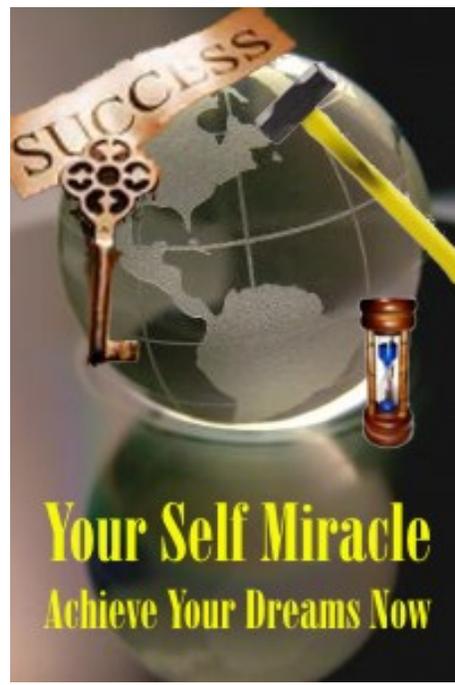


# **YOUR SELF MIRACLE**

## **SESSION 2**

### **Getting Anything You Want**



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## **Getting Anything You Want**

Hey welcome back and congratulations in deciding to change your life and create your self miracle. In this session we are going to start you on the first step to success – deciding what you want.

In the first audio, I explained that your thoughts determine what you are and what you will be in the future and this is the key to being successful and realizing your dreams. When you concentrate on something and add strong emotion to it such as fear or happiness then you will get it.

In our earlier example you will recall that I asked you if you could find one million dollars in a week. This question probably stirred little emotion for you and you probably dismissed it as ridiculous or impossible. Once this was coupled with the fear of death as in “find a million dollars in a week or you will die”, your sub conscious kicked in to supply you with answers because the fear emotion was so strong.

So when you create your list of desires, which you will in this session, you need to attach an emotional driver to each one. Just writing a list of goals – I prefer the term desires as it has much more emotion – will not achieve much. It’s like when many companies develop business plans to raise money, they end up being just a tool to raise money and are never followed. But this is your life not a business, so we need to treat this very differently.

People always want to achieve something for a reason. When I was in my early twenties I was working in a large corporation as a technician. In those days I was crazy about motor bikes and used to wear all the gear – you know leather jackets and all that. My boss’s boss never liked me and made frequent snide comments about my long hair and leathers. Now I was a good technician but this man refused to recognize this and when it was time for my annual chat with him he told me that he didn’t like my attitude, and I would never advance any further in the company as long as I had breath. I was furious and told myself that I would show this pompous ass what I was made of.

I decided that the only way to make this man suffer was to be his equal – or better. So I went on a “get promoted mission”. Over the next five years I went to college and gained two business and marketing degrees, took on projects which others wouldn’t touch with a barge pole because of the risk of failure, got to know many senior managers in the company and sat promotion boards. By the end of all this – which had many stressful points let me tell you – I ended up being Mr Pompous boss! His face was ashen when he heard the news. I couldn’t wait for my annual chat with him to tell him that his career prospects were less than zero! I was going to wear my motorcycle jacket to add spice to the occasion. Unfortunately he didn’t give me the opportunity and moved to another low profile department.

What I haven't told you was that I did everything I could along the way to poison this man – you know slur his character and make senior managers think badly of him. This worked as nobody particularly liked him. Now I gotta tell you that I am not proud of this, but I am proud of the fact that I went from a lowly technician to a head of department in 5 short years. This was a record for the company at the time. How did I pull this off? Was it the business degrees? Was it the risky projects? They all helped but it all started from my overriding desire to be this man's boss. This emotion was so strong that all the other stuff just fell into place.

Once this emotional driver was in place, I quickly developed my plan which was education, get my name known through risky projects, visibility with senior management and the darker side of giving him a bad name. The desire within me for promotion was so strong that doing it was easy. I lived it every day. Many of my friends and colleagues told me I was crazy and that I should chill out and go to the bar with them. But I always declined and pursued my desire. The emotion here was anger to begin with which is a very powerful emotion and can be very useful to you if you handle it in the right way. But this changed to status very quickly for me. I actually forgot about Mr Pompous quite quickly as I changed roles in the company.

Now I am sure you can relate to something you have done in the past against the odds or outside of your comfort zone because you had an emotional driver attached to it. The most common one is fear. People do many things due to fear. Fear of poverty, fear of loneliness, fear of criticism, fear of debt - there are so many. Now all of these are man made fears, the only fear that we should respect is the fear of our well being and physical security – you know the message you get telling you not to jump off high buildings.

