

Life Plan for Success



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How To Write Your Life Plan For Success

Welcome to our exciting **iCreateLife Lifestyle Club** and we look forward to hearing from you in the future about how our weekly Lifestyle activities are expanding the boundaries of your life.

We recommend that you read the book '**The Unknown Self**' and also view '**The Power Is In You**' video at least a couple of times before beginning to write your own special Life Plan. It is imperative to continually reinforce your belief system that YOU have the **POWER** to change your life so please refer to the book and video regularly.

Don't forget to join our **iCreatelife Facebook Group** and join in with our Community. To motivate and to be motivated by others will help release an amazing energy of Self Belief and Willpower from within that is very powerful!

Many of you may have already tried numerous courses and books to help bring changes into your life but with limited success. Generally the problem is as below:

We cannot **Dream and Achieve** beyond the **Value We See In Ourselves**.

It is impossible to fool our subconscious mind until we start taking actions that Challenge our previous **Mind Programming**. We have to understand that attracting Wealth, Health & Happiness is a journey of gradual changes and accomplishments that eventually lead to our goals and desires. Each day becomes a step closer.

Just as there are no long lasting **Quick Fix Diets**, there are also no long lasting **Super Fast Life Changing Courses**. It has taken a long time to develop into '**Who We Think We Are**' so naturally re-programming our minds requires us to develop new habits and beliefs over a period of time to become '**Who We Truly Want To Be**' permanently.

Each week your **Lifestyle** and **Self Esteem** will gradually begin to grow and eventually your mind will expand with new goals, possibilities and ambitions for your life. You will begin to live your life as your **TRUE SELF** confident of your own abilities and inner power.

Isn't Your Life Worth That Time & Effort?

What Is A Life Plan?

A Life Plan is a working document that illustrates the necessary actions that need to be taken to not only help fulfil your dreams, but most importantly to help transform yourself into the power of **'Who You Truly Are'**

As you write your plan you will be asking yourself questions that you may have never asked before and your answers may come as quite a surprise.

To understand your **True Self** is the key to opening the door to a World of opportunities that you may never have felt possible before and to discover **hidden talents** that you never knew you possessed. The plan you write is **not locked in concrete** because as your life starts to change, you may find yourself revising certain aspects of your plan.

It is important to keep your **mind open to all possibilities** because as you progress, what you considered a priority today may be replaced by a new direction tomorrow. All you do then is add the changes into your plan and apply the same principles as you did with all of your other goals and desires.

As success comes your way and you achieve certain goals, you may wish to expand your desires because with each small achievement you **acquire more confidence and belief** in the power that is within yourself.

You may also find that your social circles start to change because some friends may find it difficult to understand the transformation that is taking place within you. Alternatively other friends may be **inspired** by your passion and dedication to improving your life. Accept these changes with grace and always be **consciously aware** of your thoughts, words and actions as well as the guidance that is being given to you.

**AS YOU CHANGE, LIFE WILL CHANGE WITH YOU
TO MATCH YOUR EXPECTATIONS!**

Why Is It Necessary To Write A Life Plan?

It is absolutely essential if you **truly want** to take control of your own life. The basic difference between Highly Successful people living **EXTRAORDINARY** lives and people living **Average** lives is just one thing.... **A PLAN!**

They plan to **SUCCEED** because they have pre-defined exactly where they want to go.

If we are not **specific** about what **we want** for our lives, we are sadly on a journey without direction or destination. Generally, only **5%** of people plan their lives, which ironically is about the same percentage that owns the majority of the wealth in the World.

It stands to reason that if we don't know **WHAT WE WANT** then how will we **EVER GET IT?**

Additionally it is also essential that we develop the characteristics of the person **THAT WE WANT TO BE** instead of living our lives with undesirable programming and limiting beliefs.

So if you have been frustrated with your current lifestyle then **Now Is Your Time!**

CHANGE IT WITH A NEW & EXCITING PLAN!



Is It Difficult To Write A Life Plan?

The reason why many people have a problem writing a plan for their lives is because it requires some **Soul Searching** to discover exactly what we **TRULY WANT IN LIFE**.

The **first** most common **EXCUSE** that many of us give ourselves is that we **'Don't Have The Time'**

The **second** most common **EXCUSE** is **'What's The Point, It Will Never Happen Anyway'**

The **third EXCUSE** is **'It Is Just Too Difficult, I Can't Be Bothered'**

If you have used any of these excuses in the past then don't despair because you are not on your own, but take a moment to examine these excuses.

Each Excuse is SCREAMING out 'RESISTANCE TO CHANGE'

Our Subconscious Mind is there to **protect us** from danger and disappointment, so dutifully it puts **obstacles in the form of excuses and doubts** to stop us from doing anything that will **challenge** our perceived reality of **WHO WE ARE** and **WHAT WE CAN DO**.

The subconscious mind ensures that the life we experience in our Outer World **reflects** our **perceived reality** of what life has to offer us from our Inner World of Beliefs.

It has no rationality or judgement, it only **OBEYS the programming** it has been given!

Our everyday life is **PROOF** of what we think about ourselves and our abilities.

SO HOW POWERFUL IS THAT?

But what if our perceived reality of ourselves was changed to one of greatness, success and happiness, then naturally we would not encounter **obstacles to success** but instead we would find **doors of opportunity** opening for us each day as our subconscious mind dutifully reinforced our confidence and **PROTECTED** us from **FAILURE!**

Thankfully, We Have The Power To Choose!

Life Gives Us Choices

We already know of the power that is within us all to create the life that we deserve. Our lives are **LIVING PROOF** of that power so it would be foolish for us not to choose **A FANTASTIC LIFE** rather than the one that was programmed for us in our earlier years.

iCreateLife is about helping members to **Break Free** from the **Shackles** that limit our lives and to stop listening to our inner words of doubt that continually prevent us from exploring **NEW & EXCITING OPPORTUNITIES**.

SO NO MORE EXCUSES FOR WRITING A LIFE PLAN!

Answer to Excuse No 1: The **most important task in life** is to define the lifestyle that we want and then **create a plan** to achieve it. There is **no greater way to spend time** than by creating a fantastic life for ourselves and our families.

Answer to Excuse No 2: As soon as we convince our subconscious minds that our plans for life are truly what we want and deserve, then **IT WILL HAPPEN** because life must dutifully obey our **INNER BELIEFS**.

Answer to Excuse No 3: This interactive book has been created to **make it easier** for **iCreateLife** members to explore and discover their true desires in life. Your answers to the questions can be typed directly into the document and saved. Life is a **work in progress** and so this Life Plan Document makes it possible to make revisions as life goals change. If we are **too lazy** and **can't be bothered** to take the time to define and write an action plan for a greater life then we must be prepared to **accept the results** of our current mind programming.

Definitely not the best choice!

As your self-belief grows then so will your **expectations in life**. This book has been designed to grow with your aspirations in life. It will be a **record of your successes** and a blue print for your future.

Willpower

Before you start your new, exciting journey of discovery, we should discuss just one more very important and powerful subject, **WILLPOWER**.

For some of you that word has now set alarm bells ringing in your head and a little voice is shouting

**‘I told you it was too good to be true, just give up now.
You’ll never change your life because you don’t
possess any willpower.’**

Well before you start having a panic attack, let me remind you that our lives are running on a program that is operating within our subconscious mindset.

If you have just heard that little voice, then I can assure you that it isn’t your true self that has a lack of willpower, but it is in fact just another case of **poor programming** and **false belief**.

We all need to recognize that obstacles appear when we are about to enact positive change into our lives.

All of us have a divine ability to exercise enormous will and create all that we desire in life, so now is the time to sack that little voice and send it on its way.

The definition of **WILL** according to the Webster’s English Dictionary is a power of choosing what one will do, determination, discretion, wish, desire, **to determine by choice**, to ordain, to decree, to bequeath, to devise and volition which is an *act of willing or choosing and an exercise of will*.

WILLPOWER Is The Strength Of That Will.

So when you think of the word **WILLPOWER**, be consciously aware that as soon as you exercise your Will, a power is released in your life to make that choice a **reality**.

It is important to make **WILLPOWER** your friend when you decide on the **ACTIONS** required to

Achieve A Greater Life!

MY LIFE PLAN WORKBOOK

Name

Date



IMPORTANT NOTE

Before you start to complete any of the exercises within this Workbook, it would be advisable to save this first one initially as **Life Plan 1**. As your beliefs and expectations in life begin to expand, you will find yourself wanting to rewrite some of your **earlier observations and goals**. Each revision should be **dated and saved** with the **next Life Plan Number**, which will ensure that you can always compare your growth and successes with your previous Workbooks. It will make your journey that much more exciting and fulfilling. We recommend revising approximately every **30 days**. Enjoy your journey!

What Makes You Happy?

Most people would agree that the **greatest desire in Life** is to experience everlasting **HAPPINESS** but what is **HAPPINESS**? Sadly the majority of us have been taught to believe that the only ways to attract feelings of happiness are either from external sources or other perceived enjoyable life experiences.

In fact the normal human behavior is to rely on our own **pre-defined conditions of happiness** such as receiving love from others, recognition of our achievements, getting approval from our peers, success on the sports field, fishing, watching television, new car, new house, reading a book, food, holidays, new clothes, drugs, alcohol and the list goes on and on.

Admittedly these can give us **temporary feelings of happiness** but generally they are short lived and we soon find ourselves seeking another fix.

As young children we generally laughed more, played more and were definitely more excited by our **LIFE** and **IMAGINATION** than we are as Adults. **Laughter and joy** was a normality of life but as we grew older we lost that carefree state of mind and replaced it with beliefs that we are only able to experience happiness in certain environments or circumstances. Our **Life Play** was being written for us and before we knew it, we sought Happiness from the **OUTER WORLD** and not from our **INNER WORLD**.

If our lives are not receiving some of our own **pre-defined conditions** of Happiness such as receiving love, approval or recognition from others then we can begin to feel emotions of sadness, hurt, disappointment, resentment, anger, anxiety and even depression.

Regardless of what we buy for ourselves, the feelings of satisfaction often don't seem to last very long and the merry-go-round continues.

Ask yourself what this does to our **Self Confidence** and **Self Esteem**. The greatest sadness is that we have placed our happiness and self esteem in the hands of others and **it is no longer in our control**.

If you want completeness in **WHOM YOU ARE** and want to **CLAIM** that awesome power within you to create a magical life for yourself then it is **critical** to take back **the control** of your own Happiness.

Happiness Is YOUR Natural State Of Mind

- * The **Key to Mastering Life** is to connect with your natural state of **Happiness**.
- * To connect with your natural state of **Happiness** is to connect with your **True Self**.
- * To connect with your **True Self** is to connect with **THE UNIVERSE**.
- * To connect with **THE UNIVERSE** is to connect with the **POWER OF CREATION**.

To connect with the **POWER OF CREATION** is **YOUR KEY to creating all that you desire in life**

This creative power is not only reserved for people who believe in Spirituality. After all many **SUCCESSFUL** people have yet to come to an understanding of Spiritual Belief. It is important to know that anyone can discover the qualities and magnificence of their **True Self** by living their life within their **Natural State of Happiness**.

No one can deny that Life, the World and the Universe are amazing creations that **pose more questions than answers** for our esteemed Scientists. We are primarily made up of energy and matter which is intricately connected with the flow of life. As human beings we have been gifted with the Power of Thought but we are still learning how to harness this incredible power.

It is now the time for you to become absolutely **EXCITED** and **PASSIONATE** about your life because the shortcut to becoming **Your Powerful Self** is to learn how to **TURN ON** your natural **State of Happiness**.

- * Let's begin with you putting the largest **GRIN** possible on your face and feel the **immediate effect** of Happiness that floods your body. This is your **proof** that Happiness is a natural State of Mind controlled by you. Let your **GRIN** become a **CHUCKLE** and then perhaps a **BELLY LAUGH** because you are thinking about how ridiculous you may be looking. It feels good doesn't it? True Happiness **is to know** that we have the **power to turn it on** whenever we want and that we are not reliant on any other external influences.

Daily HAPPINESS Action Plan

- ACTION 1** Wake up each morning with a **SMILE** and flood your mind with thoughts of happiness, excitement and anticipation for a fantastic new day.
- ACTION 2** Start your day off early with **time for yourself** which may be a walk by the ocean, or beside a scenic riverbank or in a park where you can exercise your **body and mind**. If at all possible choose a place where you can **connect with nature** because it is there that you will begin to discover your **true self**. As you quieten your mind, feel **love flowing** through your mind and body and understand that this is your natural state of happiness.
- ACTION 3** Use this peaceful time to see yourself through your mind's eye as being powerful, confident and successful and let your **imagination** paint pictures of your desires.
- ACTION 4** Become **interactive** with the images of your desires by experiencing the emotions of them already being in your life.
- ACTION 5** Be exhilarated by your **feelings of Gratitude** for what you have now and for what you are about to receive.
- ACTION 6** Feel the **Power that is within You** begin to expand as your **Happiness Grows**.
- ACTION 7** Try to remain conscious of your state of mind at all times during the day and keep bringing your focus back to your natural state of **Inner Happiness**.
- ACTION 8** **Share your energy** of Love and Happiness with all who are around you.
- ACTION 9** Live through the day with **Passion and Excitement**.
- ACTION 10** **Love** each moment, **Laugh** with joy and **EMPOWER** your life by releasing the power of your **TRUE SELF**.

NOTE:

Don't be dismayed if you are having difficulty initially with connecting to your World of Imagination. The majority of us have been taught as children not to use it. Young children generally start off with huge dreams which are quickly diminished by other people's perceived realities and limitations. Be patient and as you start to believe in more possibilities for your life, you will re-awaken your Imagination to create even greater desires.

