

A, B, C's Of Success!



*How To Create A Reality That Exceeds Your Dreams,
Faster Than You Ever Thought Possible!*

By: Thomas Anderson

How To Create A Reality That Exceeds Your Dreams...Faster Than You Ever Thought Possible!

The A, B, C's Of Success!

Are You Ready To Live The Life You've Always Dreamed About? Then Read This Book!

The A, B, C's Of Success Combines Years Of Personal Development Study And Research And Condenses It Down Into The Absolutely Essential Elements That Create Success! With Laser Focus That Keeps You Looking Directly Into What Is Possible For Your Future, The Author Combines Wisdom And Information Designed To Push You Past Your Self Imposed Limits While Using Fun Imagery And A Workbook Style That Forces You To Actually Take The Words And Put Them Into Action.

Written With The Reader In Mind, The A, B, C's Of Success Takes You On A Journey Of Many Miles, Yet Assists You In Taking Your First Step, And Every Step In Between. No Matter If You Have Never Read A Single Personal Development Book In Your Life, Or You've Been Enjoying The Knowledge Shared By The Most Motivational Experts In The World For Years, The A, B, C's Of Success Will Remind You Of Exactly What It Takes To Succeed In Every Element Of Life.

As A Pleasant Bonus Within The Pages Of The Book, But Without Ever Telling You What To Do, Rather Enrolling You In The Ideas That You'll Adopt As Your Own, The Author Shows You How Combining The A, B, C's Of Success With What He Calls "The Success Cycle," The Reader Can Literally Imagine Themselves At A Point In The Near Future Where They Are Truly Living A Reality That Exceeds Their Dreams. But The Book Will Not Allow You To Stop At The Point Of Imagining, You'll Be Compelled To Make Your Imagination Come To Life! Whether It's Physical Health, Mental And Emotional Strength Or Financial Freedom That You Are Seeking, The A, B, C's Will Show You Step By Step What It Takes to Achieve Your Goals, Faster Than You Could Imagine.

This Free E-Book Is Provided Compliments Of

Tom Anderson

<http://LifeTrax.com>

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We encourage you to share it with your contacts,
email subscribers, friends, family and anyone else who YOU would
like to encourage to live a reality that exceeds their dreams!

Simply click the picture and Twitter will open
with a link to the E-book and the message already filled in.
Thanks for helping us make the world a better place!



When I first read this Ebook,
I found the information so motivating
that I decided I wanted to help spread the message.
If you like it, please share it with others.

Enjoy!
Tom Anderson

A Message From The Author

Here's my quick, but relevant story that you should read first:

I can remember the day clearly; I woke up after a night of working.....Tired, bored and wanting more from my life.

I said to myself, "If I could find a way where I woke up each day, feeling positive about the work I was doing, knowing that I was helping people and living a life I was passionate about.....I would be a happier person."

I began to realize that most of the people who were achieving what many would consider "Success" seemed to have something. They had an ability to align their life. They seemed to have an incredible mindset for success, and achieved their goals quicker than other people. They were on track with every element of their life. Their very presence made you think that they possessed some super power to succeed. But then it all clicked and I realized they were not different. I also realized that I would never have what I wanted to have in life unless I learned how to align all the areas of my life and only then could I help others who were struggling..

It was from that realization that everything changed for me. I decided to CREATE a way for people to align the elements of life that create success in a simple and effective way. I took the knowledge of how to be successful and will show you how to apply it to EVERY element of life!

So how is that possible? How could a person, who doesn't have degrees from the best schools, wasn't personally mentored by a guru, isn't a prodigy or a natural born super genius, create something that can help YOU achieve more?

It's simple; I spent years learning everything I needed to do to become successful, from the top leaders in the world. I listened to them speak for countless hours, read their books, watched their seminars, listened to their lectures, attended their events and built a library of information. But to be honest, NONE OF IT HELPED!

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That's right; you can do the same thing. Go ahead and read every book, attend every training and arrive early for every seminar so you don't miss a single word and you'll also see that no amount of information will ever get you to where you want to be in life...EVER!

There are many people with the highest degrees from the best schools that are still working dead end jobs and there are people who have been in networking opportunities for years who have not made any money.

So what is it? What made the one change in my life that I needed to turn everything around for me and my family....forever?

It's summed up in one word.....ACTION!



ACTION!

I finally decided that I had enough. I had hit my rock bottom. I spent enough years, not living the life I wanted. I decided that TODAY was the day I was going to CREATE the life I wanted, and no one was going to stop me. I began to put into action everything I had ever learned about being successful by applying it in a simple way. It's because of that day, that one moment, when I made the choice to never again WISH I had everything I wanted, but make it happen that this E-book was born.....

From that day on, my life changed forever! I stopped looking at why things weren't possible and began to make things happen. I kept my eyes open for opportunities and soon enough, the right people began to show up in my life as if they were scripted to show up at the very moment I needed them.

This guide was created to help you have that same moment in time. The very paper you hold in your hands is written to help you take action. We're going to walk through a series of exercises that are designed to get your mind in the mode of realizing that anything is possible and everything is achievable.

I like to keep things REALLY SIMPLE, because I've found that if something is complicated, it's not being done correctly. Life, success, and creating a reality that exceeds your dreams are all simple, if you follow this guide, put it into action, believe in yourself and remain consistent.

In fact, we're going to begin our first step on your journey to success with a lesson that's as simple as A, B, C!

I want to wish you all the success you could ever dream of having....

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We're going to use the A, B, C method from now on to break down everything you want to achieve into small, manageable steps. Here is the A, B, C method in simple terms.

A = Action

B = Belief

C = Consistency

If you combine these 3 elements, you're guaranteed to find success in what you want to achieve. So now I'd like to break down these 3 elements further to explain exactly what I mean by each one.

These points are the foundation for this guide and must be the basis of each and every thing that you do from this moment on.

Action — Taking action is the point in time when everything begins to happen. It's also the moment where you stop trying. It's the very instant when you realize that TRYING doesn't exist. You simply can't TRY to do anything. You either are.....or you are not.

To make this point I'd like you, right now, to take a pen and place it in front of you and TRY to pick it up.....Go ahead and TRY.

Now, did you pick it up? Yes? Then you didn't TRY, you actually picked up the pen. Place it down again, and TRY again. You'll quickly see that you either are...or you are not, picking up the pen.

The same goes with "Trying" to do anything.

People say it all the time...."I'm trying to lose weight" – "I'm trying to quit smoking" – "I'm trying to build a business" – "I'm trying this....I'm trying to do that...." It's a habit that has been formed over time. The reality is, if you say that you're "Trying" to do something, you don't have the second critical element of success that we're going to talk about.

Step 1

TAKE ACTION



Belief — Belief in yourself, belief that you WILL accomplish your goal, belief that YOU, and you alone, are responsible for your own success or failure. You must believe that you are the person who creates your life. It's YOUR design, and it's YOUR responsibility to make it the life that exceeds your dreams.

At the very same time that you take action, you must believe that you are going to accomplish your goal without a doubt. You must become the person you will be after you've accomplished your goal in your own mind. So, for instance, the person that says "I'm trying to build a business" but does not have the belief they need to ultimately succeed has given themselves an out. Therefore, if they fail to complete their goal, it's okay, because they said they were just "Trying." They never actually said they were going to do it.

Now, let's look at that statement again but with a slight change. "I am going to build a very successful business." It's an exclamation of a specific action and it comes through with conviction and a sense of belief that they are going to accomplish what they set out to do.

People are drawn to other people who know exactly what they want and can say with clarity what they are going to do to make it happen. It's the very essence of the book "The Secret"

Now, can that person also fail to accomplish what they said they were going to do? Yes, if they don't apply the third critical element of success...



Consistency — I truly believe that this is the most difficult of the 3 elements. It's the word that causes most people to fail. But it's also the word that can be the most powerful of the 3 critical elements of success.

Consistency is the act of doing a specific action over and over again. You'll see that the word "action" exists within this definition. So if someone consistently follows through on the declared belief "I am going to build a very successful business" and takes the actions necessary to make that happen, then they **MUST** succeed. It's only when they break the cycle of consistency that they can indeed fail.

Think of water when you think of consistency. It's much more effective for a stream of water to consistently flow over a rock for a year to make it smooth than to shoot it with a fire hose for an hour and then stop.

The same rules apply to your success. If you go out and expect to achieve success by giving it all you've got for a day and then stop, you'll **NEVER** succeed. You must consistently take action until you achieve your desired result.

Now, of course, there are other elements that go into an action such as losing weight, or eating healthy and exercising. So that's why it's also essential that you break your actions down into specific, smaller actions, which coincide with the completion of the larger task. We'll go into this more later when we discuss goal setting.



Step 3
BE CONSISTENT!

Right now I'd like to do an exercise in consistency. I'd like you to think of something you would like to take action on, TODAY. It can be anything you want. Saving money, losing weight, exercising, growing your business....anything.

Now think about what smaller tasks need to be completed consistently in order to achieve that goal. For instance, if you want to grow your business, you could write something like "Make 10 networking calls per day" The key to this exercise is to break down the task to realistic size goals that you BELIEVE you can achieve.

