

Goal Setting

The Power to make your wilds dreams comes true.

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QUANTUM MAGNETIC DISK

The quantum magnetic disk is based on a very unique design, in which we make use of quantum technology. We had developed a scalar wave generator, which allow us to charge the disk with a very powerful vibration.

The generator allows us to program the disk with a unique vibration, which assists us to increase the power or outcome of our goal setting.

How to use your disk:

Write out your goal setting as explain in the manual place it on top of your disk that is all you need to do. Some people place it in an envelope or in a nice container, where they can keep their goal(s) safe.

Goal Set Kit

The Power of Goal Setting, will make your wilds dreams come true.
by Jaco Malan

Your goal set kit, consist of the goal set disk and a complete instruction manual. The quantum magnetic disk forms the hart of the system, this disk had been develop and created through five years of research and had proof it self to be a wonderful tool to make your wilds dreams come true. The manual will explain to you exactly how to get what you want, by giving you practical examples.

Introduction:

“The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.”
- Michelangelo

“The strangest secret in the world is that you become what you think about.”
- Earl Nightingale.

And my personal one
Nobody thinks in your mind but you.

A lot has been said and written about goal setting – entire books have been devoted to the subject - but the truth is, most people never decide exactly what they want. Some people give their goals a fleeting thought, but most never get specific and commit their dreams and desires to writing. “Most people,” says Denis Waitley, author of *The Psychology of Winning*, “spend more time planning a party, studying the newspaper or making a Christmas list than they do planning their lives.”

According to Zig Ziglar, an expert on goal setting and a most respected motivational speakers, said that only 3% of us have actually taken the time and effort necessary to put their goals to paper.

This is unfortunate because the number one reason for failure is the lack of clearly defined, written goals. Ziglar compares not having goals is to shooting at a target with a blindfold on. “How could you possibly hit a target you can’t even see?” says Zig. If you don’t know where you’re going, you’re probably not going to end up anywhere! Action without planning is the number one cause of failure.

I’d like to share with you the most powerful goal setting formula in the world, but before I do, you first need to understand the hidden reasons why goal setting is so important.

The difference between knowing what to do and doing what you know.

So when you first get started, the initial challenge is that you don’t know what to do. Now that you have this program in your hands, knowing what to do will no longer be a problem. However, gaining knowledge is only half the battle. The far greater challenge for most people is applying that knowledge and taking action. There is a big difference between knowing what to do and doing what you know. Goals are the bridges that span this gap.

Goals, when properly planted in the subconscious mind, produce action. Goals create energy and motivation. The secret to staying motivated all the time is to set emotionally charged goals – in writing - and to stay totally focused on those goals day and night, without taking your eyes off them. A goal with a purpose is the fuel that propels you forward.

You might think that you're in total conscious control of your behaviors, but it's really your SUB-conscious that controls your behavior. If you know what to do, but you can't seem to get yourself to do it, you've probably been giving negative or conflicting messages to your subconscious mind. The behaviors that are produced by subconscious conditioning are more commonly referred to as habits. Fortunately, you can re-program your subconscious mind with positive instructions and become a creature of positive habit, just as easily as you can become a victim of negative habits. It all begins with a conscious decision and written goals.

The power of the thought

I have become firmly convinced that the most important part of getting what you want is simply making up your mind to do so. You get what you want by setting goals and thinking about them all day long. I know that sounds a little strange, but stay with me for a minute and I'll explain.

I'm not saying you can simply "think yourself rich." No amount of positive thinking will work without action. Obviously you have to work at it. What I'm suggesting is that if you don't channel your mental energies properly, even the best goal setting won't help because you will always "sabotage" yourself. It's because negative programming in your subconscious mind is controlling your behavior.

It works because it harnesses the awesome power of your subconscious mind, and your subconscious mind guides your behavior.

How your "mental computer" is programmed for success or failure

Your mind has two components: The conscious and the subconscious. The conscious mind is the rational, logical, analytical, thinking part of the mind. The conscious mind is constantly taking in information from the five senses, then it reasons, analyzes and comes to conclusions about whether the input is true or false. The subconscious is the part of the mind responsible for storing data (memory), for automatic behavior (habits), reflexes and autonomic functions of the body such as digestion, breathing and circulation.

It's important to understand that unlike the conscious mind, the subconscious mind does not "think." It is entirely deductive in nature, which means it works like a computer. All the data programmed into your subconscious "computer" is accepted and assumed to be true. It doesn't matter whether the data is actually true or false. The subconscious unquestioningly accepts everything that reaches it. It then carries out the programming you have entered into it.

Suggestions given under hypnosis or affirmations repeated during deep relaxation are quick ways to access the subconscious mind. Another way to penetrate the subconscious (although much slower) is through repetition. Everything you hear, see, say, read or think repeatedly will eventually filter into your subconscious mind. In other words, you are constantly programming your brain through conscious self-suggestion – or you are allowing your brain to be programmed through external suggestion.

The conscious mind is a lot like the captain at the bridge of a ship. The captain gives a command and sends it down to the engine room. The subconscious mind is like the men down in the engine room. No matter what orders come down from the bridge (conscious mind), the crew obeys, even if the orders are stupid ones that crash the ship into a rocky shore. The reason this happens is because the crew (the subconscious) can't see where the ship is going; they are simply following orders.

Like the ship's crew, your subconscious mind accepts every command your conscious mind gives it – its sole purpose is to obey and carry out your orders, even if you give stupid ones like "I'll never be happy or successful." Frequent repetition of thoughts (mental orders) is one of the most certain ways to penetrate the subconscious mind.

This is why, by repeating "I will never be successful" over and over, your subconscious will see to it that you never be successful because that's its job – to follow your every command literally and without question. If you program your subconscious with negative suggestions often enough, your subconscious will lead you right into failure or some other form of self-sabotage.

What you think about repeatedly every day is eventually accepted by your subconscious mind and your subconscious mind guides your actions on "auto-pilot." This is the basis for the entire positive thinking movement. People who say that positive thinking, affirmations and autosuggestions don't work for them aren't using them correctly or consistently; they're canceling out every positive command with a negative command. If a captain gave an order, "Go east," but then kept changing his mind; "No, go west...no, go north, etc.," the ship would never get anywhere! That's why most people don't get anywhere in their fitness, bodybuilding or weight loss endeavors, either. Ironically, the very statement "positive thinking doesn't work" is a negative affirmation that guarantees it won't work!