By **CONSISTENTLY** following the **Daily HAPPINESS Action Plan**, your answers to many of the questions that are asked in this Work Book will be revealed. This is how you connect with the power of your **TRUE SELF** and discover the passions and desires of your life.

As you progress with your self-analysis, you will find that you start to add **more daily actions** to that list by learning to live as your **TRUE SELF** and not your **old programmed version**.

You will become more **conscious of your thoughts**, rather than just automatically reacting to the different situations of life that in the past may have caused you negativity, sadness or pain, you will learn to **STAND STILL** and **REFLECT** for a moment.

This is the time when you call on the **strengths and wisdom** of your **TRUE SELF** to deal with the situation. **Fear will dissipate** and confidence will flood your mind and body. The solutions to your problems will somehow just appear. To continually live your life with the qualities and power of your true self will change your Life Play.

Accordingly the greater desires of your life will be attracted into your new life, so be **DETERMINED** and **PERSISTANT** to continue to **explore and design** your life through this Workbook.

As your beliefs and aspirations grow, it is important to continue to expand your Life Plan through this book. Always remember

‘The Power Is In You’

How Healthy Am I?

Right alongside **Happiness** is our other greatest desire, **Health**.

A healthy body and mind **invigorates** our life with vitality, optimism, self-confidence and drive.

Sadly though, living in our modern and very busy World presents enormous challenges to our Lifestyle and Health priorities. We have been led to believe that no longer is there **time** for us to look after our health because we have to get ahead in life. There are mortgages, rent and endless bills to pay and if we stop to take the time out for ourselves, our World will ultimately come crashing down around us.

Many of us **ATTACK** our bodies with fast food, lack of exercise, tobacco, drugs and alcohol. Popping pills to help solve our health problems is now considered a normal practice in life. As our bodies get larger and **LARGER**, some of us may jump into a **rapid weight loss** diet guaranteed to make us look a **million bucks** in 2 weeks. We may lose some weight but what happens when the 14 days is up and we go back to our normal life.

FRIGHTENING MIRROR SHOCK!!

On top of that, **mental health** in the affluent Western World is **appalling**. A recent study concluded that **depression** is a severe global problem that will change from being the world's fourth leading cause of disability worldwide, to being the **second leading cause** of disability by 2020.

Stress can be one of the major causes of depression but studies have also found that people who experience a sense of belonging and connection in strong social networks and peer groups are less likely to develop depression.

This is what the VISION for iCreateLife is all about!

A **GLOBAL COMMUNITY** of like-minded people from all age groups who encourage and motivate each other to aspire to their **GREATEST POTENTIAL**. To go it alone can be difficult but when you see others just like yourself **successfully** changing their lifestyles to become **healthier** and more **energetic**, it helps plant a fantastic **seed of belief** within your own mind.

I CAN ACTUALLY CHANGE MY LIFE PLAY!

We live in a World of **INSTANT GRATIFICATION** and for the majority of us, if we don't see **INSTANT CHANGE** we quickly lose interest. It is far easier to say forget it, I am just not meant to be wealthy, healthy and successful.

If you have had **problems** in the past with **attracting your desires** into your life, then remember what was emphasized in the beginning of this book.

We cannot Dream and Achieve beyond the Value We See In Ourselves.

- * If we assist our bodies to go to **Rack and Ruin** then ask yourself, **What True Value Do We See In Ourselves?**
- * If we don't do anything to keep ourselves **fit and healthy**, then are we **RESPECTING OURSELVES?**
- * If we can't **RESPECT OURSELVES** then what else does that say about our **SELF ESTEEM?**

Some of you may already be aware of how important it is to have your body functioning at its **optimum capacity** and are taking the **life rewarding** actions of **sensible** exercise and diet.

For the majority of us, we have been caught in the **rut of life** and fitness may have slipped a bit since our youthful days. The miracle about our bodies though is that they can be very **forgiving** in many ways once we **make the decision** to look after them.

Imagine your life, with yourself in **peak condition** looking and feeling good, full of energy ready to take on the World.

JUST HOLD THAT VISION while we explore the possibilities of reclaiming the body and mind of your powerful and attractive **TRUE SELF**. Your body is about to be re-awakened!

Please answer **YES** or **No** to the following questions

Are you unhappy with the way you look in the mirror?	
Is your weight a continual disappointment for you?	
Is your weight an embarrassment for you?	
Do you hate buying new clothes?	
Do you feel lethargic and tired during the day?	
Does your weight restrict you from doing many lifestyle activities?	
Is your life limited because of your weight?	
ARE YOU SICK OF FEELING THIS WAY?	

If you have answered YES to the previous questions, then explain to yourself **WHY** you have let yourself get into this shape. If you have tried in the past to get healthier then why have you failed? What **excuses** has your subconscious been presenting as **obstacles** to becoming fit and healthy? Then explore your belief system of why your subconscious is obstructing you from succeeding. Is it because you don't have faith that you can lose your weight? Where did this belief come from?

My Health Excuses

Now write what your life is like when you visualize yourself **FIT, HEALTHY & ATTRACTIVE**. Use your imagination and ask yourself what pleasures in life are you now enjoying? How fantastic do you feel seeing yourself **looking great** in a mirror? What style of clothes are you buying for yourself? How inspired are your friends by your achievements? How does it feel **to be so alive**? Let your imagination go wild and write this as if you have already achieved your goal weight.

I AM FIT, HEALTHY & ATTRACTIVE.

Now make a **DECISION** that Health & Fitness is not just a **WANT** in your life but in fact it is a **MUST HAVE!** Your dreams and ambitions in life rely on you becoming your **GREATEST SELF** and most importantly you know **YOU CAN DO IT!**

All the other members in **iCreateLife** are achieving amazing things, so why can't you? Let your own **LIFE STORY** become one of **INSPIRATION** for others to follow in your footsteps and know that it is **ACHIEVABLE.**

To enjoy better health requires us to eat a **more nutritional diet** and to also exercise regularly, but it is always advisable to consult with your Doctor before embarking on any dramatic changes to your life if you are already experiencing any illnesses.

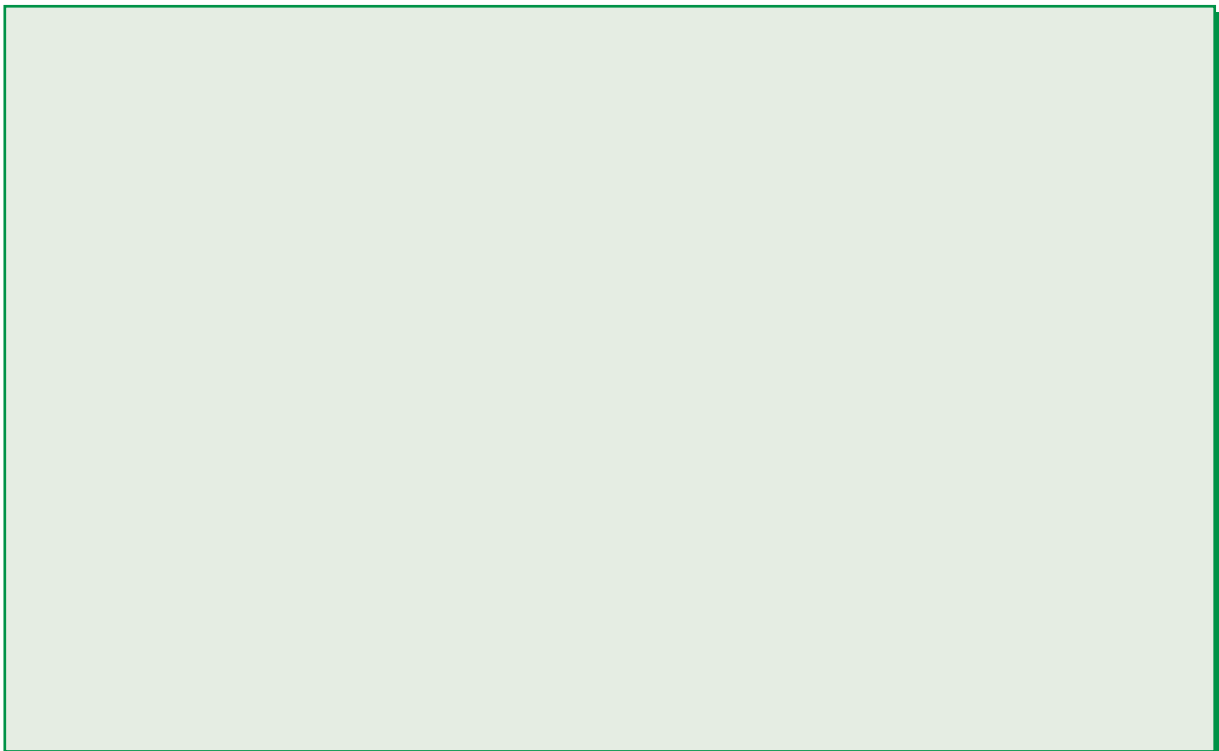
Remember **CHANGE TAKES TIME,** so don't set yourself up for failure by expecting too much too soon.

Make **walking** part of your **DAILY ACTION HAPPINESS PLAN** and during this time, visualize yourself as being that Fit, Healthy and Attractive person you wrote about earlier in your **'I AM FIT, HEALTHY AND ATTRACTIVE'** statement.

Lifestyle is to have **BALANCE & HARMONY** in life so now write your **action plan** for your better health. Include your **current weight** and your **goal weight** and make the choices for your food as a permanent lifestyle change rather than a quick fix diet.

Be determined but loving with yourself. Celebrate each milestone and reward yourself for your achievements. **YOU CAN DO IT!**

MY HEALTH ACTION PLAN



Who Do You Perceive Yourself To Be?

This is your time of **SELF REFLECTION** and it is critically important to be totally honest with your answers to all of the questions. If you truly want more from life, then you must **make more of yourself** which is difficult unless you understand your **perception** of **Who You Are** and **How You Think**.

It is important to know your perceived strengths and weaknesses before you can begin to discover the abilities and talents of your **True Self**. Negative programming needs to be revealed and stripped away before you can fully utilize your power of achieving all of your dreams. Take your time to explore yourself because you will be amazed at what you discover. There is no need to complete your Life Plan in a hurry, because careful thought will attract great results. **ENJOY YOURSELF WHILE DOING IT!**

Please state your answers and thoughts in the text boxes provided.

On a scale of 1 to 10 rate yourself in the boxes next to the following character qualities.

Determination		Posivity		Creativity	
Patience		Willpower		Good Communicator	
Generosity		Self Belief		Loyalty	
Kindness		Adventurism		Ambition	
Spirituality		Risk Taking		Lovingness	
Willingness To Learn		Drive & Energy		Confidence	
Concentration		Inspirational		Flexibility	
Tolerance		Self Disciplined		Humorous	
Compassion		Empathy		Leadership	
Responsibility		Honesty		Trusting	

From the list **Pick Three** that you consider your strongest attributes and then state the reasons **why**, **when** and **how** you think you developed such strong **Inner Beliefs** of these qualities.

My Strongest Characteristics

What **SUCCESSSES** or feelings of **SATISFACTION** in your life can you attribute to you having these **STRONG** qualities?

My Successes From My Stronger Qualities

Now from the list **Pick Three** that you consider your **WEAKEST** attributes and then state the reasons of **when, why** and **how** you think you developed these **WEAKER** inner beliefs.

My Weaker Characteristics

Have those **WEAKER QUALITIES** restricted your life in any way and if so **HOW**?

My Limitations From My Weaker Characteristics

Study the full list of attributes again and choose **THREE** of **YOUR WEAKER** characteristics that you believe would **CREATE SUCCESS** in your life if they became more of your **MOST POWERFUL QUALITIES**.

The qualities **I want to strengthen** in myself are:

1.	2.	3.
----	----	----

Each desired change that we begin to make within ourselves requires **CONSCIOUS ACTIONS** to strengthen our Inner Belief System. **State below** what **actions** and **changes of thoughts** you can begin to implement on a daily basis to reinforce your new vision of **YOUR CHOSEN** character qualities?

*Example – To display more **Confidence** may require simple tasks such as walking with more purpose or looking people in the eye when talking to them. Be vivid and passionate in your **imagination** of seeing yourself as a Confident person because your subconscious is unable to **differentiate** between **real life experiences** and **powerful vivid images** from your imagination. Confidence is seeing yourself as a Winner*

Remember small steps taken on a regular basis **create good habits** and your new habits will gradually transform your life from within. A habit generally takes about **30 DAYS** to establish so each month you will be able to choose other characteristics to work on. This is why we recommend you to revise **your LIFE & ACTION PLAN** each month. As your **INNER WORLD** expands so will your **OUTER WORLD** and your **TRUE SELF** will soon become a shining light.

MY CHARACTER ACTION PLAN

Congratulations on making it this far and you should be feeling **truly proud of yourself**. Already you are displaying the determination and tenacity to give yourself the **TIME** and **SELF LOVE** you truly deserve to make amazing changes to your life.

You have already defined **THREE** powerful personality characteristics that **YOU** are **determined** to develop by taking the **daily actions required** to reveal more of your powerful **TRUE SELF**.

So now is the time to write your **'Statement of Character'** which will be included later into your Life Plan when all of the exercises in this Work Book are completed. This statement will include all of the character qualities you **truly want to see in yourself** and will be a mirror of your actual true self. Write it with **PASSION** and describe yourself as if you **already have** these qualities and how you use them when **interacting** with your work and business acquaintances, family and friends. Also include how you **overcome problems** and achieve your goals successfully.

