



STRESSLESS SUCCESS WORKBOOK

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STRESSLESS SUCCESS SHIFT™ WORKBOOK

Thank you for grabbing a copy of this powerful workbook that along with the full book, *Stressless Success: The Surprising Secrets to a Life of Passion, Purpose, and Prosperity* has the potential to completely change your life for the better, forever.

If you have not yet received a copy of the full book, please visit:

www.stresslessuccess.com

For incredible pricing and extra free gifts and bonuses.

Learn the surprising secrets to living a successful life.

Discover how to move through life with ease, uplifted energy, and positive anticipation and action, not stress.

It's time to break through the old worn-out ideas on achieving success and finally gain the insight and inspiration to experience all that you want and more. Get ready, because your life is about to open up and improve in ways you may have never imagined before.

*This amazing **Stressless Success Shift™ Workbook** will walk you through all of the powerful teachings contained in the full book to ensure that you are able to follow through and gain maximum advantage of these fresh, powerful, life-changing discoveries.*

Begin to experience the shift to Stressless Success by allowing this workbook to solidify the teachings that are shared with you in the full book so that you gain the most benefit.

Incredible discoveries that have improved my life, and the lives of many of my clients, are unveiled in the book but the benefit will only be gained by incorporating and applying these powerful ideas into your life. The workbook was created to help you achieve true results faster and enable you to make lasting changes for a better life.

Be sure to also gain access to *The Surprising Secrets to a Successful Life Video Series* that is available for you, at:

bookbonus.janetmckee.com

Ongoing support is also available for you to ensure Your Success at:

- ◆Success Blog at: sanaview.com
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- ◆Book me to speak at your organization by emailing janet@janetmckee.com
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THE SKY IS NOT YOUR LIMIT

CHAPTER 1 - DISCOVER THE KEYS TO YOUR KINGDOM

Would you like to live a more prosperous life of passion, positivity, and purpose but have been struggling to find out how? Most likely the answer is yes, which is why you are here. Well, the surprising secrets to living a more successful life are written for you in the full book and I am passionate about sharing these incredible discoveries with you. Thank you for being here and working through this workbook to gain the maximum benefit and advantage from all that you've learned in the book, *Stressless Success: The Surprising Secrets to a Life of Passion, Purpose, and Prosperity*.

What you're about to read in the full book is going to change your life forever—for the better that is, far better.

Are you ready?

The very smart and proven ideas and strategies that are in the book will only work if you put them to use, however. These ideas are incredibly simple yet powerful and presented in a way that I have never found anywhere before. You are being presented with solutions for your life that are meaningful and useful so that you can apply them and begin to get results starting today. This workbook was created and designed to help you do that more effectively and efficiently to ensure your success.

Take everything you've heard about achieving success or about dealing with stress and set that all aside. As a former Fortune 500 executive who experienced massive burnout and hit rock bottom in every area of my life but then rose from the ashes to discover the truth about success, achievement, fulfillment, and prosperity, I know I can help you.

Please take the book and workbook seriously so you can absorb these concepts and ideas and put them to use in your life today and every day from this point forward. The book and workbook will empower you with the secrets to a life of passion, purpose, and prosperity.

Are you feeling burned out from working harder than ever and striving to achieve goals in various areas of your life but not seeing results? _____

Have you tried everything and are feeling like the pot of gold at the end of the long-curved rainbow will never be within your grasp? _____

Are you giving up hope that you can achieve certain goals and therefore feel that happiness and fulfillment will never be your reality? _____

Or, have you achieved some level of success but you paid a steep price for it and are now afraid to reach further? _____

I'm here to tell you not to give up. Instead I will share with you a more effective way to strive toward your goals and increase the probability that you'll achieve them, and achieve them more easily. You've just been missing some key pieces to achieving success, and I'm about to hand you back the keys to your kingdom, so get ready to unlock the door to your dreams of a dramatically better life.

Do you know that you have the strength and power within you to overcome all limitations, fears, and obstacles and uncover the positivity and passion you need to create a successful life?

People think that what they have is the best that they can ever get, and many settle for mediocrity or status quo. You were not meant for mediocrity. You were meant for more. You were meant for greater outcomes for your life, for your loved ones, for your employees and customers, and for the world.

The issue is that our limiting thoughts, beliefs, and fears, create debilitating stress, that hold us back from experiencing the life of our dreams.

When you are experiencing negative stress, the stress hormones that are released restrict the blood vessels in your brain and you become less creative and less able to think clearly, so you are less able to solve the very problems that are causing you to feel stress.

The contrast of life helps you to gain more clarity on what you want. If it wasn't for darkness, we would not fully appreciate light. If it wasn't for sadness, we would not fully appreciate joy. Contrast in our lives, like the various colors and textures on a painting, create the true beauty of our hopes, dreams, and wishes.

Now that you have what you need from your past and have gained wisdom, you can look at today and the future with new eyes.

Let me ask you a very powerful question. If you were your future self, looking back at you today, what would you say?

Would you say, "Hold back; I can't accomplish my goals and live the life of my dreams, so I shouldn't even try?" I should give up and settle for a limited life?" Or would you say, "Go for it! This is my life and I can create whatever I want!"

You have the power to make a difference in your life and in the lives of everyone you touch. Consequently, you have the power to make a difference in the world. Everything you do or say has a ripple effect so it's important that you don't hold back. If you are holding back, ask yourself why. Are you afraid of success? Are you afraid that others will be jealous? Do you think that having more abundance and prosperity in your life is a self-centered pursuit?

Why not consider that the more you have, the more you can give to the world, which is why the world needs you to have more. I'm not referring only to money, but more love, more peace, more joy, more encouragement, more trust, more faith in yourself and others.

What do you have to lose?

Everything that I am about to teach you will show how your life is an open door to endless possibilities. Never stop dreaming!

Now's the time to make a wish and then make it happen because I'm here to tell you that even **the sky is not your limit!**

So now what is your true goal?

The primary goal for everyone should be to cultivate not just elevated thoughts but elevated emotions that elevate your energy no matter what. You must develop happiness habits and tools that get you to your place of positive energy and sustain you there as often as possible. This is the first key to your kingdom and you will learn precisely how in the book and this accompanying workbook. By doing this, not only will you experience less stress, but you will also experience more joy, fulfillment, and success, as exemplified by the title of the book, *Stressless Success*.

Chapter 1 Secrets to Success

- ◆ You have goals and desires because you believe that they will make you happy; however, if you are miserable while striving to achieve what you want, you block them from happening. You simply have the order of things backward, and once you adjust your thinking and your energy, you'll achieve happiness and your goals.
- ◆ Many believe that the more they stress, the more they will achieve success. When you stress and struggle, you actually block success and this resistance is exhausting.
- ◆ The cornerstone of achieving your goals and, consequently, a successful life is based on your level of feeling joy and fulfillment now, not the other way around. Less stress is the secret to more success.
- ◆ You believe you can't control what is happening around you, but you do have complete control over what is happening inside of you, and it is these reactions that impact the outcome.

◆Many people teach about the virtues of positive thinking, but the problem is that happiness is elusive for many, especially when times are challenging. Positive thinking alone is not the answer and can actually be harmful.

◆When you learn to live at an uplifted level of hope and positive anticipation, not only does this feel better and make life more enjoyable, but more good things flow into your life. It is important to have practices and habits in place to continuously nurture positive energy and enthusiasm. It is the power of the energy that lies behind any thought that is part of the secret.

◆Using the tools of repetition and visualization is not enough. You must focus on the feeling. Have things that you do that take you to your place of positivity.

◆The contrast and challenges of life help you to gain more clarity on what you want.

◆You were meant for greater outcomes for your life. The more you have the more you can give to the world. Never stop dreaming because even the sky is not your limit.

◆The primary goal for everyone is to cultivate elevated thoughts and emotions that elevate your energy. This book will teach you precisely how to do that.

THE SKY IS NOT YOUR LIMIT

CHAPTER 2 - CHALLENGES ARE LIKE SEX (read the full book to find out why - it's quite enlightening and fun!)

Trust in your ability to overcome any obstacle or, at a minimum, to learn something valuable from each one as a stepping stone to your ultimate success. The moment you see the benefits from any challenge is the moment that the struggle becomes a gift. Don't resist challenge or change—allow it to flow.

The past has taught you and me a lot. You've certainly read about my stories in the full book, *Stressless Success*.

What are yours? What challenges and obstacles have you overcome in the past and what have you learned from them?

The past is gone, but when we look at the past for the reason of gaining the recognition of our inner power, then the past is our friend, our teacher, our gift to ourselves called living and learning.

Learn from your past and appreciate all that you've been through, but then get ready to forget the past because forgiving yourself and others is freedom. The past is done and gone. Accept what has happened, and focus on the here and now and look to the road ahead with joy, excitement, and anticipation. When you make peace with your past, you can actually change your past. Once you know that the past was perfect for all that you learned, love it and let it go because the forecast shows sunny skies ahead. The moment you see the benefit from any challenge or difficulty is the moment you've rewritten your past from one of struggle to a life of success.

Yes, we all made mistakes and we all have things that we may regret, but perhaps those things all happened for a reason: to teach us something extremely valuable. These things that we think were stumbling blocks are actually stepping stones along the path called life lessons. And these life lessons are invaluable.

Chapter 2 Secrets to Success

- ◆ Our challenges do make us stronger because they often push us beyond our limits to be the best that we can be.
- ◆ All of our challenges, struggles, and failures are gifts to teach us how to become stronger and wiser and become a better version of ourselves. So, challenges are actually a good thing and not something to stress over or fear.
- ◆ My illness, which was clearly a major challenge in my life, taught me so much; it not only saved my life but the lives of many people with whom I've worked.
- ◆ I searched the world for answers and each thing that I learned seemed to benefit me in some way, but I kept finding myself back in, if not the same place exactly, someplace similar, until I learned the secrets that I share in this book.
- ◆ My heartbreak and financial challenges led me to powerful solutions to living a successful life.
- ◆ Trust in your ability to overcome any obstacle or, at a minimum, to learn something valuable from each one as a stepping stone to your ultimate success.
- ◆ Learn from your past and appreciate all that you've been through, but then get ready to forget the past because forgiving yourself and others is freedom. Accept what has happened and focus on the here and now and look to the road ahead with joy, excitement, and anticipation.
- ◆ Yes, we all made mistakes and we all have things that we may regret, but perhaps those things all happened for a reason: to teach us something extremely valuable.
- ◆ When you make peace with your past, you can actually change your past.
- ◆ Imagine how exhilarated you will feel and how much stronger and wiser you will be when you triumph over your challenges. Embrace each day as the new beginning that it is.

