

I N T R O D U C T I O N

The End

HOW YOU CAN END YOUR OLD LIFE AND BEGIN USING “THE SECRET” LAW OF ATTRACTION

Congratulations! You have taken the first step. You have taken action. Just by taking this one step, you have acknowledged that you want a bigger future for yourself. You want to aim higher! You want more out of life. You want the *end of your old life*.

Whether you are an Olympic athlete going for Gold, a golfer determined to improve your game, a student working toward your degree, an up-and-coming entrepreneur wanting to launch a new business, or an individual motivated to lose weight, you’ve heard that when you focus your efforts on

a specific outcome—a goal— you have a greater chance to bring it to fruition. This book guides you on a path that sup-

ports the Law of Attraction. You will soon enjoy your dreams coming true, your goals achieving themselves *automagically*.

When it comes to setting goals, there are many different systems. They can be confusing, even daunting. I’ve heard from so many clients who have tried different systems and had no success whatsoever.

In this book, you now have a *proven method* to ensure that you achieve your goals effortlessly. You have found the answer. The search is over. You have everything you need within this book.

“Action is the foundational key to all success.”

—Pablo Picasso

You Need to Know Where You’re Going

By recording your goals, you create your own personal roadmap. What is your destination? Do you know which road you will take? How long will it take to get there? What will you do if an obstacle comes along the way?

When you *forecast* the future, you are simply projecting a possible outcome. When you set a goal, you are actually *creating* your future.

Within this book you will be creating your personal roadmap and, yes, you will be redirected back on course if you lose your way. Remember, this is a proven method. You will find everything you need to achieve the success you desire.

Unwritten goals are just dreams. Writing your goals embeds them in your mind. This begins to call the Law of Attraction into play. You are making a commitment: *Yes, I want this. Yes, this is important to me.*

“Goals are dreams with deadlines.”

—Diana Scharf Hunt

Yes, this is something worth striving toward. Once you record

your goals, you begin to allow the Universe to do its part. You

have clearly stated your intention. You have made a commitment. You implant a sensor within you to attract those things or individuals needed to help you along the way. You put the Law of Attraction into effect. Have you ever written a goal and then had things related to your goal just automatically show up from out of nowhere? That’s the Law of Attraction working for you, fulfilling your dreams.

Goals keep you focused on your desired result. They help you make better decisions. They help guide you so that you are not a victim of circumstance, rather that you are making *conscious* choices.

When you record goals, you remove the chatter within your head. A sense of calm and focus takes over. You know where you want to go. You have a destination. You have a plan in place. Most important, you know the first step you need to take. You eliminate the dreaded,

“Someday I’ll . . . ,” by committing to a date and you step up to the plate by taking personal responsibility for your life.

It’s not about blame, or the circumstances you came from. You might have had a great start, or you might not have been so fortunate. Don’t let that stand in your way.

When you think of successful individuals who have “made it,” many have come from humble beginnings or have taken an

“Setting goals is the first step in turning the invisible into the visible.”

—Tony Robbins

obstacle and actually used it to **their advantage**. Have you ever heard someone say, “Well, it’s easy for him; he had a great start. His parents gave him everything. He was able to go to the university. I’ve always had to struggle to help make ends meet. Life has not been easy for me. Life is tough.” Start today by taking responsibility for living the life you desire. Let those kinds of thoughts end.

If you are enjoying the quotes in this book, go *to* to enjoy more of my very favorite quotations.

One Percent Equals One Hundred Percent

Your new life can be easy and effortless. Let the old one end.

Let’s say you’re controlling a motorboat and you’re going south, and you want to go north. Will turning the rudder by 1 degree move you north? Yes—if you do it for a long enough time. If you make a 1 percent change for a long enough time, you’ll

“The mind is like an elastic band; once stretched by a new idea, it never regains its original dimension.”

—Oliver Wendell Holmes

be heading in the exact opposite direction sooner than you think. If you change your rudder by 1 degree, it doesn’t take you years to change. Within a few minutes, even within half a minute, you are going 180 degrees in the opposite direction. You can make a 100 percent change in your life by making a 1 percent change in what you do. And once you make a 1 percent change, you never go back. Making small strategic changes marks the end of your old life.

