



It's Your Life, Make the Most of it, Here's How

By Julianna Krishna

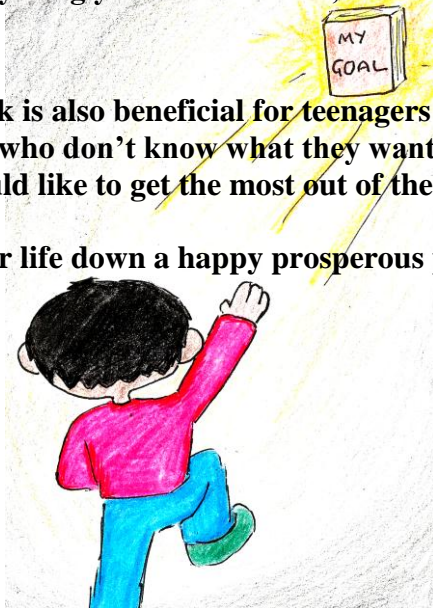
It's never too late to make life the way you want it and now is the best time to start

Deal with emotions in a positive healthy way and decrease stress and worry. Learn to be happy regularly and find enjoyment in life constantly

Life doesn't have to be a struggle, you can 'make it be anything you want it to be', here's how

This book is also beneficial for teenagers and young people who don't know what they want and who would like to get the most out of their life.

Start your life down a happy prosperous path today!



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Introduction

Treat this book as your personal journal. There are questions and exercises throughout that will help you stay focused on your wants and help you maintain a healthy positive self esteem.

Write things down, in the blank sections provided, as they come to you... Some things you won't need to do right away.

Use this as your personal reference book, something you can refer to in years to come and feel free to add or change things any time you desire.

Life

What is it?

What are we here for?

Does it really matter?

You are just here. It's what you make of it that's important. Anybody can become anything they want; a world leader, a great parent, a famous rugby player, or even an astronaut. If you want it bad enough you will get it. The only thing that stops you from getting anything you want is self-doubt and fear. So this is a guide to help eliminate these factors and also help you obtain your greatest desires, from love and romance to great jobs and income.



Outcome Model

Below is a model of how we can achieve things. You can use this to get anything you want, need, desire or just want to change.

It can also be used to develop personality traits you want or to deal with problems that may arise. And at any time feel free to use this to make your life happier, more joyful and a pleasure to live.

Know yourself / Self Awareness/Notice/Self Knowledge
↓Relaxed Focus / Now Focus↓

Goal Desire Need Want	The Keys to opening possibilities Ask Good Questions	Rid disempowering beliefs Get empowering beliefs	Results Outcomes Achievements
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The following sections will explain each aspect of this chart in detail.

Know yourself

Self Knowledge
Self Awareness
Notice

You need to know yourself and be aware of yourself, to be able to change the things that are stopping you from getting your wants, desires, goals and wishes.

To be able to see yourself clearly will also bring happiness and great self esteem.

The following exercises will help you increase self awareness so you can notice those traits or habits that need to be changed to obtain your desired outcomes.

Relaxed Focus

Why should I do this?

What is it for?

It helps relax the mind and eliminates stress and worry, freeing the mind of useless, unproductive, thoughts. It also increases self knowledge and self awareness so that you can notice negative thoughts that need changing to get your 'wants'.



What is it and how do I do it?

- ① Very simply, focus your attention on an object in the room while seated somewhere comfortable and quiet.
- ① Meanwhile relax every muscle in your body.
- ① This can be done by imagining sun light or warm water coming up your feet and feel them relax... then move up to your calves and feel them relax... and so on until you reach the top of your head.

Another way to obtain relaxation is to concentrate on deep breathing.

- ① Breathe in... stomach out.
- ① Breathe out... stomach in.
- ① Nice and slow.

As you are focusing on an object and trying to relax, your mind will inevitably drift-off. You may start thinking about work, TV, or food.

- 🌈 Worry not.
- 🌈 Just bring your attention back to the object and try to relax your body.
- 🌈 Again your attention will be distracted by thoughts.
- 🌈 Fret not.
- 🌈 Be nice to yourself and bring your attention back to the object and try to relax your body.
- 🌈 Again your attention may drift-off.
- 🌈 Appreciate yourself for **realising** you have drifted-off and bring your attention back to the object and try to relax your body.

Your attention will drift-off many times, but **calmly** bring it back

The object of this exercise is to make you aware of what your mind is doing. How this is done, is by noticing that you have drifted-off from your original task. The valuable part of this exercise is not to concentrate for a long period of time, but to notice that you have drifted-off. Remember, be nice to yourself, and don't worry if you have drifted-off, calmly bring your attention back and relax.

Relaxed Focus will be your best friend and greatest ally

It is very beneficial to practice Relaxed Focus for 10 to 15 minutes every day, as many times as you like, and then gradually increase the time for as long as you want. Listen to your body. Sometimes I do it for an hour 3 times a day and other times 20 minutes once a day.

To be effective it needs to be done regularly and consistently otherwise you are not going to be aware enough to overcome the doubts and fears that stop you from getting your hearts' desires.

This technique can also be used to relieve stress, worry, fear and anxiety, and bring quality relaxation into your life.

The following blank page provided is for you to write ideas and thoughts you might like to keep and remember later in life. Often during your relaxed focus, ideas, tasks, actions and inspiration will come into your mind. Sometimes following up on these ideas can lead to achieving a goal.



Now Focus

Many people have boasted about how great they are because they can multi-task, including me.

Boy was I wrong!

All I was doing was dividing my attention and hence doing a mediocre job of everything. Now I focus my attention on one thing at a time and do a great job of the thing I'm focusing on.

For example:

- ◆ When I'm talking to someone,
- ◆ I switch the TV off and listen to them without distractions.
- ◆ This is great for your child because they feel you're listening to them. It also helps form quality relationships.

- ◆ If I'm working,
- ◆ I eliminate as much noise as possible
- ◆ So my energy is not used-up by blocking out radio, TV, or loud people.
- ◆ Then I concentrate on what I'm doing.

Now Focus technique helps; decrease stress, increase concentration; develop more energy; obtain fantastic results and quality production/services. It's also great for studying and improves work performance and relationships. It not only helps increase awareness, but makes you better at everything you do.

How to practice Now Focus

- ▣ Concentrate on everything you are doing at that moment.
- ▣ Try to focus your attention on driving if you are driving,
- ▣ Or focus on typing if you are typing,
- ▣ When you drift-off, calmly bring your attention back.
- ▣ Continue doing this for as long as you consciously can.



Don't worry if you forget to do it, or if you drifted-off for 10 hours. Appreciate the fact that you realised you forgot, or 'pat yourself on the back' for becoming **aware** that you drifted-off.

