's what led me to write this book! I want to ignite in you a strong desire for transformation, just like other coaches and authors did for me when I was much younger.

In this preface, I chose to put aside my pride and share with you the pain and limitations I experienced in my childhood because they were my greatest teachers. We all go through challenges but it is within our own power to decide how to respond and to choose our destiny. As you continue reading, you will discover more about my journey and read personal examples that illustrate the strategies and tools presented in this book. You can also visit my website (www.AudreyReille.com) and connect with me on social media if you want to know more the work I do today.

Size Matters is an information-packed book that will empower you to dream bigger, step into your personal power and start creating your dream life today. I understand that most people may not have the time, or desire, to read one book on goal setting, one

on strategy, one on time management, one on universal laws, one on loving the self, one on persistence and resourcefulness, one on emotional fitness, one on spirituality, and so on to get all the tools needed for success. I wrote this book for individuals who want to get their hands on one resource that includes every element required to dream bigger and create an extraordinary life.

I suggest you start by reading the entire book a first time, then read it a second time, only covering one chapter per week and doing the exercises described in each chapter. If you take time to reflect on what you are learning and create your own big dream and action plan, you will have everything you need to succeed. I am very excited at the thought of what is possible for you and how you are about to transform your life! Congratulations!!!

I want to do everything in my power to inspire you and empower you to dream bigger and create your dream life because I know you can do it! It is sad to see so many people asleep, going through the motions, and stuck in a rut without even realizing they have the power to transform their lives. Our souls send us gentle nudges when we are lost, but for some, listening is too scary or painful, so they go deeper into avoidance and denial. They give up on their big dream, rationalize why they can't do it, and think disempowering thoughts that make them feel hopeless. When nothing is done to turn things around, depression can creep in.

It is common for people to let their fears and doubts stop them from creating the lives they really want. Consciously or subconsciously, they choose to keep the status quo. They forget what their dreams used to be and conform to other people's limited perception of what is possible. It is easier to do the same things their peer group does than to stand out and do something extraordinary. But the cost of settling and blending in is enormous! They are losing their individuality, missing out on expressing their unique po-

tential and looking for ways to silence their calling for something more.

I am absolutely committed to sharing with you what I know will work, to empower you to create such a strong mind and a joyful life that you will never feel defeated or hopeless. Being hopeless is an illusion. Being stuck is an illusion too. Life is full of opportunities and delights. All you have to do is engage in introspection to get clarity on what you really want and take full responsibility for making it happen.

In this book, I emphasize taking full responsibility because that is where your personal power resides. You can't hide behind excuses or blame people and circumstances. You need to get in the driver's seat, set the destination, choose the route, and start driving. Once you stop focusing on difficulties and start putting your attention on what you can do to create what you want, life becomes amazing!

I am writing these words from my home in southern California. I still find it amusing that people often tell me how brave I was for moving to a new country, by myself, when I was only twenty-three years old. That's funny to me because I had chosen California, not a war zone! It wasn't that big of a deal to me. Challenges are only a matter of perspective. If you make something really big and scary in your head, you'll freeze, but if you keep things in perspective and see them for what they really are, you will understand that there is nothing to fear.

"Don't die with your music still in you." - Wayne Dyer

Are you ready to awaken, perhaps get out of the rat race, or stop settling for less than what you want? Once you acknowledge your desires and commit to stepping into your personal power, you can create a life you will love! It may not be easy every day, but it will

be worth it! Your future self will thank you for reading this book and taking action!

Introduction

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So throw off the bow-lines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” – Mark Twain

I love this quote, and I love that it has become so popular! It’s easy to connect with the “no regret” concept because it rings so true. It is liberating and empowering, isn’t it? However, it seems most people use it to justify making bad decisions instead of finding the courage to go after what they really want. But that’s not you. You’re not “most people.” You picked up this book because the idea of being average and following the crowd makes you want to throw up, or scream, or at least make a funny face of disgust. You know there is something within you that wants more attention, so it can come to the surface and be expressed. You have a dream to turn into reality, a strong but not yet realized potential, and you must do something about it. You know that if you don’t,

you can't really be fulfilled. It's time to create something extraordinary!

Like so many others do, you could numb the desire for more by bingeing on food, alcohol or television, but you won't. You're better than that. Playing it safe is like dying slowly long before your physical life ends, and you won't let that happen to you. You know that life is about free will, and each person gets to live their life in any way they choose. No path or destination is perfect for everyone. Each person has unique aspirations, desires, and yearnings waiting to be manifested. Only you know if you are settling or if you are living the life you really want. It's easy to get comfortable with current circumstances and forget that life has more to offer, but it is never too late to step up. Your age doesn't matter; you can choose to take back control of your life and start something new at any moment.

In fact, once you are truly awake and acknowledge what you want, you will experience different phases during your lifetime. After you reach one goal, you will create a desire for something new. You will keep learning, growing, and finding new joys in new adventures. Life will never be boring!

When I was in high school, my main goal was to position myself to have a successful career and comfortable financial future, so my focus was on being the best student I could be. In my twenties, I was putting most of my attention on college, graduate school and of course, moving up in my career. I completed a Bachelor's Degree and a Master's Degree in Business Administration as well as a Master's Degree in International Business and a Doctorate in Educational Leadership. I was determined to be the best at everything I did at work and got promoted rapidly, which allowed me to reach my income goals ahead of schedule.

My excessive focus on work allowed me to accomplish every-

thing I wanted at the time and most importantly, made me realize I was ready for something different and more meaningful. I was no longer proud to be a perfectionist and a workaholic. That seemed to be misguided rather than something to thrive for. My thirties were all about being of service to others, by coaching clients to reveal their true potential and create their dream life. I enjoyed random acts of kindness. I found pleasure in making people laugh. I became more present and more mindful. Spirituality became increasingly important in my life. Personally, I just wanted to feel free, have a balanced life and be happy. That was quite a shift in priorities and values.

I didn't lower my standards and most definitely didn't stop growing. I completed multiple certifications, as Life Coach, Law of Attraction Coach, Strategic Interventionist, and more. My thirst for personal growth is part of who I am and that will never stop. But I became much more concerned with how my actions and words affected others than with my personal status. I didn't feel like I had anything to prove to myself or to others any longer. I could just be myself and that was more than enough.

When we listen to our souls' whispers, and act accordingly, being alive is a completely different experience! Working with my clients to let go of doubts, fears, and resistance, and implementing a strategic plan for success is the most rewarding work I could ever imagine. I giggled when I typed the word "work" because it doesn't feel like work at all. I feel like "work," in the traditional sense of the word, ended the day I resigned from my old job. Since then, I have been living my life on my own terms, enjoying being completely dedicated to my purpose. It's actually not hard to do, and you can do it too.

No matter your age, there is something you can be passionate about and bring into your existence. I work with clients of all ages and can promise you that you are never too old to add meaning to

your life. As long as you are still breathing, you're young enough. Age is really just an excuse to doubt and not try when we prefer to stay in our comfort zone. In fact, all excuses are just that, excuses, not reasons. So please let go of all excuses not to create your dream life because there is no reason you can't have it.

I wrote this book to inspire you to reflect on your life and learn how to take it to the next level. It's not about being materialistic or defining your self-worth based on accomplishments. It's about being honest with yourself, knowing what you want, understanding that you are capable of making it happen, and that the universe is conspiring to help you succeed. We have all been taught to believe that the world is full of limitations, but that isn't true. The only real limitations are those we place on ourselves, and we have the power to make them disappear. It all comes down to personal choice and commitment to implement the strategies I am presenting in this book.

"The mind is at the service of the soul." – Michael Landis

Listen to your soul and use your mind to create what your soul is guiding you to do. That is the first step to creating your dream life. This book will show you how to expand your perspective on what you think is possible, create a new vision for your big dream, and make it a reality. You will learn how to manifest with intention and use universal laws to create what you want without having to struggle or even work hard.

By using your mind, instead of letting your mind use you, you will let go of old limiting beliefs, regain full access to your strengths and talents, and come to realize that you already have within you everything you need to succeed. How would you like to free yourself from stress, judgment, obligations, and unnecessary suffering? This book will show you how to do it. You will find the courage and confidence to say yes to your unique purpose and

become the self-empowered person you were always meant to be. Understanding what character traits, behaviors, and habits create success, you will know what to focus on to create amazing results. Make sure to answer the questions in each chapter to learn more about yourself and develop an action plan to create a life you absolutely love! Ready? Let's get started!

Chapter 1

Why Size Matters



“The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark.” – Michelangelo

What Dreaming Small Will Do to You

Dreaming small will rob you of the joy and exhilaration of realizing your full potential. If you set the bar too low, it will be impossible for you to become who you were always meant to be. You can't be authentic and self-empowered while limiting yourself because you are afraid to stand out or take risks.

While small dreams may feel comfortable at first because they are easier to achieve and don't involve much risk, sooner or later, they inevitably create deep pain. When someone settles and abandons a big dream, they repress a part of them that is hungry for

more. That hunger isn't acknowledged anymore and won't be satisfied. Figuratively, the person builds a cage and chooses to live in it. The cage is a way of protecting the self from outside dangers but quickly becomes a prison. Nothing can get in and hurt the person, but their freedom is limited, and their world is reduced to a very small, predictable space.

That is no way to live. It is merely surviving. The person, now prisoner of their own choices, will have a tendency to rationalize the situation and create all sorts of beliefs about why living in a cage is a good thing. But no matter how deep in denial they choose to go, they will have to deal with the consequences of such a self-destructive behavior. The longing for freedom, self-expression, and joy will create regret, resentment, and lack of appreciation for life.

Being Your Authentic Self

Dreaming big starts with taking an honest look at what you really want. Fearlessly listen to what your heart and soul are saying without censoring them. Don't ask yourself what's realistic or how difficult it will be. Just listen with an open mind. Nobody can tell you what your big dream should be. You and you alone know what brings you excitement, enthusiasm, and adds meaning to your life. And if you have forgotten, now is the time to remember. In chapter 3, you will define and clarify a dream that is uniquely yours and create a vision of what you want to manifest. Before we get to that, I want to insist on the importance of allowing yourself to construct your own dream. What you think society wants you to become has nothing to do with your real purpose. What your parents told you to do may be completely invalid. You don't need to fit a mold or try to be like someone else. The world doesn't need more copycats. And you most definitely don't need anyone's approval!

“Be yourself; everyone else is already taken.” – Oscar Wilde

There is no point whatsoever in trying to copy someone else. That would be terribly misguided. I strongly believe that every human being is unique by design with a distinct set of qualities, strengths, ideas, aspirations and visions. It is pointless to compare anyone to someone else because they are not meant to have the same path, experiences or accomplishments. Our ability to live a fulfilling life is directly related to our willingness to be authentic. So please don't try to be like someone else; be yourself, always and unapologetically! Understand that nothing about you is a mistake. Your past made you who you are today—a unique being with a unique story and a unique path!

Loving and accepting yourself as you are today is a critical factor for success. Not liking who you are now may look like a way to motivate yourself to change, but it doesn't work. The fact is that being self-critical leads to low self-esteem, self-sabotage and disempowerment. Don't be mean to yourself! Pay attention to the way you talk to yourself and don't say anything that you wouldn't say to a friend. If you beat yourself up, all you will accomplish is destroying your sense of self-worth and feeling undeserving, which will stop you from creating the life you really want. Don't confuse loving yourself with being complacent. Being complacent creates procrastination, but loving yourself will give you energy and drive to work toward making your big dream reality. You will feel worthy and no longer engage in self-sabotage.

Research in positive psychology demonstrated that people who are happy perform better and are more successful than people who are unhappy. Science proved that by being happy and positive, people produce more dopamine, which turns on the learning center of the brain. That makes them better at problem solving, being creative, and getting better results. Being happy, non-crit-

ical, and grateful will bring you more success than any amount of effort to reduce what you perceive as flaws or weaknesses. The secret to transformation is to be at peace with who you are today while still wanting more for the future. Finding the right balance between self-acceptance and self-improvement makes your journey more enjoyable and extremely powerful.

By being happy and positive, people produce more dopamine, which turns on the learning center of the brain. That makes them better at problem solving, being creative, and getting better results.

You may struggle with the idea of self-acceptance and self-love because you have been raised to value humility and don't want to be arrogant. Understand that loving yourself doesn't mean becoming obnoxious and telling the whole world how awesome you are! What it means is to stop talking to yourself in an abusive way. Be kind to yourself as you would be with another person, and show yourself some compassion when you mess up.

Focus on what you did well rather than what didn't work out. Pay attention to the goodness of your heart. Give yourself credit for your work. Celebrate your accomplishments like you would celebrate someone else's. Acknowledging your humanity is not the same thing as lowering the bar. It is about accepting things as they are and appreciating the perfection in their imperfections. You are alive now in this world, so live in this world. You can't keep wishing things were different and living in a constant state of resistance. Fighting what we cannot change is the primary cause of suffering, and we can end this suffering by letting go of our attachment to how we think things should be.

If you find it difficult to accept some parts of yourself, it may be

because you have been programmed to believe something that you heard repeatedly when you were growing up. Adults judged you in some way, and their perceptions and beliefs became yours. Here is some good news—no matter how well intentioned they were, they were most likely wrong!

You see, people only perceive a small fraction of what they are exposed to. They notice what they pay attention to and don't notice the things they are not ready to see. Their judgement of you says more about them than about you! Their opinion of you shouldn't concern you because it is shaped by their own values and insecurities. No matter what you do, you can't please everybody, so don't waste any energy trying. The only opinion of you that matters is yours.

One of my favorite things to do is speaking engagements. At the end, I love hearing from people in the audience about what moved them, what they learned, what they are going to implement, or how they want to improve their lives. I am also happy to answer any questions about the topics I presented, so I invite people to speak to me after the presentation. Some people feel compelled to say the most unexpected things that have nothing to do with the content of my presentation. Here are some examples of remarks I have heard over the years. They will show you how people's comments reflect what is on their mind, rather than what is valuable to the person they are addressing.

People notice what they pay attention to and don't notice the things they are not ready to see. Their judgement of you says more about them than about you!

“How can someone so young be so wise?” That is funny to

me because I know that some people become more set in their ways and closed-minded as they age instead of wiser, so age really doesn't mean anything. Should I start feeling insecure because I am thirty-eight years old and don't have as much life experience as an eighty-year-old woman? Absolutely not! I have work to do and messages to share with the world now, and my age doesn't matter. The fact that this person focused on my age shows you that age is an important subject for her, but not that it should be for me.

"I love your French accent! It is just darling! But let me ask you, do you feel discriminated against sometimes for being a foreigner?" This one is funny too because it can be interpreted both as a compliment and an insult. Lucky for me, I saw it for what it was, just a reflection of that person's beliefs. Honestly, I have no idea if or when I have been discriminated for being French or for being an immigrant. I don't spend my days looking for ways to feel mistreated or victimized. When something doesn't work out as I wanted, I learn from the experience so I can get better results next time. I don't create a belief that someone did something wrong to me, with no fault of my own, and that they are to blame. I choose self-empowerment and my mind doesn't look for excuses to blame people or things outside my control.

"You have the most beautiful green eyes! You should die your hair blonde, it would be so much prettier than the color you have now." I am sure that person meant well but the truth is I don't care what hair color people think I should have. Some people prefer blonde hair and think it's sexier, others think that blondes aren't as smart as brunettes, and I should remain a brunette. They are entitled to their preferences but that is not the kind of feedback that can make me a better coach, speaker, or author, so it won't be of value to me.

I chose some ridiculous examples on purpose because I wanted to make a point. People's opinions aren't always helpful to you,

and you can't please everyone. So just be yourself and choose what feels right to you! As you read my examples, I imagine it was easy for you to understand why I wouldn't let strangers make me feel insecure about such trivial things. But what about comments that come from your family and friends? You may be more inclined to listen because you have a relationship with them and care about their opinions. But keep in mind that it doesn't change the fact that what they say is a reflection of their own beliefs and may not be of value to you. So before you listen to someone's opinion only because you love that person, take a second to step back and really hear what they are saying. Is it about you, or is it about them? The loving thing to do is to give them your attention for a moment and make them feel heard and appreciated, but you don't have any obligation to comply with their vision. Your life is yours.

Another life-changing realization is that nothing has meaning in itself. People attach meaning to things. The meaning you associate to a word or idea will determine how you feel when you hear it or think it. For example, if I tell a group of people to think of a puppy, some will immediately feel good because they associate "puppy" with unconditional love, cute ball of fur, and adorable clumsiness. Others might immediately think of a puppy chewing on their shoes, destroying the furniture, peeing on the floor, barking and creating drama with the neighbors. The feelings experienced by the people in the audience are determined by their beliefs, thoughts, and perspective, but not by the word "puppy." Is the idea of a puppy good or bad? Intrinsically, it is neither. You get to determine how you feel about the word by attaching meaning to it. If you focus on the good, you'll feel good but if you focus on the bad, you'll feel bad.

So why would you care about what someone else thinks you should be or should do? Their perception is completely biased! They project their own fears, limitations and beliefs onto you. They only see what they can perceive through their own filters,

and that is a terribly limited view of your reality. To make matters worse, people in your life are directly affected by your choices and behavior so they can't be neutral. Consciously or not, they have an agenda. Perhaps consciously they want what is best for you (as if they could possibly know what that is...) but subconsciously, they want to feel safe and unchallenged.

Let's imagine for example that you talk about starting your own business. If you speak with someone who tried and failed, they will most likely attempt to kill your dream because they don't want you to go through the same pain and disappointment they did. If you talk with a government employee who values the safety of a paycheck, they will voice all of their fears and could hurt your confidence. But if you talk with an entrepreneur who took risks and became successful, that person will encourage you and may even want to mentor you. See, here again, the other person's opinion is only a reflection of their beliefs and is not based on your own ability to succeed.

Be aware that even if you try to protect yourself from other people's opinions, what you will hear, or not hear, will have consequences on your mindset. The people you choose to have in your life will influence your psychology, your decisions, your actions, and your outcomes, so choose carefully! Make sure to spend time with like-minded people who can help you stay true to yourself.

Trying to change yourself to be appropriate is the most inappropriate thing to do.

Don't try to change yourself to please others. Remember that who you are is who you are meant to be. Trying to change yourself to be appropriate is the most inappropriate thing to do. Trying to be

who others think you should be is the surest way to lose yourself and repress your unique value and purpose.

I often work with clients who tell me that some of their family members are very negative, and they don't know how to deal with this challenge. They understand that they can stop socializing with acquaintances who bring them down and get some people out of their daily lives, but they need a different approach with their family. I am in no way suggesting that you end relationships with people you love. That is not necessary at all. You have the power to keep and even strengthen relationships simply by being more intentional in the way you communicate.

For example, if you want to start a business but your parents don't support your idea, the first thing to do is to stop arguing with them about it. Don't volunteer to make yourself vulnerable and under attack. When you spend time together, choose to direct the conversation to safe topics. Think about what they like to discuss. What is important to them? Take interest in their lives and ask them questions on the subjects that matter to them. That way, you will be able to have a genuine connection and a pleasant visit with them. Focus on what makes you love them. Pay attention to their qualities rather than their narrow-mindedness when it comes to your business idea. Have some compassion for them and understand that they are doing the best they can with what they know at that point in time. Keep in mind that you don't have to disclose everything that is on your mind. You can do some research, start a business plan, approach banks for a loan if you need one, or do whatever else you need to do without engaging your family in the process. Once you have more figured out, and you are more confident, you can start sharing some of your milestones and victories with them, but don't do it when you are not ready.

If you do feel the need to reduce the time you spend with family because it is affecting your energy and confidence, that's ok too.

You can find a middle ground that works for you and for them. In most cases, parents prefer quality of conversations over quantity. If you call less often but you have a stronger connection and enjoy talking with them, they will likely be happy about the change. Do what feels right to you and have consideration for their feelings without making yourself a martyr. You are allowed to have boundaries. Take care of your needs, and also think of ways to express your love and show them that your relationship is important to you. Take interest in their lives and there will be less time for them to be critical of yours.

Give Yourself Permission to Dream Big

You must give yourself permission to embrace all of you—your strengths, weaknesses, qualities, flaws, quirks, everything! When you stop being hard on yourself and accept the perfection of who you are, you can finally dream big and listen to your soul's whispers. Dreaming big and finding the courage to fully express yourself will bring you more joy than you can imagine and will benefit the world. Marianne Williamson said it so beautifully and eloquently in this quote.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.” – Marianne Williamson

When I work with clients on identifying and getting rid of fears, most are aware of their fear of failure but don't recognize their fear of success. Many are afraid of damaging relationships if they change too much or creating envy in others if they are too successful. Others worry about how they would change if they became wealthy or worry about the new problems and challenges that would come with success. The fear of the unknown and the reluctance to get out of their comfort zone lead people to dream small. But playing it safe isn't really living, only going through the motions and silencing their calling.

On the other hand, dreaming big in alignment with your true nature and unique potential is the only way to fulfill your purpose. As you keep advancing toward your dream, you will have countless opportunities to stretch yourself and grow. You will feel exhilarated and more alive than ever before. You will see what you are capable of, how much you can accomplish, and how much you can contribute to others. I won't lie to you; it won't be easy every day, but who said "easy" was something to wish for? An easy and unchallenged life would be restricted and boring.

