

How *Being*
Creates *Having*

By
Peggy McColl



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Table of Contents

PERSONAL MESSAGE FROM THE AUTHOR.....	6
BEING: The Greatest Power	7
<i>Amplify the states of being</i>	12
<i>SAMPLE OF DIFFERENT ENERGY LEVELS</i>	14
<i>Experiencing being at the highest level</i>	17
<i>Being at the soul level</i>	19
Attraction in Action	21
Eradicate the Poison	24
<i>Your monitoring system</i>	25
<i>Fear versus faith</i>	26
<i>An Exercise For You</i>	28
<i>Making Decisions While in Dis-empowering States</i>	28
<i>States of being conflicts between two people</i>	29
BEING COMMITTED	31
<i>An Ocean of Opportunity</i>	31
Being Prosperous	33
<i>INTRODUCTION</i>	33
The 21 Distinctions of Wealth.....	35
The 21 Distinctions of Wealth.....	36
<i>MAKING THE SHIFT</i>	39
KEEP A POSITIVE/NEGATIVE PROSPERITY JOURNAL	39
GIVE THANKS FOR THE ABUNDANCE.....	41
BE AN APPRECIATOR.....	41
Create a Life Purpose/Mission Statement	41
Use Questions to Create Prosperity	42
Prosperity Questions	42
Open Your Hand to Receive.....	43
Create Your Own State Shifters	43
Be Grateful	44
<i>The DAILY'S</i>	44
Daily Rituals.....	44
Daily Commitments (Statement).....	45
Daily Awareness (Journal exercises).....	45
Daily Questions (Questions – read every day)	45
Daily Distinctions (Journal)	45

Daily Gratitude (Journal)	45
Daily Challenge (journal)	46
A Simple Abundance Exercise For You to Do	47
Three Additional Methods to Be Prosperous	49
<i>Be kind to everyone</i>	49
<i>Give prosperity away</i>	49
<i>Be open to the idea of miracles</i>	50
<i>Have faith in the unknown.</i>	50
PROSPERITY MEDITATION – CLOSED EYE PROCESS	51
Prosperity Affirmations.....	56
Believe in Yourself	62
<i>Your Creative Energy</i>	64
<i>So What Should I Do?</i>	66
<i>How Can I Bring All These Together?</i>	73
Have Absolute Faith.....	76
How Can I Experience Certainty?	79
Just Do It.....	81
What's next?.....	87
Power Life Scripts.....	89
What is a Power Life Script?	89
Why do Power Life Scripts work?	90
<i>When do I write my Power Life Script?</i>	90
What are the guidelines for writing a Power Life Script?.....	91
Power Life Script for Caroline	91
Power Life Script for Michele:	95
<i>Create Your Power Life Script NOW!</i>	102
Looking for Help With Your Power Life Script?	102
Be in harmony with the source of prosperity	103
Identity Board.....	104
Peggy McColl.....	104
<i>Sample of an identity board</i>	105
Goal Charts	106
REFERENCES	109
<i>Support Questions</i>	109
Finding Your Passion	109
Goal Setting and Decision Making	110
Goal Setting and Focus Questions	110
Having/Doing and Being Questions	110

Handling Adversity and Overcoming Challenges Questions	111
<i>Being Questions</i>	111
<i>Monitor Your Progress and Notice the Results Questions</i>	112
<i>Beingness Guide</i>	113
<i>Quotations</i>	119

How Being Creating Having By Peggy McColl

When you realize there is nothing lacking, the whole world belongs to you. Lao Tzu

PERSONAL MESSAGE FROM THE AUTHOR

It is my sincere wish that this book, and the wisdom contained within, brings you tremendous value. Please read this, absorb it and apply it. It is with application that you will benefit and experience a positive contribution to your life (and to the lives of those you love and are privileged to know you).

Far too many people struggle in life and it is completely unnecessary. I'm not judging anyone. My role is that of an "observer" and based on my own experience, and by watching others, I firmly believe and know that an abundant and fulfilling life can be achieved.

Your fulfilling life starts with a choice. If you are choosing to have what you deeply desire, read on and you'll find out *How Being Creates Having*.

I send you an abundance of peace, love, joy and prosperity.

BEING: The Greatest Power

Being is energy vibrating at the highest level.

Peggy McColl

Many books talk about achieving goals using the creative power of thought, words and action, but few talk about the most powerful energy that you have, the energy of **being**.

When you transcend all three levels of energy—word, thought and action—through a heightened awareness of your own states, you are in a higher and radiant state of **being**. (The next chapter will address the many ways you can use this to your advantage.)

The energy of being is demonstrated by your emotional states. If you want to know what you are being, just ask yourself the simple question: What am I feeling? Your feelings are your states of being. If you are feeling scared, then you are being fearful. If you are feeling happy, then you are being happy.

At different times we display different emotional states. There may be occasions when one particular state of being is more predominant than another, especially when we are vibrating at a high level of a state of being.

An example of a person at a high state of being of elation would be demonstrated by someone who is excitedly jumping up and down, shouting words of joy, singing happily, or dancing with euphoria.

We may engage in several states of being at the exact same time. A teacher is being nurturing, informative, reflective, focused and communicative at the time that he or she is teaching. A parent is being loving, patient, warm, kind, gentle, sweet and devoted when he or she is singing their baby a bedtime lullaby.

We choose different states of being and we choose different levels of beingness depending on our activity or the role that we are engaged in. The following is a list of some states of being.

abundant

enlightened

organized

achiever
activator
adventurous
alive
appreciated
appreciative
attractive
author
awe-inspiring
balanced
bright
brilliant
calm
captivating
caring
certain
charismatic
charming
cheerful
classy
clever
committed
compassionate
competent
confident
congruent
conscientious
considerate
courageous
creative
creator
dedicated
deeply in love
deeply loved
delightful
deserving
determined
developer
devoted
disciplined
dynamic
easy-going
elated
elegant

entertaining
enthusiastic
ethical
excited
exciting
expert
faithful
fascinating
focused
friendly
fully alive
fun
funny
generous
gentle
genuine
giving
gracious
grateful
growing
happy
harmonious
healer
healthy
helpful
honest
humble
humorous
impeccable
influencer
innovative
inspired
inspiring
intelligent
intuitive
joyful
knowledgeable
leader
lively
lovable
loving
loyal
maximizer
motivated

outstanding
pampered
passionate
patient
peaceful
phenomenal
philanthropist
physically fit
playful
positive
professional
prosperous
radiant
relater
relaxed
respectable
respectful
responsible
results-oriented
self-assured
sensational
sensual
sexy
sharing
sophisticated
spiritual
spontaneous
sporty
strong
successful
supporting
supportive
talented
tenacious
tender
thoughtful
toned
trusting
trustworthy
unconditionally
loving
vibrant
visionary
vivacious

**empowered
empowering
energetic
enjoying**

**motivating
nurturing
on purpose
open
open-minded**

**warm
wealthy
welcoming
wonderful
worthy
youthful**

Just take one of the states of being listed above. When you are *being* happy your thoughts are happy thoughts, your words are happy words, you are taking the actions of a happy person and you are aware that you are happy. With all of these energies fully engaged in a state of happiness, and you are fully aware of this state of happiness, then you are *being* happy.

Think of the keys on a piano. There are 88 keys on a piano and each key makes its own unique sound when you press the key. In order to play a specific piece of music—for example, a piece by Mozart—you need to press certain keys in a specific sequence and with an exact tempo. To learn how to play Mozart so that it is pleasing to the ear takes time and practice, because of the many different combinations of keys and techniques being utilized.

Similarly, various roles require engaging in a number of states of being at the same time. Let's use the example of a business leader.

The states of being that a business leader would engage in are dependent on a number of conditions—the type of business, the size of the business, the stage of the business (new, existing, in turmoil), his role in the business (president & CEO, vice-president, director, manager, etc.), and the length of time he has been in that position.

When the business leader first became a leader he engaged in the dominant states of being of commitment, open-mindedness, courage, focus and optimism in order to build the necessary identity of a successful business leader. Once he became a seasoned business leader he would engage in the dominant states of being of confidence, commitment, faith, vision, creativity and respectfulness in order to ensure continued success. And when he was at home with his family, he would engage in the dominant states of being of unconditional love, nurturing, caring, playfulness, patience and understanding to show his love and commitment to his family.

Here's how the being helps create the having:

First decide what it is that you want to have in your life (your goals, your desires, your dreams) and, once you are clear on this, you would then determine what you need to be (your states of being) in order to have that.

The process of creation always starts with your states of being. In order for you to *have* something, you must first *be* something.

Ask yourself questions, similar to the following, to help decide what you need to be in order to realize your goals:

In order to have a loving and fulfilling relationship in my life, what do I need to be?

In order to have a successful career, what do I need to be?

In order to have financial abundance, what do I need to be?

In order to be recognized as the best in my chosen field, what do I need to be?

Write out on a sheet of paper your priority goals

This is a simple yet effective tool for you to use to focus on your priority goals and to maintain focus on the states of being you need to engage in, in order to *have* the goal.

Do this with your top 3 goals:

GOALS In order to have this:	BEING This is who/what I need to be:
1.	1.
2.	2.
3.	3.

Allow me to provide you with some examples:

GOALS In order to have this:	BEING This is who/what I need to be:
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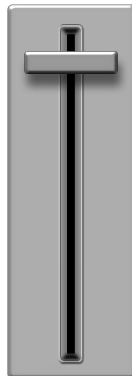
<p>1. I have my own successful and profitable business that delivers tremendous value to my valued clients.</p>	<p>1. Committed, disciplined, courageous, determined, appreciative, confident, and sincere.</p>
<p>2. I am financially independent and have a net worth of \$x,xxx,xxx.</p>	<p>2. Knowledgeable, inquisitive, informed, skilled, giving, confident and determined.</p>
<p>3. I have a loving relationship with my Life Partner and we totally love each other.</p>	<p>3. Unconditionally loving, respectful, honest, understanding, caring, patient and kind.</p>

Your states of being are all natural states. You were born with them. You have these states within you now. You only need to acknowledge that you have the power and demonstrate them.

Think of a dimmer switch. My positive thinking friends prefer to call them illuminator switches. (We'll use the term "illuminator" switch instead of "dimmer" switch for this section.)

Your states of being are like energy switches and to access this energy (state of being), you simply turn them on.

Your thoughts, words and actions will either move the illuminator switch up or they will move the switch down, depending on how you use (or "engage") you energy.



If you desire to experience love in your life, notice how loving you are being.

Are you thinking loving thoughts, saying loving words and behaving and acting as a loving person?

If so, then you are being loving. *When we are being loving you are opening up yourself to receive love.* It is a short step from being loving to being loved. When you are being loving, you will be loved. That's a fact! The universe only knows how to return a like-emotion (state of being).

If you choose to have love in your life, then all you need to do is to think loving thoughts, say loving words and do loving things. It really isn't any more complicated than that.

Become aware of where your love switch is. Evaluate if you are being loving. The Law of Cause and Effect will send love back to you when you send love out to another.

Amplify the states of being

You may find that some states of being are easier for you to "turn on" than others, and other states, which you are not particularly conditioned to use, are more challenging to "turn on" or to "turn up."

Let's use an example. If you have a desire to be successful, and success is not a result that you have previously experienced, then being successful may be foreign to your habit patterns or conditioning.

Imagine the state of being of "success" as a muscle that is part of you, but this muscle is one that you have never exercised.

My advice to you is to find an "expert," someone who has knowledge and experience with success and has demonstrated the use of their success muscle, or their success state of being. Ask them how they conditioned their success muscle (state of being)—how they got started, what they did first, what they did to build on the success muscle in order to be more successful. Success is a state of being that is within everyone.

You can also “act as if”. You simply have to imagine what it is like to be successful, become fully associated with that feeling and you are then BEING successful.

Some people simply do not use this muscle, while others have developed their success muscle and continue to strengthen this muscle on a regular basis.

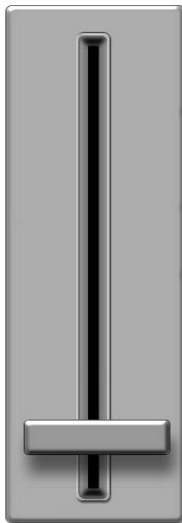
If you haven’t developed your success muscles, and your states of being are therefore weak, managing challenges and obstacles can be very difficult. When you have a conditioned state of being—in other words, when you have a powerful, fully utilized muscle—managing the challenging times becomes easier.

You’ll find many tools in this book that will help you to condition your most empowering states of being.

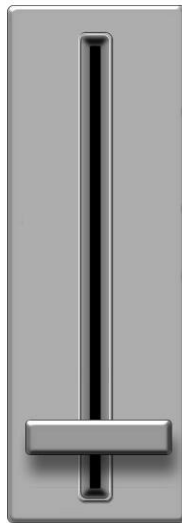
SAMPLE OF DIFFERENT ENERGY LEVELS

Illustration 1: In this example all of the energy levels for success are on low. The person whose energy switches are on low is not thinking of success, speaking of success, taking actions toward success; therefore, that person is not experiencing the state of being of success.

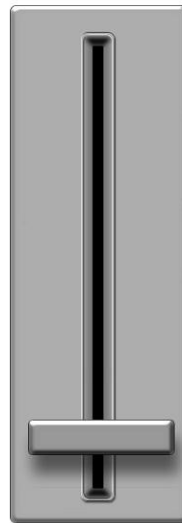
At the other end of this scale is failure. Therefore, if one is engaged in a state of failure, they have their "success" energy turned off. There is no success when there are only thoughts of failure. And, the same works for success: there is no failure when one focuses all energy on Success!



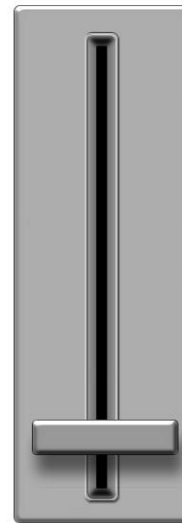
thoughts



words



action



BEING

Illustration 2: In the next example, the energy for success has started to increase for both thought and word; however, the energy of action is still low. Therefore, the state of being successful is still low.

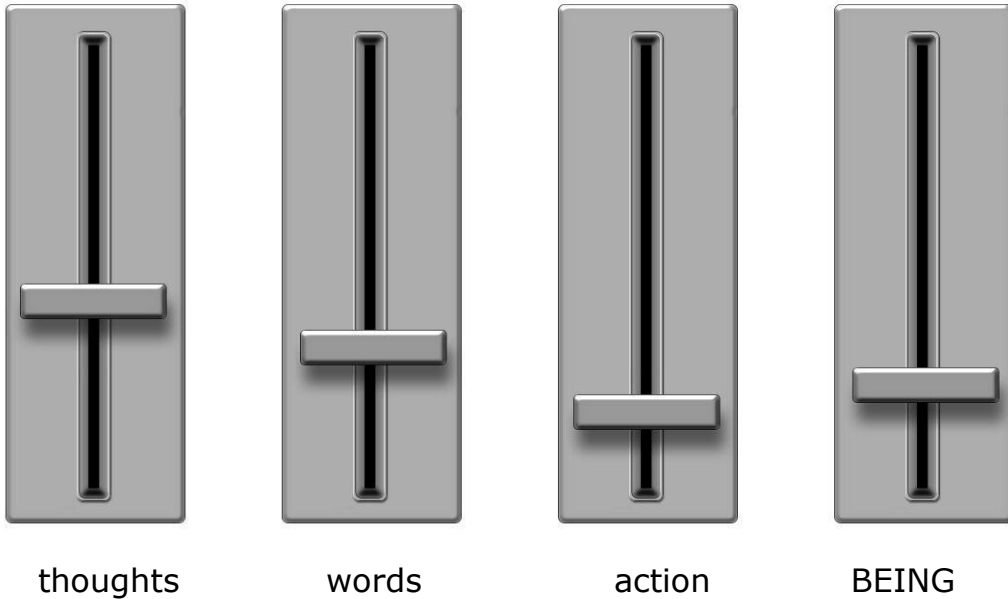


Illustration 3: All three levels of success energy are now increasing, but still are not at their ultimate level. Therefore, the state of being reflects the combined energy levels.