MY CHARACTER



Knowing Your Desires In Life

As you follow the **Daily Action Happiness Plan** you will start to discover some desires that you may never have known existed. Some of these dreams and aspirations may have been **buried** a long time ago because **you stopped believing** you could achieve them.

As you awaken to your creative **World of Imagination** you will begin to feel an **excitement** and **passion** for life. This is the benefit of living in your natural state of Happiness. No longer will you need to seek approval or recognition from others because your powerful **True Self** that is emerging from within is already as **One With All**. Your confidence and self esteem will continue to grow and your life will take on new purpose and meaning.

It is so important to **define exactly** what we want in all areas of our life because having goals, ambitions and desires adds even more to our feelings of happiness. We are born to **expand the Universe** with our thoughts and desires and as we do, we become more in touch with our **True Self**.

The following exercises will help you **visualize** what a **perfect lifestyle** would look like for yourself.

Every person has a different vision of their **perfect life** which is what makes our World so fantastic and exciting. We are all **unique and special** with our personalities, abilities, talents, creativity, likes and dislikes. Beauty is in the eye of the beholder and accordingly no life vision is greater than another.

Your desires should be those that personally **ignite your own passions** in life as well as giving you an inner sense of accomplishment. **Larger** does not mean **Greater** and **Smaller** does not mean **Less**.

You achieve SUCCESS IN LIFE by giving yourself the FREEDOM and PERMISSION to be your TRUE SELF

This is your life, so design one that fulfils you emotionally and spiritually. Sometimes the **simple things** in life are the most gratifying, so think deeply about **all** that you want to attract into your life. Paint a vivid picture of the **World of your Dreams** and lovingly write it into your own Life Plan.

The Power Is In You!

My Dream Job, Business or Career is ...

A great percentage of our time in life is spent **earning money** and so it is very important that we are in a job or career that we feel very passionate about. There is a great difference between **Working to Live** and **Living to Work** and so it is absolutely essential to identify and pursue our true **work passion**.

You may already be working in your dream job or business but by completing this exercise, it can give you even more opportunity to expand your personal satisfaction and income potential.

For those of you that have to drag themselves to work each day, writing a **Desired Career Plan** can be **ABSOLUTELY** life changing. Imagine the sense of satisfaction and self esteem you experience when you are working on something that you love doing every day.

If you are in **business**, then you already know the importance of writing a **business plan**. It would be ridiculous to open a business without having pre-defined operational systems, budgets, **targets**, marketing strategies etc.

The same principals apply to our own individual **Money Attraction Possibilities** and it is essential that we have **clarity** on what our true talents and passions are in life.

The best place to start our exploration is from our childhood dreams of '**What We Wanted To Be When We Grew Up**'.

List your childhood ambitions followed by '**What Was It That Attracted You**' when you first saw yourself in these roles. Was it a feeling of achieving fame and recognition or a love of entertaining people and making them happy or perhaps you wanted to make a lot of money for a specific reason or maybe you had a vision of yourself helping people. Explore the motivations of why you specifically wanted to be that person when you became an adult and somewhere within those desires you may find the key to your true purpose in life.

All careers, jobs or business are about **providing a benefit to others** in the form of a service, knowledge, entertainment, manufactured product, building expertise or anything else you can think of. The greater our **passion to serve others** with our natural talents and gifts, the greater the **fulfillment and contentment** we will attract into our lives.

By asking yourself the question **WHY** will bring you the true reasons of what motivates you in many aspects of your life. So take a trip down memory lane and allow the child within you to describe your career dreams complete with the emotions of achieving that perfect vocation.

My Childhood Dreams

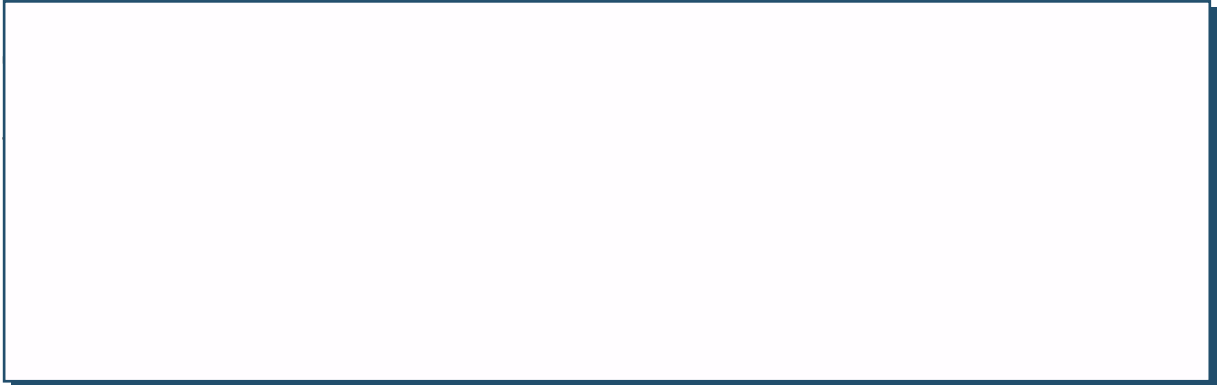


Now ask yourself this question, are you being motivated by your current career with **similar motivations** to those that inspired your childhood dreams?

If your answer is **YES**, then obviously you have continued to follow the path of your dreams and passion and hopefully are receiving great emotional satisfaction from your career choice. If your answer is **NO**, then perhaps you never had the opportunity to follow your preferred line of work or you may have **traded your passion** for an easier or greater income.

In both cases a career or business has to provide not only a **desired income** but it must also **feed your soul** at the same time if you are to feel **contentment** in your life.

My Ideal Job, Career or Business

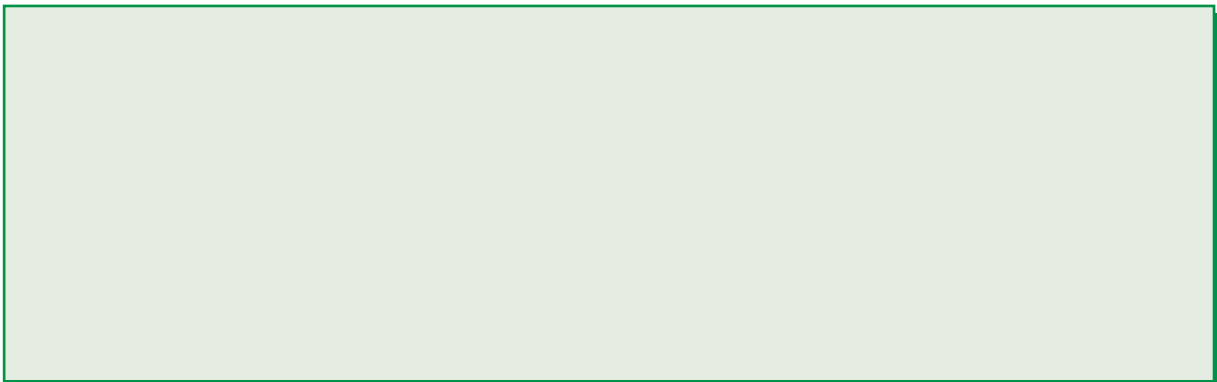


What are the **reasons** you are not in your ideal job, career or business? Do you need to market yourself better or receive more education and training to become better qualified?



MY CAREER ACTION PLAN

What actions are required to make your **DREAM CAREER** possible?



If you are not taking these actions, then explain to yourself why not? Write down the thoughts that are blocking you from pursuing what you truly would love to do?

My Career Blockages

Once you have completed this, write a positive statement about yourself that replaces those limiting beliefs and excuses with determination and belief that you can be whoever you decide to be. See yourself as though **you have already achieved success** in your **CHOSEN CAREER** or **FIELD**.

MY CAREER IS...

Now make a decision to make that **passion** that lives within you become a reality. Don't deny others the benefits of your talents and gifts that could help enhance their lives. **START THE ACTIONS TODAY** to work in your **CHOSEN FIELD** of career satisfaction.

My Desired INCOME Is...

Income desires vary from person to person as we all have different priorities in life. The **simple life** can be as appealing to some as **the Jet Set lifestyle** is to others. What brings contentment, peace and pleasure to our lives is what truly matters. It is a Lifestyle **CHOICE**.

There are no limits to **creating abundance** in this World apart from the limitations of our minds but we all have a different money mindset which affects our **abilities to attract money**. For some it comes easy while for others it can be an extreme struggle to survive. It all depends on our **perception of money** and how it fits into our **inner belief system**. If you already find it easy to make the money you desire, then please skip to the next section or alternatively you can reinforce your existing mindset with this exercise. For people who struggle with money, please continue.

Once again, an important aspect of **money attraction** is that it is commensurate with the **value** we see **within ourselves**. This is why it is so crucial to replace our old programmed **ME** with our more powerful **TRUE SELF**. As we did with all the other exercises, we first have to **discover** the limiting beliefs that are in our subconscious mind and then gradually replace them with our **Universal TRUTH**.

So what are **your beliefs** about money? If you have tried desperately to attract money in the past, what were the obstacles that you encountered? What **excuses** did your subconscious say that made you quit trying? Then detail when, where, how and why you adopted these limiting beliefs about money. Take your time over this because this exercise can help you discover a **NEW SENSE OF FREEDOM**.

My Limiting Beliefs About Money

Now study those beliefs that you had about money and then make a rational decision of whether this is your truth. Of course it isn't, because they are limiting beliefs of other people who didn't know any better and then they passed their misguided wisdom onto you. **NOW YOU HAVE A CHOICE!**

You can either continue with your limited thinking about money or **CREATE A NEW & EXCITING MONEY MINDSET** for yourself. I know what you have chosen!

Now think of a Monthly Income Figure that you believe would start to change your lifestyle into what you really desire. Don't forget that this figure can be adjusted at any time as your expectations in life grow. Now write as if you are already earning your desired monthly income (State the amount) and explain in detail the differences in your life that the money is making. What are you spending or investing it on? What pleasures and emotions are you experiencing with this extra money? **BE VERY SPECIFIC.** Be excited about Money and the opportunities of freedom it gives to you.

MY MONTHLY INCOME IS

As you already know, to replace old beliefs with new beliefs we must first put in place an **ACTION PLAN** to convince our subconscious that this is our new reality. By continually and consciously endeavoring to live our lives as our powerful **TRUE SELF** is empowerment to our minds. Old beliefs drop off as the **NEW YOU** emerges. Don't forget to keep using the power of your imagination to visualize yourself accomplishing all that you desire.

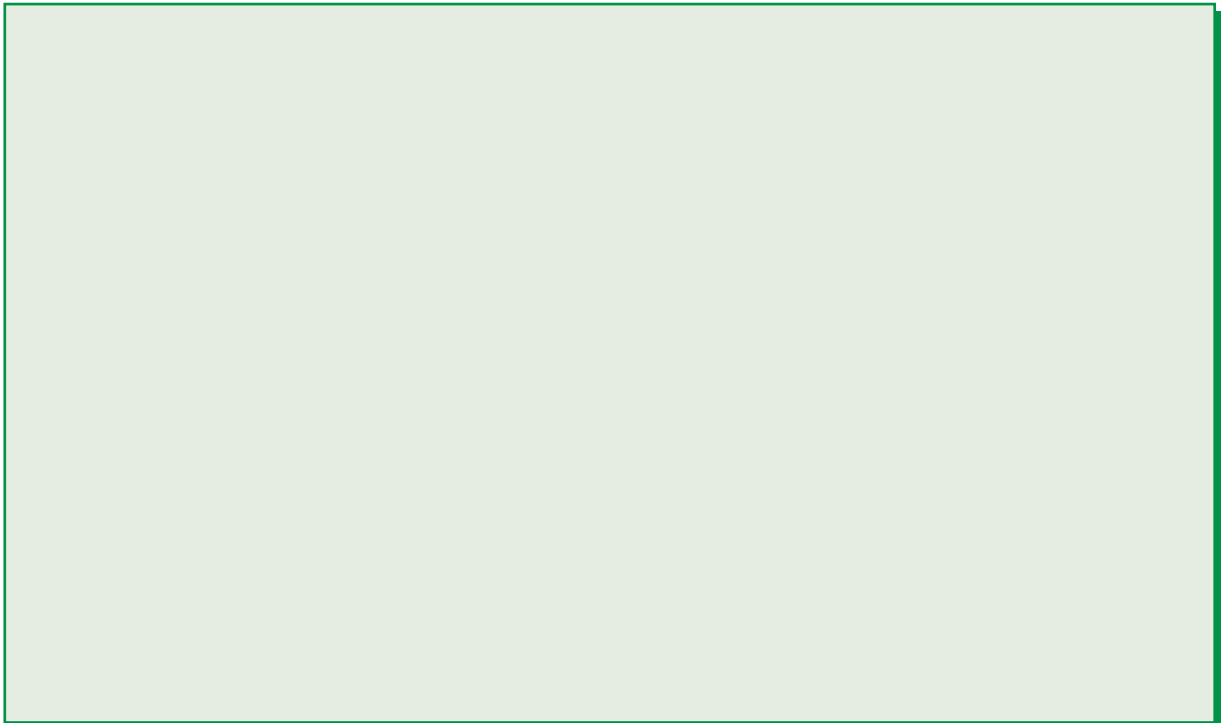
Where do you see this money coming from, a promotion at work, a career change, investments, new business or whatever else? What actions can you take to attract this money in? Is it more diligence at your work, career or business? Is it taking new directions in income earning opportunities? Do you need to research more or become more knowledgeable? Once you start taking actions, you will be guided to the right path.