Dr. Maxwell Maltz, author of the incredible book, *Psycho Cybernetics*, described the human brain and nervous system as a "perfect goal-striving servo-mechanism." This mechanism helps you achieve your goals much like a self-guided torpedo or missile seeks out its target and steers its way to it. Like the torpedo, the goal-striving mechanism of your brain can only work in your favor if you've specified a target.

Without a target, your mental "servo-mechanism" will simply steer you towards your dominant thoughts. The subconscious mind is always at work 24 hours a day whether you direct it consciously or not. Denis Waitley says, "Since we become what we think of most of the time, whatever we are thinking of now, we are unconsciously moving toward the achievement of that thought. For an alcoholic, this could be the next drink –for a drug addict, the next fix – for a surfer, the next wave. Divorce, bankruptcy, and illness are all goals spawned out of negative attitudes and thought patterns."

The power of focus

Because of the way your subconscious works, it's extremely important for you to focus all your thoughts on what you want to achieve, not on what you want to avoid. This is not mere semantics; it's a very important distinction. If I ask you to close your eyes and not to think about monkeys, you'll (mentally) see monkeys everywhere. You can't NOT think about something! You either think about something or you don't. And you always move toward what you think about the most, regardless of whether it's positive or negative.

Like the soil, your subconscious mind is totally impartial – it doesn't discriminate.

In it will grow whatever seeds you plant there or allow to be planted there. Many people have perfectly good intentions, but they unwittingly allow their subconscious to work against themselves by focusing on what they don't want. And, as metaphysical writer Louise Hay reminds us, "The more you dwell on what you don't want, the more of it you create." Others simply pay no attention to their thoughts whatsoever, and like a garden that's neglected, soon enough, weeds start growing. Eventually, the weeds take over your garden. Here are a few examples of negative statements and self-defeating questions:

Negative statements and self-defeating questions

I can't be successful no matter what I do.

Why can't I have more money?

Why is it so hard for me to be more successful?

Why can everyone else have more money except me? It's not fair.

It's not my fault because I don't have good genetics.

I don't want to be unhappy anymore.

I wish I could get rid of my debts.

It'll never work because

I don't have the willpower.

I would work out but I don't have time.

I just can't get myself up that early to work out.

I hate being poor.

I can't. I'll try.

All day long you carry on a mental conversation with yourself. Psychologists estimate that we think up to 60,000 thoughts a day and that 98% of these thoughts are the same ones we had yesterday – most of them negative. In a year, that's almost 22 million thoughts! If Madison Avenue advertising giants can influence your subconscious mind to make a buying decision by repeating an ad a mere two dozen times (they can), then just imagine the impact that millions of your own thought commands have on influencing your subconscious mind – it's staggering! That's why it's so important for you to take conscious control over your mental dialogue and program your brain with positive goals.

Fortunately, the one thing in life you always have 100% total control over is your thoughts. If you want to be successful or any other endeavor in life, you must master your communication with yourself. You must take charge of your self-talk, "police" your thinking, and literally re-program your brain for success. If you've cluttered your mind with a lifetime of "Stinkin Thinkin," as Mr. Ziglar calls it, this may be challenging at first. It will take time to erase the old programming, but it can be done.

The first step is simply to become conscious of what you are thinking.

Become aware of your thoughts. Bob Proctor, a master success coach and creator of the Goal Achiever program, suggests saying "NEXT" or "SWITCH" the instant you catch yourself in the middle of a negative thought or self-defeating question. Then, immediately replace it with a positive thought, affirmation, or an empowering question. Simply overwrite the old thought with a new one. Replace "I'll try" with "I'll do it." Instead of "I should" say "I must." Completely banish "I can't" from your vocabulary. Soon you'll find that your mind switches its "polarity" and the negative thoughts pop up less. Here are some examples of how you could change the negative self-talk to positive self-talk:

Positive statements and empowering questions

How can I be successful and enjoy the process?

What can I do today that will help me get closer to my goal?
I am 100% responsible for my results. Whatever it takes, I'll do it.
I have time for anything I am committed to.
I like myself. I can do it. I'll do it.

The most powerful goal-setting formula in the world.

In the beginning of this chapter, I promised to reveal to you the most powerful goal setting formula in the world. Now that you understand the nature of your subconscious mind and why goal setting works, you're ready to learn the 11-step formula.

What is the difference between a dream and a goal? Once again, the written word.

But we need to do more than simply scribble down some ideas on a piece of paper. Our goals need to be complete and focused, much like a road map.

If you follow the steps I've outlined in the manual you will be well on your way to becoming an expert in building the road maps to your goals.

Goal Setting Made Easy: How to Have Whatever You Want

(*well, almost everything - we can't give you a 5 inch taller body!)

I learned a great secret about goal setting and how to have your life EXACTLY the way you want it.

The secret is to WRITE your goals down and place it on your quantum magnetic disk. This is so childishly simple, that it is hard to believe that it works.

I have used this many times over the years. I have found that this REALLY works.

Writing what you want creates a kind of miracle. This works in the following manner. When you first think of something, it is just a thought in your head. It is not yet in the physical universe. However, thought is energy and the universe and everything in it are also made of energy. When you write something down, your thought now exists in the physical universe. Somehow, the physical universe eventually follows suit. Many intuitive people know that thought creates reality. If you need scientific, rational reasoning as to why this works, I suggest you read "The Holographic Universe" by Michael Talbot.

Clarity Leads to Power

The universe will give you whatever want. Part of the trick is in being clear on exactly what it is that you want. Writing a goal helps us to get very clear on what it is that we want. Once we are clear, God/Great Spirit/the universe know what to give us. Often we really have been getting what we have been asking for all along - it is just that it hasn't seemed to be that way. Allow me to give you an example don't just ask for a car, if you ask for just a car then don't complain if you get a VW beetle (old model) even if you had a Mercedes in mind. Be very specific on what

type (model) of car the color even the interior like white leather seats with a wooden finish dashboard also if you need a radio in it or maybe a CD shuttle. Now add visualization, visualization use all your senses, to create the scenario mentally. Feel the joy of success as deeply as possible. Really get creative. See and feel yourself driving that new car. What does the upholstery feel like? What color is it? Breathe in that "new car" smell. How does the engine sound when you start it up? How does your body feel in the driver's seat, on the road?