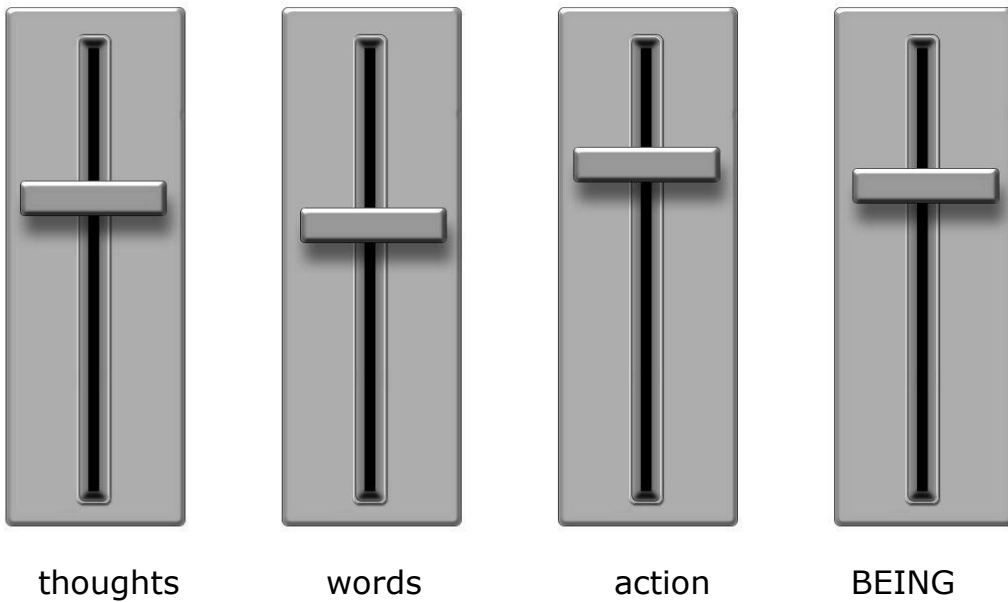
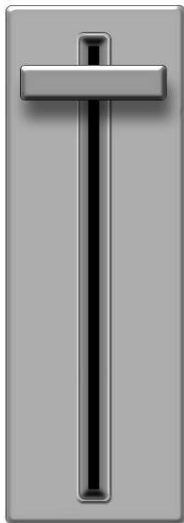
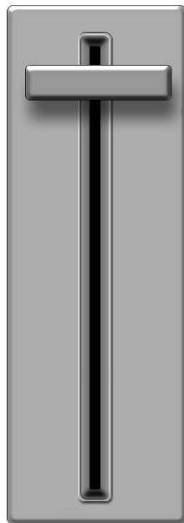


Illustration 4: Being successful—all switches are on high. In this state you are being totally successful, with your thoughts, words and actions all being successful. Ultimately, you are in a state of being of success.

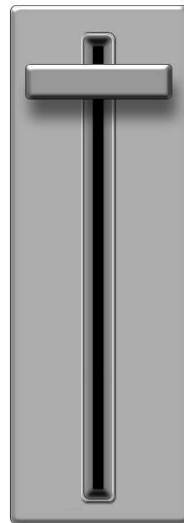
In this state of being, a high level of energy toward being successful, the Universe will respond with “like” energy. You **will** HAVE success when you continue to BE success.



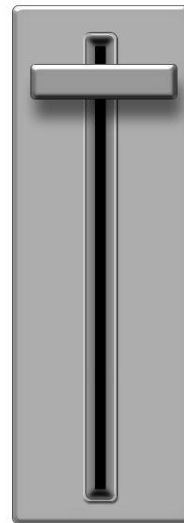
thoughts



words



action



BEING

Experiencing being at the highest level

All energy switches "on" is the ultimate state of being. This is a rapid state of creation.

Is it realistic to have all of your being switches on high? Absolutely!

To engage in a state of being is a choice. The choice is yours.

There may be times when it is appropriate to have your energy on high. However, you may not choose to have all switches on high at all times.

Professional athletes demonstrate this well.

During the time of a performance for a professional athlete, they are typically at their best.

If an athlete is demonstrating confidence, certainty, intense focus, energy, or whatever other states they require to perform and win, they are in a total state of being. This is also known as being "in the zone." After the performance the athlete is no longer at the high level of intensity as they were when they were performing and may move to other states; such as relief, gratitude, exhilaration, and maybe later on a state of fatigue.

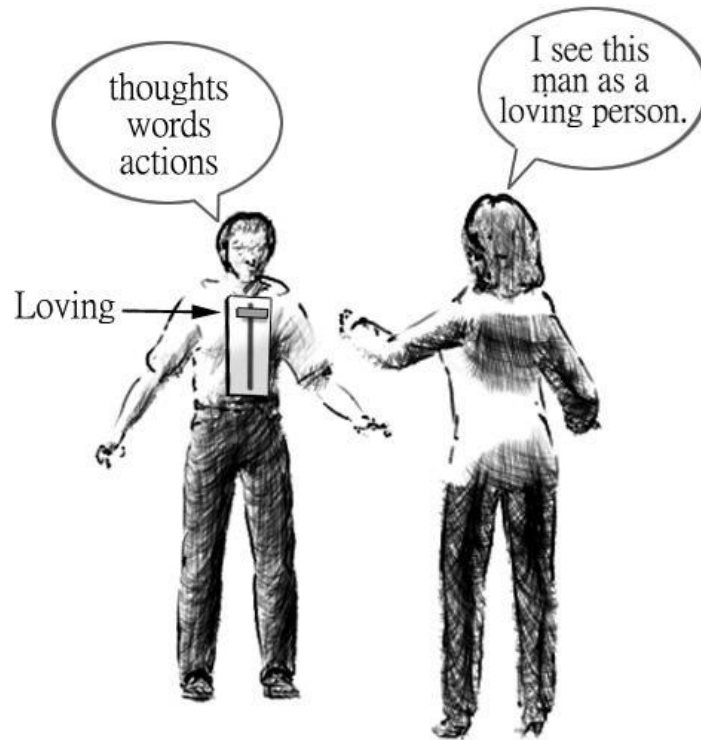
When I was hired to work with two of the National Olympic teams, we focused on practicing the states of being of certainty, focus, faith, elation, confidence, determination and gratitude.

This process was not a one-time exercise. We worked on these exercises numerous times. The athletes invested years working on building their psychological muscles as well as on building their physical muscles.

Building your levels of being is equivalent to building your physical muscles. You cannot exercise once and expect lasting results. You must engage in exercise repeatedly. When you practice regularly, you will start to reap the rewards.

When you have strengthened your states of being to their highest level, and you are aware that you are at the highest level, the world will begin to see the representation of your states of being. Why?

Because the world will hear your words, view your actions and see your results as proof of your state of being. Your activities, behavior and outcomes will be the evidence of the states of being that you are consistently engaging in.



Being at the soul level

You can be certain that if your soul does not desire that which you *think* you want, no matter how much you focus your thoughts, speak the words, take action and try to be, you will only cause conflict in your life.

Your feelings are the expressions of your soul. Your mind experiences the past, your body experiences the present and your soul knows the future.

How do you know whether you truly desire something or not?

The answer is with the tummy test. Ask yourself, "What is my gut telling me?" If you are trying to force an answer you will not get an answer. Become quiet, very still, close your eyes and listen to your inner voice. Keep asking the question and the answer will reveal itself to you.

Or, if you are experiencing an energy challenge with your feelings and have a desire different from what you think you desire, and you are struggling with a decision, ask yourself the question, "If I was granted one wish, at this moment, and I knew this wish would absolutely positively be granted, what outcome would I wish for?"

We all have intuitive power. Some people are more in touch with their intuition than others, but we all have this power. When you become aware of your intuitive power and use it, it will expand.

When your soul does not desire a goal, the reason could be because of old negative beliefs or pain that you have deeply associated with this goal. Do not try to force the process. Force negates. You can never force yourself to be something without absolute sincerity and soul's desire.

You may simply need to create new beliefs in order to no longer feel the pain. Free yourself of old pain. Consider the possibility that you may be choosing to hang on to the pain because you believe the pain protects you from experiencing further pain or greater pain in the future.

If you are having a challenge finding the answers within you, and you have used the techniques explained in this book, you may find it

helpful to get advice from professionals, or to learn to meditate in order to let go of old beliefs, or to find release through your religious faith.

Whatever the reasons, whatever your methods, get the answers from within and choose how you will move on toward your destiny.

Attraction in Action

[People] do not attract that which they want, but that which they are.
James Allen

Bearing in mind that we now understand the energy of thought, word, action and being, let us consider all of this energy in motion and the possibilities surrounding it.

Natural laws of the universe govern the creation of all things.

Everything that we see around us was once an idea in the mind of another. All the inventions that we will see in the future are now simply a seed in the mind of humanity. This energy is an invisible power and we know it works because of the results that we can visibly see.

Remember that you are not the only one creating. This may help you understand why things seem to “happen” to you. If something isn’t going according to your plan, it may be going according to someone else’s plan.

There are no coincidences in this world. Everything is happening according to a plan. All beings are creative, God is creative, and all that happens is according to the intentions of the creators.

Co-creation

There is tremendous power in a group of people all working toward a common goal.

Why?

When you take the energy of one, and add another, and possibly add many others, the resulting energy is exponential. And when you add still more energy, the results are staggering. This is sometimes known as co-creating.

Co-creative energy is the reason why it is vital in business to get all of your people working in the same direction. In my career I’ve worked

with numerous organizations to help them understand the cost to the organization when people are not focused on the collective goals, and to help the people within the organization realize the benefits they will experience when everyone is focused in the same winning direction.

Attraction

All of creation works with the natural laws of the universe and there isn't anything that is created that is excluded from the process.

Everything in the universe is vibrating because it is energy in motion. You, as a human being, are vibrating. You are vibrating in accordance with your states of being. And your states of being attract other states of being. In other words, if you are being loving, you will attract love to you. If you are being prosperous, you will attract prosperity. This is guaranteed.

Recently a client of mine explained to me that her daughter was traveling in Australia. When her daughter called home she sounded incredibly excited. She told her mother that she was having the most amazing time of her life and that she was filled with gratitude for the wonderful people that she was meeting. Her mother told her that she was meeting wonderful people because she *is* a wonderful person. She was attracting those people into her life because of her states of being.

When you take that energy and operate/vibrate at the highest level—that is, your switch is on high—then miraculous things start to happen. There are miracles happening every day. And you are God's greatest miracle.

We have no idea of the incredible power of this energy. You can liken it to the power of a magnifying glass when it is held over a piece of paper and the sun's rays are refracted through it. You can literally burn a hole directly through the paper. This power can be intense when focused.

One of my clients had an experience with this law of attraction when he was committed to finding a new job. His name is Bill. Bill set his mind on a specific job opportunity that was posted in the newspaper. He followed all of the steps that I suggest in my goal setting seminar. Bill was doing and being everything that he felt was required in order to get this job.

Bill was invited to a total of five interviews on separate occasions at the same company for a particular job. At the final stage the contest was between him and another man. Bill visualized; he created a mock-up business card with his new job title, his name and the company logo; he read his affirmations every single day. Bill, being totally focused, thought only those thoughts that supported his getting the job.

The end result was that the other candidate was awarded the position. At first Bill was disappointed, but then he realized that he still had the ability to find another job and he would likely find a job he would enjoy more. Rather than getting caught up in a "private pity party," he monitored his thoughts, reviewed his goals, created a revised action plan and asked himself empowering questions, starting with "What is it I would like to experience now?" and "What is great about this?"

Clearly, Bill made a conscious decision to detach himself from the outcome. As it turned out, Bill found another job that was more appropriate for his talents and skills.

Even though we intend a desired result, we must detach ourselves from the expectation of the outcome, because the Universe will provide. The Universe may not provide to you at the exact time that you would like it, but it will provide.

Do we always get what we want? Not necessarily. Why? Because creation results not only from your energy, but from that of others as well. We may not get what we ourselves want, but we do get what the Universe wants us to have.

Recognize that in every adversity there is an opportunity. All outcomes are perfection. If the outcome was not a consciously desired outcome, convert it to something meaningful. In the beginning recognizing the meaningful outcome may be a challenge, but have faith that you will discover the blessing as time goes on. When people do not see the opportunity in adversity they sometimes attain a state of learned helplessness, or in other words, they feel sorry for themselves. This is a self-destructive road.

Have faith that the blessing and the perfection of adversity will reveal itself to you in time.

Eradicate the Poison

There are certain *poisons* that will kill dreams. An important question is: "If you put poison in your water, would you drink it?"

The poison referenced here is that of negative self talk and negative thoughts. Since all thoughts are energy and the energy goes out into the universe and continues to exist forever, we really must be careful which thoughts we send out into the universe.

The universe is full of negativity. If you are a functioning person in this world, you are exposed to negativity every single day. Turn on the television, pick up a newspaper, listen to the radio, read a magazine, speak to a stranger on the street; everywhere we go there is poison.

Having said that, if there is poison everywhere, how do we avoid it?

Avoiding it is not the answer. However, you do have the option to block out negativity. Choose carefully what you are going to watch on television; read the sections of the newspaper that are not contaminated with poison; read only magazines that inspire, educate and empower you; and speak with people who are uplifting, enthusiastic and positive.

What happens when you live with a negative person? This can be a very challenging situation, but not insurmountable.

The lady who cleans my home says that her husband is Mr. Negative. She has been married to this man for over 25 years. In response to the question of how to deal with this type of individual, she answered that she simply ignores him when he gets into his negative moods. She, on the other hand, is a happy and positive person. People wonder how a positive and happy person survives in that type of environment. She not only survives, but thrives, because she views her husband as a representative of the states of being to not engage in. His negativity allows her to focus on the positive side of things because she immediately notices negativity and makes a conscious decision not to engage in it. My cleaning lady is eradicating the poison, even though the poison sleeps in the same bed.

Your monitoring system

Monitor the thoughts that you allow into your mind. If you find yourself thinking negative thoughts, think again. When you do “think again” make sure it is positive thoughts.

An exercise to build the muscle of monitoring your thoughts is to place an elastic band around your wrist. Every time you think a negative thought, snap the elastic. Within a short period of time you will likely stop thinking negative. Or you’ll have a very sore wrist.

Just as you monitor your thoughts, monitor the words that you speak. Watch for excusitis. Excusitis is a disease that causes people to constantly make excuses. When you hear yourself complaining, stop immediately. Cure yourself and help cure others of excusitis. Within a reasonable period of time we should have this contagious disease under control.

Certain emotions are silent killers; they contaminate dreams. Some of these emotions are fear, stress, anxiety, anger, resentment, frustration, depression, sadness and hostility. If you are engaging in any or many of these emotions, find out what the root cause is.

Do not put the lid on your problems and expect them to go away. You must deal with them. Putting the lid on problems is like throwing away garbage in a garbage can and expecting it to disappear. Sooner or later the lid will come off and it won’t be pretty.

A blizzard creates the right conditions so a person can build shelter from it. John Amagoalik

How do you get to the root cause? The answer is within you, but you must first have a desire to find the cause. Without desire you will not progress. If the answer to the cause of your own life’s challenges is not obvious to you, then ask yourself questions that will allow the answers to surface to your conscious mind.

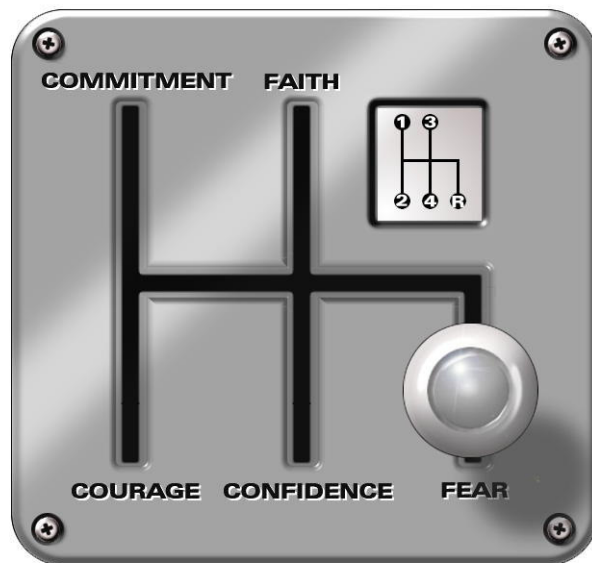
Ask yourself, What is *really* bothering me? Or, Where did this come from? Or, How did I develop this belief? Keep asking the questions until you get the answers. The answers are within you.