Now, once you have your smaller goal, we're going to figure out exactly what you could accomplish if you remained consistent with your effort.

The next page is for you to write on, look at, and read every day.

You should hang this somewhere where you can see it, and read it out loud (Yes, out loud) every day. Remember your formula for success.

Action
+ Belief
+ Consistency
= Success!

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First you're going to declare your action:

"I am going to _____"

"I am going to do this _____" (IE: Times per day, every day, every week, every month)

Next you're going to declare your belief in yourself:

"I know I can do this, because I believe in myself and I know that I am the creator of my life. I am responsible for my own success. I will not fail because I am consistent. I am the person who is going to create a reality that exceeds my dreams!"

Lastly you're going to show yourself what's possible through consistency:

Enter how many times you will be doing what you said you will be doing

_____ (A) (Example. 10 times per day)

Now enter in the amount of times that happens in one calendar year

_____ (C) (Example. 365 Times if done daily – 52 Times if weekly etc..)

_____ Multiply (A) "Action" times (C) "Consistency" and write that here.

That is how much you can accomplish in 1 year if you consistently do what you said you were going to do.

So to give this an example you might say "I'm going to do 30 pushups per day," times 365 days this year, which means I will do 10,950 pushups this year! If you don't do any right now, imagine the difference that will make.

Or "Read 1 book per week" times 52 weeks = 52 books you'll read this year. (Hint: Turn off your TV, read 10 pages, 3 times per day.)

As you can see, Action + Belief + Consistency = Success!

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Another critical element is the understanding that things take time. I love the movie “The Shawshank Redemption” because it shows how by doing something consistently, over time, can set you free from the constraints that have been built up around you.

He was a prisoner, constrained by bars and concrete walls. He didn’t get overwhelmed by the thought that he had to dig through hundreds of feet of dirt, crawl through sewage and risk his own life. He wanted freedom.

He took action – “I will dig through these walls and enjoy freedom....Forever!”

He believed in himself

And he was consistent. He dug tiny amounts, every night, for years.

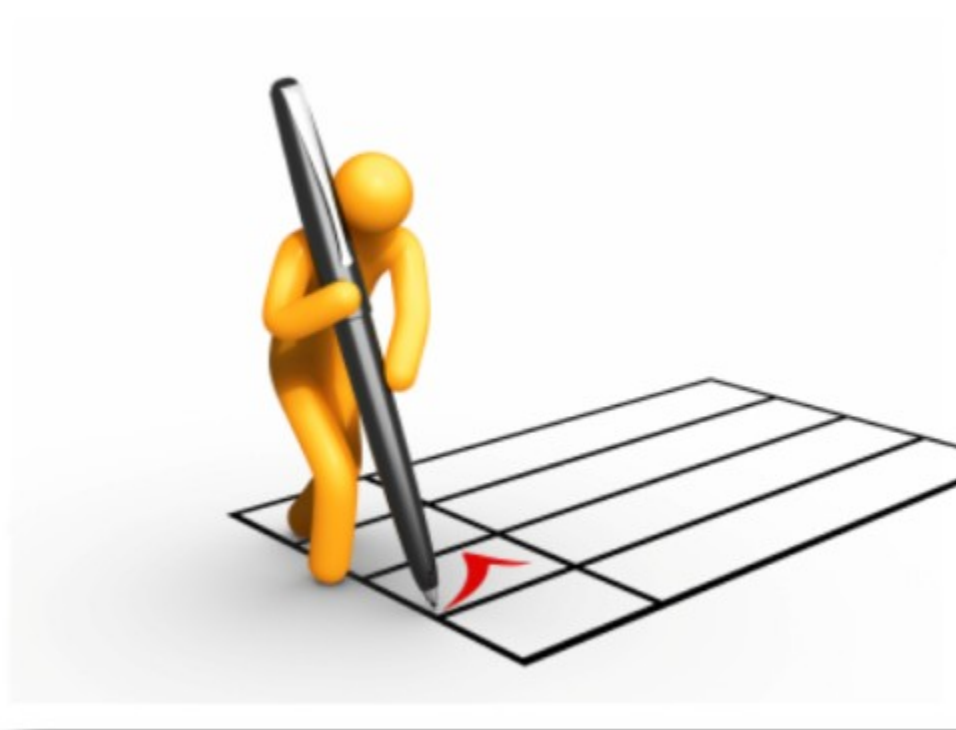
He was successful! He achieved what he knew he could do, and he set himself free!



“A Journey Of 1,000 Miles Begins With A Single Step....” Confucius

Let’s Review.....

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When you set out to accomplish anything, follow these 3 simple steps.

Decide what it is that you are going to accomplish.

Step 1 = Take action on that goal. Break down your actions into smaller pieces.

Step 2 = Believe in yourself and know that you WILL succeed. Make declarations with conviction.

Step 3 = Be consistent in your actions and never stop.

Our next chapter is going to focus on setting S.M.A.R.T. goals, and how following a simple system of goal setting can help you achieve more than you ever thought possible.

Take some time to complete this section before moving on to the next.

GOALS!

Let's talk about goals! Better yet, let's DO SOMETHING about your goals, because that is the single biggest difference between actually setting a goal and simply saying some words in hopes that someday you'll have what you want.

In order for a goal to take hold and become real, you must commit to it somehow. Typically that is writing down your goal on a piece of paper. But since the age of the internet and websites which provide goal setting software, the process has become even easier. No longer do you have to keep a piece of paper that you have to worry about losing or ruining to keep track of your goals.

Regardless of whether you use a multifaceted website like LifeTrax or a scrap of paper that you keep in your pocket, the process and theories are the same. Writing down your goal, taking action on it and reviewing the progress regularly is the key. Each time you see your written goal is like recommitting to that goal.

If you've never learned how to effectively set a goal, there is a simple method that will help you set, stay on track, and achieve your goals. Follow these steps when creating your goals from now on and you'll be well on your way to achieving more than you ever thought possible.



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Remember the word S.M.A.R.T.

The word smart is an acronym for the following:

S = Specific

M = Measurable

A = Achievable

R = Realistic

T = Timed



Let's break down each of these components individually.

Specific



A specific goal is something that is stated as a matter of fact. So for instance, a specific goal would be “I will lose twenty pounds.” It would not be “I want to lose weight.” It would be “I will finish a triathlon” it wouldn’t be “I want to get in shape.” A specific goal would be “I will tell 5 people today about this E-book” it wouldn’t be “I want to inspire people.”

In order for your brain to begin calculating what it will take to accomplish a goal, it must have a specific end in mind. Your brain cannot effectively achieve the end result if it’s confused as to what the specific goal is.

You need to be as specific as possible so give this some thought before writing it down. Your goal should be something that can be described clearly and accurately and would allow someone to know EXACTLY what you are setting out to accomplish.

Measurable



After you set a specific goal, you must have a way to measure your progress. Another “M” in the goal setting process is “Motivating.” In order to stay motivated, you must measure your progress to show yourself that you’re moving closer to your goal.

So measurability is simply the act of breaking down your larger goal into smaller more progress oriented and measurable milestones. An example of measuring a goal would be (Specific) - “I will lose twenty pounds” (Measureable step) - “Lose One Pound” and simply repeat the act of losing one pound over and over again.

If you’re writing down your goals, or using a goal setting website, then you will be able to visually see your progress each time you check off that you’ve lost another pound, and therefore you’re measuring your progress and motivating yourself at the same time.

Achievable



There is something that should be mentioned here with this part of goal setting. The simple fact is that NOTHING is unachievable! However, achievability needs to be looked at very carefully when setting goals. Let's review so you can see what I mean.

Specific – “Lose twenty pounds”

Measurable – “Lose one pound” next “Lose another pound” next “Lose another pound”

Achievable – “In one week”Now, I'm not going to say losing 20 pounds in one week is not achievable, but please make sure that you are realistic. It's our next word, but understand that “Achievable” should be something that stretches you beyond your comfort zone but can be achieved.

Keep in mind that what seems unachievable to you right now, because you live outside that reality, will someday seem very simple. Your reality changes as you accomplish more of your goals. So set challenging goals that don't overwhelm you and thrive on accomplishing these goals.

Realistic

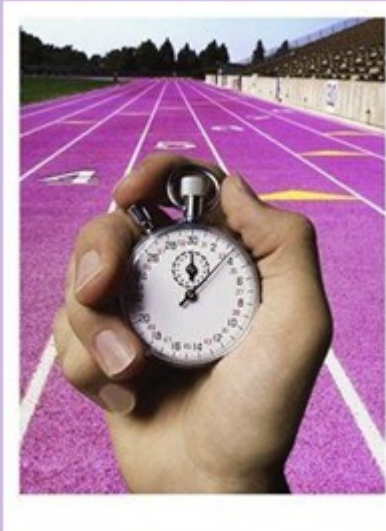


What would be realistic to your situation? To provide you with an example we'll say that if you wanted to take up hiking you would set a realistic goal to "Reach The Top Of Mount Localtoomee" as a realistic goal for starting out. You wouldn't set a goal (Short term anyway) to "Climb Mt. Everest And Reach The Top."

There is a difference between setting long term goals, and realistic short term goals. Be sure to set goals that are realistic to your personal experience and ability. You can always set larger goals as your situation changes during the goal setting and achieving process.