- ◆ When you wash the dishes focus completely on this.
- ◆ If your child wants to talk to you during this time stop washing the dishes
- ◆ Focus on listening to your child.
- ◆ Then go back to focusing on your dishes.

- If your spouse talks to you while you are watching the television
- Turn the television off
- Concentrate on listening to her/him

- ◆ If you are driving
- ◆ Turn the radio off
- ◆ Concentrate on driving safely (this is a hard one, because many people let their mind drift off while driving - but rise to the challenge and do it anyway).
- ◆ If your cell phone rings, pull over and concentrate on listening to the caller. When the conversation ends practice focusing on driving again.
- ◆ By doing this you not only enhance your driving skills but you are also creating a safe, considerate driver

How Life Works

You are in Control

Take control of your own life - you were not born 'this way' you were made 'this way' by others.

When you reached adult-hood you had a choice, but by then it was too late, you forgot you had a choice and thought you should live life like others.

You still have that choice and you can choose to be just another mundane, unhappy soul or you can choose to live life the way you want - happily with lots of laughter, joy, love, money and freedom.

Sounds too good to be true - but it can be true.

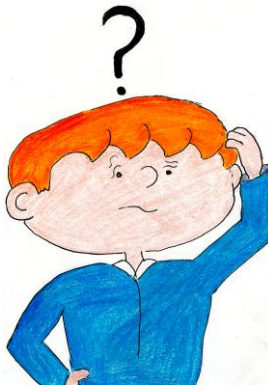
Life is just waiting for you to be courageous and make good changes... things you have really wanted to do... things that make you feel good about yourself. And then when you do, life will reward you – 'funny thing that', but it works every time.

When you do what you truly want to do then you magically get given all the help in the world.



But when you don't do what you want, as others may confuse you, and sew the seeds of doubt by telling you "it's impossible", "you're a dreamer", or "it's not realistic", then you end up with all kinds of obstacles and living becomes hard work.

Life will always give you a 'helping hand' when you follow your dreams and intuition. But if you don't, life will make things 'hard' and everything seems like a struggle.



Many people are unsure of what they want... The best way to discover this is, practice the relaxed focus regularly, and ask yourself:

“What do I want in my life”? ... or

“What do I need to do to create a happy, satisfying life”?

Don't consciously answer these questions, let the answers come to you in their own time.

All will be revealed...

Your mind will show you what you really want, and then it will offer you **ways** to get it. It's up to you to take the **opportunity** when it is shown.

It's a gift from you to you, but many people don't see it because they are not aware. Their minds are too busy thinking about work, past conversations, food, and all the things they have to do.

Or even worse - they talk themselves out of their wants.

They brush it off, ignore it, doubt it, and think of all the reasons why they shouldn't do it. - Welcome to the world of fear and self doubt.

But you are different, you know your wants are realistic and that it's possible for you to obtain them.

You will follow the ideas your mind offers and take action, and never give up.



Goals, Desires, Needs, Wants, Dreams

- all the initial focus of a chosen or specified outcome.



What do we need goals for?

- Goals focus the brain on what to get us.
- Goals prevent us from being victims of circumstance and allow us to take control of our own lives.
- Goals focus the brain on achieving and fulfilling.
- Goals make us become the controllers of our own lives, and they enable us to create the life we want.

We need to be clear and specific about what we want. If we are not then our brains are unsure what to get us.

We want to avoid giving the brain confused or mixed messages: *'I want this and then I want that or this and not that'*. Something happens or somebody says something to us and then we change our minds.

We need to stop confusing the brain and stay focused on what we want to achieve, even if it's simply making someone help around the house. We have to stay focused and see each failure as a challenge or a learning opportunity: then we can change our strategy and try something else. Whatever we do, we never give up after our first failed attempt, and never change our minds to a different goal. Doing this confuses the brain, undermines your power and creates chaos in your life. Know what you really want and be very certain this goal is for you.

- **Stay focused on your ‘wants’**
- **Learn from the things that haven’t worked and**
- **Change your strategies**

If the goal, desire, want or need is not important to you, then you will probably change your mind down the track.

You need to ask yourself:

- “Why do I want this?”
- “What will I achieve from getting this”?
- “How much is it worth to me”?

Make your mind really want to achieve the goal. You can get anything you desire, need, or wish if you want it bad enough. Therefore make your mind want it.













- ➡ How would you feel if you didn’t achieve it?
- and
- ➡ How would you feel if you did?

How do I make my goals (wants, dreams etc) come true?

After a week of practicing your relaxed focus sit down with a pen and paper and this book. In the blank sections provided write down anything that you thought you may want to do or would like to have.

Why do I need to write my goals down?



-  The brain will know you are serious about achieving a goal when you write it down
-  It helps you be specific about what you want
-  It helps the brain stay focused on getting the goal
-  And stops the brain from changing it's mind every 5 minutes
-  It helps you know truly what you want and don't want
-  It keeps you focused and motivated
-  It's a contract with yourself to achieve
-  When things are written down the mind doesn't have to remember all the time
-  It allows the mind to be free and use energy achieving your goals rather than wasting energy trying to remember what you specifically want and don't want.
-  It's a way to stop confusing the brain

Specify in the sections provided exactly what you want in each part of your life:

- ◆ What do you want in your job?
- ◆ What kind of person do you want to become?
- ◆ What kind of parent do you want to become?
- ◆ What do you want in your partner and your relationship?

...Anything you want... write it down in specific detail

In the following written activities, each major area of your life is discussed, and the importance of being specific and what you need to consider will be looked at.

(If you are not sure what you want then go to ‘Ask Good Questions’ section - next)

(You don’t have to fill out all the sections at once. Do the sections that are most important to you first).



Job Goals

What do you want in your job?

It's important to be specific and discover exactly what you want in this area as you spend 8 hours a day, 40 hours a week around the same people and doing the same thing. If you don't like your job, then this is a lot of time being unhappy. A major part of your life is working, so decide wisely exactly what you want to do and how you would like to spend this time.

Use the following questions to help you determine what you really want in your job, these are only guide lines and you may have your own ideas – please feel free to write these down or change the questions to suit yourself. After considering the following questions use the section at the end to write in detail exactly what you want.



✿ What is a job that I would be happy doing?

.....
.....

✿ What would make me feel consistently happy in my job?

.....
.....