Build the skill of becoming aware of your emotions (and the cause) and move to a more positive state of being.

Fear versus faith

It takes less energy to be faith-full than it does to be fearful. Fear is opposite to faith. Fear will immobilize you. Fear cancels out faith. You can think of fear as the breaker switch for faith. If fear is turned on, faith is automatically shut off.

People who are in a fearful state become stuck, and I call this "fear gear." If you have ever driven a car with a standard transmission you know that if you can't get the shifter into gear, you are stuck and you cannot go either forward or backward. Unfortunately, with fear, you will more likely be moving in a backward direction.



Stuck in fear gear

You can think of fear and faith on a sliding scale, the same scale. When you are being fearful you are not being faith-full. When you are exhibiting faith there is no room for fear. Simply learn techniques to move yourself from one end of the scale to another. You can use the techniques shared earlier in this Section on choosing your thoughts, words, actions and states of being.

When people are fearful they tend to step back into safety and comfort. Is it better to step back into safety or step forward into growth? Turn that fear into power and push yourself beyond your comfort zones. This is where you will experience true growth and life at a higher level. Neale Donald Walsch taught me that "life begins at the end of my comfort zone." I've learned to turn my fear into power. Fear has not been eliminated from my life, but when it shows up, I am equipped to replace it with faith and move forward.

In my lifetime I have met people who have learned to be fearful, angry, anxious, impatient, and sometimes deeply depressed, most of the time. These individuals have invested much of their lives building the muscles of negative states of being. They have deep-rooted patterns of behavior that they repeat over and over again, which cause them to experience the same states again and again. In some ways, although they are detrimental, these states of being have served them. How could intense negative states possibly serve people? They receive attention and gain significance as a result of these states. Others will give them more attention when they are in these states of being and they subconsciously have recognized that, and as a result, repeat the behavior. They may not even know that they are putting themselves into a negative emotion to receive recognition.

When I was in high school, a friend of mine was constantly sick, even though she did not have any serious illnesses. After some time she realized that she was making herself sick to get attention from her mother. The only time her mother gave her attention and love was when she was sick. When she was feeling well her mother didn't acknowledge her, but when she was sick, it was a different experience. Thankfully, she finally broke the pattern and became healthier.

If you are in a similar situation, recognize that learning to create new states of being will take discipline and will definitely take time. I believe that these learned behaviors can be overcome and that it is simple to do. It may not be easy, but it is simple.

The best way to measure your states of being is to look at your results. Your results will clearly demonstrate to you what states of being you have been consistently engaging in. If you would like to experience new results, begin a new cycle of creation and replace old negative energy with positive energy.

An Exercise For You

Go to the hardware store and purchase an illuminator/dimmer switch to use as a measurement tool; your energy switch. You can use the energy switch as a gauge to determine your states of being and to monitor your positive and negative states of being.

This will provide a certain level of awareness. If you are a person who continually experiences anger, then notice the levels of anger that you are experiencing over a period of a week. Move the switch whenever you feel the anger. Move the switch up or down depending on the intensity of the anger that you are displaying. At the end of the week, replace the word "anger" with the word "calm" and start to create behavior that is calm with your thoughts, words and actions. Be sure to check out the States of Being chart at the back of this book.

Repeat the exercise, measuring your level of calm. Stay focused on the opposite state of being, calm, and create new behavior to support this state of being.

One of my clients completed this exercise with great success. Her personal challenge was that she was engaging in a state of anger repeatedly. Her partner had pointed out that she was always being angry.

She did not believe this to be true and tried my experiment to monitor her levels of anger over a period of a week. To her amazement, her partner was revealing a part of her that she was not proud to acknowledge.

Following my advice, she did not make a personal indictment against herself, but recognized the awareness as a benefit to making lasting change. She enabled herself to conduct a new exercise of consciously portraying a state of love. She set her objective to being loving and monitored her new empowering state. She has now learned to be in a loving state as a habitual mood and has, in turn, realized phenomenal positive results.

Making Decisions While in Dis-empowering States

When you are faced with making a decision in a state of stress, or extreme exhaustion, you are not going to be thinking clearly. Do not

make serious decisions when you are in a negative state of being—stressed, impatient, tired, depressed, or similar states. Be relaxed and calm when making decisions.

Stress ultimately comes from fear. And fear leads to additional challenges in your life which could possibly affect your health, relationships, finances and a number of other areas.

In life we will have challenges. How you handle them is up to you. Prepare yourself in advance for handling adversity. If you learn how to move yourself from one state of being, a negative state, to another state of being, a positive state, and then you will handle adversity in a healthier way.

States of being conflicts between two people

States of being conflicts occur when there is a misinterpretation of the intentions of another.

Often I have seen conflicts between two people when one of the two believes that he or she is being loving, and their partner is not interpreting their states of being as loving.

Does this mean that the person is not being loving? Not necessarily. A possibility is that the Partner A is being loving, but Partner B is not in a loving state and therefore cannot recognize the love because he or she is vibrating at a different energy level.

Partnerships are not the only place where we experience beingness conflicts. This type of conflict occurs regularly between co-workers, between parents and their children, between teachers and their students, between coaches and their athletes, and between complete strangers.

Our states of being create filters for viewing the world. We see things differently when we are in different states. Earlier in this chapter I talked about being in a stressful state. When you are in a stressful state, you are not seeing clearly at all. When people are in a distrustful state they are not seeing the truth, or they may be making things up that are not even there and creating their own truth.

The following chart shows two examples of states of being conflicts.

Partner A		Partner B	
Engaged in the state of:	Demonstrating by:	Interprets Partner A's state as:	Filtering the actions and words as:
Playfulness, fun	Making light and humorous comments about Partner B without any thoughts of disrespect.	Mean, hurtful	Wonders if there may be some truth to the words. Feels Partner A is making fun of them and being disrespectful.

Partner A		Partner B	
Engaged in the state of:	Demonstrating by:	Interprets Partner A's state as:	Filtering the actions and words as:
Love	Giving their partner space and time for themselves.	Uninterested	He/she would call if they cared. Has no consideration for my feelings.

Be respectful and aware of other people's states of being, if you are experiencing a conflict. Being respectful of another is not about winning someone over, or influencing the other to buy into your views; it is about understanding opposing views. The goal is awareness and not taking sides. Communication is the solution. Communicate your intention and seek to understand.

BEING COMMITTED

An Ocean of Opportunity

You are at choice always, in all ways.

We live in a world of vast and abundant opportunities. There are opportunities everywhere. Realize that you do have the ability to create your ultimate dreams. If you have an idea, then inherent within you is the ability to create the concrete reality that idea represents. You wouldn't have had the idea if you were not able to manifest it.

There are unlimited opportunities available to you. What you will actually experience is dependent on your day-to-day choices. My son Michel plays a computer game that allows him to choose his destination and vehicle from a selection of racing trucks and a cross-selection of terrains. This game is similar to life. The game starts with choice about where you are going and how you are going to get there.

As he is driving his truck along the terrain, the landscape changes depending on the direction or route that he takes. The results of all possible choices are predetermined by the game, but the outcome is based upon Michel's choices. Michel enjoys the game no matter what shows up because he detaches himself from the outcome.

This computer game has many similarities to life. Our choices determine what we will experience. All possible outcomes have already been predetermined. What we will actually experience will depend on our choices and how we react to what is happening in our lives. We should also detach ourselves from the outcome and enjoy the process because we can never be certain as to exactly what will show up.

Once you realize that there are unlimited opportunities before you, you will start to see new opportunities present themselves to you. As you become more aware, more opportunities will be presented. As you set goals and reach them, you will start to see new and grander opportunities. And it will continue. A momentum has begun. You have set in motion the process of creation.

Most people look at their own results for proof and validation. When they can validate that they were not able to create their opportunities

in the past, or achieve their goals, they do not even bother to consider new possibilities.

People will also look at other people for their results and validate their decisions by other people's negative results. If you are looking for something, you will find it. If you are looking for an example to prove you can't do something, you'll get that answer. If you look for someone who has tried and failed, you will find the example.

On the other hand, if you open up your mind to new possibilities, and even though you may not have accomplished the goal in the past, you look for the example of someone who has accomplished incredible things, you will find it.

It is important to reject the belief that if something has not been done in the past, it cannot be done in the future. If our inventors had believed that, we would not be able to communicate via multiple communications devices, we would not be able to fly across the country in a matter of a few hours, and we would certainly not be able to travel to the moon and return safely home.

Therefore, if you are in sales, do not look at last year's results to determine this year's targets. Decide where you would like to be at the end of the year. What would you like to accomplish? Set the goal and begin the work. Create a plan and follow the plan. Wayne Gretzky, one of the greatest hockey players of our time, said that he didn't look at where the puck was, he looked where he wanted the puck to go. Wayne saw his opportunities in advance.

See your opportunities in advance and use your creative energy to make them a reality.

Being Prosperous

INTRODUCTION

The word "prosperity" can be used in reference to anything. The topic of this section is based on a workshop that I deliver by the same name: "Propensity For Prosperity". In my workshop I start out by claiming that: "*being prosperous is not **only** about money*".

It's your choice if you want to feel prosperous and be prosperous. You can choose to be prosperous at any moment (regardless of your state of financial affairs), and it is in that precise moment that you will begin to experience prosperity and within a period of time prosperity in the physical form will show up for you.

Prosperity is a feeling (or a state of being) and can be felt (experienced) for many things....you can feel an abundance of love, an abundance of fulfilling relationships, prosperous in business, an abundance of energy, great health, lots of choices, ideas, friendship, or joy.

For the sake of this introduction, let's focus on the abundance of wealth. This seems to be an area 97% of the population has a challenge with.

I'd like to give you a few thoughts or beliefs that if you adopt, you'll have more abundance than you'll know what to do with. How does that sound to you?

But first, allow me to share a bit of my own personal journey.

I didn't always KNOW this. The entire idea of being prosperous was completely foreign to me. I was raised in a "lack" environment. I was unaware that we played a role in what showed up in our life. I was completely ignorant, and believe me, ignorance was not bliss. I was under the false impression (or *belief*) that my life's dissatisfactions were caused by someone or something else. I believed that it was something outside of me that caused my lack, and therefore, it was going to be something outside of me that would fix it. I was completely wrong.

There was a time in my life where I struggled from pay check to pay check and I allowed it to create sadness in my life. Therefore, in my life, there wasn't only a lack of wealth; there was a lack of joy too.

I remember my Mentor Bob Proctor saying to me many years ago "don't cry over anything that won't cry over you". I cried over money! Or should I say? I cried over the lack of money.

I allowed the power of debt to consume my life and I was filled with fear. This was not an enjoyable way to live. The stress was enormous and it was all self created. Stress, impatience, unhappiness and fear were my dominate states of emotion.

By having those destructive feelings, what did it achieve? Answer: More of the same. More of what I feared - more debt, more lack and more fear. One piled up on top of the other until it became like a vicious circle that just kept going around and around.....until one day I said ENOUGH!

I've got to tell you it was more than just saying ENOUGH in the context of "enough already!". I was saying ENOUGH...because I finally realized that There IS Enough!

There is enough of everything. I created a new belief...a prosperous belief...I began to expand my present level thinking and noticed there was an abundance of everything, everywhere...including money. And, what you think about expands. More money began to expand in my life.

I now live a prosperous life and am grateful for it. But the gratitude started a long time before the prosperity showed up. In the next section you'll find the 21 Distinctions of Wealth and although they may be short statements, they are powerful gold nuggets of wealth wisdom.

The second part of this section is filled with ideas that will help you shift from the old destructive behaviors and beliefs to the new behaviors and beliefs that can create a propensity for prosperity. You'll find an entire section on Prosperity Affirmations!

The 21 Distinctions of Wealth

"To Prosper Means to Grow Spiritually"

In this section you'll find The 21 Distinctions of Wealth or as I like to call them, the gold nuggets of wealth. Why are they "gold nuggets" of wealth? Because there is so much wisdom wrapped up in these few words. Once you really understand them, your life would change prosperously and rapidly in the most glorious of ways.

How can you get the most benefit from these 21 Distinctions of Prosperity?

- ❖ Read the 21 Distinctions of Wealth every day.
 - ❖ Seek to understand them deeply.
 - ❖ Meditate on them.
 - ❖ Print them out.
 - ❖ Make them your mantra.

The 21 Distinctions of Wealth

1. You are Already Rich (you were born that way)
2. The Willingness To Give It All Up Leads To Having It All
(you don't have to give it all up – just be willing to give it all up a.k.a. detachment)
3. The Universe Is Always Giving
4. Envy Is Ignorance (envy demonstrates a lack mentality)
5. All of the riches that you have not recognized or claimed in the past have not been lost. (your good wants you as much as you want it)
6. There Is An Infinite Supply (there is nothing lacking in this Universe)
7. Infinite Patience Produces Immediate Results (having infinite patience means you have an absolute certainty of a specific outcome)

8. The More Value You Give Unconditionally, The More You'll Have ("unconditionally" is a key word in this distinction)
9. Any and All Negative Emotion Stops The Flow of Abundance (this one distinction could be blocking the flow of prosperity)
10. Your Joy Increases the Flow. Your Appreciation Increases the Flow. Your Love Increases the Flow. (all positive emotions increase the flow)
11. Your Abundance Creates More Abundance For Others
12. You Don't Have To Know How You'll Get What You Want, Just Decide What You Want
13. Your Abundance Will Show Up For You In Exact Proportion To Your Belief About It
14. Your Desire To Help Another Be Abundant And Your Gratitude Of Another's Abundance Contributes To You Being More Abundant

15. Be Open and Receptive To Wealth (allow wealth to come to you now)
16. Wealth Comes In Divine Timing
17. Your Beneficial Purpose Creates More Abundance (based on your own personal mission statement)
18. Ask For What You Want (ask and you shall receive)
19. See Yourself In Possession Of Your Desires (get associated to the feelings)
20. You Have The Wisdom Within You NOW to Make you Rich
21. There is Nothing You Have to Do

MAKING THE SHIFT

Knowing these 21 distinctions of wealth is not enough if your old programming is resurfacing and contaminating your results.

All negative thoughts or negative emotions that reflect or support lack consciousness will poison your abundance.

Here are the things that you can do to make the shift from lack to prosperity:

KEEP A POSITIVE/NEGATIVE PROSPERITY JOURNAL

Begin by being aware of your positive and negative thoughts, feelings, attitudes and actions as they relate to money.

Create a journal and for each day record your positive and negative thoughts, feelings, actions and attitudes about prosperity. Do this on a daily basis.

On the left hand side of a page note all of the positive feelings, emotions, actions, thoughts that you have about wealth, prosperity and abundance. On the other side of the page, write down the things that were negative (thoughts, feelings, attitudes, actions) that you had on a given day about wealth, prosperity and abundance.

Use this awareness journal as a way to focus on being more positive about prosperity.

Here's an example of what a daily page might look like:

<p>Positives about Prosperity Today</p>	<p>Negatives about Prosperity Today</p>
<p>Wrote out my financial goals today (20 times)</p> <p>Read my affirmations on prosperity with conviction</p> <p>Listened to my power life script</p> <p>Paid my bills and did so with gratitude</p> <p>Did my visualization exercise and saw the mortgage being paid off – felt it fully</p> <p>Carefully evaluated an investment</p> <p>Considered 2 options at the grocery store and chose the one with better quality, even though it cost more (I know I'm worth it – and so is my family)</p>	<p>Spent too much money today on frivolous things</p> <p>Was in a "spending mode" and was feeling "out of control"</p> <p>Felt guilty for spending</p> <p>Made a deposit on a luxury vacation without price shopping and comparing</p> <p>Felt anxious about the thought of "where will the money come from to pay for the vacation"</p> <p>Gave a \$10 tip for a \$21 purchase (not wise and was upset at myself for doing so)</p> <p>Bought two outfits for dance class and should have only bought one – out of control spending</p>

* * * * *

GIVE THANKS FOR THE ABUNDANCE

When you find a penny or any other amount of money on the ground, give thanks to God (or your Creator) for the representation of abundance.

