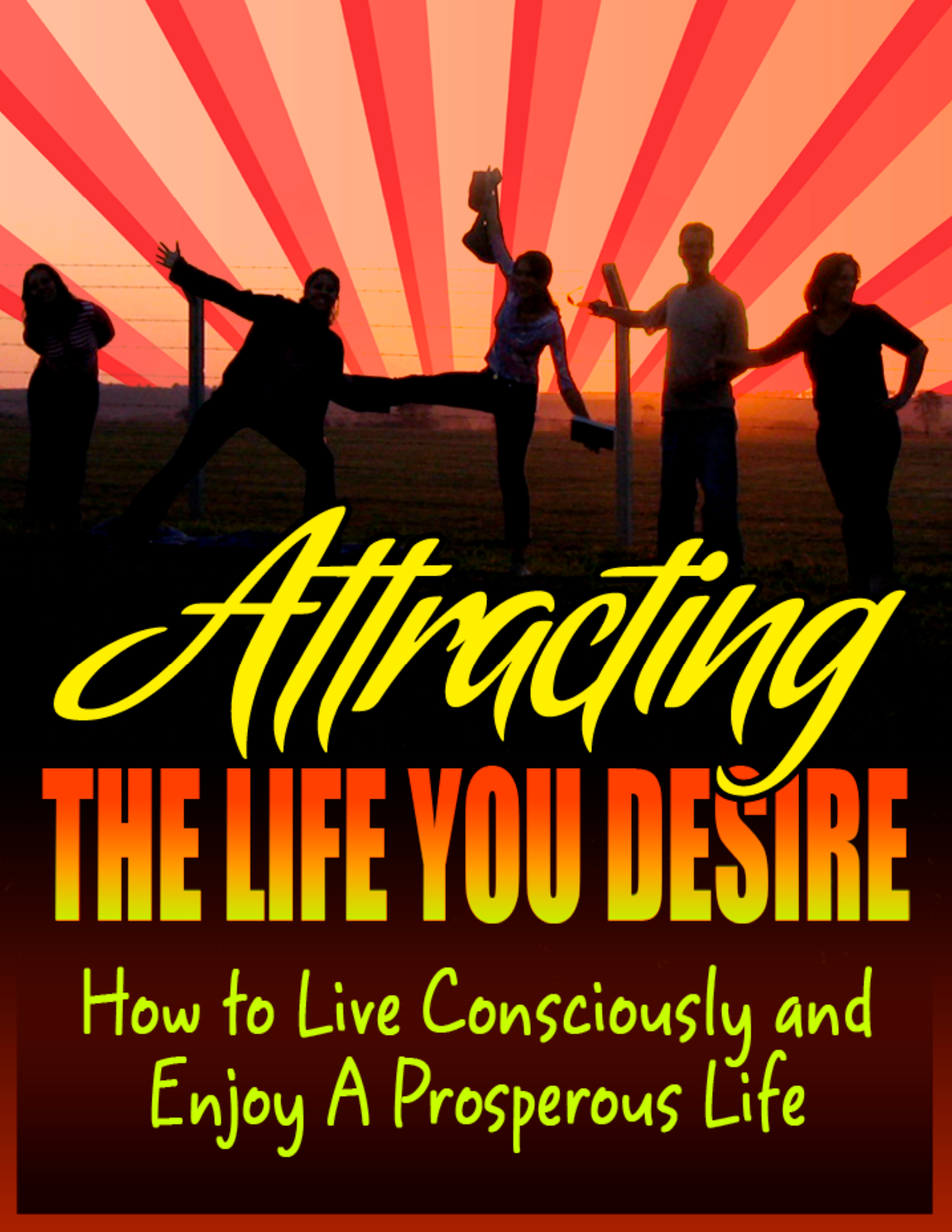

Attracting THE LIFE YOU DESIRE

How to Live Consciously and Enjoy A Prosperous Life

Attracting the Life You Desire:

How to Live Consciously and Enjoy A Prosperous Life

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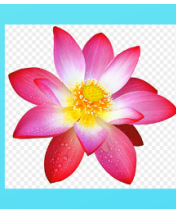

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Are you thirsting for a better, more fulfilling life full of abundance? Even with the recession in full swing and regardless of your current economic circumstances, the life you desire is still possible!