Remember, your goals should motivate you!

Timed



A timed deadline is simply setting a limit on yourself as to how long you will take to achieve the goal. It also gives your brain a way to measure the amount of effort it needs to put into accomplishing the goal. I'm sure you've noticed that when you set a time limit on something that needs to be done, it typically takes up to that very moment to get it done. Yet, think for a second about things that you haven't set a deadline for yet....Are they done?

If you set a goal to inspire 50 people to take action on their goals, you let your brain know that it must work to achieve that deadline. If you simply say "I'm going to send 50 people the A, B, C's of success E-book" but never say by when....you'll be "trying" to inspire people forever.

To put this into action you would set a goal of "I will inspire 50 people to take action on their goals". You would then create measurable milestones like "I will call or email 5 people today and share this Ebook with them" Do this for 10 days and you will have inspired 50 people to improve their lives!

So let's practice setting an achievable goal with the SMART way that we have just learned.

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My Goal

I am going to _____

My Steps Are

I will achieve this goal by this date



I Hope This Lesson In S.M.A.R.T Goal Setting Will Help You Accomplish Your Goals Faster Than You Ever Thought Possible!

Mindset

The Power Of Your Thinking...

The Results Of Your Doing!

There is a particular mindset principle that we'd like to focus on in this chapter. It's a principle based not upon theory, but upon tried and true methods of understanding how people achieve results. The principle is summed up in 3 simple words....

Be.....

Do.....

Have....

EVERYTHING!

The Be – Do – Have philosophy is based upon mindset. It all starts with the word “Be.”

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BEing is all about who you know yourself to be in your own heart, and BELieving that you are that person. When you begin to develop the mindset that you ARE going to BEcome the person you want to be there is a shift in your thinking. Remember, you are no longer “Trying” to be the person you want to be; you know it without a shred of doubt.

So the real way to begin your Be – Do – Have journey is to BEcome the person you want to BEcome in your Mind, your Body, and your Actions! You must BEcome the person who you want to BE in your own BELief system first before you can move on to the second step of the system.

DOing is about DOing the things that someone with what you want does and has done to live the life they have now. DOing is about taking the actions necessary to achieve the life you want to HAVE.

Having is about getting to the point in your life when you can see for yourself, the results of your actions. But I must warn you that having what you want needs to be laid out for you with some straight talk. It’s also the point in this book when many people will shut down and revert back to the microwave mentality. Remember, we are programmed now to want everything quicker, but the reality is that real success is built in a crock pot.

We go into much more detail about how to use the Be – Do – Have concept in the next FREE E-Book in this series called “The Success Cycle”. You can download that E-Book by clicking here <http://LifeTrax.com/>

Let me ask you now. Are you ready? Are you 100% committed to living a reality that exceeds your dreams? I mean are you truly ready to listen to the word I’m about to say. You’ve heard harsh words in your life before, but I guarantee if you want to hear it straight, I have to use this word with you. But if you are ready to take your life to the next level and you’re prepared to do whatever it takes to live the life that you’ve always wanted, then press the switch and read on....



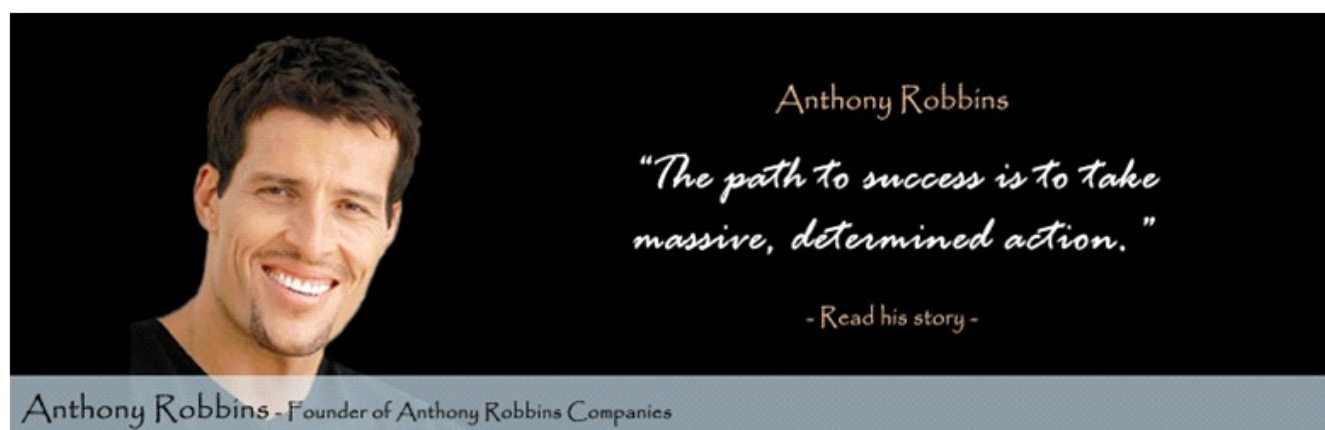
TIME!!!

It's the last critical element of success! I know, it's hard to hear, and I wish I didn't have to be the one to use such a harsh word with you, but I do. We live in a "I want it now" society where we want everything to happen instantly. We want to get rich quick, lose weight now, get in shape in 30 seconds per day etc...and we'll spend a ton of money on any product that claims to make this possible for us. But the simple truth is that it all comes back to the A, B, C's of success that we spoke about first, Action, Belief and Consistency!

Only enough Commitment, Effort and Time will result in you having what you want in life. It's the downfall of our culture and the reasons why most people ultimately never achieve the life they desire. You see it's REALLY simple to BE successful and achieve your goals...

But it's just a little bit easier not to!

Tony Robbins has a wonderful statement that I encourage you to print out and read every day. But don't just read it, LIVE IT! It's on the next page.



Now I Am The Voice
I will LEAD, not Follow.
I will CREATE, not Destroy.
I am a FORCE FOR GOOD
I am a LEADER
I will DEFY the ODDS
I will Set a NEW STANDARD
Step Up.
Step UP!
STEP UP!!

Anthony Robbins

Let's Learn About Time

We all have the same amount of TIME. We all get 24 hours per day, we all get 365 per year. That is a FACT. Successful people manage their time effectively. We're going to do a simple exercise in time management and show you how **YOU CONTROL YOUR TIME!**

Let's break down your day into 3 even columns. I'm approaching this from the understanding that most people have a regular job and work 8 hour days. The column on the left is your sleep column, the column in the middle is your work column and the column to the right is the YOU column.

I understand that we all have obligations outside of sleep and work that pull from the time in our YOU column. However, if creating your life is your responsibility, then you must begin to devote some of your YOU TIME to what YOU want.

So let's take a look at each column. We're going to assume that you like your sleep, and in fact, you need a decent amount of it. For this exercise, we're going to give you 8 hours of sleep. We won't take that away from you.

We'll also assume that you can't just quit your job right now and financially support yourself. Which means that we need to leave the work column full as well.

In order to achieve the goals you want to achieve in your life, you'll need to devote a certain amount of time from your YOU column to make any significant strides in your personal goals. No matter what they are.

Now let's imagine that you have super powers to control other people and you are able to control your time by simply telling people when you are and are not available to fill THEIR time. This would mean that YOU TIME is all yours. So you would have 8 hours per day to devote to your goals.

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Now let's say that you carved out just one hour per day to devote to your goals. Some of you may resist and say "There's no way I can devote an hour per day" and that's fine. Just remember that it's YOUR time and YOU are the one who chooses how to spend it. It's not selfish to devote time to yourself in dedication to making yourself the person you want to be, which in turn will benefit the people around you.

Let's see what this would look like.

[illegible]

But what we can begin to fill up is the YOU column. Since everyone sleeps and works at different hours, we didn't want to fill in the time slots. However, you'll see that you have 8 lines which stand for the 8 hours of YOU TIME that you can use to achieve your goals.

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Start today to begin writing down the hours when you are going to devote time to achieving your goals. Remember, it's your life, it's the only one you get, and the only variation of this is the fact that we have no idea how much time we are actually going to get. So use it wisely!

Seemingly small amounts of time can add up significantly. Here are some examples of using your time effectively to achieve your goals.

Download free audio books from places like LearnOutLoud.com, and burn them to a CD. Listen to them on your way to work and on your way home.

Park further away from stores or work to make yourself have to walk and burn calories. Or get off a stop earlier if you take the bus or some other form of public transportation.

Each time a commercial comes on, mute the TV and read a page of whatever book you are reading (something motivational of course).

Get up an hour earlier 3 days per week and check items off your To Do list before you go to work.

Complete one step of your goal each day. Break down the steps to items that can be completed quickly in order to make this happen.

Make phone calls that need to be made while commuting, during lunch and other break times at work.

Force yourself to complete tasks by setting a time limit on them. For instance, give yourself 30 minutes to clean the house.

Effective time management is crucial to your success. Without time management you'll continue to waste minutes of valuable time that add up to hours of valuable time, that add up to days of valuable time and so on.

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Look at this – Waking up an hour earlier 3 days per week creates 156 more active hours in a year which is the equivalent of over 6 full days of time!

