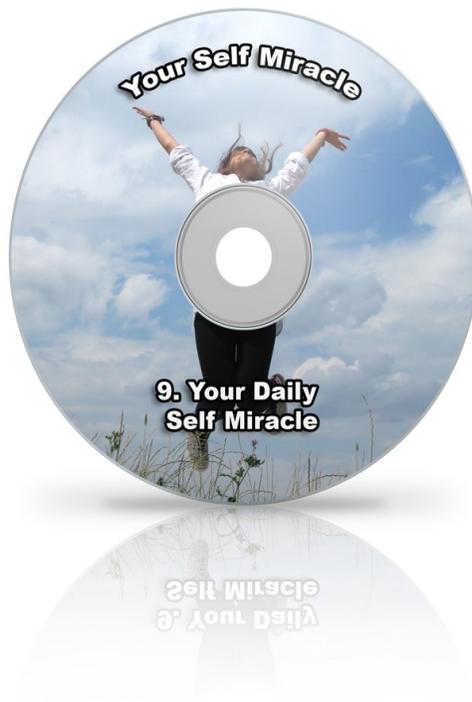


YOUR SELF MIRACLE

SESSION 9

Your Daily Self Miracle



Brought to you by

Graham "Sledge" Bowall

<http://www.selfmiracle.com>

<http://www.asksledge.com>

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Your Daily Self Miracle

Welcome my friend to the final session of your self miracle. This session is what it's really all about – putting together all that you have learnt and creating a daily ritual for you to follow that will guarantee your success. One of my favorite motivational speakers, Zig Ziglar, said “People often say that motivation doesn't last. Well neither does bathing – that's why we recommend it daily”.

I said at the beginning that continuous daily action will bring about success for you – and it will. But this is also a dangerous area because if you start missing days then it can soon evaporate into nothing, with the old “lower self” swashbuckling back into your life. And we don't want that do we?

I have read and listened to a number of other self development programs – some good and some not so good. Of course none of them even came close to your self miracle! Anyway, each of these other programs recommended a daily plan or equivalent to keep the momentum going. But none of them had a real answer for those days that happen to us all – the unexpected. You get sick, your mother in law comes over for the day and stays for a month, you have to travel, your home needs attention and so it goes on. I can guarantee this will happen to you so you have to be prepared for it. Something will monopolize your time for an entire day that you are obligated to do, and if you are not careful, this will give power to your lower self. You will feel frustrated that you can't get on with your daily actions particularly if you have been on a good run, like you have been able to achieve all your actions for many days in a row or even weeks and are very close to achieving your desire.

This was a big problem for me. I had a history of not completing things. I have at least two books that I have only part completed. Why didn't I complete them? Life got in the way. I missed a day and then the next day and when I finally got back to the book I had a very lethargic attitude towards it and decided to ditch the idea for something else. Now this was a while ago, and I am happy to say that I have overcome this trait now. You see if you leave something that you had good inertia with, even for a short period of time like two days, then the opposite can happen. Your lower self kicks in and will try to drive your power in the opposite direction. If this happens enough then inertia will have the opposite effect.

Does this sound like you? Do you have unfinished tasks lurking in your life? Most people do. So what can you do to change this? When I was writing my book and had the unfortunate break which led me to stop writing, I worked out that because I wasn't actively thinking about writing my book on those forced days off this triggered my lower self to push me in the opposite direction. I was determined to find a solution to this as I wanted to stop part finishing things for good. After much experimenting I found the solution. If you have a day or more away from your actions then here's what to do:

Firstly think about your actions. Everyone can steal ten minutes away and devote a little time to this. Even sitting on the pan deliberating is good.

Secondly, write a mini plan or your thoughts down on paper. Always carry a pen and some paper with you. If you have to do this in the small room so be it – but do it!

Why does this work? Well all I have is theories but whatever the real answer is it doesn't matter because it works! By taking even the smallest amount of time out – and I recommend ten minutes as the smallest – you can re-energize your mind and rekindle the enthusiasm for your desire. By thinking and writing you are performing an action and your sub conscious will still be fed positive thoughts about your desire. Thinking is not enough, you must write something down in the form of a plan. If I hadn't done this I know for sure that you wouldn't be listening to my voice now and that your self miracle would have taken its place in my embarrassing unfinished archives.

When I was writing your self miracle I had several pauses that could have prevented me from completing it. In an earlier session I told you that I put myself under extreme pressure to complete the program quickly. So on these pause days I took a small amount of time to think about how I could make up the lost time. This got me thinking about the dead time I had and how I could utilize it better. So as I said before I started writing sections of the program in the taxi on the way to the office, at lunchtime and on the way home. It worked a treat. To give me extra push with this I kept reflecting back to my desire and the emotional driver. I had made my emotional driver so strong that I didn't need to keep it on a piece of paper to remind me. This was the main reason for me pushing through procrastination and finishing your self miracle.

Now it's vitally important to get a great start to everyday so pay attention!