Surely you've heard the axiom, *"If you keep doing what you've been doing, you'll keep getting what you've got."* In order for things to change, you need to do something differently.

Doing things differently starts with a change in your thoughts. ***When you change your thinking, you automatically change your actions to be in alignment with your new thoughts and attitudes.***

But how do you think differently to attract what you desire? Do you just wish for it really hard and then assume that you'll do the right thing?

No! Not at all! In fact, wishing too hard can push it farther and farther away from you! We'll explain why in this book.

On the contrary, there are tangible things you can *do* every day to change your thoughts and your life!

> **"Men do not attract that which they want,**
> **but that which they are."**
>
> – James Allen in "*As A Man Thinketh*"

Building Your Bridge

When you demonstrate the life you want, you'll attract it back toward you.

Granted, you can't just leap from your life into your *dream life* in a single step, but you can build the bridge that enables you to cross over in the shortest possible time.

Start out with some conscious actions and do them consistently every day. These actions become habits and help you ingrain new thoughts and attitudes into your subconscious.

These new thoughts and attitudes are the ones that will attract your dream life. They make up the mindset that requires you to act in accordance with the life you want.

- Do you desire financial freedom?
- Could your relationships use some more passion?
- What about your physical self – are you satisfied with your body?
- Do you feel joy and happiness in your life? Do you want more?

You can make all these things happen! All it takes is a commitment to bring this abundance into your life and the follow-up actions to make it a reality.

This book will guide you through ***specific action steps*** you can take to attract the life you desire. Engage in these actions every day, and soon you'll realize the life of joy and happiness you've always wanted.

"We are what we think...
All that we are,
arises with our thoughts.
With our thoughts
we make our world."

– Buddha

Your Perception is Your Reality

Is your glass half full or half empty?

How you perceive the events in your life – both big and small – not only shows your underlying mindset about your life, but also plays the most important role in whether you ever reach your goals.

Let's use the glass to demonstrate this concept. Imagine the glass has tasty lemonade in it, and you really like lemonade. What are your thoughts when you see it?

If you're optimistic, of course you see it as half full. You may have thoughts like these:

- *"Oh, boy! I've got some delicious lemonade to quench my thirst!"*
- As you reach for the glass, you feel anticipation and gratitude for this good and tasty drink.
- Your thoughts are happily focused on what you *have* in this moment, not on what you *lack.*

The simple joy of some nice, cool lemonade and the good feelings that go along with it cause your brain to send out energy that vibrates in harmony with good things, and ***attracts more good things back to you.***

Now look at what happens when you're a pessimist and see the glass as half empty. Your thoughts may be closer to these:

- *"Oh, great* (sarcastically). *I'm so thirsty and all I've got is half a glass of lemonade."*
- As you reach for the glass, you feel dissatisfaction. You wish you had more.
- Your thoughts are on what you lack.

Not only do you miss out on any enjoyment from the lemonade, but your mind sends out energy that vibrates in harmony with dissatisfaction and lack. What do you think you'll attract back to you? More things to be unhappy about and more lack!

This also explains why wishing for something too hard can push it away from you forever. ***When you're wishing for something you don't have, you're focusing on your lack of it.*** Focusing on your *lack* of it only attracts *more lack* of it back to you!

This simple glass of lemonade shows how your perception is your reality. ***Two different people can have two totally different experiences from the same circumstance.*** One person's experience adds to the happiness of a joyful life and the other's adds more problems to their unsatisfying existence.

It also explains why some people can make lemonade (and enjoy it) when life hands them lemons, while some just can't.

When you apply this lesson to your own life, what do you find? Are you attracting good things or more lack? Could you use some ways to change your mindset?