Here are a few stories of when this worked:

- I always use it whenever I am looking for somewhere to live. One time I got very sick of where I was living and I wrote out exactly the kind of place I wanted to live, even though it was next to impossible. I put in everything, including views of the ocean and a great flat mate with whom I got on very well. And I wrote down a rent that was at least half of what I would expect to pay. Three weeks later I was living in the place I had written down, and the rent was identical to the rand.
- Another time I had a friend who wanted to buy a car. This has always worked for me VERY well when I want to buy or sell a car. He had been looking for many months, and hadn't come close to finding something that he liked. The trouble was that he was used to expensive brands, and at that time he was forced to buy a much cheaper car. Finally I made him sit down and write out his goal the same way that you will. I will show you how to do shortly. I thought that he was pretty crazy writing down what he did, but I didn't say anything because I know how powerful this can be. He had the car he wanted for the price he wanted within two weeks.
- I read in a magazine about a time when the actor Jim Carrey had almost no money. For a year he carried around a check that he had written to himself, which said to "Pay Jim Carrey ten million dollars, for acting services rendered". At the end of the year he was hired to star in "The Mask" for which he was paid \$10,000,000!
- A husband and wife wanted to buy a house. They went to a seminar where they learned to write out their goals. Trouble was, they both wanted completely different kinds of houses. One wanted a fix-me-up kind of place, and the other wanted a place that was already done up. They learned that they needed to work out what would make them BOTH happy. Eventually they worked out that they wanted a place very similar to the one that they were living in at that time. They wrote out their goal. What do you think happened next morning? Their landlord came to see them. He explained that he had a tax problem with the house they were living in. He offered to let them buy the house, with the rent already paid going towards the deposit!

Can you see how there could be a problem if two people living together both want different things? Our conscious and subconscious thoughts help to create our reality. But if two people are thinking opposing thoughts, then you have two forces fighting with each other. There is no forward movement.

What is wanted is an ALIGNED thought. Two people thinking the same thing. This means there are now two forces going in the same direction. This adds a LOT of power to the thought.

If two people are very clear on what they want, and they both want the same thing, then it becomes even easier for them to have what they want.

I remember reading in "Think and grow rich" or "Richest Man in Babylon" that usually rich men are happily married. Maybe the above explanation is one of the reason's why this is so. The wife's intention helps to create the reality.

Your own Goal Setting

Think about the goals you would like to set. Think of an easy goal you would like to achieve within one month. Then think of one for 3 months and one for a year.

And later on you might like to think about what you would like to achieve for a Major Life Goal. What this means is, when you come to the end of your life, and you look back, what would you like to have achieved. How will the earth and its people be different as a result of your being here?

How to Do Goal Setting so that it Works for You

1. Be very SPECIFIC. How can anyone give you what you want if you don't know what you want?
2. Write in the PRESENT. Do NOT say e.g. "I will have ... ". Tomorrow never comes!
3. Start with "I have ...". You have to "BE" in order to "DO" before you can "HAVE". It does not go in the other direction (have - do - be). A lot of people may have asked a person - what do you want to be when you grow up? They may have answered "a doctor". And later found they were in a job they hated, working with a lot of sick & dying people. They may have been better setting a goal "to have a cure for cancer". That way there are more options open to them. Another example: A man worked out he wanted to have a million rand. He then worked out what he had to do - his answer - to BE a garbage collector. He made a fortune from the garbage business!
4. Add the date
5. Add the date to be achieved by
6. I have found from personal experience that this works even better if you finish with the written statement "This, or something better, now manifests for me, in totally satisfying and harmonious ways for the highest good of all concerned. Thank you God."

Good Health

We never think about our health as long as we are healthy. We worry more about our financial status than our health, normally health fit last on our list of to do things. But boy the moment we become ill you will here us complain. In goal setting it is a good practice to keep your health in mind, who is going to spend your money if you are sick, how can you enjoy life it you feel like a ton of bricks had fall on you?

Let us start looking at our health as a sort of security package.

I am what I am perfect powerful and whole.

You can address any health problem by basically telling the body to correct the problem. When you know what is wrong with you, you can address the problem more direct. I like to make use of the affirmations in the Louise L Hay (Heal your body). (Please note that this is not a

substitute for professional medical attention; please see a medical doctor for any medical problems or advice)

Affirmations or/and positive statements about our health, can take on many different forms dealing with emotions, mental frame of mind or specific health problems.

The outcome, this is what you would like to see e.g. harmony, balance, repair and restore to name a few.

Let us use an example, Constipation - Refusing to release old ideas. Stuck in the past. Sometimes stinginess.

Thus: I have release all old ideas that prevent me from moving forward, and feel relax and joyful.

Date: 14/08/2003

Date to be achieved by: 13/09/2003

Affirmation: As I release the past, the new and fresh and vital enter, I allow life to flow through me.

This, or something better, now manifests for me, in totally satisfying and harmonious ways, for the highest good of all concerned. Thank you God"

Then sign it.

An example of well-written goal setting:

"I have a wonderful new job.

It is located within 30 minutes of where I live.

I work for 40 hours are week.

The job is with a first rate company. The management like me. They appreciate my skills. The company is successful, modern, totally honest, ethical, well organized and very generous. The company has good products and services which add to the quality of people's lives.

My employer appreciates my skills. It is a joy to work for them. I really like and respect the people I work with, and they me. All the management people like me very much and are impressed with me personally and my work skills. I have a new Pentium III computer at my desk.

I love what I do.

I am paid R144,000 per year.

Date: 13 March 2003

Date to be achieved by: 13 May 2003

This, or something better, now manifests for me, in totally satisfying and harmonious ways, for the highest good of all concerned. Thank you God"

Then sign it.

7. Keep ALL your goals together in a RING BINDER. DO NOT leave them lying around. They have tremendous power, and later if you change your mind you don't want an old goal lying around sabotaging you.