We recommend using a system to track your to do items and appointments. There are many of them out there and if you're looking for my recommendation on the best one to use, I would personally recommend [LifeTrax](#) The site offers a simple and effective life management solution beyond anything that's ever been created.

Who Are You?

It's a deep seeded question that requires some self assessment. Only YOU can define who you are and you can change and grow and become anything you want at any time!



For this chapter, we're going to focus on your association with other people. By association we mean who you spend the majority of your time with, because these are the people who influence your thinking. It's been said that your personality and what you are going to achieve in life is the result of the 5 people you spend the most time with. If you don't like the result they are getting, you may have to change your associations.

But changing who you spend time with, does not mean that you need to go out and dump your friends, leave your spouse or quit your job. It's very common for someone who wants more out of their life to break free from the pack by beginning to follow the people who they find to be more in line with their desired way of life.

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So what does this mean for you? How can you begin to associate more with people who can influence your life to move in the direction you want it to go?



It's pretty simple really. You may want to start by speaking with your closest associates and tell them that you are ready to make a change in your life. Explain to them who you are going to BE and what you are going to DO because of the things you would like to HAVE. You may find out that your close associates want these changes in their life as well and are looking for a leader or a friend to help them break free from the constraints of their current lifestyle or ways of thinking.

I'd like to caution you however, that some of your closest contacts may offer you some advice that is not what you want to hear. They may even try to talk you

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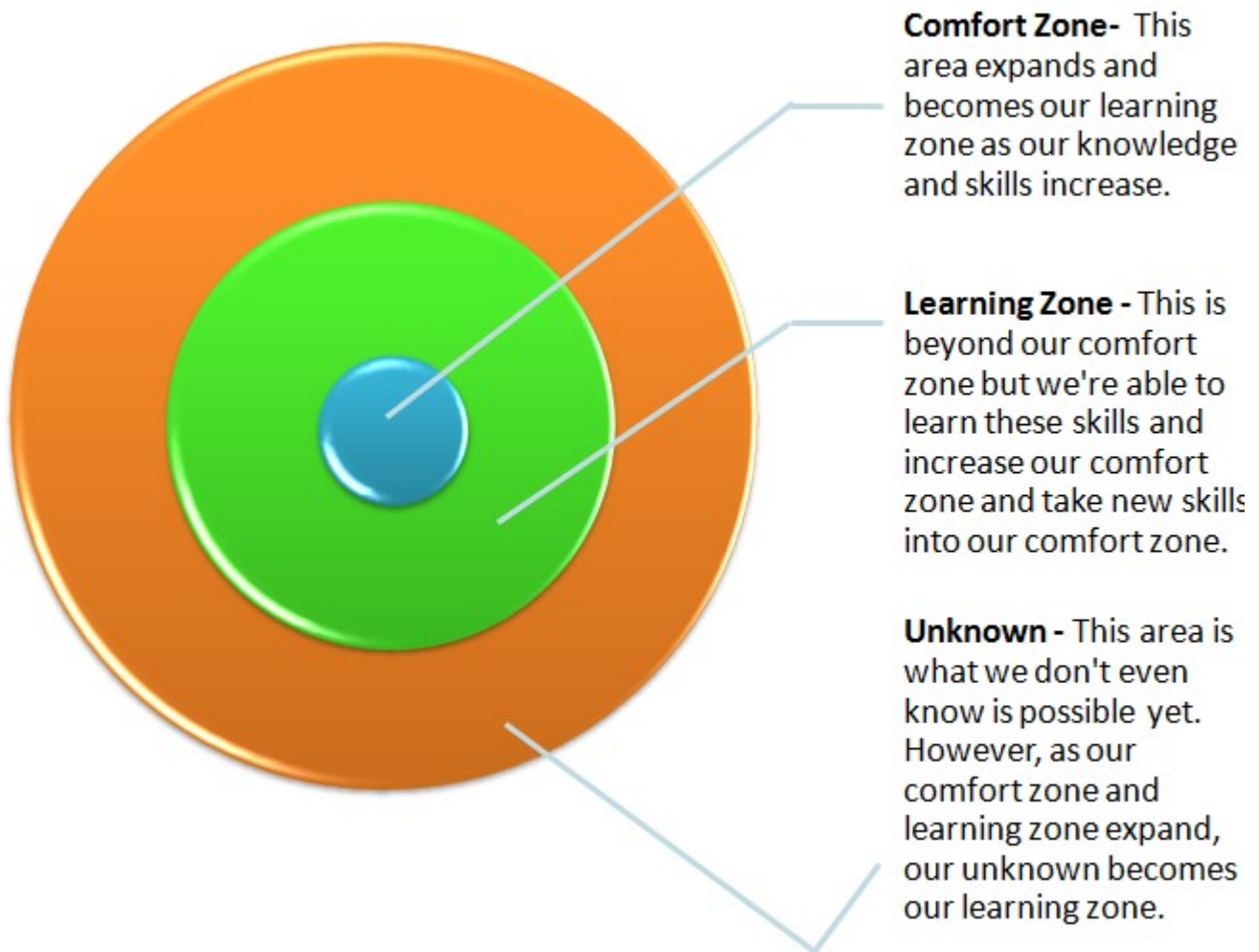
out of following your dreams. It's not that your friends, family and closest associates don't want you to succeed; it's more that they don't want you to shine a light on their lack of success.

There is an old saying that "Misery loves company" but it may be more appropriate to say "Misery Hates To Lose Company" because then they are left all alone feeling miserable about themselves.



So ideally, your closest contacts and associates will all want to jump on board with you and follow your leadership toward the path of success. However, what do you do if they all are perfectly content with staying where they are in life? It's their comfort zone and many people are afraid to move beyond that zone.

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It's interesting because what few people fail to realize is that your comfort zone also changes along with your experience. When you learn a new skill, you create a larger comfort zone. Think about a time when you started a new job. You were uncomfortable in the beginning and then you learned what you needed to know, and after some time, you were no longer uncomfortable and you moved into a new zone. You simply expand the area where you are comfortable living and being who you are.

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The very same principles apply to becoming a leader. Right now, you may question your abilities to lead others. Yet, as your belief grows, your knowledge expands and your comfort level increases, you will begin to view yourself differently and begin to carry yourself more confidently because of your abilities.

But what happens when you are simply met with confrontation from those you expect to support you?

You're left with a few options at this point.

First, you can say to them something like "I can appreciate the fact that you don't want to take this new journey with me, so all I'm going to ask is that you provide me with the support that you've always shown me because I'm going to achieve...(Enter Your Goal).."

Or, you could say to them "Just so you know, I'm going to be spending some more time focusing on(Enter your Goal)..... and I'd love to have you join me any time if you're interested. I'm looking for some people to help me with this and because I value your friendship, I'd love to have you join me when you're ready."

Or, you can let them know that "You probably won't be seeing much of me in the near future because I've decided that I'm going to focus my attention on (Enter Your Goal)..... But I don't want you to think it's because I'm blowing you off. I'm just really at a point in my life where I want to create a better life for myself and I'm going to(Enter Your Action).....to make that happen."

Sometimes, people want you to prove to them that it's possible, before they commit to doing it themselves. So do it, and then go back and show them the way.

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Whatever you say, unless you feel like the person you've been associating with is simply a complete hindrance to your progress, let them know you want to continue your relationship but your time has just become more valuable because of the books you'll be reading, the audios you'll be listening to or the classes you will be taking.

Now, I'm not telling you that you should alienate yourself from everyone, climb to the top of a mountain and study the holy grail of whatever subject you want to become passionate about. I'm simply trying to prepare you for the fact that many times when you make the personal choice to live a reality that exceeds your dreams, you need to begin associating with other people who are moving in the same direction and have the same sense of passion and purpose in their lives.

So what does that look like? How do you stop hanging around people that are holding you back and begin being around people who will propel you forward?

One of the simplest ways to do this, is to find groups, networking communities and other social outlets where people talk, share ideas and encourage each other to achieve whatever it is that you want to achieve.

You can do this in your local community, or you can join online groups. Join discussions in chat forums, read blogs, search on google groups, yahoo groups, facebook and other online social networking sites that allow you to join a group. LifeTrax also offers one of the best online social networking groups available because it is compiled of like-minded people who all want to create a reality that exceeds their dreams. The community is made up of success minded people who have all made the same commitment we hope you will make after you finish reading this E-book..

But regardless of which group you join, be sure they are focused and will help you achieve your goals.

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Whatever you do, be sure that you always remember that in order to grow your finances, your goals, your career and your life, you need to improve yourself. Many times this starts with taking a look at the major influences of your life and deciding if you are going to follow them down the same path you're already on, or lead them down a new path.

We would like to encourage you to be a leader. Be the person that you know you can be and begin to surround yourself with like-minded people, read the right books, listen to the right audios and view the right videos. There is a ton of useful knowledge out there, you just have to go and get it. You are not who people think you are, you are who you show people you can be!



10 Steps To Creating A Reality That Exceeds Your Dreams!

This is the final chapter in our E-book about how to create a reality that exceeds your dreams. **This is your workbook for success!**

In this chapter we're going to wrap together all of the elements we've discussed into a perfectly sized, beautifully displayed gift that is your future. We're going to use this chapter as your guide to living an extraordinary life.

