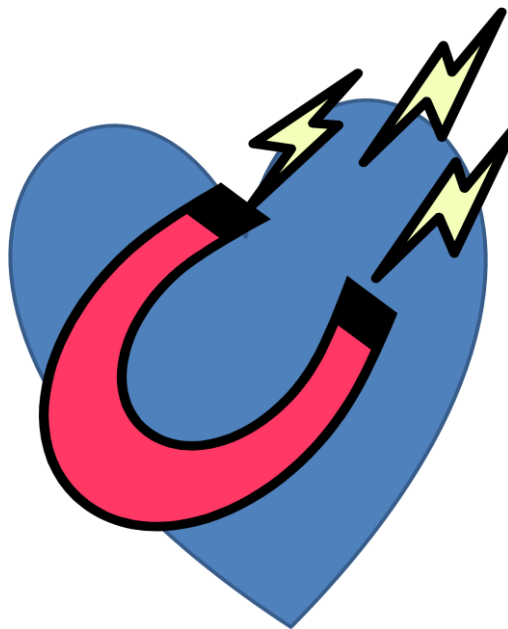


Becoming a Goal Achiever

Session 15 (16)

Empower your magnet



**Everybody is like a magnet.
You attract to yourself reflections of that which you are.
If you're friendly, then everybody else seems to be friendly too.**

Dr. David Hawkins, Physician and Lecturer

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Empower your magnet

To empower your magnet, you simply need to get into the state harmonizing with the goal you want to attain. If you have chosen a great goal, it means that you need to grow; you need to become an improved more aware version of yourself in the process, with an excellent attitude.

You get there by raising your vibration, i.e. by getting into and staying in an even better mood than now, more often. There are some generic and powerful ways of doing that. First let us see how attitude can be interpreted in order to understand it and see if and how it can be improved. Then we will look into 2 specific states.

Attitude

We have all heard that you need to have a good attitude. It is however a pretty intangible thing to impact unless you break it up into its components.

Attitude is a composite, like a cake. It is composed of your thoughts your actions and your feelings. They all belong to the recipe.



Exercise 1

How important would you rate that attitude is for success?

- Essential
- Very important
- Pretty important+
- Not that important
- Not at all important

We have talked about a sense of urgency, getting a lot of things done in a calm manner. Top achievers have a sense of urgency. How does your attitude support a sense of urgency?

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Are you a risk-taker? Some people prefer playing the not-to-loose-game rather than the play-to-win-game.

Winning occasionally means you have to take risks. Are you a risk-taker? I don't mean taking stupid risks every now and then. I mean, do you easily take decisions that involve calculated risks?

- Yes
- No

The moment you commit and quit holding back, all sorts of unforeseen incidents, meetings and material assistance, will rise up to help you. The simple act of commitment is a powerful magnet for help.

Napoleon Hill
1883-1970, Author

Describe a past event that didn't go exactly as you would have wanted. Describe it as detailed as possible:

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Exercise 2

Contemplate this picture describing attitude, the composite of your thoughts your actions and your feelings.

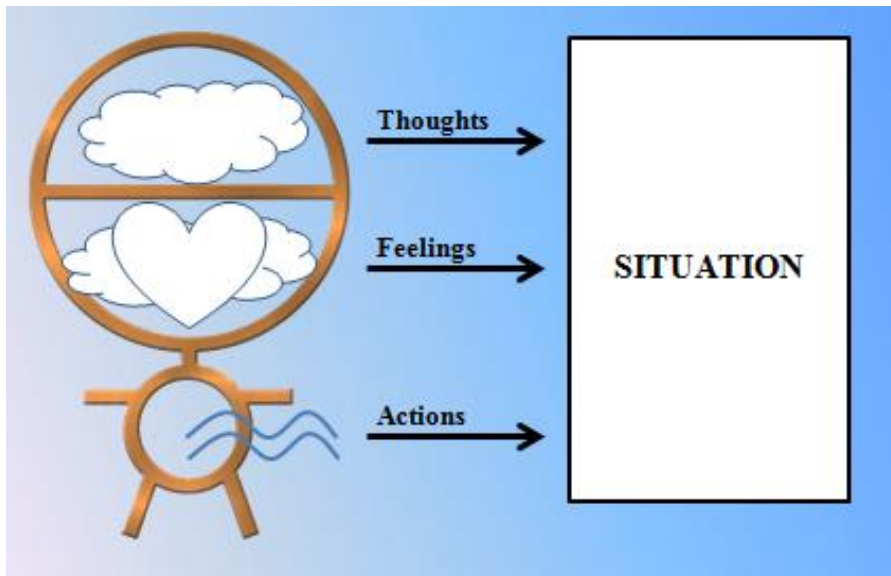


Fig . 1: Attitude

Now take the same event as before and describe it from these below angles:

- ❖ Describe your **thoughts** in this situation. How long have you had these thoughts?