Character is defined when things are not easy. What stretches you makes you more powerful. So welcome calculated risks and opportunities! Doing something new and intimidating doesn't mean that you will have to struggle. With inspiration and commitment to fulfilling your true purpose, you will have more resources and energy than ever before. You will learn to listen to your inner guidance and receive divine assistance. Everything you need is already within you. All you have to do is let go of old beliefs and give yourself permission to shine your unique light.

Playing small doesn't serve you or anyone else. But realizing your full potential does, by adding more meaning to your life and inviting others to pursue their dreams too. Remember that when

you give up or lower the bar, you give a reason to others to do the same. But when you demonstrate courage and persistence, you also invite others to do the same. What kind of role model do you want to be? What do you want to think of yourself? Your destiny is shaped by the choices you make, and at any moment, you can change direction. All of your personal power is in the present moment, and now is the time to act. Always remember that no other human being can do what you are meant to do. It doesn't matter if there are other people currently doing what you dream of doing. There is a special place for you. There is a need that only you can fulfill, and it will be exhilarating!

If your dream doesn't scare you, it is too small. If you already know what to do and how to do it, you are setting the bar too low. Do you want to feel more alive? Then dream bigger! It is not about accumulating money, raising your status, or doing anything that will inflate your ego. It's actually the exact opposite. It is about honoring who you are, finding out what your unique dream is, and choosing self-empowerment over fear. Think about times in your life when you did something scary for the first time and succeeded. How did that feel? Imagine having this feeling only ten times stronger!

Before we move to chapter 2, take a moment to complete the following sentences.

- *By dreaming small, I will miss out on life because...*
- *By dreaming big, I will create a more meaningful and fulfilling life because...*
- *I accept myself completely and love that I am...*
- *I forgive people who tried to limit me and now choose to stay true to myself by...*
- *I feel enthusiastic about...*
- *I let go of fear and I declare that I...*

Chapter 2

Look beyond What You Know



Get Familiar with the Unfamiliar

Do you know what your big dream is? Even if you think you do, your vision may still include some limitations that can be challenged and dropped. I want you to look beyond what you know, and for a moment, ignore limitations that you perceive in your present situation. Later, you will evaluate whether these limitations are true (e.g., you can't put on a cape and fly like superman because you are human and not a fictional character in a comic book) or whether they can be dropped by changing perspective (e.g., you originally thought you couldn't do something because you didn't have the skills, but you realize that you can learn and become competent if you are willing to put in a little effort). There are choices available to you that you may forget to make simply because you don't realize that you have more than one option. This

chapter isn't about making decisions, so you can relax since you won't have to commit to anything. This part is about dreaming without any limitations.

Start by examining the circumstances in your life that you consider to be a given. Look at the place you live, the work you do, the people around you, as well as your community's habits, shared beliefs and traditional accomplishments. Understand that you are not limited by any of it. Any component or even all of them can be changed if that's what you desire or what is necessary for you to realize your full potential.

Any component or even all of them can be changed if that's what you desire.

Let me tell you my story and what I did before I started my first career. I was born and raised in a small town in the South of France. The logical next steps would have been to graduate from high school, find a job at a local business, get married to someone local and never leave. Why leave? Provence is beautiful; tourists travel from all around the world to enjoy it. It is not the kind of place anyone would want to escape. Nature, clean air, lavender fields, healthy and delicious food, and architecture filled with history and character. What's not to love? For most people who grow up there, it is comfortable to stay. In fact, the thought of leaving doesn't even cross their minds. But for me, staying seemed more limiting than comfortable. I never had the feeling of fitting in and wanted something different. I am not saying something better, and not making any judgments, only saying that what was within reach was not what my heart and mind wanted.

School was very important to me. I loved learning, and getting

good grades brought me much satisfaction. So of course I wanted to go to college. There was no university in the small town where we lived, so I moved to Aix-en-Provence. After a couple of years there, I decided to transfer to another university in the United Kingdom to be immersed in the English culture and language. Becoming bilingual seemed like a necessity to strengthen my résumé and have better career opportunities. Studying abroad was such a powerful experience that after getting my Bachelor's Degree I enrolled in a graduate school near Paris to study international business. I knew that it would give me the opportunity to be an exchange student again. I studied economics in Spain for six months and then went to Italy for a three-month summer internship. I kept signing up for adventures that pulled me out of my comfort zone because I knew that in a sink or swim situation, I would become a very good swimmer! As I was finishing my Masters' Degree in Europe, I thought it would look good on my résumé to have an MBA from a university in the US, so off I went. Why not?

My parents weren't wealthy and nothing was handed to me, and that was perfect. I had to work to put myself through college, and that was perfect. I worked in sales, forcing me to develop self-confidence and learn how people think and make decisions. That was perfect too. Moving to new countries without proficiency in the local languages was a very powerful learning experience. Imagine, each time, having to find a place to live, use a different currency (that was in the late nineties just before the Euro was introduced), learn the language, learn the culture and customs, and of course, be a university student!

In 2001, I was twenty-four years old with an MBA in my pocket, but in all honestly, it wasn't academics but the experience of living abroad that had turned me into a resourceful, hard-working, resilient young woman. Figuring out how to survive and thrive in a new environment without family or friends for support was a life-changing adventure. It wasn't easy, it was scary, sometimes

lonely, and required a lot of work, but it was perfect for me. Imagine what I was exposed to by choosing an international path instead of staying in the small town I knew. I saw the planet as a giant buffet of cultures and experiences and wanted to taste many varieties before I could choose what was best for me. I wanted to create my life by design, not by default.

To begin to dream big, I had to seize every opportunity and discover the world beyond what I knew in my small town. Every decision I made led me on a new path with new open doors. Shortly after finishing my MBA, I found a great job in California, got promoted several times, and quickly exceeded my income goals. Statistically speaking, how high was the probability of a French young woman completing her education internationally and starting a rewarding career in California? The odds were against me but that was completely irrelevant to what I could create in my own life. I am not a statistic. Probabilities and odds are irrelevant when you decide to be the architect of your life.

Probabilities and odds are irrelevant when you decide to be the architect of your life.

I am here to encourage you to do the same thing. Explore and discover new possibilities until you find what is right for you. And the great news is that you don't have to travel or even leave your house to do it! You can explore in your own mind, and if you need some inspiration, you have the internet and millions of books to give you new ideas. You can consider anything from your profession to your relationships or even anything on your bucket list. Most of the clients who ask for my coaching have a big dream related to their work. It makes sense because most people spend around forty hours a week on their work, so it is a significant part

of their lives. They often create an identity and sense of self-worth from it, therefore, what they do and accomplish professionally matters to them. It is probably true for you too, at least to some extent. Think about your current line of work and how much passion you have for it. Can you think of a way to get more excited about it? Is there a goal or milestone that would ignite a new passion for you? Or do you dream of doing something completely different?

The traditional path of going to college, getting a job, moving up the ladder and staying with the same company for thirty years, then retiring with a pension doesn't exist anymore. Changes in technology, human resource management, and in the economy created instability but most importantly new opportunities! There isn't an obligation to commute to an office and be there eight to ten hours per day. People can choose to do freelance work from anywhere in the world or even start a business without needing a building to bring employees together.

When I had regular jobs, I really didn't like the obligation of being at my desk following a rigid schedule. I couldn't see how that could possibly be related to performance—accountability maybe, but not performance. I would over-perform no matter the schedule or the location. The determining factors were my commitment and work ethics. Coaches get to have an incredible lifestyle because we coach clients by phone or videoconference and can choose to be anywhere, anytime. All we need is Internet access. We make our own schedules and choose what to do, what not to do, and outsource the parts of the business we don't enjoy (e.g., website development, graphic design, etc.). Being free to make my own choices is critically important to me.

Think of what is critically important to you. If it is creativity, autonomy, or freedom, you may want to have your own business too. On the other hand, if you love being part of a large organization with values that you embrace, inspiration, leadership and

mentoring that can help you grow, then go for that. As long as you work toward what you want, instead of settling for what's easily available, you're going in the right direction.

Nobody can tell you what your path is. The wisdom you need is within you, not outside of you. All you have to do is listen and pay attention. Take a moment right now to list what you think is logical for you and explore how you can dream bigger. At a minimum, make sure to write about the following.

- The type of work you want to do.

- Where you want to work.

- How much you want to earn.

- What kind of lifestyle you want.

- Where you want to live.

- What you want to learn or discover.

- What you want to experience.

- Which relationships you want to create or strengthen.

-
-
- How you want to contribute to others.
-
-
-
-

When your list is complete, question each item again. Is it what you really want or are you setting the bar too low? Forget what is realistic or within reach. Don't limit yourself to what people in your family or peer group have chosen or accomplished because it's irrelevant to you. The purpose of this exercise is for you to expand your perspective and uncover opportunities you never considered before.

You must be willing to get out of your comfort zone. Don't be scared; you are only thinking in new ways and expanding your vision, not making any decisions right now. When your mind says, "I am stuck with..." or "I can't change..." or "I can't accomplish..." don't believe it. It isn't true. You are only going through a process of inquiry and self-reflection. Everything is possible! Write down the best outcomes your mind can conceive. You can be inspired by celebrities or fictional characters from books or movies. It doesn't matter where the inspiration comes from, only how much inspiration you draw from it to dream bigger.

What feelings are being brought up by this exercise? If you are enjoying the process and feeling great excitement and enthusiasm, you are expanding your vision, congratulations! If on the other hand you are having difficulty because your mind keeps bring-

ing up reasons why you can't accomplish big things, or if you are resistant to the idea of thinking in unlimited ways, you definitely need to keep reading! Dreaming of something that, at first, seems out of reach is the first step to bringing it closer. Everything starts with a thought and an emotion.

The Power of your Beliefs and Emotions

“Whether you think you can, or you think you can't, you're right.”
– Henry Ford

What you believe is possible determines what becomes possible for you. Anytime you try something and expect to fail, your attitude creates a self-fulfilling prophecy. This can be explained by psychology, neuro-linguistic programming, and now even quantum physics!

Think of a time you didn't believe you could succeed and, indeed, you didn't. Were you focused on your strengths or your weaknesses? Did you perform to the best of your abilities, or did you let yourself down? Did you feel excitement and enthusiasm or defeat? Were you focused and persistent or engaged in procrastination and avoidance? Did you notice that help and support showed up in the most unexpected places? Of course not! When you expect a bad outcome, you are no longer able to do your best thinking, planning, and execution. You prepare your brain to notice all of the negative things that will validate your defeated attitude, and you won't be able to see other possibilities or resourc-

Your thoughts, beliefs, and emotions create your reality by attracting things and events of a similar vibration.

es. This makes sense intuitively and logically. Your own thoughts and beliefs determine your level of self-confidence and as a result, your effectiveness. They influence how others perceive you and, in turn, how willing they are to be associated with you and help you.

Have you noticed how some people consistently have the best luck and success, while others seem to be going through life with a dark cloud over their heads? In addition to the logical and intuitive explanations for this phenomenon, scientists have discovered physical laws that explain how energy creates reality. Those principles have been known and taught for thousands of years, but most people didn't get the memo, and many others chose not to believe them. Now science provides sound explanations, so it is no longer a matter of believing in something intangible.

It has been established that everything in our universe is made of energy, and all of the energy is connected. Distance between things, or between people, is irrelevant because all components of the universe are part of the same energy field. Have you experienced synchronicity such as thinking of someone and suddenly you receive a call from them? They tell you they were thinking of you and felt compelled to give you a call. That is because you were connected through the energy field that we are all part of.

Scientists have discovered physical laws that explain how energy creates reality.

You were able to draw them in because of your own energy and vibration. If you really take time to reflect, you may recall unlikely events such as sitting on a plane next to a stranger who later became your spouse, as if the universe had arranged your meeting that day. Or a day you needed to learn new skills and out of the

blue, you received an email announcing the training you needed, starting soon, held in your hometown, scheduled on days that you are available, and offered at an enticing price! When things seem to magically work out, it is because your energy is in alignment with receiving what you are asking the universe to provide.

Quantum physicists have discovered a scientific and rational explanation for what is known as the Law of Attraction (LOA). According to the LOA, your thoughts, beliefs, and emotions create your reality by attracting things and events of a similar vibration. In simple terms, like attracts like. For some people, that sounds like metaphysical teachings that they can choose to learn or ignore if they are not convinced they work. But like any law of nature, the LOA applies to everybody, conscious of it or not, willing or not, it makes no difference. You can't opt out!

So how does it work? To put it in the simplest way I can, the universe is made of energy. The waves of energy are called quantum wave functions. They interact with each other, and those that are alike cohere, which means group together, and form reality. On the other hand, unlike quantum wave functions repel each other and vanish. It is known as the process of reduction. At any moment, there are an infinite number of possibilities of what can happen. Some possibilities have a higher probability to happen than others. The level of probability is based on what is most coherent with the energy that is present.

Everything already exists at the quantum level, as energy, in a "not-yet manifested" form. What is going to manifest, or appear in physical form, is what is coherent with the waves of energy that are present. If this is new information to you, you may want to read it twice. It appears complicated at first, but it is actually quite simple. Think of water and oil poured into one glass. You can see that they don't mix to create a half-water half-oil liquid. They repel each other, so the water and the oil remain intact. If you add water,

it will naturally “attach” to the water already present in the glass. And if you add oil, it will go toward the oil. Energy does the same thing.

That is why the energy of your thoughts, emotions and beliefs determine which possibilities will be pushed away by the process of reduction and which will cohere and create your reality in physical form. What resonates determines what will be manifested. Waves that are incoherent with each other don’t interact and can’t create your reality. It is a simple phenomenon but it has mind-blowing implications on how we co-create everything we experience in our lives.

Your beliefs are very powerful because they determine your thoughts, then in turn, your thoughts create your emotions. Your emotions have a certain energy (vibration, resonance, or frequency—the terminology doesn’t matter) that could be measured on a scale. The higher your vibration is, the better you will be able to manifest what you want. The lower it is, the more you will block what you want and attract the opposite.

If you want to learn more about this, I highly recommend the book *Ask and It Is Given: Learning to Manifest Your Desires* by Esther and Jerry Hicks. They presented very clearly the teachings of Abraham, including an Emotional Guidance Scale and LOA processes you can do to raise your vibration to a higher level.

Beliefs -> Thoughts -> Emotions -> Reality

Abraham’s Emotional Guidance Scale, presented by Esther and Jerry Hicks

1. Joy/Knowledge/Empowerment/Freedom/Love/Appreciation
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. "Overwhelm"
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness

Pay attention to your emotions, and you will know whether you are in the process of manifesting what you want or blocking it from coming to you. Throughout this book, I offer many techniques to raise your vibration by learning to choose your mental focus and guide your thoughts. Chapters 6 and 7 will show you how to make changes within and create new habits to keep a higher vibration and create more success in your life.

This principle is why feeling joy should be a priority and choosing love over fear is the most powerful decision you can make. The happier you are, the more effective you will be in creating your life by design.

Keep in mind that your past, your current circumstances, your family, or anything else in your life that you consider “negative” only influence what you can create to the degree to which you give it thought and emotion. What matters isn’t what happened but how you look at it now, and how you feel about it. You can choose an empowering perspective and focus on compassion, acceptance, forgiveness or even gratitude. You always have a choice as to where to put your focus, so if something makes you feel bad, you can decide to put your attention elsewhere and reach for a better feeling thought. You are the master of your mind, not a passive observer to what goes on in your head. Your thoughts come from you, so you have the power to direct them.

Your past and your current circumstances only influence what you can create to the degree to which you give it thought and emotion.

In summary, what you believe to be true becomes true for you. You create what unfolds in your life with your thoughts and emotions, creating a vibration that will attract things and events of a similar vibration. The more joyful you are, the more personal power you have over your own destiny. Now you understand why I insisted so much on expanding your perspective and looking beyond what you know! Why limit yourself? Anything is possible. So choose with purpose, have a clear intention, and be mindful of your own vibration because it is more powerful than any amount of effort you can make to create the outcomes you want. In fact, when your vibration is not congruent with what you want to manifest, you can’t create it.

Abundance Consciousness

As you look beyond what you know and expand your perspective, you need to have or develop an abundance consciousness. It means to become conscious that abundance is a natural condition in our universe. God, Source, or any other word that best describes your perception of the Creative Force in our universe is unlimited. You cannot measure infinity, add to it, divide it up, or fear a lack of it. Our world is abundant, and seeing it in any other way is a choice to limit our perception of what is possible and what is available. Once you change your perception and choose to tap into abundance consciousness, the struggle can finally end. Since our consciousness affects the reality we create, we cannot experience abundance if we don't tune into it first. What we focus on expands; therefore, when we focus on struggle and scarcity, we create more of it. On the contrary, when we focus on abundance, we open up to infinite resources that were here all along, but we weren't ready to receive them until that moment.

Abundance is a natural condition in our universe.

“The goal should not be to make money or acquire things, but to achieve the consciousness through which the substance will flow forth when and as you need it.” – Eric Butterworth

Sadly, the majority of us were raised to believe that there isn't enough of what we want for everyone. The concepts of competition, winners and losers, or getting our fair share of something, are man-created concepts that are misleading and disempowering. Think of your health for a second. You do understand that if you are healthy, you are not taking health away from someone else. If

you get sick, it doesn't mean that someone else will get healthier. The level of health you experience is completely independent from other people's health. You can take this understanding and apply it to everything else. There is no shortage of love, joy, fun, friendships, opportunities, success or even money. Putting a limit on what you think you can create is what stops you from manifesting more.

Young children think that anything is possible. They can dream of becoming an astronaut without worrying about the amount of education required or how small the number of jobs available would be! They can decide they will be president of the United States, and why not? What they get exposed to creates interest and desire without being immediately silenced by an avalanche of limiting beliefs. You need to reawaken the dreamer in you and have the same level of excitement about what to create in your life! You could argue that some limitations are real. For example, at any given time, there can only be one president of the United States. But the point is that a goal can take many forms. In this example, if someone wanted to be president in order to be powerful and influential, they could accomplish their goal of being powerful and influential in countless ways. Perhaps by being the CEO of a company, a lobbyist, the head of a charity, a public person on television or a bestselling author. Whatever the desire is, fulfilling this desire can happen through a multitude of possibilities. There is an abundance of solutions once we are willing to see them, but it takes a strong desire, an intention, and a little work to get rid of the programming we received in the past.

As we grow up, we get brainwashed by parents and other well-intended adults who believe they are preparing us for the real world by keeping us grounded in their perception of reality. We get rewarded for buying into their beliefs without questioning them. We hear limiting beliefs again and again, and the repetition hypnotizes us into creating beliefs that will sabotage our ability

to create our best possible life. Does any of this sound familiar? “Money doesn’t grow on trees.” “You can’t always get what you want.” “We can’t afford this.” “Rich people are bad people.” “More money brings more problems.” What limiting beliefs were you taught? It is very important for you to identify them so you can choose to drop them and adopt new empowering beliefs.

“Money is not the root of all evil...ignorance is the root of all evil. People do cruel and foolish things for money because they feel oppressed by a sense of lack. If people knew their power to generate wealth, they would never fight or hurt each other over money.” – Alan Cohen

Poverty consciousness means holding onto a belief in scarcity and lack. The direct result will be creating more poverty and struggle. Having a scarcity mentality not only blocks abundance from coming our way, but it also leads us to make poor decisions in our lives. For example, you may settle for a job that you don’t like because you are not sure you can get a better one. Or you may work very hard at a job to build somebody else’s dream because you don’t trust that money would come if you put your energy into creating your own dream of being an entrepreneur. If you do have a business, you may leave a lot of money on the table because you think you have to compete on price to get customers, so you undercharge what your products and services are worth. If you expect to lack money, you will create a shortage of it, no matter how hard you work.

“Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend...when we choose not to focus on what is missing from our lives but are grateful for the abundance that’s present—love, health, family, friends, work, the joys of nature and personal pursuits that bring us pleasure—the wasteland of illusion falls away and we experience Heaven on earth.” – Sarah Ban Breathnach

If you are ready, you can make a shift from a scarcity or poverty consciousness to abundance consciousness! First, you will start by questioning your limiting beliefs, finding exceptions, and then be able to drop old beliefs that no longer serve you. Once you look for evidence that your old beliefs are untrue and limiting, you will see countless things that confirm your new perspective.

For example, if your old belief was that it is hard to succeed in business, notice successful businesses all around you. Don't spend any time or energy on failing businesses; put your focus on successful ones that you can use as inspiration. Make time to read about them, talk with the owners, take every opportunity to immerse yourself in their success until you know and feel that you can be successful too. When people say, "I will believe it when I see it," they set themselves up for failure. To see it manifest in your own life, you have to believe it first. If you have difficulty believing it for yourself, start seeing it in others, which will help you create a new belief that you can have it too. You've seen it in others, so you can believe it's possible for you as well, and now you can receive or achieve it too. It's a long detour from simply knowing that you are abundant and can create anything you want, but it can get you there if you need a little more convincing.

The second component is to shift your emotions. To feel more abundant, focus on what you have rather than what you don't have. You may not feel wealthy, but perhaps you are rich from the abundance of love you give and receive. Look for what you have in abundance in your life. Take time each day to express appreciation and gratitude for what you already enjoy in your current circumstances.

Once you feel more grateful, you will attract more things to be grateful for. Don't wait to have accumulated millions to start giving. By being generous, you will feel abundant and encourage the flow of money and blessings to come to you as well. What

you give, you always get back. Simply be open to receive and believe that you can create anything you desire. Pay attention to your thoughts and emotions, and you will know whether your energy is aligned with abundance or scarcity.