8. Now get into action. Circumstances, people and opportunities will present themselves.

9. Update your goal setting regularly:

9A. If you have achieved your goal - celebrate. Cheer! Give yourself a gold star. Scribble "well done" on your goal. And keep your goal to remind you that this works.

9B. If you haven't achieved a goal, study it. Do you still want it? If so, write a new date on it. But study it REALLY well. It is my experience that often people have got what they wrote down - they just haven't realized it yet. For example, a friend of mine wrote a goal around a relationship. I pointed out that her male business partner fitted the goal – It was just that there was no mention of sex or intimacy in the goal!

9C. Tear up or burn the goals you no longer want.

Follow your intuition to determine what action you should take. Remember that even if you take the 'wrong' action, you will learn something which will prepare you for eventual success.

If what you want does not materialize, it can be because there is something wrong with the goal you set. Or it can be because there is a conscious or subconscious belief stopping you from getting it.

If this happens, when you intend to have the goal, instead of getting the goal your intuition may lead you to a person or book or situation which will help you to see what your negative belief is so that you can get rid of it.

How to Have the Relationship of Your Dreams

Manifesting your ideal relationship may be harder than manifesting the ideal job, house or car. This is because there are a lot more variables involved. But if you manage it, most of your relationship problems will vanish.

To have the relationship of your dreams, a number of extra things may be required for this.

“I now have my ideal, committed, sexually intimate relationship / marriage, as described in my relationship goal, with the man / woman of my dreams who has the following qualities:

i. Physical

Appearance (height, facial hair? ...)

Diet

Dress

Cleanliness

Language

Age range
Willing & able to live where?
Amount of energy?

ii. Emotional

Affectionate
Committed to intimacy
Supportive and acknowledges me
Can cry
Feels and expresses feelings easily
Committed to a GREAT relationship
Interested in getting married in the future
Makes romantic gestures (eg gives flowers, letters & cards, calls for no reason)
Totally faithful to me physically, mentally, emotionally and spiritually
Confronts and resolves problems soon
Handles it if I'm down
Tells me he/she loves me frequently
Accepts me the way I am
Never gets angry, at me or anything else
Devoted to me
Proud of me and shows it
Has unconditional love for me
He/she likes me a LOT and I like him a LOT

iii. Social Style

Loves most people. Has compassion for the rest
Likes to play
Great sense of humor
Laughs easily and often
A party person?
Gets on with all social classes and races
Frequently shows me affection in public
Has a slightly mischievous side, similar to me
Will eat anywhere that I eat
Type of friends?
Alcohol?
Plans ahead for time together?
Likes restaurants
Loves the movies that I do

iv. Intellectual

Type of mind
Very open mind
Enjoys learning & teaching
Flexible?
Reads?
Intelligence?
Learns quickly
Not critical, and if he/she is, he/she is specific in criticism
Introspective - looks at him/her self and sees it as it is

Special beliefs?
Very positive mind

v. Sex

LOVES making love with me as often as I do
Puts time aside to do this
Loves to give massages and is very good at it
Loves to receive massages
Seductive
Likes to cuddle
Sensitive to energies
Skilled lover
Sensual
Easily aroused by me
No hang-ups or fixations
He/she is easy to get a good night's sleep with, when not otherwise occupied
He/she finds it easy to sleep with me, when not otherwise occupied
Doesn't snore
Loves my body and tells me so
There is a lot of chemistry between us
He/she uses lovemaking with me as an added means to grow in spiritually and to grow in love
He/she easily mixes love and sex
He/she is willingly totally faithful to me in body, mind and spirit

vi. Communication

Similar communication lag to me (Ron Hubbard said that a very important element in a successful relationship is for both people to have a similar communication lag. A communication lag is the amount of time between you asking a person a question, and them answering it. It has nothing to do with how much they talk. It is when you get an ANSWER to the QUESTION you asked. Some people answer straight away. Others do a lot of talking which has nothing to do with the answer, before they finally give you the answer. Worse still, others may talk for ages after you ask them a question - but not answer the question at all. In this case, you then have to say ``I repeat the question, ... ``)

Great listener
Good at acknowledging me and others
Loves to talk with me
Tells me what's going on inside him/her soon
Likes deep & meaningful conversations
Calls me daily when not with me
Asks me about me
Interesting - wide range of subjects
Is comfortable with silence
Compliments me often
Accepts my compliments
I find it easy to listen to him/her

vii. The Physical Universe: Including Money & Time

Earns A R_____ p.a. or more
Wants more
His/her income exceeds his/her outgoings
He/she enjoys the simple things in life

Helps others
Organized?
Honest
Ethical
Generous
Interested in business?
Committed to doing the greatest amount of good for the greatest number of people, including us.
Very good at manifesting good things
Committed to retiring to work at playing his/her game in life, which is similar to mine.
I have a similar energy to him/her

viii. Personal Growth

REALLY committed to do whatever it takes
Has no addictions
Reads books on growth
Listens to tapes, watches videos on growth
Has done group seminars
Makes concrete positive changes
He/her grows at my speed, in my direction (and I in his/hers)
Grounded
Really helps people
Is not a rescuer
Actively works on our relationship to make and keep it wonderful
He/she knows what to do to heal him/her self as soon as possible whenever stuff comes up, or negative things occur

ix. Spiritual Growth

Has a personal relationship with God
Shares my realities about God (which are?)
Shares my realities about the unseen universe
Prays often
Intuitive
His/her chakras are very open
Walks his/her beliefs
Can teach me
Optimistic
Developing spiritually
Has the same spiritual beliefs I do
Has what as a top value?
Loving and compassionate to others

x. Interests

What comes ahead of all else?
Interests include ...
Type of music?
Varied - including horse riding & racing
Loves animals & nature

3. Have a look at your list and see if there are things on that list that you don't have. **Then start working on having those qualities yourself.**

4. Now that you have done goal setting for your ideal partner, write out a goal describing the relationship. Include something about each of the 10 categories in "Are you the one for me" that were used to describe your ideal partner.

5. To avoid relationship problems, study the other of the world's two best books on relationship problems, and start applying what you learn, Men are from Mars, Women are from Venus by John Gray

I have used this information and added to it and refined it over the years. I have seen this information produce great long-term effects like vastly improved financial status and ideal relationships in both my own life and the lives of my friends and clients.