- ☀ Do I want a job that is fulfilling and stimulating?
.....
- ☀ Do I want a job that is interesting?
.....
- ☀ What will I do to feel fulfilled in my job?
.....
- ☀ What wages will make me feel valued and appreciated?
.....
- ☀ What kind of bonuses do I want at the end of the year?
.....
- ☀ What annual increase in wages do I want each year?
.....
- ☀ What kind of people do I want to work around?
.....
- ☀ Do I want to work around happy people, or grumpy depressed people who hate their lives and their jobs?
.....
- ☀ Do I want to be respected in my job?
.....
- ☀ How do I want to be regularly treated by my boss?
.....

.....
* How do I want to be regularly treated by my work colleagues?
.....

.....
* Would I like to be in the same job for the rest of my life?
.....

.....
* Would I like to be Manager and if so when, in 5 years or 10 years time?
.....
.....



Financial Goals

In this section specify how much you want your assets to be worth in 10 years and 20 years time. Also if you want to start your own business please consider that happy staff help create successful businesses. If you treat your self and staff well then the customers will be treated well also. Customers who feel they have had good service will recommend your business to others. But customers who have had bad service, very quickly tell as many people as they can about their unpleasant experience. And these people will avoid going to you. Therefore it is really important to treat your staff well, in salary, constant praise and bonuses. And always talk to them nicely with respect. Your employees have the power to make or break your business, so choose wisely.

Here are some questions you might like to consider if you are in, or wish to start, your own business:

✿ How many staff do you want to employ?

.....
.....

✿ What annual income would you like your business to produce?

.....
.....



☀ When do you want your business to become successful?

.....
.....

☀ What does your business have to achieve before you think it's successful?

.....
.....

☀ How much would you like your business to be worth in 5 years?

.....
.....

☀ How much net income would you like to make in the first year?

.....
.....

☀ What would you like your income to be in the following years?

.....
.....

☀ Do you want your staff to respect you?

.....
.....

☀ Do you want them to like where they work?

.....
.....

☀ Do you want honest trustworthy employees?

.....
.....

☀ Do you want happy satisfied customers regular?

.....

☀ Would you like to eventually sell your business and if so when and how much for?

.....
.....

If you don't want your own business:

☀ How much money do you want?

.....
.....

☀ How will you achieve it?

.....
.....
.....

☀ When do you want it by?

.....

☀ What age would you like to retire?

.....

☀ How much money would you like to have when you retire?

.....

☀ What assets do you want to have?

.....
.....
.....

☀ Are they freehold or are you still paying them off?

.....

After answering some of the questions above, write your financial goals in specific detail.



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Parenting Goals

What kind of parent do you want to become?



So many people take this goal for-granted. But we need to make all aspects of our life fulfilling and happy, because one will affect the other. If my family life is stressful, then this will affect my work and my colleagues. But if I am happy at home

then I'm more likely to be happy at work and will speak nicely to others, this will make my work colleagues feel comfortable around me.

Children can put a lot of strain on parents and if we can teach them at a young age to respect adults needs and help them understand the daily or weekly pressures of parental life, then life will be easier for both them and you.

You may choose not to have children. That's ok. Be happy with your decision. There is no rule that say's everyone has to be a parent. Do not let others make you feel guilty for not having children. You have a right to decide your own life.

Questions you need to consider to help you create your parenting goals:

☀ Do I want my children to respect and love me?

.....

☀ Do they talk to me openly?

.....

☀ Do they help around the house?

.....

☀ Do I want to be a good role model? (Children learn from what you do, not from what you say).

.....

☀ Do I want to feel daily love and respect for my children?

.....

☀ Do I want to treat them like adults, and what age do I want to do this, or do I always treat them as an equal?

.....

☀ Do I want them to earn their pocket money by doing regular jobs around the house, or do I want to just give them money for nothing?

.....

☀ Do I want my children to have healthy self esteems and a secure sense of self? (It would help if you had this first or if they noticed you developing this in yourself).

.....



❁ Do I want my children to stick up for themselves or do I want them to be walked all over? (Again you need to develop assertiveness in yourself).

.....

❁ Do I want children to enjoy learning?

.....

❁ Do I want my children to have happy, successful lives?

.....



❁ Do I want to understand them and listen to what they are telling me about their world? (It is very different to yours – they can teach us things about their world if we just stopped trying to make them fit ours).

.....

❁ Do I want them to be happily married? (It would help them to see this in your own relationship).

.....

❁ Do I want them to have a good education?

.....
.....

❁ Do I want them to treat all people well regardless of race, sex or age?

.....
.....

❁ Do I want them to keep their room tidy and regularly do their homework?

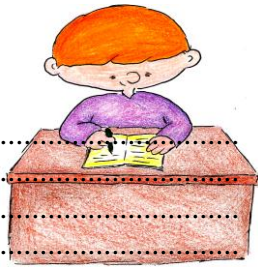
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❁ Do I want their life with me to be an enjoyable, happy, beautiful time?

.....
.....



After considering the above write what kind of parent you would like to be in specific detail.



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Personal Development Goals



What kind of person do you want to become?

Before writing your personal development goals you may like to consider the following:

Self Love

Some people believe that if you love yourself you may become vain or conceited. Vanity is not self love; vanity is an insecure response of someone who is obsessed with the way they appear. People who are vain are dependent on their appearance to get attention.

What is healthy self love?

- It's when you appreciate yourself.
- It's when you treat yourself kindly as you would other people.
- It's when you care for yourself gently as you would a child.
- It is not dependent on praise or recognition from others.
- It's when you respect and trust yourself, and feel good about yourself.
- You will know it when you have it.

Why is self love so important?

Because without it, you will find it difficult to; stay on diets, keep up with exercise, eat healthily, and refrain from drinking or smoking. If you don't love yourself then you stay in unhealthy relationships, you stay in jobs you hate, you put up with friends that put you down, you tolerate family members that are abusive.

Therefore — **Discover self love**

We have never been taught to love ourselves, but we are taught to love others.

If you develop a healthy self love; a genuine appreciation of yourself and efforts; a feeling of love that accepts you for all your bad points and idiosyncrasies; then you will be able to easily achieve any outcome you choose.



If you love yourself, you just won't want to put unhealthy foods in your body, you will respect it and care for it, just as you would care for a baby. You wouldn't feed a baby you love with junk food, coke, cigarettes, and alcohol, - would you? When you truly love yourself you no longer desire to do this to your body, you want to treat it well and look after it as you would a baby you love.

When you have developed self love:

- You will find giving up cigarettes is easy
- Eating healthy foods is desirable
- Exercise becomes an enjoyable habit.
- You will also find that people are a lot nicer to you.
- You start dating partners that treat you well.
- You create happier atmospheres and environments in your work place and home.
- People want to be around you because you're happy.
- You become a good role model for your children who will respect you not abuse you, because when you love yourself you will not tolerate inconsiderate or rude behaviour from your children (or anyone).