Another important aspect is to identify fears (if you have them) that can sabotage your intent to live an abundant life. In chapter 4, I will describe this in detail and explain how to use universal laws to manifest your dream life.

Don't wait to have accumulated millions to start giving. By being generous, you will feel abundant and encourage the flow of money and blessings to come to you.

To conclude this chapter, complete the following sentences.

- *Infinite possibilities are available to me, such as...*
- *I can live an extraordinary life by choosing to...*
- *I am deeply passionate about...*
- *I know I can create much...*
- *I reclaim my personal power and intentionally use my thoughts to...*
- *I choose to focus on...*

Chapter 3

Define Your Big Dream



Your Vision

Now that you have expanded your perspective and thought of possibilities that you hadn't considered before, you are ready to define your own unique vision. Don't try to copy anyone else's; your vision should be custom-made just for you. It should be clear,

- 1. What do you want?*
- 2. Why do you want it?*
- 3. How do you want to feel?*
- 4. How will that change your life?*
- 5. What would it look like if it turned out even better?*

measurable, and emotionally charged. To get started, answer the following five questions in details.

The first question “What do you want?” prompts you to describe your new vision. Don’t be surprised if your mind answers “I want to no longer...” Sometimes it is easier to find the words to describe what we don’t want than what we do want. Past experiences or current circumstances may have shown you what you don’t want, and there is value in gaining this knowledge. That is called clarity through contrast; by knowing what you want to get away from, you will get clarity on what you want to move toward.

When you describe your vision, make sure to use positive terms, such as “I want to be financially free and earn \$xxxx per month” rather than “I don’t want to worry about money anymore.” Include lots of details that are important to you, and make them measurable. If your vision is vague, it will be difficult to reach undefined goals and you won’t know how far or close you are to success. Remember to dream big and don’t let fear shrink your vision. What would you do if you knew that you couldn’t fail? Describe what you really want!

I. What do you want?

The second question “Why do you want it?” will make your vi-

sion much more powerful by making it emotionally charged. Write about all of your compelling reasons. Be creative and thorough. The more you write, the better. Remember to state your reasons in positive terms. For example “I want to run my own business to express my creativity and make my own decisions” instead of “I want to run my own business so I don’t have to follow directions from someone whose vision doesn’t make sense to me.”

2. Why do you want it?

Answering the third question “How do you want to feel?” will cause you to project yourself into the future, and by describing the future emotions, you will start feeling them now. Here again, be thorough and make sure to describe how you do want to feel rather than describing the absence of what you no longer want to feel. For example, if you are thinking, “I want to feel like I am not subjected to someone else’s decisions anymore,” turn it into, “I want to feel free, independent, in charge, and in control of my own destiny.”

3. How do you want to feel?

Next, the fourth question is “How will that change your life?” Be as deep as you can and keep focusing on positive aspects. There are obvious benefits to your vision, but think about the indirect rewards too. What kind of role model will you become? What will your kids learn from seeing you take action and succeed? How confident and fulfilled will you be? How will that benefit your relationships and your ability to contribute to people or things that are important to you? What will become possible?

4. How will that change your life?

And finally, the fifth question “What would it look like if it turned out even better?” will prod you to once again elevate your thoughts and emotions by expanding your vision further. That will help remove limitations that may still be lingering. You will see an even more appealing version in your mind and perceive additional benefits. This new vision will create strong positive emotions and get you really excited!

5. What would it look like if it turned out even better?

How does that feel? If it feels easy, you haven't stretched yourself enough. You may be limiting yourself to your comfort zone. On the other hand, if it seems impossible, you have gone too far from the vibration you hold now and disconnected from the vision you're attempting to create. If you feel excited and a little scared, but the fear is pleasurable because it feels like enthusiasm, you have found the perfect balance! While the universe is abundant and anything is possible, if you create a vision so big that you can't believe it, you won't be able to manifest it. It is important to take steps toward dreaming bigger and to experience a progression that feels right to you rather than trying to jump from one end of the spectrum to the other.

Now that you have created your vision, set up a system to be reminded of it every single day. You can choose to create a vision board with pictures and words that illustrate your dream and goals. Or you can write a short description of your vision on a post-it note and read it daily. Perhaps stick it on your mirror or any other place you see several times a day. If you prefer, you can create a mantra and repeat it throughout the day. Choose any system that you like, but don't skip that step! Being consciously aware of your vision at one point in time isn't enough. You manifest not

only from your conscious thoughts but even more so from your subconscious beliefs. Your subconscious is like an old tape, playing the same recording over and over again. You need to change that old tape by recording a new program of your choice. To avoid creating more of the same by default, it is important to focus on your new vision and use your conscious mind to teach new beliefs to your subconscious. It works best with repetition, so focus on it every single day. That will change your vibration and allow you to create with intention.

Most of my clients really like affirmations because they direct their thoughts and emotions in the direction of manifesting their big dreams. Some people say that affirmations don't work, but it is because they choose words that aren't right for them or say empty words without feeling emotions. When I suggest that you do affirmations, it means that you choose sentences you believe in, that can get you all fired up, and that you enjoy saying out loud with intense emotions. Tony Robbins calls them incantations rather than affirmations because there is tremendous power in the way the words are spoken. I'd like to call mine declarations but I don't want to add confusion by using too many different words, so let's continue with the common term affirmations.

You manifest not only from your conscious thoughts, but even more so from your subconscious beliefs.

The first rule with affirmations is to phrase them in positive terms. Here again, say what you want rather than the absence of what you don't want. For example, you wouldn't say, "I am not struggling to pay my mortgage anymore." But you might say, "I have more than enough money to enjoy a comfortable life." The second rule is that what you are saying must be believable to you.

If you feel broke, and you create an affirmation about being a millionaire, it will be of no value to you because you won't feel like a millionaire. Instead, you might say something like, "I am open to receive and I know that the universe will provide."

Keep refining your affirmations until they feel just right. Then repeat them often, out loud, with intensity, making an important declaration to the world! Pay attention to your posture and body language. I encourage you to recall a moment in your life when you felt powerful and successful. You were on top of the world! Close your eyes and relive this moment in your mind. Once you are feeling fully associated with the vision you see, and feeling all-powerful, open your eyes and look at your body. That will show you what confidence and empowerment look like on you. When you repeat your affirmations, first make sure that you adopt the same posture and physiology to feel your power. Stand up like the powerful being that you are! Speak up with enthusiasm, strength, and determination!

Your affirmations should be written in your own words, but if you are having difficulty getting started, you can draw some inspiration from the following ones.

To increase your confidence.

- I am strong, smart, dedicated, and resourceful.
- I already have all the talents I need to succeed.
- I am on my way to building my dream.
- The universe supports me.
- I always find solutions to challenges.
- Life brings teachers and helpers at the perfect time.
- I am divinely guided.
- I say yes to my destiny.
- I know I can do it, and I am already doing it!
- I am worthy of receiving everything my heart desires.

To feel abundant.

- I have more than enough.
- I am rich with love and joy.
- Thank you, universe, for providing.
- I have already received so much, such as...
- I enjoy giving and being generous with others.
- I am ready to receive even more abundance.
- I am delighted by the abundance of beauty, colors, and scents of nature.
- I am grateful for the wealth I have today and trust that there is more to come.

You don't need to have many affirmations, just create a couple and use them until they become your new normal. Then you'll be ready to create new ones to match your new level of confidence and trust.

Pay attention to the words you think and speak during the day, especially when you say "I am." What follows these two words is extremely powerful, especially when you have emotions attached. If you have an affirmation that you are smart but you hear yourself say that you are stupid ten times a day, you will continue to be influenced by your habitual way of talking and feeling rather than by your new affirmations. Commit to observing what you say and think, and do your best to be increasingly consistent with your vision and your affirmations. It won't take any extra time, so don't pretend that you are too busy to be mindful. Becoming aware of what you are doing will show you how you can become more self-empowered by doing things differently.

Your Current Self and Your Future Self

The way you perceive yourself today is most likely different than the way you perceive yourself in your vision of success. Understanding the differences between your present self and your desired future self will reveal insecurities to eliminate. You will identify actions you can take now to become the woman or man you see in your vision. Take a few minutes to imagine your future self in your vision of success, and write down detailed answers to the following questions.

- In your vision of your future, what do you look like?

- What have you learned?

- What have you accomplished?

- How confident are you?

- How do you spend your time?

- What do you do differently than now?

- What new beliefs do you hold?

- In what ways have you changed from the person you used to be?

Becoming the Person You See in your Vision

Reflect on the insights you got from your answers to the questions above. What did you discover about yourself and about what you need to do to become the person you see in your vision?

If the list is long, don't let it intimidate you! Start by focusing on what is easiest or most urgent, and make a commitment to change some habits and start living today in a way that is more congruent your vision. Don't try to make drastic changes overnight or create a long list of things to do. Keep it simple and manageable. Just pick two or three things for now, and once they become your new normal, you will be ready to add a few more.

Starting now, I will...

1. _____
2. _____
3. _____

As you see yourself becoming the person in your vision of success, celebrate all progress and accomplishments, big and small. Know that you are getting closer and closer to your goal. Congratulate yourself for your dedication and follow-through.

Seeing the contrast between your present self and your future self may have highlighted areas in which you feel you are not good enough. Don't panic! You are only revealing insecurities that were

already there. Becoming consciously aware of them is the first step to making them disappear. There are two categories: (1) insecurities that come from limiting beliefs that can be dropped, and (2) insecurities created by something that is missing and will need to be created. Let's look at a personal example.

If you know me today, you would be very surprised to learn who I was as a teenager. My whole life revolved around being a good student. I spent all my time at home, in my room, reading. Because of surgeries I had in early childhood, I never practiced any sport or had any activities outside of school. I had difficulty making friends; I was shy and had very little self-confidence. My parents owned a restaurant and worked days, nights and weekends, so we didn't have family activities, vacations, or anything that would have forced me out of my room. I was excessively responsible and had no idea how to be a kid or a teenager. Sorry if that sounds sad, but I am just giving you a little context for you to understand that giant leaps are possible.

I was afraid of pretty much anything that would force me out of my comfort zone, and felt inadequate most of the time. I tried to do everything perfectly and was very self-critical. My self-worth completely depended on grades and my entire focus was on my education. That turned out to be a good thing because it made me set academic goals that forced me to develop the parts of myself that were completely inhibited. When I decided to go study in England, it wasn't because I felt confident, ready, or wanted to have a good time. I wanted to be fluent in English and it seemed like the best way to accomplish that goal. I didn't even consider what would be scary, or hard, and just focused on the outcome I was seeking.

When I found myself on the ferry on my way to my new campus, reality hit me. I was sitting next to a British couple and even though I could hear them perfectly, I couldn't understand their

conversation at all. You see, I had been taught English by French professors, and to put it mildly, their accents were very different. I felt a knot forming in my belly, my throat seemed to tighten and close, making it hard to breathe, and I couldn't stop tears from flowing. I had signed up to study in a new country with a different culture and a different language, and I felt like an idiot because I couldn't understand a simple conversation. I was nineteen, starting a new chapter of my life alone, and there wasn't going to be anyone there to help me. If I had made a list of all the skills and knowledge I didn't have before enrolling abroad, I would have never done it!

Sometimes, you just need to set a goal and trust that you will figure things out as you go.

Sometimes, you just need to set a goal and trust that you will figure things out as you go. Seriously, I am a big planner, but in some cases, it is best to make a commitment before you realize how uncomfortable things will be. Focusing on the difficulty and the fears will stop you from moving forward, but focusing on the outcome will give you courage. Once you are on the journey, you deal with challenges as they present themselves, and ultimately get to the finish line with a smile on your face. You take risks, you learn, and you accomplish things that your old self would have never thought possible. That's how you blossom and realize your full potential.

I hope my story will inspire you to jump into something you are passionate about without letting fears and insecurities stop you. But let's go a step further and look into what is causing you fear to spare you from getting the tight throat and teary eye mo-

ment. If you doubt yourself and think you aren't good enough, smart enough, strong enough, or whatever else your illusion may be, it is time to drop it. I have been studying success for over a decade, and I can tell you with absolute certainty that success has very little to do with having exceptional skills.

Success has very little to do with having exceptional skills. Success comes from desire, vision, strategy, resourcefulness, persistence, and willingness to learn.

Success comes from a strong desire, vision, strategy, resourcefulness, persistence, and willingness to learn. That's the recipe that anyone can implement if they are willing to take responsibility for their lives, make no excuses, get out of their comfort zone, and step up to create the life they really want. You can do it! The only person who can stop you is you. Your only limitations are those you place on yourself. What you will create is entirely up to you.

If you think it is easier said than done, you're not wrong. It takes practice and consistency. We all have habits and thought patterns that bring us back to the same old story, and it takes commitment to rewire our brains and create new empowering beliefs. It may seem hard at first, but it gets easier with practice, and most importantly, it is easier than experiencing regret and struggle.

One of the most powerful skills you can develop is resourcefulness. It doesn't really matter what you have or don't have. What counts is what you are going to do about it. If you need to acquire new knowledge, then go learn it. If something needs to be done but it's not your forte and you feel resistant to it, find someone else who can do it. If you need money to invest but don't have it, find

investors, get a loan, or go online and start your own crowd-funding campaign. Every problem has multiple solutions. The question is—will you focus on the problem or the solution?

Notice here that I strongly recommend dealing with perceived problems one at a time. If you look at every possible challenge, problem or difficulty, you will be overwhelmed and unable to move forward. See things as they really are, not bigger or smaller. Do not exaggerate the difficulties or minimize the rewards you are seeking. Put things in perspective and keep advancing!

Who you are right now is already awesome. I know that because you chose this book and you are still reading, which means that you are among the few who want to live a fulfilling life and are willing to do what it takes. Give yourself some credit! Make a list of all of your skills, strengths, personality traits, and past accomplishments that are relevant to your vision.

I already have/am/accomplished...

This list of what you already are, or have, is so much bigger than the couple of new habits you have committed to change! See, there is nothing to worry about. You got this!

Next, I'd like you to create some affirmations to remind yourself of how awesome you already are and how confident you are about the future. Go write them down now. Don't skip this step. People often give up on their dreams because of what they think they are not. Don't be one of them. Focus on what you are and what you have. That is more than enough. You are more than enough.

- I am...
- I have...

Remember that it is never too late to change any aspect of your life. Don't let the past determine your future. Create a future you will love by having a clear vision, a strategy and an unshakable commitment to yourself.

Make a note on your calendar to review this chapter and your answers a few months from now. Comparing intentions and reality every six months or so is a good way to keep yourself accountable and make sure nothing important was overlooked. I also encourage you to use the same process to dream bigger in any aspect of your life. Once you realize your big dream, you will feel drawn to accomplish something else. This book can be used to make changes in your profession, finances, lifestyle, or even relationships or health. Living a balanced life is critically important, so I invite you to keep an eye on all elements of your life to make sure everything you need is taken care of.

To conclude this chapter, quickly review what you've learned by summarizing the following.

- New vision

- New perspectives or insights

- New activities or habits

- New affirmations

Chapter 4

Manifesting with Intention



Despite the popularity of life-changing books like *Think and Grow Rich* by Napoleon Hill, our society is still terribly misguided. Only a small percentage of the population understands how we create our own reality. Many are unwilling to acknowledge the truth because they are afraid to fail. When something doesn't work out as planned, it is easier to blame someone or something external than to look at what we could have done better. If something is not your fault, you don't have to take the blame or make any effort to change anything, right? Choosing this kind of thinking is completely disempowering because it makes you a victim. Would you rather be a victim or would you rather have the power to create what you want? Once you decide to step up, take full responsibility and learn how to create your life with intention and purpose, anything becomes possible. You are about to learn how to manifest with intention and experience enormous joy in the process!

As I explained in chapter 2, quantum physics revealed that waves of energy cohere with similar waves and repel unlike waves. At the quantum level, infinite possibilities exist, and it is the one that is most in alignment with your own energy waves that will be manifested into your physical reality. It means that if you want to attract success, your own energy has to be coherent with success. If your thoughts, emotions and beliefs are focused on your lack of success, you will continue to create more of the same. In order to know if you are broadcasting energy that is coherent or incoherent with what you want, all you have to do is pay attention to your emotions. Your emotions serve as a guidance system, so pay attention to what you feel and look at Abraham's scale presented in chapter 2 to see where you are. The better you feel, the better you will be able to manifest what you want. There are five critical steps to manifesting with intention:

1. Vision: Create a clear vision of success.
2. Alignment: Align your thoughts, beliefs and emotions with your vision.
3. Coherence: Feel as if you had already created your dream.
4. Action: Take inspired action and fully participate in your creation.
5. Acceptance: Stop fighting or resisting what you don't like and direct your energy toward what you want to create.

1. *Vision: Create a Clear Vision of Success*

Start with the end in mind. What outcome are you seeking? What is your own definition of success? What do you want to create? Your vision should be very clear after completing the exercises in the previous chapter. If you are seeking something vague, you will never find it. Or you may see it and not be able to recognize it. Having a clear vision is essential to know what to manifest,

create a strategy, and essentially tell the universe what you want to receive!

You want to spend some time on this to make it the best vision that your mind can create. Make sure you don't set the bar too low or overlook important details. Be creative and thorough. Create a visual representation of the future you desire and look at it every day. It can be a vision board, pictures on your smart phone, post-it notes around your computer monitor, or whatever else feels right to you. Keep in mind the reasons why you want to create what you see in your vision, how it will transform your life, and how you want to feel.

2. *Alignment: Align Your Thoughts, Beliefs and Emotions*

It is extremely common for people to create a strong vision but fail to manifest it because they have conflicting beliefs, mutually exclusive desires, or fear of success. To manifest with intention, you need to eliminate incongruences in your thoughts, beliefs and emotions. Everything within you that holds energy needs to be in alignment.

To manifest with intention, you need to eliminate incongruences in your thoughts, beliefs and emotions. Everything within you that holds energy needs to be in alignment.

Let's imagine the case of a young man who just graduated from college in the state of New York. He wants to find his dream job and move somewhere warm. He is planning to earn a great living and decides to go to Florida to avoid having to pay state in-

come taxes. He loves the idea of living close to the beach. He starts to research cities and job openings, and the more he discovers, the more excited he gets about relocating there. He can already see himself excelling at his dream job, living in a fantastic apartment, and enjoying the beach every weekend. He thinks his vision and emotions are in alignment with what he wants to create. But somehow, he doesn't get invited to interview for the positions that are most appealing to him.

What is in the way? It is possible that a part of him feels a sense of loss at the idea of moving away from his friends and family. Maybe someone teased him about going to Florida and living amongst old people, since it is known to be a retirement destination. Perhaps he is not completely confident that he is ready to start his career, or he is afraid to be paid less than what he is worth. To make matters even more complex, there are so many new elements in his vision that he doesn't know if he can succeed since he has never tried something like that before. Maybe he doubts his own judgement and is afraid of making poor decisions that he would regret later. Maybe his friend's mom just got diagnosed with cancer and all of a sudden, he is afraid to be away from his mother in case something happens to her. The fact is that his mind can create thousands of reasons to fear something he wants.

That is true for you too. Having inner conflict would affect your own vibration and the fluctuation between highs and lows would create such confusion that you wouldn't be able to manifest your dream. To avoid finding yourself stuck because your energy is not in alignment with your vision, take some time to reflect on what could possibly sabotage your efforts. Here are some questions to ponder.

- When you succeed, what will you lose?
-

-
- What will you risk?
-
-

- What will no longer be possible?
-
-

- What else will change?
-
-

Once you become aware of the thoughts, beliefs, and emotions that are out of alignment with your vision, you can change them. If you identify conflicting beliefs, mutually exclusive desires, or fear of success, it is within your power to change them by finding new perspectives. Life is not black and white, and you can find alternatives that create congruence.

Let's look at some examples for the previous scenario. The student could have two conflicting beliefs: Florida is a desirable location because of the warm weather, beaches, and tax advantages, but it is also an undesirable location because it is far from his friends and family therefore, he his relationships would suffer. If he made a list of pros and cons, he might feel less uneasy about the cons but the lower vibration would still exist within him. Instead of minimizing the cons, he would need to get rid of them entirely.

The physical distance from New York to Florida is not some-

thing he can change, but his belief that the distance is a problem can be eliminated. He can ask himself how he could overcome this problem. He could choose a city with an airport offering direct flights to his hometown, so getting there when he wants would be easy. He could use technology to stay close to his loved ones by using video chat, social media, and sending pictures and text messages. He would then realize that he could remain as close and as connected as he would want to be.

He could also challenge his assumption that his relationships would suffer. Realistically, what does it take to strengthen relationships? Love, trust, support, fun, and connection aren't about distance. He can nurture relationships from anywhere in the world. He can be a great friend by being loving, non-critical, emotionally available, inspirational, and so much more! Think of the people you love. What makes you love them? It's not the proximity, it's the way they are, the way they treat you, and the way they make you feel!

You can have a shift in perspective too when you face mutually exclusive desires. Let's say you have a very strong desire to be successful and have money but also a very strong desire not to have money because you were raised to believe that wealthy people are bad. You are afraid of who you will become if you earn a lot of money. You've been taught that people with success and money are heartless and use their power to do bad things and victimize others. That's a horrible belief but a very easy one to challenge and drop. Think of wealthy people who are using their influence and financial means for the greater good. There are so many!