MONEY IS AN EXCHANGE OF ENERGY!

The **exchange of money** is equivalent to an **exchange of energy**. A product is produced from the energy of one person or from the combined energy of many people and it is paid for by money that was earned through the same process.

What energy are you prepared to give to **ATTRACT** more money into your life?

MY ACTION PLAN FOR ATTRACTING MONEY



My Material Desires In Life Are...

This is where you can really get excited, but before you let your **IMAGINATION** run wild, it is important to expand your **WANTS** into **MUST HAVES** for your life. This rule applies to all of your other desires you have already detailed in this workbook.

When a **WANT** becomes a **MUST HAVE** it sparks a powerful, positive energy within you that is determined to achieve your **DESIRES**. Your old self belief system has no option but to change from excuses and failure to a mindset of **Success** when your actions are focused and driven with purpose.

Instead of obstacles your mind starts to attract opportunities and the more driven you are to fully release the **Power Of Your True Self**, the faster that life changes around you.

Always remember that as your self esteem and confidence expands so will your dreams and aspirations. Each small success leads to a greater success and so it is very important to keep **revising** your Life Plan as your inner belief in **YOURSELF** grows.

Alternatively, if your initial **DREAMS** are enormously **GREATER** than the level of **VALUE** you see within yourself at the present moment, then they will take time to attain. This doesn't mean not to **DREAM BIG** but the journeys towards your **ultimate dreams** are made up of accomplishing many more of your **smaller dreams** on the way. Life can change rapidly but the pace depends on how quickly you reprogram yourself to live your life as your **TRUE SELF**. Once you are there, you will find no limitations to your abilities to attract whatever you desire into your life.

Having said that, **let's have some fun** and discover your amazing creative self! Paint a vivid picture in your mind of your dream home and feel the emotions of owning it. Start looking at homes and Real Estate Magazines and **collect pictures** of different features that appeal to you including photos of furniture and gardens. Become passionate about having this home as yours, not just as a **WANT** but as a **MUST HAVE**. Write it all down as if **you already own it**.

- * What style of dream home do you own? Is it an apartment, a town house, a modern house or an older home? Is it a single story or a two story home? Did you build it?
- * What are the building materials? Brick, Timber, Rendered or Other? What colors? What Window features?
- * Describe the floor plan of your home. How many bedrooms, living areas, bathrooms, balconies, entertainment areas, studies, workshop areas and any other special features. What is the kitchen like?
- * What style of carpets, tiling, blinds or curtains have you used in the home and what are their colors.
- * What interior color scheme have you used?
- * How have you furnished it? Describe the style of furnishing.

- * Is there a garden and if so, what does it look like? What special features are in the garden?
- * Is there a swimming pool, BBQ area, water fountains etc?
- * In what place of the World is your home and why did you choose this destination?
- * Is your home in the country, city, mountains, desert or by the ocean or other? Describe the location in detail.
- * Describe your neighbourhood and your neighbours.
- * Describe the views you get from your house.
- * How happy are you and your family living in your dream home,
- * See yourself living in it and describe the emotions you feel knowing that it is yours.


MY HOME IS...



Now it is time to describe your dream car. Once again write it down as if you already own it and are driving around in it. Get photos or personally test-drive your car to make the images even more vivid in your imagination. Remember your subconscious mind cannot differentiate between real life experiences and powerful imagination so make your beliefs within your creative world indisputable truth.

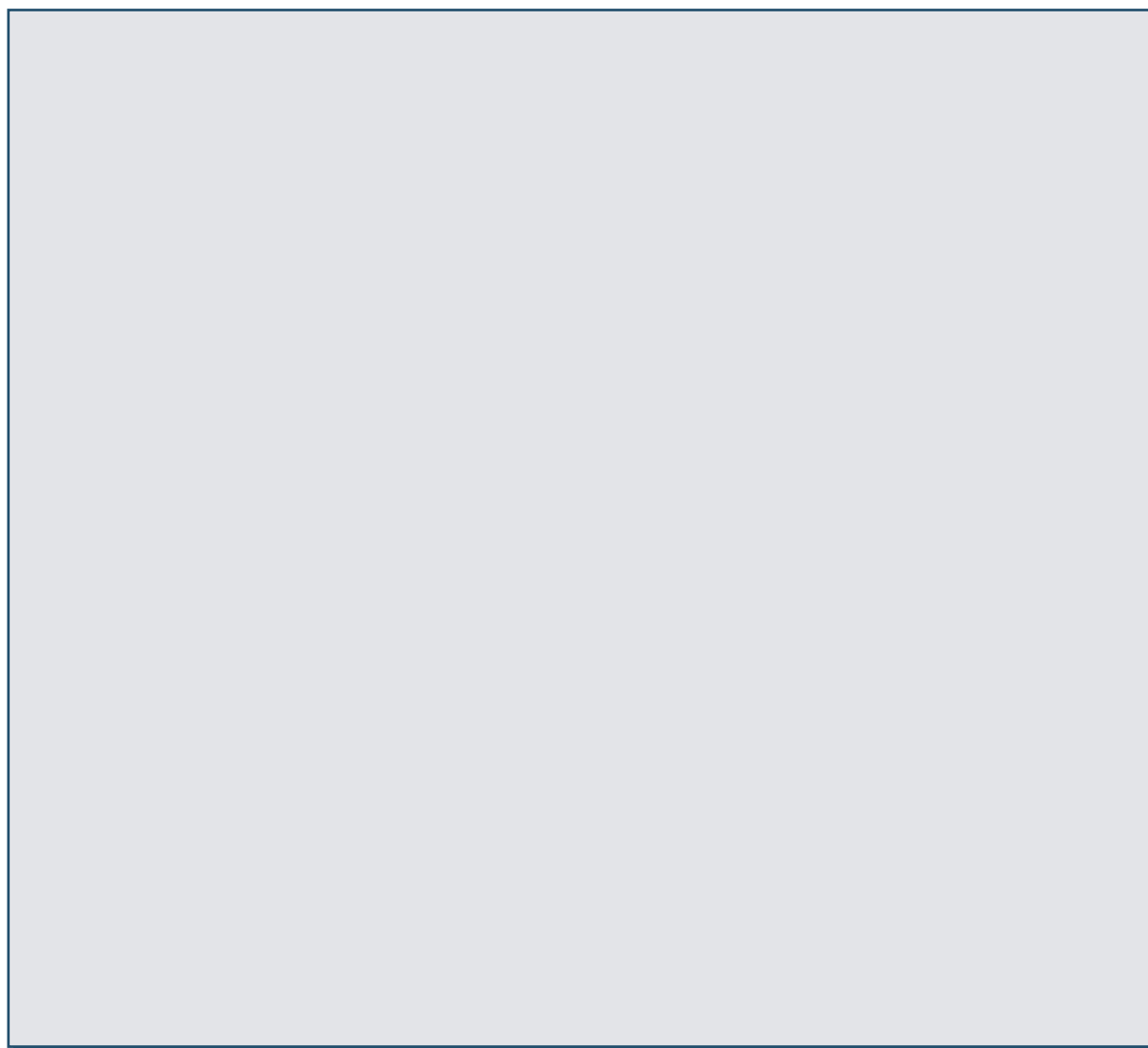
- * What make and model is your car?
- * What color is the exterior and interior?
- * Describe in detail all that you love about it.
- * What features appeal to you most?
- * What are the emotions you feel when you are driving it?
- * How does it handle on the road?
- * What made you so passionate to buy this car?

MY CAR IS...



Now in this section, detail any other material desires you may have. Is it a boat, plane, jewelry, motor bike, fashion clothing or whatever else is on your wish list, **BIG** and **SMALL**. For each item ask similar questions as above about each desire and write it down as if you already own it. It is most important to detail the exact **emotions** you feel about having these desires in your life. Ask yourself **WHY** you want them so much. Don't forget to keep painting more vivid images in your mind with pictures and photographs, or better still make a point of seeing, touching and feeling them in real life.

MY OTHER MATERIAL THINGS...



You may have surprised yourself with how many **MUST HAVES** are on your aspiration list and are thinking right now of revising your **DREAM INCOME**. This is the growth that is **already taking place** within you. As you write this plan and are beginning to truly believe that this is all possible, your life is beginning to change around you.

EXCITING ISN'T IT?

My Emotional Desires In Life Are...

We have already explored Happiness and understand that true happiness is our natural state of mind. To be in a natural state of **Happiness** is to experience the awesome power of **LOVE** flooding our whole being. Your **True Self** is an entity of love and it is this knowledge of **LOVE** that is life-changing for all who experience it. Each and every action performed as our True Self is a selfless **Act of Giving**. The more **LOVE** we give is returned in abundance by the Universe. It is the cycle of **EVERLASTING** life.

How can we receive love if we don't give love and how can we give the true fullness of love if we haven't fully experienced the **TRUTH OF LOVE**? True love is **unconditional** and is given freely with no expectations of return. Our journey to our True Self strips away the necessities of **continually seeking** approval and love from others to reinforce our beliefs of who we think we are.

To **give freely of love** is the biggest problem for the majority of people in relationships because we have been programmed to expect our emotional needs to be provided by others. Not many of us enter a relationship consciously thinking that it is our partner's duty to make us feel good emotionally, but sadly it is human nature to eventually put that imposition on them and conversely they do the same to us in return.

It is no wonder that so many relationships break down after a period of time and sadly the majority of people jump straight back into another relationship still using the same pattern of thinking.



Think back to those fantastic feelings that we felt when we first fell in love with someone. All of our senses were alive and everything felt wonderful. The ocean, the rivers, the flowers and the trees all came alive and even the mundane things in life took on a different perspective. Each morning we woke up with an expectancy and anticipation of another fantastic day.

**Isn't it amazing that someone else could make us feel
so happy or did they?**

When somebody falls in love with us, they treat us as if we are the **most important person** in the world. We feel attractive, strong, respected and able to do anything we set our mind to. Our self-confidence is at a high and we feel great about ourselves. We take **more care** about our appearance and even buy some new clothes that reflect this new and exciting self-image.

In this altered state of **SELF-LOVE**, we find ourselves pouring out joy and love to others and in return our life becomes even more exciting and successful.

Love is a great and inspirational feeling, but what happens if that relationship comes to an end and our partner leaves us? Our state of self-love is immediately **challenged** and the world no longer seems to be that wonderful place anymore.

The ocean, the rivers, the flowers and trees are still there but we no longer have a connection with them. We **feel rejected** and unloved from someone we cared for very deeply and the impact on our self-image is devastating. We can find ourselves withdrawing from the world as we experience emotions of denial, anger and grief in the effort to once again feel some form of self-worth again.

Don't you find it amazing how we value our own level of worthiness by the opinions of other people?

The self discovery journey that you have undertaken with this workbook will begin to eliminate any **destructive needs** you may have for approval from others. To **connect** with your **True Self** is to know the power of **SELF LOVE** in its purest form. Each day be aware of your senses that are vibrating with the **energy of love** and life. Be inspired by nature and share the abundance of love that is within you with everyone in your life. Give of yourself freely and watch your life change.

Be Blissfully Happy And Dance Through Life For The Power Is In You!



There is no denying that relationships are a very important aspect of our lives but they should be healthy relationships built on **mutual respect** and **not need**. A relationship of **giving and sharing** from both partners enhances our emotions and vitality for life. To experience life together expands our consciousness of love and creativity. A great relationship is one where both partners **inspire each other** to grow in mind, body and soul. A common respect and love for each other's **individuality** and ambitions in life will keep the relationship vibrant, exciting and fulfilling.

It is important to know what we truly want from our partner in life. Some of you may already be happy and contented in a relationship while others still may be **searching** for a life partner. Either way, it would be good to do the following exercise either to **enhance your existing relationship** or to **attract the right person** into your life.

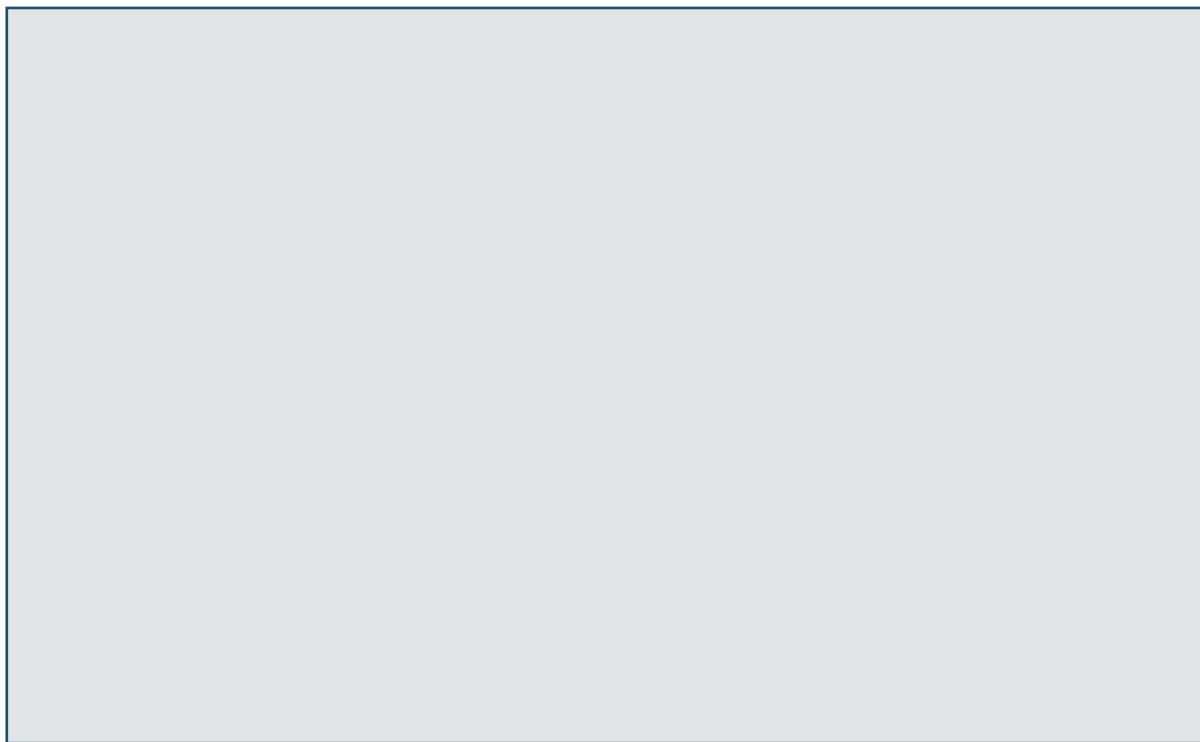
Strangely enough, many people have thought more about what they are going to have for breakfast, than who they want to share their life with. You may find your inner relationship desires very interesting.