**"Life is the movie you see through your own unique eyes.
It makes little difference what's happening out there.
It's how you take it that counts."**

– Dr. Dennis Waitley from "*The Winner's Edge*"

Live "In The Moment"

Dr. Joe Vitale, motivational speaker and author, has said many times, *"The fastest way to get where you want to be is to be happy with where you are."* This seems almost contradictory, but, in fact, it reveals a great truth.

The more *"good vibrations"* you send out, the more good things you attract back to you to be happy about. One of the best ways to be sending out good vibrations consistently is to live in the moment.

What does this mean? It means that you remain in the now – not yesterday or tomorrow. You treat each moment as the precious thing that it is and ***enjoy it to its fullest.*** You immerse yourself fully in the moment.

Living in the moment can also:

✶ Reduce stress

- ✳ Relieve worry about the future
- ✳ Eliminate anguish about the past
- ✳ Enable you to brush away distractions and focus on your task at hand
- ✳ Bring more passion to your relationships
- ✳ Allow to you leap toward achieving your goals faster than you ever thought possible
- ✳ Let you enjoy the peace, happiness, and contentment of a fulfilling life

Here are some action steps you can take to help you live in the moment:

1. **Watch the movie "The Peaceful Warrior."** This movie will bring you a great understanding about living in the moment.

   It's based on events in the life of champion gymnast Dan Millman. After a tragic accident paralyzes him, his doctors say he'll never walk again. With the help of his mentor who teaches him to live in the moment, Dan not only walks, but competes as a world champion gymnast once again!

   It's a true story and reveals exceptionally well how living in the moment can truly change your life for the better. As his mentor teaches him the philosophy and techniques, so, too, will you learn.

2. **Take time to stop and smell the roses.** This applies not only to enjoying the simple, good things in life, but it also applies to *literally* taking the time to notice what's around you so you can take pleasure from what your senses bring you.

- ✳ Notice the physical world around you.
- ✳ Cherish its beauty.
- ✳ Revel in the majesty of the sunset, the wonderful aroma of the roses, the delicious taste of good food, the pleasing harmony of music, and the soft touch of a loved one's caress.

3. **Avoid total focus on your goals.** *Never get so caught up in pursuing your goals that you cease to enjoy the present*. ***Your life is your journey.*** Enjoy what you've got when you've got it. Otherwise, you might wake up some day and realize that you missed living altogether.

4. **Make the most of each moment.** Realize that every moment of your life is a gift. Get all the good out of it that you can.

   - ✳ If you make a mistake, ***learn something from that moment*** and move on.
   - ✳ ***Take a cue from your dog.*** Have you ever noticed that whatever you do with your dog is his favorite thing? If you take him for a walk, it's as if he thinks, *"Oh boy! My favorite thing!"* If you play fetch, it's, *"Oh boy! My favorite thing!"* When you feed him, it's, *"Oh boy! My favorite thing!"* We could all enjoy feeling more exuberance!
   - ✳ ***Look for the silver lining.*** Practice finding the good, even when things don't go as expected. Many times, you can even get something better than you had planned, if you just open your mind to the possibilities that there is something good to be discovered.
   - ✳ ***Eliminate time spent waiting.*** Avoid just sitting around and waiting for things to happen to you. Take advantage of your time by making it productive. Use it to listen to motivational audio

books, share delightful insights with the people next to you, plan your day, or read something that educates, inspires, or relaxes you.

There's a Zimbabwe proverb that says, *"If you can walk, you can dance. If you can talk, you can sing."* Like the proverb, ***living in the moment lets you live with excitement instead of mediocrity.*** Living in the *now* gives you a reason to dance instead of walk, and sing instead of talk.

Living in the moment takes some practice, but the more you do it, the easier it gets. Practice this every day, and soon it will become a habit that changes your mindset and helps you live a life full of passion, joy, and happiness.

"Work like you don't need money,
Love like you've never been hurt,
And dance like no one's watching."

– Irish Proverb

Choose Conscious Living

Conscious living, just like living in the moment, involves being aware of what's around you and choosing to make the most of what you've got, but it takes things a step further. Conscious living brings in the added factor of making certain choices that can bring you the life you desire.