When you love yourself you are happier internally and hence other people are happier around you. You are providing your children with good role modeling to being happy, and when they love themselves then they will only date and associate with people who treat them well.



Do you want your children to be happy?

Then love yourself, and they will learn to do the same. Children learn from what you do, not what you say. So show them the way to true happiness - all you have to do is love yourself.

How do you develop a healthy self love?

You need to know yourself first to be able to change the things that are holding you back.



How do you develop self knowledge?

- Practice your relaxed focus regularly, preferably everyday. Always make time for yourself.
- Practice your now focus, regularly. Try to focus on what you are doing right now, so you can be aware when good messages come to you. Both relaxed focus and now focus techniques will help increase intuition and self knowledge.
- Appreciate yourself regularly. Focus on the things you are doing and appreciate yourself for it. Never berate yourself or be hard on yourself, this will kill motivation and make you give up. Be nice to yourself and build on what you are doing well.
- **Ask good questions**, for example to develop self love you could ask: “What do I need to do to develop a healthy self love that will last for the rest of my life”?

- Do not consciously answer these questions, just keep asking them and the answers will come in their own time, and in various ways. For example you may start to notice you feel like eating healthy foods, or you may notice you're saying nice things to yourself etc.
- Build on this by asking the same questions on a regular weekly basis, and praise yourself every time you notice you have treated yourself with love and respect. As you would praise a child for doing something good, you also reward yourself... you are your own child and you need regular positive reinforcement (constant praise, affection, cuddles etc).
- Repetition of questions when you are relaxed will help the message get into the subconscious mind. Your brain will seek to always answer the questions, it does this naturally on its own, without you consciously thinking. It will then try to make you see yourself when you love yourself in a healthy way and it will (without any conscious effort) make you do the things naturally that will produce healthy self love.

If you find the word 'love' makes you feel uncomfortable then start with self like.

Self Appreciation

What is it?

- Noticing when you have done something good for yourself or others
- Praise yourself regularly – all the time.
- Thank yourself for everything you do, even the small things (e.g. getting out of bed).
- Focusing on the good things we do and not the bad. Never berate, criticize or ‘tell ourselves off’ (this decreases motivation and kills happiness).

Constantly give yourself good attention, appreciation, and praise.



Why?

Because, no one can take this away from you. Praise from others can be given and withdrawn and can change from compliments to criticisms. But you have the power to give or withhold praise, and you have the power to thank yourself as many times as you like.

Do you want great self esteem, secure feelings, and love that will last a life time and that is controlled by you?

Then praise and give yourself thanks regularly

Your mind will strengthen ‘good feelings about yourself’ by seeking to answer these questions and repeatedly show you your good points. This will also help build self confidence and love.

When you are feeling down, come to these sections, look at your good points, and read through the list. If this doesn’t make you feel better, then ask yourself the questions you wrote down.



What kind of person would I like to be

After considering self love and appreciation use the following questions to help develop the person you want to become.



✿ Would I like to respect myself?

.....

✿ Would I like to feel good about myself on a regular basis?

.....

✿ Would I like to communicate well?

.....

✿ Would I like to be wise and intelligent?

.....

✿ Would I like to be patient and tolerant of others?

.....

✿ Would I like to be assertive?

.....

✿ Would I like to be generous?

.....

✿ Would I like to be kind?

.....

✿ Would I like to be caring?

.....

✿ Would I like to accept all people?

.....

✿ Would I like to treat all people well?

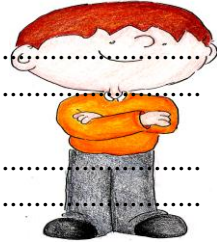
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❁ Would I like to be organized?

❁ Would I like to take good care of my health and body regularly?

❁ Would I like to be on time consistently?

❁ Would I like to be happy regularly?



❁ Would I like to laugh a lot daily?

❁ Would I like to appreciate myself and my life regularly?

❁ Do I want to have a good relationship with my parents?

❁ Do I want to have a good relationship with my brothers and sisters?

❁ Do I want my friends to support me in everything I do?

❁ Do I want my friends to treat me well?

✿ What kind of friends do I want?

.....
.....
.....

✿ Would I like to do the things I say I'm going to do on a regular basis? For example keep meetings with friends etc

.....
.....

✿ Would I like to discuss people in a healthy way? (In other words I don't want to gossip about others and I only want to talk about people in a positive way)

.....
.....
.....



Health and Fitness Goals

The body needs time to relax also, and you need time to be able to sit back, look at your life, and really appreciate it. We need to be able to balance out work, play, exercise and relaxation for a truly fulfilling life.



At the end of your time wouldn't you like to look back at your life and think "Yes, that was a life worth living".

Try to make exercise fun for you and always praise or reward yourself for the exercise you do.

Never berate or scold yourself for the exercise you don't do.

This will cause loss of motivation very quickly and lead to giving up. It will also make you lose self esteem and confidence. Therefore always praise and appreciate yourself for even the smallest bit of healthy living.

For example:

I praise myself for eating a salad even if it's only once a week;

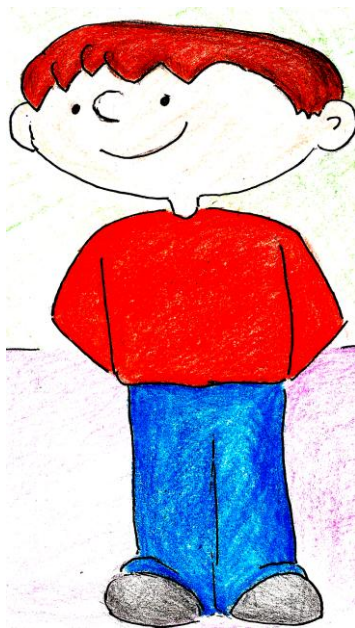
or

I praise myself for going for a 5 minute walk.



When you start praising yourself for even the smallest things, the mind is getting the message that it's good, and will make you **want** to do more so it can get more praise. And the more praise it gets the more you will want to do the healthy things you are doing.

Do not rely on outside compliments and other peoples' praise to obtain this motivation. It needs to come from you. Regularly praise yourself, even for getting out of bed every morning.



Before writing your health and fitness goals you may like to consider or answer the above questions.



✿ What weight do I want to be regularly?

.....
.....

✿ When would I like to achieve this?

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✿ How long do I want to be this weight for? E.g. 5 years, 10 years or for the rest of my life.

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✿ Would I like to exercise regularly?

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✿ What are fun forms of exercise that I enjoy? For example, kayaking, dancing, walking, Tai-Chi etc.

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✿ What forms of relaxation would I like regularly? For example, meditation, relaxed focus, reading a book, sitting in the sun, or a leisurely walk, etc.