The truth is that more money and more power will accentuate the person's real essence. If someone is manipulative and selfish, they will become more manipulative and selfish. But if someone is caring and generous, they will be even more caring and generous. Who are you now? What is your essence? What are your values

and principles? If you had millions of dollars, how would you be able to benefit the world? Think about how you could be more generous and use your money for good if you had more wealth to invest in worthy causes or projects. Understand that your two desires are not mutually exclusive, and in fact, having one (more money) will enhance your ability to do the second (be a good person who does good things for the world).

Let's take one last example. Imagine you are afraid to be successful because you think it means having too many responsibilities, too much work, too much stress, and too many things that can go wrong. That type of fear comes from not trusting the power you have over your own life and having a very limited perspective of what is possible. As human beings, we are here to experience, feel, learn, and grow. As soon as we satisfy one desire, we give birth to another desire because that's how we make life interesting and worth living.

That type of fear comes from not trusting the power you have over your own life and having a very limited perspective of what is possible.

Is it possible that by being more successful, your life will become more complex? Yes, of course. But it doesn't mean that it will be less enjoyable. The more you stretch yourself, the more you'll discover your personal power and learn how to solve problems. Your expertise will then allow you to prevent future problems and anticipate challenges, enabling you to create a much happier life than if you had limited yourself to a smaller life. You will be a better strategic thinker. You will know how to manage your time, delegate, outsource, surround yourself with people you trust, and so much more!

Success is not difficult because it comes with amazing opportunities and resources. You know what is difficult? Struggling! Not living up to your full potential, not having enough money, not listening to your desires and living small—that's what causes pain. Also keep in mind that you won't become Warren Buffet overnight. There will be a progression, an evolution, and your personal growth will happen at the pace you choose for yourself. Babies have to learn to crawl before they learn to walk. Nobody expects them to be marathon runners the day they are born. At each moment in time, you will only face what you can handle, so you can relax!

It's easy to change beliefs and gain new perspectives when you work one-on-one with a coach. I invite you to reach out to me if you are interested in working with me. But if you choose to advance on your path alone, here are some powerful coaching questions that can help you let go of thoughts and beliefs that are not congruent with your vision.

- Is it really true? Find exceptions in your life or in others' lives.
- How can you prevent this problem from happening?
- How can you stay true to yourself?
- What other alternatives can you consider?
- What is the payoff of keeping this limiting belief?
- What are the benefits of letting go of this limiting belief?
- What would you do if you couldn't fail?
- What small changes could create big results?

3. *Coherence: Feel as if You Had Already Created Your Dream*

Always keep in mind that at the quantum level, waves that are

alike cohere and create your reality. Waves that are not alike repel each other and do not create physical reality. The direct implication is that for your vibration to cohere with your vision, you need to feel now as if you had already reached your goals.

For your vibration to cohere with your vision, you need to feel now as if you had already reached your goals.

“When you can feel that you already have what you want, then you will attract what you want. In fact, you already have it. Just feel it now and feel it real.” – Joe Vitale

In the example of the student who just graduated and is looking to get his dream job, you might wonder how he could act and feel like a gainfully employed person when he is not yet employed and may not have much money in the bank. The key is to “feel as if” not “already being” which makes anything possible. If this person thinks of himself as a starving student, his energy will not be coherent with being selected for his dream job. He would have to create a clear and compelling vision, get in full alignment (by eliminating incongruences) and act and feel as if the job were already his.

Here are some examples of things he could do to be coherent with his vision. First, he could research job offers to identify the requirements for his dream job. Then we could customize his résumé to highlight what makes him qualified. That simple step would improve his self-confidence by showing him that he already is what the employer is looking for. Then he would make his job search his full-time job, meaning that he would act like someone who works and completes projects, keeping himself accountable. He could design and print a business card that would represent

his vision. He wouldn't hand the card to other people, but seeing his name and title on the card would strengthen his own perception of his professional identity. You see where I am going with this?

Now you might wonder how he can act and feel as if he had a lot of money when he doesn't! That's actually easier than you might think. To become abundant, he has to feel abundant first. Here are some examples of things he can do. First, he can notice and appreciate what he already has. He already has a place to live, food to eat, a car, a phone, and many other possessions. Putting his focus on what he has rather than what he doesn't have will cause a powerful energy shift.

If he had a tendency to think "I can't afford..." he would need to change it to "I can afford this, but I choose not to buy it." He could keep some cash in his wallet, money not meant to be spent but meant to show him that he can afford things. Then, not buying becomes a personal choice rather than a limitation. That's one way to feel more in control.

Another powerful way to feel abundant is to find ways to give to others. Even small amounts can make him feel that he has more than enough, and he can give to others. It will also start the flow of money, and what he gives away will come back to him. He would take pleasure in being generous, and his energy would cohere with abundance and attract more money to him.

What can you learn from this example?

What changes will you make in order to feel as if you had already succeeded and be coherent with your vision?

For the next seven days, pay attention to your emotions and take note of feelings that are incoherent with the outcomes you seek. Once you become aware, you can choose to be more coherent by deciding where to put your focus and finding alternate perspectives. Keep referring to the examples above for suggestions on how to shift your thoughts and emotions until they become habits.

4. *Action: Take Inspired Action*

Now that you have worked on your vision, thoughts, beliefs, emotions, alignment and coherence, it is time to take action! About ten years ago, the book *The Secret* became very popular, and a movie was made, allowing millions of people to learn about the Law of Attraction. Readers were drawn to the concept of creating their reality with their thoughts because it made anything possible! Unfortunately, many people relied entirely on their thoughts and didn't understand the importance of taking inspired

Your life requires your full participation!

action. The concept of “Ask and it’s Given” was taken too literally. If you want to start a business but don’t want to do any work, your business will not be created without your participation. If you want to meet the love of your life but you never leave the house, you won’t have opportunities to cross paths. If you want to become a millionaire and rely on a lottery ticket, chances are that you will be disappointed. Your life requires your full participation. You start with a dream, but you must take inspired action to turn your dream into reality.

The person who taught me the most about manifesting with intention is Christy Whitman. She is a New York Times Bestselling Author, Transformational Leader, Law of Attraction Coach, and brilliant businesswoman. Five years ago, I took Christy’s twelve-month program called “Quantum Success Coaching Academy” and learned everything I needed to learn about universal laws. Christy really walks her talk, and regularly manifests the type of synchronicity that is so unlikely that it blows your mind, again and again, as you watch her life unfold.

In her training, she emphasizes how creating great things does not require great effort. As a Law of Attraction Coach, she teaches that our vibration determines our outcomes, but she doesn’t stop there. She emphasizes the importance of taking inspired action once you know you are in alignment with your vision. I don’t think Christy works “hard” in the traditional sense of the word because she eliminated struggle and overwhelm from her life a long time ago. In my opinion, her success is due in significant part to the way she takes action. She is a relentless, persistent, and strategic woman who knows her worth. She makes no excuses and never settles. She knows how to create opportunities for herself and isn’t afraid to put herself out there.

Could she have built a multi-million dollars business, trained thousands of coaches, and inspired hundreds of thousands of peo-

ple by simply visualizing her dream? No. Would she have been interviewed on The Today Show, The Morning Show, and featured in People Magazine, Seventeen, Teen Vogue and more if she had sat by the phone and waited for it to ring? Probably not. Her work has been promoted by and featured with esteemed authors and luminaries such as Marianne Williamson, Dr. Wayne Dyer, Marci Shimoff, Brian Tracy, Neale Donald Walsch, Abraham-Hicks, and Louise Hay. I don't believe she could have accomplished so much, so fast, with thoughts but no action. She goes after what she wants and makes it happen. I think that's what makes her an exceptional example. If you want to know how she does it, get her book *The Art of Having It All: A Woman's Guide to Unlimited Abundance*.

Going back to you, I want to highlight the importance of taking action when you are feeling inspired, strong, and empowered. The way you feel when you take action will in great part determine your outcome. Before you start anything, take a second to check how you are feeling and find out if you need to do some work on yourself before you tackle the tasks at hand. When you feel your best, you do your best work and manifest your best outcomes.

In most cases, your first action should be to create a strategic plan. If you prepare a huge to-do list, you will get overwhelmed by it, and although you will be very busy, you may not accomplish what you desired.

Your first action should be to create a strategic plan.

Always start with the end in mind. Know what outcome you seek and what action steps you need to take to produce that outcome. You can use the following template to get started.

1. Define your three top goals and create one table for each goal.
2. For each goal, list the outcomes you seek.
3. For each outcome, list the action items necessary to create your outcome.
4. For each action item, assign a priority level (A, B, or C) depending on the importance and urgency. That will help you get organized, know what to do first and use your time effectively.
5. Set a deadline for each action item.
6. Review what you wrote, and make sure you have everything covered.
7. Update and make adjustments as you move forward.

GOAL #1:			
<i>Outcome</i>	<i>Priority</i>	<i>Action Item</i>	<i>Deadline</i>

That will help you get clear on what is most important and create accountability. Block time in your schedule for each of these tasks, and do them as scheduled. When it is time to do something new or intimidating, you may not feel confident, and your mind may find many reasons to procrastinate or give up on the task before you even start it. The best thing you can do is decide that the actions on your schedule are not negotiable. When it's time, just do it. Do not try to negotiate with yourself, buy some time, or rationalize why it's ok to deviate from the plan and do it later. Once

you engage in resistance and procrastination, it becomes harder to implement your strategic plan, but if you refuse to engage in that mental torture, things can happen almost effortlessly.

When I went back to graduate school to get my doctorate degree, people would ask me how I managed to have a full time job, go to classes, deal with Los Angeles traffic (I went to USC but lived in another county), write papers, and do all that in the middle of getting divorced. I had a very simple answer: I scheduled everything and always stuck to my schedule. If I took an hour to ponder whether I was in the mood to work on something or whether I'd rather be doing something else, that wasted time would force me to stay up an extra hour to make up for it. I was already sleep deprived so I wasn't going to let that happen.

I don't recommend having such a busy life that you have no free time and no balance. I urge you not to put yourself in a similar situation. But do learn the power of discipline because that is where you will find freedom. It may seem counter-intuitive, but it is not. When you procrastinate, you create more anxiety about the task that you are not doing, and you feel bad for letting yourself down. The longer you wait, the worse it gets because you create more stress, doubt, and bad habits.

Learn the power of discipline because that is where you will find freedom.

On the other hand, if you keep your commitment to yourself, you can feel free because you are getting things done. You will feel no guilt and can reward yourself with free time and a wonderful sense of accomplishment. If you have a tendency to procrastinate, visit my website to access free resources that will help you. I have

many blogs on this topic and you can Download a free copy of my 9-Step Formula to Overcoming Procrastination at <http://swww.AudreyReille.com/procrastinate-later>

When you create your strategic plan with your desired outcomes, action items, priorities and timelines, you need to be creative and resourceful. Here are some questions to help you come up with new ideas.

- What are your strengths and what do you do best?

- What can you delegate or outsource?

- What resources do you have?

- What other resources do you need?

- How will you get them?

-
-
- Who can open doors for you or introduce you to someone who can help you?
-
-
-

- How can you be even more effective in each task?
-
-
-

- What can you do less of to create more time for important tasks?
-
-
-

Obviously, the length and complexity of your plan depends entirely on the nature of what you want to create. At first, keep it simple, and you will be able to improve it when you make progress or learn something new. This is just to get you started with a clear vision, destination, and plan to get there. There is no guarantee that everything will unfold the way you imagined it. In fact, it rarely will, but taking charge will make you feel more empowered and you will be an active participant in your life. When people fail to plan and to make decisions, they are choosing to live in reaction to whatever happens and tend to create what they didn't want. When fear stops someone from being empowered, instead of having an

easy life, they have a painfully restricted life. They have to put up with things they don't enjoy because they didn't make the effort to create what they really wanted instead. So create your life by your own design and your own terms.

Many times, you will get the outcomes you wanted but through a different path, and that's perfectly fine. Let the universe surprise and delight you as it conspires to support your vision and sends you people, teachers, resources, ideas and events, at the perfect time. When you have absolute trust and faith that your dream will become reality, magic happens! Be open-minded. You never know who or what will change your life for the better. There are infinite opportunities available to you.

When I originally came to California, it was to study and get my MBA, and then move back to France. I had to do a lot of planning to get a visa, find a place to live, and take care of everything else I would need. I clearly had a goal and a plan, and I implemented it, but I didn't know what would unfold. I didn't know that after graduation I would be eligible to receive a one-year optional practical training, which would allow me to stay another year and work. After that, I wasn't sure that I could convince my employer to sponsor me for a longer visa, but that worked out. When another organization wanted to hire me, I had to be sponsored for another visa again, and I wasn't sure of the outcome either.

The process to be granted student visas, work visas, a permanent resident card, and finally, US naturalization was overwhelming. I like to be in control, but when it comes to being given such a privilege, the best I could do was follow the rules and surrender to the outcome. It was stressful, but now that it is all in the past, I can see how I was never in danger of being sent away against my will. I needed to be here to have access to the most amazing coaches, authors and spiritual leaders. I needed to live in a state where people are liberal and open-minded so I could learn from diverse

perspectives. Being here is no accident. So my point is, plan, do what you need to do, and be open to being delighted because the universe may have a plan for you that is much greater than you can imagine today.

5. *Acceptance: Stop Fighting or Resisting*

Once you see our universe as one living entity and understand that everything that is part of it is connected, you will be able to let go of fears, judgements and beliefs that used to hold you back. The “us versus them” mentality creates separation and competition, which is detrimental to everyone. Instead, when we see all people as individuals who want to be loved, want to feel worthy, and want to be happy, we can feel more connected.

Through compassion and collaboration, we can accomplish more than with a competitive spirit. Each person emits their own energy into the universe, and our collective energy, or our collective consciousness, affects the world that we are co-creating. We all have to take personal responsibility for our contributions to the world. It goes far beyond creating a life you love by dreaming big and manifesting with intention. Think of the repercussions of your choices and behaviors. There is a ripple effect from everything you do. So be mindful and live your life with an open heart.

You might argue that it is a tall order, given how hard and seemingly unfair life can get. There is much pain and suffering in our world. But talking about all the things that upset us only upsets us more and gives more energy to the very things we want to see fade away. Fighting and resisting don't advance any cause. Only giving more love, holding a high vibration and doing more good deeds can bring about positive changes. Let me ask you, when you enter a dark room, what do you do? Do you fight the darkness, do you talk about how much you hate the darkness, do you post a

video online about the darkness for the whole world to see and get outraged? No! You simply turn on the light. When you turn on the light, the darkness disappears. Use this metaphor to remind you that the best thing you can do is to bring light to every situation.

Bringing light means offering love, acceptance, and generosity. It does not mean telling other people what they should be doing! It's in fact the opposite. Let go of judgement. It doesn't serve you or anyone else. Acceptance is a big part of manifesting with intention. Focus on what you want and what you appreciate. Don't put any energy into fighting things that you resist. That includes no longer trying to control other people or wishing that they would change their behaviors or make better decisions. Allow people to be who they are and learn at their own pace. Their business isn't your business anyway. Always remember that when you focus on something, you give it more energy and will attract more of it. So choose wisely.

"Your outer world of form and experience is a reflection of your inner world of thoughts and feelings." – Christy Whitman

Your thoughts become things, whether you think about what you want or what you don't want. You co-create your life with the people who are in it. Here again, choose wisely. When I recommend that you find compassion in your heart to love people and be non-judgmental, I am suggesting you make changes within yourself and choose more enjoyable emotions. I do not mean that you should spend more time with people whose energy disturbs you. We get affected by the people around us, and there is no reason to volunteer to be exposed to toxic energy. You need to start by loving yourself enough to give yourself permission to be selective and surround yourself with people who lift you up rather than bring you down.

You can't always control what happens around you, but you

can control your own decisions and behaviors, and most importantly, how you respond to situations. Once you take full responsibility over what happens in your life because you know it is your creation, you can't be a victim anymore. If you think you have been victimized in the past, it is time to forgive and let go. The question is not whether the other person deserves to be forgiven, but whether you want to free yourself from the past.

Holding on to past events only creates unnecessary suffering. Whatever happened is not happening anymore, so why choose to relive those events and keep feeling the pain? It is normal and healthy to take some time to process undesired events when they happen but not to dwell on them. Learning to leave the past in the past will help you create change instead of creating more of the same suffering.

Events or people can't make you feel a certain way without your participation. The way you feel depends on how you perceive the situation and what meaning you attach to it. You hold the power to change your own experience of any event.

The way you feel depends on how you perceive the situation and what meaning you attach to it. You hold the power to change your own experience of any event.

Nothing really happens to you without your participation, so be intentional rather than engaging in old patterns. Your perspective is yours to create, so choose an empowering one.

Do you care about what other people think of you? Whose opinion is important to you, and why? How is that creating pain or limitations in your life?

Remember that even people who love you the most and have your best interest in mind cannot give you objective feedback and advice. They are exposed to more information than their brains can process, and they only perceive life through their own filters. They mostly notice what they can relate to their prior knowledge or perspectives. It is harder for people to hear new concepts than ideas that elaborate on thoughts or knowledge they already possess.

They also have a tendency to notice what validates their beliefs and disregard what challenges them. That is why you could have a conversation with ten people, then ask them to summarize the key points and get ten completely different versions. To complicate things further, people's past experiences and beliefs color what they perceive as present reality and what is possible in the future. People can't help but transfer their own biases and limitations onto others. Don't let your friends or family stop you from doing what you know is right for you because they don't approve. When they give you advice, know that it comes from love but it is based on their reality, not yours. Their reality is created by their thoughts, beliefs and emotions, and it has no impact on your reality, unless you allow it.

Incredible peace can come from not caring about what other people think and giving up any kind of attachment to how you want them to behave. Let them do their thing, and go do your thing. It is that simple. Let go of expectations and you will no longer have to cope with disappointment and suffering.

It may sound selfish, but on the contrary, once you become more accepting, your relationships will get stronger. If you bite your tongue and choose not to tell people what judgments you hold, they can feel your disapproval. But once you accept them and

stop caring about what they think of you, the tension simply melts away and creates more space for love and connection.

Incredible peace can come from not caring about what other people think and giving up any kind of attachment to how you want them to behave.

Another word for acceptance is allowing. Accepting doesn't mean that you have to agree with everything, only that you don't judge, don't attach any emotions to it, and allow whatever is, to be. You don't give it any energy because you know that what we focus on expands, and you choose not to participate. A war on a war is still a war, and that's not the kind of energy you want to put out to the energy field we all share. Peace is not just for hippies. It's for everyone who wants to manifest with intention and live a joyful life.

“The thing is, we have to let go of all blame, all attacking, all judging, to free our inner selves to attract what we say we want. Until we do, we are hamsters in a cage chasing our own tails and wondering why we aren't getting the results we seek.” – Joe Vitale

While judgment is unhealthy because it comes from resistance and creates blocks, having personal preferences is good because it helps you get clarity on what you want to create. When you experience something you don't like, it gives you information on what you want to create next time instead. There is great value in this learning process because it expands your perspective on what you want. It gives birth to new desires and new creations, which will add more meaning and joy to your life.

However, don't let your preferences turn into rigid rules about

how things should be. If you need things to be a certain way for you to be happy or to feel that you are enough, you risk losing your sense of well-being when things change. If you create a picture of how things should be, and this picture doesn't match your perception of reality, you will inevitably feel unpleasant emotions. But once you learn to accept reality as it is and use your own thoughts and personal energy to create what you want instead of being upset about what you don't want, you can live an empowered life!

If you are a parent, please keep this in mind when you think of your kids' personal choices. I sometimes get asked by a parent if I would coach their son or daughter on making a different career choice or realizing that they are in a bad relationship and should date someone else. Absolutely not! Let the son or daughter have their own experience and learn at their own pace. And who are we anyway to think we know what is best for them? All I could offer would be to coach the parents on their own thoughts, beliefs and behaviors so they could let go of their control issues.

Attachment to outcomes implies a certain degree of fear, rigidity and closed-mindedness. It repels the very things you are trying to attract.

Focus on your own life, and not someone else's. Know what you want to create but don't be attached to things unfolding a particular way. Attachment to outcomes implies a certain degree of fear, rigidity and closed-mindedness. It repels the very things you are trying to attract.

Have you ever met a woman who felt very lonely and was desperate for a relationship? What happens if she obsesses over getting married within one year? She will most likely think that any

man who does as much as smile at her is “The One.” But will men find her attractive? Of course not! The stink of desperation is the strongest man-repellant! To be able to attract men, this woman would have to relax, be willing to live in the moment, and align her energy with love, rather than with the fear of being alone forever. The same principle applies for everything.

Another reason to be open to surprises and outcomes that don't match what we originally planned is that it can create something even better. During my last year in high school, I got into an accident and was badly injured. I spent the summer in a physical rehabilitation facility and was more focused on healing my body than anything else. I was supposed to study for an entrance exam for a highly competitive school to study political sciences. I knew that less than 10% of candidates would be accepted, and most of them would take at least a summer course or preferably a year-long preparation course before taking the exam. But for various reasons, I didn't study much and I didn't get in. My ego was hurt but a bigger part of me was relieved because I found the study materials so boring that I knew I would have hated being in that prestigious school.