A 1 percent change in what you do makes a 100 percent change in your life. You make little changes in your life and, within a few months, within a year, you’ll be stunned; there will be hundreds of little “good” things you do that you never did before. There will be hundreds of “bad” things that you don’t do any longer that you used to do. There will be hundreds of interactions, or people, or situations

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“Desire is the key to motivation, but it’s determination and commitment to an unrelenting pursuit of your goal—a commitment to excellence—that will enable you to attain the success you seek.”

—Mario Andretti

that were unpleasant that just don’t occur any longer, because a 100 percent change can occur from a 1 percent change in what you do *each minute*.

I have helped individuals like you around the world live the life of their dreams and

experience the true joy of realizing goals that have deep meaning for them. Your goals are unique. For you, it may be realizing a childhood dream, or having financial freedom, or finding your perfect mate, or losing weight, or getting into shape, or becoming the top salesperson, or conquering personal or business challenges, or becoming skilled in your vocation. You will learn the 1 percent changes needed to end your old life and create the new life of your dreams.

Within this book, you have access to this unique system that has been honed, tested, and, most important, proven through the years. I have personally reaped the benefits and want to share my deepest wisdom with you. You now have a step-by-step guide so that you, too, can celebrate measurable progress each and every month and begin living your ideal life. Begin living on purpose and living by choice. Begin doing what you love and even doubling your income along the way. Does this sound good? It’s proven—and the rewards await you.

Here Is What You’ll Learn

Chapter 1: Have It Now! The Instant Gratification Society

How you can achieve your toughest goals right now without waiting

Learn a wonderful technique for getting whatever you want *right now*. You’ll be invited to join the Instant Gratification Society—*without guilt*. This chapter presents possibly the most fascinating aspect of goal setting and goal achievement—namely that you can actually have whatever you want right now, no matter what.

Chapter 2: Your Annual Love Letters™

How you can move closer to what you love and further from what you do not love

How do you ensure that you do only what you love? Is it even possible? In this chapter, you will learn a unique process to

reveal what is truly important to you in your life. Uncover what is missing from your life right now, so that you can correct these deficiencies. Start moving closer to what you love and further from what you do not love to live a life of joy and bliss.

Chapter 3: Your Life Missions™

How you can know exactly what you want to produce in this lifetime

You may be so caught up in the daily tasks of life that such an overview of your whole life, your *life purpose*, escapes you. Don't have a life of regrets. In this chapter, you will learn how to create a vision to pull you toward living a fulfilling and rewarding life. Learn how to focus your attention on moving toward what is truly important to you in this lifetime. Develop a strategy to focus your efforts on what you can do this year, even starting this month, toward your higher purpose.

Chapter 4: Your Special Talents

How you can enjoy the pleasure and heightened income of focusing your working life primarily on your special talents

What should you focus your energies on each day? What should you be spending your time doing? Of all the different tasks you could be doing today, which ones are the *best* ones for you to be focusing your attention on? When you were in school, you were told to work on and improve your weaknesses. I'll reveal why you need to focus on your strengths, which are those wonderful talents you have within you just waiting to be unleashed and improved. In this chapter, you'll crack the code of how you should spend your days and hours. Do you have *special talents*? Yes, you do. Uncover them and use them to propel you to new heights in your personal and professional life.

Chapter 5: Curing Procrastination Forever

How you can eliminate procrastination once and for all

You have procrastinated many times, even though you didn't want to. You may even procrastinate so regularly that your work, finances, or personal relationships suffer horribly because of it. In this chapter, you will learn the cure to procrastination so that you can blast through it once and for all—raising your self-esteem in the process. No more feeling bad that something didn't get done. No more nagging feeling in your gut. What a relief it is to eliminate procrastination

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forever! Is this even possible? Absolutely, and the secret is revealed. Your old life is about to end.

Chapter 6: The Six MAINLY™ Pathways of Life

How you can create the richest and fullest possible life

There are six pathways of life. For a full and rich life, it is necessary to move forward every month in each one of these six pathways. What is a pathway? You may have heard of the traditional division of life into spiritual, family, financial, health, and so on. I have never found this division to be very useful, so I created six specific, useful pathways so that you can realize the success you deserve.