The simple act of creating your life may be a great challenge for you. You may find it difficult to reach beyond what you see as possible for yourself, based upon what you know about your life up until this point. But in our last chapter we discussed how in each moment of time, you have the choice to reinvent yourself, define who you are, and create a new path for your future.

Remember, nothing is impossible. Everything is possible, and when you finally make the choice to be 100% in control of your life, making no excuses, and literally creating your reality, there is an enormous sense of freedom and power that comes along with it. However, there is also a very common feeling of uncertainty. But just know, as you go through this chapter, you are the one who is in control of everything that happens in your life. You are the person who defines your own success, achieves your goals and has the ultimate say over the actions you take. It's your life, now go out and make it extraordinary!

Use this chapter as a workbook. Don't rush through it. Take your time, answer the questions and really use it as your guide to creating the life you want, the way you want it to be from this day forward.

Enjoy!

How To Create A Reality That Exceeds Your Dreams...Faster Than You Ever Thought Possible!

Step 1. Define personal success for yourself – In this first step you are going to write down what success looks like to you. If your life could be exactly what you wanted, how would it look, how would it feel, what would people say about you and what would you do on a daily basis in your ideal life?

Here are some questions to stimulate your thinking.

Where would you live?

What type of house would you live in?

What car would you drive?

What work would you do?

What would your life look like?

If I defined my ideal life in ten words it would be.....

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Stick to a budget, know how much is coming in and going out. Live within your means.



Unfortunately, many people find themselves in the situation where the cost to live each month EXCEEDS their income. Or they realize that they have no way to maintain their income in the case of job loss, injury or some other tragic event. This can be a scary and eye opening situation for people and it's the reason why many people seek out some type of home business opportunity. Robert Kiyosaki, author of Rich Dad Poor Dad and many other books on financial independence recommends a home business as a way for people to earn the extra income they need and provide a way to create a residual income that could stabilize your finances and supplement your income in the future.

We have included a chapter on home business at the end of this book.

Step 3. Get Rid Of Things In Your Life That Drain Your Energy – We all fall into habits, some good and some bad. Many times we forget, after we have done a certain activity, eaten a certain type of food or spent time around certain people, what life could be like if these things were not actually draining our energy.

It's pretty common to only see our lives from one perspective....our own. But if you were to take a minute and look at your life from the point of view of, let's say, a life coach, what do you think they would notice about your day to day life that could be draining your energy?

Let's take a few minutes to list some of the items that may be holding you back from having the energy you need to succeed at the level you want.

What foods do I know are bad for me that I eat for:

Breakfast –

Lunch -

Dinner -

Snacks -

Things I Drink -



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Now list some activities that you do, which at the time seem to be either relaxing or perhaps you do them because you're "Tired" and ultimately drain your energy further.

Shows I Watch On TV-

Internet Sites I waste Time On -

Activities I Do Regularly -

Now list some issues which will become your "to do list" of items you want to accomplish but have been putting off for some reason. These weigh on your brain like a computer that needs to be cleaned up. However, once you begin to finish these tasks your life seems to run smoother and you'll begin to accomplish more of your goals.

Things I Need To Do -

Last, list the people who you spend time with and the places you spend time at. Do any of these people or places make you feel stressed out or drained, do they take the smile off your face, are the people negative or complainers? This could be co-workers, friends and sometimes even people with your last name.

Names -

Places -

Step 4. Do More Things That Give You Energy – Now that you've identified the things in your life that drain your energy, we're going to replace those activities, foods, people, places and things with activities and things that GIVE you energy!

What foods do I know are good for me that I will eat for:

Breakfast –

Lunch -

Dinner -

Snacks -

Things I Drink -

Now list some activities that you WILL do that will give you energy!

Books I Will Read

Positive Internet Sites I'll Visit -

Physical Activities I Will Do Regularly -



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Now take some of the things from the energy drain to do list that you want to change and list them here.

Things I Will change -

Last, list some people you will spend more time with who make you feel good, motivated and inspired. The people might be authors, speakers or even internet based video instructors. The point is to spend your time doing positive activities and listening to positive people who will encourage you to move in the direction you want to go and who will motivate you to get more done.

Names -

By eliminating the negative and draining influences in your life, you can begin to implement the positive, motivating influences that will provide lasting energy and a sense of fulfillment and accomplishment in your life.

Make sure to perform this check list every few months as most people tend to start new habits and fall back into old patterns about every 6 weeks. The more you identify these negative factors, the more you can eliminate them from your life and introduce positive ones.



Step 5. Do A Personal Assessment To Discover What Drives You! –You can either choose from a variety of fun and informative self assessments online that will provide a detailed look into the way you think and behave by [Clicking Here](#). Or if you're not ready to do that yet, simply answer these questions to get an idea of who you see yourself as being. Remember to take your time and think about your answers

Describe your personality in 5 words -

I am happiest when I am -

I stand for these principles -

I am motivated by -

I love to be -

I like people who are -

I like places which are -

My personal values are -

I'm most interested in -

I like to learn about -

My ideal work is -

I am skilled at -

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Though our personal assessment sheet is not scientific, it's designed to give you a look into the way you view yourself, which can be a valuable way of realizing what you should focus on to create your ideal future.

These are your personal values, explore what makes you tick from a belief and conditioned responses point of view and see what you discover about yourself.



Step 6. Expect More From Yourself – It's easy to let yourself off the hook. We all do it. However, you'll notice that people who tend to be more successful by their own efforts seem to hold themselves to a higher standard. They hold themselves accountable and are impeccable with their word. They have integrity and do what they say they will do, when they say they will do it.

I learned a valuable lesson one day about being Un-Reasonable. The point of the lesson was that we live our lives, allowing ourselves reasons why we didn't accomplish something. For instance, you say you are going to get up and go to the gym each and every day. You may give yourself the reason or excuse that you were "up late working" as to why you didn't get up and go today. But by being unreasonable, you would wake up and say "I was working late but I said I would get up and go to the gym, so I am going" and by getting out of bed, you are keeping your promise to yourself, having integrity with yourself, and being impeccable with your word. It's not easy to always do this, but it's very powerful when you do.

One of the great ways to do this is by setting affirmations and simple goals for yourself that you can stick to each day. In order to do this, you should place them in front of you and read them several times per day. Your brain does not know the difference between real and unreal information. So if you tell yourself "I wake up refreshed and ready for my day" each and every day, several times per day, your brain only knows it to be true. The same applies to you telling yourself "I'm tired." Your brain is being told to be tired, so it responds accordingly.

Take a minute and write down some positive, motivating affirmations that you will read several times per day. Create for yourself a list of expectations that your brain will respond to and make happen based on the fact that your brain is programmed to figure out how to make things happen.

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Love yourself, first
Respect yourself, first
Give to yourself, first
Appreciate yourself, first
And The World Will Follow....



For Example – “I Am A Positive Person And I Say Something Positive To Everyone I Meet”

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Positive affirmations are a great way to begin training your mind to think and act at a higher level, to behave like a leader. You can program your brain to believe anything you want it to believe. It's called brain washing, and believe me....there are a lot of brains that need washing out there!

Reading, listening to audio books and trainings and listening to people who motivate you will all help you set higher standards for yourself. You'll begin to notice, VERY quickly, when someone or something is not allowing you to live to your fullest potential and you will eliminate it from your life. You'll begin to live a higher level. Like developing a pallet for fine wine and better food, your life quality will raise to a new level and you'll want to associate with the people, places and things that allow you to live at the level you desire.

“Set Higher Standards For Yourself And
Your Life Will Actually Begin To Get Easier!”

Step 7. Take care of Yourself Physically and Emotionally – Many times when you're ready to take on a new perspective in life or you're ready to step out on the edge and take that leap of faith, it's easy to forget that you must not simply burn the candle at both ends. It's very important to do the things that keep you healthy and emotionally positive so you have the energy it takes to keep going.

The simple fact is, that if you are caring for yourself physically and emotionally, you will last longer than someone who is not, and most times it's the person who never gives up that wins. However, considering that success is a personal climb, it's only you who you have to beat to the top!



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Step 6 dealt with some of the positive emotional aspects of speaking positively to yourself in order to provide your brain with the reinforcements it needs. In this step, we're going to focus on doing the physical aspects of self care so that your body is strong.

Physical health is not about spending hours in the gym. Physical health is something that can be achieved in short periods of time. If you remain consistent with your activities, you can not only build muscle, but you can burn fat in a few short minutes per day.

In our first chapter, we spoke about the power of consistency. Consistency is the absolute key to success. Many people have a tendency to go all out right away (Action), stay motivated for a few weeks (Belief) and then fall back into old habits within 6 -8 weeks. We all do it, but the thing that will make the difference in your life is remaining consistent for a longer period of time.

There is an old saying that still holds true when you are going to lose weight. "Eat Less, Move More, And Do It For The Rest Of Your Life"....

Most people can eat less and move more for a while, but it all falls apart when the third element of "Do it for the rest of your life" is thrown in. But let's just see what happens for you if you were to do some basic exercises, a few times per day, for a year.



