

Special Report



14 Secrets to Attaining *the Life of your* Dreams

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Introduction

If what you're about to read cannot change your life, nothing can.

This is a bold statement, but you're about to find out why it's true (and it has very little to do with me or this book).

You might have heard the saying: "You will not pass this way again." But have you ever really thought about what this means? If not, and if ANY part of your life is not meeting your expectations, here's what you need to do RIGHT NOW...

Shut off every distraction around you, get out a note pad and a pen or paper, and get ready to write down *everything* you read in this book that strikes a chord with you. Write down the things that confuse you, the things that scare you, the things that upset you, that offend you and the things which inspire you with hope and excitement.

Write them all down, because if they have ANY kind of an impact on you, there's a very good reason and the more you study these things, the more apparent that reason will become. As this happens, you'll realize that regardless of how you came across this special report, what you're about to read WILL change your life.

However, it's going to take the secret ingredient to make this information come to life. This ingredient will help you take the information in this book and:

1. Study it Diligently
2. Practice it Consistently
3. Make it a Lifetime Habit

Why take the information in this special report so seriously? After all, the internet is full of expensive programs that can "change your life." Entire seminars are given by some of the most successful people on the planet just to teach the "secrets of success." Some companies spend millions of dollars a year on training, and yet so few succeed in getting what they *really* want out of their life.

Is this because all the training and programs out there are nothing more than a bunch

of hype? What's the missing secret that you're going to discover in this simple book? It's not desire, it's not some mystical law of success, it's not a magic formula or a program or a mindset... it's YOU.

Only you hold the secret to your success.

So if this is true, why do you need this book at all? Well, the problem is "being yourself," your best self, probably isn't something you've ever been taught. Most of us go through our lives just "being ourselves" without even stopping to consider that we might be selling ourselves short. But if your life is not meeting your expectations, it's because you're not being your *best* self.

You are about to learn how you can change that...for good.

Enjoy,

A stylized, handwritten signature in black ink that reads "Amanda Selby". The signature is fluid and cursive, with the first name "Amanda" being more prominent than the last name "Selby".

Amanda Selby

AmazingSelf.com

Secret #1: Self Awareness

There's a lot of emphasis on self-confidence when it comes to achieving the life of your dreams. The problem is most teachings on "being confident" only teach you to *act* confident. But will acting confident actually help you to BE confident? I say it won't... not for long anyway.

No matter who you pretend to be on the outside, you're never going to become great at it, not in comparison to being who you *really* are. Imitation is NOT the key to greatness; it's the path to self-consciousness and insecurity. This is because the more you try to model or imitate someone else, the more you're going to feel like someone else on the outside and the more repressed your true self is going to become.

I've talked to a lot of new parents who believed, at least at first, that their children were going to be like a blank slate that they could draw on. To some degree, this is true. However, all of us have natural tendencies when it comes to our personality type, our communication style, whether we're fact driven or feeling driven, whether we're big picture thinkers or detail oriented... and we all have our own dreams.

The more aware you become of your natural personality and your intrinsic desires, the better you'll understand two things:

1. What will bring you genuine happiness.
2. How you can use your *strengths* to achieve happiness.

The first of these is key, because knowing what will bring you true happiness allows you to let go of all the things which distract you from true happiness. Most of the time, these are things that you "want" simply because you've been conditioned to want them, conditioned by the idea that if you have these things that other people will think more highly of you, envy you and look up to you.

Yes, being admired might bring you happiness, and being envied might even bring you happiness. But how long will it last? If you want to achieve the life of your dreams, you have to achieve the life of YOUR dreams, not someone else's. The better you understand your own desires, the clearer this will become to you and the easier it will be for you to let go of the many distractions in life and go after what YOU want.

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Finally, self-awareness helps you to understand and to *value* your strengths so that you can leverage them to have what you want. Too many of us waste our energy trying to work on our weaknesses, which at best will become mediocre. What a waste of energy, and what a confidence crusher!

The cure to this is to commit yourself to the lifelong journey of discovering and becoming who you really are.

Secret #2: To Get, Give

What are you prepared to give in return for what you want out of life? There is no such thing as getting without giving, not for long anyway. People who are always thinking about what they want and how they might go about getting it seldom get what they want. It's those who think about what they can GIVE in order to get it that end up winning.

Now, just to clear something up... giving in order to get doesn't have to mean giving to the poor or volunteering your time and money simply for the sake of being generous. Of course, that has its place and those who are willing to give generously usually get a lot in return.