So let's write about the personality, looks and qualities that you SEE and LOVE in your **perfect partner**.

- * What do they look like?
- * What does handsome or beautiful look like to you?
- * What type of body do they have?
- * Are they fit and athletic?
- * Are they the life of the party type or more quiet and reserved?
- * Are they fun loving, playful, sexual, romantic, dependable, trustful, honest, compassionate, creative, humorous, deep thinking etc?
- * Think long and hard about their personality that appeals to you most.
- * What type of work do they do?
- * Are they driven and motivated or happy to cruise through life.
- * Are they independent or do you like someone to depend on you?
- * Do they like reading books, cooking or going to the movies, or swimming, or sailing or just romantic nights at home?
- * Are they city or country types?
- * Do they like travelling, camping or any other activity you would like to share with them?
- * Are they family types who love children or are they more career motivated?
- * Are they spiritual?
- * What things do they do that makes you love and respect them.

The choice is yours so take the time to define your perfect partner in life. Naturally it will take more time than deciding what to have for breakfast, but the menu for your life partner will be far more tantalizing and hopefully more mouth watering. Let your imagination run wild and write it as if that person is in your life **NOW**.

MY PARTNER IN LIFE IS...



Now that we have finished creating our perfect partner in life, we should study this person more closely and then take the time to reflect on what we think **they would be looking for** as their perfect partner.

If we think that we don't quite **fit the bill** yet, then once again we would have to make changes **within ourselves** to attract that desire to our life. As an example, how futile would it be to be dreaming about having an athletic partner with a **10/10 body shape** if we lived our life as a couch potato who continually abused our body with fast food and lack of exercise? The majority of us would agree that the possibilities of success would be minimal regardless of how much we visualized.

We may then ask of ourselves should we be lowering the standards of our desires and the answer is **ABSOLUTELY NOT**.

WE SHOULD BE RAISING THE QUALITY OF OURSELVES!

This doesn't just apply to our bodies, but to our minds as well. We are nearing the end to writing your Life Plan and you should now be very clear that the quality of all aspects of your life is dependent on how you **value yourself**. Discovering your True Self is your key to success. What qualities of your **True Self** do you think would be essential in achieving a fantastic and fulfilling relationship?

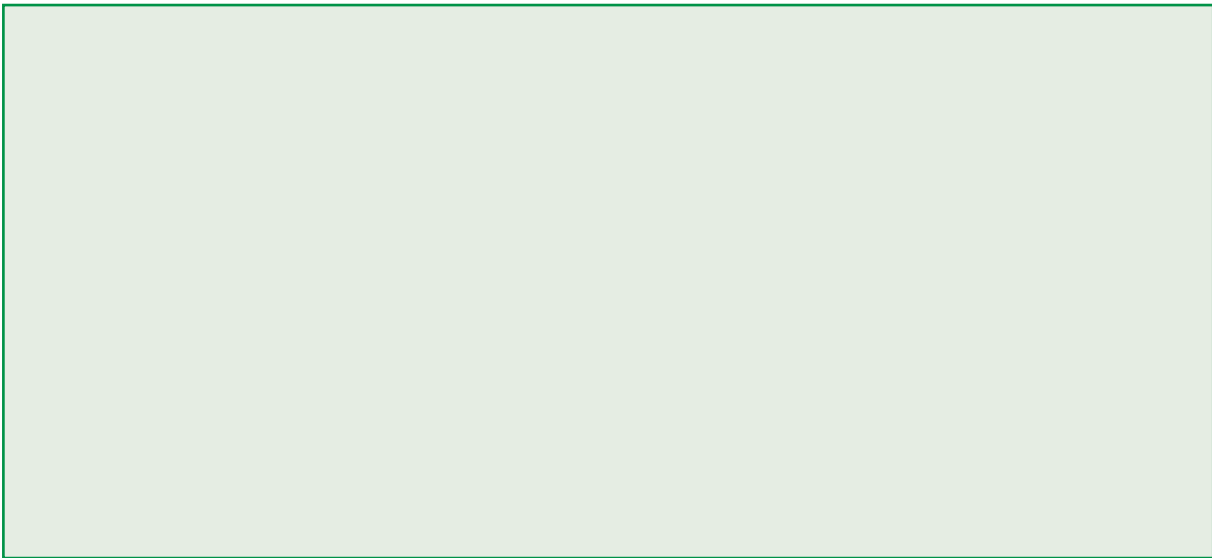
ACTION PLAN FOR THE SINGLES.

As you look at the qualities of your perfect partner write down all the changes **you would have to make** in yourself to become totally attractive to that person. Be specific about the **changes** you would require and the **actions needed**. Ask yourself where would you meet this type of person? What activities would they be doing? Visualize them daily as if they are already a wonderful part of your life.



ACTION PLAN FOR PEOPLE IN RELATIONSHIPS.

For the people that are already in a relationship, hopefully the majority of your wish list is already abundantly yours. However, life and time can sometimes erode our initial passions so write down the changes you need to make yourself **even more attractive** to them once again and the actions you can take to re-invigorate your relationship with excitement, passion and love.



There are many other important relationships in our lives such as with Parents, Children, Family, Friends and Work Acquaintances. As we become more compassionate and loving within ourselves, we have the power to change the dynamics of many relationships. We are learning not to react with disappointment, hurt, anger and rejection because we are now receiving the **LOVE** and **APPROVAL** of ourselves through our **TRUE SELF** and ultimately from the **UNIVERSE**. As we discard our old programming we are revealed as people who are extremely passionate, happy, successful, intelligent, wise, loving, caring and tolerant.

Visualize the **perfect relationship** you would have with **any or all of the above** people and write them down as if you are enjoying these fantastic relationships right now. Once again be detailed in your description. What are the qualities of these relationships and why do you love or admire these people so much?

MY FANTASTIC RELATIONSHIPS ARE ...



As usual, for every desire in life we enact an action plan to help attract it into our lives. In each of the above relationships, what changes can you make in yourself to develop these relationships? What reactions within yourself can you change? What activities can you plan to help make these relationships closer and stronger?

MY ACTION PLAN FOR THE RELATIONSHIPS IN MY LIFE IS...



My Lifestyle Desires Are...

Your lifestyle reflects who you think you are. As the perception of yourself changes, your lifestyle will automatically change with your new beliefs. Conversely if you start to make changes to your lifestyle immediately, your old mindset will be replaced with your newest beliefs about yourself.

By behaving and adopting the characteristics in your life as your **TRUE SELF**, your life will begin to transform rapidly. To **WALK, TALK, ACT** and **DRESS** as the new you, will start to give you the confidence and power to attract your **MUST HAVES** in your life.

So what Lifestyle activities give you pleasure or make you feel great?

- | | | |
|-----------------------|----------------------|-----------------------------|
| • Dancing | • Making Music | • Playing with the Kids |
| • Swimming or Surfing | • Dining Out | • Bowling or Bowls |
| • Nightclubs | • Sailing or Boating | • Playing or Coaching Sport |
| • Theatre or Cinema | • Gym | • Camping or Caravan Trips |
| • Walking | • Weekends Away | • Social Clubs |
| • Meditation | • Art | • Hobbies |
| • Skiing | • Hot Air Ballooning | • Skydiving |
| • Fishing | • Cycling | • Golf |

They are just a few ideas but once you start thinking you will be able to add many more to your own list. Think back to your younger days. What did you enjoy? What do you do when you want to get away from it all? What activities excite you? What activities make you feel calm and peaceful? Also list the activities that you haven't yet experienced that you **would love to do**. Write it as if you are living it now.

MY LIFESTYLE IS...

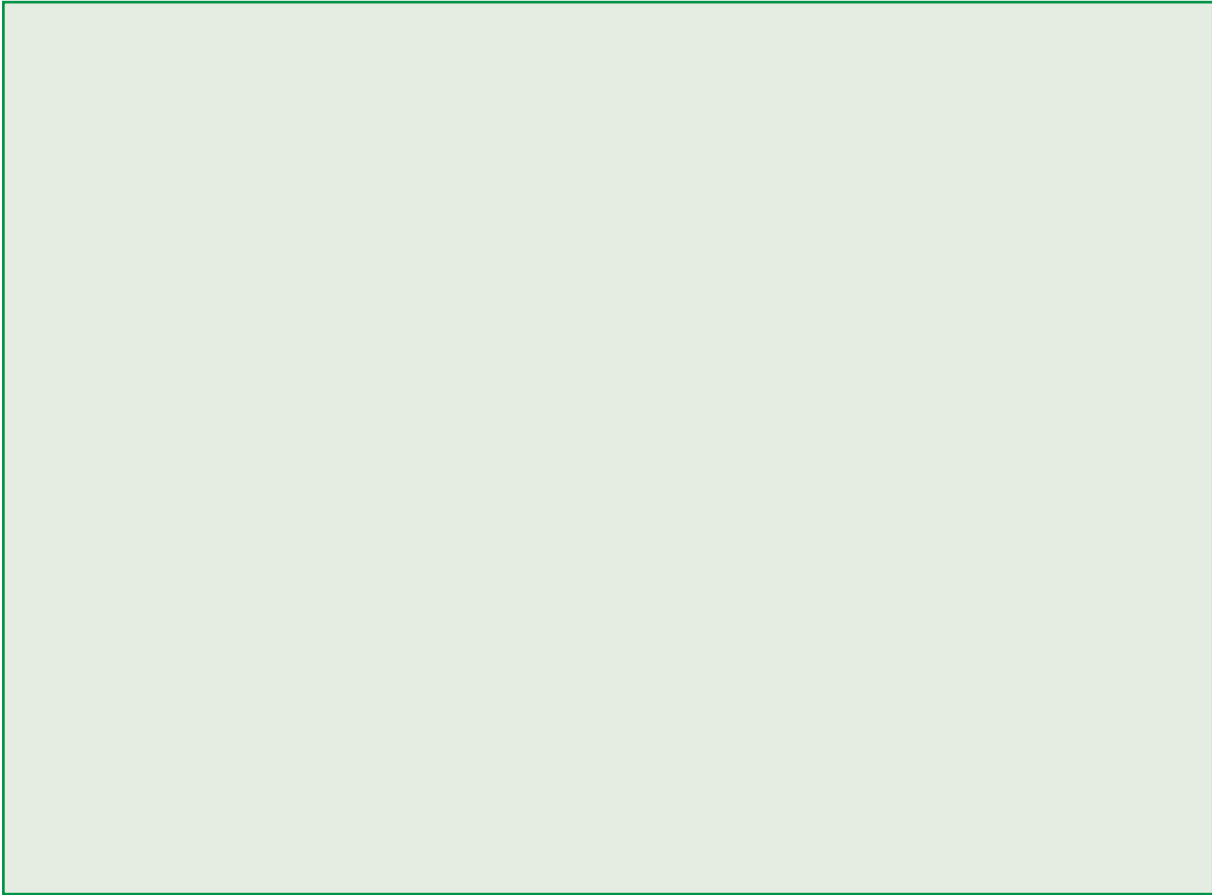
I bet you are amazed at how many things in life give you pleasure but how many of them are you doing in your life **RIGHT NOW**? When life gets busy we tend to dig ourselves into a hole. Before too long we start to believe that we just haven't got the time for these activities. There are other priorities and let's face it, after a hard day's work, who has got the energy? If any of these excuses are ringing a bell with you, then ask yourself this **SIMPLE** question.

Why the hell am I here, if not to ENJOY LIFE?

If you haven't got the energy, then do something about it. Get fit and healthy by doing some of the activities you love. This is your Life Plan, **MAKE IT A GOOD ONE!**

Write down your action plan to introduce some of your favorite activities into your everyday life. It may be by joining a club or gym or planning your time better so that your priority is to enjoy life!

MY LIFESTYLE ACTION PLAN...



Congratulations!

How brilliant are you! Now you can truly say that you have a **PLAN** for your life. You know where you are heading and you know how to get there. Already you should be seeing your **TRUE SELF** emerging.

HOW GREAT DOES THAT MAKE YOU FEEL!

It is now time to follow **YOUR ACTION** road map to your **DESIRES IN LIFE**. The hard work has been done and all it needs is for you to implement it day by day, step by step, week by week and month by month.

Follow the **Daily Happiness Action Plan** and introduce the other actions you have chosen to change your life and lifestyle. Always remember to be **GRATEFUL** for everything you have and are about to receive. Life is a gift so **LIVE IT WITH PASSION** and be guided by the opportunities that will be presented to you.

