

# **YOUR SELF MIRACLE**

## **SESSION 3**

### **Planning For Your Success**



Brought to you by

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## Planning For Your Success

Good to be with you again and congratulations on completing your top desires with emotional drivers and actions. In this session we will be looking at step two of the success cycle – a Plan to achieve your desires.

There's an old saying – “If you fail to plan you plan to fail” This is very true and a key reason why most people are drifting through their life. The other important fact about plans is that they will never be right. Some people get very stressed if their plan isn't delivered perfectly, you don't want to do this. What you do want to do is write your plan and then review it on a regular basis. For some of my plans I review them daily, some weekly and some monthly. Life is not perfect and things change so this needs to be reflected in your plan.

You need to decide how much time you can devote each day to your desires. If you are in a full time job then be realistic about the spare time you have available. Your aim is to squeeze as much time out of each day as possible without becoming a hermit and upsetting the rest of your clan. Once you have completed your plan using the simple but powerful steps I will show you, you need to conduct a time assessment for your desires.

If you have decided on three desires which will take up a lot of your time then you need to review this now. There are many things you can do in parallel, most of the people I work with decide on a business desire – e.g. to earn more income and two health desires like losing weight and embarking on an exercise routine. These are fine, losing weight is about finding the right diet and sticking to it – this should not take much of your time. Exercising is a little different and could take a couple of hours out of your evenings three times a week but still very doable. Changing your income will be the most likely time stealer. If your plan is to find a more rewarding and demanding job then it's likely that you will be spending more time at work as a result. If you decide to start a business at home you will need to devote quite a bit of time to this – especially at the beginning.

Now I am not trying to be negative in any way here, but one of the problems I have found with other self development programs is that they expect you to have at least 5 desires to shoot for. This is far too much in my experience. It is far better to decide on just one and make it happen than attempt to complete 5 and achieve very little. Of course at the end of the day it's your decision. If you believe you can achieve your three chosen desires then go for it my friend. Everybody is different. When I started all this I went for business and exercise and I achieved both – just. At times the exercise was under severe strain as I put so much time and effort into my business desire. I don't recommend putting your desires on hold once you start them. This sends the “it's ok to put things off” message to your sub conscious which you need to avoid at all costs. Now over time you can go for all the desires on your list, just don't start them in earnest until you have assessed your time requirements.

With your self miracle I will not give you any BS - just stuff that works. When you are keen and start a program like this it is natural to get excited and try and achieve many things at break neck speed. But I have been there and it just doesn't work. What's worse is you feel angry and bitter towards the program

because it didn't cut it for you. That's why you must choose your strongest desire and focus on that, and only do others if time permits. Taking on too much will make you crazy – especially when you start on the concentration and focus session. So take heed and don't cry to me if you have taken on 20 desires and can't get any of them done as I won't be handing out the Kleenex.

You also have to decide whether you will share your desires with others close to you. I never do this – why? Because people never seem to understand when you are on a mission to change your life and if you tell them this is likely to be met with a barrage of negativity like “your going to do what?” or “you must be joking” or “you will never be a millionaire as long as you have a hole in your backside” or other similar comments. Later in the program I will show you a perfect solution to this.

People will tell you all sorts of reasons why you won't succeed. I remember when I announced that I was leaving the comfort of corporate life to start my own business some years ago; a colleague of mine got his wife to call me to tell me what an idiot I was! I will never forget that as long as I live. I think the guy had a crush a me or something and couldn't bear to see me leave - but it just goes to show you what some people will do to stop you achieving your desires. As far as I know he is still stuck in the same corporate boredom being moved around from one position to the next because he isn't too popular. Beware of these people, they are everywhere and you will definitely have some in your circle of family, friends and associates.

OK time to make your plans. I am going to reveal a technique to you now which works every time. I call it the “key question technique”. It involves taking each of your desires and getting your sub conscious to work for you to give you answers. All you have to do is give yourself 20 – 30 minutes of private time. This means no computers, no phones, no music, in fact no distractions of any kind. Then you rewrite your desire in the form of a question – for example “how can I earn \$100,000 by October 2010?” Then spend 20 – 30 minutes just focusing on the question, repeating it continuously in your mind. If something else comes into your mind read the question again. You will find that you will get many answers from doing this but the really powerful thing is after you have completed the exercise (and the time will seem to go really fast) then ideas will come to you when you least expect them. This is the power of your sub conscious mind working for you. Whatever thoughts you have, write them down. It doesn't matter if they seem impossible or crazy just write them down.