But when I say "To get, give," think about it more in terms of how you're going to attract people into your life who can help you have what you want. What is it that you have to offer these people that will make them *want* to help you? How will they benefit from you achieving what you want?

For example, if your goal is to have a healthier body, how will your spouse or your significant other benefit from this? How will it benefit your children? Think about this and you'll begin to realize that getting in shape isn't just about getting what you want, it's about becoming YOUR best self so that you can give your best self to others.

It's far easier to remain committed to something when it's not just about you. Just think about the TV show on NBC "The Biggest Loser." Contestants of this show lose 60, 70, 80 or even 100+ pounds, and although there are many reasons, their accountability to their coaches, their team members and to the general public plays a big role in keeping them committed.

Here's the other thing to remember when it comes to giving in order to get: the universe that we live in is all about balance. Whenever a space opens up, something comes along to fill it... for better sometimes, for worse other times. However, the fact remains that energy is always replacing energy... it has to.

It's just like when you go to the gym and work out... you get hungry afterwards. That's your body seeking to refill the energy which you depleted while working out. So every time you're giving, you send energy out... and you create an energy deficit. It's the nature of the universe to fill that space with something, and that "something" will most

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likely be consistent with what you originally gave in order to create the space.

In other words, give love energy and you create a space within yourself for love to flow back into. Give hate, and you'll create a space within yourself for hate to flow back into. So ask yourself what you really want, ask what you must give in order to receive and then give. In time, you will receive it back.

Sound difficult? Let's a talk about the one thing which makes it easy...

Secret #3: Practice Abundance

Abundance is the most pronounced trait of the universe that we live in. The universe is not only full of energy, the universe IS energy. Everything that you can see and hear and taste and touch represents just a fraction of the energy within the universe. The rest is unseen. However, energy is always moving in and out of form and the process of creation is happening all around you.

Energy is abundant and with energy, you can create anything that is a part of the natural universe. For example, an acorn is planted in the ground and it draws in energy (nutrients from the soil, water etc) and it transforms that energy into an enormous oak tree. When that tree dies, the energy goes back into the earth where it is eventually used to create other living things.

Energy is never “lost,” and it never becomes scarce. At most, it can change form according to how it is directed by the laws of nature. One of these laws, is the creative process which you’re engaged in every single moment that you live. For example, if you were to look at your physical body under the right kind of equipment, you would see it radiating energy.

Where is all that energy going?

The answer to that question depends on the kind of energy that you are giving out. For example, are you exercising to take care of your body? If so, that energy will be used to create muscles and to get rid of unhealthy cells while rebuilding healthy ones. In other words, all of the energy which comes into your body is being sent back out into the universe as a creative expression of your being.

This is the perpetual creative process that you’re involved in, even as you’re reading this sentence. This is the process which will determine the kind of energy that you attract, and as long as you’re consistently giving, you’ll be consistently receiving.

The only way to stop receiving is to hold on to what you have for fear that there “won’t be anything left.” This is the illusion of scarcity, and scarcity is the most crippling illusion you’ll ever face in life.

Remember, you cannot receive without giving, but if you give, you are contributing to the great abundance of energy and creating more of what you want. It won’t be

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long before that energy starts to come back to you in abundance. Abundance breeds abundance, and as long as the universe exists, there will exist an abundance of energy available for you to receive from.

So as a part of your commitment to building self-awareness, start becoming aware of when you're thinking and acting based on abundance and when you're thinking and acting based on scarcity. What you'll find is that the more you practice abundance, the more aware of it you will become.

Here's one of the best ways to do that...

Secret #4: Give Thanks

Giving thanks is an extension of secrets two and three, and it's the key to receiving just about anything into your life. Just think about how powerful it is to be thankful to someone. For example, have you ever let someone ahead of you in traffic and had them just go ahead without a courtesy wave? How likely would you be to do another favor for that person?

On the other hand, what about when someone is grateful to you for the help that you give them? Is this someone you would be more likely to help when they needed it? You see, our level of gratitude is how we tell people whether or not we *deserve* their help. Now, read that last line again and think about what this means.

You can actually train people how to treat you, and one of the most powerful ways to do that is with gratitude. If you want someone to stop doing something for you, stop being grateful for it. If you want them to **KEEP** doing it, keep being grateful. It's almost impossible to underestimate just how powerful gratitude can be.