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Going back to the microwave method. Since we live in a microwave mentality, it's appropriate that we teach this during this lesson. Think about how many times per day you do the following.

Put something in the microwave.

Go to the bathroom.

Watch a commercial (No Excuses TIVO lovers).

Now think about this. How long does it take to do 10 pushups? It literally takes no more than 20 seconds. In fact there are a TON of body weight exercises that you can do which require no equipment and can be done in a space the size of a closet. Each of them, all taking just about 20-30 seconds to perform a set of each exercise. You can find over 200 of these exercises on BodyTrax, which is another one of the success tools within LifeTrax.

So let's just imagine that each time you put something in the microwave you did 10 pushups. Let's say twice per day. Now each time you go to the bathroom, (use the wall or sink) you do 10 more. Let's say 4 times per day. And during 2 commercial breaks you do 20 because it's about a 2 minute span of time. That's 100 pushups each and every day. How about squats, lunges, or whatever other body weight exercise you can do literally while you wait for the microwave to DING!

So, 100 pushups per day x 365 days this year, means you will have done 36,500 pushups this year, or squats....you get the idea.

Now, I'm not saying that going to the gym or doing a regular 5-6 day per week, 20-30 minute high intensity workout wouldn't give you significantly better results. Going to the gym is a great way to meet people, which in turn can help form friendships with people who will keep you motivated to continue to improve your health. However, if you are thinking about how you can fit exercise into your day, this is a very good way to start.

Over time, you can build your workouts into your schedule by waking up earlier because you will find that you have more energy once you become more focused.

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Becoming a leader and being successful is all about doing the things it takes to achieve a healthy body, a healthy mind and a healthy life. Once you begin to incorporate these actions into your life, you'll begin to lose the urge to have negative elements in your life and you'll recognize much quicker when something is holding you back from reaching your full potential.

It's always better to do smaller bits over longer periods of time, than it is to do an overabundance of something just a few times.

Great caverns are formed from years of trickling water, but a fireman could not form the same cavern in a few weeks with a powerful hose.

Remember, the journey of a thousand miles begins and ends with a single step. It's the steps you take or do not take in your journey that are the determining factors of whether you ever reach your destination.

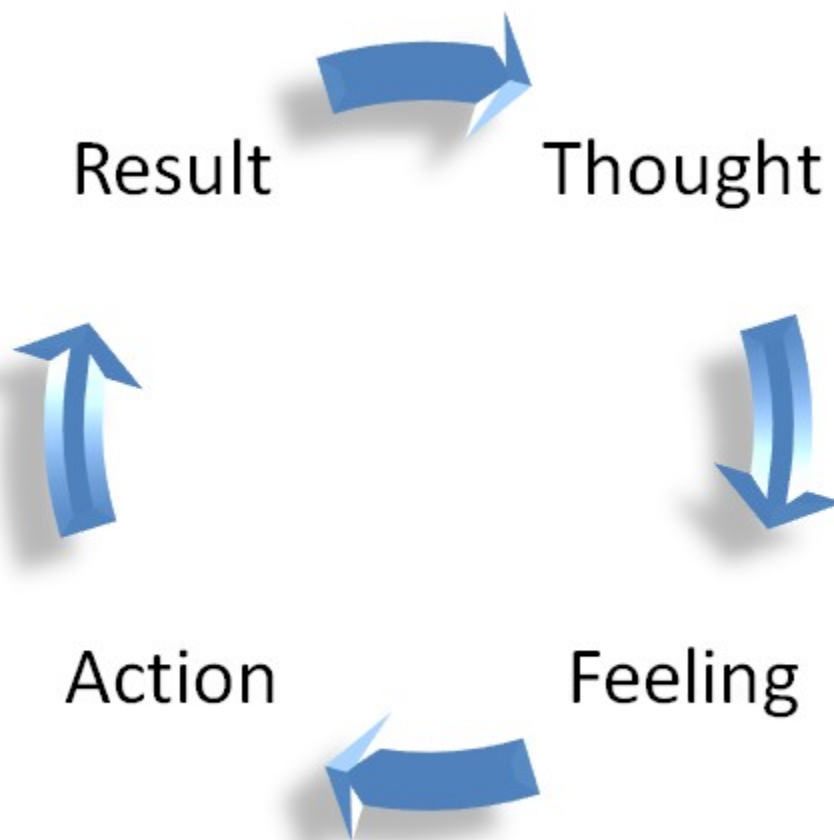


Step 8. Create A Success Mentality – I personally have to recommend one of my favorite books on this topic [“Secrets Of The Millionaire Mind” by T. Harv Eker](#) as a simple to understand and highly influential book on the creation of a success mentality.

It all comes down to your thoughts again. Your thoughts create feelings, which create actions, which create results.

If your thought is “I will never live my life to the fullest” then the feeling is one of “I shouldn’t even bother” which creates an action of “I’ll just keep doing what I’ve been doing” which creates a result of.....nothing.

However, the same thought could be “I will take this opportunity to live my life to the fullest” which creates a feeling of “I need to take action now” which creates the action “I’m going to do what it takes” which creates the result of success!



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Abundance mentality is about accepting the fact that you were placed on this earth for greatness. The simple fact that you are here and reading this right now means that when you were first conceived you literally won a race of MILLIONS of other potential people who could be on this earth right now. But YOU were the one who swam faster and farther than any other sperm and YOU fought harder than anyone else to be here on this earth. So it's up to you now, to show the world what you are going to do with that one in a million chance!



We did a practice in step 5, of creating positive affirmations. We recited a powerful statement from one of the greatest motivators of all time when we read the “I Am The Voice” statement, and we’ve given you a great book recommendation for creating an abundance mentality. Now it’s time for you to take action on what you have just learned. Go out and create the life you have always wanted by saying to yourself each time you see something that you want to have.

“I deserve to have

because I was put on this earth to enjoy the very best that life has to offer.”

Practice saying this statement every time you see what you want. If success for you is financial, go for a test drive in a new car (It's free and really fun). Go to a jewelry store and try on jewelry if you want it. Go for tours of open houses that you would like to live in and attend boat shows and seminars that teach you how to be wealthy.

Perhaps your goal is to get in better shape. Then attend events where people are participating in the activities that you want to participate in and get in there and do it. If you're not in the type of shape you need to be in to participate yet, that's okay, but believe in your mind that you are going to be soon.

No matter what your goals are, the more you surround yourself with the things you want, the more comfortable you will become with having them around you. Your comfort zone will increase! You must know in your heart that you deserve to have all the success that you can ever desire.

Remember, it all starts with your thoughts! BE SUCCESSFUL!

Step 9. Clarify Your Expectations- This is true for yourself and for other people in your life. You must be clear about what you expect from yourself (Remember to hold yourself at a higher level) and others and also about what others can expect from you.

Having the guts to tell people what you really want in your life is a major step in getting it. You must be clear about what you will and will not accept in your life and when you make these points clear to the people around you, they have the choice to fulfill your expectations or not.

It's up to you to decide what expectations you will define and to whom you will define them. Be aware of the fact that when you let people know what you expect from them, and what they can expect from you it sets a new standard. But that's what you want to do right

“Set a new standard...Step Up”



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Now, clarifying your expectations is something that should be done with great thought. It's easy to alienate people from your life if you are too harsh with your expectations. Yet, by clarifying the way you will be behaving, you hold yourself to a level of expectation by those around you.

To clarify what your life will look like now, simply tell people your story. Let them know why you've reached a point in your life where these changes are necessary and what you want out of your life from this time forward. Also, let them know how they can help you achieve your goals and why having them as a support system is important to you. It's always best to have the help and support of the people you know and love. You also may inspire them to join you and improve certain aspects of their life in the process.

Don't be afraid to be the inspiration someone needs in their life. Many times people look for someone to show them a better way of life but are too afraid to ask for help. However, when asked for help, people are usually very quick to respond and happy to lend a hand when asked.

Go ahead and clarify your expectations.

What I expect of myself.

1. _____
2. _____
3. _____
4. _____
5. _____

What I need to clarify with others.

1. Name _____ About _____
2. Name _____ About _____
3. Name _____ About _____

Step 10. Recognize and Respect Your Instincts – Your instincts are like a vision you have into the future. Instincts are the gateway to what happens to you based on the choices you make after you have a thought, feeling or what we will refer to as intuition.

Think for a second about your thoughts and a time in the past when you recognized an intuition, didn't act on it, and found out a short time later that your instincts were correct. Many times, these are what we call our "Should've Moments". We say "I should've done this....Or I should've done that...."

Of course there are also those times when we have a "Shouldn't have" moment. But how can you recognize when you should immediately act upon an instinct and when you should wait?

It's a fine line of thinking. But typically you will want to carefully consider each action you take before acting upon an instinct. I like the saying "Don't believe everything you think" because our minds have vivid imaginations that can harm us if we take actions too quickly. Yet, if we don't act quickly enough sometimes, we can lose out on great opportunities.

In order to recognize the instincts you should take immediate action on, you should do a quick check to see if the instincts are in line with your personal definition of success. Here's a quick way to know whether or not you should take immediate action or give it time to make sure your thoughts and actions are in line with your statement of purpose.