Next time you don't get what you wanted, consider the possibility that you may be just about to get something exponentially better!

Instead, I went to business school, which created opportunities for me to study abroad, which ultimately led me to live a happy life in California. Imagine how different my life would be if I had gotten what I thought I wanted but wasn't my path at all? Today, I dedicate my life to helping others through self-empowerment and raising consciousness. It's clearly my purpose in this life. I no

longer believe that politics is the way to create change in the world, and never had any regrets about not graduating from that school of Political Sciences. It sounds like a cliché to say that a closed door, or rejection, redirects you toward something better, but I really believe it to be true!

So next time you don't get what you wanted, consider the possibility that you may be just about to get something exponentially better! Keep your mind open and choose to be happy now, no matter what. Life is happening right now and the present moment is your moment of power, so be mindful of the thoughts and emotions that you broadcast to the universe.

If you think you can't be happy now, it means that you are basing your happiness on your circumstances. Although I agree that it is easier to be happy when life is just the way we want it than when we are facing difficulty, there is much more to the story. Being happy only when things go well makes you vulnerable because you will lose your happiness when circumstances change.

On the other hand, if your happiness comes from within, nobody can take it away from you. I used to think that happiness was a choice, a commitment to focus on the good and find joy even in the most undesirable situations. Then I realized that for many of us, including myself, it is a skill. If that is not the way we are naturally wired, it takes practice to choose happiness every day, and the more we do it, the easier it gets. Those of us who have old habits of creating unhappiness by focusing on problems and negativity can develop a new habit to focus on joy and appreciation. Remember to put your attention on what you have rather than what you don't have. Take time to notice beauty everywhere. Create a habit every day to give thanks and feel appreciation. You can even get a notebook and start a gratitude journal.

Another way to raise your vibration quickly is to be of service

to others. Even if you don't have someone in mind who needs you right now, you can do random acts of kindness and experience much joy from it. Know that you are part of something much bigger than yourself and there are limitless ways to contribute. The more love you give, the more you will receive. Know that you are worthy, and you are already loved! The universe supports you in more ways than you know. It doesn't matter what terminology resonates with you most, whether it is God, Universe, Source, Higher Power, Energy Field, or anything else. The point is that there is a Greater Intelligence supporting you, loving you, and sending you help and guidance along the way. The more open you are to feeling it and knowing it, the more evidence you will encounter.

- What are the most important things you have learned in this chapter?

Chapter 5

Determination and Commitment



You have created your vision and your plan and learned how to manifest with intention. You are now ready to take action! Congratulations! Now the big question is—how committed are you to following through, no matter what, and succeeding? If you are willing to do some work, but reluctant to get out of your comfort zone and push yourself, you are only interested, not committed. You have to be clear on the difference and know with certainty that you have created a strong vision of success and reasons so compelling that you won't get discouraged along the way.

“Desire is the key to motivation, but it’s determination and commitment to an unrelenting pursuit of your goal — a commitment to excellence — that will enable you to attain the success you seek.” – Mario Andretti

Start now and make a declaration that you will succeed! There is no reason to be afraid of the unknown. You are embarking on an adventure and you are in the driver's seat. Don't worry; you don't need to have every detail worked out. Focus on the present and trust that when new situations present themselves, solutions will appear too.

I surely didn't have every detail worked out when I arrived in Los Angeles fifteen years ago. I didn't know what I would do after finishing graduate school, in which country I would work, or how much money I would make. But it all worked out! As a student in the US, I wasn't legally allowed to work and get paid, but I found a perfectly legitimate loophole. I applied to participate in an internship program offered by my university and was selected. The university provided a scholarship for students and matched them with organizations where they worked part-time over the summer.

At that point, I was only staying in California temporarily, and my car was in France so I couldn't drive to work. Luckily, there was someone in the organization who had the same work schedule and happened to live in my neighborhood. She kindly offered to give me a ride each day. Shortly after, my direct supervisor told me that her boyfriend was selling his beloved car. The bluebook value happened to be the exact amount that I was going to receive from the scholarship! When I saw the car, I immediately loved it, negotiated the price down, and bought it with a 10% discount. This car made my life much easier and never had any mechanical problems. It all worked out!

That summer work experience allowed me to strengthen my résumé by giving me work experience in the US and learning skills that would later be required for the job I got after graduation. I got the internship effortlessly, the money came with it, and the perfect car showed up without me having to shop for it. After graduation, I applied for work in the US and in France, not knowing where I

would end up, but pursuing many opportunities so I could choose the best one. There were more jobs available for young graduates here than in Europe so I stayed in California. There were challenges along the way, but I didn't give up and it all worked out. Some things happen effortlessly while others require an extraordinary amount of work and persistence. Nobody can stop you but you. Just promise yourself that you won't quit.

Persistence

“A quitter never wins and a winner never quits.” – Napoleon Hill

When I look at my life, and my clients' lives, one thing is very clear. Success doesn't depend on how smart or gifted someone is, but on how strong is their commitment to success. Your commitment should be proportional to your desire. When you don't really care for something, it makes sense not to waste energy and effort on it, but when you really want something, you should be relentless. Don't get discouraged and don't take no for an answer. Keep going until you get a yes. You know that when there is a will, there is way!

Your commitment should be proportional to your desire.

The key is to be resourceful and find solutions even when they aren't on your radar. And obviously, you need to take full responsibility for your actions and your outcomes and never look for excuses or people to blame. It doesn't matter what happened or what someone did. The real question is—what are you going to do about it? Always bring the question back to what you can do, how you can do it, and how you can choose to feel.

Persistence is what makes the difference between a temporary setback and failure. If you don't persist, you fail, but if you persist, you learn and keep getting closer to your goal. It is ok to make mistakes. In fact, it is inevitable, so stop hoping for perfection. Do the best you can, and have the courage to own your actions and their consequences. Turn mistakes into lessons and keep charging ahead. If you make a mistake once, it is a lesson. If you make it twice, it is no longer a mistake but a choice. If you do it three times or more, it has become a pattern or a habit. So make sure to turn all your mistakes into powerful lessons, and don't repeat them.

If you make a mistake once, it is a lesson. If you make it twice, it is a choice. If you make it three times or more, it is a pattern.

At times, you may feel discouraged and tempted to give up because you perceive challenges and difficulties that you don't know how to handle. In reality, the only limitations are those you place on yourself. Once you create a belief that there is an obstacle you can't overcome, you stop looking for solutions. Instead, reconsider what you perceive as a problem and find a different perspective. Life is not black and white. There are many colors and shades, so open your eyes and keep an open mind.

“Worry is a misuse of the imagination.” – Dan Zadra

Often, you will realize that your mind created a problem that wasn't even there in the first place! It is quite common for people to create anxiety about something that might happen in the distant future. But once they realize that their circumstances will be completely different from the way they are today, and that they will be

more prepared, they can relax and refocus on the present rather than freak out about what might happen later on. I am all about being proactive and preventing problems, but that is different from creating problems in your mind that don't exist anywhere else. Fear is only valuable if it stops you from putting yourself in immediate danger, like jumping off a building to see if you can fly like superman. But the fear of change, the fear of success and the fear of failure need to be overcome for you to make your big dream a reality.

Overcome Fear

Do you have a Plan B? If you do, it means that you are already willing to accept defeat. If a part of you is planning to fail and looking for a parachute, you are not ready to jump. You need to focus on Plan A, and remove the B because your plan is your one and only. It's essential to get rid of fears, so you can start with confidence and keep going until you reach the finish line. So, how do you get rid of fear? It depends on the person and on the nature of the fear, but here are ten methods you can start using immediately.

- Ask yourself what you have to lose if you persist, versus what you have to lose if you quit. When it comes to your big dream, you will realize that quitting would be much more damaging to your heart and soul than any material loss or setback if you persist and don't succeed right away.
- Look at things as they are in a rational manner. Don't make them bigger or smaller. Let's say for example that you are afraid of making a bad decision. So what? Even if you do, you will learn something valuable that will serve you later. It won't kill you or destroy your sense of self-worth. You won't

get deported or executed. Your name won't be put on a wall of shame. So relax, it's not that big of a deal. Understand that going from where you are to where you want to be isn't a straight line. There will be some detours and that's ok. It's part of growing, learning, and achieving. If it were easy and simple, everyone would do it.

- Think of an event from your past where you initially felt scared, but went for it anyway and were triumphant! Remember how it felt to overcome your fear and achieve something big! You can only get this incredible feeling from facing your fears and being victorious! Do you prefer to feel victorious and unstoppable or cowardly and hesitant? Remember that you've done it before and can do it again!
- If there is a legitimate and rational fear about something that is very likely to happen, the good news is that you can be proactive and do everything in your power to prevent it. Ask yourself what you intend to see happen, and then create strategies to get the outcomes you want. Don't be defeated before you start! Here again, the key is to find multiple perspectives and be resourceful enough to create solutions. It is your responsibility to reduce risk where you can.
- Instead of putting your attention on what you can't control, put it on what you can control. Step into your personal power. When you are confident, focused, and take strategic action, you perform better and attract more synchronistic events and people to help you along the way.
- Realize that even if you do mess up, it won't be entirely bad. You will have learned something valuable that will make you more successful next time. This experience is part of your journey. You may become more understanding, more compassionate, savvier, and more strategic. You can also

help others avoid having the same challenge by teaching them what you discover along the way. There is value in every experience—pleasant or unpleasant—so learn to appreciate lessons.

- Take a moment to contemplate what you could gain, hypothetically, if things went wrong. How could life point you in an even better direction? Maybe you need to fail at something to realize what you are really meant to do. Being frozen in inaction won't ever take you anywhere. Action, on the other hand, propels you forward.
- To overcome fears, it is also crucial to keep reminding yourself of what you want and why you want it. When your vision and your reasons are strong, your fear will lose power.
- Reflect on your identity. Do you want to believe that you are strong and empowered, and you create your own life? If yes, you can't let fear get in the way. If you did, it would hurt your sense of self-worth and ensure that you would have to live the rest of your life with regret. Also, consider what kind of role model you would be for your kids or other people who are learning from your behavior.
- Focus on how much better life will be when you face your fears and see them vanish. Go back to your vision of success and feel now how it will feel when you succeed. That is too good to let anything or anyone get in the way!

Stay Motivated No Matter What

Initially, to create motivation, all you need is a strong vision with goals (your “what”), compelling reasons (your “why”), and an action plan (your “how”). That will make you start strong, but how

will you stay strong and motivated when things get tough? You know you can't give up! Character is defined when things are not easy. The situations that force you to stretch and grow make you more powerful, so don't try hard to avoid them. Also, remember that if you quit, you give a reason to others to do the same. Don't be a bad example. Choose who you want to be, what you want to think of yourself, and how you want to be perceived by others.

Motivation is determined by our perception of pain and pleasure. We are hard-wired to seek pleasure and avoid pain. Interestingly, we are more motivated to avoid pain than to seek pleasure. Let me give you an example. If you ask someone to do something they don't want to do and offer to pay them \$1,000 for it, they will be likely to say no. But if you steal \$1,000 from that person, and give them that same task as condition to get their money back, they will do it. In the first scenario, the pleasure perceived from having extra money is not strong enough to outweigh the pain of the task. But in the second example, the pain of losing money is greater than the perceived pain of accomplishing the task.

Motivation is determined by your perception of pain and pleasure.

People are highly motivated to avoid things that can cause them pain. Therefore, if you associate too much pain to working toward your goal, sooner or later, you will give up. In order to test your beliefs and identify whether you are expecting pain, ask yourself the following three questions.

1. Can I do it?
2. Will it work?
3. Is it worth it?

The first question “Can I do it?” involves many aspects such as “Are you smart enough, talented enough, skilled enough, etc.?” as well as “Do you have the time?” or “Do you have the money?” or any other resources. “Will someone get in the way?” Ponder these questions to find out what doubts need to be overcome and what potential fear you perceive.

- Can I do it?

Once you get clear on the doubts and fears that create your perception of upcoming pain, you can make changes. You may need to work on self-confidence or become more prepared. Maybe there is something you need to learn or practice to prove to yourself that you can do it. Make sure to find solutions before you start, so you no longer associate pain with the work ahead.

The second question “Will it work?” may generate even more doubt because it depends on you and things you cannot control. “Can you be sure that the strategy is sound and the plan will work? What could happen and make you fail in spite of your good work? How much is really within your power anyway?” These questions demonstrate a need for security and certainty, but it is not possible to guarantee success. Unexpected things happen. That is part of life. Do your best so you won’t have regrets but let go of your quest for certainty. Know that whatever happens, you will be ok.

You've overcome harder situations in the past and you are stronger for them. You will be fine, so keep going. Now write down your thoughts about it.

- Will it work?

The third question “Is it worth it?” questions whether the result will be worth the efforts, time, risk, money, sacrifice, and dedication required. Will you be disappointed? Will you have regrets? Will you lose more than you will gain? Remember to see things as they are, not bigger or smaller. Do not exaggerate the costs or the rewards, but look at them as objectively as you can. You can do a cost/benefit analysis of taking action versus giving up. But here we are talking about your big dream, your purpose, your passion! If you have taken the time to create a strong vision, compelling reasons, and an action plan, you should know beyond the shadow of a doubt that giving up will bring you more pain and regret than taking the journey ever could.

- Is it worth it?

No More Excuses!

Sometimes, what looks like a limiting belief is really just an excuse. You have to learn to differentiate the two. Limiting beliefs can be challenged and changed, one by one. Excuses are much easier to eliminate because it only takes a genuine decision to take full responsibility for everything in your life to make them all disappear. When you say “I didn’t have time to...” it often means “I didn’t care enough to make it a priority and take care of it.” When you say, “I am late because there was traffic in Los Angeles at 5 p.m.” the truth is that if you live here, you know there is always traffic at 5 p.m. You knew you should have left your home thirty minutes earlier but didn’t bother. Here are some examples of common excuses and how you can take responsibility instead.

*Sometimes, what looks like a limiting belief
is really just an excuse.*

- “I’d love to do this, but I don’t have the time.” Everybody has the exact same amount of time each day. We each have twenty-four hours, and it is our own responsibility to choose how to spend them. You need to prioritize, get organized, and spend your time on things that will bring you closer to your goal. If time management is an issue for you, I invite you to read my blogs on this subject for tips and strategies to regain control over your schedule, at www.audreyreille.com/category/time-management/.

- “I can’t afford it” is an excuse you need to drop immediately. It’s terribly damaging to your vibration, and it is never entirely true. If you really want something, you can find the money. But if you don’t really want something, you won’t bother, which is fine. Let’s imagine that you need money to invest in your personal development, professional development, or in your business. Take an honest look at the offer presented to you, and if you know that you will have a good return on your investment, get creative and find the money. Even if you have to put it on a credit card, the cost from paying interest will be less than the cost of missing out on the opportunity. Don’t hide behind “I can’t afford it” to avoid taking chances and doing things that are outside of your comfort zone.
- “I tried everything but it didn’t work.” No, you didn’t. You may have tried more than one approach, but I guarantee you it wasn’t “everything.” Perhaps you gave up too soon, or used a flawed strategy, or maybe your vibration was out of alignment with your vision. Figure out what went wrong and do something different. Don’t do more of the same, but look for ways to improve your approach, be creative, and get input from experts. Reconnect with your vision of success and get back to making your dream reality!
- “That wasn’t my decision. Someone else was in charge.” In many cases, you could have provided your input and influenced the decision maker. You don’t need a title to lead, so have the courage to contribute ideas and help decision makers make better decisions. In your personal life, make sure you don’t give away your personal power by letting someone else (maybe your spouse or parents) make all the important decisions. If you choose to place your life in someone else’s hands because you are afraid to make poor choices, you are

letting yourself down. Instead, always intend for your voice to be heard. In the event that your wish is not granted, you still have the power to choose how to respond to the situation. Remember that you are never a victim and there is always something more you can do.

- “I am like that because of the way I was raised.” Ok, fine, you think you know why you created a pattern that isn’t in your best interest, but it doesn’t give you an obligation to continue. Now that you are aware of the problem, make a decision to change. Why let the past determine your future? I am sure you can find aspects of your life that are completely different than the way your parents raised you. Think about it, and find examples of how you made a decision for yourself to be different and acted accordingly. You’ve done it, and you can do it again!
- “I can’t earn a good living because I didn’t go to college.” That’s an excuse too. The level of education doesn’t determine someone’s earning potential. Do you know what Bill Gates, Mark Zuckerberg, Walt Disney, Wolfgang Puck, Steven Spielberg, Steve Jobs, Ralph Lauren, Andrew Carnegie, and John D. Rockefeller have in common? None of them has a college degree! But that didn’t stop them from excelling at what they did and creating much wealth. So know that your income potential depends on your sense of self-worth and your commitment to doing what it takes to succeed, not what is or isn’t on your résumé.

The list of excuses that people use every day is endless! Choose not to be someone who hides behind excuses. Making excuses may seem easy because it implies you don’t need to change anything. It seems safe at first, but that’s an illusion. In reality, an excuse keeps you stuck and powerless. However, once you face the truth, you can find countless ways to overcome what looked like a

barrier, find solutions to problems and keep charging ahead. What matters aren't the circumstances around you but how you will step up and go for what you want. Forget about the past. Today is a new day, and you can choose a different direction anytime.

Be Resourceful

Tony Robbins gave a Ted Talk a few years ago in which he explained brilliantly that your success doesn't depend on the resources you have available but your own ability to be resourceful. Think about it for a moment. You don't want to feel stuck every time you need something you don't already have. Why limit your resources to what is within reach now? Instead, you can create a habit of thinking in creative ways to problem solve and find new ideas about how you can get the resources you need. Being resourceful is the key ingredient to making things happen. It will also help you with persistence and keeping your commitment because you won't feel defeated when something doesn't work on the first try. You will think of alternatives, different approaches, experts who can help, ways to attract investors or anything else you may need.

Your success doesn't depend on the resources you have available but on your own ability to be resourceful.

Here are some tips on how to become more resourceful.

- Don't dwell on the problem or on the past. Even if you had a pattern of facing that problem time and time again, things can be different this time. It's up to you. Don't spend even one minute recalling how things went wrong in the past be-

cause that will only make you feel powerless. Instead, look at the situation with a new perspective. How can you turn this challenge into an opportunity? Maybe it's time to update or improve a system or procedure. By letting go of what didn't work, you get to create something superior.

- If alternatives don't come to mind, do some research online, read, and ask questions to people who have overcome this problem. You don't need to reinvent the wheel. There are best practices explained online, tips, and strategies that you can use, or you can talk to a mentor, expert, or coach. Think of whom you can call to brainstorm. If the answers aren't in your brain, your mind needs to be stimulated to think in new ways, so go get inspired and the answers will come.
- Do your due diligence by learning about the solutions you consider before you decide what to do. This will help you feel confident that you made a sound decision, but don't stall. Have you heard of paralysis by analysis? If you overthink it or look for perfection, you will waste precious time and never take action. Give yourself a deadline and stick to it.
- Look for exceptions or loopholes, or you may even consider bending the rules at times. Don't do anything that would go against your integrity and your values, and do no harm to others, but be creative. Some limitations are only perceptions because of a lack of creativity. Don't let rules stop you without challenging their validity and value first.
- When you need something, don't be afraid to ask. If you don't ask, the answer is always no. You can't possibly know with certainty what people will respond to you, and the only way to find out is to take a chance. Do it! The odds that it

will work don't matter. You can manifest things that are unlikely by being in alignment energetically, strategically, and in the way you take action.

- Don't put all your eggs in one basket. Take calculated risks and don't put yourself in such a vulnerable situation that one bad move would take you down. If you are asking for someone's help and aren't sure that they can do it, make sure to approach several people. If you wait for one yes that doesn't come, you waste precious time. Instead, explore multiple opportunities. You will learn more in the process, become more confident, and most definitely get better results.
- Focus on lessons, best practices, and process improvements. After you do something that used to be intimidating, always ask yourself, "What's the lesson in this?" "What worked, and what could I have done better?" A small mistake can bring a huge lesson that will lead to a winning strategy the next time. Taking time to reflect on how things are going and what you can learn along the way is a great use of your time, so don't skip that step.

Be Courageous

Dreaming big and creating a life you love requires courage! You need the courage to get out of your comfort zone and do things that few people dare to do. If you implement what I am teaching you in this book, you won't have to struggle, but you will still have to push yourself to do things you haven't done before. You will stretch and grow. You will love the process and the results if you focus on the rewards but not if you focus on what could go wrong. Make your emotions and your vibration a priority to stay aligned with your vision, and be willing to step up.

Are you willing to be uncomfortable? That means doing things you haven't done before, making changes in your life, keeping yourself accountable, taking responsibility, and making yourself vulnerable to rejection. If you have a big dream, there will be things to learn, new habits to gain, old habits to lose, and many humbling moments. Are you really up for it?

Are you willing to be uncomfortable? That means doing things you haven't done before, making changes in your life, keeping yourself accountable, taking responsibility, and making yourself vulnerable to rejection.

My goal here is not to discourage you but give you a sense of reality so that you will be better prepared. I work with many business owners who seek coaching because they know they haven't performed at the level of their full potential. They are often afraid to make calls to potential customers or partners because they fear rejection. Or sometimes they have struggled for so long that they can't see a way out of the challenge they are facing. I take great pleasure and honor in coaching them to success, but I know that if they had called me years earlier, I could have spared them much heartache. That is why I want to be completely transparent in this book so you know what's ahead. I want you to start your journey so strong that you are not affected by obstacles that often stop smart and deserving individuals along the way.