Conscious living is ***living on purpose.*** You choose how you want to live your life and then live that way.

Follow these strategies to live consciously and help bring your goals to fruition:

1. **Set priorities in your life.** Decide what's most important to you and live according to these priorities.

   ✳ For example, you're watching TV and your spouse comes in and wants to talk about something that's important to her. What do you do?

   Option 1. Do you turn off the TV and listen attentively to her? Do you make eye contact and focus on her?

   Option 2. Or do you let her try to compete with the TV, having her speak over the TV noise while you multi-task – listening to her and watching TV at the same time?

   With conscious living, surely your wife is a priority over the TV, right? Can you imagine how special you'll make her feel when you choose to actively and completely listen to her? ***When you live like your relationship is a priority, your relationship benefits greatly.***

   ✳ ***Having clear priorities makes it easier for you to make decisions*** about your time, money, and other important matters.

2. **Choose to have an optimistic attitude.** As we've already seen, this conscious living choice can have an enormous impact on your life.

   ✳ Each morning when you wake up, tell yourself that ***this day may be your best day ever!*** Helen Keller once said, *"Life is either a*

daring adventure or nothing." We don't know ahead of time all the things the day will bring, so look forward to it with anticipation as an exciting adventure and live your day accordingly.

3. **Simplify your lifestyle.** Put the things into your life that you want there, according to your priorities, and eliminate the things that merely serve to clutter it up and cause confusion and stress. Life is complicated enough! Why complicate it further with things you don't even want?

   ✳ Events and activities that eat up your time and take away from your family time are a good example of things you can eliminate from your life. ***Your hectic lifestyle can be a major cause of distractions and stress!***

   Will it really matter if you decline a couple of parties or miss a PTA meeting here and there?

   Once you get used to putting only those things in your schedule that you feel are a priority, you'll wonder why you didn't learn to say *no* sooner!

   ✳ Is your house or office space cluttered? Once again, ***eliminate what you don't want or need.*** Take a weekend to go through everything in your house, organize what you want to keep, and give away what you no longer have a use for.

   ✳ ***Eat dinner at home with the family.*** Use this time to catch up with each other, share your day, and show support and love. Make this time a priority and you'll soon see some of your family stressors melt away as you build strong relationships that will last a lifetime.

4. **Live according to your principles.** Remember, when you live consciously, you're *choosing* your life. Let your principles guide you in

making your priorities and decisions. Above all, get clear on your values, standards, and principles so you can ***be true to yourself.***

Living consciously gives you a chance to start demonstrating the life you desire. You may not have as much money as you'd like, or you might want to lose some weight, or you may be seeking your soul mate, but following these strategies puts everything in motion.

With conscious living, your thought processes are emitting energy harmonious with attracting what you want and your actions are in accordance with them. Rather than spending your time focusing on your lack, you spend your time and energies choosing your life and living it to the fullest, thus attracting more good things in return.

"Your vision will become clear
only when you look into your heart...
Who looks outside, dreams.
Who looks inside, awakens."

– Carl Jung

How Gratitude Can Attract What You Want

Gratitude plays a big part in attracting your dream life. ***Feeling thankful for your blessings attracts more things for you to be thankful for!*** Even if what you've got isn't much, it can be increased a hundred fold by being thankful for it.

In addition, when you show your gratitude to others for something they've done for you, they're more inclined to do even more. Gratitude strengthens the bonds of friendship and increases the loyalty of business associates.

Here's some food for thought: If you can't feel gratitude for what you've got now, will you ever feel it, or will you just want more?

Follow these tips to show your gratitude on a daily basis and reap the benefits:

1. **Tell others when they make you happy.** The need to feel appreciated is one of our basic human needs. Fulfill that need and share the love! A simple *"Thank you"* can make their day.