THE SKY IS NOT YOUR LIMIT

CHAPTER 3 - IS HAZARDOUS TO YOUR SUCCESS

What is one thing you could begin to do to have more energy?

What is stopping you?

I know you want to achieve your dreams. Those who do, however, often fight for their dreams by paying a high price. They work long, hard hours, often neglecting other critical areas of their lives. They neglect their most important personal relationships while believing that they don't have time to sleep or to work out or it is too difficult to eat healthy. They are so determined to "get ahead" that they soon find themselves overwhelmed and exhausted, or they hit what feels like a solid brick wall. Burnout in people's careers and lives overall is a common issue.

Harvard research has proven the positive return on investment and impact of wellness programs. High Performers know that every area of their lives, not just their professional lives, are affected by how good they feel. They are clear that putting their well-being as the number one priority is the key to success.

The problem is that in society, it is common to stay up late watching the nightly news, which is dramatized negativity that breeds fear. People then go to bed exhausted and worried. Their alarms jolt them out of bed and they start their day feeling irritable and fatigued. On top of that and because of that, the first thoughts they think are thoughts of worry and dread about their day. They rush through their morning, grabbing a cup of coffee and a Danish, and they wonder why they argue with their spouse and/or children, feel road rage on the way to work, and feel stressed and tired all day.

Depression and anxiety are a result of these brain and body imbalances, which just proliferate more feelings of stress, panic, or hopelessness.

The average person lives with stress constantly. Positive stress can actually be a good thing when you are excited about something good, but a life of ongoing negative stress is extremely hard on your physical, mental, and emotional well-being.

When you are stressed, your body goes into a fight-or-flight stress response mode. When you do this, your body thinks it is in danger, like a tiger is about to attack. This stress response causes your blood pressure to increase, pulling blood to your extremities, in case you need to fight or run, taking much needed blood from your brain so you no longer can think clearly and calmly.

When you experience stress, your body releases cortisol, which is a hormone that assists your body in dealing with stress. Cortisol also regulates your metabolism and immune system so as it is released, both of these are suppressed, creating a situation that encourages weight gain and an opportunity for illnesses to develop. Fear (which I discuss in Chapter 7) is a primary cause of stress and almost completely shuts down your immune system. On top of this, stress also causes your body to use glucose instead of burning fat for fuel, so this along with a suppressed metabolism will cause weight gain over time, especially around the body's midsection.

Stress will also cause an increase in adrenaline in your body, which increases inflammation.

Stress also affects your melatonin, which is your sleep hormone, because you need to be awake to fight or run if attacked. If you are sleep deprived, it is even more difficult to deal with stress. Ouch!

The worse we feel, the less we are able to deal with daily challenges, so we experience more stress, making us feel even worse, physically, emotionally, and mentally. When you're tired or experiencing brain chemistry imbalances from not living healthfully, everything seems more difficult, even simple things like driving to work. When you are tired and filled with foods and drinks that drain your energy instead of enhance your vitality, it also becomes almost impossible to choose good thoughts. You will learn as you read, good thoughts that create uplifted energy are the key ingredient to success, and there is nothing more important to living a successful stress-free life than deliberately practicing the art of choosing ways to uplift your energy. You cannot take your power back and guide your life toward fulfillment and success if you're tired and feeling miserable, so you will be less able to do the very thing that will ensure dramatic improvements in every area of your life. Thus, wellness is truly the foundation of a successful life. PERIOD.

What I am going to teach you is the simple method of getting back to the rhythms of Mother Nature.

Understand that by creating new healthy habits, you actually save time due to the incredible increase in productivity, while dramatically improving your energy and your physical and emotional well-being and health. This more vibrant *you* will be reflected in better relationships, a more positive outlook, more confidence, and more courage overall. All of this translates into a better bottom line for your financial stability and success and for your happiness and longevity.

I don't believe in some extreme diet or exercise plan. I believe in creating a new enjoyable lifestyle that supports a more enjoyable life.

Wellness is the foundation; energy, positivity, and productivity are the results: the ingredients for a truly stress-free, successful life.

Getting rest is absolutely key. Studies have shown that if you do not get enough high-quality rest, it is equivalent to being drunk.

In order to begin, we must start at the end. What I mean is that we must start with changing the way you end your day.

So, it is important to get between seven and nine hours per night.

Try to get to bed earlier. Turn off the TV, computer, and smartphone at least thirty minutes before your new chosen bedtime.

Instead, do something positive yet relaxing before bed. Read a good book, listen to relaxing music, or take a hot bath. Meditation and prayer are also some of the most wonderful things to do before bed, or simply write in a journal and fill your writings with things to be grateful for. Or, possibly read a set of goals you have for your life and for the next day. High Performers constantly work on their psychology and there is no better place to set up your mindset for the next day than to establish positive habits and get more rest the night before.

When you wake up in the morning, try not to jump up and go. Give yourself a few minutes to reflect on the day ahead. Again, prayer and meditation are powerful ways to clear your mind and bring in peace and positivity. Also, read your goals and set affirmations that set you up for an amazing day. Ask yourself intriguing questions like, "What can I be excited about today?" Or better yet, create some simple statements that you can say to yourself each morning to support a positive successful day. I used to say, "I'm looking forward to a great day and all of the interesting things that are going to happen." I began to notice how my days were getting better and better until now I say, "Today is going to be the best day of my life."

What time are you getting to bed each night? _____

How many hours of sleep are you getting? _____

Do you feel rested when you awaken in the morning? _____

What can you do to try to get to bed earlier? _____

What positive but relaxing thing can you begin to do before bed? _____

What positive thought can you reach for in the morning to create positive energy for a positive day?

Create an amazing morning routine that establishes the foundation for an amazing day. Find habits that light you up with energy and positivity for the day ahead. Always, of course after brushing your teeth, start your day with plenty of fresh, filtered or spring water. I highly suggest one liter or about thirty-two ounces. I suggest having the first sixteen ounces or so plain but consider adding fresh-squeezed lemon or lime or some raw apple cider vinegar to the remaining water. Every cell of your brain and body are at least 70 percent

water so you must be hydrated to be able to think clearly and for your organs to work properly. The raw apple cider vinegar may be offensive for some of you, but it does an excellent job of cleaning out your liver and gallbladder while providing critical beneficial bacteria for your digestive tract to support a strong immune system and healthy digestion.

Do some stretching and deep breathing to increase blood flow and oxygen, which are also critical for energy and clear thinking. I have a fabulous two-minute routine that tones and stretches every muscle of my body, gets my heart pumping, my blood and lymph moving, and my lungs filling with air. I do this same simple yet powerful routine often throughout the day to reenergize myself.

Do not skip breakfast if you want to have energy the rest of the day. But, do eat a healthy breakfast rich with whole, colorful plant foods direct from Mother Nature. I teach the incredible healing qualities of plant foods extensively on my wellness site at www.sanaview.com. For the purpose of this book, please know that research has shown that plant foods are the most healing for your body because they are rich with fiber, antioxidants, phytonutrients that support your immune system for a healthy body, have healthy fats and protein, and contain zero cholesterol.

Do skip the simple sugar and processed white flour as these will give you a blood sugar spike and then cause a crash of both your energy and your mood and emotions, in addition to foggy thinking.

Suggestions include

- ◆ Fresh-pressed organic vegetable and fruit juice combinations (i.e., green juice)
- ◆ Healthy smoothies with fruits and vegetables, healthy fats, and protein
- ◆ Fruit with raw nuts and/or seeds or nut butters or a natural trail mix (this is the perfect option for folks who claim they don't have time for breakfast)
- ◆ Oatmeal sweetened with fruit; add raw nuts and seeds and cinnamon
- ◆ Sautéed veggies with red skin potatoes and top with chopped avocado, nuts, and seeds (with possibly some organic free-range eggs or wild-caught fish now and then if you choose)

Based on what you just learned, what is the new morning routine that you would like to begin to establish as soon as possible?

Now that you've established a high-energy foundation, it's important to plan your day so that you achieve the most toward your most important goals.

I suggest that you start your workday writing down your three most important goals and anything that must be done to make progress on those goals.

Schedule blocks of time throughout your day to accomplish specific tasks that are on your list. Start the first block time of the day working on making progress on one of the goals.

Schedule block times to handle other mundane tasks, like email, for various times in your day that make sense for you. Choose your highest productive times of the day to work on those key strategic goals that you contemplated and noted before you do any other work. The High Performance Institute recommends fifty-minute block times and it is critical that you reenergize between each. To reenergize, you must move your body, do some deep breathing, clear your mind, and get rehydrated.

Fitness is critical for your overall health and well-being, but you DO NOT need to spend countless hours in the gym if you simply eat healthy first. Exercise time can be cut down by at least half if you take my advice. Also, we have found that certain whole-body workouts help you to achieve outstanding levels of fitness in only a few minutes per week.

Try to get outside each day and go for a brisk walk. Getting out in nature will help to uplift your spirits, and you release stress while breathing fresh air. Choosing fitness routines throughout the week that help to promote muscle tone and cardiovascular health give you the body and health you desire and deserve in no time at all.

What type of exercise do you currently get and how often? _____

What are some additional things you can do to increase your physical activity? _____

Learn to fully engage in each thing that you are doing throughout your day. Engage in your block time priority activities but also fully engage in each conversation or each thing that you are doing throughout your day. When you fully engage in each moment, you are far more productive because your mind is not elsewhere on other areas of responsibility or concern.

Schedule time for yourself and your loved ones throughout the week, and fully engage again when you are with people you care about. A thirty-minute, fully engaged conversation over dinner replaces hours of unengaged time where your mind is elsewhere on work or areas of stress. Share encouraging and complimentary things with your co-workers and colleagues too. By doing this, they will feel more motivated and thus become more productive, helping you to advance your life as well. Be present with each person with which you interact and with each thing you do, as this is not only more productive, it is a far more fulfilling way to live.

Pay attention to your mindset and how your thoughts make you feel all throughout the day. The world's most successful people monitor their psychology and strive to choose thoughts that are supportive and feel positive.

What is your current state of mind? _____

How do those thoughts make you feel? _____

Pay attention to each choice you make in your life and how each ultimately makes you feel. Learn to love the life that you are living and experience thoughts and feelings of gratitude for all that you do have now. When you work to cultivate good energy, good health, and a positive mindset today, your tomorrow becomes more fabulous than you could ever imagine.

Chapter 3 Secrets to Success

◆Wellness is an absolute requirement for living a truly successful life because it is the foundation for high levels of energy, clarity, and confidence to feed motivation.

◆Burnout is not only concerning for your health and well-being, but you can lose passion for your work or even your life. The average person lives with stress constantly, and negative stress is extremely hard on your physical, mental, and emotional well-being. Physical and emotional challenges increase the chance of lost workdays and low productivity, which has the biggest impact on your company's bottom line and your personal bottom line.