"Fears are nothing more than a state of mind." – Napoleon Hill

If you find yourself in a situation where you know that you should do something, but you are afraid to do it, ask yourself whether your fear is rational. Really, what is the worst that can

happen? In most cases, not much! You would be disappointed for five seconds, pick yourself up, dust yourself off, and you would keep going. Don't make any task seem bigger than it really is. Ask yourself what you have to lose if you do it, and what you have to lose if you don't. Once you realize that not following through means letting yourself down and sabotaging your own dream, the fear of "doing" will be reduced, while the fear of "not doing" will be greater. Develop a habit of working on your fears, using the methods presented earlier in this chapter, so that you can be courageous and create the success you want.

Successful people don't shy away from taking risks and getting out of their comfort zone. And they don't just take chances; they learn what they need to know, they prepare, plan, and strategize. They know how to influence people to want to partner with them by showing them common goals, common good, and how their collaboration is for the greater good too. They know how to listen, and how to communicate effectively. Doing something intimidating is more than throwing your hat in the ring. You need to position yourself for success. No cutting corners, being lazy or hoping for a miracle. You need a sound strategy, implementation and follow-through.

Be Decisive

Napoleon Hills' research revealed that successful people make decisions quickly (as soon as all the facts are available) and change them very slowly (if ever). Unsuccessful people make decisions very slowly and change them often and quickly. That intuitively makes sense. People who make decisions and are slow to change them take action, problem solve, persist and get results. Those who don't make decisions are frozen in inaction and constantly miss opportunities. The lack of energy and motion slows them down even further and reduces their productivity.

Why do you think Benjamin Franklin said, “If you want something done, ask a busy person”? Because a busy person has a sense of urgency to make it happen while someone who isn’t busy may not know how to complete a project or may take too long because they haven’t mastered time management and efficiency. When you make decisions and take action, you experience the kind of energy and focus that is necessary to accomplish great things. If on the other hand, you take too long to ponder what to do, and can’t overcome the fear of making the wrong decision, you are likely to stay stuck for a long time.

Being decisive doesn’t mean being impulsive. Do your research, weigh your options, and once you have enough data to make an informed decision, do it, and stick with it. If you doubt and keep going back and forth, you will drive yourself crazy and accomplish nothing. Don’t give up at the first sign of difficulty. Instead, persevere and you’ll find solutions. Every experience, pleasant or not, is valuable when you learn from it. When you choose to wait and do nothing, you waste valuable time. Realize that not making a decision is in fact making a decision to change nothing and get no results.

Make an informed decision, do it, and stick with it. If you doubt and keep going back and forth, you will drive yourself crazy and accomplish nothing.

While you gather information to make an educated decision, you may want to get advice from mentors and experts, but don’t be influenced by people who don’t have experience or knowledge on the issue. Friends and family members may create doubt in your mind by transferring onto you their own fears and limited

thinking. You don't need their approval and don't even have the obligation to tell everybody what you are deciding to do. Trust your intuition and keep moving forward.

"It's in your moments of decision that your destiny is shaped." – Tony Robbins

Look at the life you have now and see it as the result of the decisions you made. What you decided to do for a living, who you chose to marry (or chose not to marry), where you live now, etc.; everything that is part of your current reality comes from the choices you made. Even if you live where you were born and your entire family lives there, that still represents a decision, one to stay instead of exploring any other part of the world. In my opinion, the fact that we can decide anything and pursue anything is what is most fascinating about life. Please don't hide behind the good old "It wasn't meant to be" excuse. Any day, at any time, you can make a decision that will change your life forever. In fact, you've done it many times. We all do, but we don't always recognize it. Take a moment to think about where you've been stalling, or avoiding, and what decisions you can make now to advance in making your big dream a reality.

Be Organized

Being organized is not a character trait that some people possess and others don't. It is a necessity for anyone who really wants to succeed. This chapter is about determination and commitment, and you have to commit to getting organized. If not, you will have to deal with drama that you could have avoided, and you'll miss out on opportunities to get better outcomes. Being organized includes the following.

- Knowing exactly what you need to do and doing it.

- Blocking time in your schedule to do these tasks.
- Knowing how to manage your time and making sure that what is important always gets done.
- Having impeccable follow-through. Letting things “fall through the cracks” is never acceptable. If you mean to do something, do it. If you said you would call someone after a meeting to engage them in the next phase, call them.
- Use your resources effectively.
- Plan ahead and be prepared for contingencies.
- Create systems for things that are ongoing to increase your efficiency.
- Prevent interruptions, distractions and chaos.
- And much more!

To be organized, you first need to get crystal clear on your priorities. What is most important to you? Once you know how to prioritize, it will be easier to figure out how to spend your time and resources. Second, state what outcomes you seek and list what action steps need to be taken to create those outcomes. Make sure to have an ambitious but realistic deadline for each action step. Know what you will need to succeed. For example, if someone needs to contribute, make sure they are available and they know exactly what is expected of them and when.

To be organized, you first need to get crystal clear on your priorities.

Once you have a plan, block time in your schedule to execute the action steps you created. Treat every entry in your calendar as a “non-negotiable” activity. Even when there is nobody to keep you accountable, you need to create a habit of staying accountable to

yourself. It is very easy to lose sight of your vision or forget why following through on your plan is of the utmost importance.

People also have a tendency to rationalize why they can push back the task and go do something else. That is called task avoidance and happens when you attach more pain than pleasure to the idea of doing the work. You can focus on all of the positive reasons why you want to work toward your goals and minimize your negative feelings about having to work instead of doing something else. But let me give you a shortcut. When something is scheduled, just do it. Don't think about your mood of what else you could be doing. Trust that when you created your action plan and your schedule, you made good decisions and stick to it. Why argue with yourself?

People sometimes get excited about too many things and start them but never finish them. Overall, they spend a lot of time and energy but are so scattered that their dreams don't come to fruition. I can't emphasize enough the importance of following through in everything that you do. When you don't, you are letting yourself down, and you often disappoint other people too. Following through shows that you are persistent with all important things, big or small. Never underestimate the value of small action items.

That ten-minute phone call you didn't make could have opened doors for you. That follow-up e-mail you didn't bother writing could have started a valuable partnership. People get busy, distracted, overwhelmed, and they drop the ball. It seems to have become socially acceptable, but it doesn't change the fact that it is a self-sabotaging behavior. The good news is that it is very easy to set reminders on your phone, alerts on your calendar, or even use project management tools to avoid such problems.

When you organize your tasks, look for ways to be efficient.

For example, if you have to drive to several locations in one week, make sure to create the most efficient route and avoid peak traffic hours. If you have tasks that require a completely different state of mind and energy level, schedule the similar ones back to back so you don't have to waste precious time shifting from one state to another.

Don't hesitate to delegate, automatize or outsource the tasks that can be done just as well, or better, by someone else or by technology. Before you start working on a task, decide how much time you need to allocate to it, and use a timer to make sure you won't go over. We often use as much time as is available, so keep an eye on the clock to avoid spending more time than necessary. Turn off anything that can distract you, such as social media pages or instant messaging.

Develop a habit to think in terms of return on investment when you allocate any resources, such as time or money. It's not about cost or expenses but what you will get out of it? Will spending resources bring you closer to any of your goals? If not, don't do it. Understand the difference between an expense and an investment. It will help you greatly optimize your allocations and results.

Develop a habit to think in terms of return on investment when you allocate any resources such as time or money.

Keep in mind that time is your most precious resource because unlike money, when it is spent, you can't get it back or earn more of it. An organized person knows how to create systems so that other people will not hijack their day. You can set boundaries for people to know when they may or may not contact you and reduce interruptions that way. You can create clear processes and guide-

lines for people to be able to act more independently instead of coming to you to solve things they could have handled on their own.

Know that you can keep your personal power and have a relatively strong level of control over your time and on how your day unfolds. I see business owners working themselves to the grave because they haven't made the time to train their staff and create processes to have efficient systems in place. They are so busy that their personal lives suffer, but they fail to recognize how much they could improve if only they got organized rather than spent their days putting out fires.

Take a moment to think of ways you can become more efficient and complete the following sentences.

- I can save time by...
- I can stop doing...
- I can spend less time on...
- I can delegate... to ...
- I can empower others to take initiative by...

This chapter may seem cold because it is centered on personal responsibility and stepping up without making excuses. You can't blame others or circumstances anymore, but it doesn't mean that you are alone on your journey. You will undoubtedly receive help from other people and invisible forces.

First of all, when you implement all of the principles presented in this chapter, you become a role model and an exceptional leader. You inspire others to do the same—step up, take risks, and be courageous. You have an indescribable energy and strength that people notice and are drawn to. Those who recognize what you are doing will want to support you in creating your dream. Not only because they want to help someone deserving but also because they want to be part of the experience. Never underestimate how

rewarding it is for someone to contribute to something that makes them feel good.

By simply being yourself and doing your thing, you will inspire others to dream bigger and realize their own full potential. You will change their beliefs about what is possible. The ripple effects of your transformation will be endless. You will attract like-minded people, and most aspects of your life will change for the better. Think of what you will manifest! Once you are in the zone, or in the vortex as Esther Hicks describes it, the universe will support you in really big ways. Pay attention to synchronistic events such as the right person showing up at the right time, or the perfect solution appearing out of nowhere when you need something. Be prepared to see miracles. Keep believing in yourself and in the universe's unlimited abundance and you will receive guidance along the way.

When you implement all of the principles presented in this chapter, you become a role model and an exceptional leader.

Chapter 6

Make Changes Within



Change What You Perceive

By making changes within yourself, you will change your own perception of everything outside of yourself. Nothing has meaning, inherently, until a person observing a thing or event makes a judgment and attaches meaning to it. Think of the implications! You can choose to feel differently about what you are exposed to just by changing your perspective.

In an attempt to protect ourselves, we sometimes look for things that could go wrong, trying to prevent them. The problem with that habit is that it brings an undesirable emotional state, and will manifest more things to fear. Some people are perfectionists and highly critical because they want nothing but the best. They seek the best experience but get an unpleasant one because

instead of noticing what they could appreciate, their focus is on what could have been better. The result is that they can never be satisfied. See how their own minds sabotage their desires to make things better?

“If you change the way you look at things, the things you look at change.” – Dr. Wayne Dyer

You have the power to let go of old habits and create new ones with intention and repetition. You want your neurons to fire in new ways and you’ll need to establish and strengthen new connections. It is like working a muscle—the more you use it, the stronger it gets and the easier it becomes. That is why every self-help book or course talks about appreciation and gratitude. When you focus on what you like, what you value, and what you are thankful for, you not only have a much more pleasant experience, but you also create more to be happy about. In that state, you perform better, and you can access your strengths and talents without limiting thoughts getting in the way. People are drawn to you.

Sometimes people are told to create a gratitude list, and they quickly run out of new things to write down. That’s because they are making an inventory of what they have in their lives that match their desires, and they only note what seems substantial. I encourage my clients to go much further and find things to appreciate about everything, no matter how silly that might seem. The purpose is to feel good now and strengthen neural pathways to make appreciation a habit. It is not to look for things that are exceptional. This is not the time to have discriminating tastes. Appreciate everything you can possibly appreciate!

Find things to appreciate about everything, no matter how silly that might seem.

Let me give you an example. Right here, right now, I am in my home office, sitting at my desk writing. I can be grateful that I have a comfortable home, I get to do the work I love, and my mind and my fingers make a good team to get my thoughts on the computer monitor. That's obvious, but why stop there? What else can I notice? It is a beautiful morning in Southern California, sunny and warm. The temperature is ideal, the birds outside are chirping away, and my cat is napping by the window, enjoying the sun on her fur. Looking at my desk, what can I appreciate? There is a glass of filtered water to keep me hydrated and help my body stay healthy. I really like the shade of green I chose when I had my office painted. I see post-it notes, pens, and a couple of paper clips. We take these objects for granted because we have had them for so long, but they were once really useful inventions. And they still are! See what I mean? You can choose to feel appreciation about something as small as a paper clip or a post-it note. It may seem silly at first, but keep in mind that the goal is not to look for something exceptional but to train your brain to pay attention to good things. Once you perceive more good things, you experience a vibrational and emotional shift within you. So go ahead, practice, practice, practice, and it will become your new normal way of being and perceiving.

You also have the power to change how you feel about things that bother you or upset you. My philosophy is that when something bothers you, you either change it or you accept it. Fighting it, resisting it, and complaining about it, is a terrible waste of energy and focus. It will make you feel bad. You won't be able to change anything about what is happening, and by feeling strong negative

*When something bothers you, you either change it
or you accept it.*

emotions about it, all you'll accomplish is creating more of it. Most people don't realize it, but they create much emotional suffering within themselves by comparing "what is" to "what should be."

Here are some examples of sentences that hurt you and accomplish nothing.

- "This shouldn't have happened." But it did happen. So why continue to feel the pain by focusing on the past that you cannot change? How about using your energy to create something good rather than dwell on the past?
- "This isn't fair." Adding the "not fair" label doesn't help either. Change it, or accept it.
- "That's not what I expected." Expectations can cause great suffering when we are too attached to specific outcomes that are beyond our control. Do your best to plan, communicate effectively, and do what you can to get what you want. But when it doesn't work out, learn your lesson and let it go.
- "I wish there were no more homelessness, poverty or hunger in this country." Wishing and putting your focus on what you don't want isn't going to make a difference. If you feel strongly about this, turn your sadness into desire to help and find a place to volunteer. You'll feel happy about engaging in rewarding work for a worthy cause. Just make sure your thoughts and vibration are in alignment with being of service and not focused on the poverty and hunger that still exist.

The bottom line is to focus on what you can do rather than what you cannot do. It's all about self-empowerment! You can reclaim your personal power instead of letting external events determine how you feel, how you act, and what you manifest in your

existence. Also realize that no person, thing or event can make you feel a certain way without your participation. In the past, you had been taught to react in specific ways, but you were not aware that there are many other ways to respond. Now you know!

“Nobody can hurt me without my permission.” – Mahatma Gandhi

When someone says something hurtful, you will only be hurt if you decide to participate. Imagine that a man calls you stupid. I agree that it is not a nice thing to say, but you can decide how to respond, or not to respond at all. If you don't pause for a second, you may feel attacked, hurt, and devalued. You might even start analyzing what you may have said or done to deserve that comment and torture yourself with thoughts of low self-worth and low self-confidence. Or you might feel unfairly attacked and get offended by this man's behavior. You didn't deserve this. How dare he talk to you like that? Right?

If you are talking with a bully, and he sees that he is getting to you, things can escalate badly. Instead, if you choose to pause, you can look at the situation and see it for what it really is. There is a man in front of you showing frustration, anger, judgement and all sorts of toxic emotions. Why? Because he has problems! People who hurt, often hurt others. His behavior is not about you but about him. He is looking for something to be upset about, and you were an easy target. Maybe he is terribly insecure because he feels unloved. He might need to put you down so he can feel superior. That's terribly sad. I feel a lot of compassion for this hypothetical misguided man. He needs a lot of personal growth and emotional healing. So why would you take anything he says personally? It's not about you! Get it?

If you give anyone the power to push your buttons, you are participating. You can choose not to engage and focus your attention elsewhere. Here again, practice, practice, practice until it becomes

your new normal. Also, once being victimized in that manner is no longer a possibility for you, your vibration will change and you won't find yourself in these situations anymore. Men like that will be drawn to people who haven't yet learned to shield themselves and not react. You will not be a likely target anymore.

If you give anyone the power to push your buttons, you are participating. You can choose not to engage and focus your attention elsewhere.

Choose Freedom

Some people are naturally easy going, others worry a lot, some are control freaks, and so on. If I were a therapist, I would want to work with you to identify what happened in your childhood that caused you to be the way you are. But I am a coach, so my purpose is not to analyze the past but to offer ways that you can change your present and shape your future. As corny as it sounds, today is the first day of the rest of your life, and you can choose to free yourself from old patterns, thoughts, and beliefs that cause you pain.

As a teenager, I worried a lot, I was insecure, I was afraid of making mistakes or disappointing my family, I was afraid of rejection, I cared what people thought of me, and that felt heavy. I thought it was normal because it was part of being responsible, having a conscience and taking other people's feelings into consideration. I was wrong. All of my self-imposed concerns and pains took the fun out of life. Luckily, I loved reading, and it wasn't long until I discovered self-help books and learned ways to free

myself from my own mind. You can make the same choice to control your mind rather than let your mind control you.

Free yourself from worry. What is worrying anyway? It is engaging in thoughts that make you feel bad now, about something that hasn't happened. In fact, that thing you worry about may never happen. It only exists in your mind. Why would you want to create in your mind a problem that doesn't exist anywhere else? Don't get me wrong, I am a big fan of being proactive and preventing problems rather than solving them later, so I am not advocating a carefree attitude that can be destructive. There is a big difference between being aware of possible consequences before you make a decision and making yourself sick worrying about things that aren't real. When you have thoughts about what could go wrong, pay attention to the intensity of these thoughts. Are they proportional to the issue or are they blown out of proportion? How emotionally charged are they?

Why would you want to create in your mind a problem that doesn't exist anywhere else?

For example, let's say you are starting a new business. It is good to know why so many businesses fail in their first two years of existence, so you can learn and not make mistakes that could be avoided. So yes, be realistic, learn, and make quality decisions. But you can't live in a constant state of worry that things could go wrong in spite of your best efforts. Do your best work because you are excited about your future success, not because you are terrified of failure. It is important to see what needs to be done, or changed, but do so with positive emotions. Again, it is all about perspective. Make sure you don't have a pattern of exaggerating reality and engaging in catastrophic thinking. It's funny when it's used in

comedy but it has no place in your mind when you are living your life and building your dream.

So the next time you start worrying about something, pause and look at the facts. Are you identifying an opportunity for you to take action and prevent a problem, or are you stressing yourself out over something that doesn't require you to take action? If you are worrying about something you have no control over and find it difficult to just accept it and let it go, you may remind yourself that even if you don't get the outcome you want, you'll get over it. Life will go on. You'll be fine.

We often worry about things we don't want, and forget that we are perfectly capable of overcoming difficulties and setbacks. Remember how strong you are. You are resilient. You can succeed no matter what, so focus on your vision of success. That will allow you to manifest what you want rather than what you don't want.

Pay attention to the questions that you create in your mind. Questions will direct your train of thought, so make sure you like the direction you are taking. For example, if you think, "Why can't I do this right?" your mind will answer with a list of weaknesses and flaws. That's not helpful at all! Instead, switch from self-pity to self-empowerment and ask, "How can I do this better?" Your mind will go into problem-solving mode and come up with improvements you can make to get a better outcome next time.

Questions will direct your train of thought, so make sure you like the direction you are taking.

Here is another example. "Why don't they want to help me?" Instead, ask yourself "How can I inspire them to help me?" Choose

to free yourself from self-created questions that bring you down rather than help you advance.

When you choose freedom, you let go of any and all thoughts that weaken you. If you are reading this book, it is because you have a big dream that you want to turn into reality and you are ready to do something extraordinary. There is no room in your mind for regret, guilt about the past, resentment, or fear. Leave the past in the past. Learn your lessons to avoid repeating the same unpleasant experiences but do not dwell on them. Transform past pains into motivation to create a better future.

When you choose freedom, you let go of any and all thoughts that weaken you.

For example, if you regret something you didn't do in the past, remember that you are still alive and it's not too late. Maybe it will look slightly different, in a different place or with other people, but you can still create a similar experience. If something is important to you, don't give up on it. If you regret something that you did, find compassion in your heart to forgive yourself. Think of how you could do some good to help the people you think you wronged. How can you feel empowered again by finding a way to contribute in a positive manner?

It's important to free yourself from the past so you don't let it determine your future. Understand that whatever hurt you in the past isn't happening anymore unless you give it your attention and choose to relive the painful moments. If something traumatic is haunting you, you may need to seek the assistance of a therapist, but when it comes to little things that are part of life, you have to learn to let them go. Pay attention to how often you talk about

the past, about how someone wronged you, or something didn't work out. For some people, it's a strong habit, and it needs to be dropped. If you continue to look at past experiences to create expectations for the future, you will keep creating more of the same.

Is there someone you haven't forgiven? If you think they don't deserve to be forgiven, you are losing sight of what matters. Your goal is to release the past and find inner peace. When you forgive others, it is not to give them a free pass but to give yourself the gift of healing. Holding grudges will hurt you, not them. And even if it could hurt them, it wouldn't be a good thing anyway, because revenge is not the answer.

When you forgive others, it is not to give them a free pass but to give yourself the gift of healing.

Acceptance, love, understanding, compassion, and stepping into your personal power are what you need to create a life you love. Take responsibility for your thoughts because they come from your mind. Nobody is forcing thoughts onto you. You're the one in charge of your mind.

“You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think.” – Marianne Williamson

What you think determines what you do, which in turn determines your outcomes. Choose freedom from disempowering thoughts to feel better, make better decisions, take better actions, and create better results. You have an incredible amount of power

over your own life, and you need to use it for yourself and for the greater good.