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✿ Would I like to eat healthy foods regularly?

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✿ What healthy foods do I like to eat?

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Relationship Goals



There are a few things that need to be considered when deciding what kind of partner and relationship you want. This is a very important part of your life and not to be taken lightly. You

need to be very specific about what you want.

Why?

To focus your mind on exactly what you want. To make it clear for your mind to seek what you desire, if not, your mind will just throw you around like a pin ball from one person to another.

Follow your heart. You are not being fussy you are specifying a person you can have a happy long-term loving relationship with. People who settle for just anyone usually end up unhappy. The brain needs to know exactly what you want in order to provide this for you;

- ✦ How they look
- ✦ How you want them to treat you
- ✦ How you treat them

- How your family and friends respond to them
- If they have or want children
- What their personality is like
- Are they attracted to you and you to them etc

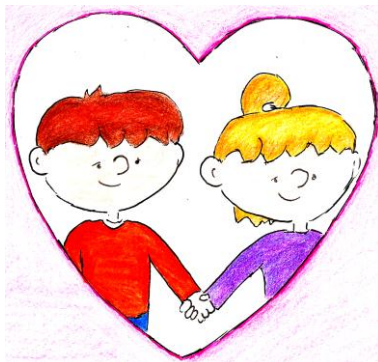


Let's start with "what exactly do you want in a partner"?
I'll give you an example:

- Integrity. Trustworthy. Honest. Reliable
- Self respect. Good self esteem. Positive
- Brown eyes and blonde hair (some people are naturally attracted to certain bodily attributes – it's ok to put these on your list)
- Communicates well. Sociable.
- Willing to work out things before they turn into problems
- Equal love - both attracted to each other equally and loves each other equally (not one loves the other more).
- Financially stable
- Eats healthy food on a regular basis, exercises, and drinks wisely

On your list also state how you want to be treated. For example:

- ✦ Someone who likes regular hugs
- ✦ Someone who also initiates activities to do and sometimes surprises me
- ✦ Someone who will buy me gifts spontaneously without prompting
- ✦ Someone who will accept my flaws, and through their unconditional love I will naturally just want to improve myself.



Remember this is your life, don't compromise it in order to be politically correct (or worry about what others might think), if you like it when a guy opens the car door for you then put that down on your list. And if you are a man who likes opening doors for people then put on your list 'someone who appreciates it when I'm considerate'.

You will know your ideal partner because you will want to be better because they exist. It's nothing they say or do, you just want to be better, and you will do things better naturally. A partner who makes you feel insecure, or bad about yourself, is not the right one for you.

You might like to answer or consider the following questions first before writing down your relationship goals. (Remember these questions are only guidelines and will not cover everything you want in your relationship – you will have other ideas you may like to add).



✿ What physical attributes would I like my partner to have? (blue eyes, blonde hair, fit looking body etc)

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✿ Would I like my partner to be interesting to me regularly?

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✿ Would I like to laugh regularly with my partner?

.....

✿ Would I like them to communicate well with me?

.....

✿ Would I like to feel love for them regularly?

.....

✿ How long would I like the relationship to last?

.....

✿ Would I like them to respect me and would I like to respect them?

.....

- ☀ Would I like them to be trustworthy and honest?
.....
- ☀ Would I like them to be working?
.....
- ☀ Would I like them to have children, or would I like us to have children together, and if so how many?
.....
.....
- ☀ Would I like them to help with housework?
.....
- ☀ Would I like them to exercise regularly?
.....
- ☀ Would I like them to do the same sports and hobbies that I do and if so what sports and hobbies would these be?
.....
.....
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.....
- ☀ Would I like them to support me in everything I do?
.....
- ☀ Would I like them to be clingy and needy and I feel trapped, or would I like them to be secure and I feel free in my relationship?
.....
- ☀ Would I like to feel secure in this relationship regularly?
.....

After specifying your desired partner ask yourself

“What person do I need to become to get this”?

Do not consciously try to answer the question.

The answers will come, maybe in an hour, in a day or in a week, but keep asking the questions and the best answers will come: not necessarily in the form of words, you may find yourself doing things out of character.

For example:

You may have urges to:

- go places
- ring old acquaintances
- join activity or sports clubs etc

Work on developing your personality to get your goals and wants.

Your relaxed focus and now focus techniques will help you achieve this.



For example:

- I look at my list and choose one thing
- Self Respect - if I want someone who has self respect then I need to respect myself.
- Therefore I ask questions that will help me develop self respect: “What do I do when I respect myself on a regular basis”?... “When do I respect myself consistently”?
- My mind will now start seeking events of when I respect myself. If it can’t find any examples in memory then it will create situations where I respect myself. It does this by making me behave in ways that will gain me self respect. I don’t have to do anything consciously, just accept, notice, and be aware.
- When I notice me doing things that make me feel self respect... I will start believing I respect myself... then I will do more things that will gain self respect... and the more I notice... the more I will respect myself. It has its’ own positive momentum.



When we were babies we were in the ‘now’, but then we learnt to block-out things we didn’t like or didn’t want to deal with at the time.

This separates ourselves, hides ourselves from the now, and we become lost in our minds... behind all the blocks we put up.



If we deal with these issues when we are adults, we remove the blocks and can see clearly in the now again.

Love is like being ‘in the now’, but doesn’t last because our blocks arise causing problems.

Therefore, to make a relationship truly beautiful and long lasting we need to remove our blocks so we can see clearly. The personal development section will help you do this.

Beliefs

What you believe controls what you can and cannot achieve.

If you believe

Good things only happen to other people

That is what you will get.

Your mind will only be focused on good things happening to other people and miss it when good things happen to you. It will filter out all the positive things that have happened to you and only make you see the bad things that happen to you and the good things that happen to other people.

Your beliefs when they are strong, dictate your actions, and ultimately lead to desired or undesired events.

Your beliefs also dictate what your mind focuses on.

- ✚ If a relationship didn't work out... your much loved partner left you for someone else... then look at what you believe.
- ✚ If your business failed... then look at what you believe.

If something hasn't worked out the way we wanted it to then it means it is a lesson. It's a lesson that teaches us to have better beliefs and change the old ones to something better which will get our desired results.

But some people don't look at it this way, they usually look at a failed goal as a 'told you so', 'knew it wouldn't work' etc. Their mind will be full of negative thoughts involving put downs and creating more disempowering beliefs of how useless they are.



Our beliefs are like the permission or the answers to our asks. They say 'yes' or 'no' to the things that we want. They allow our wants to come true, or not come true.

What we want are empowering beliefs that will allow us to get what we want, not disempowering beliefs that stop us from getting successful results.

We need good beliefs that will help us achieve our goals.