◆Poor lifestyle habits make it difficult to deal with stress because they create brain and body imbalances, which just proliferates more feelings of stress, panic, or hopelessness.

◆Negative stress puts your body in a fight-or-flight stress response mode, which raises your blood pressure, pulls needed blood from your brain, increases cortisol release that lowers your metabolism and causes weight gain and suppresses your immune system. Negative stress also increases inflammation and affects your melatonin in a way that impacts your ability to sleep well.

◆Understand that by creating new healthy habits, you actually save time due to the incredible increase in productivity, while dramatically improving your energy and your physical and emotional well-being and health. Wellness is the foundation; energy, positivity, and productivity are the results: the ingredients for a truly stress-free, successful life.

◆Use pure common sense by simply getting back to the rhythms of Mother Nature including:

- Getting rest is absolutely key, and when you wake up in the morning, give yourself a few minutes to reflect on a positive day ahead.

- Start your day with plenty of fresh, filtered, or spring water and drink plenty throughout the day.

- Do some stretching and deep breathing to increase blood flow and oxygen, which are also critical for energy and clear thinking.

- Do not skip breakfast if you want to have energy the rest of the day. Do eat a healthy breakfast rich with whole, colorful plant foods direct from Mother Nature.

- Do skip the simple sugar and processed white flour.

- Continue to choose meals rich with whole colorful plant foods, healthy fats, and protein.

- Try to get outside each day and go for a brisk walk to release stress and increase oxygen intake for energy.

- Choose fitness routines throughout the week that help to promote muscle tone and cardiovascular health.

◆Start your workday writing down your three most important goals and anything that must be done to make progress on those goals. Schedule fifty-minute uninterrupted block times throughout your day to accomplish specific tasks. Reenergize between each block time.

◆Avoid multitasking of tasks requiring brain power as this will deplete your energy and lower your productivity. Learn to fully engage in each thing that you are doing throughout your day.

◆Pay attention to your mindset throughout the day and the way your thoughts make you feel. The feelings impact your energy, which impacts your life.

◆Learn to love the life that you are living and experience thoughts and feelings of gratitude.

THE SKY IS NOT YOUR LIMIT

CHAPTER 4 – CULTIVATE A TRULY RICH LIFE

Is prosperity just a frame of mind? Can we be rich but not truly wealthy and fulfilled? Can we be poor monetarily but wealthy beyond our wildest imaginations? You will soon learn that if you can feel truly wealthy and fulfilled today, your tomorrow becomes a source of financial, emotional, and spiritual wealth quickly and more easily and in a way that exceeds all of your expectations. Yes, you can have it all and you have the power to make it happen.

Mother Nature is the perfect example of the laws of abundance. When you look at the forest, trees and plants are growing abundantly without anyone watering, fertilizing, weeding, and toiling day and night to make it happen. It simply happens in a way whereby all of the animals have plenty of space to live and plenty of food to eat.

There is truly no shortage of air to breathe or water to drink or food to eat. Not in nature, that is. By nature, the earth is abundant without struggle. If we learn to live within the rhythms of Mother Nature, could we live a life of ease and abundance too? A life of fewer struggles will create a life of more abundance. It must be the Natural Law of Abundance.

My experience of owning a farm has made my life richer than I ever imagined it could. I realize that if I would have planned my life out in every detail and lived to that plan, I would have missed out on all of these incredible experiences.

The people I've met and the things I've done because of the farm have added a richness that I could have never imagined or planned.

You do not have to own a farm to live a truly rich life. This is just my clear and powerful example of how my life became richer as a result of something that was never in my original plan. So, what if your reality turned out even better than your dreams?

You are doing things to feed your body food, your mind information, but what you are doing to feed your soul? _____

Bring passion, excellence, and enthusiasm into everything that you do and remove the blinders to open yourself to the endless possibilities for your life that are right outside your door.

You may believe that if you could achieve your goals then you'll be happy, so let's at least start there. It's time to focus on where you are now and where you would like to go instead of where you've been. You are now ready to really begin to plow into my deepest and most

powerful teachings. It's time to turn your dreams into your reality and to do it with less stress and more joy. And this is the secret.

Make the decision right now to make your life great.

Chapter 4 Secrets to Success

- ◆ Unexpected turns in your life just may lead you to very deep and fulfilling experiences. Stay calm when something that you perceive as “bad” happens. Know that things do typically happen for a reason and something better is waiting for you around the corner.
- ◆ Don't feel the need to plan out every minute and every step from where you are now to some future date. Allow life to carry and inspire you and allow miracles to happen while you enjoy the twists and turns on your journey through life.
- ◆ Allow yourself the freedom to experience serendipity and to dip your toe into the vast sea of possibility for your life.
- ◆ If we plan out every moment and every decision and we live our lives with blinders on, we never allow ourselves the opportunity to see the full landscape and to experience the gifts that are on offer.
- ◆ Do not always say *how* you will achieve your goals. The *how* you define may limit the endless possibilities for things to be better and richer than you ever imagined.
- ◆ Learn to live with passion from your soul. Open up and let your life flow in the most fun and imaginative ways. Allow your soul to lead you to unexpected places and experiences.
- ◆ Do not be afraid to make mistakes as there are no such things as true mistakes.
- ◆ If you can see the big picture of your life, you may find that you are actually on the perfect path with all of its twists and turns. Allow experiences to unfold and delight you and try to avoid hanging on to a narrow point of view.
- ◆ You will soon learn that if you can feel truly wealthy and fulfilled today, your tomorrow becomes a source of financial, emotional, and spiritual wealth quickly and more easily and in a way that exceeds all of your expectations. By choosing to struggle less, you create more for your life.
- ◆ Feed your soul by bringing passion, excellence, and enthusiasm into everything that you do.

GOAL SETTING STRATEGIES THAT FINALLY WORK

CHAPTER 5 - THE ART OF ACTUALLY ACHIEVING

Do you think that goal setting is a bunch of baloney? Have you tried setting goals in the past but found that doing so never helped you improve areas of your life? Of course, you feel this way because you never learned what I am about to teach you: the breakthroughs in goal setting and achievement that I've discovered. These are the strategies for success that finally work. Yes, these are built on solid foundations that we've all learned before, but the extra nuances that I will share with you will catapult you from struggling to meet your goals to actually achieving success and in the most enjoyable and fulfilling ways that you ever imagined.

In order to live a life of stressless success, it is helpful to gain clarity about what you actually want to achieve. One common way is by writing down your goals because we tend to measure our success by our ability to achieve our goals. Perhaps you've been to goal-setting workshops or have read books or articles on the subject. This is great because it reinforces the idea that you must create a plan for your life by thinking clearly about what you want to achieve, acquire, and attain. We see a lot of this happening in the new year especially with new year's resolutions, etc.

Are you ready to see your dreams come to life and improve ALL areas of your life?

What would you do if you knew you couldn't fail? _____

What is one thing you would try if you believed in yourself today? _____

If there were no limitations, what would you wish for? _____

These questions may be too far-fetched to even contemplate answering, but they're an important beginning. I want you to open your mind and allow in amazing thoughts, feelings, and emotions as you begin to expand your thinking and your energy on this journey of creating and achieving an amazing life.

Chapter 5 Secrets to Success

- ◆ Writing your goals will help you to gain clarity about what you actually want to achieve. Write down at least ten goals covering all areas of your life based on what you would love if there were no limitations.
- ◆ Phrase them in the now or present tense as if they are already achieved.
- ◆ Never use a negative word of lack, such as the word *want*.
- ◆ Don't put the *how* in the goal, but rather create a brainstorm list of at least twenty positive action steps for your most important goals on a separate sheet of paper.
- ◆ Begin each goal with a statement such as "I am" or "I have" or "I allow."
- ◆ Each goal should feel somewhat real or attainable, even though they push you to be your best.
- ◆ Give each goal a deadline.
- ◆ Write why you want each goal and get to the feeling place on each. Write down how you feel as you imagine already achieving that goal. The key here is the energy shift that happens when you think about achieving the goal.
- ◆ Read all of this twice per day.
- ◆ Take action every day on a few high-priority items.

Now write your goals in the present tense – then write the feeling beside each:

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

GOAL SETTING STRATEGIES THAT FINALLY WORK

CHAPTER 6 – BITE INTO YOUR BELIEFS

Do you believe that your life is limited and you feel frustrated? _____

Do you know that the frustrating feeling is actually showing you that you have a belief or thought pattern that is not in alignment with your goals and dreams? _____

Are you aware of how your beliefs create your reality? _____

If it is true that your beliefs create your reality, then what do you currently believe about yourself and your life? _____

Everyone else is going to tell you that you must change these old limiting beliefs in order to improve your life. This is a disaster because it just doesn't work. Why? Because if you strive to change old beliefs, you are in effect giving those old limiting beliefs attention, which gives them power, and they soon grow stronger and limit your life even more. So please stop doing it! I have a much better way forward for you again a way that actually works!

If you believe that you must work hard and stress out in order to deserve success, then success can't come to you unless you work hard and stress out. This is a common limiting belief that many live (and die) by. What is essential is that you align your thoughts with ease, fulfillment, and success. It doesn't make sense to think negative thoughts about what it is going to take to achieve your goals and then try to compensate with hard work and struggle. It is counterproductive. But this is a common pattern I used to see in myself, and in many others who are struggling to achieve their goals. I'm here to tell you that these limiting beliefs and patterns can actually be overcome by new ones to create unlimited potential for your life. This is far different than trying to change old ingrained beliefs. This is incredibly powerful!

Have there been goals that you often seem to try to set but you give up and you just don't seem to follow through? _____

Okay, so why haven't they happened? _____

The first step is to look at your beliefs.

What do you believe about your ability to achieve what you want? _____

What labels do you put on yourself? _____

What you believe makes you who you are, and what you identify with is what you become. Your life is a reflection of what you believe. But many of you don't realize that what you think is a fact or your reality is simply a reflection of a thought you've been thinking for a long time. So, you must first become aware of your beliefs. Let's bring them out into the light. Awareness is the first step to being able to make a shift toward new beliefs that support you in reaching your goals and away from limiting beliefs. This is all part of my Stressless Success Shift™.

How long have you held certain beliefs? _____

The longer you've identified with a certain belief, the stronger hold it has on you. Don't fight against these limiting beliefs, though, because what you fight against gets the energy and the power. Instead consider:

What beliefs do you want to have? _____

If you think back, there was probably already a time in your life when you overcame a limiting belief or chose not to buy into something you were told. When in your life did you overcome a damaging belief? Think about this and write this down. Now keep this in your memory and remember how you can overcome limiting thoughts and beliefs. You've done it before and it is easy.