Give Yourself Permission

Give yourself permission to shine, to be yourself, to be happy, and to live your life on your own terms. Why hesitate? Who you are is who you were meant to be. Your life purpose is simply to be your authentic self. If you have a burning desire, it means that it is your path to accomplish it. Your preferences and desires come from your soul's whispers. Listen! Whatever is holding you back isn't part of who you are. It's only a voice in your head that came from listening to other people's opinions. So, don't listen to everything you think! A lot of it is created by fear and a limited perspective on what is possible for you. Give yourself permission to be different rather than trying to conform to what you think society expects from you. There is nothing to fear and a lot to love!

“There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution and all hopes for a better world rest in the fearlessness and open-hearted vision of people who embrace life.” – John Lennon

Do you have conditions in your mind, perhaps a list of things you must do or become before you can love yourself? I think most people do, to some extent, but it is an illusion. You don't need to do or be anything more to be worthy of love. Love is not the destination but something available along the way.

Love and fear are two opposite forces that are mutually exclu-

sive. Love comes from the heart and soul, while fear comes from the ego. A fear-driven life is miserable and terribly limiting. Most negative thoughts and emotions come from fear. Make a conscious choice to choose love. When you are confronted with a difficult situation, ask yourself, “What is the loving thing to do?”

By choosing love, you become more generous and bring more joy to the people around you. Learn to love what you have in your life now. It’s about more than gratitude and appreciation. Feeling that you love what you have, and you already have what you love, will raise your vibration and you will manifest more things to love.

Feeling as if you had already received what you wish for will bring it closer to you at a higher speed. Remember the part on coherence, in chapter 4, which explains how to manifest with intention. Feeling “high” because you live with an open heart, filled with love, will make you very magnetic to the things you wish to bring into your existence. Fear blocks, and love attracts. Pay attention to your thoughts and emotions and make sure to choose love.

Fear blocks and love attracts.

Give yourself permission to be playful and have fun. Don’t take everything too seriously. Life is about joy! Once you lighten up, you can become open to everything and attached to nothing. You welcome surprises, delights, and miracles, while knowing that whatever happens, you’ll be just fine. Thinking it, believing it, and feeling it, turn you into an unstoppable, powerful, and wonderful person.

If this seems unrealistic or selfish because you have to take into consideration other people and circumstances, I invite you

to question your beliefs and test whether they are really true. The most caring and loving people have a tendency to go so far above and beyond what is expected of them that they create unnecessary obligations. You may be setting a high standard for yourself that nobody expects but you. You may be forcing yourself to do things for people that they didn't even ask for and may not even want. We waste so much time and energy on things that are either unnecessary or unwanted!

Don't be afraid to make some changes. Never assume that someone wants you to do something just because you've gotten into a routine of doing it a long time ago. Ask them how they would feel if you changed something or stopped doing it. You might be very surprised by their reactions. Don't be a prisoner of your mind. Use it for good, and free yourself from self-imposed limitations and obligations. And life is going to get even better!

Take a moment to reflect on what you read and answer the following questions.

- What do you enjoy?
- What makes you happy?
- What do you love about yourself?
- What are you afraid of?
- How can you overcome this fear by choosing love instead?
- What obligations can you let go of?

Be Self-Aware

“The most fundamental aggression to ourselves, the most fundamental harm we can do to ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently.”
– Pema Chödrön

Do you really know yourself? Most of us are not really self-

aware. We see what we want to see, and we ignore what makes us uncomfortable. We judge ourselves harshly for being different from what we want to be and withhold self-love. We make efforts to hide the parts of ourselves that we don't accept. We create a distorted vision of ourselves and don't know how to accept and love ourselves just the way we are. However, if we take the time to really get to know ourselves and listen without judgment, we can find peace and treasures we didn't know were there.

I consider myself to be relatively self-aware because I have spent two decades doing personal development work, learning, reflecting, and growing. However, when I see a different side of myself, or if someone makes a comment that may reveal some truth, I realize that there is still much that I don't know about myself!

A few years ago, someone who knew me well and loved me said, "You are just as stubborn as when you were a little girl." That took me by surprise. It didn't feel like a compliment! I considered myself open-minded and always interested in learning and considering other opinions, so I didn't get it. It came from someone I respected, so I didn't just brush it off.

Then I realized that the person meant stubborn as in persistent, relentless, won't take no for an answer kind of person. Is that strength or a weakness? It is both. I may create unnecessary stress by caring too much about things that aren't all that important, but that flaw works to my advantage when I want something important and persist until I succeed. You see, there is a gift in ev-

There is a gift in every flaw. Rather than trying to deny or reject your flaws, embrace them, and see how they can serve you.

ery flaw. Rather than trying to deny or reject your flaws, embrace them and see how they can serve you.

Take a moment to describe the following.

- Your talents and strengths

- The gifts you bring to the world

- The things that aren't your forte and should be delegated or outsourced

- What drives you and motivates you to act

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- What needs lead you to make decisions

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- What scares you

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- What you love

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- How your mind works
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Get to know yourself without judgment. Don't make yourself wrong. Accept everything you discover, and use it to guide you and make you stronger. Focus on what you enjoy and do well rather than trying to develop areas where you feel weak. You don't have to be great at everything. What you love is what you want to master. What you don't care for shouldn't be a priority. Discover the real you, and honor what you find.

"Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes." – Carl Jung

This book is meant to encourage you to awaken to your true potential, be who you were always meant to be, and create a life you love. Self-awareness is an essential part of awakening and living an empowered life. Understanding yourself better will give you a roadmap and some strategies, almost like an owner's manual. For example, once you know what motivates you, you'll know what perspective to take, what meaning to attach to things, and how to stay focused on your goal.

Let's take the example of a person who feels very passionate about a line of nutritional supplements because these products have helped her get healthy and lose weight. Let's call her Anna. Anna has a big dream of helping thousands of people who have the same struggles she used to have. She joins the company that makes these products and will earn a percentage of her sales volume. She is excited about promoting what she considers to be a miracle product line. But then reality hits. She has to learn sales techniques, cold calling, and facing rejection day after day. Soon, Anna loses motivation and wonders if she made a mistake by joining the company. She calls the person who recruited her to ask for help.

That person is highly motivated by money and tells Anna about

earning potential, financial freedom, expensive cars and all sorts of luxurious things that she will be able to buy if she gets motivated and starts selling. Anna hangs up the phone feeling even more discouraged. Buying luxurious things means nothing to her, and her fear of rejection is still strong. Anna needs to find meaning in the work that she agreed to do. Since her purpose is to help people change their lives for the better, she has to focus on that vision.

Being self-aware, she understands that she has to change the meaning she is attaching to cold calling. If she sees it as bothering people with unsolicited calls, she won't be able to pick up the phone because she will feel out of alignment with her purpose. However, if she realizes that thousands of people desperately need her products but don't know they exist, she can decide to be on a mission to educate them and provide them with solutions that will change their lives. If she doesn't call them, they may never hear about the products... But if she calls, yes, she may be rejected, but she may also reach future clients who want to discover and buy her products.

She can decide to focus on the rejection and let fear stop her, or she can focus on her mission and be unstoppable. What she focuses on is her choice and her responsibility. Next, she can view rejection for what it really is. Many people don't like receiving calls and won't listen; that's part of life. It's not about her. On the other hand, the people who will take the time to take her call get educated about what she is selling and buy the products will greatly benefit from her initiative. In this example, Anna's need is to provide

Know what moves you and what motivates you to act. Also know what stops you and make the necessary changes to use your own psychology to align your desires, thoughts, actions, and results.

value to others. She has to focus on her purpose and attach powerful meaning to the work ahead of her. It's all within her control once she understands how her mind works.

Know what moves you and what motivates you to act. Also know what stops you and make the necessary changes to use your own psychology to align your desires, thoughts, actions, and results. Always remember that your dreams and desires are signs to point you in the right direction. You are meant to do what you love, not spend your life doing what's reasonable but unfulfilling. Once you embrace your dream and your purpose, there will be no turning back. You will feel so strongly pulled toward it, and pushed away from alternatives, that you won't have to make a tough choice. In your mind, only one direction will warm your heart and feed your soul.

"When I discover who I am, I'll be free." – Ralph Ellison

When you discover who you are and completely accept all parts of yourself, you'll understand the perfection. You'll be free from comparisons and wishes that you were different. There will be no more pressure to conform to society's norms. It is so liberating! That is my wish for you, to be your authentic self, unapologetically. So forget what you are not and focus on what you are.

Another important aspect of self-awareness is to be aware of what you are really doing as opposed to what you think you are doing. To keep yourself accountable and identify opportunities to make improvements, start by setting measurable goals and tracking your efforts and outcomes in quantitative terms. You'll get a clear picture instead of a vague guess. Be ready for some surprises!

When clients come to me for help with time management, I ask them to track how they spend their time for a week. Typically, they are in complete shock when they see how much time they

Another important aspect of self-awareness is to be aware of what you are really doing, as opposed to what you think you are doing.

waste on things that don't bring them closer to their goals. Two of the most common time wasters are television and social media. It is very common for people to watch television every night, to unwind from the day, without realizing that 2.5 hours per day on average equals 17.5 hours per week, and 912.5 per year! Imagine what you could do with an additional nine hundred hours per year!

Social media is an even more tempting time waster because it's available right here on your phone, tablet, laptop, desktop, everywhere, all day and all night! Have you ever gone on Facebook with the intention to spend fifteen minutes to wish a friend a happy birthday, update your status, and check out your niece's baby pictures, only to find yourself scrolling down on your news feed for hours? That happens to the best of us, especially when we use social media for marketing and have a legitimate reason to login regularly. I am not here to tell you what you should or shouldn't be doing with your time, but do track your activities and hours so you can take an honest look at reality and decide if it's time to make some adjustments.

If you find it difficult to keep yourself accountable, get a coach, or at least an accountability buddy who is capable of doing a good job. Friends tend to be enablers because they care more about having a good relationship with you and pleasant interactions than pointing out when you are letting yourself down.

Also, if you choose an accountability partner who isn't pushing themselves outside of their comfort zone, seeing you do extraordinary things can make them feel bad (in comparison) so they may

have a subconscious desire to see you fail to avoid disturbing their own denial. Choose who you bring into your success team very carefully. If you want inspiration and guidance on accomplishing something, don't partner with someone who hasn't accomplished it themselves. You want someone who knows the pitfalls and won't let you make excuses, procrastinate or quit until you have made your big dream reality.

Take Full Responsibility for Your Actions and Emotions

At the risk of sounding like a broken record, I want to emphasize taking full responsibility for everything in your life because it is the most important thing you must do in order to be self-empowered and accomplish great things. Lose the habit of making excuses, and always focus on what you can do in every situation, rather than being defeated because of something that someone else did or circumstances outside of your control. And of course, don't make excuses for your own shortcomings.

Whatever you do, own it. If you can't own it, change it, and don't do it again. Have you noticed how some people show a pattern of over-promising, under-delivering, and then apologizing? Sometimes they even go as far as beating themselves up and making it publicly known, hoping to get sympathy and forgiveness. Do these people annoy you? Do you wish you could just tell them to stop saying they are sorry and do a better job next time? Hopefully you don't have that pattern, but there may be instances where you do something similar. Keep yourself accountable, learn to be more self-aware, and find opportunities to be more empowered by taking charge rather than accepting something that is out of alignment with your intention.

No matter what your big dream is, I promise you that once you build a reputation of being resourceful, trustworthy, dependable,

and exceptional in your intentions and follow-through, people will be drawn to you and happy to help you build your dream.

Remember to focus on solutions rather than problems. Problems are really just challenges that can lead you to create an even better alternative than what you had planned originally. Setbacks can teach you valuable lessons if you ask yourself, “What is the gift in it?”

Problems are really just challenges that can lead you to create an even better alternative than what you had planned.

Some clients come to me for coaching on career changes. A few years ago, I coached a young lady, let's name her Amanda, who wanted to get clarity on her dream job and manifest it. She had spent most of her time working toward goals that her parents had chosen for her, and she was very unhappy. She needed to learn to listen to her true self, improve her self-confidence, and work somewhere she would be happy.

About one month into our coaching, she was very upset because she had interviewed for what she thought was her dream job and wasn't selected. To make matters worse, one of her friends had been offered the position. At first, her feelings were hurt, but soon after, her friend told her how miserable she was at that company because she wasn't appreciated and her boss was verbally abusive. Amanda realized that this position was not her dream job because she had intended to be appreciated and treated fairly. Indeed, a much better job opportunity presented itself, the salary was much higher, and she liked the organizational culture. Do you think she got selected that time? Yes, she did! There is no denying

that when one door closes, many others can open, and you can walk through the one that is best for you. Always keep in mind that the opportunities that are created depend on your beliefs and vibration. You cannot attract something that is out of alignment with your energy, so always start by doing the work within to manifest what you want in your physical reality.

A simple but powerful way to feel better and reduce stress is to stay focused on the present. If you dwell on the past and feel bad about things that have already happened, you are actively creating unnecessary painful emotions in the present. It is good to reflect on the recent past to learn and grow, but not to reactivate old painful memories again and again. An exception to that would be if you are doing healing work and dealing with the past to be able to drop your old story once and for all. Releasing the past is healthy, but reinforcing limiting beliefs by reactivating old pain isn't. Be wise enough to know the difference.

Your moment of power is right now. You can't go back in time to change the past, and you can't jump into the future either. It's ok to plan ahead and be proactive but not to the point of letting your mind live in the future. Doing so would cause you to procrastinate. Why put off to tomorrow what you can do today? So keep your attention on the present, and do the best you can now. That will also stop you from worrying about the future.

Worrying means creating bad feelings now about something that has not happened and will probably never happen. Worrying is a dangerous habit because it is potentially endless. You can worry about an infinite number of things if you allow your mind to go to dark places. Once you refocus on the present, you can release pain from the past, and stop worrying about the future. Deal now with what is relevant now. Sometimes, clients tell me they are anxious about something they know will happen in the distant future. We can work on the fears but we cannot create a solid plan

to deal with the future challenge because too much will change between now and then. Their life experience, wisdom, health, relationships, financial situations, beliefs, emotions and so on will have evolved by then. They will have different resources in the future, so any plan we can create now would be obsolete in the distant future.

Let me give you a silly example to illustrate that point. Let's imagine that you have decided to create a business, and you are worried about how you will invest your millions of dollars of profit because you want to be sure that your hard-earned money will be placed at a high interest rate. It makes more sense to focus your attention on making your business successful than learning the best financial investments right now. By the time you have millions to invest, the markets will have changed, and the economy will be different. So focus on what needs your attention now, not what will years into the future.

There is great power in choosing to attach positive meaning to things and to attributing positive intentions to people.

Never forget that you can control your mind rather than let your mind control you. There is great power in choosing to attach positive meaning to things and to attributing positive intentions to people. If you believe that people want to help you and the universe supports you, you'll achieve more and enjoy the process much more.

I invite you to pay close attention to what people say and how your mind interprets it. I had a client, let's name her Lea, who once told me that she was upset about a comment that her boss

had made during a team conference call. Lea had just returned from a two-week vacation, and her boss said to the entire team, “Now that Lea is back from vacation, we can continue planning our next event.” Lea was feeling overworked, overwhelmed, and had just started working with me to improve her time management, organization, and work-life balance. She was feeling guilty about taking two weeks off, even though she had earned the time off and her vacation was approved by her boss.

Because of her guilt, when her boss spoke, she heard, “By being gone, and letting us down, Lea set us back, and now we can finally get back to work.” That was her interpretation of “Now that Lea is back from vacation, we can continue planning our next event.” I, on the other hand, had a completely different perspective, so when she told me the words her boss used, I heard, “Lea’s opinion is so valuable that I don’t want to work on this when she isn’t here to provide input.” To me, it sounded like a compliment. The team knew that the work would turn out better if Lea was there to contribute. Nobody was attacking her for taking a well-deserved vacation. Nothing bad had happened in her absence. Everything seemed fine to me. But not to her. The difference was the meaning attached to the words “Now that Lea is back.”

When we expect a particular reaction from someone, we twist their words and hear what we expect to hear, rather than genuinely listening with an open mind and a desire to understand what the other person really means. Do the best you can to listen actively and pay attention to your filters. Rather than being on the lookout for something bad, make a conscious choice to notice the good.

For example, if a loved one says, “I am so glad to see you! I missed you.” You can feel good that they are expressing their love for you, or you can get paranoid and assume that they are sending you on a guilt trip for not seeing them more often. Where you put your focus and what you hear is entirely up to you. Make a con-

scious choice to attach positive meaning to things and attribute good intentions to people.

If your husband buys you perfume, you can choose to think he wanted to get something nice for you, or you can think that he found a passive aggressive way to tell you that you smell funny or that you are not feminine enough. Don't get upset over things that only exist in your mind! And more importantly, pay attention to the thoughts you're having so you can put an end to old habits that hurt you.

By being more intentional with your thoughts, you can choose how you want to feel. Whatever you focus on will create emotions. When something is happening, it is normal to feel emotions about the event, but sooner or later, you will have to move on and let it go. At any moment in time, you can make yourself happy by vividly recalling a happy memory or make yourself sad by thinking of something sad. If you choose to think of all the ways someone made you feel special and loved, you will be joyful. If you choose to dwell on all of the terrible things your ex did, you will get upset, even though your ex is no longer in your life.

By being more intentional with your thoughts, you can choose how you want to feel.

Your emotions come from you, not from other people. When you blame someone for the way they made you feel, you are refusing to see that your reaction was entirely yours. It may seem easier to blame others and ask them to change than to take responsibility for how you respond and how you feel, but it is an illusion. Anytime you put the responsibility on someone else, you give away your power. When you have a relationship with someone who lets

you down more often than not, instead of blaming them for their endless pattern, realize that you could have learned your lesson by now and stopped expecting them to change. Don't try to change them, instead, decide what you are going to do about the problem.

When you decide to elevate yourself and work on your mind, thoughts and emotions, your progress will be easier and faster if you put some distance between you and energy vampires. Energy vampires are people who drain you because of their extreme negativity and limiting beliefs. Give yourself permission to spend less time with people who don't support your personal development goals. Most likely, some friendships will change and others will end because you will no longer enjoy connecting with people by complaining together or being critical together. You will be drawn to people with more positive energy and join a different peer group. And you will love it! So don't worry about the transition. You are on your way to something much better and more rewarding.

When something gets to you and you don't feel good, don't wait until your mind gets tired of thinking of the problem and is finally ready to move on to something else. You can stop it anytime you want. It is called interrupting a pattern. Here are some very simple things you can do anytime to get yourself out of that funk.

- Move your body: go for a walk, exercise, or dance
- Listen to your favorite music (choose something that energizes you)
- Watch a funny video
- Play with a pet
- Be of service to someone
- Make a gratitude list
- Listen to some comedy
- Talk with someone who is really funny
- Do something nurturing or self-soothing

- Pay attention to your self-talk and change what you are telling yourself
- Put things in perspective and don't make problems bigger than they are
- Focus on solutions rather than problems
- Find positive aspects in the present situation

My favorite one is being of service to someone because instead of focusing on your problem, you put your attention on helping someone else. That will make you happy and benefit the other person too. You start a ripple effect. That other person may feel inspired to pay it forward and help others. All contributions to our world are significant, no matter how big or small. The energy you put out into the universe affects our collective energy field and directly determines what you manifest into your personal experience. Your emotions offer a reliable guidance system that tells you if your thoughts and your energy are aligned with what you find desirable or undesirable. So take responsibility for your thoughts, emotions, actions, and the life you create. Step into your personal power and make magic happen!

Chapter 7

Create New Habits



Once something has become a habit, it takes no effort at all to do it consistently. Being consistent is what will keep you on track, free from self-created setbacks and detours. To make your big dream reality, you need to take an honest look at what you do every day and how you spend your time. You will identify opportunities to make changes and develop new habits. Little things add up over time, so don't underestimate how small changes can create great outcomes.

“Small daily improvements over time lead to stunning results.” –
Robin Sharma

Daily Habits

How do you start your day? What do you think and what do you do in the morning? Your morning habits set the tone for the rest of your day, so be mindful and intentional. For example, if you think of work, stress, pressure and obligations you have that day, you will create a state of mind that will prevent you from having a great day. Instead, always start your day with positive thoughts and expectations. You may start with gratitude, thinking of the blessings you already have, and wonder how the universe will surprise and delight you today. Don't think about what could go wrong, but what could go wonderfully right. Take a quick moment to connect with your vision by looking at your vision board or reading affirmations or anything you like that brings you back to your purpose.

Your morning habits set the tone for the rest of your day, so be mindful and intentional.

Several times each day, develop a habit to pause, take a deep breath and be fully present in the moment. Imagine that time stopped, and simply focus on your senses. How does your body feel? Do you need to stretch, adjust your posture, or maybe drink some water? What's going on in your mind? Are you stressed? What can you do about the situation to feel better? If you think you're too busy to take thirty seconds to check in with yourself, it means you absolutely need to do it! Life can feel out of control when you don't develop a habit to pause and check whether you need to make any adjustments. The time required is inconsequential but the benefits are invaluable!

