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## Life Transforming Cheat sheet

- \* First and foremost, believe in yourself.  
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- \* Understand what is holding you back so you can overcome it.  
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- \* Spend time in quiet self-reflection, prayer, or meditation at least once a day.  
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- \* Guard everything that enters and leaves your mind.  
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- \* Know what you want in very specific terms.  
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- \* Remove all sources of negativity from your life.  
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- \* Surround yourself with success-minded people.  
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- \* Create a realistic plan to attain your deepest desires.  
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- \* Take positive steps each day toward what you want to attract.  
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- \* Focus on the present – as if you've already attracted the things you want.  
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- \* Create visual reminders of your goals.  
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- \* Make a recording of your favorite affirmations or buy a self-hypnosis CD.  
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- \* Avoid conflicting messages by matching your feelings with your desires.  
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- \* Write a newspaper report about your success as if it has already happened.  
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- \* Be an advocate for yourself.  
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- \* Have an attitude of gratitude.  
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- \* Choose to carry a positive attitude at all times.