Irrational fear is the biggest success killer. It's what stops most people from living the life they really want and reverting to the daily grind. Later in your self miracle I will be showing you how to tackle fear head on and develop a mindset that everything you want is possible and achievable. By taking action and pushing the limits of your comfort zone you will grow as a human being. We were designed to do this – not to be lardasses afraid of our every move. Think about it for a moment, what didn't you do in your life because of fear. Irrational fear of not knowing how to approach something or someone to get what you want. You have no excuse. Today there is so much information available on every subject under the sun than there has ever been. One of our greatest inventions – the Internet – is at most people's disposal these days and I use it everyday to learn about new things, you can too. Irrational fear fuels apathy – you become lethargic and start to think to yourself – who cares if I don't get that promotion, or meet my perfect partner or win that race. This is called rationalization and we are going to devote a whole session to this later as it is so important.

So what came to mind when I asked you - what didn't you do because you were afraid? Now I don't need to ask if you thought about this because your sub conscious would have dug something up for you automatically. A classic example for me was swimming. I love swimming and go as often as I can but this was not always the case. When I was a kid, I was excited about learning to swim.

My first day at the baths was not a joyful one though, as some of the other kids pushed me in the water and I panicked. After that I had a fear of water and for years I strengthened this fear by doing everything I could to avoid swimming situations. This was very difficult as all my friends loved swimming and used to pressurize me to join them. I would lie and tell them that I thought swimming was boring, never revealing that I couldn't swim at the age of 20 as this would be too embarrassing. This continued into my late twenties until one day I was on the beach on holiday in Europe, and I saw all these other people enjoying themselves in the water. Particularly embarrassing for me was seeing the kids of 4 and 5 swimming like fish – and here I was 29, and couldn't swim. So I said to myself “If they can do it – so can I” That was it, on that holiday I taught myself to swim and loved it. In my thirties I went to swimming lessons with my daughter every week to learn properly and there wasn't any feelings of embarrassment anymore.

My ability to swim and my joy in doing so all stemmed from that day in Europe when I decided enough was enough. All the years of hiding and missing out on this great activity had finally become too much for me and this was my emotional driver. Missing out on something is another emotional driver which is very powerful.

Studies have shown time after time that all successful people without exception had at least one written desire that they were driving towards. Whatever your views on this I can tell you from experience that it works every time. I am going to help you now by giving you some ideas for your probable list of desires. I say probable because I want you to come up with a number of desires and then prioritize them to just one or two. I and many others have made the mistake of trying to achieve too many desires at one time. The reason that this doesn't work is that if you try to do too many things in life you will probably end up achieving none of them. You know the old saying “Jack of all trades and master of none”. You don't want to be there believe me and it's a very easy trap to fall into.

OK so now get yourself some paper and a pen and let's start stimulating some ideas for you. The idea with this is that I will talk about some areas of your life and if something hits the spot with you then just write it down. For example if I said “are you happy with your job” then you might write “get a better job” or “start my own business”. OK simple eh? At this stage don't give any thought to how you will achieve your desires or dismiss anything as impossible – just write it down. OK pause this recording if you have to, get your paper and pen and let's begin.

### **First we will look at your business life:**

- Are you happy with your income?
- Are you happy with your job or business?
- Do you need to improve your business skill set – like presentation skills, writing skills, leadership skills?
- Are you looking for promotion?
- Are you looking to start a business at home?
- Are you looking after your customers?
- Does your company offer a career path that is acceptable to you?
- Do you want to work in a different department or have a different role?
- Do you need to learn more about your business?
- Are you happy with the industry you are in?

### **Now we will look at your financial life:**

- Do you have savings?
- Are your savings working hard enough for you?
- Do you have debts?
- Have you considered investing in the stock market?
- Do you have a pension plan?
- Do you have life insurance?
- Are you in control of your finances?
- Is your bank giving you the service you want?
- Would you like to learn how the financial markets work?
- Are your taxes in order?

### **OK onto your personal life:**

- Do you respect yourself?
- Are you happy with where you live?
- Do you buy or rent your home?
- Is your home in good shape or decorated to your taste?
- Do you need a bigger home?
- Do you have a family?
- Do you spend enough time with those you love?
- Are you looking for love?
- Do you have a good circle of friends?
- Do you want fancy clothes?
- Do you have hobbies?
- What do you do with your spare time?
- Do you want to learn a new skill?
- How about learn to play the piano?
- Or guitar?