- ❖ What are your **feelings** connected to this situation?

- ❖ Your **actions** in this situation?

Was the situation controlling your thoughts, feelings and actions?

- Yes
- No

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What would you do if you had a friend in a situation that controls them? What would you tell them to do?

Imagine that the situation would be different. Imagine this situation as you wish it should be. Take a moment and imagine that the situation was different. Imprint that vision in your subconscious mind.

How can you **think** differently? What thoughts could you imprint in your subconscious mind that could help you achieve a better result? _____

**THOUGHTS ARE SENDING OUT THAT MAGNETIC SIGNAL
THAT IS DRAWING THE PARALLEL BACK TO YOU.**

JOE VITALE

When you think of what you really would like to achieve in this situation, what do you **feel** then?

What could you **do** to perceive this situation more positively?

How would you describe your new attitude in connection with this new situation?

How does your new attitude impact your vibration? What do you notice/perceive?

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Gratitude

By feeling and expressing gratitude you place yourself in a positive state (vibration) of achievement and abundance. The more frequent you can be in the state of achievement and abundance, the faster and easier you will attract it.

In Wallace Wattles' book on gratitude, there is a sentence in there that is really striking. He says that gratitude does bring you more good, but that is not the only reason to practice gratitude. Gratitude is a preventative, because without gratitude it won't be long until your thoughts will flip into what's wrong --what's missing --and then you can only attract more of what's wrong and what's missing.

Gratitude is one of the key components in the 1% daily planner you got as a success tool in module thirteen. Using the 1% planner is an excellent instrument of seeing to that you regularly return to the state of gratitude. You can also choose to make a Gratitude diary. At the end of each day, write a couple of gratitude sentences in a book before you go to sleep. Or make a Gratitude book that you fill every now and then. Return to this book as soon as you need to replenish energy.

Generosity

Generosity is closely linked to the spirit of opulence that we talked about in the previous module.

Generosity in thoughts, feelings and actions also sets it opposite in motion, receiving. If you hold on to everything you gain, without sharing, like Donald Duck, you would soon notice that the influx of good would cease.

If you never give out any money, if you are hoarding them for the sake of hoarding, you will soon notice that the influx of money will start to cease, because you then operate from a standpoint of lack instead of abundance.

Start sharing; giving of what you can and you will notice changes as the energy of opulence starts flowing again!

Givers gain is the main principle of BNI (Business Network International), the world's largest business referral network. They have truly understood that you need to give in order to get. And giving unconditionally is the key. By getting to know each other and giving referrals to each other in this network they increase the total number of referrals and the business created phenomenally. Referrals are given unconditionally, i.e. without commissions or expectations of getting same amount or size of referrals in return from the same person.

**When you
discover the
wonder of giving,
you will wonder
how you could
have lived
so long in
any other way.**

Norman Vincent Peale

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10 fast ways of raising your vibration

Here you have 10 ways of quickly changing mood in a positive direction.



1. **Change your thoughts.** Use your mental muscles to change the thoughts to more positive or constructive ones.
2. **Get out in the nature.** Take a walk. Get some daylight.
3. **Music** Put on music that lifts your spirits, sing. I notice that when I am in a low mood, I've stopped singing in the car or with the kids. Then I resolve to start again, and that act in itself makes me find the good mood again.
4. **Move your body.** It could be getting exercise, go out walking, or why not dancing? Perhaps Yoga or Chi Gong is something for you. When you move your body you invite energy in and you get a flow in your body so the energy does not stagnate.
5. **10 deep conscious breaths.** First of all, conscious breathing makes you focus on something beyond your problem. It often makes you able to snap out of anger.
6. **Help someone.** Hold up the door, assist carrying a bag, help someone with a task, whatever. The more healing, love energy we send out to help others the more healing, love energy the universe returns to us. It is really a beautiful and powerful cycle.

The simple act of giving attention to people has a lot to do with productivity.
Thomas J. Peters

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7. **Meditate with simple switchwords**¹ or do some **EFT Tapping** (Set up phrase could be “Even if I am feeling low, I love and accept myself completely and I choose to be happy NOW”)

James T. Mangan in the past century identified about a hundred certain single words that are extraordinarily effective when used as an intentional creative thought, to bring about a specific desired result. There is an extraordinary word which can be declared, affirmed, chanted, sung, or mentally intended in any situation to produce the most optimum result. That word is: TOGETHER. People talk about "getting it all together" or "they've got it all together" — but you can deliberately declare the switchword TOGETHER and actually set the intention clearly to have it all together, in your life in general, or in any specific situation!

Try combining the switchword TOGETHER with one or more of the following

- ELATE: To turn a setback into an uplift
- UP: To beat the blues
- CANCEL: To dispel a worry
- MOVE: To regain energy

You can use switchwords and tapping on EFT points at the same time to increase the effectiveness further.