I have also seen it produce nearly instant results when something tangible is wanted in a hurry e.g. When I was on my own I lived in a beautiful mansion by the beach, with everything I needed - and I was paying the same rent that I had paid when I lived in a one-bedroom granny flat!

Another friend of mine in her 30s had never been in a good relationship. Within a few months of applying the information I gave her, she began a relationship with a wonderful, very successful, attractive man. They are still incredibly happy together and are now planning to move in together.

A few more pointers

Now we all know that nothing going to fall out of thin air, we most probably going to have to pay for the car, but we can at least determine the amount that we can afford to pay back. There is also the possibility that you may win the car of your dreams, but here there is one golden rule you cannot win a car if you do not take part in any competitions. It is almost like dreaming what you will do if you win the lotto but you never play the lotto.

The surest way in failing in getting what you want is to not recognize you level of success. Let us say that you ask for one million rand and you do not get it did you fail? The answer may be yes or no it all depend on how you look at it. You may have receive one million rand but not necessarily in one go, it may had come to you in a number on smaller "installments" or the big question if you receive nothing is why? The point is that it is more difficult to get something which you never had or seen before, you had most certainly handled a thousand rand before thus it would have make more sense to ask for a thousand rand than one million don't you agree. When you ask for one thousand rand and get it you are ready to step up to the next level, now don't get greedy increase the amount as you grow in confidence. Easy does it, it take time to get to you ultimate goal it takes also dedication and belief and trust. But we all need to start somewhere right, some of us just take a bit longer to get there.

Failure or success:

Were is Shakespeare when you need him (to be or not to be), failure can be measured by our inability to recognize our success. How do we measure failure or should I ask what is failure? The way I see it there is no such thing as failure, failure is just our inability to recognize success. Success also means acknowledgment, acknowledging successes help goals move farther and faster. Every step you complete on your way to the full goal is a success. That success brings you that much closer. Acknowledge it as an accomplishment. This helps you realize that you can create goals and fulfill them. It also lets you see your goals in relation to other aspects of your life.

Let yourself feel your success. Know that you created this reality. Allow yourself to give yourself positive reinforcement.

Remind:

Remind yourself that you ARE successful as proven by you achieving goals.

If your goal didn't work quite the way you planned, acknowledge your successes, be grateful, and try again.

Affirmations:

Affirmations can easily become part of your goal setting program, here follow a large number of nice affirmations, which you can use. Pick one or two and add it as part of your goal setting to strengthen or enhance your goal setting.

Affirmations for Abundance & Prosperity

- I NOW accept abundance into my life, as I am a deserving, divine being and always have been!
- I AM responsible for all of my creations, and as of NOW I choose to be loving, joyful and positive in thought, word, action and emotion.
- I AM now ready to manifest my dreams in the form of prosperity and abundance.
- I AM aware that everything in the Universe is energy, and that positive thoughts, words and actions are attracted to each other.
- I AM aware that the three steps to manifesting abundance are: Conceive it, Believe it, Receive it!
- I AM aware that the tools for a happy, prosperous and healthy life are being loving, joyful and positive in thought, word, action and emotion.
- I AM now willing to remove all clutter from my 3rd dimensional dwelling. This activity opens up new and sacred space, which I intend to fill with love, joy and prosperity.
- I AM attracted only to positive people, and positive people are attracted to me
- I AM the embodiment of abundance, which always manifests in my life as perfect health, plenty of wealth and constant happiness
- My thoughts, words and actions are positive, loving and joyful. I AM in charge at all times
- I AM aware that self-love heals me at all levels and reconnects me with my divinity
- I create abundance by being impeccable in my choice of positive thoughts, words, actions and emotions. I am always lovingly truthful with others and myself
- I AM truly grateful for everything that I have NOW
- I trust and love myself, and I know that I have the power to create a positive, joyful and abundant life
- I AM a magnet for divine abundance in the form of money, health and happiness
- I choose to honor and love my body, my life, this day and every day. I AM thankful for everything
- I AM aware that there is always more than enough for everyone on this planet, and that all souls deserve to live joyful, loving, healthy and abundant lives
- I know and accept the universal law that sharing my abundance with others draws more abundance to me.
- I AM happy and joyful about others' abundance and good fortune, as we are all One.
- I lovingly and joyfully share my tools for success with others. I love to help to empower others whenever the opportunity arises
- I AM aware that my dreams and hopes can and do create my reality. I choose to create a positive and abundant life for myself NOW

- I AM aware that poverty consciousness is an illusion, and that the Universe is ready, willing and able to make manifest all of my heart's desires
- My NOW is continuously filled with prosperity. I think it, feel it, believe it, act on it and create it at all times
- I NOW choose to forgive all others and myself. I go forward on my new life's path in love and joy, creating abundance and prosperity with every step I take
- I think, I feel, I believe, I love - therefore, I can do anything
- I BELIEVE I AM able to create a life filled with love, prosperity and good health, and I manifest this by being loving to all others and myself at all times
- I choose to believe that I am able to create my heart's desire, without limitation
- I NOW choose to forgive all others and myself for any negative experience I have ever had, or ever will have. All of my experiences are simply stepping stones back to love, and I am grateful for the journey
- I AM able to make my dreams of prosperity a reality by feeling them in my multi-body system, and by believing that they can and will come true for me
- I AM NOW creating my heart's desire by being loving and joyful. I BELIEVE in myself and in this process
- I AM divine, of free will and I choose to accept that abundance and prosperity manifests for me in the form of excellent health, endless supply of money and loving relationships with others. So Be It, and It Is Done!
- I love every part of me, and I am grateful for all of my lessons offered. I AM ready to move forward into a loving relationship with myself, with spirit and all others, as this is the key to divine happiness
- I choose to believe that I am worthy of love and all good things

Affirmations for Fulfilling Dreams

- I choose to dream my own dreams
- I choose to live life to the fullest
- I love and respect my ability to trust the qualities the Creator has given me. I choose to let go of all my doubts and hesitations.
- I choose to believe in miracles
- I love and respect my ability to be aware of the over all view.
- I love and respect my ability to follow my intuition. I know I am achieving my goals and the results that my heart desires.
- I choose to trust myself
- I choose to expect a miracle.
- I love and respect my ability to follow my own path.
- I choose joy in my life
- I love and respect my ability to understand the balance between giving orders to get things done and having the willingness to do things myself.
- I choose to see my way clearly
- I choose to accept my gifts
- I love and respect my ability to examine everything from a broad over viewing perspective. I choose to see the big picture.
- I love and respect my ability to welcome the unexpected.
- I love and respect what is inside of me being worthy of expression.
- I love and respect my ability to continue on my path with strength and courage. All obstacles will now vanish and my most deep-felt wishes are being fulfilled.
- My dreams are fulfilled by me one step at a time.
- I am worthy of fulfilling all of my dreams.