* * * * *

BE AN APPRECIATOR

Here's another journal exercise for you. Create an "Appreciation Journal". This one idea alone will help you considerably with creating more prosperity in your life.

Take a page in your journal and place a line down the middle of the page. On the left hand side of a page keep a daily log of what you are appreciating. If you noticed a beautiful bird in a tree, write that down. If you noticed an elderly couple walking down the road and it made you feel good, write that down. If you went into your wallet and found an extra twenty dollar bill and you were excited, write that down. If your child gave you a big hug and it surprised you, write that down. Any time you felt appreciation for anything or anyone, write it down.

On the left hand side of the journal write down what you are depreciating. This is another awareness exercise. This will help you recognize that you are focusing on negativity which will hold you back from enjoying prosperity.

Do this exercise until your entire right hand column is empty and you only focus on being appreciative. You'll find a positive change within the first day of doing this exercise.

* * * * *

Create a Life Purpose/Mission Statement

Define a positive, beneficial and contributing life purpose and live by it.

A life purpose/mission statement is a declaration of what you believe to be your purpose in life. It is highly recommended that you keep your personal mission statement brief. You can say a lot with just a few words.

Peggy McColl's Purpose: *To make a positive and beneficial contribution to the lives of millions of others around the world.*

When your statement is completed display it where you can see it every single day and read it out loud or silently to yourself. It will have a profound impact on your life.

When you are focused on your life's purpose you will quite likely perform better, handle challenges more effectively and stay focused. You'll also find your level of happiness will increase because you are now living your life on purpose.

* * * * *

Use Questions to Create Prosperity

When you are asked a question, or you ask yourself a question, your brain immediately makes an attempt to answer or respond. Questions can create or destroy.

Use questions to create more prosperity in your life or help you build your beliefs about being prosperous.

Choose a question or two or several, and place them in an index card and ask yourself these questions every day.

Prosperity Questions

Why am I now wealthy?

Why am I now a multi-millionaire?

What do I love about being prosperous?

How has my prosperity helped me help others?

What is the greatest benefit of my being prosperous?

How will I creatively, honestly, beneficially earn a million dollars this year in personal income ?

What do I need to believe in order to be prosperous now?

What is my million dollar idea?

* * * * *

Open Your Hand to Receive

Decide how much money you would like to have this month. Get specific. Make a list of where you'll use this money, and open your hand and see it being placed there for you.

Most important – give thanks!

Remember Distinction #12 You Don't Have To Know How You'll Get What You Want, Just Decide What You Want

* * * * *

Create Your Own State Shifters

When you notice the dark clouds of negativity starting to consume you again, be prepared with "state shifters". What's a state shifter? It is an action that you immediately do to change the way you are feeling i.e. change your emotional state.

Therefore, if you start to have thoughts of debt or lack, wave your hands in the air as if you are pushing the clouds away. Push away the negativity. This may sound like a silly exercise, but there are only harmful repercussions by focusing on negativity when it comes to prosperity. It will also give the debt or lack more energy and create more of the same. I'm quite certain you don't want to do that.

A friend of mine would roll down the window of her car and push out the negative thoughts, literally wave the negative energy out the window, as if she was pushing smoke outside of the car to get rid of any negative thoughts.

Another method to shift your negative thoughts or to stop your negative thoughts is to place an elastic band around your wrist. If you

find yourself thinking a negative thought, you simply snap the elastic. This will cause you to stop.

Be ready with positive thinking materials (books, audio CD's, cassettes, affirmations, goal statements, etc.) to turn to in order to shift your negative thoughts back onto the positive, powerful, creative prosperity thoughts.

* * * * *

Be Grateful

Every night before I go to bed, and immediately upon awaking in the morning I give thanks to God for the many blessings in my life. I also keep a gratitude journal and record the things that I'm grateful for. This can also be considered expressing appreciation, but for me, writing in my gratitude journal, especially at bedtime, puts me in a positive frame of mind and relaxes me. I always find that I rest more peacefully with a grateful heart.

* * * * *

The DAILY'S

If you are going to build anything you need tools. And, in order to get maximum result, you'll need to use those tools. Creating a propensity for prosperity will require a toolbox filled with tools. Here are a few more suggestions on the daily things that you can do.

Daily Rituals

Here are some things that you can do every day that will help you create a propensity for prosperity:

- Write in a gratitude journal
- Read positive belief statements to build your belief about wealth (also known as: affirmations)
- Create a "Dream Board" with clippings of the things that you'd love to have
- Read your Purpose Statement very day
- Ask yourself the prosperity questions
- Use prosperity prayers

- Meditate (In this book I've included a prosperity meditation.)

Daily Commitments (Statement)

Create your own statement that shows your commitments to the day. Here's an example: I am committed to reading my positive affirmations with intensity in order to have a full body experience creating more prosperity in my life. I'm committed to everything that I need to be in order to have prosperity.

Daily Awareness (Journal exercises)

Be aware at all times of your creation (or destruction) as it relates to prosperity. Do the Appreciate/Depreciate journal exercise as outlined in this book.

Do the Positive/Negative Prosperity exercise as outlined in this book. Consciously notice what is working and what is not – and choose to change it if it is NOT working.

Daily Questions (Questions – read every day)

This was explained earlier in this book. Make this a Daily exercise.

Daily Distinctions (Journal)

Be open to new ideas.

Record your own new distinctions on wealth. Notice the positive changes that are occurring as a result of following these recommendations.

Daily Gratitude (Journal)

Write out what you are grateful for – do this every day (at night). Throughout the day you can do this consciously in your own mind. Express to others your gratitude. You'll uplift their spirits too.

Daily Challenge (journal)

Challenge yourself each day to be more today than you were yesterday. Here's some questions to use to challenge yourself:
What will I do today to step up? To give more than I've given before?
To be more than I've been before?
Today I am committed to give more, share more, learn more, love more, teach more, nurture more, bring more value, receive more, and believe more.

A Simple Abundance Exercise For You to Do

Here's a great little abundance exercise to do. Right where you are, just take 2 minutes and stop reading and look around the room and start to notice what there is an abundance of. Look around the room. Feel what there is an abundance of.

On a sheet of paper write down what you believe there is an abundance of?

Did you do it? If you didn't, do it right now.

If you had a hard time doing the exercise that may determine whether you have a "lack" mentality or an "abundance" mentality.

I can see from where I am right now there is an abundance of air to breathe - more than enough. There is an abundance of ideas....opportunities...there's an abundance of joy, an abundance of laughter. There is an abundance of capacity for love. There's an abundance of petals on the flowers....blades of grass.....light in the room....space in the area.....food to eat....choices of what to eat....love in my heart....neighbors in the vicinity and on and on we go.

Start to notice where there is abundance. Do this regularly. You'll begin to feel truly abundant. Abundance is nothing more than a state of mind. You don't have to have a ton of money around you to FEEL abundant. You can feel abundant in a moment - in the blink of an eye. When you do that (feel abundant) it is only a matter of time before you experience more abundance showing up in your life

Abundance gives you the power of freedom. Be abundant right now....feel what it feels like to be abundant. Feeling abundant will wipe out lack. Abundance is ever flowing. There IS enough.

The secret is to "act as if" you already are abundant. A more powerful thing for you to do to experience more abundance is to: cause another person to experience abundance. This works because you couldn't cause another person to feel abundance if you didn't have abundance. You might want to play that back one more time. You're not separate from abundance, only your thinking makes it so. Abundance hasn't been reserved for a select few - it's yours, it's available to you just like

it is the next guy/girl.

Wayne Dyer taught me a powerful abundance statement, which is: "I attract success and abundance into my life because that is who I am." That is who you are too. You are abundance. Use that affirmation anytime you start to feel that old lack mentality creeping in.

Three Additional Methods to Be Prosperous

Be kind to everyone

Be loving to every person and every thing that shows up in your life. If you are feeling negative about a situation or a person, this question will help you find the answers you are looking for: What would love do now?

This could possibly be the most important question you'll ever need to ask yourself.

Pierre Teilhard de Chardin said: "The conclusion is always the same: Love is the most powerful and still the most unknown energy in the world."

Give prosperity away

When you do this, you help another to be prosperous and you also are prosperous. Otherwise, how would you be able to give it away if you didn't already have it?

Give without any expectation of anything in return and give in a way that benefits another.

In Florence Scovel Shinn's book "The Game of Life and How to Play It" she states that "Jesus taught us that life was a great game of giving and receiving." And "Whatsoever a man soweth that shall be also reap."

Find a way to help another have more prosperity. Share an idea. Buy them a book. Help them reach a new understanding. Help them see the abundance that is available to them. Show them the way to prosperity.

From Deepak Chopra's book Creating Affluence he said: "Helping others make money and helping other people fulfill their desires is a sure way to ensure you'll make money for yourself as well as more easily fulfill your own dreams."

Be open to the idea of miracles

Be open to everything and attached to nothing. Remember, you do not have to know HOW you are going to be prosperous, just believe it.

Have faith in the unknown.

Be open to receiving the assistance you desire. Trust in intention, it exists for you. Stay alert, and be willing to accept any guidance that comes your way. Stay in vibrational harmony with the all-providing Source.

Banish all fear and doubt. These destructive emotions will repel prosperity away from you. Even though prosperity flows abundantly in the universe, your fear will create a shield which will block all abundance from entering your space.

From Wayne Dyer's book *The Power of Intention*:
"By banishing doubt and trusting your intuitive feelings, you clear a space for the power of intention to flow through."

"Man must prepare for the thing that he has asked for even when there is no sign of it in sight."

PROSPERITY MEDITATION – CLOSED EYE PROCESS

The following section on the Prosperity Meditation is something that you can create on your own. If you have a device that can record (a tape recorder, a digital recorder) and you can create either an audio cassette or burn a CD, this exercise is another powerful prosperity creating exercise.

If you do not have the ability to create your own, the Prosperity Meditation CD (US\$20) is available from <http://www.destinies.com>, but you'll need to send an email to Debbie Heika Debbie@destinies.com and she can take care of your order for you.

The Prosperity Meditation (listen to this with your eyes closed, while you are in a comfortable position, and preferably alone).

You are abundantly prosperous. You ask and the Universe provides. You are serving the greater good with the gifts you bring to the world.

You are rich! You are abundant! You are prosperous! In every sense of the word! You're rich with love. You're abundance in experience and you're prosperous with your generosity. You are celebrating prosperity every day in many ways!

You feel it in your body and it feels wonderful! There is no other way that you know how to be... because that is who you are – at your core! And, now you are

revealing it to the world. Others see it too! They see abundance when they look at you! You are abundant!

You live life to its fullest! You have fun! You are fun! People love to be around you because you radiate love, and abundance, and bliss! You attract everything that you deeply desire. You have become a magnet for your desires. You know it. You show it and your results are a representation of it!

You live in a constant state of abundance. You don't look different than other folks, but you express the greatness that is within you. You appear to be one of those people called "the lucky ones", but you know better than that. You know that everyone is essentially *lucky* because you know that this so-called thing called *luck* is merely choice and creation. And, you choose well and you create what you truly desire.

You are optimistic, positive and enthusiastic! You place your thoughts on what you want. You focus on your exciting future. You focus on abundance. Other people may try and bring you down, but you don't let them. You recognize that they simply do not know,

and instead of judging another you show them the way.

To you prosperity has become simple. You are keeping your thoughts consistently on what you intend to create, you stay consistently lined up to it, and you summon all creative force to create the result. It works like magic for you, but it isn't! And, you know it!

You attract to you the people in your life who help you and with whom you help. People in your life are in harmony with your desires. They, too, want you to succeed, as you do them. They support you as you support them.

You are peaceful, loving, harmonious, kind and abundant and this where you choose to reside. You are always in touch with your infinite possibilities. You are inquisitive about life and see the beauty in our world. You always find something to appreciate.

You know that you may not know how to achieve something or get something, but you go for it anyway, knowing that the answer and the solution

will reveal itself to you with your unwavering faith. You know that an open door is always available with unlimited possibilities. You are totally receptive to the abundance that flows continuously.

You live your life on purpose and this gives you a sense of peace and confidence. Your level of energy is exceptionally high! Your high level of energy brings love where there is hate. You bring calm and peace where there is chaos or disharmony. You help others raise their destructive low level energies to high positive creative energies and you feel great knowing you are making a positive difference in their lives of others.

Now, see your life as you want it to be. All of it. Enjoying prosperity. Rich beyond your wildest dreams. Living a no-limit life. Spreading your wealth. Sharing your abundance. Enjoying life – truly enjoying it ... with those you love. Look around you....who is with you right now? Enjoying this abundant lifestyle? See the smiles on the faces of those you love.

Feel what it feels like – the comfort, the peace, the knowing that you have everything you want and know that at any time you can tap and are you tapping into the infinite potential of the Universe.

Your life is blessed! Everyone who comes into contact with you is blessed by you and your presence and your energy, your love and your gifts.

Feel that feeling of prosperity in your body right now! Feel it! Hold it! Keep it! Know you can access this feeling, state of being, at any time you wish and you do....you feel prosperity....you feel gratitudeyou feel abundant....and all the while, you are create your ultimate destiny!

Prosperity Affirmations

Choose from this list of prosperity affirmations. Use the ones that will help create your propensity for prosperity:

Infinite Spirit, open the way for great abundance for me. I am an irresistible magnet for all that belongs to me by Divine Right.

Infinite Spirit, open the way for my life to manifest; let the genius within me now be released; let me see clearly the perfect plan: Health, Wealth, Love, and Perfect Self-Expression.

Infinite Spirit, open the way for my immediate supply; let all that is mine by Divine Right now reach me, in great avalanches of abundance.

I now release the gold-mine within me. I am linked with an endless golden stream of prosperity which comes to me under grace in perfect ways.

My God is a God of plenty and I now receive all that I desire or require, and more.

All that is mine by Divine Right is now released and reaches me in great avalanches of abundance, under grace in miraculous ways.

My supply is endless, inexhaustible and immediate and comes to me under grace in perfect ways.

I give thanks that the millions which are mine by Divine Right, now pour in and pile up under grace in perfect ways.

Unexpected doors fly open, unexpected channels are free, and endless avalanches of abundance are poured out until me, under grace in perfect ways.

I spend money under direction inspiration wisely and confidently, knowing my supply is endless and immediate.

I am confident in letting money go out, knowing God is my immediate and endless supply.

I am able to easily visualize my desired result in advance.

Every day I visualize the achievement of my goals. I create complete detailed scenes in my mind of myself succeeding. I

*see the scenes over and over again, each time more clearly,
and I begin to create that future event in my mind.*

*Each day I get even better at clearly visualizing the best of
myself and my future in my own mind. I visualize it, I act on
it and I make it happen.*

*I think, act, walk, talk, breathe, move, gesture and perform
with abundance in all that I do.*

I am harmonious, happy and love radiates from me.

*I am at peace with myself and with the whole world. I love
everyone and everyone loves me. Good comes to me in a
warm, constant flow.*

I openly express my love and gratitude to others.

I help others see the abundance in their world.

God provides me with every blessing in abundance.

*There is abundance everywhere and the whole world is
available to me.*

Abundance is a way of life for me.

I am in outstanding physical, emotional and psychological condition. I only feed my body those foods that are nutritious and good for me.

I am resourceful. I have the ability to do whatever it takes to succeed.

I have tremendous confidence in my talents and my abilities.

I am committed to perform with excellence in all that I do.

I have drive, spirit, stamina and endurance. I have an outstanding winning attitude about myself and about everything I do.

My gratitude opens me up to unlimited abundance.

I deeply respect my body and take excellent care of it each day.

I feel great pleasure from the health and strength of my physical body.

I start each day and continue throughout the day with an abundance of energy.

Everything I need is within me now!

I have the ability to do whatever it takes to succeed, and to support all those whom I love.

My work is a great contribution to others, and I am richly rewarded for it.

I feel prosperous and I think prosperous thoughts.