In fact, gratitude impacts more than just the way people treat you, it impacts who you become. It has been said that gratitude is the most positive and empowering human emotion... and do you know who is impacted the most by your emotional state? You are.

Most of the time, we think of gratitude as something that we're giving to *others*, and while this is true, it has an even more profound impact on us. A pretty good teacher a few thousand years back said that it was "more blessed to give than to receive." Now, I wasn't there when he said this but I'd be willing to bet that he was talking about the impact that gratitude can have on one's character.

Gratitude multiplies blessings for the one who is *giving* gratitude.

Think about this: grateful people are a joy to be around. They're easy to appreciate and to support, to love and to believe in. They're the people we're most likely to help when we have the opportunity. How untrue all of these things are for those who are *ungrateful*. In fact, have you ever tipped a waiter or a bartender who didn't say a simple "thanks?"

If so, you probably wanted to take your tip back didn't you? In spite of the fact that they earned it by serving you, your willingness to give to them was more attached to their level of gratitude.

Again, gratitude is how we tell people whether or not we deserve their help. Even when a person works hard for something, our perception of whether or not they deserve it normally has more to do with how thankful they are for it.

Now let's look at one of the most important things for you to be thankful for...

Secret #5: Value Diversity

Diversity is the most impossible thing to escape in life. In fact, no two living things are completely identical. It's this diversity which creates a wealth of opportunities for us to enjoy the life that we truly desire. For example, imagine if every single person in the world was attracted to the same kind of lover? Or what if every single person in the world wanted to work the same job or live in the same city?

You could go on and on with this, but the point is that diversity creates opportunities for us all and keeps us from stepping on one another's toes while going after what we want. Now, of course, there IS a lot of competition when it comes to quality things. However, imagine how much there would be if there was no diversity.

Imagine how much harder it would be for you to stand out with your unique talents and personality traits if there was no diversity. Imagine what it would be like for you to work at your company (whether you have your own business or are working for someone else), if you were working with dozens of other clones of yourself.

Most likely, you wouldn't be able to get out of your own way.

You see, if there were only leaders and no followers, there would be no leaders. If there were only creative types, creativity would cease to be valuable. The same is true with all of the wonderful skills and abilities that exist. Too much of *anything* is too much, even if that thing is good. This is why we have diversity. It keeps the world interesting and adds value to things which would otherwise be commonplace.

So value diversity and learn leverage it to create greater opportunities for yourself and for those around you. For example, if you have a strength that is not common to others, be thankful for it. Too many times we use our strengths as a means of making ourselves superior to others. In reality, our strengths simply show that we're *different* than other people.

If you are a naturally ambitious go getter and a leader, be thankful that there are people who would prefer to follow. If you are an independent thinker, be thankful that there are people who decide to look to people like you for guidance instead of thinking for themselves. Learn to look at all of the things which set other people apart from you as things which *magnify* your strengths and your uniqueness.

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At the same time, learn to value the strengths in others which make up for the things that *you* lack. It's these imbalances which draw us to one another and therefore it's upon these differences which we can build a functional society. You will need the help of other people to get what you want, and valuing diversity is the best way to make sure that you get it.

Secret #6: Become the Right Person

This is the most important of the fourteen secrets. The motivational speaker Les Brown said that who we become in life is more important than what we accomplish. Now, upon first hearing this might sound like an excuse for people who don't get what they want. However, becoming the right person is the most practical and effective means of accomplishing *anything*.

Plenty of books have been written about the strategies for achieving success. So why do so many people who read these books never achieve success? It has nothing to do with the strategies themselves... it has *everything* to do with the character of the person applying them. You see, character is the ultimate test as to whether or not a person will achieve, sustain and benefit from being successful.

If you give one million dollars to someone who doesn't have the character to manage money well, the million dollars will soon be in someone else's hands... someone who *can* manage it. If a man who doesn't know how to treat a woman happens to get into a relationship with a great woman... it won't be long before she wises up and leaves him.

You see, you can wish for all the things that you want in life... and you can even receive them. However, there is a difference between wanting something and being ready to receive it and to keep it... a HUGE difference. *Wanting* something won't cause you to become the person you need to be in order to *get* what you want. That's an entirely different process.

It's a process which begins with self-awareness and continues with a commitment to constant self-discovery, improvement and growth. When you first started reading this book, the question on your mind was probably "What do I want?" This is a good focal point when it comes to applying the principles in this book.