How do you nourish your good beliefs?

Keep telling yourself better thoughts every day and often throughout the day. Keep feeding your mind the thoughts and beliefs that support you in achieving your goals. Remember those thoughts must feel good. They must feel possible. Be patient, trust, and have faith in your ability to create new beliefs.

So, don't struggle against bad beliefs. Relax and simply create new ones and grow stronger through repetition. It is far easier to create and nurture new beliefs instead of trying to change old ones.

So, your goals must align with your beliefs in order for you to achieve your goals. Your new goal, then, is to create new beliefs. Go step by step if you need to. You want to cultivate new and better beliefs that support you in living a better life.

Let's go through an exercise so you can really gain clarity on what I am talking about. If you have as a goal, "I am a millionaire," but you don't believe that it's possible and the thoughts make you feel uncomfortable, then try stepping up the rungs of a ladder slowly with thoughts that feel more comfortable at first.

I want you to create statements that work for you. Do you sense how making these statements feel in your body? They should feel like ease yet inspiring. Statements like these are helping you to create new beliefs and will begin to adjust your neural pathways to begin to create a more positive you. Now let's go a bit deeper.

You start on these goals and are aware of your beliefs, but as you get started sometimes something that you believe is "bad" happens. If so, don't be frustrated. As with everything, it is a gift wanting to show you where you may have a limiting recurring thought pattern.

When something challenging happens, say to yourself, "What belief or thought pattern have I been thinking that is creating this situation?" When we begin to take responsibility for our thoughts and realize how they are creating our lives and that we can simply choose better ones, this is incredibly empowering.

Always ask yourself, what are you giving your energy to? _____

Are you focusing on the problem or the solution? _____

What is this challenge trying to teach you? _____

What good may come of this?" _____

When was the first time you began to realize that money is scarce or love is scarce or that you didn't have perfect health, freedom, or joy? _____

When in your life was the first time? _____

Now, the first time you had this thought, what was the feeling you had or emotion around this? _____

What was your mother's viewpoint around health, money, love, joy? _____

What was your father's viewpoint? _____

When you notice one of these patterns rearing its ugly head, simply love yourself and forgive all past situations and people and say to yourself, "I accept myself and others with great love and joy," and then smile!

What does smiling really do for us? Well, smiling is a very powerful tool for change and uplift.

According to Ronald E. Riggio, Ph.D., in an article in *Psychology Today*, “each time you smile you throw a feel-good party in your brain.” The act of smiling will help you to release feel good chemicals of dopamine and serotonin and will lower your heart rate and your blood pressure, and these endorphins act as a natural pain reliever. It’s super cool that it’s 100 percent organic without the potential side effects of synthetic pain relievers. Smiling is an antidepressant too. Just like many pharmaceuticals, smiling releases serotonin in your brain, so possibly a smile means that you don’t need a prescription from your doctor.

When you smile, you are viewed as better looking, attractive, reliable, relaxed, and sincere, according to the *Journal of Cognition and Emotion*. And, when you view someone smiling, you feel rewarded and it is contagious. It coaxes the person’s brain to return the favor and smile back and allows both of you to release feel-good chemicals in your brains, which activates reward centers and increases your opportunity to live longer and be healthier. So, when you smile you get a smile in return, which changes *your* brain chemistry and your energy overall.

Smiling also increases your charisma! Charismatic people tend to smile more, and the distinct wrinkling around your eyes is actually seen as a positive trait. Now that is an opportunity to create a new belief around the lines that are developing around my eyes!

Ask yourself the following questions:

What would it take for me to be free from limiting patterns? _____

What would it take for me to have it all? _____

What would it take for me to feel freedom, peace, and joy? _____

What would it take for me to gain freedom from fear? _____

And this is the secret shared in the next chapter.

Chapter 6 Secrets to Success

◆What you believe makes you who you are, and what you identify with, is what you become. Your life is a reflection of what you believe. Our beliefs impact just about

everything in our lives. Therefore, becoming aware of our beliefs is the first real step in achieving our dreams.

◆Don't fight against or try to change limiting beliefs because when you focus on them it gives them energy and power. Limiting beliefs and patterns can actually be overcome with new ones to create unlimited potential for your life. This is far different than trying to change old ingrained beliefs. This is incredibly powerful!

◆By having more positive thoughts, that create a more positive energy within you, good things will come of it. Pay attention, though, to the energy that is behind your thoughts. You may be thinking a "positive" thought but the energy behind it is negative or fearful. This is the point that everyone who speaks of the importance of a positive mindset is completely missing.

◆Learn instead to climb the ladder of your thoughts one rung at a time with thoughts that you actually believe.

◆By deliberately saying to yourself words or statements that strengthen your positive beliefs often, you will overcome any strong limiting belief that has had a hold on you for a very long time. Remember, those thoughts must feel good. They must feel possible.

◆So, your goals must align with your beliefs in order for you to achieve your goals. Your new goal, then, is to create new beliefs.

◆What happens is that in our mind, we hear if we *conceive* of a dream, we can *achieve* it. We tend to skim over the *believe* part, which is the meat of the sandwich and the part that you must bite into.

◆Always ask yourself: What am I giving my energy to? Are you focusing on the problem or the solution? When you are focused on the problem, you are not open to solutions. Your focus is the source of powerful energy, so learn to switch your focus.

◆Throughout our lives we develop our brain filter based on what we've seen or what other people have told us. These filters protect you from sensory overload but also create your expectations. You see what you expect to see.

◆Begin to unravel the patterns that are woven into your life. When you notice a recurring pattern, realize that the pattern is just a series of long-held thoughts that can be shifted to new patterns of thought.

GOAL SETTING STRATEGIES THAT FINALLY WORK

CHAPTER 7 – FREEDOM FROM FEAR

Positive results only come from Positive Action, not from Fear.

Have you experienced fear in your life that has held you back from truly going after your dreams? _____

Is there a recurring fear that keeps arising in your thoughts and emotions? _____

Do you know that it is possible to learn how to manage your fears in a way that benefits you? _____

Well, get ready to learn how to spread your wings and begin to fly and feel the exhilaration of a life of freedom from fear.

I am not a believer in the concept of jumping forward while gripped with fear. Susan Jeffers wrote a book entitled *Feel the Fear and Do It Anyway*, but I say NO WAY! I suggest that you never move forward in fear. Never do things that you feel extremely fearful about. I want to suggest that you come more into alignment with understanding the fear and where it is coming from and do the steps to soften the fear first.

Then, as you come into positive alignment with your goals and take positive inspired action, you have a better chance of success.

Is there a time in your life when fear stopped you from moving forward with something that would have been beneficial? _____

What didn't you pursue, such as a relationship or a business in the past, due to fear?

Have you noticed how you used to be more fearless but as you get older, fears have arisen or have gotten stronger? _____

How to Resolve Fear

Imagine that you are sitting by the lake fishing. The pole and line are poised as you're waiting to catch a fish. You are sitting in a relaxed manner enjoying the peaceful day when suddenly your pole begins to shake because you caught a fish! Think of this now as an analogy where the fish represents a fear.

The first thing you do is identify the fact that you caught a fear.

1. Identify the Fear

Recognize it for what it is, a fear. Take note that a fear has arisen in your thoughts and emotions. Knowing that it is fear speaking is the first key step to managing the fear.

2. Understand the Fear

Now look at this fear and see where it is coming from. When you begin to realize that fear is simply a thought that provides you with information, either information about something that is keeping you safe from physical harm or is acting as an irrational stumbling block, then you can begin to live your life with greater clarity, courage, and joy. If you understand that fear is simply a thought, and you know that thoughts can be changed, you can begin to change the fear into something different that is far less scary.

As Deepak Chopra said, "If you try to get rid of fear and anger without knowing their meaning, they will grow stronger and return."

3. Live Healthfully

As you may recall from previous chapters, being rested and healthy is a key factor in your ability to deal with and manage stress and fear. How can you deal with fears that arise effectively if you are exhausted and living on sugar and caffeine or processed junk food? How can you feel high energy if you are not moving your body, getting exercise, and breathing fresh air? When you are feeling strong and healthy, you feel more positive and capable, as if you can conquer the world. To live healthfully, you need to get plenty of sleep, be well hydrated, get good exercise to energize you and to clear your mind, and include deep breathing. If you need to be inspired with great ideas to teach you how to be healthy, then check out www.sanaview.com.

Following the basics of healthy living enables your body to be in a constant mode of detoxification. This is critical in relation to fear because we tend to hold toxic emotions in the cells of our fat and muscle.

4. Be Heart Based Instead of Mind Based

Fear is trying to protect you in some way. There is great benefit to this so be kind to fear and learn to love the fear for what it is showing you and teaching you about yourself. The heart expresses love and compassion whereas the mind tends to feel more anger and negativity. Try to take these feelings from your mind to your heart, and watch everything soften.

5. Focus on the Gain Instead of the Loss

As we teach in our High Performance Coaching™ sessions, certified by the High Performance Institute, fear comes from a feeling of pain. There are three types of pain that we experience. The first is **Loss Pain**, in which we are afraid if we do something, we will lose some- thing. We are afraid that if we quit our job to start our own business that we will lose our steady income and benefits. The second is **Process Pain**, in which we believe that it will be too hard to go after our goals. And finally, the third is **Outcome Pain**, in which we worry that we may go through all of this effort to try to accomplish something, like lose weight or be healthy, and we won't get the results we want. All these types of perceived pain stop people from moving forward and doing something extraordinary in their lives.

The way to resolve these feelings of pain is to begin to focus on what you will gain, versus what you will lose. We put so much emphasis on the loss instead of all that we will gain. Consider people who are afraid to fly. They think of all that could go wrong versus all that could be so amazing. Think about all of the incredible places they get to visit and all of the wonderful people and food and cultures they will get to experience with their family. Again, we are asking you to consider choosing different thoughts and beliefs that support you as opposed to holding you back.

Your brain focuses on what you are focusing on and it gives that thing energy and power. If you are fighting cancer, it is far different than bringing in wellness.

What fears do you have? _____

What would you gain by overcoming that fear? _____

Make a list and focus on that list. This is where you will find strength instead of being weakened by irrational thoughts.

6. Make the Process Fun

If you feel the process will be too hard, then make the process fun. If you feel it is too hard to begin to eat healthy, then get friends together to try some new recipes. Make the process like a game to create enjoyment around it instead of struggle. Learn to laugh more, especially at yourself. Fear is not necessarily going to go away, but if you learn to enjoy the process, it minimizes the fear and empowers you to achieve success.