- I fulfill my dreams by acting upon them.
- I accept that help is available for me to fulfill my dreams.
- I make my dreams come true by believing and trusting in myself.
- I know that I am able to make my dreams come true.
- I trust and act upon my inner guidance.
- I am able to achieve great things.
- I choose to do what I love to do, and I earn a great living doing it!
- I am an inspiration to others.
- I know that I inspire others by being successful at what I love to do.
- I know that I am able to create whatever I desire.
- I live my dreams, and become them, by acting upon them.
- I choose success by embracing and accepting my authentic self.
- I see only love and perfection within me, and I make my dreams come true.
- I show others the way to happiness by being loving toward myself.
- I choose to live my life honestly, lovingly and creatively.
- I love and accept my own personal power.
- God's power, and my power, are one.
- I now choose to act upon fulfilling my dreams.
- All my dreams manifest because I love and believe in myself.
- I trust my inner guidance for it speaks the language of love.
- I embrace my greatness.
- I now choose to act upon fulfilling my dreams.
- I am a miracle and I am able to make my dreams come true.
- I believe that I have the power and the strength to make my dreams come true.
- I accept responsibility for fulfilling my own dreams.
- I am a vital and important part of the miracle called life.
- I accept my sacred contract with my Creator and I now act upon it.
- I trust and believe that I am already successful.
- I always get the help I most need at the perfect time.
- The universe provides for everything that I need to achieve my dreams and goals.
- I always believe in myself.
- I can do anything I choose to do because I love and believe in myself.
- I draw strength from my Creator and I fulfill my dreams with ease and grace.
- I am divine energy and I trust that I am able to fulfill my dreams.
- My focus of attention is now placed upon the fulfillment of my dreams.
- I can, because I am.

Affirmations for Love and Relationships

- I AM in a place of love at all times.
- I trust that I AM loved and I demonstrate this by being loving towards all that I meet.
- I AM a channel of loving communication.
- I AM love, and I AM aware that this divine love is the glue which holds the universe together.
- I AM constantly filled with the love of the Creator, and I send this divine love out to all things.
- I AM beautiful and I AM perfect, just the way I AM, for I AM divine love.
- I love unconditionally, and by doing so, this unconditional love is automatically returned to me.
- I love all lessons that I AM given and I am grateful for my experiences.
- I project divine love to all things through my thoughts, words, actions and feelings.

- I AM an ambassador for my Creator. I project love, joy and peace to everyone and everything.
- I AM a loving human being. I am never harmful to myself or to others in thought, word, action or feeling.
- I joyfully receive Love from my Creator, and by intent, I send it onwards, in all directions.
- I feel the love of Spirit inside of me, and I trust that I AM always safe.
- I am a magnet for positive, loving experiences.
- I AM aware that everything is energy and that positive energy attracts more positive energy. I choose to be in a positive and loving state at all times.
- I choose to demonstrate love and peace toward my family, friends and co-workers, regardless of how I may perceive them.
- I am committed to raising my consciousness and I do so by being in a place of love and peace at all times.
- I AM aware that when I am in a place of love and peace within myself, I attract this love and peace to me.
- I choose to be in a place of love at all times, I AM aware that I AM connected to all things.
- I AM aware that the Universe keeps me in a constant supply of love.
- I AM connected to everything on Earth, and in the Universe - I love myself, I love all things.
- The Source of my Love supply is endless - I am securing in knowing that my Creator constantly replenishes me.
- I AM love. I AM Light. I AM.
- I AM continually co-creating a world of peace, love and light.
- Love, as pure energy, is aware of its perfection. I AM love. I AM perfection.
- I AM thankful to be in a place of Love now.
- My loving smile projects outward from my heart to all things.
- Love is truth in thought, word, action and feeling.

Affirmations for Unconditional Acceptance

- I accept myself as I AM now, always and in all ways.
- I know and accept that all things presented to me are divine gifts of unconditional love.
- I accept all others as individual expressions of divine love.
- I AM perfect in the eyes of my Creator; therefore, I choose to see perfection in all things and all events.
- All life is an expression of divine love. I now choose to accept that all things on Earth are equal and worthy of my love and attention.
- I AM a perfect expression of love, and I express my love unconditionally to all others and myself.
- I offer the gifts of love and compassion without asking or expecting anything in return.
- I choose to honor the divinity that I AM, in all things and in all events. All is perfection.
- I AM now able to find the humor in my 'mistakes', for I see that these are perfect and divine lessons being presented to me.
- I AM without judgment of others or myself. I unconditionally accept that all things are an expression of divine love.
- I accept, unconditionally, that I create my reality through my thoughts, words and actions. I now think only loving thoughts. I now say only loving words. I now act only lovingly toward all others and myself.
- I choose to love myself, and I see love's perfection reflected in everything and everyone.
- I love, honor and accept the perfection of Spirit within myself and within all things.
- I now choose to recognize the love and perfection in all things and in all events.
- I now accept that I am only Love in its most divine expression.