Take care of your body everyday by eating healthy, exercising, staying hydrated and avoiding toxins. Neglecting your body will

have consequences, sooner or later, so take responsibility now. If that sounds hard, it is because you are thinking of making drastic changes overnight and that doesn't seem realistic. Understand that it won't be hard because you are going to make very small changes, until they become habits, and that won't take much effort. You can start by drinking more water and less of other beverages. Once that becomes your new normal, you can pay attention to how you feel after you eat certain foods, and stop eating what your body doesn't like. Many people are sensitive to grains and dairy. That may be a good place to start. If you get tired after meals that are rich in carbs, choose a salad rather than a sandwich at lunch. Make small changes and you will see noticeable improvements. Don't try to comply with an extreme diet that you know you won't stick to. Listen to your body and it will tell you what to do. Keep it simple and easy, and your new health habits will become your new normal.

If you are working hard toward creating something extraordinary, don't fool yourself thinking that working non-stop will bring you success. Yes, you may work more than anyone else you know, but you can't work non-stop. If you do, you will burn out, be stressed, and lose your ability to do your best work. Your mind needs breaks, variety, and some fun to keep balance in your life. Create rules or habits to force yourself to make good use of the time you have rather than pushing yourself until late at night. For example, you may decide that you stop working and checking e-mail after 8 p.m. Being able to unplug and get some rest will make you more effective the next day.

Remember to fully experience every moment of your life! If you are eating, savor the flavor. If you are spending time with someone, be fully present. If you are outdoors, feel the warmth of the sun on your skin or the breeze in the air. Focus on the present moment to have a richer experience of what happens in your life.

That will also reduce your stress level because all worries about the future or regrets about the past will vanish.

Which daily habits are you going to develop?

1. _____
2. _____
3. _____
4. _____
5. _____

Time Management Habits

Are you busy? In our society, we find honor in being busy, as if having a lot on our plate made us more worthy than someone else. Being busy doesn't mean being successful or honorable. It doesn't even mean that we're ambitious! People can be busy because they are too lazy to get organized, so they procrastinate so much that their to-do list is longer than a novel. When I hear "busy," I hear "out of control." So forget "busy" as a benchmark, and instead, ask yourself how productive and efficient you are. How many hours you spent at your desk yesterday isn't relevant. What matters is what you accomplished.

So forget "busy" as a benchmark, and instead, ask yourself how productive and efficient you are.

Time is your most precious resource because once it has passed, you can't get it back or create more of it. Each day, we all have twenty-four hours and must be intentional about how we spend them. I strongly encourage you to track how you spend your time for a week. Next, calculate how many hours were spent on things

that bring you closer to your goals (e.g., working on growing your business or learning new skills), things that support your core values (e.g., spending quality time with your loved ones or taking care of your body), and the things that do neither (e.g., watching television or playing video games).

You will undoubtedly find opportunities to allocate your time differently. Also pay attention to the amount of time spent on specific tasks. We sometimes use as much time as is available to us. Evaluate what you can do faster or what you can organize differently to save time. Set timelines and deadlines for everything that is important to you, so you can make sure you are on track and never hear yourself say, “Oops, that fell through the cracks!” or “I completely forgot about this, because I was so busy...”

Reclaim your power over your schedule by no longer allowing others to take your time without your permission. Create rules and systems for people to know when it’s ok to interrupt you and when it is not. Imagine if I had a friend staying at my home for a few days, and that friend wanted to ask me if I wanted to go to the beach. If she knew that I was in the middle of a coaching session with a client, she would know not to barge into my office and interrupt a session. But what if she knew that I was at my desk not talking with anyone? She might think it’s ok to walk in and not realize that interrupting someone who is mentally focused on writing a book and has a word count goal for the day is not a good idea. I couldn’t be upset with her for interrupting because I failed to communicate expectations. It would be my responsibility to make sure she knew when I am available and when I am not.

Now, going back to your present life, realize that if people have a tendency to interrupt you, it is because you allow it. Don’t blame them for being inconsiderate. Set rules and boundaries, and everyone involved will be much happier. It is impossible for them

to guess what your rules are if you haven't told them. Boundaries don't hurt relationships, but miscommunication does!

If someone knows your rules but they choose to ignore them, the responsibility is still on you to make sure you don't let them walk over you. Don't worry about being rude because there is always a polite way to deal with people without having to compromise your own needs.

Whatever you allow continues, but what you disallow is forgotten. People adapt very well to structure and rules because it gives them direction.

For example, if someone comes in and says that they really need to brainstorm something with you because they feel stuck, you have lots of ways to stop it before it starts. One, you can send them to someone else, explaining that the other person is an expert on the topic. If you can't direct them to another person, you can direct them to a different time. You can say, "I really want to help you with this, but right now I am on a deadline and I would have to rush you. I want to give you my undivided attention, so we can do our best thinking together. Let's meet on Thursday. How is 2 p.m.?"

If you get irritated, people will feel bad about your reaction, but if you stay calm and give them a reasonable alternative, they will walk away feeling heard and appreciated. And you'll have the power to spend your time on what you know is most important. Don't make exceptions because once you do, everyone else will forget your rules and ask for an exception as well. Whatever you allow continues, but what you disallow is forgotten. People adapt very well to structure and rules because it gives them direction.

Without clear direction, it's like playing a game without knowing the rules. It's frustrating and nobody wins.

Are you addicted to distractions? Electronics are changing the way our brains work. We are so used to constant stimulation that for many, it has become difficult to focus on just one thing. Research has shown that multitasking lowers productivity and often lowers quality too. Uninterrupted focused time is more productive than any attempt to juggle whatever is thrown at you each day. Schedule time in your day to interact with those who need you, and also schedule uninterrupted time for you to work on what needs absolute focus. Structure and discipline will make you more productive and will make you feel better because you will have less stress and frustration.

Which time management habits are you going to adopt?

1. _____
2. _____
3. _____
4. _____
5. _____

Self-Empowerment Habits

One of the most important habits you can develop is to always ask yourself what you can do about a situation. You can only be a victim when you choose to be one. When you face a problem, think, "What opportunities can be created by this situation?" or "What can I learn from this?" or even "What is the gift in this?"

Imagine that you were working on a project with someone else. Roles and responsibilities were clearly defined, but the other person didn't do their part. Now you have to scramble at the last minute to take care of everything that was overlooked. You can engage

When you face a problem, think, “What opportunities can be created by this situation?” or “What can I learn from this?” or even “What is the gift in this?”

in a downward spiral of negative thoughts about how this person let you down, or you can switch to problem-solving mode without wasting time and energy on fighting what you cannot change. Look at the opportunities created. Perhaps you can get help from someone more talented and creative who will do a better job? Maybe you'll do more yourself and ensure higher quality. Maybe you'll do something new and discover that you have a real talent for it. Maybe someone is going to step up and blow your mind with their kindness and professionalism.

Countless good things can come from a challenging situation. Don't be defeated, and look for the gift. You can learn how to keep people accountable throughout a project to avoid last minute problems. You can learn more about management, leadership, and motivating others. You can create systems to prevent the problem from happening again, and spare yourself a potentially worse situation down the road. When you use your mind, you can create any perspective you want. You can decide to be a victim, a hero, a leader, a giver, or whatever else you choose. You are in charge of what happens in your mind, so don't give away your power to choose.

Learn to differentiate reasons from excuses. If you need to be at a meeting but your flight is cancelled because of the weather and no planes are landing in the city of your destination, that is a valid reason to be absent. You don't control the weather, and from an organization and time management standpoint, it wouldn't make sense to fly everywhere you go several days early to account for inclement weather. However, if flights are on time and you miss yours because you took too long to pack and you left your house an

hour later than planned, that is not a valid reason to miss a meeting. Travel would just be an excuse. In reality, you could have been there had you done your best. When you make excuses, looking at reality will be uncomfortable and will lead to self-blame and regret. The best way to prevent this is to get organized and follow through so you don't let yourself down or have to apologize to others. Learn from your experiences and from other people's experiences so you keep growing and create the results you want.

“Ordinary people love entertainment. Extraordinary people adore education.” – Robin Sharma

Create a habit to keep growing and learning. Read or listen to something inspirational every day. There are countless books, audios, blogs, and videos on virtually any subject. Once you let go of mindless entertainment, you will create more than enough free time to allocate to your personal and professional development. Cultivate a certain curiosity and delight in advancing your knowledge and wisdom. There are so many ways to do it! Join a mastermind group to be exposed to new ideas and network with like-minded people. Learn new skills by doing new things, getting a mentor or a coach, taking classes, or anything else that appeals to you. When you drive, listen to audiobooks. Be resourceful and you will see how you can develop your mind and add quality to your life.

As you grow and change, your relationships will change too. Some people will not understand that you are becoming a better version of yourself and may try to talk you out of becoming more self-empowered and working toward making your big dream a reality. Develop the habit to question what people say and why they say it. Sometimes, seeing you shine will make them feel bad about the fact that they are thinking and living small. Don't let them influence what you do with your life. Trust your decisions and listen to your intuition. Nobody knows what is right for you better than

you. Keep things in perspective and stay true to yourself. Make sure to establish clear boundaries to discourage people from creating doubt in your mind. If someone does or says something that could distract you from your truth, do not react. If you don't respond and don't engage in any way, they will stop and direct their attention elsewhere. There is no point in trying to change them or convince them that they are wrong. Let go of judgement, both theirs and yours, and choose where to put your focus and energy.

Which self-empowerment habits are you going to create?

1. _____
2. _____
3. _____
4. _____
5. _____

Law of Attraction Habits

Always think (and speak) in positive terms—meaning think of what you want to attract rather than what you want to avoid. Say your goal is to create success rather than avoid failure. Think of feeling abundant rather than not struggling with money. Do you feel the difference? Your energy will match the vibration of the words you use, so choose with purpose. When you manifest something that you want, take time to celebrate and feel appreciation for what you have received or co-created. It will raise your vibra-

When you manifest something that you want, take time to celebrate and feel appreciation for what you have received or co-created. It will raise your vibration and help you manifest more success.

tion and help you manifest more success. When the result isn't quite what you were hoping for, don't focus on the shortcomings. Instead, celebrate the closeness of the match, and all of the positive aspects. Realize that you are closer to your goal than before and enjoy the progress you have already made.

Create a habit to pay attention to your emotions and check whether you are in alignment with what you desire or whether you are in a state of resistance. Your emotions are a perfect guidance system that indicates if your thoughts are creating what you want or are focused on the absence of it. Choose joy, love and laughter! It's easier than you think. To create enjoyable emotions, you don't need something extraordinary to happen to you. You can do it simply by remembering a happy memory, focusing on gratitude and appreciation, or on your vision of success. You can listen to music or watch a comedy. Your emotions are created by your thoughts and you have the power to think about anything you want. Let's say that you love animals, like I do. You can feel wonderful by thinking of your pets, playing with them, or even just thinking of pets you want to have in the future.

Release old limiting beliefs such as "You can't have it all" or "No pain, no gain" and embrace the belief that the universe is supporting you. Create a habit to see the world as a welcoming and loving place, rather than a hostile one. The perspective you have will determine the quality of your experience. You will notice evidence validating your beliefs, so choose empowering ones. Use affirmations and mantras to condition your mind and cement the new, empowering beliefs that are going to create your reality.

Before you start any task, picture how you would like things to unfold and what you want to see happen. Pave the way for an enjoyable experience, rather than thinking of what could go wrong or having no thoughts at all. Remember that having clarity on what you want, including details and a strong intention, will help you

manifest your desires much faster than vague desires. The stronger your positive emotions are, the more magnetic you become. However, you also need to trust what will happen next without worrying, which would cause resistance and block your desires from becoming reality. The more you practice, the easier it will be to find the perfect balance between visualizing what you want, knowing that it is coming, while not being attached to specific outcomes. Many times, you will be delighted to see results that are even better than what you were aiming for.

Which law of attraction habits are you going to develop?

1. _____
2. _____
3. _____
4. _____
5. _____

Moral Character Habits

Being a good person at your very core is not enough. Your values and good moral character should be reflected in your choices and actions. If you have good intentions but don't act accordingly, meaning well is worthless. It's easy to forget when we live busy lives, but there is no excuse for losing sight of what really matters. How do you feel about people who have a tendency to overpromise and under-deliver? They often lead people to feel disappointment, frustration, and even create some cynicism about the situation. The persons who have been let down can choose to be self-empowered and respond in ways that won't let them feel victimized, but it doesn't mean that the one who broke their promise is off the hook.

Imagine a world in which people would say what they mean and mean what they say! How refreshing would that be? How

much easier would it be to create strong collaborations and engage in rewarding work? You can choose to hold yourself to higher standards than the norm in our society and live with more integrity. Here is what would happen.

- You would feel less stressed because there would be nothing to hide, no mind games, and no power struggles.
- You would think twice before making unnecessary commitments and would not feel pressure created by unrealistic expectations from others.
- You would enjoy the freedom that comes from being transparent and authentic.
- You would exercise self-discipline, which would build character and be a valuable teacher.
- You would not find yourself in situations that require you to go against your values.
- People would know what to expect from you and wouldn't try to bend you to their will.
- Loving yourself would be much easier because you wouldn't be dealing with feelings of inadequacy or remorse.
- What goes around comes around, so by being a person of integrity, you would attract more people of integrity into your life.
- You would inspire others to step up and show moral character as well.

In my experience, raising our own standards makes life easier because we no longer hesitate, ponder, or engage in silent debates about what we should do. The answer is obvious and brings much inner peace. So next time you are just about to make a promise,

Get the word "try" out of your vocabulary. To say you will try is to accept the possibility that you won't succeed.

first think it through and make sure you are ready to deliver, no matter what. Get the word “try” out of your vocabulary. To say you will try is to accept the possibility that you won’t succeed. If you are in that state of mind before you start, don’t even bother. Give yourself permission not to pursue something, or do everything you need to succeed, but there is not much value in between. Doubt comes from fear, but fears disappear when you face them.

Raising the bar makes life more interesting and worth living. When you stretch yourself and rise to the next level, you can feel immense joy that couldn’t come from staying in your comfort zone. I love challenges and I find enthusiasm to be a powerful source of energy. Would you agree? This book is meant to inspire you to dream bigger and teach you what you need to succeed. It is not for people who want to hide and live an easy life, half asleep. Making your dreams reality is about awakening to your true potential and adding more purpose to your life. My wish for you is that you do more than reach business or financial goals and choose to become the best version of yourself.

Make a habit to treat everybody with respect at all times. It doesn’t matter how busy you are or how stressed you are; each person you interact with is worthy of acknowledgment and respect. Realize that it is more important to be kind than to be always right, so let go of the habit to correct others when you think what they say is not accurate. Take interest in other people’s lives instead of trying to be interesting. You will learn much more from listening to others than from listening to yourself. Status, title, and wealth don’t determine who can be your teacher. Be humble enough to learn from everyone, everything and every situation. A child can teach you playfulness. A dog can teach you loyalty and unconditional love. The world is filled with teachers if you pay attention and learn the lessons offered to you.

Whether you realize it or not, you are someone’s role model. If

you have children, you know that they notice everything and learn from you. The choices you make and how you deal with life will impact them profoundly. Anyone you live with or work with is influenced by your behavior, even if they are not consciously aware of it. Choose to be impeccable. Act with intention and purpose. And when you make a mistake, forgive yourself and keep moving forward, doing your very best. As long as you take full responsibility and don't hide behind excuses, you are doing a terrific job!

Make a habit to treat everybody with respect at all times.

There are two primary forces behind human behavior. One is love and the other is fear. If you let fear drive you, your moral character will suffer. Instead, choose to act from a place of love. When you are not sure what to do about a situation, ask yourself, "What is the loving thing to do?" The right answer will surface.

Which moral character habits are you going to embrace?

1. _____
2. _____
3. _____
4. _____
5. _____

If acquiring new habits seems overwhelming, it is because you are trying to change too much too quickly. Start with one or two, and when they are fully integrated in your routine, and you do them on automatic pilot, add a couple more. Small changes create big results over time. They have a compounding effect, so it's fine to start small, but start now!

Conclusion

Congratulations on reading this book and on choosing to create your dream life. If you have done the exercises, please take a moment to appreciate how much you have already accomplished and grown! I am so excited for you! You are an exceptionally strong and courageous person, and I know you will have a very bright future. If you haven't done the exercises yet, please make sure to work on them now. I suggest you cover one chapter per week to have time to reflect on what you are learning and apply the concepts before you move to the next part.

“There is one quality which one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it.” – Napoleon Hill

Even today, forty-five years after his death, Napoleon Hill continues to inspire millions with his self-empowering message and techniques for success and self-actualization. Dr. Wayne Dyer also

wrote many books expressing the importance of listening to your soul, of acknowledging your burning desire, and of living your life fearlessly. In fact, I realize that all of the authors, coaches, and spiritual leaders who touched my life shared that same message. It spoke loudly and clearly to me, and it empowered me to live my life on my own terms.

The idea to do what you love and to listen to your calling isn't new. Yet, I still see so many people settle for much less than they want and deserve! I believe it is because personal transformation requires commitment and persistence. I strongly encourage you to read this book multiple times because each time you will notice a message that you may have overlooked before, but that resonates strongly with you at a different moment in time. Please keep the moment and continue moving forward on the creation of your dream life! You are worthy, you are capable, and I believe in you.

As final comment, I'd like to share with you Ten Keys to Success. They will keep you on track and prevent you from ever becoming ordinary. Read them often and enjoy your transformation into an amazing, inspirational and powerful co-creator.

1. Unwavering Desire

You know what you want, and your desire is so strong that you don't let anything create distraction or doubt in your mind. You have no Plan B because your Plan A creates such enthusiasm and excitement that you won't settle for anything less.

2. High Standards

When you decide to create something extraordinary, you know that good enough is never good enough. Your work and dedication are exemplary, and you pay attention to details. You hold yourself to high standards and embody excellence.

3. Authenticity

You know that who you are is exactly who you are meant to be, so you give yourself permission to be 100% authentic. Your beliefs, thoughts, and actions are in alignment and represent your true nature. You embrace all parts of you and know how worthy and brilliant you already are.

4. Self-Empowerment

No matter what happens, you always choose an empowering perspective and focus on solutions rather than problems. You are persistent, courageous, and decisive. You turn mistakes into lessons and challenges into opportunities.

5. Strategy

In everything you do, you know exactly what results you want. You create a sound strategy and do whatever is necessary to get the work done. You look for productivity, efficiency and effectiveness.

6. Evaluation

You create a feedback loop mechanism to learn from your experiences and continuously make improvements. You get satisfaction from doing things better and better as you grow and get closer to your vision of success.

7. Learning

You invest in personal and professional development opportunities. You read about best practices and success stories similar to your vision to keep learning. You know that the most important project to work on is yourself.

8. Vibration

You pay attention to your emotions, as your guidance system, and keep your vibration high. You focus on appreciation, gratitude, joy, love, fun, and enjoy random acts of kindness. You practice acceptance and don't give energy to the things you want to see disappear.

9. Trust

You trust in yourself and in the universe's abundance. You know that other people's opinions reflect their realities, but not yours, so you aren't influenced by them. You are ready to see miracles unfolding in your life.

10. Peer Group

You create or join a peer group with like-minded individuals who are also dreaming big and committed to creating a life they love. You get energized and inspired from participating in your group and enjoy contributing.

Voila! I would love to hear how you are using these tools and strategies to create your dream life. I invite you to send me a message at Audrey@AudreyReille.com and share with me how your dream is unfolding.

If you would like to get free self-empowerment resources, blogs, and tips on the subjects covered in this book, visit my website www.AudreyReille.com. You may also want to sign up for e-mail updates to be notified when online classes, webinars, and live events are scheduled. Creating your big dream may be over-

whelming when you are doing it alone, so get all the support you need. I am here for you. This is only the beginning.

I wish you extraordinary success and happiness!

Much love to you,

Dr. Audrey Reille

About the Author

Dr. Audrey Reille was born and raised in a small town in Provence, France. She went to college in France, England, and Spain before moving to California to get her Master's Degree in Business Administration. She then completed her Doctorate Degree in Educational Leadership at the University of Southern California, while continuing to advance her career.

Shortly after, she felt it was time to make a bigger dream come true by working as a Coach, Speaker, and Author, to empower people to dream big and live a life they absolutely love! Audrey completed multiple coaching certifications including Christy Whitman's Quantum Success Coaching Academy and Tony Robbins' Strategic Interventionist Certification. She specializes in coaching ambitious people who choose to turn their big dream into reality. Many are entrepreneurs who want to grow their businesses while improving their work-life balance or executives who are ready to take their career to the next level.

For Audrey, dreaming big and creating a life she loves, means living in California, enjoying an abundant life, doing meaningful work that feeds her soul, and experiencing incredible freedom. She feels deep gratitude every day for being able to live an authentic life with a heart wide open and use her skills and talents to empower others.

*Are you ready to Dream Bigger,
Step into Your Personal Power and
Start Creating Your Dream Life Today?*

*I know it can be difficult and intimidating to do this alone, so I have created an **8-week group coaching program** to provide you all the support you need.*

You will have access to teleseminars, materials, Q&A sessions, audio recordings and a bonus individual coaching session with me.

Remember, you don't have to do this alone. Imagine how it would feel to have a peer group of ambitious people like you, and work with me to create your big dream!

*For details, visit **www.AudreyReille.com/size-matters/***

*If you are interested in one-on-one coaching please contact me at **Audrey@AudreyReille.com***

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2. Make a commitment to yourself
3. From a place of inspiration, create an action plan
4. Understand what motivates you
5. Identify limiting beliefs and replace them with empowering beliefs
6. Eliminate the fear of failure
7. Eliminate the fear of success
8. Be your true self
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