7. Practice

Often, we feel fear because something is new to us and we don't yet have enough experience with it to be confident. We can be like a baby eagle that is getting ready to learn how to fly; the eagle flaps its wings and walks around until it feels enough courage to make the leap. What can you do to gain some competence so that you can gain confidence? Don't wait forever to be perfect at something to begin, but do try to minimize your fear so that you are more comfortable moving forward.

8. Detach from the Outcome

Do move forward with the end goal in mind and keep your focus on success, but by detaching from the outcome, you release the grip that fear may have on you and is stopping you from proceeding. Just because you do not know the outcome does not mean that you don't begin. All we can do is have our goals and work toward them by being as smart and upbeat as possible.

Sometimes, however, things may happen that may impact our plans. Everyone experiences challenges. Knowing that anything that you may lose can be gotten again is very liberating. If you lose some money, just make adjustments or do something else and make more money again. Love, health, pride, etc., can all be gotten again. Watch Sherina's video (lung cancer client) on our SanaView YouTube channel about how she was able to regain her health again after fighting lung cancer by eating and living well. After making incredible progress, she got off-track and her illness began to reoccur. By simply doing what she knew to do again, she resolved her health challenge once and for all. We actually learn a great deal from any failure, and this new knowledge through experience becomes a stepping stone to success. As Brendon Burchard says, "March forward in joy and faith."

9. Accept

Be willing to move forward with the acceptance and understanding that there still may be some fear as long as what you mostly feel is confidence or positive anticipation. Even the most famous and accomplished public speakers still feel some fear before going out on stage. If you've done all that you can to get as comfortable as possible, accept that some fearful emotions may still be there. Be willing to do something even if you still have some concerns. The positive emotions should outweigh the negative, though. Again, do not move forward with gripping fear. Have positive intentions and all will be fine.

10. Release

Back to the fishing analogy. You have caught this fish/fear. You've looked at it, analyzed it, learned something valuable about it, and now you are ready to throw it back into the water. Write your fears on paper to get them out of your head and then throw the paper away or visualize the action of throwing them out the window. Flush it down the toilet or burn the paper and watch your fears dissipate. As you've gained an understanding about the fear

and are now somewhat comfortable, release it out into the world because it no longer serves you.

11. Give Thanks

These fears are there to protect you, so be thankful for them and watch them begin to fade away. You are wiser now and know which fears are real and which are fake or irrational. You now know how to address them logically and in a more positive manner. Now write all that you are grateful for and watch your energy and confidence begin to shine. Think about everything that makes you happy because a positive outlook ensures a positive outcome.

12. TAKE INSPIRED ACTION

Have faith in yourself now to move forward with inspired action, instead of worry and fear. Faith is always stronger than fear so tap into the faith and know that all will be well and that life is something to feel excited about. You are now ready to let go of fear and worry and begin to cultivate courage to go after your dreams with positive anticipation. Never stop trying because you have so much to gain.

Chapter 7 Secrets to Success

- ◆ I suggest that you never move forward in fear. Never do things that you feel extremely fearful about. I want to suggest that you come more into alignment with understanding the fear and where it is coming from and do the steps to soften the fear first.
- ◆ Fear is a common emotion based on a set of thoughts that often will stop us in our tracks from accomplishing all that we wish for.
- ◆ Fear is simply a thought, a belief, or a perception, which means it may not be real. Yes, fear is an important response to real physical or emotional danger to protect you from harm. Often, however, fears are irrational and may hold you back from making positive progress in your life.
- ◆ Learn how to separate real danger from just an irrational thought or emotion because when fear increases, motivation decreases. And, it is the fear of failure that stops many people from taking positive action.
- ◆ Fear is the basis of most stress.
- ◆ Fear is basically the concern that something will cause you pain that is either emotional or physical.
- ◆ What triggers fear? I put fear triggers into three categories:

Negative Past Experiences Negative Beliefs
Negative Imaginations

◆We respond to fear with a fight response (high stress and cortisol levels), flight response (we run and hide), or a freeze response (we do nothing).

◆How to Resolve Fear:

1. Identify the Fear
2. Understand the Fear
3. Live Healthfully
4. Be Heart Based Instead of Mind Based
5. Focus on the Gain Instead of the Loss
6. Make the Process Fun
7. Practice to Gain Confidence
8. Detach from the Outcome
9. Accept
10. Release the Fear
11. Give Thanks for All that the Fear Taught You
12. TAKE INSPIRED ACTION

◆Discover your wings and start to fly.

GOAL SETTING STRATEGIES THAT FINALLY WORK

CHAPTER 8 – REBOUND WITH RESILIENCE

Take a few moments to look at each area of your life including your professional life, your relationships, your health and well-being, your hobbies, and your spiritual life. How are you doing in each of these areas? When they are all strong, life is amazing, but it takes deliberate intent to keep improving each area.

The issue is that sometimes something happens that causes concern in one or more of these areas. The concerns are often something we simply can't avoid or may even benefit us in the long run. When we truly believe that the universe or God is looking out for us and knows what is best for us, we are able to take these challenges in stride. In recognizing this and having faith, when something hits hard, we bounce back more quickly.

We create stories about our lives in our heads and we continue to replay stories often about how we can't have what we would like to have or we can't achieve due to some programmed limitation.

What stories do you continue to tell about your past or about your current perceived reality? _____

Does it truly benefit you to continue to tell these sad stories and build your life around them? _____

What new stories can you begin to tell that are more exciting, more hopeful, where you are the hero or heroine who saves the day and brings prosperity to your family and the world? _____

Are you labeling things as either good or bad? If our challenges are there to help us and teach us something, how can you then label them as bad? _____

What about it is possibly good? _____

Have you allowed your mind to be programmed to look at a situation and label it as bad? _____

The more you believe it is bad the more it will affect you in a negative way. How can you rewrite the situation in your mind that makes it somewhat positive? _____

Do you have it in you to forgive and let things go? _____

We all make mistakes. Which feels better? You decide. But whatever you choose affects your mental, emotional, and energetic state and thus affects your life.

Notice how you view it as THE reality.

Are there other realities to consider? Can you begin to construct a new, better reality in your mind about it? _____

What do you see when you observe a situation? Do you find things to complain about or things to appreciate? You see the world by how you view it, but when you change your view of the world, what you see changes.

How then do you want to view the world? _____

So, are there more good things or more bad things that are happening in the world? It all depends on the vantage point you choose.

Chapter 8 Secrets to Success

- ◆ You perceive your life and the world around you based on your mental programs. When you rewrite the code to your programmed mind, you begin to rewrite your life. And what you will find when you do so is that you become more resilient when challenges arise.
- ◆ A bouncing ball that is falling to the ground when someone drops it bounces back to be caught again at a higher place. This is what you have the ability to do in any circumstance, and the better you become at rebounding with remarkable resilience, the better your life will be.
- ◆ The more resilient you train your mind to be, the less stress you will experience in your life, which will lead to a better life experience and more success overall.
- ◆ When we truly believe that the universe or God is looking out for us and knows what is best for us, we are able to take these challenges in stride. In recognizing this and having faith, when something hits hard, we bounce back more quickly.
- ◆ We create stories about our lives in our heads and we continue to replay stories often about how we can't have what we would like to have or we can't achieve due to some programmed limitation.

◆Have you allowed your mind to be programmed to look at a situation and label it as bad? The more you believe it is bad, the more it will affect you in a negative way. How can you rewrite the situation in your mind that makes it somewhat positive?

◆Notice how you view something as THE reality. Are there other realities to consider? Can you begin to construct a new, better reality in your mind about it?

◆Do you find things to complain about or things to appreciate? You see the world by how you view it, but when you change your view of the world, what you see changes. Adaptability is a key ingredient to resilience.

◆Stop taking everything so personally and let go of all of your emotional and mental baggage that you've been carrying around for years or decades.

◆Accept what has happened. It is done and can't be changed. By accepting a situation, it takes you to a neutral place that is better than a place of stress and struggle. Once you get to a place of acceptance, you are able to step back, take a breath, and begin to view the situation from a calmer state of mind. Then, once you are ready, try to Release the worry or fear and begin to Expect the best.

GET OUT OF YOUR HEAD AND INTO YOUR ENERGY

CHAPTER 9 – YOU MUST BE OUT OF YOUR MIND TO BE SUCCESSFUL

When you begin to look at your life from an energetic perspective, you will begin to realize that everything is energy, including your thoughts and feelings. If this seems a bit too outrageous, bear with me as I introduce you to this powerful concept and the science behind it. You will then begin to realize where there may be energy blocks that are stopping what you want from flowing to you with ease instead of struggle.

Everyone speaks about the power of positive thinking. The problem is that so many people out there say that you just need to think positively or have a positive mindset. This type of teaching is extremely limited and often harmful. The reason is that people then think that all they need to do is conjure up a positive thought and all will be well. But if that positive thought is not backed up with positive feelings and energy, then it could have the opposite effect. You actually may be thinking one thing but feeling the opposite of it, and it is the energy that the feeling creates that impacts your life. It is not about your mindset; it is about your mood. There is a very clear distinction between the two that is surprisingly important. You must get out of your head and into your energy to harness the power within you to create your life. It's not about what your head is saying. It's all about your energy. So, stop *trying* to THINK positive thoughts and allow yourself to BE positive.

How is your energy right now? _____

At what level are you vibrating? _____

What frequency are you dialing into at this moment? _____

What emotions are you feeling right now? _____

What thoughts are you choosing to think that are creating those emotions? _____

It's important to realize that your thoughts create feelings that are like magnets drawing to you whatever you are sending out from an energy perspective. Some call this the mirroring effect and others the Law of Attraction. What is happening inside of you is reflected in terms of everything you see in your world and around you. You can use energy or magnetism to create what you want, not through the power of your thoughts but through the feelings those thoughts generate. These can actually be different. There is not the clear correlation between the two that you were previously led to believe. This is the missing link from everything you've heard before. You are drawing things to you not by achieving a certain state of mind, but by the feelings your state of mind creates that influences your energy vibration and frequency. What are you magnetizing to yourself right now?

Negative thoughts often create negative feelings that are considered low-vibration energies, and positive thoughts have the potential to create uplifted feelings that are high-vibration energies. Remember the key difference here from what you are told elsewhere is that the two do not necessarily go hand in hand. You may think a thought but if you don't believe it or feel it, you are giving off a different energy.

Low-vibration energy, as taught to me, is reflected in feelings of stress, fear, anxiety, anger, resentment, jealousy, self-sabotage or addictions, out-of-control behavior, being unfocused or unproductive, feeling like a victim, powerlessness, procrastination, panic, lack of feeling, or feeling limited in some way. It is human nature that most people gravitate to negative low-energy thoughts. We tend to be critical of ourselves and others and of our life situations, and negative thoughts and feelings seem to just happen almost without effort. These negative thoughts and feelings do not represent the truth so they are actually not real.