Many successful people use this method. I came up with the format for your self miracle using this technique. The question I asked myself was “how can I create a self development product that will really help people and have an over 50% success rate” From this I came up with the idea of an audio format, easy to use tools and the ever so important follow up. Two of these ideas came to me after I had been through the key question technique. It really works my friend.

There was an experiment conducted in the US where college students were given a question to concentrate on like “how many words can you think of beginning with the letter C” Days after their 30 minute session was over, words beginning with C were still coming to them “Oh boy I forgot creative and crime”. This is so powerful because your sub conscious never sleeps and if you ask it a question and really concentrate on that question for at least 20 minutes you will get answers that you can use to achieve anything that you want. So it's time for you to give it a try. You need to find somewhere quiet,

remember no distractions. Get a pen and paper and take your top desire and rewrite it as a question. The best question in my experience is always “How can I.....” followed by your desire. So examples could be “How can I lose 50 pounds in a year and not be hungry?” or “How can I pay off all my debts in a year” or “How can I be competent in web page design in one month”

Now when you are using the key question technique your conscious and sub conscious minds will give you some solutions that are totally right for you. Let’s say that you really like to eat sugar based foods but that weight loss is a desire for you. Your mind is unlikely to come up with “stop eating sugar” because this just won’t work. But it may come back with “use sugar substitutes” which mine did. Now you may think this is obvious but it isn’t always. Once I had recorded this I did some research and found sugar substitute products I didn’t know existed. I have been using these ever since and have controlled my weight as a result.

OK pause this recording and go do a key question technique on your top desire. Come back in about thirty minutes.

Hey I know you did the technique because you know I am going to kick your ass if you didn’t. And as usual you have to prove it to me to get the next session – and believe me you don’t want to miss the next session!

OK now you want to create you plan that will become your focus every day. All successful people break down their desires into daily actions. Why? Because it works of course! “But why does it work Sledge?” Well there are a few theories on this but the one I prefer is that by taking consistent daily actions to achieve a desire you strengthen the message to your sub conscious that you really want this desire to happen to you. Your motivated sub conscious will then do everything to bring this to you. Also by taking daily actions you break down the paralyzing force of your lower self – remember this from part one? I will now share with you some examples of my daily and monthly plans for the creation of your self miracle. I decided to give myself a challenging desire in the creation and promotion of your self miracle. My desire was as follows:

“I will create a high quality self development product called “your self miracle” and promote the product to achieve 1000 subscribers by 28 February 2007”

This was only six months after I decided to create the program! Now you may think that this is a long time, but I had already decided that the last three months would be devoted to promoting the program so I only had three months to create it. A tall order indeed. These are the top level actions that I decided I had to do:

- Create the blueprint or storyboard for the course so that it all flowed precisely as I wanted it.
- Gather all my thoughts and data for the course in one place
- Write the transcripts for each session.

- Proof the whole thing to make sure it was as perfect as I could make it.
- Record each session which included time for all the cock ups and re-records.
- Find some unique copyright free exciting music for the intro and end of each session that would spur people on to finish each session and take action.
- Create the members web site and the follow up system.
- Then there was testing the product – I actually gave it away free to 100 people in return for their feedback.
- Tweak the product based on the feedback.
- Plan and execute the product launch
- Devise and implement marketing strategies to get the message out to as many people as possible about the program.
- Test my promotion results and change if necessary

Phew!

After a time assessment I found that I could only devote a maximum of 3 hours a day to the project. So I had to find some short cuts that didn't compromise quality. I got answers to this by using the key question technique!