The following is a summary of what you have completed in your workbook and you should be so **PROUD** of yourself. You will find that as you grow and achieve, you will want to continually revise your **LIFE PLAN** to a greater vision. There are no limitations to your creativity, so don't stop desiring.

What Makes You Happy?	My Desired Income
How Healthy Am I?	My Material Desires In Life
Who Do You Perceive Yourself To Be?	My Emotional Desires In Life
Kowing Your Desires in Lilfe	My Lifestyle
My Dream Job, Business or Career	

The **BLUE** text boxes are **affirmations** that your desires are **already in your life**. Passionately implant the affirmations in your mind on a daily basis by reading and visualizing them regularly.

I Am Fit, Healthy and Attractive
My Character Is
My Career Is
My Monthly Income Is
My Home
My Car
My Other Material Things
My Partner In Life
My Fantastic Relationships
My Lifestyle

The **GREEN** text boxes are your action plans to achieve your desires. Try to be conscious of them at all times and include them as part of your everyday living.

My Health Action Plan
My Character Action Plan
My Career Action Plan
My Action Plan for Attracting Money
Action Plan for Singles
Action Plan For People in Relationships
Action Plan for Fantastic Relationships
My Lifestyle Action Plan

This is **YOUR** Life Plan for Success. Keep reading the '**Unknown Self**' and this **workbook** to reinforce your mind with your power and creativity. Watch '**The Power Is In You**' video regularly to refresh your mind with new beliefs and self confidence.

The steps of '**The Plan of Conscious Thoughts And Actions**' as listed below are now incorporated into your Life Plan.

Step 1 From Delusion To Truth

By now you should truly understand and believe that '**The Power Is In You**' to create the life of your choice.

Step 2 Discover Your True Self

You have discovered the qualities of your **True Self** while writing your life plan.

Step 3 Declaration Of 'I AM'

Your '**I AM**' declaration is comprised initially of your 'I Am Fit Healthy and Attractive' and 'My Character' statements. **Copy these statements** into the '**Declaration of I AM**' blank pages at the back of this Workbook. Keep adding other aspects of who you are as your life expands into the lifestyle you desire.

Step 4 Discover Your Higher Purpose Of Life

As you begin to live your life as your **True Self**, you will discover a **passion** within you to **help others** in some form or another. This is your **Higher Purpose of Life**.

Step 5 Connect With Nature

Your '**Daily Happiness Action Plan**' connects you with the joy of nature as you exercise your mind and body.

Step 6 Recognize The Greatness Of Humankind And Yourself

As your consciousness **expands** with happiness, you will see the World in a different light. **Celebrate** life, yourself and the accomplishments of Humankind each day of your life.

Step 7 Discover Your True Desires And Express Your Creative Self

Your true desires have been written in the 'My Career', 'My Monthly Income', 'My Home', 'My Car', 'My Other Material Things', 'My Partner In Life', 'My Fantastic Relationships' and 'My Lifestyle' statements. **Copy these statements into the 'My Life'** blank pages at the back of this Workbook. Keep adding other aspects of your life as you revise your **LIFE PLAN**.

Step 8 Follow Your Higher Purpose

Offer your assistance and talents to a charitable organization that has become your passion to become involved with. Your life will then explode with new purpose.

Step 9 Be Thankful For All That You Receive

Giving thanks for all that you have and are about to receive is a powerful characteristic of your True Self. Make **GRATITUDE** a focus of your life.

Step 10 Be Conscious Of All Thoughts And Actions

Copy all of your **Action Plan Statements** (Green Text Boxes) into the '**My Actions For Success**' blank pages at the back of this Workbook. Read them **REGULARLY** and implement them into your daily life. They are your actions to a Successful Life. The doors of opportunity will be opened and the knowledge of how to walk through them **successfully** will be **GIVEN TO YOU!**

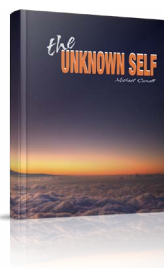
30 Day Journal

At the end of your workbook you will find a 30 day journal featuring a 'Today I Achieved' and a 'Today I Learnt' section for each day. Find yourself 15 minutes at the end of each day to reflect on your successes and the lessons you have learned regardless of how small or large they may be. Record and save them in your journal. This is such a powerful way to be consciously aware of your thoughts and actions and is also a great way to see the progress you are making.

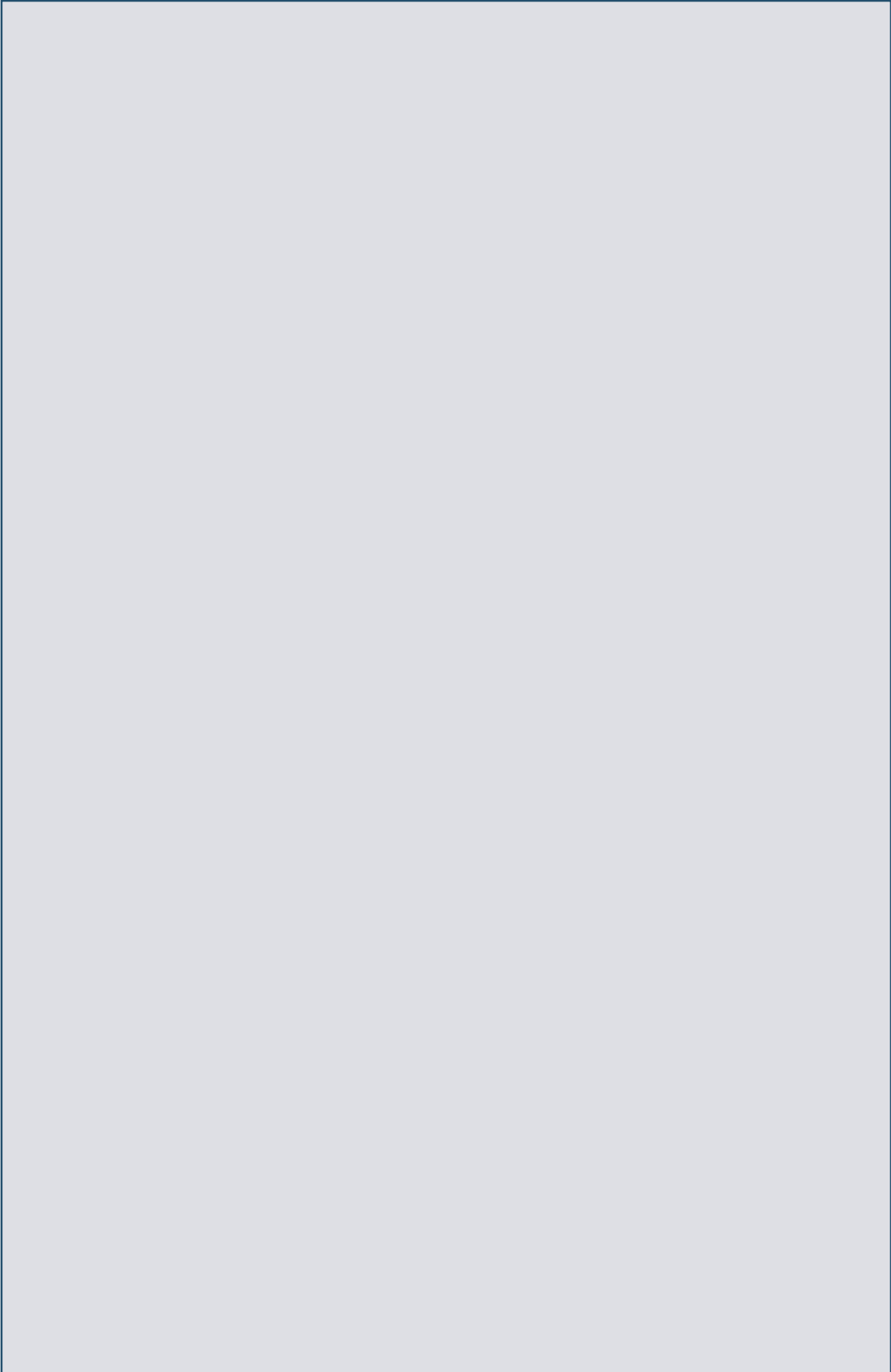
At the end of 30 days, you will be ready to revise your Life Plan Workbook under a different Life Plan number and date as described in the beginning of the book. Over a year you will have saved 12 life plans that you have continually revised. This is a fantastic way to measure how you and your life have changed over a period of time.

Always remember, that for us to be in harmony with life we must continue to learn, grow and create!

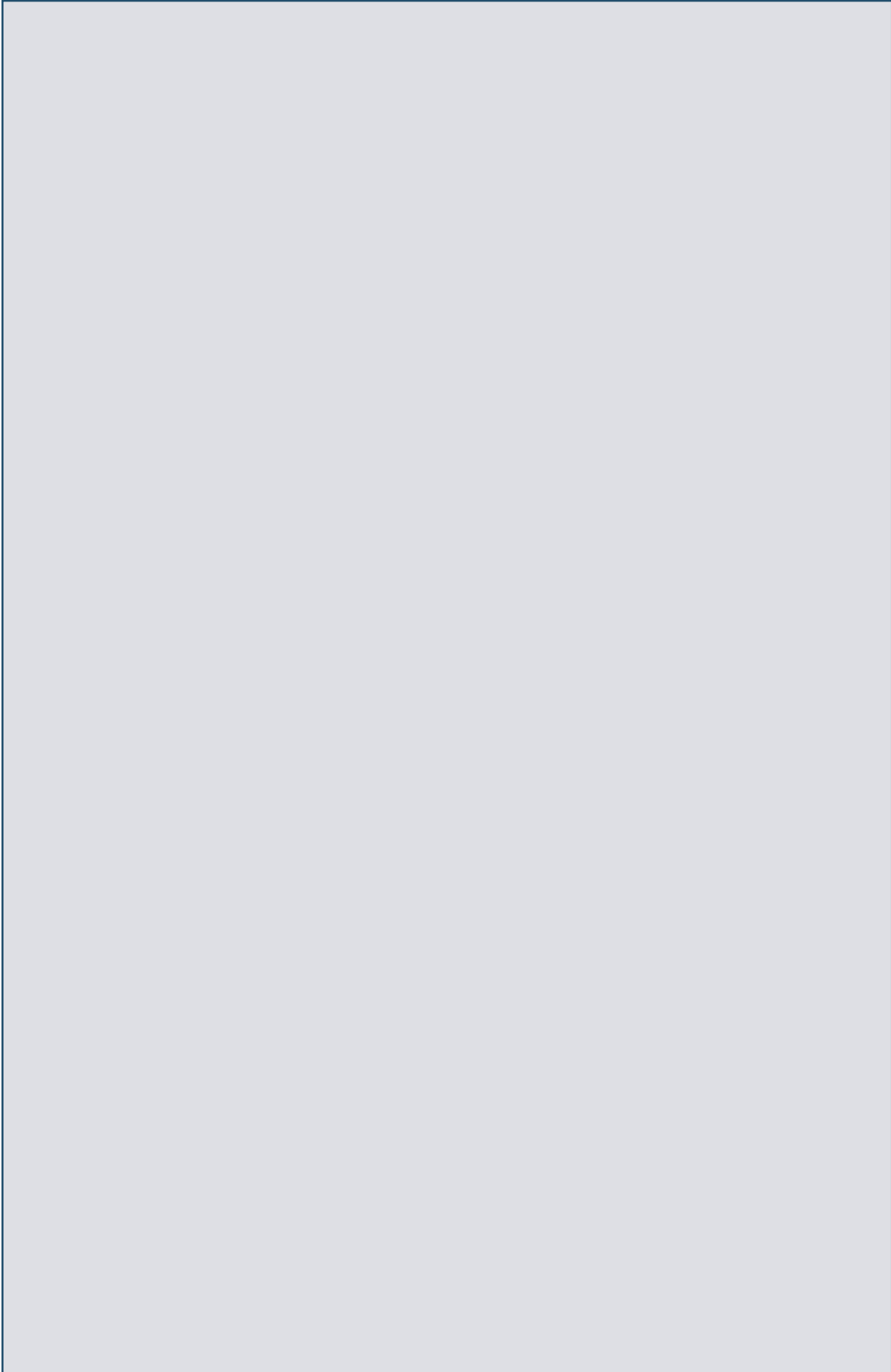
ENJOY YOUR NEW EXCITING JOURNEY OF LIFE!