- Or sing?
- Or learn a foreign language?
- Or travel the world?
- Or write a book?
- Or take up a new game or sport?
- Or be better at a current game or sport?

**Next your health and fitness and wellbeing:**

- Is your health good?
- Do you have a good exercise routine?
- Do you need to lose weight?
- Do you need to gain weight?
- Do you want cosmetic surgery?
- Do you want to excel at a sport?
- Do you have high self esteem?
- Do you need more confidence?
- Are you popular enough?

**And finally helping others:**

- Do you do enough to help others?
- Do you contribute to needy causes?
- Do you have a feeling of love for others?
- Do you participate in community work?
- Are you active in your neighborhood?
- Do you give enough help to your family and friends?
- Are you a good listener?

That's it for now. Hopefully you have a number of ideas for your list of desires. In the web page link I gave you to download this recording there are a number of other questions that may stimulate other ideas for you.

OK now I want you to prioritize the list that you have created. So take some time out now and number them one through to the total number of your ideas – one being the most important. OK pause this recording and do that now as quickly as you can.

Right. Now I want you to focus on the top three desires on your list. It's now time to word these goals correctly and add emotional drivers to them. There are a number of important things to consider in the wording of your desires. I follow a well known practice called SMART which stands for:

- Specific
- Measurable
- Actionable
- Realistic
- Timed

A desire stated as “I want to earn more money in the next twelve months” is fairly useless as there is no specified amount. This could be anything from pennies to millions of dollars. Get the idea? Good.

The ability to measure your desire is also required so that you can see how well you are progressing. Sometimes this can seem difficult but there is usually always a way you can measure something. You might think that learning or improving skills are difficult to measure. Let’s say you have decided to improve your presentation skills. You can get someone who will be honest with you to track your progress – your boss or a friend. You could measure this by presenting to ever increasing numbers of people each time or counting the number of mistakes you made. Just think of a way of measuring your progress because it’s very important.

Actionable means that you have control of the outcome. To set a goal of winning the lottery jackpot in 12 months is not totally actionable. Sure you can buy lots of tickets but there is no way you can influence what numbers drop. If you can please tell me your secret!

When it comes to realistic, I have two schools of thought and recommendations for you. One of my slogans is “reach for the stars but do it in stages”. If you stick to desires that always seem realistic then you may never achieve your desires. Remember the question about a million dollars? Well the majority of people would consider this unrealistic but it can be done. I suggest you have one really big desire, it doesn’t matter how crazy it seems. Let me give you an example. I set myself a desire to amass a crazy amount of money – I didn’t achieve it in my time scale but am I disappointed? Absolutely not because I have earned a significant amount trying to achieve this desire – more than I would have done without it. But I will never give up on that desire. Now where reality does kick in is having a desire to be the world’s greatest soccer player if your 58 or wanting to be the most popular newscaster on the planet if you have a voice like two skeletons fornicating in a biscuit barrel.

As for timing this is easy – always set a date for achievement of your desire. For example “I will have earned \$100,000 by 31 October 2007” or “I will lose 30 pounds by 30 April 2007”.

OK back to work for you. “Oh no Sledge you’re a real slave driver” Come on this is easy and exciting. Take your top three desires and write them down in one sentence using the SMART process. Pause this recording and do it now.

Wow we have covered a lot of ground in this session. Now you need to determine your emotional drivers for each desire. Emotional desires are things that stir strong emotions within you like love, anger, status, pride, greed, jealousy, fear etc. Now I wouldn't recommend using fear, anger or jealousy so let's use one of the others as an example:

Let's go back to our income example which was – "I will have earned \$100,000 by 31 October 2007" Then our driver could be – "I am doing this to buy a car for my darling wife Jenny as it will make her so happy and this will make me melt" Now this may sound a bit cheesy to you so write it in your own words but remember it must have emotion so that everyday that you look at it you stir your feelings which will empower you to action.

OK go and write your emotional drivers for each desire – they can be the same or similar if you like as long as they stir up your emotions it's fine. Pause this and go do it now!

Right last step for this session, for each of the three desires I want you to decide on one action you can do today or first thing tomorrow if you are listening to this late at night. These will be three small actions in total. Again using our example of income, you could work out how much extra a month you need to earn to meet your target. Maybe you need a new job to achieve this so it could be to look on the Internet or a newspaper for a new position. Something research based to kick you off. Go do it now buddy!