1. Review your personal definition of success.
2. Realize whether or not the action will produce or drain your energy.
3. Take a second and go over your personal assessment questions. Is this action in line with your personal belief system?
4. Will this action push you past your personal comfort level?
5. Does the action excite you and motivate you?

Once you take a few minutes to review this list and do a quick check of your personal goals and the direction you want to go in, you should be in a better position to make your decision.

One of the biggest mistakes people make when looking to make life changes that improve their outlook on the future is attempting to take on too many things at one time. You can easily spread yourself too thin and even though you may be excited about all the new ideas and goals you want to accomplish, you can actually become less productive in the process. Keep a detailed list of accomplishments and goals in a step by step progress system.

It's easy for many of us to become distracted and as my wise father always tells me, you must "Focus".

Follow One Course Until Successful



**“Eliminate the distractions
that will throw you off track.”**

How To Create A Reality That Exceeds Your Dreams...Faster Than You Ever Thought Possible!

This doesn't mean that you should only focus on one goal at a time, but if you are focusing on more than one goal, you must define specific and measurable actions and timelines to stay on track.

So remember, when you're tempted to make a quick decision that will consume your time, do a quick check of your personal goals and decide if the action will distract your focus. If the answer seems to be more of a long term want or goal, then write it down and move on to it after you've achieved your short term goals.

Your time is one of the most important aspects of your life to balance. You'll actually achieve your goals by focusing on fewer goals that you can accomplish quickly and long term goals that require step by step improvements over time by creating new habits. The key to success is to keep track of your life with a system that allows you to plan both for today and for the future in a simple and effective way.

Leaders and successful people focus on the 20% of items that will produce the most results. Having the right tools to do that will increase your productivity and allow you to achieve your goals faster than you ever thought possible.

It's Time For ACTION!

Okay, so how does all this information result in your success?

Well, since this book is specifically designed to pull years of learning and realization together and combine it into one simple to use and easy to understand effective action taking tool to help you achieve more from your life....The fact that you're reading this book has allowed you to take action. This action has also helped us accomplish our goal of helping you "Create a reality that exceeds your dreams" so thank you!

However, we can't make you apply these principles to your own life. We can't force you to print this E-Book and actually write down your goals and fill in the workbook. We can't even tell you to share this with other people and be personally responsible for helping them live a better life. And to be honest, we don't want to do that, because that would be our decision and not yours.

We would like to encourage you to do those things though!

This E-book gives you the foundational building blocks of success. It provides an easy to use workbook where you can begin to take action toward achieving more success, and we hope that you'll use this information immediately.

However, the pages of this book can only take you so far. At some point you'll run out of room to write, you'll need a more effective way of keeping track of all the new and exciting things that are happening in your life, and you'll also want to connect with other people who are heading in the same, or a similar direction. Which is why we suggest the [LifeTrax](#) success tools.

And Finally In order to create financial freedom for yourself you'll need a system of success that is simple, effective and ready to be set up quickly and immediately. That is why if you're looking for a way to truly create a reality that exceeds your dreams and develop an income that can allow you to become financially free, you must read our next book in this series.

How To Create A Reality That Exceeds Your Dreams...Faster Than You Ever Thought Possible!

DOWNLOAD THE NEXT FREE E-BOOK IN THIS SERIES

The Success Cycle

How One Action Can Lead To
A Lifetime Of Financial Freedom

Click On The Picture To Get It For FREE!



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I'd Like To Help You Create A Reality That Exceeds Your Dreams!

I wanted to let you know a bit about me so that you know I am someone who has dedicated my life to helping other people succeed. A short time ago I decided that I wanted to take control of my own destiny. I realized that if things were going to change for me, I first had to change myself. This lead me on a new path of personal development that changed my life forever. I began to understand that the road to success does not have a specific destination, but rather points along the way that assured me that I was heading in the right direction. I also started to see that helping people felt good to me, and I decided I wanted to do more of it. However, I'm not a know it all. I'm someone who continues to learn and now I enjoy passing on the knowledge I've gained to other people.

My hope is that this E-Book has inspired you to take action on your life goals. Everyone is here for a purpose and we all have to identify what that is for us. It's not always easy, but by following this guide, you'll set yourself on a course down YOUR road to success and you'll begin to see signs that YOU are heading in the right direction too.

Yes, I am an entrepreneur. But I have no desire to sell you anything. I only tell you this because I've realized that the signs I've seen along my road to success show me that helping other people is part of my journey and [that is what my business is all about.](#) That is why I've shared this E-Book with you. With that said, I invite you to contact me to simply talk about what you are hoping to achieve. I may be able to help you get there faster than you think. The next chapter is all about starting a home business or your own. If you would like to learn more about starting a business where you can earn money for helping people live a better life, like I do, please read the next chapter.

Wishing you all the success you could ever imagine!

Sincerely,

Tom Anderson
Tom@LifeTrax.com
<http://LifeTrax.com>

Have You Ever Wondered How You Can Start Your Own Business For Financial Security?

Many people in traditional workplaces have no idea what starting your own home business is all about. In fact, you may have heard of home business referred to as such things as “Network Marketing,” “Multi Level Marketing” or “Relationship Marketing”, but whatever it's called, it all means the same thing and you likely do it already. Think of network marketing as nothing more than one person, recommending a product or service they believe in, to another person. You likely do this with restaurants, doctors, dentists, attorneys, movies, cars, realtors and lots of other products and services that you use each and every day. In fact, your recommendations have probably resulted in the sales of goods and services for years and the question you have to ask yourself is “Have I ever been paid for that referral?” The answer is probably no.

The next thing to understand about network marketing is that it's nothing more than a business that is franchised by individuals instead of having a corporate structure. So just like McDonalds, Subway and any other franchised business that can be bought, owned and operated independently by anyone, anywhere, so can a network marketing business. The thing that makes franchises desirable is the same thing that makes a network marketing business desirable. Franchises have a system in place that is duplicated each and every time. Think about it, what side is the french fry machine on when you go into McDonalds? The left side... It's called duplication and it's also the thing that sets apart businesses who are wildly successful and those that are not. Think about a time when you went to a business or a restaurant and had a wonderful experience and then the next time, not such a good experience. That is because they don't have a duplication system. However, when was the last time you went to McDonalds and didn't receive the exact same sandwich you always receive.

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Last, and most important of all the elements of a successful business that typically grows nationally and even globally is the fact that many of the “Franchisee’s” are encouraged to “Introduce The System” to other potential franchisee’s to open the same franchise in another location. And when they do, they earn a piece of their profits for helping that franchisor get started. It’s even happening in real estate now. Exit realty corporation allows their agents to “Recruit” other agents, train them and then make a percentage of their sales. So if you do a great job training the real estate agent, then you get a percentage of their sales. You should right? After all it was YOU who provided them with the skills it takes to be successful.

Let's take a look at how this looks from a couple different perspectives. In both of these situations though you'll notice that the better the person who is below you does, the better you would do financially. So you would train them to be the best.



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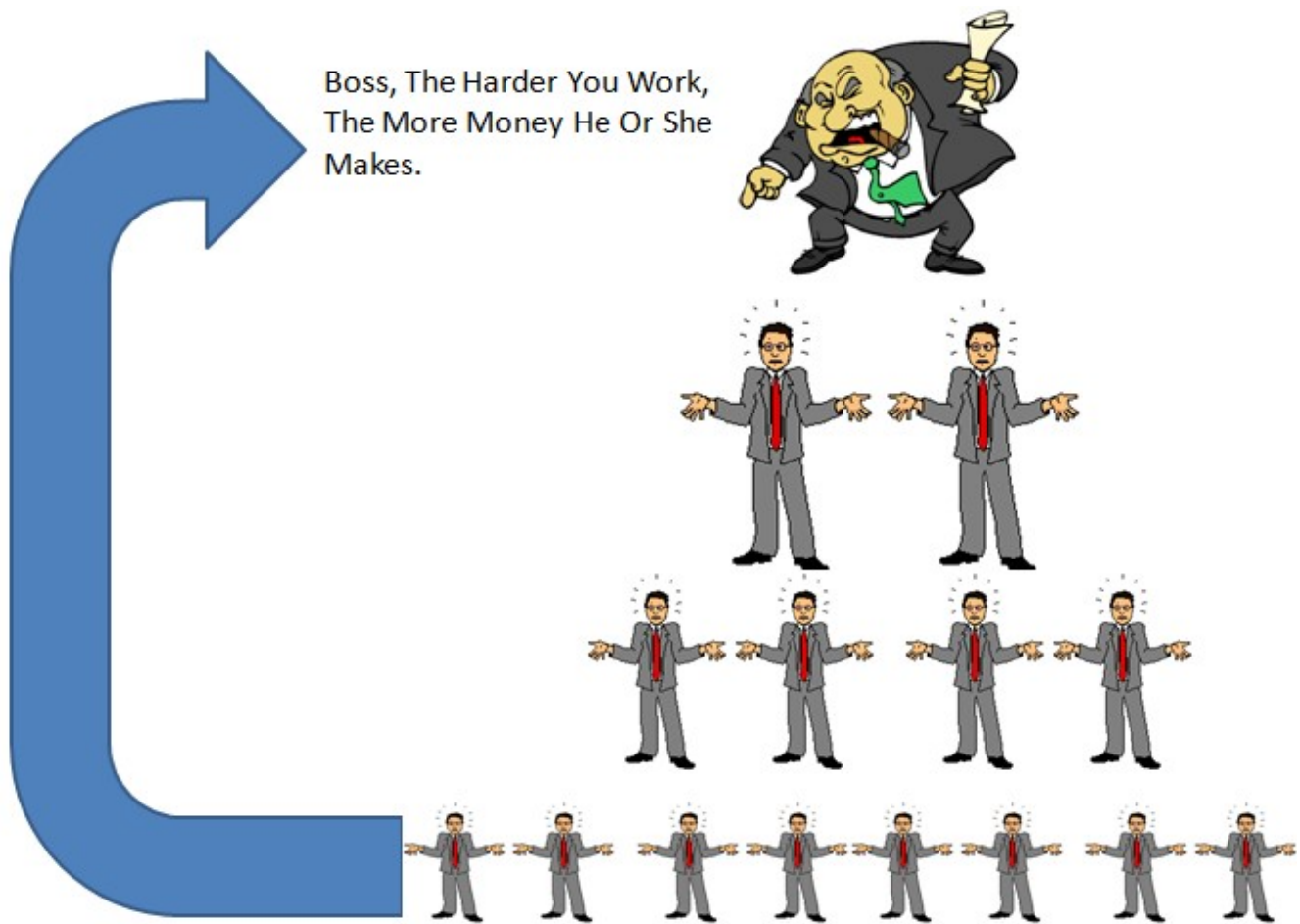