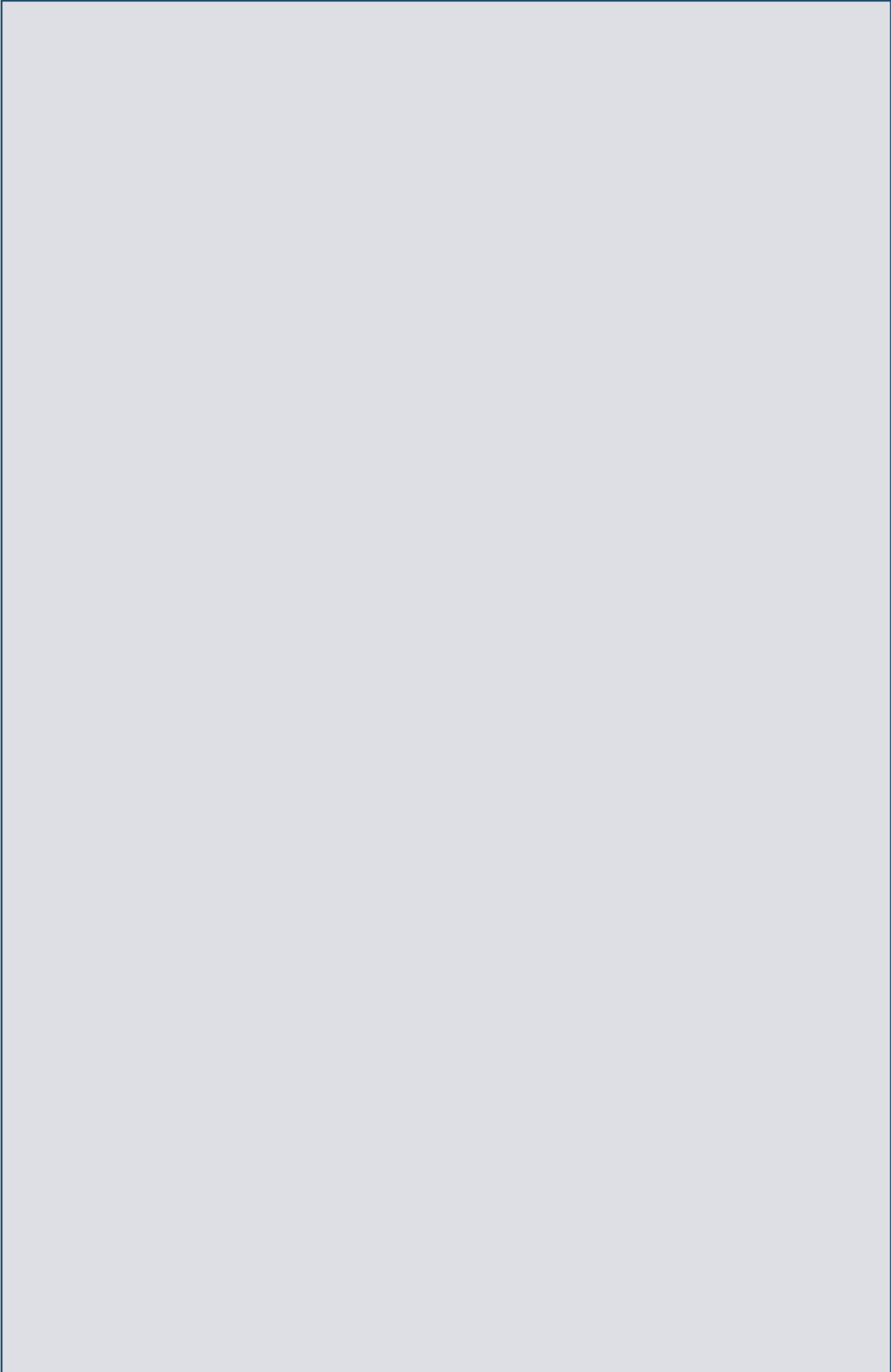
Declaration of 'I Am'



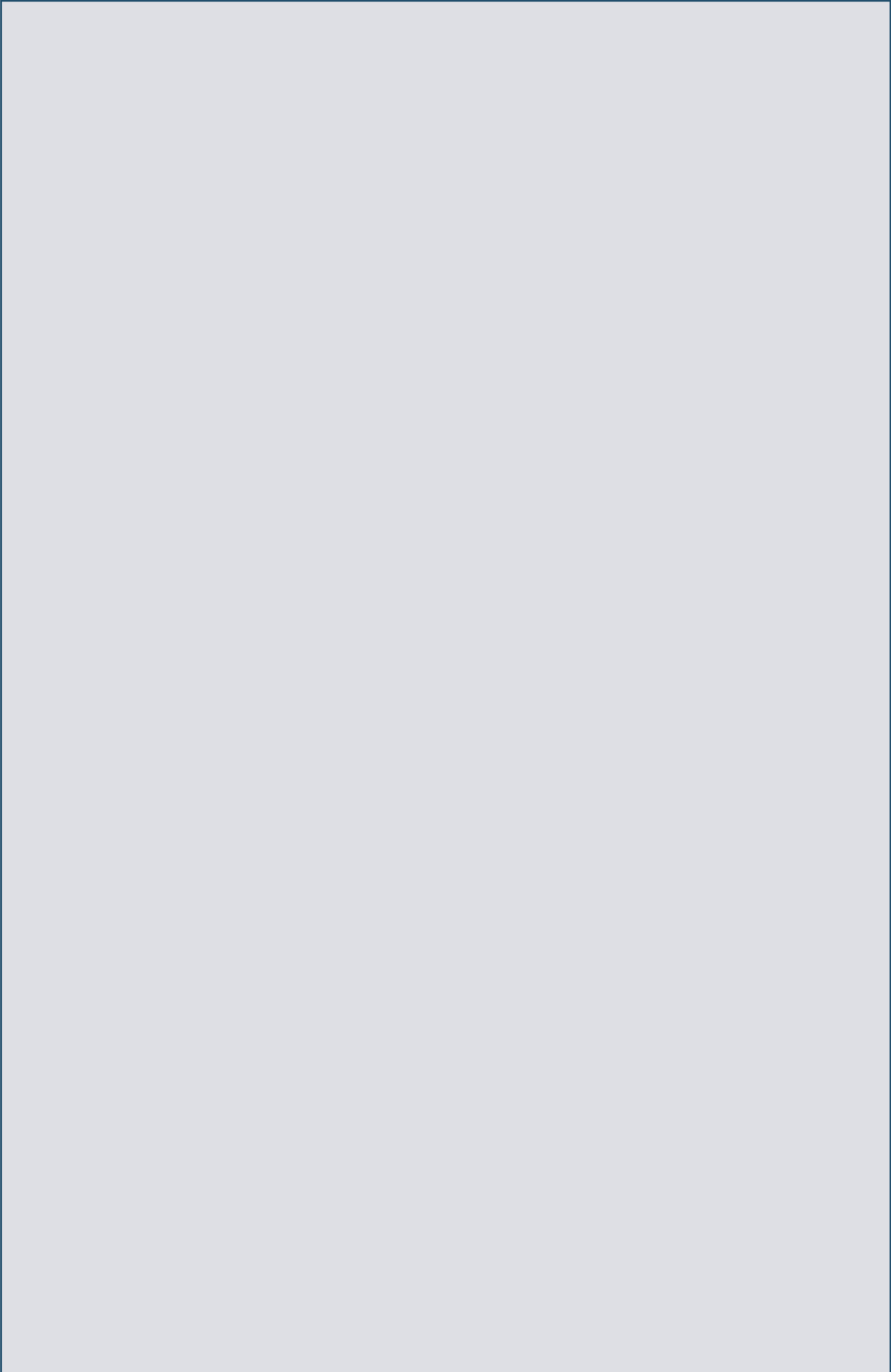
Declaration of 'I Am'