Our dreams; make us create, make the impossible become possible. If you truly want something deep down in your heart, then go for it. You have nothing to lose, and what would you have to gain if you succeeded?



Disempowering beliefs:

What are they and where do they come from?

- ✘ They are negative thoughts that create doubt and fear in our minds and ultimately lead to disappointing futures.
- ✘ They are developed and reinforced through parents, schools, religions, governments, teachers, friends, workplaces, television and newspapers.
- ✘ How much happy news do you hear or read about? How many positive people do you hang out with? Things you read and what you hear others say can become a negative or disempowering belief, which can stop you from getting the things you want.
- ✘ What percentage of your life is exposed to negativity (i.e people, news, television, workplace etc)? Where possible try to eliminate negative influences and surround yourself around positive sources.
- ✘ Some people argue that media: radio, tv, magazines, newspapers, etc, are harmless entertainment. But gradually this harmless entertainment is programming ourselves with negative beliefs that stop us fulfilling our true potential. It's dulling our minds, and turning us into victims of circumstance rather than allowing us to take control of our own destinies.

Negative thoughts can also become disempowering beliefs.

For example

- If your parents are always saying ‘you are lazy’
- Then your mind will start to believe this.

Any constant negative thoughts can turn into beliefs, these may be hearing yourself say “I’m stupid”, “I’m never on time”, “I can’t do that”.

Repeatedly saying these things to yourself will make your brain want to prove these things to you and you may start believing it.

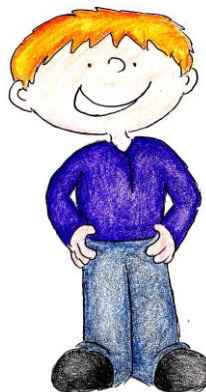
The following section is designed to help you break the power of negative thoughts and disempowering beliefs. It can also assist you in adopting new beliefs that will help you achieve your goals.



How do we get great beliefs that will empower us?

The first thing you want to do is:

1. Decide what you truly want - What kind of life will you be really happy and satisfied with? (Refer to the goals, and wants, that you wrote down)
2. Take one want and look at your beliefs
3. What are the beliefs that stop you from achieving this?
4. Eliminate the disempowering beliefs by asking “what’s not true about these beliefs” (write the answers down in the next section)
5. What are the beliefs that will help you achieve this? (Write these down in the following section)
6. Strengthen empowering beliefs by asking “what is true about this belief”



For example:

- A client used to believe ‘first the worst, second the best’.
- He didn’t realise it was a belief, but he use to say it all the time when he lost a game as a child.
- It became ingrained in his brain and resulted in coming second a lot in many things, but never winning.
- It also resulted in only dating people who were his

second choice, never his first.

- So, he asked himself “what’s not true about this belief”.
- His mind answered with many examples and reasons why first is just as good as second, and it told him that first can even be better than second.
- Then he developed a new belief “first the best”.
- He asked a question “what is true about this belief”.
- His mind gave him lots of examples to confirm the belief.
- And now he wins things, and is dating a person who was his first choice.

Now you know you have a choice - choose to install good things in your mind, with positive thoughts and images, and happy surroundings and people.

Remember there is no such thing as failure or mistakes. These are lessons or experiences to help us get it better next time. We can choose to take a failure and turn it into something negative and limiting **or** we can choose to take a failure and see it as a lesson that is teaching us what needs to be done to be successful.

Ask good questions and learn from our mistakes

(for they are just lessons - no need to beat yourself up, it’s pointless)

In the following section:

- Write as many disempowering beliefs or negative thoughts as you can think of.
- Then take each belief and ask yourself “what is false about this belief”?
- Write down the answers until you feel this belief isn’t true anymore.
- More disempowering beliefs may pop into your head in the following months, write these down & eliminate them when they do.

Disempowering Beliefs or negative thoughts you need to get rid of.

Belief:

What's not true about this belief:

Belief:

What's not true about this belief:

Belief:

What's not true about this belief:

Do this for every negative belief or thought that comes to mind. Use this section all through your life to get rid of any negative beliefs you feel you have adopted. Unfortunately we have to be aware and it's a continual process, just because we have got rid of some beliefs it doesn't necessarily mean they won't come back. If we are not aware of what our minds are exposed to then it's easy for us to adopt the same beliefs. (There are more blank pages at the back of this book)



Belief:
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What's not true about this belief:
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Belief:.....
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What's not true about this belief:
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Empowering Beliefs or beliefs that get you what you want.

Belief:.....

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What's true about the belief:.....

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Belief:.....

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What's true about the belief:.....

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Belief:.....

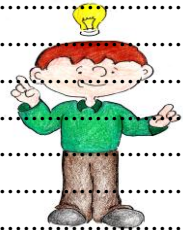
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Faith & Trust in Yourself

You need to have a lot of faith and trust in yourself, and in your goals. If not, this is where self doubt and fear come in.

We don't trust ourselves because no one has taught us to.

We are surrounded by governments, organisations, religions, colleagues and even family members who don't trust. So why should we?

We need to take our welfare into our own hands, and teach ourselves to have faith and trust not only in others but more importantly in ourselves.

How do we teach ourselves trust and faith?

- Ask yourself a good question
For example:
- “What do I need to do to have faith and trust in myself and my goals on a consistent basis”?
- Then look for situations where you trust and have faith in yourself.

This will not interfere with intuition, when you feel someone is not trustworthy then trust your instincts. Your relaxed focus exercises will help you increase your intuition and protect you from deceitful others. You just have to trust yourself, when you do your intuition will get stronger.



What to do to have trust and faith in yourself to achieve your goals:

1. Decide exactly what you want... “I want to trust and have faith in myself constantly”.
2. Develop a good question that will produce the desired result... “What do I need to do to trust and have faith in myself constantly”?
3. Ask the question repeatedly for the first week, then intermittently.
4. Get rid of disempowering beliefs that prevent your goal... “Why do I have trust and faith in myself”? “When do I have trust and faith in myself”?
5. Develop empowering beliefs that will help get your goal... “I trust myself to do the right things that will get me all my goals”. “I can do anything I put my mind to”. “I’ve succeeded in the past and will still succeed now and in the future”. “I’ve always got what I’ve asked for”. “No matter what people say I will always achieve my goals”.
6. Watch for results, pay attention to your urges and feelings.
7. Take action



Ask Good Questions

Your mind will get you anything you want but you need to ask wise questions, for example if you ask “why am I always late” your mind will tell you ‘why’, even if it’s not true.

If you keep telling yourself “I’ve never got enough time” then your mind will make you never have enough time. Your mind will create filters where you see and do things that confirm your statements.