- I AM loving and compassionate toward all others, regardless of any situation.
- I AM never a victim of circumstance. All lessons presented to me are perfect, and I gratefully accept them as part of my soul's growth.
- Today, I choose to place love around any fear-based emotions I may have toward another person or situation.
- I choose to unconditionally accept my family, my friends, my co-workers, all who I encounter today regardless of the circumstances and myself.
- Today, I choose to accept the world, its people and its events as they are, without judgment or fear.
- I AM aware that I create my reality; therefore, I now choose to accept everyone and everything, without conditions attached. In this way, I create a new reality - One of love and peace.
- At the core of all things in the universe, there is only divine love. I choose to see only the divine love in everyone. Anything other than love is an illusion.
- My role as a human be-ing is to recognize my divinity, to unconditionally accept my divinity and to be this divinity at all times.
- I AM aware of my sacred contract with my Creator, and I accept unconditionally that I am a servant of the Light.
- I am aware that I AM my own soul mate. My relationship with myself is reflected in all that I experience.
- By my practicing unconditional acceptance of myself, I AM now able to accept all others as they are.
- I now choose to invite joy, laughter, peace and love into my life, and I accept these gifts in whatever form they are presented to me.
- I show the way to others by choosing unconditional love and acceptance in any situation.
- I accept that my Creator recognizes my divine path and I, therefore, accept that another's path is equally as divine.
- My unconditional love and acceptance of who I AM, lights my pathway home.
- I AM free of judgment and I AM now filled with unconditional love and acceptance for all things.

Health & Healing Affirmations

- I am connected to my divinity, and I am whole and perfect now.
- Believing is seeing. I know that I create my good health and wellness at every level. I see this now.
- I choose to begin the process of well-being and good health by loving my, past, present and future selves.
- I AM now reclaiming my divine birthright as a shining being of light.
- I AM able to heal myself and, as I do this, I also heal the Earth.
- Through the Divine Source of which I AM, the knowledge of how best to heal myself is made clear to me.
- I love, bless and thank the foods that I choose to eat, and I intend that whatever I consume provides me with positive, healing energy.
- As I lighten up, I find I laugh more easily. Laughter is good medicine for me.
- By putting light, and love, and laughter around things, I create positive magic in my life.
- The Universe loves me, and applauds my human journey.
- I AM able to charge the energy around me with my positive vibrations.
- My thoughts, words and actions are now in line with my Creator. I choose love, joy, peace and vibrant health for myself, humanity and the Earth.
- When I believe something with my whole heart, it is made manifest.

- I AM at peace. I know that I rest in the hands of my Creator.
- I AM listening to my body and I know what is perfect for me in each moment.
- I AM creating a center of peace, harmony and love within my heart and I radiate this essence to all.
- I am attracted to the wellness of being and I love my body, mind and spirit, unconditionally.
- I am now able to see my divine perfection, and the perfection of all things.
- I AM willing to trust my intuition to help me understand what is best for my growth.
- I AM now holding the perfect vision for me.
- Everything is perfect just the way it is. I am able to view this from the perspective of my higher self.
- I believe that all things are possible, and with this understanding I now create my own vibrant good health.
- With the cosmic tools of love, light and joy, through positive intent, I AM able to create the body that I desire now.
- My Creator sees me as the embodiment of perfect health. I AM, therefore, able to see myself as the embodiment of perfect health at all times.
- I AM honest and compassionate towards myself and all others.
- I AM aware that there are many healing paths available. I choose to accept the healing path that resonates with me.
- I AM aware that light, color and sound have healing properties. I take the time to bring these energies into my body, as they are food for my soul.
- I AM aware that by my helping to heal another, I also heal myself.
- I AM able to see that children and animals and all forms of nature have the ability to heal. I take the time to honor them, as they honor me.
- I AM on a journey to experience all of my creations. I AM now ready to experience the joys of my positive and loving creations

Happiness & Success Affirmations

- I choose to put love and joy into everything that I do - my positive feelings fill me with the power to succeed.
- I choose to feel happy, therefore I AM happy!
- My continuous success springs from my own well - I am positive and joyful every day of my life.
- I AM always a winner, regardless of the outcome.
- My Creator loves me and desires that I AM always happy and successful.
- I accept that the greater my successes, the greater the ability I have to share my knowledge with others.
- I AM the creator of my successes, and my happiness. I AM therefore happy and successful every day of my life, because I CHOOSE it!
- I AM able to sit silently each day to receive loving guidance from my divine self. I trust this process, absolutely!
- I AM aware that my success and happiness is a direct result of my positive thoughts, words, actions and feelings.
- I AM the creator of my happiness. What I think and feel, so shall I be.
- I AM aware that I AM employed as an earth angel, and I offer love, joy, peace and serenity to everyone I meet.
- I choose to surround myself with positive and happy people.
- I AM happy to share the tools for my success with others.
- I AM overflowing with joy over each and every one of my accomplishments.

- I AM happy for others when they succeed. We are all one, and another's success is mine as well.
- I AM aware that "there" is no better than "here". My success begins in this moment, now.
- I AM aware that the tools for my success reside inside of me. I choose to be happy and successful in everything I do, think, say and feel. And so it is!
- I know that I am successful and happy at all times.
- I AM confident in my ability to say and do the right thing at the appropriate moment.
- I AM joyful about all of my accomplishments
- I love to succeed. It makes me Happy.
- Regardless of where I AM, I make a positive difference in other people's lives.
- I AM made from the same perfect cosmic energy as my Creator, therefore, I am always successful, I am always happy, and I am always at peace.
- My enthusiasm and joy for life spills over into everything I choose to do. This ensures my success at every level!
- I AM feeling successful therefore I AM successful!
- I AM aware that all roads lead back to our Creator. I AM also aware that my path is unique to me. I AM on the road to success and happiness at all times!
- I AM open and willing to listen to another's point of view. When I listen with my heart, I AM able to receive. Listening is another tool for my success!
- I choose to allow opportunities to flow toward me, and I AM able to discern which ones are best for me.
- I AM always successful - the universe sees only the perfection in everything. I choose to see it too.
- I am aware that each step I take on my path home results in my success, and the success of all others.
- I AM in the flow of divine love, which ensures success and happiness at every level of my existence.

Life's Purpose Affirmations

- I trust that if something makes me feel "alive", it is showing me the way toward my Life Purpose.
- I choose to experience things that will reveal my true Life Purpose.
- I AM now acting upon my Life Purpose with joy and passion.
- I AM talented and I love to make use of my many gifts.
- I now forgive all others and myself. As I do, I move forward to achieve my highest goals.
- I AM now a fully realized soul at all levels.
- I now accept that my Life Purpose is to love myself and serve humanity.
- I AM always in the right place at the right time.
- I AM joyfully fulfilling my Sacred Contract.
- I now release all fears of fulfilling my true Life's Purpose.
- I AM now free to do the things I love.
- I find the perfect solution for every challenge.
- I choose to do the things I love.
- I AM an awesome force of nature!
- I AM grateful for all of my experiences.
- I AM fulfilled as a person.
- I AM grateful to be in service to my Creator.
- I AM in tune with the Universe, and I respond with deep reverence for all of creation.
- I love who I AM at all times.
- I now see the perfection in all things and I AM at peace within my heart and mind.