I handle and invest my money wisely, and I profit daily.

I have faith in God and I have faith in myself.

It is spiritual to be abundant and I know that the Universe wants me to enjoy all of its riches. I accept with gratitude.

I am worthy of receiving all that I desire.

I deserve to succeed in all areas of my life.

I am abundantly wealthy.

I am successful beyond my wildest dreams in all areas of my life and a true example of possibility.

I am unconditionally loving.

I am eternally grateful for all of the gifts in my life.

I invest quality time with my family and friends.

I have an excellent understanding of effective investment strategies and I utilize them to constantly increase my investment portfolio and reap the financial benefits.

I am completely loved. I am completely lovable.

Believe in Yourself

This particular secret will transform your life, and every aspect of it, when you apply it.

If you don't believe in yourself, you will struggle all the days of your life. And when you *do* believe in yourself, you will sail through your journey with ease and enjoyment.

Believing in yourself is having confidence, a strong sense of self-worth, high self-esteem and faith in *your* ability.

In this section I'll share with you how to create the belief in yourself, how to change old beliefs into new, supportive, powerful, positive and empowering beliefs that will build a new wonderful vision of who you truly are -- that beautiful, deserving and loving being.

Every one is born with confidence. Some exude it more than others.

Confidence is energy within you. Some have tapped into this energy, while others have not. But you all have it, whether you have tapped into it or not.

It's like the electrical power that is pumped into your home; the electricity is always there and there is an infinite supply, but it is invisible. If it's there, how do we use it? We access the energy by flipping a switch on the wall -- a light switch.

This idea was introduced earlier in this book, but please allow me to re-introduce in this section for the purpose of understanding how to believe in yourself.

Let's take that light switch one step further. Let's imagine that switch is a dimmer switch, or as my positive friends like to call it, "an illuminator switch," that will intensify or soften the light depending on whether you move the little control button on the switch up or down.

The more brightness you desire, the higher you move the control button. The limit to the brightness is the position where you choose to set the control.

If you place the control at the highest setting you will experience the greatest brightness.

Now let's take this analogy and apply it to confidence. Imagine for a moment that there are illuminator/dimmer switches within you. There are many switches, and these are energy switches to access states of being -- emotional states and feelings.

On every switch there are two states of being: one extreme of an emotion and the other.

If we use the example of confidence, at the top of the switch is confidence and at the bottom is insecurity. You see, if you are not being confident, then you are being insecure. And this switch will move up or down depending on how you are feeling. The intensity of the emotion or state of being is determined by levels of energy.

Sometimes you may be extremely insecure and at other times you may be highly confident. You will experience confidence and insecurity for many areas of your life and at many different times. Your confidence switch keeps moving up and down at all times. It will move UP or DOWN depending on what you are doing, what you are thinking, and what you are saying (to yourself or to others).

Your beliefs help to determine where your switch is positioned. If you have a belief that you are an insecure person, even when you start to feel more confident, your beliefs will kick in and start to move your switch right back to the position that accords with your belief about who you are.

Each one of these states of being switches has two emotions. Every emotion has the opposing emotion at the other end. For example, if you take the love switch, at the top of this switch is love and at the bottom is hate. If stress is at the top of a switch, then peace is at the bottom. If happiness is at the top of a switch, then sadness is at the bottom . . . and so on.

Keep in mind that your emotional energy is available and will respond based on your desire. Moreover, you can decide how much of that energy you will use and when you will use it.

Your Creative Energy

As you are already aware, your thoughts are energy, your words are energy, and your actions are energy. This energy is either creative or destructive. Creative energy keep your switches on high, or moves them up. Destructive energy moves those switches down, or keeps your switches on low.

I will show you how you can use all of your creative power to build a strong sense of self-worth and total belief in yourself.

Let's get into our first exercise.

If you were asked today, "how would you define yourself?" what would you say? Most people are shy about answering this question, because they don't want to admit (what they believe are) their faults, and they don't want to talk about their strengths, because they believe that is bragging.

For the sake of this exercise, write out a clear description of who you believe you are. Be honest with yourself. Write out what you believe are all of your characteristics, your strengths, your challenges. Just list them on a sheet of paper . . . all of them. Include your positive qualities and your not-so-positive qualities.

Please put the book down now and make your list. Remember it is the *application* of wise thoughts that makes the difference.

When you are finished making your list, review the list and notice which beliefs are supportive and which beliefs are destructive.

My good friend William E. Bailey said, "How can you put on your make-up if you won't look at your face?"

You need to be willing to look at who you believe you are . . . today. Why? So that if you don't like what you see, you can change it. And, similarly, if you *do* like what you see, you can intensify those empowering qualities.

Everything that you have in your life right now -- your finances, your relationships, your career, your health -- has all been impacted by your belief of who you are.

Before we get into building a strong belief in yourself, let's look at the causes of low self-esteem, and how these things actually sabotage success.

Here are the main causes of low self esteem:

1. Looking at past results and determining the future accordingly
2. Having guilt for things done in the past and not allowing oneself to have any pleasure in the future because, at a deep level, one does not believe one deserves it
3. Blaming others, or blaming oneself, for past results
4. Holding anger or resentment toward oneself or another

All of these negative emotions are anchors that will hold you back from success. An event does not determine who you are. You are not your past. It may have been who you were at the time, but it is not who you are truly.

Emotions such as guilt, unworthiness, blame, anger, resentment are strong negative emotions that must be released. If you are holding resentment and anger toward yourself or others, you have to move past that strong destructive emotion. These emotions are poison and they filtrate through your entire being, affect your self-esteem, extend out from you, go out into the universe and affect your results, *whether you are aware of it or not.*

At the time that Bob Proctor, my first mentor, came into my life, I had been doing two things. First, I was blaming everyone else for my unhappy life; second, I was angry with myself.

In my own case, I finally recognized the blocks and anchors that were keeping me imprisoned and holding me back. Once I became aware, I did something about it.

I've watched extremely skillful people fail miserably because they lacked confidence in themselves.

Notice the beliefs that you are holding onto that keep you stuck.

Have you ever uttered the words "that's just the way I am," and said it with defiance? I have. When people become defiant about who they

are, and they are referring to a negative state of being such as impatience, stubbornness, anger, rudeness, disrespect, etc., trying to move them to a new belief is going to be a challenge.

So What Should I Do?

The first step is decision -- a decision to look at the beliefs about who you are and analyze whether these beliefs are supportive or destructive.

Even if you have been labeled as a particular type of person, and it isn't a positive label, you can make those changes now.

Another reason people stay as they are is that they know other people expect them to be that way. However, when you have decided on a new identity and start to be that person, even though at first your friends or colleagues will wonder why you are behaving in this new manner, after a while the labels will change and your friends and colleagues will see you as this new person.

At your essence, there is true greatness. It may be simply hidden, lying dormant and waiting for you to awaken it.

People love to be around confident people. Confidence will propel your career or business and allow you to enjoy fulfilling relationships.

Emerson said:

"You become what you think about all day long."

And now, here are the most powerful keys to help you believe in yourself:

1. Think as a confident person. Notice your consistent thoughts. Are you thinking as a confident person? Think about what you are thinking about. Think about your greatest qualities, your positive strengths. Think about your greatest assets. Remember the accomplishments that you have had. Have only powerful, confident thoughts about yourself.

The French philosopher Descartes said:

"I think, therefore I am."

2. Be courageous. Successful people are not immune to fear; successful people take action in spite of fear. Move away from fear by acting courageously. When you are being courageous, you cannot be fearful. I'm not saying that fear will disappear, because the chances are it will not, but when you develop the state of being of courage, you'll be better equipped to move quickly from fear to courage, by first recognizing it, and secondly, taking action in spite of it.

3. Do good things for other people – unconditionally.

How can you "do good" to others?

- Buy your friend a coffee
- Here's one that I've done that is fun to do: when you are in one of those drive-through line-ups, waiting in your car to buy a coffee, when you get to the pick-up window, pay for the coffee for the person in the car behind you. It will make them feel good -- "wow, a complete stranger bought me a coffee today." And you, too, will feel good as a result.
- Buy the 2-dollar box of chocolates from the little boy who knocks on your door, who is out going door to door raising money for his hockey team.
- Make an unexpected telephone call to a friend, family member or loved one to let them know you care.
- Extend an invitation to a new friend to come to your home for afternoon tea, dinner, brunch or just coffee.
- Send a card with kind words for no particular reason.
- Leave a rose on a friend's car or desk with a note saying, "Someone cares about you."
- Smile at a stranger.
- Open a door for a stranger.
- Give a portion of your income away. It's called tithing. It doesn't have to be a large amount or an actual tenth of your income (the original meaning of "tithing"); do it when you feel like it. Sometimes you may give more than other times. Choose the recipients (charities, organizations, church) that are most important to you.

4. Be kind to EVERYONE. Even if you think that someone doesn't deserve it.

This may be a challenge when someone appears to be undeserving, but consider this statement: People need love the most when they deserve it the least.

Use your manners and treat people with respect, kindness, thoughtfulness, warmth and friendliness. And when someone is speaking with you, look them in the eyes and give them your undivided attention.

5. Show your appreciation to others. Quite often we take others for granted; we may feel appreciation, and forget to mention it. Take a moment to say "thank you" or "I appreciate you" and do this often. Everyone wants to feel appreciated.

6. Become a great communicator. Learn to become a polished public speaker. Join the Toastmasters organization and become a great communicator. Even if your life does not require you to be a public speaker, this one quality alone will help you increase your self-esteem considerably.

7. Be a solution provider – to your own life's challenges and to others'. Look for the solutions to every challenge. Help others find the solutions to their challenges. Become known as a "solution provider." If you experience a challenge with finding an answer, persistently look for ways that it can be done, not ways that it cannot.

8. Compliment others often and do it with sincerity. Get into the habit of complimenting people often. Compliment strangers. Let them know if you like their suit, or their hair style, or the automobile they are driving. Or if you see a parent being extremely kind and patient to their child, let them know that you noticed.

9. Humbly, accept compliments when they are given to you. This is one of the hardest things for insecure people to do -- accept a compliment. Simply say "thank you" when you receive a compliment. Or you may accept a compliment and extend one at the same time by saying something like "thank you; you are so kind for saying that."

10. Stay positive in spite of the negativity around you. Negativity is everywhere. It can be extremely hard to avoid, but when you hear it, let it bounce off of you. Do not engage in conversations that are complaining or gossiping. If someone is being critical to you, or gossiping about another, that's negative, and you need to imagine a

transparent shield around your body that repels negativity. You are at choice as to whether you let the negativity in or not.

Never, ever, ever be disrespectful by speaking negatively to yourself about yourself . . . whether you are joking or not. I was at my friend's home once and she said out loud, "How can I be so stupid!" I immediately piped up and said, "Please do not speak like that about yourself. That is self-destructive. Quite possibly you simply made an error in judgment, that's all. Do not make it more than it is."

Hang out with positive people. Keep positive motivational audio programs close at hand and play them for positive reinforcement. Use positive affirmations, place reminder cards around your home or your work place with your favorite positive quotes. Read positive books. Watch positive movies. Read magazines that are filled with great success and motivating stories.

11. Take care of your physical body. The way you eat, the beverages that you drink, and the exercise that you do (or don't do) all affect the way you feel about yourself. Eat and drink only those foods and beverages that are good for you. Learn about nutrition and apply it in your life. Drink plenty of water, rest when you need to, and exercise your physical body on a regular basis.

Another part of taking care of your physical body is personal hygiene. Take care of yourself with personal grooming, and dress for success. Build the wardrobe of a successful person. You have only one opportunity to make a first impression. Whether you like it or not, people will decide who you are based on your physical appearance.

Taking care of yourself also involves your posture and body movements. Move as a successful person. Stand tall. Allow the confidence to come through your physical body. When a person is confident you can see it. They walk as if they are confident, they perform with confidence, and their results are superior because of their level of confidence.

And enjoy simple indulgences. Treat yourself kindly. Buy yourself a new outfit. If you are a woman, get your hair and your nails done. Order the Café Mocha instead of the regular coffee. Buy the raspberries even when they're not in season and are ridiculously expensive – because you deserve it.

12. Develop and use positive language through your speech and vocabulary.

When asked the question "How are you?," respond with "Wonderful! Fantastic!" Say it with enthusiasm. Say it with confidence. When I ask someone how they are, quite often I hear people say, "not that bad." And I'll respond with, "It's bad, just not THAT bad?" Be cautious of the words that you are using. Remember WORD is an energy that is working toward creating your results.

The other day I was at the clubhouse and I met up with a fellow golfer, just as we were about to tee off. I asked him, "How are you feeling today?" He responded with: "If I had a tail, I'd wag it."

Eliminate the word "impossible" from your vocabulary. Eliminate any and all negative language. If you let negativity come into your life, it will, like a demolition ball, destroy everything you are building in one fell swoop.

Use positive words to encourage others. Help build another person's self-esteem by saying things like "You can do it! I know you can. Believe in yourself. You've got everything you need to make this happen. Everything you need is within you now. Make it happen . . . you have the power and the ability."

When you leave a conversation, always leave on a positive note. Leave the person feeling energized, smiling, or feeling they are special and cared about.

13. Go the extra mile. Take the opportunity to do more than you are asked, required, or expected to do. You can do this everywhere, in business and in your personal life. When you are staying at a hotel, be respectful of your room and keep it neat and tidy. When you are visiting friends, help out with meal preparation and/or clean-up. At work, do more than is expected. If an employer has an expectation for your role, be clear on what they expect, and exceed it. Your customers will certainly have expectations. Build your business with the philosophy of giving them more than they bargained for.

And if you are asked to go the extra mile . . . do it. Not with resentment, or any other negative emotion, but with pride and gratitude.

14. Add value to other people's lives. Think about ways and means by which you can add value to another person's life.

Ask yourself these questions:

- What can I do to help them?
- How can I assist them to be more effective or successful?
- What will I do to add more value in this situation?
- How will I benefit others?

15. Be grateful. How will gratitude increase your level of confidence? Be grateful for *your* gifts. Be grateful for who you are. Be grateful for your intellect, your physical abilities, the opportunities you have created for yourself. Be grateful for the gifts you bring to other people's lives.

16. When you make a commitment, follow through. Stand by your word. If you find that you cannot follow through, let the person know. Do not leave people waiting or hanging on. When you make a commitment people set up an expectation, and they are now counting on you. When you follow through you are actually building your confidence. Not following through will hurt your confidence. So when you give someone your word, do what you say.

17a. Make a decision when a decision needs to be made.

17b. Stick to your decision once you have made it.

Both of these are self-explanatory.

18. Be honest with yourself and with others. Always tell the truth. Withholding the truth is dishonesty. Honesty is the highest form of love. Speak the truth and the truth shall set you free.

19. Be an observer and not a person who is judgmental.

Being judgmental lowers self-esteem. Observation gives you choices.

When you say the words "that's awful," that is judgment. If you say "that's interesting," that is an observation. Observation implies that it is neither good nor bad. Noticing without judgment is observing.

If someone cuts you off on the highway, rather than saying "ooh, that so-and-so," say "I wonder what caused this person to drive in this manner?" This is an observation. You are not experiencing any negative emotions. Frankly, even if you did experience a negative emotion, the other person is long gone and has no idea that they have

affected you. Do not allow this to ruin YOUR day. Move past it with an observing attitude.

Make observations that allow you to make new decisions. Observing will not cause you to feel bad and it will move you forward.

Make a conscious decision to no longer be judgmental of yourself or of others.

Interestingly enough, we often grossly overestimate the ability of another and grossly underestimate our own ability.

20. Take what you believe are your “downfalls” -- the negatives -- and see them as strengths, as positive.

You can do one of two things with what is commonly known as negative traits. One, change them to the positive (move them up the scale to the opposite end of the emotion, and thus turn a stressed emotion into a relaxed state of being).

Two, see the positive side of this character trait. Let me give you some examples:

If you believe yourself to be highly emotional: turn that into a positive and see yourself as being caring and sensitive.

If you are impatient: you can look at this as someone who has a strong desire to get results and could quite possibly be very determined.

If you are “too honest”: you can never be TOO honest. Honesty is an admirable quality and in this particular case, all you have to do is look at it as a positive quality.