However, if "What do I want?" never matures into "Who must I become?" chances are you won't ever get what you want... at least not for long. This is hard to accept, but once you do it's the most empowering principle you can live by. It's empowering because it puts you 100% in control of your own success.

For example, when you fail, you'll always go back to "Who will I become in response to this?" As you do this, the same question will arise as you face any adversity, loss,

or disappointment in your life. The more you do this, the more you'll see EVERY circumstance of your life as an opportunity to learn and to grow into a person who will *naturally* attract success into their life by means of their consistent attitude and actions.

Again, this is the most important secret in this book and the most empowering commitment you'll ever make towards achieving the life of your dreams.

Secret #7: Keep Good Company

It has been said that you'll only grow as wealthy as your ten closest friends. The same could be said for happiness, for ambition, for health and dozens of other things which create the very fabric of your life. This is why it's crucial to create connections with the right people and to distance yourself from the wrong people.

The healthier your relationships are, the better your chances will be of becoming your best self and thus creating the life you really want. However, unhealthy relationships will put a stop to your dreams, cause you to lower your standards, and lose sight of who you really are.

Unhealthy relationships are bad for two reasons: first, because of the negativity, or the mistreatment you put up with from the other person. Second, and most important, is the impact that these unhealthy relationships have on your character. This is because people who stay in unhealthy relationships have to justify their decision to stay there... it's the only way they can feel okay about it.

The most common way to do this is to lower your personal standards and to tolerate second class behavior from others. Once this is done, it's not long before you start accepting second class behavior from yourself as well. This is how unhealthy relationships destroy your character.

However, the opposite is true for healthy and empowering relationships. Just think about the last time you were around someone who you just felt energized by. It could have been a stranger who you overheard talking to the cashier when you were standing in the grocery line. It could have been a teacher or a friend when you were a child, or it could have been someone you dated.

No matter who it was, start taking notice of the people who really empower you and inspire you. Ask yourself *why* they inspire you and start looking for ways to get these people into your life and keep them there. I say this not because you want to *become* like these people or to look for them to validate you as a person. I say this because these people will awaken the part of you which is naturally attracted to positive people.

That part of you is what you're after, and it has nothing to do with them. They're simply a catalyst for bringing this part of you out into the open. For example, if you've

ever seen a good motivational speaker and thought to yourself: “This person really gets me excited,” you were only half right.

While the excited part was true, the excitement did not come from them... it came from something that they awakened within you. Remember this: seek to associate yourself with people who can light that spark within you and guard yourself from anyone who might seek (either directly or indirectly) to extinguish it.

Secret #8: Nourish Your Mind

Your mind is a body part and just like any other body part, it is constantly growing and replacing cells. Just like your other body parts, this growth takes place in accordance with the “diet” that your mind is on.

Whether you feed your mind or not, it’s always feeding on *something*. The question is whether or not you’re actively involved in the feeding of your mind and if you’re deliberately choosing to fill it with things which will empower you to achieve your dreams. For example, think about the music you listen to, the shows that you watch on TV, the books you read and the websites you visit.

What kind of diet is your mind on?

You might have heard the saying: “Don’t dress for the job that you have, dress for the job that you want.” The same is true in regard to creating the life that you truly desire: “Eat for the body that you want, not the body that you have.” and in the same way “Feed your mind according to the life that you want, not according to the life you have.”

This secret is a close second to the secret “Become the Right Person.” Why is this? It’s because who you are is determined largely by what goes into your mind. This isn’t a new idea of course, and it has even become a bit of a cliché within the world of personal achievement. However, clichés are clichés for a reason, and the “you become what you think about” cliché is certainly worthy of its popularity.

Here’s the problem: many people allow their feelings to dictate the type of information they expose themselves to. For example, when someone is depressed, they listen to depressing music, when they feel discouraged, or are angry, they listen to angry music. Studies have even been done which prove that a person’s *choice* of music is a *result* of their internal beliefs and feelings more than it is the cause of these things.

The same could be true for any of the “food” you feed your brain. This is why it’s sometimes a good idea to choose input which is *inconsistent* with your mood or with your desires and impulses. Instead of asking yourself what you’re “in the mood for,” start asking yourself what will help you to become your best self.

Ask yourself this when you sit down to watch TV (many times you’ll end up not

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watching it at all), or when you read a book or listen to some music or surf the internet. Again, it's who you become that really matters in life and it's this which determines the consistent results which you attract into your life.

Nourish your mind and choose a “diet” which will empower you to be your best self and to live your best life starting right now.