High-vibration energy thoughts and feelings, on the other hand, include free-flowing joyous feelings, creativity, and being highly productive. High-vibe energies need to be sought after. You need to seek them out and grab onto them. This takes practice and deliberate intent, common among the world's most successful people. What's exciting is that our high-vibe energies dissolve our low-vibe energies so when we practice this, we can create emotional freedom.

High-vibration energies are more powerful than low-vibration ones because the positive ideas and energies are actually the truth. When you reach for high-vibration energies it diminishes the low-vibration energies. Lasting change can happen when you become energetically aware and learn how to identify harmful energies and move them out.

HIGH

ENLIGHTENMENT PEACE

JOY

LOVE

REASON

ACCEPTANCE WILLINGNESS NEUTRALITY

COURAGE

PRIDE

ANGER

ADDICTIVE DESIRE—jealousy FEAR—the source of most stress GRIEF

APATHY or DESPAIR

GUILT

SHAME

LOW

Where are you on this list? _____

Where do you tend to hang out with your thinking and feelings? _____

What would it take for you to take steps up that ladder of low to high energies and reach for a higher rung? _____

How do you go from low-vibration energies to high-vibration energies? My answer is: one rung of that ladder at a time. No one expects you to leap from shame to joy in one thought. If you try to leap from a low rung of the ladder to the top rung, you will fall off the ladder and break your leg. Leaping from very low to very high is unrealistic because you don't yet have beliefs to back up the thoughts and you will only feel frustrated by trying. This is the mistake that so many teachers of positivity make. Instead, there are tools you can use to take yourself up one rung at a time. As you think each slightly better thought, you get a good feeling because you believe them and this gives you solid footing and you gain positive momentum. Keep climbing as high as it feels comfortable until you reach the top, where you can see for miles.

The key again is to practice being at higher vibrations.

WAYS TO RAISE YOUR VIBRATION: Anything that takes you up the ladder to higher vibration energies is important, so find what works for you. Here are some suggestions:

1. **Practice gratitude and appreciation:** When you deliberately take the time to be grateful for all of the wonderful things in your life now, both large and small, you're immediately taken to a series of positive feelings that crowd out other low-vibration energies. Looking for things to appreciate is even deeper than gratitude because when you truly appreciate something, you are taking the grateful thought that comes from your mind and truly experiencing the joyful feeling of appreciation. With appreciation, you are experiencing what you are grateful for. True appreciation is void of all resistance and it brings you easily to a place of joy.
2. **Sleep well:** You can't climb the ladder from low-vibration feelings and energies to high-vibration ones if you are exhausted. In Chapter 3 on wellness, I wrote a great deal about the foundation for a successful life. Sleep is the first and most important part of feeling great both physically and emotionally. When you sleep, you are without resistance; with high-quality sleep, you stay in the place of nonresistance, or allowing, more easily.
3. **Drink plenty of fresh spring or filtered water:** As I mentioned before, the cells of your brain and body are at least 70 percent water. It is far more difficult to feel great both physically and emotionally when you are dehydrated.
4. **Eat healthy, naturally raised foods, without chemicals:** When you nourish your body with high-vibe foods grown the way Mother Nature intended, you build the foundation for a high-vibe life.
5. **Get outside in nature and allow the negative ions, which are positive for you, to bring you to a positive, stress-free place.**

6. Garden: Working outside in the sunlight and breathing fresh air while you get your hands in the soil is extremely uplifting.
7. Smile to release feel-good chemicals in your brain.
8. Sing and dance: Moving your body to fabulous music that you enjoy has been found to help eliminate trauma.
9. Listen to motivational music and podcasts, etc., that uplift your spirits.
10. Clear clutter: A clean, uncluttered home or office helps to not only raise your vibration but provides an environment that is more relaxing and encourages good sleep in your bedroom and clear thinking in your office.
11. Do something you love to do: Have things that you love to do, whether they are hobbies or spending time with family or even work that you love. Make these a part of your daily and weekly schedules.
12. Pray or meditate or do anything that brings you peace: When you are at peace, you stop thoughts of struggle and resistance, and this opens your energy to allow in all that you want. Peace, as you know, is one of the highest vibration energies where you can live. Consider beginning a daily practice of ways to cultivate peace.
13. Express love more: To everyone you come into contact with, including yourself. Communicate more from the heart always. One way to do this is to bless everything in your mind.
14. Play more/laugh more: Have more fun and lighten up about everything. When you learn to have fun even with mundane or challenging tasks, you feel better and get a better result.
15. Compliment often: Give sincere compliments to everyone, including yourself, and watch the responses that you get and how great this feels.
16. Spend time with people or pets who you love: Especially children and pets because they almost always will make you smile.
17. Spend time with positive people: Seek out people who uplift you and avoid those who focus only on the negative.
18. Do something nice for someone or volunteer your time: This is one of the fastest ways to feel good and uplift your energy vibration.
19. Listen to your intuition: Learn to tap into your inner guidance and trust that the inner you will lead you to positive places and more fun.
20. Pamper yourself: Do something wonderful for yourself each day that cultivates self-love and feels amazing.

What are some other things you can do that raise your vibration?

Now spend your life hanging out at these higher levels and feel these high-vibe energies.

What does empowerment feel like? _____

What does invincibility feel like? _____

Let yourself see it in your mind's eye and feel it. Let what you really want to be born within you. I will now teach you how.

Chapter 9 Secrets to Success

◆ Everything is comprised of energy, frequency, and vibration. When you begin to look at your life from an energetic perspective, you will begin to realize that everything is energy, including your thoughts and feelings.

◆ Everyone speaks about the power of positive thinking. If that positive thought is not backed up with positive feelings and energy, then it could have the opposite effect. Stop *trying* to THINK positive thoughts and allow yourself to BE positive.

◆ Good things can't flow to you when your energy field is tight and constricted. Stress and struggle are tight, constricted energies that create more of the same. Prosperous people have expanded energy all around them.

◆ It's important to realize that your thoughts create feelings that are like magnets drawing to you whatever you are sending out from an energy perspective. You can use energy or magnetism to create what you want, not through the power of your thoughts but through the feelings those thoughts generate.

◆ When you begin to realize that your thoughts create energy and you are vibrating at a certain level or frequency based on the thoughts you are choosing and how they make you feel, then you are learning the basis for a successful life.

◆ Negative thoughts often create negative feelings that are considered low-vibration energies, and positive thoughts have the potential to create uplifted feelings that are high-vibration energies.

◆ Most people allow what they are observing in their reality to create their energy vibration. They are victims of their environment instead of creators of it.

◆ If what you are looking at does not feel good, either find something to appreciate about it or look at something else that feels better. Don't fight against a particular situation or thought or you will just give that more power and energy.

◆ Your goals reside at a high vibration. Get to a higher vibration on any subject and all subjects will respond to your elevated energy.

◆How do you go from low-vibration energies to high-vibration energies? My answer is: one rung of that ladder at a time. Life just flows when you are in the flow of positive vibration and high energy.

GET OUT OF YOUR HEAD AND INTO YOUR ENERGY

CHAPTER 10 – STEPS TO REGAIN YOUR PERSONAL POWER

Now, get ready to put everything you've learned so far into practice. You are now ready to not only regain your personal power but to learn the most essential skill needed to create an amazing life: the power of your creative imagination.

This is the core of this incredibly important chapter. The pathways of your brain are arranged by what you associate with and believe as true. If you are rich or poor, well or sick, successful or struggling, you simply see this as the truth. Your concept of yourself, which you accept as the truth, can be observed by your reactions to life. Your reactions illustrate where you live in your mind and more importantly, in your energy vibration.

We all have filters in our brain intended to protect us from sensory overload or overstimulation. These filters form our reticular activating system (RAS). This filter system blocks certain information and allows in other information based on how it was programmed throughout your life. Our experiences color everything.

The events from our past have an impact on how we view our lives in the present and are the basis of these filters. Consequently, if situations from your past have caused you to create certain beliefs about your ability to achieve success or have a loving relationship, your RAS will only allow in information that is evidence confirming the filter's accuracy.

Some call this confirmation bias, which is one's tendency to seek and find, mostly subconsciously, evidence to confirm existing beliefs.

To craft a more successful life, you must reprogram your brain filters to allow in evidence that, in fact, you are lovable and able to achieve success in every area of your life. It is through the power of visualization that you are given the software to reprogram your brain and change beliefs that no longer serve you. Your RAS does not know the difference between something that is real versus something you create in your imagination, as both have feeling behind them. Modern neuroscience has shown through brain imaging that imagining something releases the same brain chemicals as actually seeing something in real life. Your brain doesn't know the difference between something real or imagined. This is why getting a handle on our imagined fears is important.

Recognize that you can intentionally reshape your brain through deliberately choosing thoughts. By doing creative visualization of what you want to experience, you will create a real memory in your brain and reprogram your RAS to allow in what you want to experience. You can change the network of neurons and create your brain filter instead of your RAS looking for proof of an unintentionally haphazard filter that developed through default. You will begin to see evidence of the new filter you created through visualization and soon witness proof that a successful life is within reach. Your confidence will continue to grow, giving you even more energy to feed more success.

Don't wait for life to happen to you; create the life that you want from you.

What do you wish for? _____

Do you have an intense burning desire for this? _____

Are you willing to do what it takes to realize your dreams? _____

Do you want and intend to change and succeed? _____

Are you ready to take full responsibility for your life? _____

Are you ready to stop blaming others or outside circumstances? _____

I'm not saying that these situations weren't real and have had a huge impact on your life in the past. What I am asking is that you now become empowered to take back control of your entire life.

What does empowerment feel like? _____

What does invincibility feel like? _____

Through imagination, a tool given to you by God, you become your own creator.

You have the ability and the power to create in your mind any image that you wish. When these images are just as vivid as your reality, and you get the feeling as if it is real, then your energy vibration is equal to that which you are visualizing and then you become the master of the masterpiece creation of your life.

Chapter 10 Secrets to Success

◆Use the power of visualization to get happy and raise your vibration first and your dreams will more easily flow to you.

◆Many speakers and writers share the idea of the power of visualization. The problem again is that they stay in the mind. We've got to get out of our heads and focus on the feelings and the energy regardless of what the head is saying.

◆We all have filters in our brains intended to protect us from sensory overload or overstimulation. These filters form our reticular activating system. This filter system blocks certain information and allows in other information based on how it was programmed throughout your life. Your mind seeks to confirm the very things that you believe about yourself and your life.

◆It is through the power of visualization that you are given the software to reprogram your brain and change beliefs that no longer serve you.

◆Visualizing is a way to bypass your thoughts to get to a feeling place. Get out of your head and into your heart. The more you feel as if your dream is already your reality, you will notice that your vibration is automatically extremely high.