If you think you are a perfectionist: depending on how you make this statement -- in a positive tone or a negative tone -- being a perfectionist could also mean that you do everything with careful consideration and do your best. This too can easily be turned into a positive.

If you consider you are an over-analyzer, you may choose to look at this characteristic as making cautious, carefully evaluated decisions, and not careless decisions.

A person who is “unfocused” may be considered to be a free spirit and someone who doesn’t get caught up in increased tension.

If you are the type of person who views yourself with a critical eye, take a new look and view yourself in a new light, a positive light, and see the advantages to the personality traits that you do have.

Here’s a caveat. If you are engaging in harmful, negative states of being then I do not suggest you try to look for the good in that. I suggest you eliminate or replace. If you do have destructive behavior that is causing you pain, or causing any one else pain, then I highly recommend that you replace those negative states of being with positive states of being.

Finally, in summary . . .

BE THE PERSON THAT YOU DREAM OF BEING.

Who you are is a process of creation. **BE WHO YOU WISH YOU WERE!!!**

Start by falling in love with yourself. The first love is self-love.

Build an identity for yourself that matches your goals. Take a look at your goals and answer this question: “Who do I need to BE, in order to HAVE this?”

How Can I Bring All These Together?

Read all of your goals, and once you have gone through the entire list, write out an empowering, moving, motivating, inspiring identity statement of who you are. Your identity statement can be a combination of positive affirmation statements.

Here’s a sample of the identity statement of one of my clients:

I display and express gratitude, appreciation and thankfulness for all of the wonderful gifts in my life.

I am successful beyond my wildest dreams in all areas of my life and a true example of possibility. My life is an inspiration to others.

I love unconditionally. I am loving, determined, driven, persistent, committed, courageous, kind, confident, thoughtful, caring, warm, friendly, enthusiastic, patient, fun, resourceful, spiritual, creative, genuine, wealthy, understanding, trustworthy, generous, professional, classy, talented, brilliant, wise, healthy, sporty, toned, energetic, passionate, honest, organized, efficient, peaceful, calm and focused.

I have complete faith in God and I have complete faith in myself.

I am an outstanding, loving, nurturing, patient, kind, thoughtful, fun parent. I am a wonderful, loving, giving, committed, gentle, considerate Life Partner. I am in great shape and I take great care of myself.

My income and my net worth are constantly increasing. I am classy and dressed impeccably at all times. I conduct myself in a professional manner at all times. I am abundantly wealthy. I have an excellent understanding of effective investment strategies and I utilize them to constantly increase my investment portfolio and reap the financial benefits. I am committed to helping others by generously giving financial contributions and time contributions. When I make a commitment, I follow through.

I am significantly and positively making a contribution in the lives of others.

Create your identity statement and read it every single day: in the morning and just before retiring at night. When you are reading it, read it aloud and with conviction.

Practice all of these things and you will develop an unwavering belief in yourself.

Confidence is an inside job. You will not get confidence from something outside of yourself. If you seek to gain confidence from a job or a

relationship or from some other source, you are setting yourself up for disappointment.

I've seen extremely talented people become insecure when they lost their job, because they had tied their confidence level to their career. I've seen athletes leave their profession as athletes and become bums in the street because they had all of their confidence tied up in their athletic ability and their athletic performance.

Believe in yourself. Have faith in your abilities regardless of what it is that you are doing. Remember, confidence comes from what you are BEING.

Whenever you feel yourself getting off track, ask yourself this question: "Is this who I am?" This is one of the most powerful questions that you will ever ask.

Some people have a fitness trainer or a weight trainer; consider me as your Self-Confidence Trainer. You've been given one of the greatest secrets to success. Practice these steps. There is a wonderful person waiting for you to discover . . . all you have to do is look in the mirror and you will see that perfect being staring back at you.

Have Absolute Faith

To believe in the things that you can see and touch is no belief at all, but to believe in the unseen is a triumph and a blessing.

--Abraham Lincoln

You need to really think about that statement for a moment.

Dr. Wayne Dyer has a marvelous program and book called: You'll SEE It when you Believe It.

Most people think this statement should be the other way around: "I'll believe it when I see it."

I'm here to tell you that Wayne has the order of that statement perfect! You will see your goals when you believe that you'll see them.

SEE YOUR GOALS IN ADVANCE AND HAVE ABSOLUTE FAITH OF THE ACHIEVEMENT

Not only the faith in yourself that we talked about earlier, but a deeper belief and a faith in possibilities . . . a faith in the Universe, faith in God and faith in others.

You have the power within you to achieve any goal. This power is superior to any condition and any circumstance.

As it has been said repeatedly, "We can alter our lives by altering our states of being."

Absolute faith IS a powerful state of being. It is a state of being just like the other states of being that I've talked about in this book: confidence, love, success, fulfillment, happiness, joy, peace . . .

People with faith are more relaxed because they are not anxious. They know the perfect result will occur. When you have faith you'll keep your finger off the panic button. If you have absolute faith, you are anxious, doubtful, stressed, or worried. You know the result will occur; therefore, there is no reason for these self-destructive emotions.

When you have absolute faith, doubt is absent. If, however, doubt creeps in, be aware. Determine at what level you are entertaining doubt and how often.

If your faith is not strong, doubt will break through. Imagine doubt as a thin bubble around you and negativity is a stick pin: when the stick pin hits the bubble it will pop it. On the other hand, if you have absolute certainty, you have surrounded yourself with a strong Plexiglas bullet-proof shield and negativity will not get through.

You are a co-creator working with an infinite power; the potential is unlimited. What is true of the great achievers in our history is true for us.

Faith has a mystical quality, and creates what we call "coincidences" or "luck."

A number of years ago I decided that I would buy a home for my son Michel and me. I had only one problem -- I didn't have any money. And, apparently, you need some of that when you are going to buy a home, especially when the one that I chose was listed for a quarter of a million dollars. I clung to the image of Michel and me living in our home, created a feeling of faith that we would have it, and within a six-month period of time I made all of the money I needed to buy our brand new, professionally decorated, 4-bedroom home in a beautiful neighborhood.

Henry Ford had a belief that he could make an 8-cylinder motor, and even though he was told by his employees that it couldn't be done, he insisted they do it.

President Kennedy had faith that we could put a man on the moon in a decade. The people did not believe him . . . it had never been done before. However, within a 10-year period Neil Armstrong had taken one small step for man and one giant leap for mankind.

There are 3 levels of faith around everything.

The first level is hope. You are hoping for something. You are wishing that it come true, or that it will happen. But you have NO certainty. However, please know that there is a certain amount of creative power in hope. It may not be as powerful as absolute faith, but there still is creativity, at however low a level.

The second level is belief. Here you think something is true, or that it will happen, but you are still not quite certain. There is still an element of doubt when you are in this stage. You are easily pushed back to hope, and feel stressed when obstacles are put in your way.

And then there is the state of absolute faith, where you are completely certain. There is no doubt. You are as certain of the outcome as you are that the sun will rise and set tomorrow.

When you are in this state of absolute faith you expect challenges. You know that obstacles are a part of the natural occurrences and you easily move through them, over them or around them.

When you have absolute faith, you do not allow anything to take you off track. You don't consider an obstacle a distraction or even a nuisance; you simply see it as part of the perfection of everything. In the face of adversity, you hold strong to your faith and are unmoved and unaffected as a result.

When you feel this absolute faith you are consciously aware of the state of being that you are in.

Faith is beyond belief. Faith is an absolute certainty, a knowing of an outcome. When you have faith you have no doubt that the result will be obtained.

Quite often you'll see people move from one stage to another. From hope to belief to faith, and sometimes right back to hope. What you need to learn is to move to the state of being of absolute faith and stay there.

My question to you is: "What do you choose?" Do you choose to stay between hope and belief, or even stay in doubt? Or will you choose absolute faith?

Quite often people will ask me, "why would I choose to stay in doubt?" Simply, it is because it serves you somehow. How does staying doubtful serve you? Staying in a place of doubt keeps you in your comfort zone. You can also justify not doing anything if you don't believe it can be done.

In Christopher Reeve's marvelous new book, *Nothing Is Impossible*, he says, "The vast majority of people live within a comfort zone that is relatively small. The comfort zone is defined by fear and our

perception of our limitations. We are occasionally willing to take small steps outside it, but few of us dare to expand it.”

Being in doubt allows you to justify your own actions, or lack thereof.

Think about one of your goals for a moment. Think of something that you have wanted for a long period of time and answer this question:

What is my level of faith with regard seeing this goal achieved? Do I believe with absolute certainty that I will achieve this goal or have I entertained doubt?

As soon as you set a goal, you’ve set the intention. You’ve started to create that reality. The moment you start to entertain doubt, you start to create *that* reality (not achieving the goal). Having belief or faith, and then moving to doubt, is like going forward and then moving backward:

have faith = move forward; have doubt = move backward

That’s it – see the power, see the effect.

Some people experience a “defining moment”: a moment when they simply say, “that’s it, I’m doing it and nothing is going to stop me.” At that precise moment they’ve moved into a decision that creates a certainty. It is almost as if the two move together: the decision to do it, and the certainty that it will be done.

How Can I Experience Certainty?

Since being absolutely certain isn’t always that easy for everyone, there are things that you can do to help you get there. The question I hear more often than any other is this: “How can I BE absolutely certain?” “What are the things that I can do that will help me be certain?”

Here are some very powerful methods to help build your faith in your achieving of your goals:

1. Visualize yourself already in possession of your goal.
2. Act as if you have already achieved your goal.

3. Write out your top goal on a 3" x 5" goal card and carry it with you wherever you go.
4. Write out a detailed description of your life as you would like it to be.

1. Visualization is seeing all aspects of your life as it will be, in advance of achieving your goals.

When you see yourself already in possession of your goal, and you do this often, you create an image in your subconscious mind and you actually feel the feelings in your body. Your subconscious doesn't know if it is real, or not. And if you continue to see yourself with it, the natural laws will work with you to create the manifestation of your visualization.

2. Act as if you are successful and you will become successful. Have faith that what you want to come to you will come to you, and you don't have to know how it will happen. I want to restate the last part of that last sentence: **YOU DO NOT HAVE TO KNOW HOW IT WILL HAPPEN.**

As soon as you think of a goal, the natural instinct is to say, "How will I do that?" If you decide that you need to know "how" you will likely get immediately thrown off course. If you knew how you would have done it by now. And if you keep going to this place in your mind, trying to answer "How am I going to do that?" you stop the flow and cut yourself off from the possibility because you don't have the answer . . . at that moment. You have to have faith that it will come and hold on to that faith. It may come from "left field," from some place that you are not expecting, but it will come nonetheless when you have absolute faith.

3. Write out the goal statement for your top goal on a 3-inch by 5-inch index card and carry it with you everywhere you go. Pull out your goal card and read it often. Make sure that when you read your goal card you feel yourself already in possession of this goal.

4. Write out a description of what your life is like now that you have achieved all of your goals. This exercise is called scripting. You write

out a script for your life as if you were a screenplay writer writing a play. When this screenplay is played out you get emotionally involved in the script because of the details and intricacies of the imagery.

Let's go back to the question asked earlier in this section: "What are the things that I can do that will help me to be certain?" If I were to dissect that last sentence, what we would actually find is that the sentence is backwards.

First BE certain, and then do the things that a person with certainty would do!

Are you aware that there is a hunger problem in this world? I'm certain that you are, but did you know that there is an even greater hunger than food, and that is the hunger for faith? People want to have faith, but they don't have it. Here's the irony . . . there is no shortage of faith. Faith is omnipresent. If you want it, you can have it. You can turn it on, or turn it off. You can intensify it, or you can weaken it.

Consider this for a moment: when you are in love you don't decide, I'm going to fall in love, you just do. The love is within you. It wasn't something that someone injected into your bloodstream; it wasn't something you drank; you already had it within you. Love is a state of being that is within each of us. Just like faith. Faith is within you and you only need to recognize it, and bring it forth.

Just Do It

Here's how to build faith. Act as if you are now living the life that you have set as your intention from the goal-setting exercise. Imagine what your life will be like once you have achieved all of your goals.

Dive deep into your imagination for a few minutes and let's visualize. Do it . . . prepare yourself to expand your imagination.

Start to think about your goals, the dreams you have, the desires you have, things you wish for, long for, and deeply want to have, do or be in your life. Think about what they are and then start to feel what it feels like to achieve them.

Visualize as you do this, and in your body imagine what it feels like now that you have everything that you ever dreamed of. Your life is complete.

Experience the sense of accomplishment that you feel now that you have achieved your goals. Say the word "Wow!!!" out loud and feel the exhilaration of knowing you have arrived. You've done it; you've accomplished your goals.

Feel the gratitude that is sweeping over your entire being for all the gifts in your life.

Keep visualizing and get the visuals of you with everything that you desire for yourself. Create the vivid picture of you living your life as you now choose to live your life.

See every aspect of your new life and see it vividly, look at the details, see the home that you live in . . . walk in the door of your home, look around; what do you see? Who do you see? What do you feel? Can you feel the love . . . can you feel the joy . . . can you feel the warmth of your home? Go through all of the rooms of your home . . . look at everything inside . . . see the quality furniture, stop and look at the photographs on the mantel, feel the quality of the flooring you are walking on, see the perfection of the design. Is there a fire burning in the fireplace? Are the windows large and giving you a beautiful view of the magnificent, landscaped gardens? Step through every room and see them as clearly as if you are walking there right now.

Who is in your home with you? Who do you enjoy this gorgeous environment with? Who do you love? Who loves you? How much fun are you having together, as a family? Feel the sense of knowing that you are with your loving and close family and the love is expressed unconditionally, easily and effortlessly.

Now step outside and get into that brand new automobile. Smell that scent of a new vehicle. Feel the leather of the steering wheel. Turn the key in the ignition and hear the sound of the motor. Feel the sense of gratitude for driving such a fine piece of machinery. Drive down the road, and feel the amazingly smooth ride . . . really enjoy every aspect of this drive . . . the scenery, the ride, the incredible sound of the finest stereo as it is pumping out your favorite music.

And now look at your fulfilling career or business What are you doing? See yourself enjoying it immensely. You are totally successful

in business. Success has become a way of life for you. You make it look easy.

See your healthy, toned, fit and energy-filled body. Feel the energy that you have being in top physical condition. See yourself loving the exercise program that you are diligently involved in. You love to exercise and do so on a regular basis. If you miss a day, you can't wait to get back at it. And, taste the mouth-watering healthy and nutritious foods that you are blessed to eat each and every day. All of your nutrition needs are met before you even ask.

Your life is complete. You travel with style to the most elegant and luxurious destinations. Your family travels with you and you have the most magical and memorable times of your life.

Your needs are met even before you ask. You are blessed, you feel blessed, and you give thanks. You give so much of yourself to others . . . with large financial donations supporting your favorite charities, volunteering your time and making contributions with your skills and vast knowledge.

You see yourself having celebratory dinners with your friends. Look around the table and see the faces of the many friends who love you and whom you love. See the smiles and hear the laughter as you enjoy these magical evenings.

You create memories that last a lifetime and you cherish them.

You are abundantly wealthy in every sense of the word. You are healthy, wise and fun. You and your family are enjoying a lifestyle of opulence and luxury!

See every aspect of your life as you want it to be . . . see every detail . . . see the clothes you are wearing . . . smell the flowers in your garden, taste the fresh fruit from your trees . . . breathe in the clean fresh air as you are standing tall . . .

See the smiles on the faces of those that you love. Listen to the laughter in their voices. Hear the joy and elation they are experiencing because you are giving unconditionally.

Feel the sense of peace that you have knowing that you are now living your life on purpose and you are living your life based on your highest values.

People look up to you, you're a leader . . . you are a true achiever and everyone knows it.

You now know that you can do anything you set your mind to. You believe in yourself. Your family and friends believe in you. You are a winner. People love to be around you. People find joy being in your presence.