Secret #9: Care for Your Body

You have one body and it has to last you until the day you die, so take care of it. This is more than just advice on healthy living. Your body is the vehicle you use to achieve everything in your life. Even your mind is a part of your body and it's *directly* impacted by the condition of your body.

For example, think about the last time you were *really* tired and didn't have the strength even to think. Was that a condition of your body or of your mind? It was both. Again, the mind is a body part and just like any other body part, it is susceptible to fatigue and to entropy. The less physical energy that you have in your body, the more fatigued your mind will become.

The American football coach Vince Lombardi once said: "Fatigue will make cowards of us all." Just think about how true this is. How easy is it to lower your standards, to give in and to lose your focus when you're physically exhausted? No amount of mind over matter or positive affirmation can override the physical laws which your body is subject to.

If you want to increase your level of discipline, productivity and your willpower, it's more important that you take care of your body and increase your level of physical energy. With this energy, you can direct your thoughts in such a way that they empower you to push on towards your goals.

However, you **MUST** have the physical energy, or your level of mental capability means nothing. Think about it this way, even if you possess the physical strength required to lift 300 pounds off of the ground, that strength is dependent upon the level of physical energy which you possess.

Just try not sleeping or eating for three days and see how your level of physical energy diminishes...see how useless your muscles become and how much harder it becomes for you to fight off stress, to stay focused and even to be pleasant to the people in your life.

Physical energy is necessary in order to harness your mental capacities and use them to their full potential. You can be the smartest, most creative and most focused person in the world, but without the energy to commit towards using those mental skills, they're worthless. It's like being stuck in second gear, and the only way to get

unstuck is by boosting your level of physical energy.

So eat more natural foods, cut as much preservative out of your diet as possible and get on a good exercise program which includes a balance of cardio for the heart and lungs and strength training for the joints, the bones and the muscles. Taking care of your body will give you the tools to use all of your physical and mental skills to the fullest of their capacity... and to apply secret #10...

Secret #10: Master Your Emotions

This secret is based on a simple principle of human behavior: “Either master your emotions, or be mastered *by* them.” The human emotions are so powerful that trying to fight against them using willpower alone will literally exhaust you to the point of giving *in* to them. The only way around this is to master your emotions by focusing them towards the achievement of the results that you want.

Taking care of your body will help you to do this, and so will building self-awareness. The more aware you are of what drives you, the more power you’ll have to take control of your behaviors... and yes, your emotions drive your behaviors. Just think about how hard it is to fight against a desire which you have become emotionally involved in.

When you become motivated or inspired by something so much that you feel it throughout every cell of your body, that “feeling” is preparing you to act upon the desire which created that feeling. This is why emotional desires are so hard to resist. They have the power to override our judgment and cause us to act in ways that we end up regretting (or having to justify) later on.

Why is this?

Well, just think about what your emotions actually are: a condition of your *physical* body. The emotions aren’t mental or spiritual, they are physical and so they cannot be completely managed by managing your thinking. For example, when something scares you, it sets up an electrical vibration in your nervous system and a chemical response in your body.

Once this is done, you have to take physical action in order to deal with that fear. The same is true with anger, depression, frustration, and all those other emotional states, most of which people deal with by taking negative and destructive actions.

It’s these negative and destructive actions which create the greatest obstacles to achieving the life of your dreams. It’s like Napoleon Hill said in “Think and Grow Rich:”

“By looking in the mirror, you might be looking at your best friend and also your greatest enemy.”

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What's the difference in whether or not you're "on your own side" when it comes to achieving your dreams? The difference lies within your ability to master your emotions. Mastery over your emotions is more important than knowledge, skills, expertise or opportunity because it's the emotions which provide the fuel and the energy to back your dreams.

So as a part of your commitment to building self-awareness, become aware of what you're feeling, why you're feeling it, and how you can direct your emotions (both positive and negative) to achieve what you really want.

Secret #11: Guard Your Standards

If you want to achieve the life of your dreams, you need a “no matter what” set of standards by which to govern your life: your relationships, your choices, and your actions. The standards which you set for yourself determine the results that you end up attracting into your life. Your personal standards show negative people how far they can push you before you draw boundaries and fight back.

Your personal standards determine how far you’ll let yourself go down the wrong path before you come to your senses and turn around. Your personal standards set the expectations which will inspire the positive people in your life to treat you with respect. Your standards determine how much money you’re willing to work for just as they determine how you use your time, your energy, and all the other resources in your life.