I want you do something right now – read your emotional driver or drivers that you wrote when you created your desires in the second session, what emotions do they stir up within you? If they don't make you full of passion and commitment to achieving your desires then change them immediately so that they do. I have used this technique many times and changed my emotional drivers so that they make me feel supercharged and ready for action. Your emotional drivers are there to help you so make them work hard for you.

And this is the starting point for your daily miracle – your emotional driver. I want you to come up with a daily emotional driver. It can be one that you have used for your desires or it can be a different one. This is your all time motivating emotional driver which will make you feel determined and motivated every day of your life. Make it the first thing you think about when you get up in the morning. If it helps write it down several times and place it where you know you will see it. In the toilet, on the fridge, on your computer screen or in your wallet or purse so you have access to it wherever you go. As I said mine is ingrained so I don't need to write it down any more, but I did to begin with. If you are uncomfortable for any reason with writing it down then just recite it to yourself a few times.

If it is really strong it will easily be committed to your memory and can be recalled at any time. This will give you energy and enthusiasm for the day ahead and will never fail you.

What the drifters do is wake up filled with dread of the day ahead. Especially if the day is a Monday or Tuesday or Wednesday or Thursday. For some reason Friday seems to be ok because this means that the weekend is coming. What a life only living for the weekends! This translates to being unhappy about 60% of your life. But I used to be there and maybe you did to. Every new day is an opportunity to surge forward. Kick in your emotional driver as soon as you awaken each day and be happy with 100% of your life, whatever challenges the day ahead will bring.

This one daily action will transform your life. If it isn't happening for you then your emotional driver ain't making it. Make it strong; make it push you to say "Yes" or "Come on". It's so important.

What makes you excited in your life? Think about this for a moment. If you are down, what has picked you up almost instantly in the past? For a lot of people this can be hearing some of their favorite music. Everyday I listen to or sing to myself a favorite motivational song of mine.

"But Sledge... I can't sing!" Hey come on get a grip, what's the matter with you. Who gives a fig if you can't sing – just do it. Sing it in your head if you have to. Alternatively actually play the music on your stereo or portable player. If you get up really early in the morning then I recommend headphones so you don't start your day with an argument with your spouse or kids because you woke them up. The choice of music is of course yours, but make it something upbeat that will make you want to move that body of yours and get a feeling of being alive.

Do you remember we learnt about the power of anchoring in the confidence session? You don't – are you asleep? Check your pulse now! You can make yourself feel fantastic every day by using your anchor. You don't have to only do this once, make use of it throughout the day and always if you feel a twinge of your lardass lower self creeping in.

As well as your confidence anchor, I recommend that you have a success symbol. This needs to be a physical thing that reminds you everyday that you are going to be successful. I read a story once about a young man who joined a large American corporation many years ago as a mail room boy. He had a burning desire to be the president of the company and to remind himself daily about this he had a badge on his jacket – it was the letter P. Some time later he became president of the company. This symbol was so strong to him and it was reinforced every day because it was right in front of him, so it pushed him to do the things he needed to do to eventually become president.

I have a silver dragon on a neck chain that I wear every day, this is my success symbol. Every time I see it in the mirror it reminds me of my desire for success.

Now time for a bit of maths here. "Give us a break Sledge". Look this is simple; if you act on something daily it will grow exponentially on the day before. If you don't know what exponential means then look it up. In a nutshell after relating to your success symbol many times you will be hyper motivated to go do it and your lower self will be nowhere to be seen. So go get yourself a success symbol and make sure it is small enough to take with you wherever you go. A piece of jewelry is perfect but it doesn't matter.

When you get up each day be grateful that you were able to do that and that you have the energy and power to continue with another exciting day in your life. You don't have to spend long on this, just be grateful that you have breath and that a new day has come.

If you are working at a job, be grateful that you have this job to sustain you and yours until you have achieved your desires and no longer need it - if that's your plan of course. This will change your whole

perspective and put you in a good mood. If you learn to appreciate and enjoy your work then the time will appear to go much faster and in no time you will be at home again ready to start on your actions.

Making your life as fun and enjoyable as possible should not be an option but an obligation. I have learnt to throw myself into every aspect of my life, work, personal life, fun life and so on. Wherever I go I smile and feel happy. People are always saying that when they meet with me I give them power and make them feel good. “Whoa easy Sledge, do you think you are the messiah or something?” No, I just feel good about myself and that this wonderful world of ours has many opportunities for all of us and this spreads very easily. I call it the happy and optimistic virus. It’s a well known fact that if you smile at someone they will smile back – so go on smile, don’t fake it, smile and make yourself and others feel good. You are on your way to being a success power house, but you won’t get to the finishing tape if you don’t feel good about yourself and can pass this on to others. So smile – come on really feel it, don’t give me a grimace. Think of something really nice and smile. Hold your head up high and feel good about everything. Do it on a crowded bus or train and entertain everybody.