**Now I want you to feel that faith even stronger . . .
And feel that state of Absolute certainty,
Where you know that there is no question in your mind that
you have achieved everything you want.**

**Feel the certainty right now.
Expect it to happen.
There is no question in your mind WHATSOEVER!
Stand up and feel that certainty right now!
You are a goal achiever.
You expect it.
And you know its achievement is certain.**

**Take a deep breath in and feel that feeling of absolutely
certainty.
Smile because you have that faith.
Now you expect success, you know it, and you're excited about
it.**

**What are you seeing in your mind? What are you picturing now
that is different from before?
Feel that certainty.
Feel it in your body.**

**Your certainty is stronger than no other.
You have an absolute feeling of knowing.**

**You truly are the best.
You are unstoppable . . .
You are unbeatable . . .
There is boldness, genius and infinite power within you.
You know with your entire being that you are a true achiever!
Feel it in your body.
Feel it.
You've got it . . . absolute certainty.**

**Your friends are proud of you!
You've got it.
You are outstanding and nothing's going to stop you.
The whole world knows you're an achiever and you know it too.**

Right now, today, at this very moment, you know that nothing can stand in your way. When you need extra determination, you've got it. When you need more energy and drive, you've got it. You've got all you need inside you now!

**Today is one of those days when nothing can stand in your way.
You are incredible, and today is the day that you are strong, confident and more determined than ever!
You believe in the impossible. You turn the impossible into the possible.**

**You are creating an extraordinary destiny!
You have absolute certainty and you feel it in every ounce of your body, and now the world will see it in your results!**

Now, how did that feel? Do it again. Visualize as you do it. Intensify the experiences each time you do this exercise.

Do this exercise often. Train your body to believe, to have faith. It is a full-being exercise that needs to be done over and over again to reinforce your belief system.

When you are walking down the road walk as if you have absolute certainty, breathe as if you have absolute certainty, and talk as if you have absolute certainty. Dorthea Brand said:
Act as if it is impossible to fail.

I guarantee you, it will only be a matter of time until you are so certain that you don't even have to think about it any more.

Earlier in this chapter I said that you don't have to know *how* you are going to achieve your goal . . . with faith, the how will show up. You will attract the how to you, and when you least expect it . . . there it is!

Be the successful person who always sees the end result before anyone else.

Napoleon Hill said:

"Any thing the mind can conceive and believe it will achieve."

You might have to read this 5, 10, or maybe 50 times. Even if you have it in your consciousness, in your intellect, this does not mean that you have it in your being.

Read it often, and begin by knowing that you have already arrived.

What's next?

Goal seekers are actively trying to create their ideal life, and tend to sabotage their results, either consciously or unconsciously. Quite often it is one simple block that is easily surpassed that can propel someone to success.

People continually seek to understand why things are the way they are, but is it necessary to understand why the light comes on when you flip a light switch? Electricity is something that you can't see or touch, but it works nonetheless.

No longer is it necessary to understand WHY it is not working, or HOW to get the results working. We've got the solution that provides the key to unleash an avalanche of abundance, create joy and happiness and essentially help someone become a goal achieving machine using a **Power Life Script**.

Power Life Scripts are used by people who:

- Are frustrated with their life
- Believe they have tried everything, but nothing worked
- Don't know where to turn
- Don't know what to do next
- Want to finally make some lasting positive changes in their life
- Have a deep passion to get out of debt; lose weight; have a happy relationship; create unstoppable self confidence, become peaceful and stress-free; increase their business; open their own business; or just to be happy.

Power Life Scripts amplifies the absolute power of the Universe using the power of word to build the necessary belief system essential to create your ideal life while eradicating the poisons that kill dreams.

Jesus Christ emphasized the power of the word; "By thy words thou shalt be justified and by thy words thou shalt be condemned," and "death and life are in the power of the tongue."

Every thought we think, every word we speak, all of our actions and every feeling we experience is pure energy in motion and it is either creating or destroying.

Power Life Scripts engages our God-given creative power into a powerful mode that literally accelerates pure attraction energy and propels people toward their deepest desires.

Power Life Scripts

Power Life Scripts is the one exercise that has had the greatest impact on the success for my clients than any other exercise.

Power Life Scripts has been the one thing has caused my clients to finally move from a place of pain, unhappiness and discontentment to a new, joyful place of happiness, wonder and abundance, and of course, goal achievement. I've been asked by my clients if we could "bottle" this technique and make it available to others.

Now it is available to you. This is a creative way to increase your level of success. And, the best part is, it's easy, it's simple and it will have a profound impact on your results - you'll be astounded at the changes you'll feel in a very short period of time.

If you are looking for a proven technique to break through those self limiting barriers, then you've found the right place by creating your personalized Power Life Script.

What is a Power Life Script?

A Power Life Script is a written description of how you would ideally love to be living your life. If you were asked to describe your life... ideally.... perfectly... the way you dream it should be, how would you describe it?

Assuming there weren't any limits, what would your life be like?

What would you be doing if you could do anything?

What accomplishments would you achieve?

What is your health like?

Are you toned and in great shape?

How would you feel?

What are your relationships like with your life partner, your children, your friends, your business associates, and so on?

If I said to you... right now, write down a description of your life, being lived, at your ultimate, at your highest level where you know you are being the best you can be and you are doing so with joy, happiness and fulfillment, what would your life be like?

If you were to write it down, what would it say?

The result would be your Power Life Script, but be very careful, because one wrong word in a Power Life Script can do more damage than good. With Power Life Scripts, I will guide you with the instructions for writing the most compelling, moving, inspiring script you've ever read -- and it is a script about you and your life!

Why do Power Life Scripts work?

Power Life Scripts will change your beliefs. Power Life Scripts will build the beliefs that will help you create the outcomes that you desire. It is our beliefs that determine our outcome. In order to create different outcomes, we have to build supportive beliefs. Your beliefs are also determining what you think about, say and do; all of which will create or recreate the same outcomes.

So, you need to ask yourself these questions:

Am I getting where I want to go?

Am I living the life that I've always dreamed of?

Do I have everything that I want and want everything that I have?

If you have answered "yes" to any of these questions, then I'm thrilled for you. If you have any hesitation with any of the answers to these questions, you may want to consider a Power Life Script.

When do I write my Power Life Script?

Ideally you should write out your Power Life Script after you have written out all of your goals in all categories of your life. Once you have all of your goals written out, you can use them as a guide to create your Power Life Script. But, you don't have to have all of your goals written down to write a Power Life Script.

What are the guidelines for writing a Power Life Script?

Here are the guidelines for writing your Power Life Script:

1. Write your Power Life Script in the present tense.
2. Use emotionally charged words.
3. Use positive words only.
4. Be descriptive.
5. Create clear word pictures so that you will be able to imagine your life vividly when you read your Power Life Script or listen to your Power Life Script.
6. Wrap up your Power Life Script with some Thank You statements. If you are someone who believes in God, you can write Thank You God for....
7. Take your time when creating your Power Life Script.
8. Find uninterrupted time to work on it.
9. Review it numerous times and make revisions until you have it to the point that you are completely satisfied with it.
10. You should be able to "feel" the wonderful emotions come up when you read your Power Life Script.
11. A great closing statement is "All this by Divine right, Divine inspiration, Divine intervention, Divine timing and for the good of all concerned.

When you have finished writing and updating your Power Life Script, you should have goose bumps when you read it.

Here is a sample of one of my client's Power Life Scripts. You can use this as a guide, or create your own.

Power Life Script for Caroline

I am Caroline, and I love my life.

Every moment is filled with joy and gratitude for my many blessings. I am successful, strong, happy, healthy, loving, and loved. I am beautiful. I am at peace.

My family are my closest friends. We laugh a lot. We live each day to its fullest. We celebrate each other's gifts and enjoy each other's company. Our family is our sanctuary. In it we find strength, respect, and most of all acceptance and love. And we share it generously with others. I am proud to be a part of my family.

My husband, Tony, and I are completely in love. He is my soul mate. We are the happiest we've ever been. We share deep, interdependent connection rooted in mutual trust, integrity, honesty, and compassion. We understand and support each other. We are very loving, thoughtful, caring, romantic, sharing, considerate, patient, understanding, fun and playful together. Tony and I bring out the best in each other.

I am a gifted teacher and writer. My work is fulfilling and meaningful to both me, and those whose lives I touch. I am a source of inspiration and support to families and individuals around the world. My books have achieved unprecedented successes both financially and inspirationally. I am abundantly wealthy. I receive heartwarming letters daily from people who have had wonderful and positive life changing experiences as a result of my work. I have more money than I know what to do with. I am helping so many

worthy causes and they express their sincere appreciation. I have a wonderful, caring and supportive team that enthusiastically ensures my business runs smoothly. I love what I do. It excites me to think of starting a new day.

I am enjoying complete financial freedom. I own my beautiful, luxurious, professionally decorated, stunning home outright. I own a beautiful, luxurious, foreign, convertible sports car as well as a luxurious winterized all wheel drive vehicle. I have personal assistants to take care of the cooking, cleaning, and gardening, so that my family and I are free to enjoy it all. We own a beautiful beach house where I do my writing, and where our family goes for weekend getaways. We also take first class vacations to the most incredibly luxurious destinations in the world several times a year. We are having the greatest time living these wonderful memories.

I love the way I look. My body is in great shape. I take great care of myself and I exercise regularly. I am active and fit. I am always at my peak.

I, Caroline, love and live and joyful life. I am a co-creator with God. An outstanding mother. A true friend. A loving

wife. I am an inspiration to everyone I meet. I bring out the best in others, simply by sharing the best in me. People love to be around me.

My mind is aware. My body is lean and strong. My spirit is at peace.

My heart overflows.

I am fully alive.

Thank you God! Thank You. Thank You. Thank You.

Here's another wonderful sample of another Life Script from another one of my clients:

Power Life Script for Michele:

I am Michele and I love my life, my children, my family, my friends and myself. I live an exceptional life connecting with loved ones, living by authentic values, seeking wisdom, discovering my genuine passions, mastering my talents, offering my special gifts and accepting rewards. I am exploring my world with full energy – radiating with joy, bubbling with enthusiasm, vibrating with positive emotions and feeling tremendously alive.

I believe that I have unlimited potential and that unlimited possibilities, open boundaries and ultimate freedom are available to me. I strive for excellence in my endeavors. I also relax in the silence and moments between words and breaths. I treasure each moment knowing that this stillness is a state of pure potential and that something sacred may unfold. I have found the balance between making things happen and letting things happen.

I live an authentic life. Through meditation and by focusing internally I relax into my deepest truth. I speak my truth. I

trust my instincts, intuition and feelings and develop my intellect to serve my highest self and live my best life.

I see life as a continuity and my life as a journey. Each step on the path, whether it involves physical or inner movement, lands me at my destination, my goal, always surrounded by the beautiful landscape of my life.

I enjoy love, balance, harmony and peacefulness in all areas of my life. I enjoy open communication, loving relations, playing, laughing and the company of my children, family and friends. My children are my greatest joy and the loves of my life. I cherish them deeply. I spend quality time with each and all of my children. We have a wonderful relationship based on love, respect, admiration, honesty, acceptance, pure joy and humor. We celebrate each other's gifts and our shared love and support empowers us to shine brightly in our lives. I lead by example and walk my talk.

I have loving, healthy, respectful and supportive relationships with my parents, siblings and their families. I embrace friendships and loving relationships with joy. I appreciate clear, open and honest communications, mutual respect and support, sharing ideas and dreams, and having fun. I practice forgiveness and give and receive love fully.

I am in a beautiful, loving and fulfilling relationship with the man of my dreams. We are blissfully united yet we each stand as individuals, rooted in our dreams, desires, passions, accomplishments and truths. Our lives are harmoniously blended by our deep love, respect and admiration for each other, and commitment to each other. We enjoy romance, shared interests, desires and passions, and the wonderment of transformation and discovery. We bring out the best in each other and we cherish every moment that we spend together.

I am fortunate to spend my time with people who I value and admire and engage in activities that bring me joy and fulfillment. I am inspired by the boundless beauty that surrounds me and by the people I meet. I bring out the best in others simply by sharing the best of myself.

I live in a beautiful, luxurious, comfortable and secure home surrounded by gorgeous gardens that are kissed by nature. I am delighted with the design, organization and energy flow in all areas of my home. My home is peaceful, harmonious and perfectly suited to me and my family. It is our haven and sanctuary.

I am an award winning author of a number of international bestselling books. I am the proud recipient of the Governor General's Award, Stephen Leacock Award, the Giller Prize, the Booker Prize and other international awards. My books have been embraced by many and I am highly sought after to speak at literary, personal growth, leadership and elite performance events. I have had many wonderful opportunities to work with the masters and mentors who I greatly admire. I am living my purpose feeling joyful, enthusiastic, exhilarated, grateful and present. I am richly rewarded for a meaningful life that fulfills me.

I value the many successful, experienced and talented people in my life who are at the top of their fields and who support me in my quest to be the best that I can be. They advise, encourage and support my endeavors with complete confidence, competence and confidentiality. I share my special talents and brilliant insights with these people and a loving flow of creativity and inspiration circulates between us.

I am blessed with an outstanding team who supports me in all areas of my work, ensuring excellent planning and scheduling, sound organization, smooth operations and expert financial and business management. I am free to

excel in the areas of greatest interest to me knowing that my affairs are well looked after and secure.

I express myself with ease, eloquence, creativity and honesty. I love words and I am an articulate speaker and writer. I enjoy literature and language and am talented at turning phrases, painting pictures with words, bringing words to life, evoking feelings, creating moments and touching hearts. I artfully blend my creativity with technique, expertise and knowledge into my life's work and passion.

I convey the joy that overflows from deep within me with enthusiasm, understanding and gratitude. My presence, spoken and written words, laughter, song and dance reflect and radiate this joy.

I enjoy music immensely and I write delightful songs and poetry. I play the piano and sing beautifully. I am a lover of the arts and I enjoy visiting theatres, concerts, art exhibitions and museums at home and all around the world.

I possess a lucrative real estate business built on sound, yet novel, principles.

I accept new ideas and challenges with courage, determination, enthusiasm and a desire to learn.

I am financially independent, prosperous and abundantly wealthy. My income is growing annually. I understand and oversee my finances with confidence and with the support of a trustworthy, reliable and talented advisor. I make substantial donations to my favorite charities and institutions annually. I bless the money that I spend to bring good fortune and abundance to all who receive it.

I exercise daily and treat myself with respect and love, making healthy food and lifestyle choices. I am physically fit, lean, strong, athletic, flexible, and balanced. I am youthful, vital and vibrantly healthy. I am beautiful and I radiate love, harmony and peace. I possess a wonderful sense of self worth and well being. I move with grace, elegance and confidence. I am intuitive and insightful and I feel, see and interpret the energy within and around me and can influence that energy in positive ways to promote luxurious feelings of well-being.

I awake each morning feeling rested, refreshed, rejuvenated and energized. I approach each day with faith, a heart of gold and a positive outlook. I honor my body, mind and

spirit. I honor the people in my life and offer praise sincerely.

I accept and embrace new experiences. I enjoy traveling to new countries, cultures and environments. I travel first class, in style and with style, wherever and whenever I want and accompanied by either family, friends or both, but always people whose company I enjoy and whose presence enriches the experience. I delight in the many pleasures that abound in nature, in my own garden and throughout the world, and in the interest and insights that those pleasures offer. This attitude of openness and acceptance invites new wonderful friends and experiences into my life.

I believe in the power of love, prayer, intentions, thought and words. I believe in miracles. I give daily thanks for the countless blessings and miracles that appear in my life. I am love and I am living my best life shining brightly and illuminating the world around me. I thank God, my loved ones, angels and guides for awakening my heart, arousing my spirit and touching my soul. I offer blessings to all who read this.....love Michele

Create Your Power Life Script NOW!

Invest some quality, uninterrupted time to create your power life script. This entire exercise will take several hours to create. Once you complete the script, read it over. Review it many times, modify if you feel the need to, and work with it until you get it to the point where you are completely happy with it.

After you have your power life script, record it on an audio recording. Listen to it several times a day. Listen to the recording when you wake up in the morning, throughout the day and again just before you go to bed.

If you have an urge to change the power life script, do so. As you go through your life, you should always be listening to a power life script to remind you of the beliefs you need to maintain in order to live the life you desire.

Looking for Help With Your Power Life Script?