   - ✳ Your parents and children love to know when they've made you happy. Make it a habit to thank them often.
   - ✳ Letting your spouse know how much you appreciate them and all they do will strengthen your relationship. It can also start a cycle of you both doing nice things for each other because you know how much the other one appreciates it!
   - ✳ Your friends also like to know that they bring value to your life. Every so often, do something special to show your gratitude.
   - ✳ Co-workers, business associates, and clients also like to know they're appreciated. When they do something for you, be sure to say *"Thank you"* and let them know how much it means to you. Offer to reciprocate by helping them when they need it, too.
   - ✳ Remember to thank the clerk at the bank, the customer service rep who went out of their way to solve your problem, or the store employee who helped you find what you were looking for.

- ✴ ***The more you make it a point to thank those who make your life better, the more you find to be thankful for.*** After all, you don't want to be taking things for granted!

2. **Keep a gratitude journal.** At the end of each day, reflect on all that is good and write it down in your journal. Reading about all the things you're thankful for can also lift your spirits and motivate you.

3. **When you awake, give thanks for the day ahead** and all its wonderful possibilities. Before you fall asleep at night, give thanks for the day you just had.

Feeling gratitude every day keeps the good things coming. ***Nothing's too small to be thankful for.*** If you find a penny on the ground, be grateful for the gift. Even if you desire greater wealth, be thankful for the paycheck you just got.

Gratitude helps you feel fulfilled with your life and it sends out energy with those good vibrations!

> **"If you want to turn your life around, try thankfulness.**
> **It will change your life mightily."**
>
> – Gerald Good

Over-Deliver on Your Promises

Another technique that helps you attract the life you desire is to give more than is expected. When you *give* more to others (as opposed to

taking more), you're sending out energy that attracts good things back to you.

Consistently over-delivering on your promises suggests a mindset of excellence and abundance. Aren't these some of the important qualities included in your dream life?

When you generously give more than you promise, you make others happy. You also feel good about yourself, which strengthens your self-esteem and self-confidence. These are the very traits that you see in anyone who is successful.

So by increasing these qualities and traits within yourself, you're setting yourself up for success in achieving your life's desires.

Use These Mind-Altering Tools to Change Your Life

To transform your mindset into one which attracts what you want, it's necessary to incorporate your desired thoughts into your subconscious. Your mind is like an iceberg, that is, the *conscious* part of your brain is the top 10% and the hidden 90% is your *subconscious*.

It's also your subconscious that controls 90% of your actions and virtually all of your ideas and attitudes which affect everything else in your life. ***In essence, it controls you.***

There are some simple strategies that allow you to access your subconscious. The goal is to input the ideas and attitudes you desire into your mind on a continual basis so that gradually your mindset changes to what you want. These strategies allow you to mold yourself to your heart's desire through your subconscious!

Follow these tips to make lasting changes to your subconscious so you can attract your desires:

1. **Positive self-talk.** Your mind engages itself in a conversation – or rather monologue – the entire time you're awake. ***Since you spend all day talking to yourself, why not tell yourself things you want to hear?*** Keep it positive and good benefits will follow!

   - ***Congratulate yourself on every success, no matter how small.*** Each success is a victory and leads you toward your goals. Take every opportunity to celebrate and build your confidence!

   - When you make a mistake, ask yourself how this helps you. What can you learn or gain from this error? Even mistakes can bring the very life lessons that can catapult you toward your success.

   - ***Avoid beating yourself up about anything!*** This negative self-talk ruins your confidence and breeds discontent and failure. If you hear something negative, stop it in its tracks and turn it into something positive.

   - Use your self-talk to encourage yourself to act in ways that are in accordance – and not contrary to – your goals.

2. **Affirmations.** Affirmations are a form of positive self-talk that affirms the traits in you that you desire. You can replace your negative mindset with positive thoughts and images that guide you toward your goals.

   - ***Remember the 3 Ps: Affirmations should be personal, present tense, and positive.*** Personal means to use the words "I", "me", and "my". Write them in the present tense as if this is a trait you already possess. And, of course, you want them to be positive statements.

- ***Use them every single day.*** Say your affirmations every morning, every night, and whenever you feel the urge to boost your attitude.
- **Here are some affirmations you can start with:**
  - I take advantage of opportunities that present themselves with swift action.
  - I enjoy meeting new people.
  - I am open to new ideas that can help me reach my goals.
  - I take time to plan my actions and then follow my plan.
  - I make healthy choices about the foods I eat.
  - I enjoy exercising because it makes me look good and feel better.