World class achievement coach Anthony Robbins said that with high standards comes high rewards. However, low standards also bring low rewards and this is one of the primary reasons most people never get what they want.

It’s been said that most people don’t know what they want and that’s why they don’t get it. However, if you really sit down and talk to people about what they want, you’ll find that this is only partly. The problem with a majority of people is that they are not specific enough about what they want, while others simply don’t set their standards high enough and so they end up filling their life up with substandard things.

These are things which they settle for either until something better comes along or because they’re afraid nothing better ever will. The problem with this is that those substandard things are *keeping* most people from attracting the things they really want.

For example, say that you’re in an unhealthy relationship, but you stay in it because you’re afraid nothing better will come along. How many opportunities will you miss out on while you’re wasting your time and energy in that relationship? Remember, whenever you create space in your life, something else **WILL** come along to fill that space up... but you have to create the space first.

What are the substandard things that you are tolerating in your life right now? What would happen if you set your standards higher and *refused* to let anything else into

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your life which didn't meet those standards? As long as you're practicing abundance and the other secrets in this book, there's only one thing stopping you from having those things.

That one thing is time.

By setting high standards for yourself, you'll challenge yourself to give and to become and to think and to act in all the ways which are consistent with those standards. This is an irresistible formula for achieving anything that you want in life... and it's just a matter of time before that happens.

Secret #12: Embrace Resistance

As you were reading the last section, you were probably thinking about how hard it is to keep your standards high until you finally get what you're after. This is true, and the hardest time to maintain your standards is during times of resistance and adversity. Most people are pretty good at maintaining their standards and keeping their commitments when things are going well.

However, it's when things get tough that people start throwing in the towel and lowering their standards. And the biggest problem with settling for less is that it *works*, you get exactly what you "want" and you clutter your life up with things that keep you from attracting the results you *really* want.

The problem of course is that you sell yourself short, and you never get the chance to see what might have been. Again, this is most common when a person is met with resistance.

However, those who embrace resistance as a test of their commitment and who push through it, refusing to lower their standards, those are the people who reap the opportunities which resistance presents.

There's a strange phenomenon in our culture which causes people to believe that resistance is a signal to quit, that if something is painful or unpleasant or scary or risky that they should stop. We feel that if something is "meant to be" that there will be no resistance and that it will happen naturally. We take discomfort as a signal to quite rather than a cue that we're being presented with an opportunity to grow and to break past a temporary limitation.

However, think about the basic laws of nature and the role which resistance plays. When you run, you're intentionally resisting against the ground with your legs, and that resistance propels you forward. When you get in your car and drive somewhere, the resistance between the road and your tires is what gives you the traction to move forward.

When you swim through the water, it's your resistance against the water is what propels you through it. A bird's wings resisting against the atmosphere is the force which makes flight possible. If you were to put that same bird in a vacuum where there was no atmosphere, it would plummet to the ground while flapping its wings

helplessly.

Even the earth's place in orbit is secured because of the gravitational pull of the sun resisting against the motion of the earth as it revolves around the sun. Without this resistance, our little planet would either crash into the sun or go flying off into space. Resistance is a natural law of the universe, and without it you would have stagnation or chaos.

So remember this the next time that you're meet with resistance, embrace it and maintain your standards knowing that this resistance is what makes your growth and momentum possible.

Secret #13: Create Boundaries

Creating boundaries is how you protect yourself from distraction and conserve your resources so that you can use them to become your best self and to achieve the life of your dreams. There's a limitless supply of opportunities in the world, and there's no way that you can take advantage of all of them... or even a fraction of them for that matter!

On top of this, the world is full of people who need help. Sometimes, these are people who you should help and sometimes they are people who simply drain your energy and use you up... the later are more common than you may first believe.

This is why you **MUST** create boundaries for yourself, or you'll spend your life being pulled in every different direction... and doing none of your goals justice. You might have heard the saying: "If you chase after two rabbits, you'll lose both of them."

This is one of the most important statements for ambitious people to remember. The more ambitious you are, the greater desire you'll have to do your best at everything that you do. There is nothing wrong with that. However, you only have a limited amount of physical energy and a limited amount of time.

Acknowledging these limitations is one of the wisest things that you can do in life. Limits help you "know when to say no" and they keep you from giving in to the temptations which you're surrounded by every day... and distract you from achieving your most important life goals.