◆When you understand the power of your imagination, and the energy that this creates, you hold the key to the solution to all of your problems.

◆It takes concentration and discipline to focus your attention with great intention. The results will respond with the degree to which you can do this.

◆But you can do it! Here are your ten steps to regain your personal power through the use of creative imagination:

1. Generate an intense burning desire to have what you wish for.
2. You must want to and intend to change and succeed.
3. You must release the current reality from your mind.
4. With the power of your imagination, create a mental image in your mind of what you want. Do this by simply sitting quietly and visualizing or use meditation or a vision board of pictures that help inspire creative thoughts. Make sure the images help you to feel good and are not coming from a feeling of lack.
5. Begin to feel the feeling as if the visualization is real and as if the future dream is already accomplished.
6. Be persistent and concentrate on that image and focus on the feeling that you get as you imagine that it is your current reality.
7. Make sure that the feeling is natural.
8. Feel yourself into an ongoing state as though it is actually your current reality. In other words, do it frequently.
9. Have fun with this process.
10. Trust and have faith.

GET OUT OF YOUR HEAD AND INTO YOUR ENERGY

CHAPTER 11 – NEGATIVE THOUGHTS ARE A POSITIVE THING

What would your life be like if you chose to live with joy today? Really...

What would it be like? _____

I'll bet many of you think: Well, it would be quite different but I can't get there right now emotionally. I have all of these problems in my life that keep me from feeling joy. Or, some of you may say that you're fine but I ask you, is "fine" acceptable? Wouldn't extraordinary be better?

What if you made the decision today to be extraordinary? _____

What if you made the decision today to feel feelings of joy? _____

We believe that we can't control what others do or say. In the book I wrote about my slight fear of flying and in that story, I had no control over that plane and pilot and whether we were going to land safely. But I had complete control over my attitude and my thoughts at that moment.

I'm not saying that there won't be things that happen that bring you down. What I am saying is that as soon as you're ready, after you felt the feelings that you had to feel, make a better choice. Look around and see how amazing your life is at every moment. Look at all of the gifts that are there for you.

The joy you feel ripples out into the world.

What feelings are rippling out from you today? _____

What would your day be like if you chose to live with joy? _____

What would your life be like if you chose joy every day? _____

As I've discussed earlier in this book, you set goals and strive for greater levels in various areas of your life because you believe that once you achieve these goals, you will be happy. And, as I've explained throughout this book, it is your thoughts that you choose that create the feelings that generate the energy that you are giving off. And, it is this energy vibration that creates the frequency that you dial into that either allows great opportunities to happen for you or blocks them.

So, if looking at your reality makes you feel bad, then you are choosing to feel bad, which will hold your vibration at that level. Your current reality is actually a reflection of past thoughts that you chose and the energy that those thoughts dialed into. What you are observing impacts your vibration. Many people allow what they are observing to affect their mood and emotions. You must recognize that you no longer have to just observe reality because you have the power to create your reality. So, do you want to keep looking at your current reality and continue to feel bad, which will keep you in a bad-feeling current reality, or do you want to create a new reality? Stop telling it like it is and start describing how you want it to be.

Positive feelings are an indication that you are on your path to what you want for your life, and negative feelings are the warning sign showing you that you are not. Your feelings and emotions are the key to this.

Don't fight against negative thoughts and feelings because this gives them power.

The time is NOW for you to make that shift, and it is simply done by paying attention to your thoughts and creating new ones that feel better. Again, when you feel better, you allow new solutions and opportunities to arise instead of blocking them with fear and doubt.

I often say this is simple but not always easy. But again, I'm not asking you to climb Mt. Everest. You don't have to pay a hefty price for success. All you need to do is to practice focusing your thoughts so that you create good-feeling energy and then move forward with positive action.

Be aware that you have the power to focus on feeling good, even before you have the evidence that what you want has arrived. Feel as if it already is. Feel it coming instead of the lack of it. Think about your goals coming to you in a way that you feel them in anticipation of them being there.

Focusing on the feeling instead of the thought is powerful because the feeling has less resistance. Thoughts open you up to thinking the opposite of what you want to think. Again, every coin has two sides. For example, hope has a trace of doubt in it, but the feeling of knowing and believing are powerful. Instead of the common phrase, "You must see it to believe it," and deeper than my previous statement that, "You must believe it to see it," I am now teaching you the ultimate secret and that is, **"You must feel it to see it."** The feeling is the endgame.

Don't wait until you're completely down and out to begin trying to pull yourself out of the ravine. Do things preemptively to cultivate happiness. Go back to the list of ideas to Raise Your Vibe and incorporate as many as possible into every day. Every day, do something positive before bed, sleep well, wake rested, and think or say positive statements that feel good such as "This is going to be the best day of my life," and feel it as if it is. Set positive intentions for your day and be sure to pay attention to what you say to yourself and how those thoughts make you feel all throughout the day.

Practice visualizing your new reality. Stop giving your full attention to your current reality if it doesn't feel good or this will block your ability to visualize. Worrying is visualizing what you do not want so turn toward appreciation instead. If you have a challenging situation, begin to reach for a feeling of relief. Focus on what you do want and this will begin to crowd out what you do not want.

When you have a challenging situation that arises, which will continue to happen, do this simple exercise.

Think about something you love and appreciate. Get the good feeling that thought generates and hold onto it. Now think about the topic that is concerning you and find something to appreciate about it and get a good feeling again. It is always easier to handle challenges when you begin from a good place first, which is why it needs to be a daily practice to feel good. Once you find your happy place, stay there as long as you can and allow it to become a part of you. You must expand your thinking (which expands your energy vibration) to expand your life. You have control over your destiny, and when you learn and practice ways to feel good, this is ultimate freedom.

The secret to life is to feel happily optimistic as much as possible. You are meant to live a life of passion, positivity, and purpose and have many moments of clarity, enthusiasm, love, and joy. Accept that you are worthy of all of this and more and you will no longer feel a need to prove it.

Let yourself be who you truly are at your essence, which is a being of pure positivity and joy. Learn to live in joy because that is who you truly are at your eternal soul level. That greater eternal part of you that is always with you only lives in pure peace, love, and joy. This is why negative thoughts feel so bad because you are getting away from who you truly are at your core.

Sing your praises by listing and focusing on all of your good qualities and traits.

Self-criticism blocks progress so begin to fall in love with you. Be grateful always and appreciate all of the large and little things in your life and appreciate others too. Be open to receive the fruits of your fabulous feelings.

Stop setting goals because there is only one true goal to ever set and that is not to just think happy thoughts but rather to *be* happy. Happiness is the key to success, and true success is day-to-day happiness because from there, you are more in the flow and then everything flows to you.

Chapter 11 Secrets to Success

- ◆ It is this energy vibration that creates the frequency that you dial into that either allows great opportunities to happen for you or blocks them. So, it is your ability to live with higher feeling thoughts, of happiness and joy, for example, that is essential to achieving your goals.
- ◆ Negative emotions, like worry, fear, or frustration, are actually gifts from God, letting you know that you are getting off your path. Don't fight against negative thoughts and feelings because this gives them power. Recognize too that negative situations fuel our desire for something better.
- ◆ Positive feelings are an indication that you are on your path to what you want for your life. Your emotions, not just your thoughts, are the key to identifying which direction you are heading.
- ◆ Be aware that you have the power to focus on feeling good, even before you have the evidence that what you want has arrived. Feel as if it already is. Feel it coming instead of the lack of it. Think about your goals coming to you in a way that you feel them in anticipation of them being there.
- ◆ Focusing on the feeling instead of the thought is powerful because the feeling has less resistance. Thoughts open you up to thinking the opposite of what you want to think.
- ◆ Do things preemptively to cultivate happiness. It is always easier to handle challenges when you begin from a good place first, which is why it needs to be a daily practice to feel good.
- ◆ You have control over your destiny, and when you learn and practice ways to feel good, this is ultimate freedom.
- ◆ Learn to walk away from any situation that is uncomfortable or turn your focus to something else such as nature or great music or someone or something you love. Do whatever it takes to climb your energy vibration ladder one rung at a time.
- ◆ Let yourself be who you truly are at your essence, which is a being of pure positivity and joy. Learn to live in joy because that is who you truly are at your eternal soul level. That greater eternal part of you that is always with you only lives in pure peace, love, and joy.
- ◆ The secret to life is to feel happily optimistic as much as possible. You are meant to live a life of passion, positivity, and purpose and have many moments of clarity, enthusiasm, love, and joy. Accept that you are worthy of all of this and more and you will no longer feel a

need to prove it. Stop setting goals because there is only one true goal to ever set and that is to be happy.

GET OUT OF YOUR HEAD AND INTO YOUR ENERGY

CHAPTER 12 – HARNESS YOUR PURPOSE AND PASSION

We've discussed a lot of ideas to help elevate every area of your thinking and your life. Hopefully you know what it feels like to be passionate about something and to live with purpose. But what if all of this sounds great but you are not clear on your purpose or what you ultimately want for your life? Maybe you feel stuck in some dead-end job or your desired destiny is foggy and you feel a bit lost. Have you just made a big life transition, to a new city, or you left a previous job to find yourself? Or, as I commonly see, maybe you recently retired and are wondering how this next phase of life can be meaningful and productive. Possibly you think you know your life's purpose but you may have never discovered the depth or power behind its meaning. What if you're missing something that could make all of the difference in your life and the lives of everyone you meet?

It's difficult to be passionate and positive if you feel you are wandering with no direction or you feel you are a passenger instead of in the driver's seat of your life. It is critical that you gain clarity. The world's most successful people are crystal clear on who they want to be in the world. They not only focus on their life's purpose but they live every day with purpose.

According to research from the High Performance Institute, the world's most successful people have incredible clarity on what it means to be their best, how they want to show up in the world, and what it takes for them to be successful. This did not just happen for them one day. They took the time to contemplate what it truly means to be their best, and they check in with themselves every day and throughout each day. They don't just assume that where they are is sufficient. They instead constantly strive to go beyond where they are now and achieve even better versions of themselves. So, let's start there.

What does it mean to be your best? How would you like to be? _____

What adjectives would describe you as your very best? _____

Now consider what words describe how you want to communicate with others and what characteristics you would need to embody in order to be successful. _____

Keep this list handy and refer to it often and strive to be that person that you just described every day. If this feels good, then you certainly are getting closer to uncovering your purpose and passion.

Pay attention to your beliefs that may be hindering what you truly want to do in your life.

Is there something that you are passionate about but you simply don't believe it is something that would pay for you to pursue as a career? _____

Is this the truth or just a limiting belief? _____

Even if you can't yet define specifics, focus on how you want to feel. How does it feel when you are going to bed at night? _____

How does it feel to be so pleased about your day and all that you experienced?