Now let's compare this with the traditional business. Most people don't equate a job to being completely unfair. They look at their job as "Job Security" and fail to realize that the boss / owner can close the business at any time and leave them with nothing to show for their efforts. And the harder you work, the more money your boss makes.

This scenario has become abundantly scarier in the recent years where people have worked their lives for a company that closes their doors, and leaves the employees with nothing, not even their retirement plan. Of course, unless you have millions of dollars in the bank so you can live off the interest, or some other sort of residual income, you'll likely never be able to retire anyway.

So let's see what the "Pyramid" scheme is that many people talk about when they say that the person at the top makes all the money. It's the number one cause of failure in life, and unfortunately a lot of people fall prey by this scheme and don't realize it until it's too late for them to get out and then they find themselves attempting to figure out how they are going to make more money.

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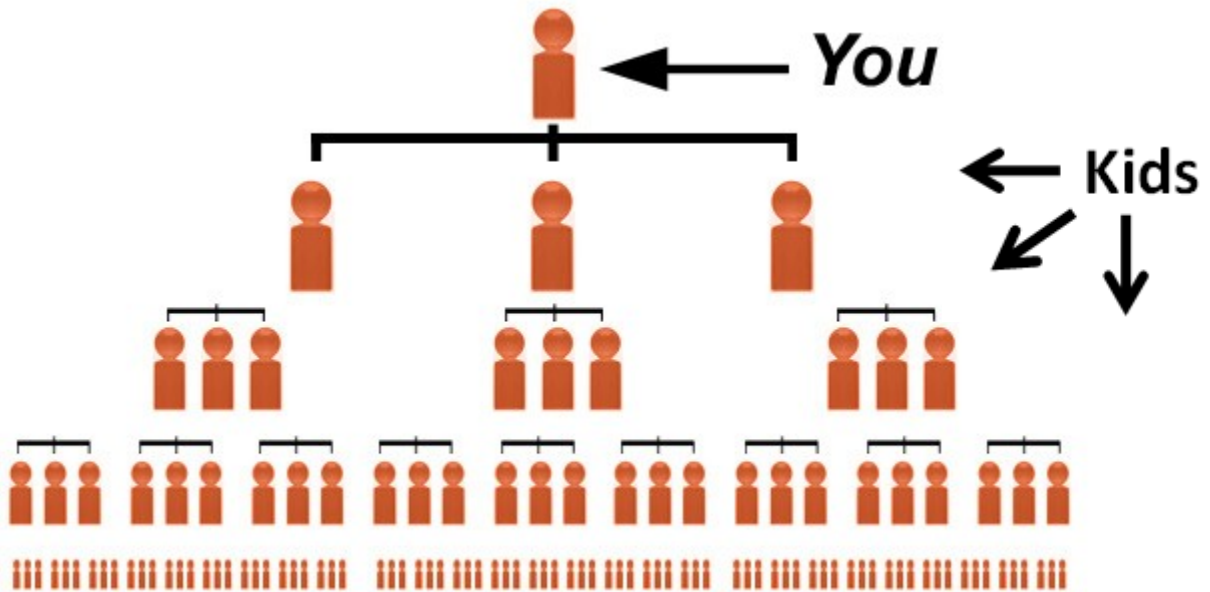
The problem with this with regards to ever achieving financial independence is that you will never reach the top levels of the company and you never make more money than the person above you. You also don't make an income from the production of the people's efforts who you train. Think about it, did you earn money off the production of the people who you trained when they started? NOPE!

The "Pyramid" mentality within a traditional business model keeps the people at the top making all the money, while the people at the bottom work hard so that the executives can get HUGE bonus checks while you struggle to make ends meet. Unless you do something on the side, that YOU OWN, you'll be stuck working to build someone else's fortune and maybe you'll be able to retire someday. But chances are.....Probably not! You may want to begin practicing

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these words....“Hello and welcome to Wal-Mart”

Now think about your family and about your grandparents. Someday, you may have children, who will have children, who will have children who will have children. And you will have a family “downline”. When you begin a network marketing business of your own, you will be able to build a “Downline”. Your downline would consist of anyone who starts in your organization after you, who is directly connected with your line of business. It's exactly the same as a family tree. The only element that changes is the amount of kids each person has.



So if we look at this in relation to how a network marketing business works, you'll see something amazing. The entire business model is based around people helping people. The more you help people, the more successful you become.

Let me show you what I mean.....

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When you start a network marketing business, you will represent a certain product that you are hopefully very passionate about. However, if you only get paid for your own efforts, you have nothing more than a job. But when you own a network marketing company, you have the opportunity to share your product with people. If they like the product and are interested in owning their own home based business, they can get started with you. You would then become their “Upline” and when they start, they go in your “Downline”. When you help them become successful, you get promoted to higher levels in the company.

The network marketing business model is ideal for many reasons. First, the smarter you work, the more money you will make. Second, you'll have an “Upline” who is committed to helping you be successful. Third, your main goal in this model is to help your “downline” become successful which promotes a positive, no competition, high participation atmosphere where people help people.

Now, what happens if you work harder and smarter then the person above you in a network marketing business. You earn more money than them! That does not happen in any other business in the world. You are always the person at the top, and you are 100% in control of how much money you earn, how quickly you get promoted, and how large your business grows. You also need to know that your downline might out perform you! But if they do.....You make more money!

These are just a few of the benefits of home business ownership. If you'd like to read more about the benefits of owning a network marketing company I would highly recommend reading the “Rich Dad's” books. They will set you off on the path to financial freedom and allow you to understand why corporate America, and job “Security” will keep you poor. Don't let any more time go by before you take control of your financial future!

[Click Here To Read Robert Kiyosaki's Books](#)

The Network Marketing business model allows you to be your own boss, places YOU at the top of the business and allows you to leverage your efforts by

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training other people to build successful businesses as well. Since the people in your downline all contribute to your income, the more successful they are, the more successful YOU are! Never again will you be the only person who is responsible for your income. You'll begin building a "Network" of other business owners who all help each other and work toward the common goal of building a successful business!



The company you decide to join will have a "Duplication System" in place that will train YOU and train OTHERS! So the better the system, the better everyone is trained. If you and your downline learn the system, you and your downline make money. Speaking of money, let's talk about "Residual" income.

Residual income, is the result of doing something 1 time, and getting paid for it over and over and over again. Think about your cable and phone company. They sign you up once and get paid over and over and over again. The network

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marketing company that you will own will provide you with a product that people will continue to use month after month, year after year, which provides a residual income for you. Plus, remember, you get paid off the orders of all the customers in your downline's businesses too!

Find a home based business that has a solid training system in place, and provides a residual income product. You can work that business part time, while still working your job, and begin to grow a business that can provide financial relief and even financial independence.

Many people have worked a home business extremely part time to provide for their retirement and many people have found that in a few short years they can meet or exceed their current income which allows for more choices in your life and also creates true financial freedom. Starting a home business does not mean quitting your job or joining some "get rich quick" scheme. There are a lot of legitimate home based businesses you can join right now.

So if you were to create a residual income, through a home business that provides a residual income, then once you grew your income to your total cost to live each month, you would literally be financially free. Because whether you worked or not, you would earn this income each month. Of course if you continued to work and continued to earn this residual income, then you could become financially independent and if you wanted, at some point you could begin to move to the next phase of your life by producing an income that would provide a way for you to live at a higher level of personally defined success. Your view of success and your view of financial freedom will adjust along the way. You must first reach one peak before you can see the next.

We cover a lot more information about what it takes to effectively operate your own business in our next E-Book called "[The Success Cycle](#)" Click the link and you can download it for free.

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To Your Success!

Tom Anderson