Phew that's the end of this session - getting anything you want. Well not quite. I sent you a link to download this recording. Also on that page I want you to fill in your three desires, emotional drivers and actions. I will look at these for you and give you comments if necessary. This will also trigger me to send you Part 3 of Your Self Miracle called "planning for your success".

Until next time my friend.....and remember I'm watching you – go for it!

Graham Bowall

<http://www.selfmiracle.com>

I have recommended some further great resources for you on the next few pages

## *Resources*

*Here is a handpicked list of fabulous resources (some free some not) that will build on your success you achieve with Your Self Miracle. They are highly recommended:*

### **1. Stop Living Paycheck to Paycheck by Jim Donovan**

**Who else wants to earn more money, raise your standard of living, and know how to increase your income in 72 hours?**

**Are you serious about wanting to earn more money? Would you like to know simple, practical, easy to implement ideas, in plain and easy to understand language that will show you how to increase your income . . .**

**I'll teach you 9 different ways you can make more money, starting right today.**

**Proven techniques and strategies to keep more of the money you earn — legally.**

**Ways you can develop multiple sources of passive revenue that earn you money even while you're sleeping or sitting on the beach.**

**How to slash your debt, live free and become financially smarter.**

**Stop Living Paycheck to Paycheck by Jim Donovan Check It Out Here:**

<http://www.selfmiracle.com/recommends/paycheck>

### **2. "As a Man Thinketh - The Study Guide" by Buz McGuire**

Before "The Secret," there was a brilliant British philosopher who had already discovered that "thoughts become things."

"As a Man Thinketh - The Study Guide" is a brand new, modern presentation of James Allen's 100 year old classic, As a Man Thinketh.

You need this new Study Guide if...

You've never read the original.

You've read the original but had difficulty following its outdated wording.

You've read the original but haven't been able to use its wisdom to skyrocket your happiness and success.

I'm Buz McGuire of the Viral Happiness Expansion Initiative, and I guarantee that my Study Guide contains every bit of James Allen's original, life-changing philosophy

presented in a way that's easier to read and understand. I've also included a complete set of study questions, so you can be sure that you're getting the information you need to make dramatic improvements in your life, as quickly as possible.

You can get “As A Man Thinketh” - The Study Guide Free Here

<http://www.viralhappiness.com/asamanstudyguideinfo.htm>

### **3. Seven Mental Laws Of Success – Pat Hicks**

If you are not sure what to do or how to get started attracting, creating and enjoying the life you want, it's time to know!

Thoughts lead to feelings, feelings lead to actions and actions create results.

Now you can know what you want, attract it and take the action to bring it about with the amazing and complete “*Step by Step Action Guide*” to unlocking the Seven Mental Laws of Success.

Check Out The Amazing Seven Mental Laws Of Success Here:

<http://www.sevenlawsofsuccess.com>

### **4. Creative Problem Solver Workbook and Audio Relaxation Package by Amanda Goldston**

Designed to allow you to create the answers to the day to day challenges that occur in your life.

You can use this MP3 at bedtime, so that your creative mind can work on your problems for you, while you sleep.

You can also listen to it during the day if you need some creative inspiration for a project, or you would like to create an ideal outcome to an important task or simply to pamper yourself with some chill out and de-stress time.

Check Out The Creative Problem Solver Package Here:

<http://www.selfmiracle.com/recommends/problem>

### **5. How To Be A Red Hot Persuasion Wizard by Michael Lee**

How To Easily Persuade and Influence Anyone **(Even the Most Coldhearted Person)** To Do Anything You Want, Using Persuasion Techniques So Powerful You'll Say It's Magic!

You'll Discover The Exact **Secrets, Tips, Techniques, And Strategies** To Help You Get Anything You Ever Wanted In Life And FASTER Than You Dreamed Possible!

Check Out The Amazing 20 Day Persuasion Program Here:

<http://www.selfmiracle.com/recommends/persuasion>

## **6. Success Programmer by Michael Varada**

"How to Achieve Success in Any Area of Your Life, *The Fast, Fun & Easy Way* "

Are you ready for a **proven and easy** way to effortlessly bring success to any area of your life?

Ready to learn **the fastest way to accomplish your goals and dreams?**

Would you like to learn **the principles of success** from some of the most successful people of all time?

Would you like to **get rid of negativity and easily keep yourself constantly motivated, focused and driven to succeed?**

Would you like to **harness the power** of your stacks of books, tapes and videos on success & self improvement and put them into action in your every day life?

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