There's so much power which becomes available to you as you focus your energy towards a limited number of things in your life, but you can only use so much of it at any one time. If you are doing too many things at once, there is a risk of you diluting your maximum potential in each goal.

It's like the difference between 50,000 gallons of water falling over a large geographical area in the form of a light rain and those same 50,000 gallons being blasted through a fire hose. The difference in power is enough to knock down a moose, and this ought to give you an idea of how powerful creating boundaries can be in your life.

Contrary to how it might sound, creating boundaries and limitations in your life is not

a means of restricting yourself... it's a means of freeing yourself.

You're freeing yourself to focus the best of what you have to give on creating the life of your dreams. The more you do this, the better you'll get at the few things which you've chosen to direct your attention towards. The better you get at those things, the more positive results you'll create, and the more positive results you create, the more momentum you'll build.

Pretty soon, you'll create an unstoppable momentum which will empower you to meet resistance with power and focus and to break past any obstacle. However, it starts with letting go of the good things in your life so that you can focus only on the best things.

Then it's simply a matter of applying the final secret of creating the life of your dreams....

Secret #14: Never Surrender

As long as you're alive, you have every right to fight for yourself and for your dreams... with everything that you can possibly offer to reaching your goals, until you have nothing left to give. In the 1980's, there was a popular song by Corey Hart which said:

"No one can take away your right to fight and to never surrender."

No matter how many times you fail at something, you can always get back up, learn from it and keep going. No matter how many people say you can't do something, you can still challenge them by pressing on. No matter what you lose or how scarce your resources become, there's one thing that you can never lose and that's your ability to choose whether or not you're going to quit.

Remember, the universe is full of an abundance of energy and as long as you keep investing your time and your effort and your belief into something, there will always be a limitless supply of energy to draw upon. Sure, at times you might not have much to work with, but you can always build yourself back up as long as you have one thing...

The will to keep fighting on... no matter what.

Of course, the question always comes up:

"What if your approach isn't working? Isn't it foolish to keep doing the same thing and to expect different results?"

Oh yes. However, perseverance isn't a commitment to your plan or to your approach... it's a commitment to achieve the end result. If the plan fails, build new plans and start over again with the wisdom which you gained from your first failure. Don't become so attached to your plans that you sacrifice your dreams by sticking to plans which aren't working.

Perseverance is the key to achieving success by means of effectively managing the failures and the disappointments in your life. Perseverance is an irresistible force for achieving success because it can literally turn failure into triumph.

Every time you fail, you learn one more way that didn't work... and when you get back up and start moving again, you're that much more certain of the right path. Through perseverance, you can achieve success by means of the process of elimination alone... and when you finally do, you'll have built a rock solid foundation of character which will ensure that you keep the success which you finally achieve.

Perseverance in applying the secrets in this book will empower you to achieve the life of your dreams and to become your best self. Now let's wrap this up with a simple plan for making this happen...

Everyday Rituals to Help you Apply the 14 Secrets

Secret #1: Self Awareness: Keep a daily journal and make a lifetime commitment to understanding yourself better. Ask yourself regularly what YOU really want and why, and what you are doing each day that will bring you closer to your goals. Evaluate your wants again as you reach each milestone or goal.

Secret #2: To Get, Give: In your journal, write down both what you want and what you're willing to give in return for it. Then, make a consistent habit of giving it.

Secret #3: Practice Abundance: Acknowledge when you're acting based on an awareness of abundance or scarcity, and practice switching your awareness to abundance at all times.

Secret #4: Give Thanks: In your journal, give daily thanks for everything that you can possibly think of and write down who you need to be thankful to. Then, find a way to express this thanks to everyone on your list.

Secret #5: Value Diversity: Acknowledge whether you're valuing or resisting diversity in others. Make it a habit to look for the value in all forms of diversity and to acknowledge it as a means of empowering you and those around you.

Secret #6: Become the Right Person: In your daily journal, you should already be writing down the things you want and what you're willing to give in return for them. In addition to these, ask yourself: "Who must I become in order to have this?" Remember, this is the most important of the 14 secrets.

Secret #7: Keep Good Company: In your journal, go through the relationships in your life and identify those which empower you AND the other person. Once you find these relationships, commit to investing more time and energy into the empowering ones and less into the disempowering ones.

Secret #8: Nourish Your Mind: Make a daily commitment to read at least one page of a book that will help you to learn more about achieving your dreams and about becoming the person who will be capable of achieving those dreams. Also, identify all the sources of “junk food” your mind is feeding on and get them out of your life one at a time.