Now a continuous theme of this program is to banish or neutralize negatives with positives. If you have a lot of contact with the outside world on a daily basis then you will be exposed to the sympathy seekers. You know the “my life is so bad” kind of people. Well don’t give them any sympathy! “Hey that sounds pretty viscous Sledge”. Look you don’t need to be nasty to them or ignore them. Instead, give them empathy. If someone approaches you and tells you all their woes then say something like “yeah I used to feel like that but I decided to turn my life around and now I enjoy every moment”. This will make them stop in their tracks and probably ask you how you did that. Then tell them that they have the power within themselves to change their life for the better and suggest to them that they take the time out to really think about what they want from their life. Become an affiliate of your self miracle and give them your unique address so they visit the page on the web. If they buy the program using your address you will get a very generous commission from me and you will be helping them turn their life around too. What a great concept!

Now I have to warn you that word will spread about your powers of empathy and before you know it many people will be at your door seeking your advice. I don’t want you to lose your job as a result of becoming the company agony aunt. It’s very easy to do and I have two T-shirts on this one. But I never regret the time I spent helping people – it was this that spurred me on to create your self miracle.

Ok so back to the plot and we are at the stage of attacking your daily actions. Write or type your actions every day. I use the computer a lot but I also have a big A4 or letter size notebook that I use to write my actions in. I encourage you to do the same. Start each day on a new page and put the date at the top of the page. Make notes of any learning points or important data here. This is great for looking back to see how you’ve progressed. If you want to just rely on your computer then use something like calendar software so you can be organized. It’s great to take some time out now and again to look back over what you have achieved. I have at least ten of these large notebooks full of stuff that I did in the past. It reinforces to your sub conscious that you are a real winner in the game of life.

Use the system I gave you in the planning session to complete your tasks. Stress busters first followed by the easy ones then the difficult ones. Always remember to check your available time. If this is

limited then prioritize your tasks. But always, always complete the stress busters first. I want you to add another action to your task list everyday and that's "plan for tomorrow". This in itself is an action and a very important one because it sends signals to your sub conscious that tomorrow is going to be another action packed day. In creating tomorrow's plan you need to ask yourself these questions:

Did you complete all of today's actions?

Well the first thing to say here is that you should always strive to do this before you plan for tomorrow. Push yourself to do this every day. Don't let anything stop you. You will hit snags along the way though – maybe you need some key information from somebody to complete a task that you just can't get until tomorrow. That's ok don't stress it - just make sure it's part of your plan for tomorrow.

Are your actions taking you towards your desires?

You need to review this often. Nobody gets things right all of the time and it is highly likely that you will have to change direction a few times before you get back on track. To produce this program I tested many different ways to change my life to get the results I wanted. A lot of the things I tested didn't appear in your self miracle because they either didn't work or partly worked. I only wanted to share with you things that worked time after time, so I had to do a lot of testing and reviewing. It's pointless lashing all your motivational energy on tasks that are not bringing you closer to your desires. Review things regularly and be prepared to take a totally new path if you have to.

What is the next vital step to reach my desires?

If all is going well with your actions and reviews then ask yourself this question. If answers don't appear immediately do some research or use the key question technique.

Once you have completed your actions and tomorrow's plan, congratulate yourself on what you have achieved. If you bought into the imaginary boss concept, get him or her to congratulate you as well.

Always strive to learn something new each day. This will probably happen naturally for you as you approach all of your daily tasks – but if it doesn't do some research on the Internet about other successful people or buy a book on a subject that interests you and read a chapter or two. Daily learning is a key part of human development. Believe that you can and will learn at least one new thing each day.

And to end each day perfectly, listen to your self hypnosis session. This will reinforce all of your beliefs and strengthen your resolve to achieve your desires.

And that my friend is your daily self miracle. Just rinse and repeat as they say. The more you practice

this every day the easier it will become. It's like learning to drive, when you first drive a car you are all "hands and feet" as we say in the UK. This means that you are concentrating on every move you have to make to take control of the car and get it to go where you want it to without injuring half the population. After you have driven for a while you don't give these things a second thought, and you still get where you want to go without any fatalities. You are now on auto pilot as far as driving is concerned and that's where I want you to be as far as your self miracle is concerned. Everything I have shared with you in the program is not only easy to understand but a synch to apply and repeat every day. Don't let your lower self dominate you – go and do this stuff and change your life forever.

Now I want to thank you personally for staying with me on these nine sessions to a better you. You should be so proud of yourself investing the time, money and effort to turn your life around. As with any program of this nature there will be people who are still stuck at base or only half made it. But you didn't – you pushed yourself all the way to the end and I am so proud of you. As a reward for this I have given you a secret email address that you can use to ask me anything you want. You can find the email address on the web page where you downloaded this recording. I will always be there to help you and will be delighted to hear from you. Also on your final download page you will find bonuses and lots of other good stuff that I hope you will find useful. I deliberately put these at the end to motivate people to want to get there.

Now although we have come to the end of the program this is just the start to your new life. You now have nine recordings you can use at any time to give yourself a motivational burst. Whatever you decide to do I will be ready and waiting to join you and enjoy kicking you in the nether regions to push you forward.

Before we finish I want to leave you with another quote from my all time hero Winston Churchill. Winston said "success is going from failure to failure without losing your enthusiasm".

Never lose your enthusiasm and remember – I'm watching you

Go for it my friend and live your life as you want. Bye for now.

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>