8. **Laugh.** Humor is a sure way to raise your vibration. Try finding humor in anything and everything. If you can't find humor in your own situations, search for it elsewhere. Rent a funny movie, read a book of jokes, search your comedian on Youtube.



9. **Forgive.** To forgive is a releasing act. By forgiving, you open up blocked energy channels that effectively keep resentment active within yourself. By forgiving, you decide to let go of that resentment and forgive that person having done something you perceive to be very bad towards you or someone you hold dear. You decide to hold a corner of your mind open for the possibility that the person has not done it out of pure evilness. Perhaps there are motivating reasons, or explanations beyond your knowledge or present understanding. Either way, you decide to let go of the resentment that does not help the situation and is just breaking yourself down.

10. **Love.** Last but not least you can experience **Love**. Mahatma Gandhi said Love is the simplest force in the universe. Love is also the most powerful force. If you have kids or family around you, give a hug, or ask for one. Hold hands when walking. If you do not have one to experience love with in direct contact, call someone to tell them how much they mean to you, just like that. Or send an imagined ray of love their way. Envision the ray reaching its

¹ Switchwords, single word affirmations as derived by James T Mangan. See more in his book: The Secret of Perfect Living

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goal deep in the heart of your chosen destination, filling it up with your well indented love. This simple act actually fills you with the corresponding love as well, because you open the flow of love. So you don't exhaust your store of love. In reverse, you are filling up!

Here you have space to add your own ideas of quick ways of improving your mood:

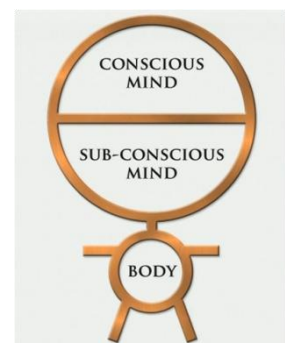
Homefun exercise

What do you take in from your surroundings that you would like to **quit** taking in?

In what cases can you just say: "That's interesting" and walk on or change subject? Instead of being stuck in someone's complaints or misery.

How can you control your thoughts?

What thoughts would it be beneficial for you to cast off?



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Describe your thoughts, feelings and actions in the below areas of your life, as you currently perceive them to be.

Personal relations:

- ❖ Thoughts: _____
- ❖ Feelings: _____
- ❖ Actions: _____

Your career:

- ❖ Thoughts: _____
- ❖ Feelings: _____
- ❖ Actions: _____

Your financial situation:

- ❖ Thoughts: _____
- ❖ Feelings: _____
- ❖ Actions: _____

Your health:

- ❖ Thoughts: _____
- ❖ Feelings: _____
- ❖ Actions: _____

Your social life:

- ❖ Thoughts: _____
- ❖ Feelings: _____
- ❖ Actions: _____

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Now I want you to think of how you would WANT your life to be. Imagine how these areas would be described if you where to create the situations you WANTED.

Personal relations:

- ❖ Thoughts: _____
- ❖ Feelings: _____
- ❖ Actions: _____

Your career:

- ❖ Thoughts: _____
- ❖ Feelings: _____
- ❖ Actions: _____

Your financial situation:

- ❖ Thoughts: _____
- ❖ Feelings: _____
- ❖ Actions: _____

Your health:

- ❖ Thoughts: _____
- ❖ Feelings: _____
- ❖ Actions: _____

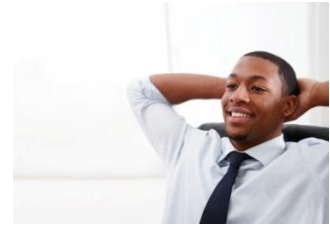
Your social life:

- ❖ Thoughts: _____
- ❖ Feelings: _____
- ❖ Actions: _____

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Take a few minutes to sit back, relax and review what you have just written, describing how you want these areas of your life to be.

Whether you believe it is possible or not is irrelevant at this point. The main point is: Do you WANT TO?



You may in order to imprint them more efficiently rewrite them in the efficient goal format; verify them with the GREAT principles, feel them as you re-write, and off you go, acting as if!

Homefun until next time

You maximize your investment in this course by doing the homework in between sessions. This time I encourage you to:

- 1) Read and finish the exercises in this workbook!
- 2) Observe your new habits
- 3) Watch the video or listen to the audio again. Preferably daily.
- 4) 3R:s exercise:
 - **Review the learning points**
 - **Re-think action steps**
 - **Rewrite** your goal, if needed for clarification



**Love is a state of *being*,
not a state of feeling.**

It goes well beyond the realm of the emotions.

**It's an attitude of benevolence and
kindness towards all creation,
including one's self, at all times and
under all circumstances.**

**Love is the most powerful
magnetic force in the universe.**

Carnelian Sage, Author of
The Greatest Manifestation Principle in the World