Secret #9: Care for Your Body: In your journal, start writing down the foods you’re eating and start replacing the junk with good natural food. Get on a consistent and balanced exercise plan (15 to 30 minutes) and stick with it every day... no matter what.

Secret #10: Master Your Emotions: Really start paying attention to your emotional state and how it affects your attitudes and behaviors. Whenever you feel a strong emotion, instead of resisting it ask yourself: “How can I direct this emotional energy towards taking positive actions?”

Secret #11: Guard Your Standards: Make a list of the things you want in ALL the areas of your life: health, relationships, career, finances. Commit to these things and never lower your standards, ever.

Secret #12: Embrace Resistance: When you’re met with resistance, embrace it as an opportunity to grow and as a signal that you’re about to have a breakthrough as

long as you keep to your original standards. You can do this by asking yourself: “How will this resistance inspire me to stay committed to my dreams and to finally achieve them?”

Secret #13: Create Boundaries: Make a list of all the things which are good but which are distracting you from giving your all to the BEST things in your life. Then, work on letting go of these things one at a time so you can focus on what really matters.

Secret #14: Never Surrender: Remember what Winston Churchill said were the seven most important words in the English language: Never give up. Never, never give up.

Beyond the 14 Secrets

The 14 Secrets is a great start to living a new and more effective life while achieving your goals. But is it enough?

Soon you are going to realize that living your new life is going to need more. Much more. It's so important you have a structured approach to every facet of your life, so you are getting the very best out of everything, including your health and lifestyle, relationships and love life, ability to attract and retain wealth in your life, and making sure that it's all balanced out with a careful, positive, and innovative mindset.

Having all the skills is what will set you apart from those who achieve greatness and those that just dream of it.

But what if I told you there was a way you could live the dream? I mean really get the secret of being great and offer you concrete ways to apply it to your life. Would you be interested. Are you ready?

I have gone far beyond this special report and created a life-changing self-improvement system. It's called Amazing Self, a pioneering new monthly interactive personal development membership that has been created especially for you by a world-renowned team of the most respected experts, coaches, counselors and best-selling authors.

Amazing Self Is Perfect For You If You suffer from...

- Limiting or negative self beliefs
- Lack of confidence or courage
- Fear of leaving your comfort zone
- Feeling stuck, discouraged or not good enough
- Lack of willpower or follow-through
- Difficulty setting and keeping goals
- Feeling too old, not old enough, too busy or too lazy
- A sense that even though it's not great, everything is just okay as-is
- Having tried before but failed (perhaps many times) or don't even know where to start

- Fear of doing it on your own
- Trouble even knowing what you really want to do (your purpose in life)
- Fear that you won't be taken seriously
- Feeling too shy, depressed, not worthy, or generally unsure of yourself
- Experience endless mind chatter or lack of focus
- Feeling like just making it through your day is already too much
- Don't want to waste time on the "wrong" thing, so don't do anything at all
- Procrastination, procrastination, procrastination
- Feeling the obstacles are just too big to overcome

Do any of those feelings, fears, doubts or experiences describe you and your situation?

Can you relate to any of those roadblocks, obstacles or dead ends that have kept you from living the life of your dreams?

If so, then Amazing Self was custom-designed for you.

But why should you listen to us?

Amazing Self isn't one person's opinion of what truly signifies greatness. In fact, it goes far beyond any self-help or self-improvement system you have ever seen before. To create this product, we've formed a team of renaissance people who are committed to your personal success, and harnessed their thoughts and minds for the recipe to life-changing excellence in each of the 4 main areas of personal development: health/weight loss, making money, relationships, and mindset.

Contributors include accomplished relationships and personal development writer Amanda Selby, internationally-acclaimed 7 figure a year wealth creation genius Mark Ling, relationship book author and online personal success coach Andrew Rusbatch, fitness and health guru Tracey Trimmer, online relationships and self-help expert Mirabelle Summers, plus many industry-leading special guests interviewed each month who all share their special personal success recipes.

The result? An authoritative and comprehensive blueprint of some of the internet

and industry's greatest thinkers and achievers' personal success methodology, all carefully assembled and crafted into an earth-shattering course that will forever change the way you think about life, goal achievement, and train you to focus every ounce of your personal strength towards achieving your most coveted dreams and life goals.

It's ready to start changing your life, right now!

<http://www.amazingself.com>