- I AM now clear on my goals and I have the strength to follow through on them.
- My mind is now illumined and all is clear to me.
- I AM in a constant state of fulfillment.
- I have the power and conviction to transmute all of my fears into Love.
- I now partner with Mother-Father God and embrace the perfection of all that I AM.
- Through the power of my Awakened Heart, I now understand that everything is perfect just the way it is, including me!
- I AM the unlimited abundance of the universe. I am infinite, and my cup runs over.
- I AM certain that my path is always perfect for me.
- I AM always in my truth.
- I express my true joy for everything in thought, word and deed.
- I love to find ways to help others.
- My cup runs over at all times.
- I walk a peaceful path and show others the way.
- I now accept my role as a peaceful warrior.
- I bathe in the unconditional love of my Creator, and it radiates from me at all times.
- I now surrender and allow Grace to heal my body, mind and spirit.
- I now look upon everything and everyone with soft and loving eyes.
- I AM patient with myself and with all others.

New Beginnings Affirmations

- I create my own destiny; therefore, with each new day I create only peace, love and prosperity in thought, word, feeling and action.
- New beginnings are always exciting and positive experiences for me.
- Today I AM able to take the first steps toward making positive new changes in my life.
- Each New Year is a fresh start, and each new day, hour, and second is unlike the last. I live in the present moment, and by intent I have the power and ability to become brand new at any time.
- I AM brand new with every breath I take, therefore the power to change is within me at all time.
- I am open and receptive to new possibilities which come my way, and I intuitively know which ones are best for me.
- I now step forward onto a path of my own making, for I know that the path I forge is as unique and as beautiful as I AM.
- I am ready to accept positive changes in my life now.
- I am open to the concept that all things are possible, and I trust that I am always in the right place at every moment.
- I love to experience new things, and welcome these into my life as part of my continued growth.
- I always attract positive people into my life.
- I am safe at all times as I experience new things.
- I am overflowing with love, peace and joy, which I share with everyone.
- Each day my life is filled with wonders and magic. I feel my divine connection to everyone and everything, and I am grateful.
- I create my own destiny; therefore, with each new day I create only peace, love and prosperity in thought, word, feeling and action.
- With each new day, I AM always more positive than I was the day before, and I AM grateful.
- With each new day, I AM overflowing with love and a passion for life.

- I accept that change is inevitable and I therefore choose to co-create changes in my life which are perfect for my physical, mental and spiritual growth.
- A new day, a new page, a new adventure - I AM now ready and willing to co-create my life with Spirit.
- I intend that all the people I meet today and every day be blessed with joy, love peace and perfect health.
- I AM the embodiment of love, peace, joy and prosperity. I share these qualities with everyone I meet.
- I joyfully renew and replenish myself each day by filling my body, mind and spirit with love and light.
- With each new breath I take, I AM filled to overflowing with love and light.
- Each day I awaken and feel my divine connection with All That Is, and I AM eternally grateful.
- I choose to go forward and face today, and I AM ready to continue on my life's journey without fear.
- I listen to each new beat of my heart and I AM so grateful for my body and my life. I AM a miracle.
- I AM at peace in every moment and I trust that all new changes in my life are positive ones.
- I AM at peace with all new lessons I will learn today and every day. I accept these lessons as gifts from Spirit to assist me with my continual growth.
- I AM aware that all life is sacred, especially mine. I accept my divinity and I trust the Universe will provide me with all that I require.
- I AM aware that my best teachers are often those who give me my greatest challenges. I AM grateful for all lessons I receive, and I thank all of my teachers for showing me the way.
- I AM only love, therefore, only love presents itself to me as different lessons.

Spiritual Affirmations

- A new day, a new page, a new adventure - I AM now ready and willing to co-create my life with Spirit.
- Each day I awaken and feel my divine connection with All That Is, and I AM eternally grateful.
- I AM at peace with all new lessons I will learn today and every day. I accept these lessons as gifts from Spirit to assist me with my continual growth.
- I AM aware that all life is sacred, especially mine. I accept my divinity and I trust the Universe will provide me with all that I require.
- Each day my life is filled with wonders and magic. I feel my divine connection to everyone and everything, and I am grateful.
- I AM constantly filled with the love of the Creator, and I send this divine love out to all things.
- I am grateful for everything that I receive today, for every moment is a gift from my Creator.
- I am a magnet for divine gifts from Spirit.
- I thank my Creator for the "I" that I Am.
- I allow the endless gift of love to flow to me from Spirit, and from me, back to Spirit, in the most perfect way.
- The light that I am is a gift from God. The light that I am is inextinguishable.
- Another's smile is a gift of love from Spirit - which I receive and pass on, in gratitude.
- A gift can be as simple as a singing bird, or a rhyming word. I am always grateful to receive such gifts from Spirit.
- I am so very thankful for the gift of music and artistic expression, which fills and replenishes my soul.

- I know and understand that I always have something that I can give to another - a smile, a kind word, a hug, or a prayer.
- I give freely without guilt, attachment, or expectation. I work only for Spirit, for it is Spirit who ultimately signs my "paycheck".
- I thank Spirit for the gifts of the lessons that are presented to me.
- As I begin this new day, I thank my Creator for everything I have now.
- My Creator, who only asks that I be loving, joyful and peaceful, employs me 24 hours a day. My payment comes back in kind, tenfold.
- I know that I AM loved constantly by my Creator. I know also that this pure love for me is without judgment, conditions or expectations of any kind.
- I AM an ambassador for my Creator. I project love, joy and peace to everyone and everything.
- I joyfully receive Love from my Creator, and by intent, I send it onwards, in all directions.
- I feel the love of Spirit inside of me, and I trust that I AM always safe.
- I am committed to raising my consciousness and I do so by being in a place of love and peace at all times.
- The Source of my Love supply is endless - I am securing in knowing that my Creator constantly replenishes me.
- I AM continually co-creating a world of peace, love and light.