3. **Prayer and meditation.** Take the time to pray and meditate and visualize actually living the life of your dreams. ***Experience it with all your senses and it will draw it to you.*** This kind of spiritual self-reflection will help transform your mindset to be in accordance with your visualization.

"Man is made or unmade by himself; in the armory of thought, he forges the weapons by which he destroys himself.

He also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace."

– James Allen in "*As A Man Thinketh*"

Take Action to Make Your Dreams Come True

If you want anything to happen in your life, you need to take action. When you set a goal, you can't accomplish it without some kind of action. If there's something you are unhappy with, don't put up with it *"just because"* that's the way it is – actually do something about it!

You'll find that when you strive to become action-oriented, more things go your way quicker than ever before.

One reason for this is that taking action keeps you from sitting around just *wishing* for more, while you focus on whatever you're *missing* in your life. After all, if you believe it's missing, then that's just the way it will stay – missing!

Focus, instead, on making a plan and implementing it. As you work to achieve your goals, your focus should be on what you *can* do!

Create an Action Plan You Know You Can Accomplish

Setting yourself up for success with your action plan is important. Otherwise, you might feel as if you're just spinning your wheels. For example, if you set goals that are unreachable, you're quite likely to give up before you ever really get started!

How can you set yourself up for success with your action plan?

Use these tips to set S.M.A.R.T. goals that will bring you the success you desire:

1. **Specific.** State *exactly* what it is you want to accomplish. Rather than saying you want to make more money, state how much more, for example, $12,000 per year.

2. **Measurable.** You must be able to measure your goal so you know when you've accomplished it and can move on to your next goal. The goal in the above example is measurable because it's a *real* number to work towards.

3. **Attainable.** Divide your goal into attainable mini-goals that you can accomplish in a short period of time. If you desire $12,000 more per year, you can divide it into $1,000 per month, or $250 per week.

4. **Reachable.** Is your goal reachable for *you?* Do you have some way you can reach that $250 per week goal?

    ✳ ***If not, then rethink your goal.*** Perhaps you *first* need to take action on implementing another income stream or you need to go to school to get additional skills or credentials in your current job before you can progress to the $250 per week goal.

5. **Timely.** Set a timeline and a specific date in which all steps will be completed. This will, of course, depend on your goal. If you need to take a 6-month course to further your education or skills, then that first goal will end in 6 months.

Once you're sure you've created a plan you *know* you can accomplish, you've already set yourself up for success. All that's required now is that you follow your plan!

Implementing Your Action Plan

In order to follow through with your plan, there are a few more strategies you can implement to make it a success:

1. **Make the first steps easy and quick.** Put easy tasks at the beginning so you'll be able to jump right in and get started quickly. This will give you confidence and motivate you to keep going.

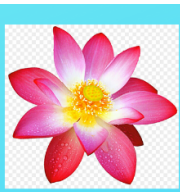
2. **Reward yourself for each accomplishment.** No matter how small your micro-goals are, pat yourself on the back each time you achieve one of them.

   - ✴ Take pride in your achievements and enjoy your success. Remember, this sends out energies that will bring back more things to be proud about!

   - ✴ Treat yourself to a little reward for the small goals and a bigger one for completing major milestones. This gives you some immediate gratification and something to look forward to with each step.

3. **Change your plan if necessary.** If you find your plan isn't working for you, it's much better to alter your mini-goals to something that you *can* accomplish than to keep failing at achieving them. Remember, you want to set yourself up for success!

Taking action is a given. Taking the *right* actions can bring your dream life to you a lot faster. This is why it's so important to develop a mindset and attitude that encourages you to take *direct* actions toward success.

A successful mindset combined with an organized plan will complete your bridge to success. All you'll have to do is set forth on your journey. Once you do, you'll find that the more you give, the more you'll receive. Soon enough, you'll truly delight in the life you always desired!

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