Repeatedly saying negative statements out loud, and to yourself, have devastating effects.

Ask and it will be answered.... Ask wisely



Lets’ look at ways we can start to program our brain with good questions and statements that will help us achieve better, happier lives.

Start your relaxed focus with one of these kinds of questions:

① ‘What would truly make me feel happy and satisfied with my life’?

or

① ‘What do I need to do to be happy with my life’?

or

① ‘What goals do I need to strive for to feel happy and satisfied now’?

Feel free to change the above questions to suit yourself at any time.

Always ask your questions in the positive not the negative form - for example:

Do Not Ask –

“Why can’t I lose weight”?

or

“**Why** am I **always** late”?

Etc.

Remember our minds are designed to answer questions.



How to make good questions work for you:

- ☀ Ask positive questions repeatedly for 3 to 4 weeks while continuously doing your relaxed focus on a daily basis (if possible - at least 3 times a week).
- ☀ When doing your relaxed focus... if you drift off onto any ideas... stop when you become aware that you have drifted off... and write those ideas down.
- ☀ Do this everyday for every aspect of your life, relationships, children, family, work, income, personality, health, happiness, etc.
- ☀ Once you know what you exactly want, put it in a question, then repeatedly ask yourself that question.
- ☀ Do not consciously answer the question, just ask and let the answer come in its own time.



For example:

If you want to maintain 60kg (weight)... you would ask:

“What do I need to do to maintain 60kg?”

- You do not consciously try to do anything.
- However, you're very attentive to what is happening now.
- You will notice you have a strong urge to eat salads, and reject junk food.
- You may also have urges to go for long walks and sometimes even feel like running.
- Take action on these urges, do not talk yourself out of them, if you feel like it, do it.
- Then pat yourself on the back for listening and doing something good for yourself.

Trust yourself to get the things you want.

We use less than 10% of our brains... Is the other 90% used to manifest our goals, and our constant thoughts?

In Summary:

1. What outcome do you exactly want?
2. What question will help you get that outcome?
3. Repeatedly ask the question
4. Practice Relaxed Focus on a daily basis
5. If any ideas come up write them down
6. Take action on the ideas, try them out and watch where they take you.
7. Always praise yourself for taking action, even if that action didn't seem to lead where you wanted. Continuously thank yourself for the small things you do as well as the big things.



Once you get use to this technique you will find it valuable for solving any problem and it can help you create business ideas, inventions, and positive work environments.

For example: A friend who wasn't comfortable around her work colleague, but liked the job she was in:

- Decided what she actually wanted.
- She wanted to feel comfortable and relaxed in her job on a regular basis.
- She then put this in a question form;
- “What do I need to do to feel comfortable and relaxed in my job on a regular basis”?
- She asked this question repeatedly for around 2 weeks. And then forgot about it.
- Her mind stopped focusing on the annoying work colleague. Not only that, the work colleague ended up leaving a month later.

Refer to the goals you wrote down in the previous section to create the questions for the following exercise.

What questions can I ask that will help me reach my Job Goals?

Eg.

“What do I need to do to be happy in my job daily”?

“What am I doing now that will earn me \$100000/yr”?

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What questions can I ask that will help me reach my Finance Goals?

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What questions can I ask that will help me reach my Parenting Goals?

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What questions can I ask that will help me reach my Personal Development Goals?

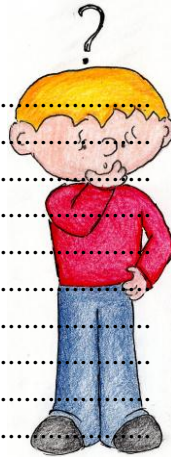
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What questions can I ask that will help me reach my Health and Fitness goals?

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What questions can I ask that will help me reach my Relationship goals?

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Have you done the following:

- Written specific goals
- Written questions that will help you achieve your goals
- Eliminated disempowering beliefs
- Developed empowering beliefs
- Started your relaxed focus and practicing it regularly
- Started your now focus and practicing it regularly
- Started noticing and appreciating good things about yourself – Remember to also practice this regularly.

Then:

- When you're relaxed, first thing in the morning, or before you go to bed, take about 5 good questions from your list and start asking these to yourself regularly.
- Do it when you remember, it doesn't have to be done every day.
- Try to notice when your mind wants you to do things that are not part of your usual habits or routines, because these are probably leads to achieving your goals.
- Take action on any thoughts or ideas that may pop up.
- Never give up, keep focused on the outcome.
- Change the strategies, be flexible, but stay focused on the goal.

The recipe for dealing with any change, loss or break-up

**How to deal with loss, break-up, and any change,
wisely:**

With all changes comes mourning time, you have to pay the ferryman. What this means is you need to feel the sad feelings that come with all changes. Regardless of how small the change is, there will always be a sad feeling associated with it. This feeling needs to be dealt with before any healthy change begins.

Mourning Time - Pay the Ferryman !!!!!!!

If you don't pay the ferryman, he will come and seek you out... the more you delay... the harder it gets. This is how all depressions and breakdowns occur.

I urge you to pay the ferryman before you start your new life. The alternative is to watch your new life fall apart.

How we escape our realities and avoid paying the ferryman – **Things not to do!**

- TV - the only time our minds are quiet... the perfect escape tool
- Regular alcohol consumption - getting drunk once or twice a week is too much after a break-up and most people do this more often. This stops you from healthily feeling the sad feelings.
- Work lots and keep self very busy so you don't have to deal with feelings.
- Spend lots of time around people constantly, always out with someone and doing something.
- Date someone else as quickly as possible - quick fix to sadness, but the past repeats itself.
- Constant intake of drugs of any kind – another escape from seeing what we need to change to help ourselves
- Blame others for our life – takes responsibility from ourselves and an excuse for not taking control.



Things that you can do to help yourself

How does one pay the ferryman?

Simply, by giving yourself good quality time

For example... after a break-up this would be:

- Spending time with yourself
- Taking good care of your body
- Avoid drinking excessively
- Eat foods that are good for you
- Regularly notice and say nice things about yourself.

This allows you to develop a good healthy self esteem and reflect on past actions and recognise the things you did well and identify the things you want to change or make better.

The more you learn to pay the ferryman appropriately the faster recovery is and the quicker you can move on into a better happier life. In other words paying the ferryman means to take good care of oneself, properly, with diet, exercise, relaxation and regular use of nice words and thoughts about oneself.