If you require feedback for your power life script, my services are available on an hourly basis at \$300/hour. Please contact me at peggy@destinies.com and I'll personally help you create the most compelling and powerful life script.

Be in harmony with the source of prosperity

The source can only work with you when you are in harmony with it.

Being in harmony is *knowing* the 21 Distinctions of Wealth and living by them as your creed. If you are still feeling any sense of lack or desperation, then you are demonstrating your belief in scarcity and the universe will respond accordingly. Create prosperous intentions. Use the tools given you in this book.

You have prosperity! You are prosperity. Allow what you already have enough of to flow to you!

Identity Board

*If you continue to **be** who you've always been,
you'll continue to get what you've always got.*

Peggy McColl

Identity boards are another tool designed to help build the belief about who you are and to remember who you are.

Once you have set your goals, ask yourself, "Who do I need to become in order to achieve these goals?" When you have made your list of states of being, then create an Identity Board.

This is how to create an identity board for yourself. Place a photograph of yourself in the middle of a piece of Bristol board. Write on the top of the board: "This is who I choose to be" or "Who am I?" Surround your photograph with your states of being, as shown below.

What is the purpose of an identity board? The identity board reminds you of the states of being that you have chosen to engage in. I place my identity board directly beside my bed. At night just before I go to sleep, and immediately following my gratitude journal entries, I stare at my identity board. I then ask myself, "Is this who I was today? Did I demonstrate these states of being?" In the morning when I awake I look at my identity board again. This time I ask myself, "What am I committed to being today?" and then I say to myself "This is who I choose to be."

Who am I?

great sense of humor **honest** **inspiring** abundantly wealthy funny
genuine **committed** romantic courageous **humble** **giving**
successful radiant
spiritual brilliant
on purpose
truly alive
worthy **positive**
visionary
confident
wonderful
loyal dynamic
healthy
peaceful in great shape **Enthusiastic** knowledgeable **motivating**

deserving **strong**
classy
passionate
influencer
delightful **exciting**
understanding
friendly
thoughtful **wise**
trusting certain
aware
organized

Place your photo here

Sample of an identity board

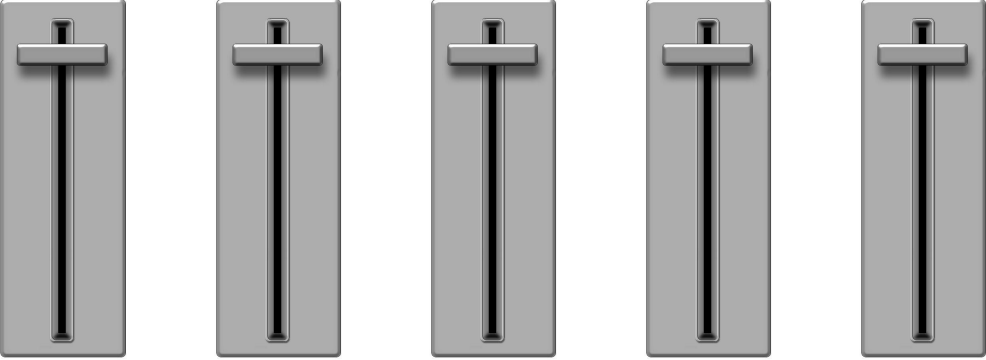
Goal Charts

A Goal Chart is another tool to help you stay focused on a specific goal.

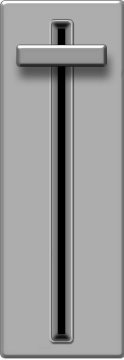
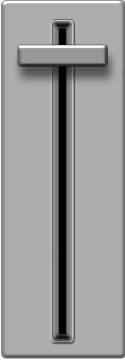
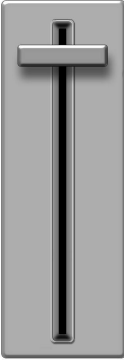
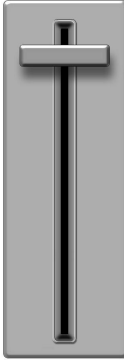
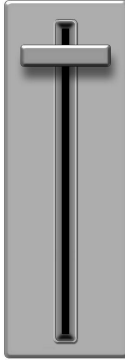
A Goal Chart encapsulates the creative process on one page by articulating a goal (Have), thoughts, words, actions (Do), and the states of being (Be) you require to engage in consistently to realize the goal.

Place your goal chart in a location where you can see it regularly. Post it on your refrigerator or your bathroom mirror. Read it every day. Create goal charts for your top goals.

The following is an example of a blank Goal Chart:

BE

DO
Thoughts: Words: Deeds/Actions:
HAVE

The following is an example of a completed Goal Chart:

BE				
CONFIDENT	DEDICATED	FAITHFUL	FOCUSED	GRATEFUL
				
DO				
<p>Thoughts: I am committed to follow through. I am focused on my goal in everything that I do. I have absolute faith in myself.</p> <p>Words: I am joyfully flying my beautiful brand new airplane. I have made my dream come true. I knew that I could do it. I am constantly finding new ways of earning additional income. I am an outstanding saver. I am thrilled with seeing the balance in my savings account rise at a phenomenal rate.</p> <p>Deeds/Actions: Open up a separate account for my airplane fund. Transfer funds to start to build the account. Make deposits to this account each month based on a minimum of 10% of earned income.</p>				
HAVE				
<p>I, Bob Smith, am enjoying flying my brand new Cessna C172M 4-seater floater airplane.</p>				

REFERENCES

This section is designed to summarize the tools and techniques outlined in the book and to provide you with additional resources.

Use this section for reference.

Support Questions

Finding Your Passion

What do I really want to do with my life?

What am I passionate about?

What do I love?

Where would I go if I had the freedom to go anywhere?

What would I do if I could do anything?

What would I have if there were no limits?

Who would I become?

What gives me the most satisfaction in my life?

What do I really enjoy doing in my spare time?

What motivates me?

What inspires me?

What excites me?

What drives me?

When I have had the experience of jumping out of bed with excitement, what was the cause?

What have I done in the past that has given me the most pleasure?

How do I want to contribute to the lives of others?

What would I like to give to others?

How would I like to be remembered?

If I granted you one wish, and you knew that that wish would be granted, what would you wish for?

Goal Setting and Decision Making

What do I really want to accomplish?

Who do I really want to be (become)?

What skills do I want to master?

What do I really want to have?

What do I want to be recognized for?

How do I want my family/friends/partner/customers to feel about me?

What would I do if I knew that I could not fail?

What are the targets I want to achieve (financially, in revenue, net worth)?

What would I like to experience in my life?

What do I choose to experience in my life?

What do I want to have, do or be?

What decisions do I need to make today toward the achievement of my goals?

What choices will I make today toward the attainment of my goals?

Goal Setting and Focus Questions

What actions will I take today that will take me in the direction of my goals?

Where do I choose to focus my consistent thoughts?

What will I visualize today that supports my goals?

How will I increase my level of focus?

What disciplines will I now engage in that will help support me in the achievement of my goals?

Having/Doing and Being Questions

In order to have a loving and fulfilling relationship in my life, what do I need to be?

In order to have a successful career, what do I need to be?

In order to have financial abundance, what do I need to be?

In order to be recognized as the best in my chosen field, what do I need to be?

In order to have great grades in school, what do I need to be?

In order to have increased sales, what do I need to be?

In order to know that I am contributing at the highest level, what do I need to be?

In order to have a well toned and healthy body, what do I need to be?

In order to have balance in my life, what do I need to be?
In order to be an outstanding parent, what do I need to be?
In order to have wonderful and meaningful friends, what do I need to be?
In order to have a luxurious and opulent lifestyle, what do I need to be?
In order to have peace with who I am, what do I need to be?
In order to live my life on purpose, what do I need to be?

Handling Adversity and Overcoming Challenges Questions

What is great about this?
What would a loving person do now?
What else could this mean (answer in a positive way)?

What will I remember about this event that will help me in the future?

What can I do right now to make this better?
What will I focus on right now to help me feel better about this?
How can I use this to benefit myself and others?
What is the blessing in this?

Being Questions

Is this who I choose to be?
Who am I?
Is this who I am?
What can I be for you?
What will I do now to demonstrate the highest level of my states of being?

As I am an unconditionally loving being, what will I do now?
How can I demonstrate the highest aspect of who I am?
How will I give to others to make a positive difference in the life of another?
How will I help others achieve their goals?
What am I committed to being today that will take me in the direction of my goals?
How will I demonstrate my highest level of being loving right now?
What kind of day would I like to experience today? What do I need to be in order to have that kind of day?

*For what am I most grateful?
How will I make this day a masterpiece?*

Monitor Your Progress and Notice the Results Questions

Did I break down the goal into baby steps or smaller goals and create stepping stones to reach the larger goal?

Am I missing something that is obvious and I haven't taken the time to reflect or evaluate the action steps that I am taking?

Am I taking the wrong route? Is there a better way?

Have I considered all of the options?

Should I consider changing directions or try another approach?

Have I been watching all the signs along the way?

Have I been returning to old conditioning and moving backward instead of forward?

Have I created a plan that is solid enough? Or do I need to review my plan and make changes?

Am I taking the long road; is there a better route?

Am I totally off track?

What resources can I use to help me with achieving this goal?

Who can help me achieve this goal?

What tools will I use to help me achieve this goal?

Is this taking me in the direction of my goal or farther away?

What do I now need to do(be) in order to reach my desired result?

How will I know if I am getting the right results? (This question will allow you to anticipate the results in advance.)

Beingness Guide

If you are experiencing this state of being:	This is a possible cause.	This is a suggestion to enable a new state of being.	These are the states of being to engage in.
Anger, resentment	You are being fearful and afraid of something. You may be afraid to let go of the anger, fearing it will cause you pain.	Relax your mind and body. Breathe deeply. Get in touch with the root cause of your anger. Make a decision to stop the anger and/or the resentment as it is detrimental to you and others.	Be loving Be forgiving Be calm
Sadness, depression	Limited beliefs. You have closed yourself off from being loving (accepting or giving). You are focusing on the negative only and repeating old patterns. You are looking at the lack in your life.	Think of what is great in your life. Do a gratitude exercise. Be loving to yourself and to another. Create new rituals (patterns of behavior) to empower the new states of being.	Be grateful Be appreciative Be happy
Tension, impatience	You are narrowing your focus and limiting your thoughts of possibility.	Relax your body. Take deep breaths. Become still and quietly listen. Put yourself into a state of faith.	Be patient Be faithful Be trusting Be relaxed
Dissatisfaction	You are no	You are at	Be excited

	longer enjoying your present condition. You are not appreciating the great things in your life.	choice always. If you are dissatisfied, get excited, because you have the opportunity to change it or change how you feel about it. Make a decision and take action.	Be grateful
Worry, stress	You have lost faith. You may have forgotten that you have the ability to choose.	There is no sense in worrying about the things that you have control over because you have control over them. There is no sense in worrying about the things that you do not have any control over because you don't have any control over them.	Be peaceful Be relaxed Be confident
Hostility	Your anger may be out of control. You have deep-rooted emotions that you have not dealt with.	Get to the root cause of your hostility. Seek professional help, if required.	Be gentle
Distrust	You are not being honest with yourself and with others. Or, you have	Become honest with yourself and your innermost feelings.	Be trusting Be honest Be loving

	created false beliefs. Or, your inner voice is sending you a warning and you need to listen.	Communicate how you truly feel to others in a loving way.	
Doubt, uncertainty	You have lost faith in yourself, in others and in the Universal Energy.	Replace doubt with faith. Build the list as a support for why you can be faithful now.	Be faithful Be certain
Extreme hurt	You are possibly feeling insecure or inadequate or your self-esteem is low.	Ask yourself: "What else could this situation mean?" (only answer with positive answers)	Be loving to yourself Be confident
Lost, helpless	You are simply forgetting who you are and what your capabilities are. You are never lost; you are just not remembering. You have an abundance of opportunities and unlimited personal power.	Remember that you are an incredible person with unlimited potential and possibilities. Everything you need is within you now.	Be on purpose Be aware
Unworthy, undeserving	You are allowing another's negative influence to be accepted into your mind. Your beliefs about	You are a child of God and your natural state is worthiness. Love yourself first.	Be deserving Be worthy Be totally loving

	who you really are, are inaccurate.		
Discouraged	You are allowing negativity in. Look at what this feeling is revealing to you. Is it giving you a clear message to review your decisions? Or are you simply losing faith?	Evaluate the source of the feeling. Get excited about the opportunity this offers, or create new exciting opportunities. You have choices. Regain your faith in yourself and your ability and in the Universe.	Be excited Be faithful
Guilty	You are behaving in a manner that is in direct opposition to your values.	If you have done something that is, in your opinion, wrong, then correct it. Make it right. Forgive yourself and make a decision to learn from the experience, and move on.	Be loving
Mean, cruel, nasty	You are hurting. You are not loving yourself. You have hurt yourself and are hurting yourself more by being in these states, or you are allowing another's actions to hurt you, which is	Stop hurting others, as it hurts you too. Love yourself. Give love away.	Be kind Be considerate Be thoughtful Be loving

	detrimental to you.		
Insecure	You are doing things or have done things that diminish your own self-worth. Or, you may have hurt someone.	Love yourself and love all others. List the things that are great about you: your strengths, your strongest characteristics; your accomplishments and achievements. Set new goals and create plans for the achievement and get on with the work.	Be confident Be loving
Nervous	Relax. You are likely not breathing. You are focusing on fear-based thinking.	Turn your nervousness into positive energy.	Be relaxed
Unmotivated	You don't have any goals or you are doing nothing toward achieving the goals that you do have.	Set some goals, or take action toward the attainment of your goals. Write out the benefits you will realize when you do achieve your goals.	Be focused Be excited Be motivated
Fearful	You have lost faith. You are focused on loss or lack.	Think of positive possibilities. Take action.	Be faithful Be courageous
Lonely	You have shut yourself off	Find someone else who is	Be loving Be giving

	from receiving.	lonely and help them feel loved and wanted.	Be warm
Unattractive	You are looking at negative only.	Beauty comes from within. Beauty too is vibration. Do something to make yourself look better. See an image expert. Take great care of yourself.	Be beautiful
Drained	You are allowing outside influences or negativity to drag you down.	Focus on the great things in your life and your opportunities. Get the rest that you need and take care of your body.	Be refreshed Be energetic

Quotations

For every disciplined effort there is a multiple reward.

Jim Roln

Whatever the mind of man can conceive and believe it can achieve.

Napoleon Hill

People are anxious to improve their circumstances, but unwilling to improve themselves. They therefore remain bound.

James Allen

To dream anything that you want to dream; that is the beauty of the human mind. To do anything that you want to do; that is the strength of the human will. To trust yourself to test your limits; that is the courage to succeed.

Bernard Edmonds

You can have anything you want—if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish, if you hold to that desire with singleness of purpose.

Abraham Lincoln

We all need an education in the obvious.

Oliver Wendell Holmes

Faith without works is dead.

James 2:20

Being is energy vibrating at the highest level.

Peggy McColl

[People] do not attract that which they want, but that which they are.

James Allen

A blizzard creates the right conditions so a person can build shelter from it. John Amagoalik

You are at choice always, in all ways.

Enthusiasm is at the bottom of all progress. With it there is accomplishment. Without it, there are only alibis.

Walter Chrysler

The greatest discovery is that human beings can alter their lives by altering their attitudes of mind.

William James

Now faith is the substance of things hoped for,
the evidence of things not seen.

Hebrews 11:1

If one advances confidently in the direction of their dreams, and endeavors to live a life which they have imagined, they will meet with a success unexpected in common hours.

Henry David Thoreau

If you have no confidence in self, you are twice defeated in the race of life. With confidence, you have won even before you have started.

Marcus Garvey

We all need an education in the obvious.

Oliver Wendell Holmes

Gratitude unlocks the abundance of life.

Peggy McColl

Love is the magnet that attracts the best of everything.

Peggy McColl

As a man thinketh in his heart, so is he.

Proverbs 23:7

If you continue to be who you've always been,
you'll continue to get what you've always got.

Peggy McColl

Happiness is not having what you want, but wanting what you have.

All the happiness you will ever find lies within you.



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