What happens if you don't know the six pathways and therefore do not take a forward step in each one monthly? The answer is that you become narrow and one-dimensional. When you learn to set a goal in each one of these six pathways, you find yourself striding confidently forward in your life. You find yourself following a holistic vision. You find yourself improving *synergistically*, with each aspect of your life helping all the other aspects. Your life becomes whole. What are the six pathways? Be open when you read them, because they will be radically different from what you have ever imagined. Learn about them in this chapter, and say goodbye to your old life.

Chapter 7: Achieve Your Goals for Sure

How you can achieve even your toughest goals no matter what—guaranteed!

In this chapter you will learn how to achieve any goal you record—*guaranteed!* Even more startling, you will learn how to achieve even your very toughest goals in some cases without doing any work at all. You'll find the concept introduced here to be absolutely revolutionary.

Chapter 8: The Six Goal-Recording Rules™

How you can record goals the right way so they effortlessly invoke the Law of Attraction

It is critically important to record goals correctly. Most people are not even aware there are rules. What are the rules for correct recording? I embarked on a groundbreaking research project to uncover, for the first time ever, the rules for recording goals correctly. There are huge lessons in this

research for you. When you obey these rules, you will find that your goals begin to achieve themselves—*automagically*—because you will be correctly and powerfully invoking the Law of Attraction.

Chapter 9: Recording Goals So They Achieve Themselves Automagically

How you can employ the Law of Attraction to achieve your own goals, seemingly effortlessly

In this chapter, you will learn how to apply the *Secret Law of Attraction* when you record goals. When my mentored clients record their goals using the guidelines and forms developed within The Monthly Mentor™ program, their goals often achieve themselves. Sure, you should work on your goals; however, in addition to that, sometimes your dreams will just *show up*. The frequency with which your most outrageous goals will achieve themselves will shock you—when you record them on the special MAINLY form. You now get to combine everything you need to record your goals in a very special, effortless, and powerful way.

Chapter 10: Annual Backwards Goals™

How you can move strategically toward realizing even your biggest goals

Where do you envision yourself at the end of the year? What will you have achieved? How do you ensure your monthly goals line up with the bigger picture for the year? I teach my mentored clients how to write their yearly goals backwards. It may sound a bit silly; however, once something has been done, it is easier to do it the second time. You've probably heard the joke, "The second million is easier than the first, so I'm just going to start on the second million." It's a joke, but as in all humor, there's an element of truth. Read this chapter to unleash this powerful strategy to create the success you desire this year—and the years ahead!

Chapter 11: The Beginning

How you can ensure you achieve the success you desire for the rest of your mentored life

Rather than making New Year's Resolutions (that don't work), you will create your action plan for the year (that really does work). You will have a system in place to track your results, celebrate your successes, reap the benefits of a mentored life,

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build a team to support you, focus your efforts on doing only what you love, and double your income.

Raymond's Favorite Quotes

In my life, I have noticed that I can be moved and uplifted by intense connections with very special people, by powerful movies, and by special books. All of these take time, whether hours or years. But, the fastest way that I get inspired is by simply reading a famous quotation. Reading one such powerful sentence may take only a few seconds, but it uplifts my life for decades afterward. The following three quotations are among my most favorite and most moving:

“Snowmen fall to Earth, unassembled.” **Raymond's Comment:** See

“Only those who risk going too far can possibly find out how far they can go.”

—T. S. Eliot

what others do not, even if it is right in front of their eyes. They envision only bad weather and traffic jams, you see delightful possibilities. Expand your

vision; widen your view; enhance your scope. When you do, magical snowmen will mysteriously appear in your life, while others grumble about shoveling.

Raymond's Comment: It is way too easy to settle into a comfortable way of life, surrounding yourself with friends in that same place. It

“Bite off more than you can chew, then chew like crazy.”

—Crocodile Dundee

then seems to you that what you have created is reasonable and all your evidence proves that it is all you can likely achieve.

Breaking out of your comfort zone unleashes powerful forces that will suddenly hoist you up into a place where higher souls dwell and more elevated achievements are the norm. Going to that new place is possible for you.

Raymond's Comment: This is the motto for my own life. This is the quotation under my signature in all my e-mails. This is the worldview that turns me on. This is what brings the juice and zest into my life.

More of these quotes are sprinkled throughout the book.

Moving On

Are you ready? Let's begin.