So the plan for month one was:

- Research competitive products and make mine better
- Create the blueprint
- Brain dump all the techniques and stories into one place.
- Write the transcripts
- Proof and reproof the transcripts.
- Record each session on my computer to test timing and flow
- Find a professional recording company for the live version

My daily plan for day one of the project was:

- Find top 5 competing products
- Examine their program structure
- Create initial skeleton blueprint for your self miracle

Day two was:

- Review skeleton blueprint for flow and consistency
- Add key message bullets for each stage
- Complete final blueprint

Day three was:

- Write transcript for Why You Are Not Successful
- Read and time the delivery

And so it continued. Did I finish everything everyday? Of course not, this just piled on the pressure for the next day but I didn't want the time scale to slip so I found ways of increasing the time I could devote to the project. So I used a lot of my dead time to think of ideas and stories for the transcripts. What do I mean? Well most people have to travel places everyday for a job or whatever and I used this traveling time to write down information I could use later. One morning there was a horrendous traffic jam and I actually wrote the whole transcript for this session in that jam. Now if you drive you should invest in a recording device that you can use to capture your ideas without risking an accident. If you have to slum it on a crowded bus or train then store the ideas in your head and write them down at the first opportunity.

After the end of each day review what you have achieved and congratulate yourself on achieving it. I use to say to myself – “well done Graham, you really kicked ass today and pushed yourself closer to your desire”

What do you do if you didn't achieve anything on your list? Well the thing definitely not to do is crucify yourself! Don't beat yourself up mentally by calling yourself lazy or worse. Over time this will sap your energy and motivation and may even make you give up! And that's a phrase I hate using. Just review why you couldn't achieve all your tasks and think about how you will put this right tomorrow and achieve tomorrow's tasks as well! It may have been because Aunty Ethel dropped by unexpectedly and bored your ass off complaining about her corns and piles. It doesn't matter – crap happens. Just push yourself to make the time up.

A technique I employ that works every time is the concept of the imaginary boss. Now this boss is a total git and will give you tons of crap if you don't achieve your daily tasks. Imagine this person – male or female whatever works for you – is going to sit down with you at the end of every day and review your progress and will turn up the heat on you if you didn't complete everything. But this boss will also be full of praise for you if you did succeed and will have your babies (or give you a promotion or whatever floats your boat) if you over achieve – like finishing today's tasks and already ripping into tomorrows.

Now at this point you might think that I need treatment or been smoking something “iffy” but this works. Try it! You don’t have to tell anybody about it – just do it or else!

So let’s review everything:

*Evaluate your desires against your time available and reduce them down if necessary always including your top desire. Remember things can be achieved in parallel.*

*Use the key question technique to generate ideas for each of your final set of desires.*

*Decide on whether you will share your desires with others – my advice is don’t!*

*Make your plans and break them down to daily actions*

*Create an imaginary boss who will flame you for failing and put you on a pedestal for achieving*

*Always congratulate yourself for achieving*

Now to your final action for this session. If you have more than one desire left after your time analysis, perform the key question technique for them.

Create your plans for each desire. This should be as a minimum what you want to achieve in the first month and broken down into the first couple of days actions.

Do the first days actions

Go to the web link I gave you with this download and enter your plans and daily tasks. Then I will send you the next session which will really get your juices flowing called “Supercharging your intuition”

Great to have you aboard again and remember – I’m watching you – go do it

Until the next time my friend.....

Graham Bowall

<http://www.selfmiracle.com>

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

## *Resources*

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

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

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

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

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

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

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

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

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

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

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

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

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

You need this new Study Guide if...

You've never read the original.

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

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

I'm Buz McGuire of the Viral Happiness Expansion Initiative, and I guarantee that my Study Guide contains every bit of James Allen's original, life-changing philosophy presented in a way that's easier to read and understand. I've also included a complete set of study questions, so you can be sure that you're getting the information you need to make dramatic improvements in your life, as quickly as possible.

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

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

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

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

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

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

Check Out The Amazing Seven Mental Laws Of Success Here:

<http://www.sevenlawsofsuccess.com>

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

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

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

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

Check Out The Creative Problem Solver Package Here:

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

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

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

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

Check Out The Amazing 20 Day Persuasion Program Here:

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

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

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

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

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

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

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

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

Then Check Out Success Programmer Here:

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