Dealing with Break-up or Divorce

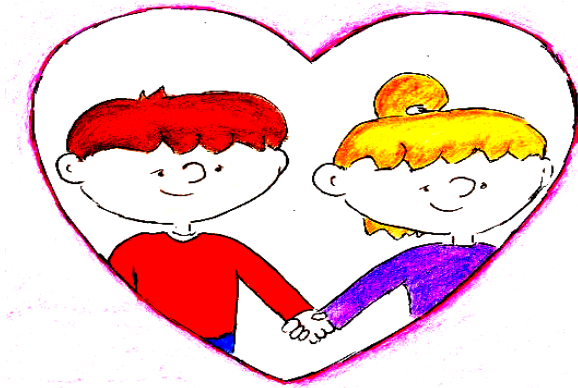
RELAXATION is important after any break-up, and an important part of paying the ferryman (see section on relaxed focus). It does not mean to go out and get drunk every weekend with your mates. It doesn't mean to have sex with as many people as you can find. And it definitely doesn't mean to find another relationship as soon as possible.

You need time to learn about yourself and clearly evaluate the situation, for example;

What good things did you learn?

What could you do better?

What sort of person do you need to become to get the next relationship to work happily?



These questions just need to be asked, not answered. The answers will come in their own time, you just need to be awake (aware) to see them when they do finally arrive.

Your main focus is to take very good care of yourself and learn to love yourself so that you will be ready for the next relationship with a fresh new outlook.

When you break-up with someone, regardless of who initiates, you still need to pay the ferryman. If you did the dumping there may be a delayed reaction possibly a month or two before the ferry man comes to call.

The most important part of all is to just feel the sad feeling, be with it and accept it – when it comes up (don't try to force it). The 'relaxed focus' helps with this.

Accepting and being with this feeling does not mean you are thinking about it. There are no thoughts at all, just a simple watching and feeling, and then it will disappear on its' own, without any mental activity from you.

When you are feeling sad or rejected just feel it.

- Do not try to justify it
- Do not try to analyse it
- Do not try to talk yourself into or out of it
- Simply feel it

When you fell over as a child... you felt it... cried... and moved on... then forgot about it.

- You didn't cry every time you thought about it.
- You didn't try to talk yourself out of the pain.
- You didn't try to date someone else to make you feel better.
- You didn't take alcohol to try to avoid the pain, did you?
- You didn't even think about it. You cried and moved on.

When changes occur no matter how small... accept the feeling when ever it comes (usually when you're at home alone by yourself)... then let the feeling go in its own time.

Mental activity will only prolong the pain, that's why your relaxed focus is important.

Your relaxed focus will help you

decrease the mental activity and let the feeling happen.



This process allows you to develop a good healthy self esteem and you will know when the time is right to start a new relationship. Very generally speaking a three year relationship may take six months to a year to feel good again. A ten year relationship may take longer.

People with self respect and self love will deal with their pain, they will feel it, learn from the situation in a healthy way, and move on.

Quick fixes or means of escape never work and usually make your current situation and your futures suffer

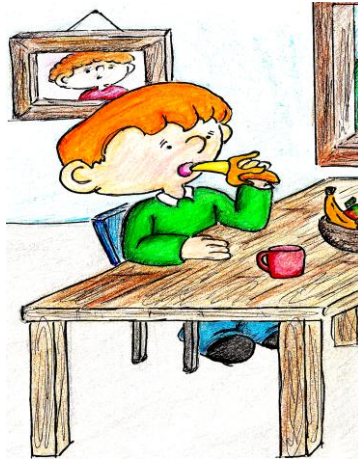


This is a recipe for any change, for example if you lost a job you will need to go through this process to move forward in a positive state. Otherwise you may enter your next job resentful or bitter. The sad feeling will be of a lesser degree and recovery should only take a month or two, but still needs to be done.

If you; move countries, finish university, get married, start a relationship, etc, these will all have an associated sad feeling. You need to pay the ferryman. Usually it will be a fleeting sad feeling that hangs around for an hour or a day or two. See it, feel it and let it disappear in its own time.

Help Yourself Guide:

- Eat foods that are good for your body and that give more energy e.g. organics, salads, fresh juices, less junk food etc.
- Practice your relaxed focus daily.
- Regularly ask questions about yourself that produce good feelings.
- Learn to spend good quality time with yourself. For example: read inspirational or self help books, listen to relaxing music or exercise in fun enjoyable ways (this does not include watching TV, radio, videogames or listening to songs).
- Let the sad feelings come and go on their own.
- Spend time with yourself at home, quietly enjoying your own company.
- Constant self praise and appreciation.



What to do with Feelings we Don't Like

What do we need to do to healthily deal with feelings we: try to avoid; don't like having; or are afraid of?

These could be:

Anger

Selfishness

Depression

Greed

Jealousy

Hurt

Grief

Inferiority

Rejection

Disappointment

Arrogance

Bitterness

Cockiness

Fear

Spitefulness

Failure

Revenge

Guilt

Sadness

Hate

Everyone has feelings or emotions they don't like. When each feeling or emotion is healthily dealt with, then we develop self love.

Would you stop loving a child just because it was angry?

Would you berate a child who felt sad?

Of course you wouldn't!

Therefore there is no reason to get annoyed with ourselves.

Each feeling you dislike needs to be accepted when it happens.

For example:

- When you feel jealous, just feel it.
- Talking yourself out of it is a waste of time as it will come back stronger next time. It just wants you to accept it.
- There is no need to act on it or let the feeling control your actions. It just wants you to acknowledge the feeling and see that the feeling is not bad. When we let the feeling control our behaviour that is when it can be harmful.
- When you accept the feeling you watch your thoughts and try not to add to it with other thoughts.
- Observe the chatter in your mind and notice how your body feels. The Relaxed Focus technique will help you with this immensely.

- Most of all let the feeling happen but you are in control of your actions.
- Remind yourself that you are a good person... **‘Of course you are’!!** There are not many bad people around just harmful actions by people who don’t know how to deal with feelings effectively. **But you do!**
- The feeling will disappear in its own time. Sometimes after 10 minutes of relaxed focus you will feel great and other times it may take an hour, or occasionally you still feel bad.
- What’s important is that the feeling hasn’t made you do things you will regret, and helps you realise you are a strong, capable person who can overcome barriers easily and who can create a happy, fulfilling, enjoyable life.

The intensity of the feeling will decrease every time you deal with it in this way. This will work for any emotion.

The more we deal with our negative feelings, the greater we become. We stop being afraid of ourselves and start trusting ourselves. Then we stop fearing others, and deal with conflicts or challenges in a productive way.



We gain personal power, confidence and good self esteem with every feeling, conflict or barrier we overcome. It's a nice feeling one you won't want to escape from.

I trust and have faith that your intentions are good and that you will use these techniques wisely. If your goal does not involve harming others and involves self development and knowledge then you will get all the help you need.

You can't fool life, as life is yourself, it knows your mind and every move you make.



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