How does it feel when you wake up in the morning with excitement to embark on another day of living your passion and purpose? _____

Please remember that when you get the feeling as if it is real today, this puts you in the flow of life, and you are living more at those higher vibration energies, which is exactly where you want to be during these early stages of creation. Look for synchronicities to arrive and begin to expect new people, new experiences, different perspectives, and opportunities to arrive with ease.

And remember too, this does not have to be just about work. This can be about any area of your life, as you will find that you may have a different purpose for each area. You may also find that your purpose will change over time. It may be wise to revisit this chapter each year to see if things have evolved. Be open and curious and flexible as you allow things to unfold.

Now that we've elevated your thinking and your vibrational energy, it is the perfect time to uncover your true purpose. We will begin with a proven methodology designed by Brendon Burchard of the High Performance Institute. You are now in the perfect position to begin to define and uncover your deeper purpose.

Begin by contemplating the following questions:

How do you want to BE? Don't hold back. Just brainstorm a list. _____

What do you want to DO? Again, let your thoughts and your pen flow. _____

And of course: Why? _____

These are the parts of a very well defined and clear purpose. Now take those parts and string them together into a meaningful sentence.

The important piece that I have added is to write a separate sentence, or list, of how living this purpose makes you feel. I teach that getting to the feeling place is an incredibly important piece. _____

This methodology may be best used with the help of a proven mentor, and with that I am glad to take you through personal coaching to uncover your true purpose. Find out more about how to work directly with me or attend one of my workshops at the end of this book.

This is very powerful. As a matter of fact, when I was being put through training on this methodology, I thought I knew my purpose. I already was clear that my purpose in life was to inspire and teach people ways to live a better life, or what I call Embrace a Better Life. When I was coached through this methodology, however, what I uncovered as my true purpose literally brought me to my knees.

I uncovered:

The purpose of my life is to be peaceful, loving, and generous and to radiate positive energy out to all living things and to Mother Earth in a way that inspires and teaches others to feel loved, whole, healthy, and beautiful so that I may help to heal the world.

I knew that my purpose was to inspire and teach but I never fully understood the connection to Mother Earth. What brought me to my knees was the realization that everything I teach about living a healthier life leads people to choose naturally grown foods, which not only protects their health but in turn protects Mother Earth.

But, please stop chasing your dreams half-heartedly. Put your heart and soul into everything that you do today. Desire and energy fuel motivation, but consistent positive focus will get you across the finish line. Be willing to go the extra mile, but do it with incredible positivity and passion. Choose one thing to be great at to begin and make that

happen. If it feels good to you in every way, then it is your truth. Begin to live a life that is true to yourself and not just what others expect of you. Do what you love and believe in your dream and success will come naturally and easily. Your purpose is your passion that comes from positivity.

You are now ready to create the masterpiece of your life.

Chapter 12 Secrets to Success

◆But what if all of this sounds great but you are not clear on your purpose or what you ultimately want for your life? Or, possibly you think you know your life's purpose but you may have never discovered the depth or power behind its meaning. Even if you can't yet define specifics, focus on how you want to feel.

◆Cultivate passion from within for whatever you are doing every day. When you have something to look forward to, no matter how large or small, this gets you out of bed each morning, excited about your life. Begin to live a more purposeful and meaningful life by doing everything you do with purpose.

◆What does it mean to be your best? How would you like to be? What adjectives would describe you as your very best? Write those down. Keep this list handy and refer to it often and strive to be that person that you just described every day.

◆Look for synchronicities to arrive and begin to expect new people, new experiences, different perspectives, and opportunities to arrive with ease.

◆Now that we've elevated your thinking and your vibrational energy, it is the perfect time to uncover your true purpose. If you would have tried to define your purpose from a lower place of negative thinking and being riddled with limiting beliefs, patterns, and fears, what type of purpose would you have defined?

◆Begin by contemplating the following questions: How do you want to BE? Don't hold back. Just brainstorm a list.

What do you want to DO? Again, let your thoughts and your pen flow.

And of course: Why? Now take those parts and string them together into a meaningful sentence.

◆The important piece that I have added is to write a separate sentence, or list, of how living this purpose makes you feel. I teach that getting to the feeling place is an incredibly important piece.

◆It is then recommended, once you've written your purpose from your brainstormed list, that you consider what habits you must begin to practice in order to truly live your purpose.

◆But, please stop chasing your dreams half-heartedly. Put your heart and soul into everything that you do today.

◆Do what you love and believe in your dream and success will come naturally and easily. Your purpose is your passion that comes from positivity.

GET OUT OF YOUR HEAD AND INTO YOUR ENERGY

CHAPTER 13 – MASTER YOUR MASTERPIECE

Are you really meant to settle for less than you ultimately desire? _____

Are you here to keep the status quo or are you here to create great things for you and for others? _____

If you took one positive step in the direction of your dreams, what would it be?

I'm not asking you to be perfect and to never have days when you feel that you are struggling with this process or simply can't think a better thought no matter how much you try.

Refuse to fail by focusing only on winning and doing what it takes to succeed. And remember, any challenges that arise are there to help teach or show you something that you need to know in order to get to the next level in your life.

You never will be done with this process. And actually, it is finding joy in the process that makes life truly fulfilling. When a painter has a desire to create a painting, it is the act of painting that is the best part. It is the pleasure of choosing a design and colors and textures and putting them creatively onto a canvas that is his or her true joy. The painter has a goal of creating a painting, but it is the creation that is the most fun and exciting.

As I've been known to say, "Life is an adventure; check your compass and go!" View your life as if you are creating the masterpiece of your life and feel the satisfaction of mastering the joy of the creation process.

You will never be done desiring. You should be glad this is true because when you stop desiring, you stop living. You have a desire that fuels you to learn and create more. Desire is good and it is the zest of life.

If your goal has not yet been realized, don't focus on the fact that you are not yet to your desired destination but instead feel the thrill as if it is on its way to you. How you feel as you strive toward your goal will determine your outcome. You think that the joy comes once you achieve the goal. However, the true goal is the fun that you have along the way and the joy you feel throughout your journey.

Have faith and trust that the process is working out for you. Know that the information you now have is true power in your hands to affect everything that happens in your life. Your goal will help you to feel happy or freedom or pride or whatever feeling you think your goals will help you to attain. But the true goal is feeling those now because it is this

moment, the now, where you have the power to create the best outcome of what you want. The energy that you put into your today creates your tomorrow.

Begin to believe that things will happen for you and they will.

Even things that appear to go wrong often are going incredibly right if you are in the flow of mastery. When you are in the flow, you have the confidence that you can overcome any obstacle

On your way to achieving more you will notice that you will always want more. This is the sign of a true high performer, because the world's most successful people are always seeking ways to take every area of their lives to the next level, even the areas where they are doing well. Don't allow yourself to feel anxiety or lack by focusing on what you do not yet have. Instead, focus on the thrill of finding new solutions and opportunities and synchronicities that appear on your road to your desired destination. It all comes down to how you feel now, so feeling your best now is the ultimate goal.

Everything you want is right outside your door waiting for you to release all resistance and negative beliefs and feelings so that you can freely open up your door and allow it in. Love where you are now and all that you've learned from your past as this is the quickest way to open your doors to a better tomorrow. Let go and trust more. You no longer have to try so hard but instead go forward with positive and inspired action. Be done with the struggle but not with the striving because when you no longer struggle, all striving is done with positivity and passion. Play more and have fun more and savor every moment for the interest and delight that each moment offers. Expect that you will have what you want when you are ready. Let the juices of joy and creativity flow through you as you revel in the pleasure of this ongoing process of creating your life. Let your heart sing.

Chapter 13 Secrets to Success

◆ You never will be done with this process. And actually, it is finding joy in the process that makes life truly fulfilling. The painter has a goal of creating a painting, but it is the creation that is the most fun and exciting. View your life as if you are creating the masterpiece of your life and feel the satisfaction of mastering the joy of the creation process.

◆ You will never be done desiring. You should be glad this is true because when you stop desiring, you stop living. It is the hope and anticipation that is far more powerful than having the goal behind you because the dream fuels positive movement forward.

◆ Have faith and trust that the process is working out for you. Those who have a strong sense of faith and trust can also wait for their goals to unfold without anxiety because they not only understand the process, they are enjoying the process. Begin to believe that things will happen for you and they will.

◆ Even things that appear to go wrong often are going incredibly right if you are in the flow of mastery. Truly, everything is working out for all of us for the best in the end, and if you live knowing this, challenges can almost become fun.

◆ Don't allow yourself to feel anxiety or lack by focusing on what you do not yet have. Instead, focus on the thrill of finding new solutions and opportunities and synchronicities that appear on your road to your desired destination. It all comes down to how you feel now, so feeling your best now is the ultimate goal.

◆ It is good practice manifesting small things that you desire because the larger things have more emotion and often more resistance around them. But the more you experience these small delightful synchronicities, the more you will have trust and faith in the larger ones. It is so much fun.

◆ It is helpful to always stop and contemplate how your energy may have played a role in what is happening. This is how we learn and grow. It is not about living a perfect, joyful life every moment of every day because the contrast helps us to expand our awareness and expand our desires, which again fuels our life.

◆ When you have reached a point where you are enjoying the problem as much as you are enjoying discovering the solution, then you are truly mastering your masterpiece of life.

◆ Be done with the struggle but not with the striving because when you no longer struggle, all striving is done with positivity and passion. Your true purpose in life is to cultivate positivity and passion.

◆ Expect that you will have what you want when you are ready. Let the juices of joy and creativity flow through you as you revel in the pleasure of this ongoing process of creating your life. Let your heart sing.

SUMMARY

Your true purpose in life is to cultivate an energy of positivity and passion. This is not just a selfish pursuit. It is a requirement that you become an ambassador to living a stress-free, successful life. How good can you be to others or the world if you are stressing and struggling and complaining and worrying? It is not just your birthright to thrive but you must thrive to be a good example for others. You must thrive so that others can be inspired and learn from you as their example. As you live with more positive energy, you will gain more influence because others will look up to you and want to listen and learn from you and have what you have, which is elevated energy. They will watch what you do and want to follow in your footsteps, and this is how we continue to create a better world. God and the entire universe have given you the ability to desire and have given you the power to create what you desire. Take the risk and believe in yourself today.

You have the power to create a better life, and I am dedicating my life to helping you elevate your energy so that you elevate every area of your life, which will help to elevate the world. Less stress = more joy = a successful life or what I say are the surprising secrets to a life of Stressless Success.

Your life is an open door to endless possibilities, so never stop dreaming and never forget to follow your dreams.

Love and blessings to you now and always.

Janet McKee