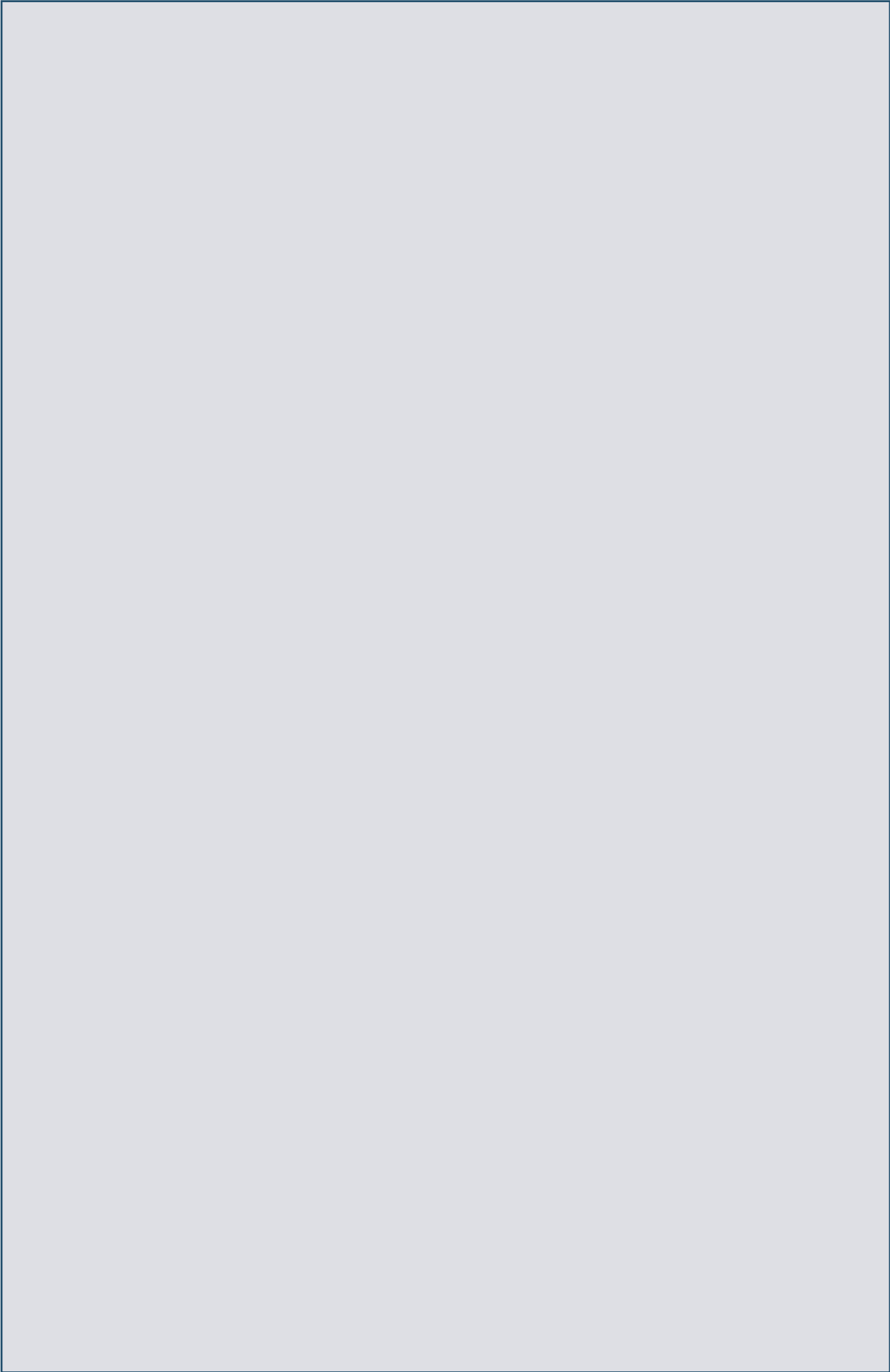
My Life



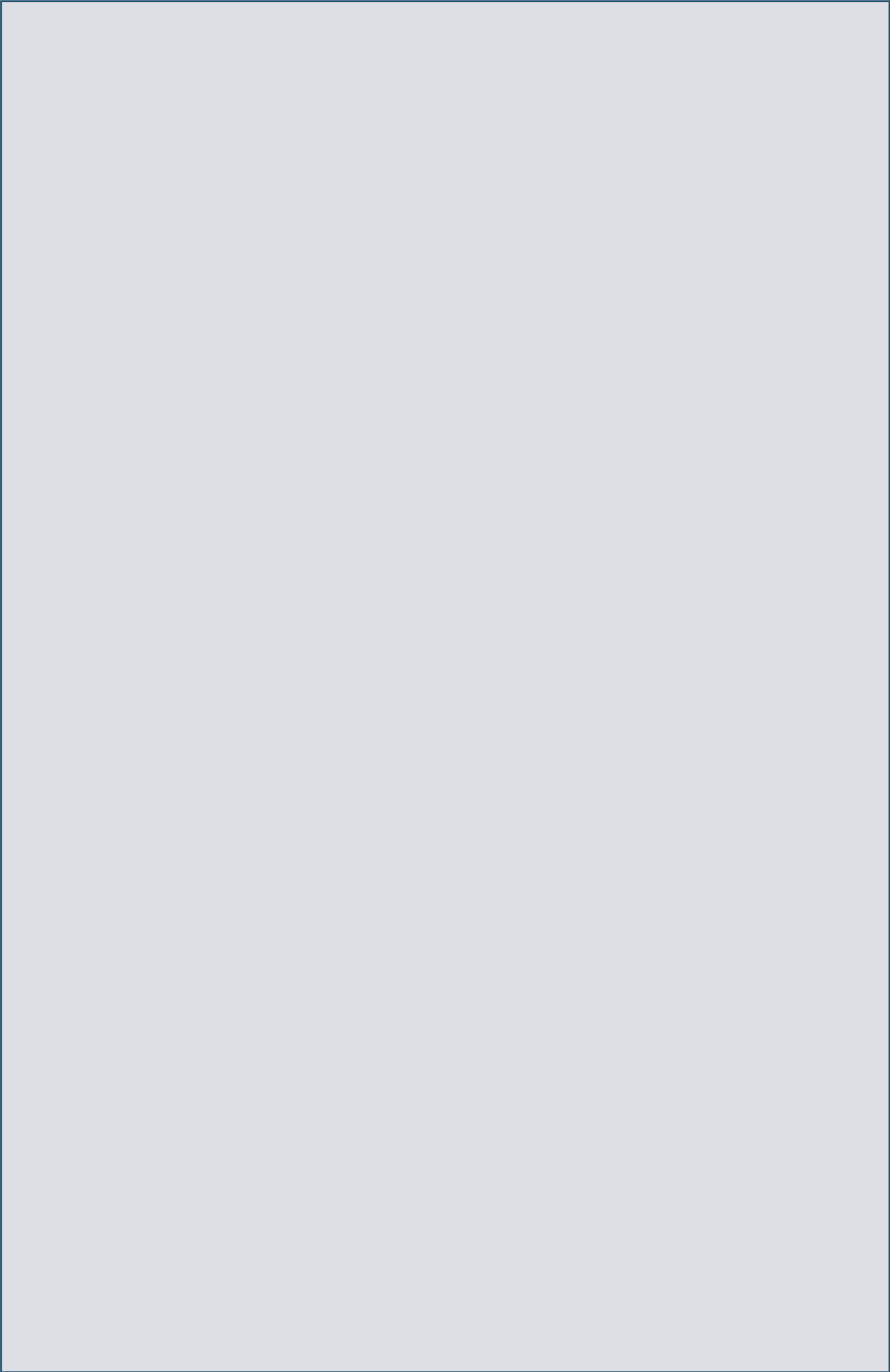
My Life



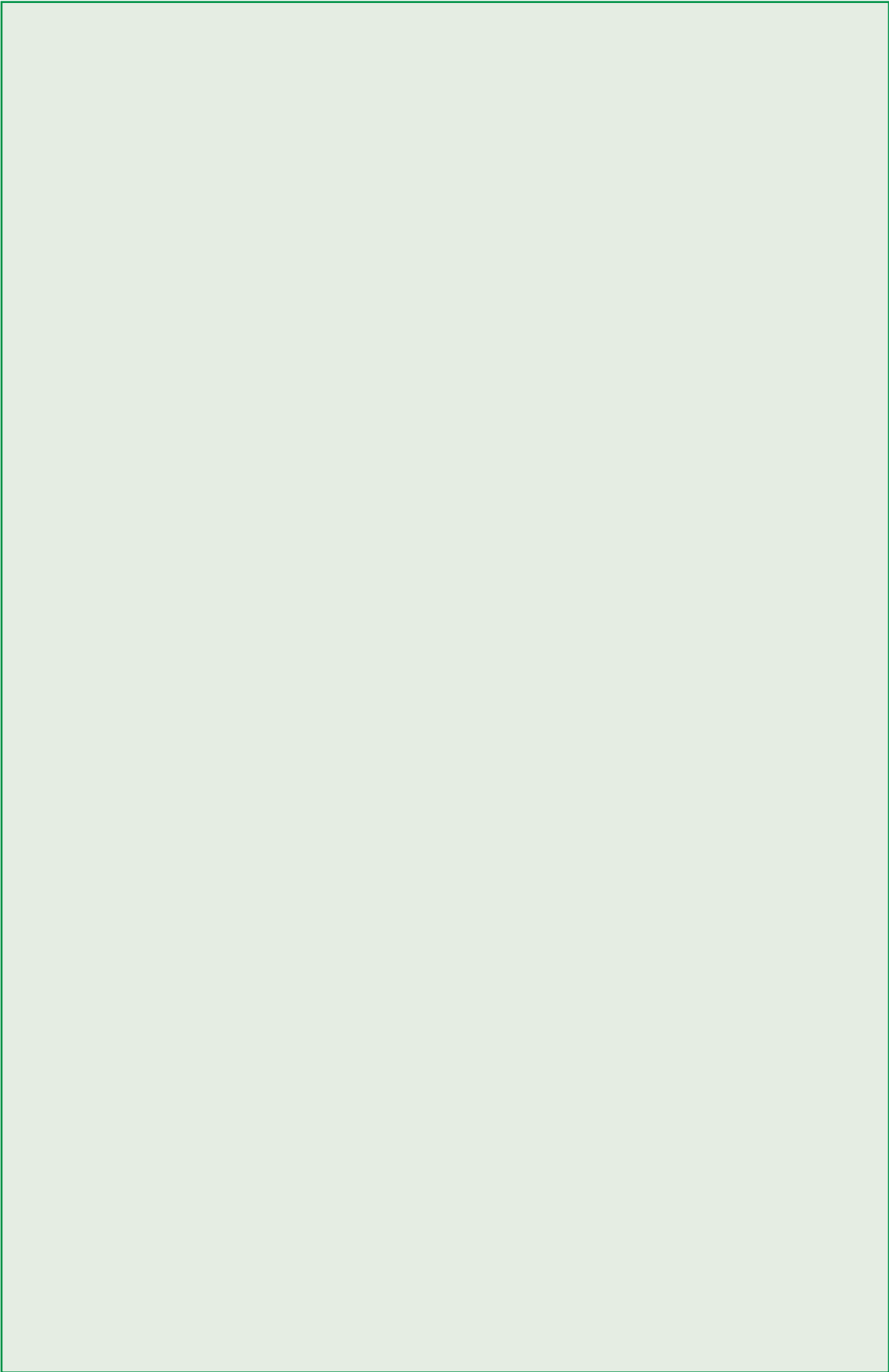
My Life



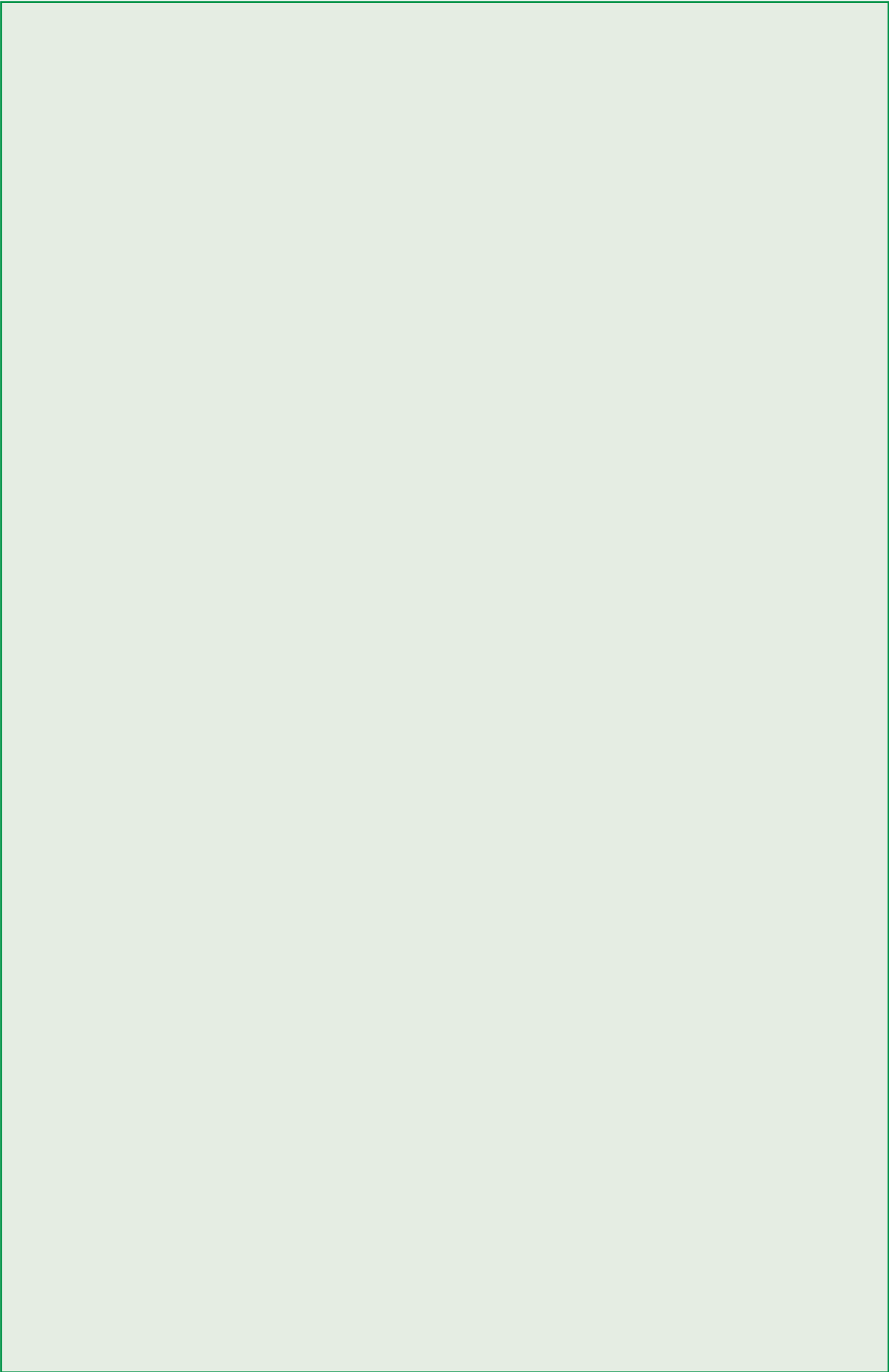
My Life



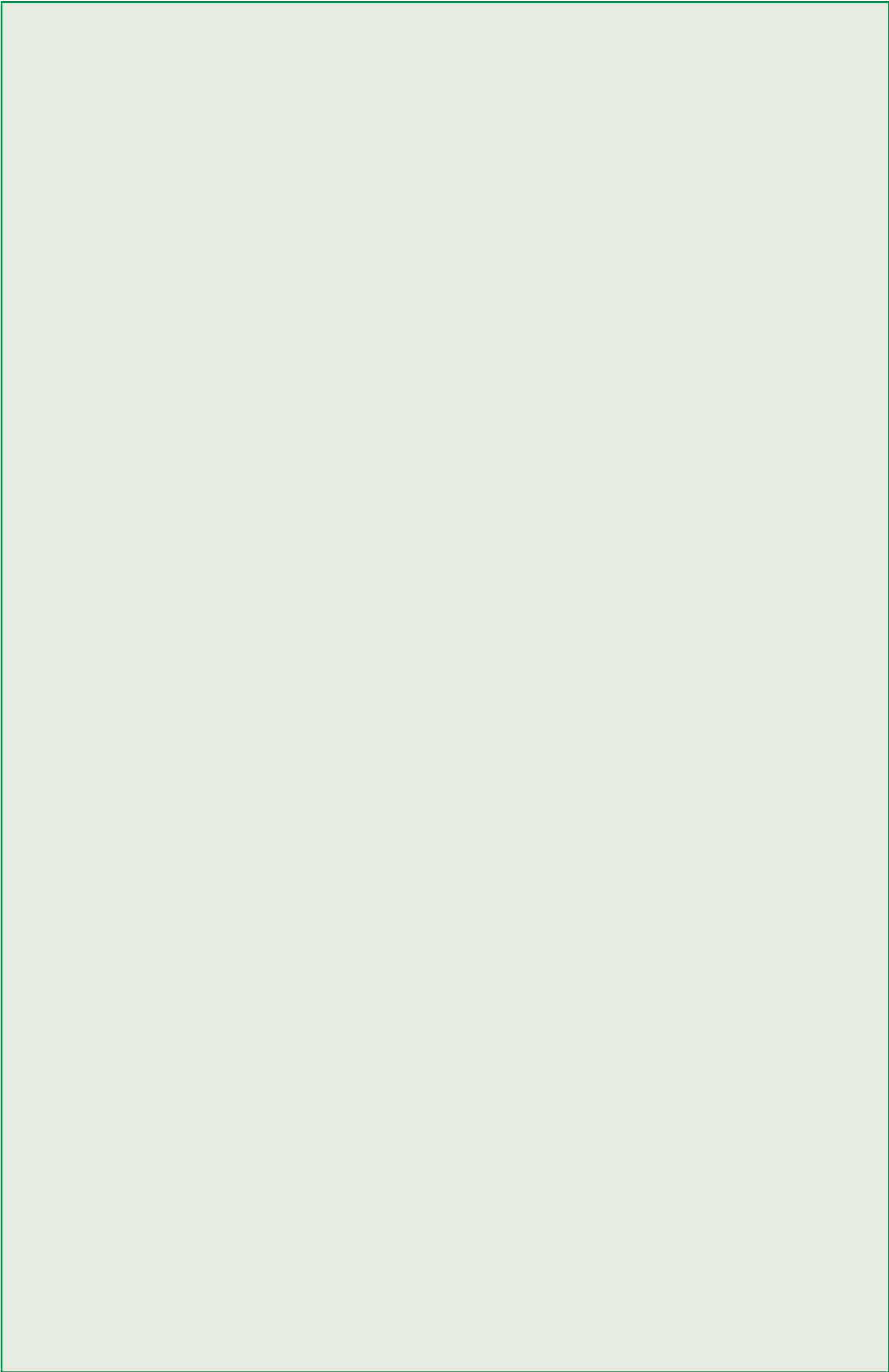
My Actions For Success



My Actions For Success



My Actions For Success



My 30 Day Journal

Today I Achieved

Today I Learnt

Day 1

Day 1

Day 2

Day 2

Day 3

Day 3

Day 4

Day 4

Day 5

Day 5

My 30 Day Journal

Today I Achieved

Today I Learnt

Day 6

Day 6

Day 7

Day 7

Day 8

Day 8

Day 9

Day 9

Day 10

Day 10

My 30 Day Journal

Today I Achieved

Day 11

Day 12

Day 13

Day 14

Day 15

Today I Learnt

Day 11

Day 12

Day 13

Day 14

Day 15

My 30 Day Journal

Today I Achieved

Today I Learnt

Day 16

Day 16

Day 17

Day 17

Day 18

Day 18

Day 19

Day 19

Day 20

Day 20

My 30 Day Journal

Today I Achieved

Day 21

Day 22

Day 23

Day 24

Day 25

Today I Learnt

Day 21

Day 22

Day 23

Day 24

Day 25

My 30 Day Journal

Today I Achieved

Today I Learnt

Day 26

Day 26

Day 27

Day 27

Day 28

Day 28

Day 29

Day 29

Day 30

Day 30

My Notes

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the user to write their notes in.

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My Notes

A large, empty rectangular box with a thin black border, intended for writing notes. It occupies most of the page below the title.

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