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# INTRODUCTION

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Life doesn't give us what we want. It gives us what we are. If we want our lives to change, we have to change ourselves. If we want something different, then we must be different. If we want more, we must first become more.

This book will help you become the person you want to become, so you can live the life you want to live. This program does not require you to have any experience with self-improvement. It requires no specialized knowledge. Anyone can do this program. All that is required is a desire and a willingness to grow. This is a simple program of action. Just like life, you will get out of this program what you put into it.

In this book, you will learn skills and techniques to improve your life in every conceivable way. There is a mix of life coaching techniques, NLP techniques, law of attraction conscious creation techniques, and some character development techniques from the program of Alcoholics Anonymous. Millions of people have used these techniques to produce positive changes in their lives. This book is not about reading about change or thinking about change. This book is about taking the actions to change your life for the better.

**IN PART ONE OF THIS BOOK, THE POWER TO CHANGE YOURSELF, YOU WILL LEARN TO:**

- Overcome your fears.
- Create a burning desire to change.
- Focus your power and energy on things you can control.
- Free up your energy and power trapped in your past to focus it on the present and the future.
- Uncover the unresolved moments of your past, discover the lessons and growth they hold for you, and discard any unwanted elements still causing you pain.
- Consciously create and install resourceful behaviors and responses to life, replacing your unresourceful behaviors and reactions to life, and giving you complete control over how you show up in life.
- Design your ideal self and create a simple and time-efficient daily program that will help you accelerate your journey to becoming your ideal self.
- Gain conscious control over your fears, beliefs, thoughts, emotions, behaviors, reactions, and responses to life. You will truly become the master of yourself.

**IN PART TWO, THE POWER TO CHANGE YOUR LIFE, YOU WILL LEARN TO:**

- Stop living life by default and live your life with intention and definitive purpose.
- Create an ideal for every area of your life and create an achievable plan to realize those ideals.

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- Leverage the power of all the moments of your life to increase the quality of every area of your life; Past, present, and future.
- Consciously and powerfully create the life of your dreams, putting life on notice you will not be denied.
- Enjoy every step of your journey. Find joy, and peace, and fulfillment, and prosperity now. It is all about the quality of the journey and the person you become along the way.
- Uncover your beliefs and personal truths that govern your life in every way, overcome any unwanted or limiting beliefs, and adopt the beliefs to complete your journey.
- Create a state of being that exemplifies the person you have always hoped you could be, and gain access to that state now. You will practice being your most magnificent self now.
- Push the limits of what you believe you are capable of and the person you believe you can become.

### **HOW TO USE THIS BOOK FOR BEST RESULTS**

- Read Appendix A - Visualizations Exercises. This will serve a dual purpose of increasing your ability to create detailed images and environments in your mind, and will also increase the quality of your subjective experience of your life now.
- Access additional learning materials on my website. At the end of Appendix A I have provided a link to my website where you can create a login which will give you complete access to printable worksheets and additional learning materials.

*Your Power to Change*

- Complete the exercises and chapters in the order they are written. All the skills and techniques were meant to build upon each other. They start slow, giving you a chance to learn the fundamentals, then increase in power as your proficiency grows. You must learn to crawl before you walk and walk before you run.
- Start a Power to Change journal. You will be asked to do some writing and brainstorming. I have provided worksheets for your final drafts, although you may want to recreate them on a larger piece of paper. I will also ask you to write things down on a separate piece of paper quite often. Keeping it all together in one place will allow you to access the information at any time.
- Use a voice recorder. There will be exercises that will require that you receive verbal instruction. Most smartphones have a free app for this.
- Optional: Go through this book with a partner. If you do this with a partner, make sure it is someone you love and trust. The skills and techniques produce profound, lasting change, and as such, will be dealing with the root or cause of a lot of our unwanted “stuff.”
- Repetition, repetition, repetition. Many of these skills and techniques will require practice for you to become proficient. Some will act to “wire” or install programmed responses into your subconscious mind. This will allow you to respond in a resourceful manner where you used to react in an unresourceful manner. The key to wiring these programs is repetition, speed, and intensity.

## *Introduction*

There came a point in my life where to survive, all I needed to be willing to change about myself and my life was everything. I read hundreds of books, listened to hundreds of audiobooks and seminars and podcasts, watched documentary after documentary, went to thousands of support group meetings, meditated for hours and hours, became a certified life coach, became a certified NLP master practitioner, studied hypnosis and the subconscious mind, always trying to gain that little extra understanding of how I could live the life I wanted to live. This book is the distillation of the wisdom I have found throughout the books, seminars, podcasts, meetings, personal experiences, as well as through the countless people I have helped and seen benefit from these principles and techniques.

If you are reading this book, it means there is something about yourself or your life you want to change. No matter how big or small that change is, please know that you are in the right place. You are reading the right book. I know you don't have all the answers right now. And that's ok. The answers will come. You are exactly who and where you are supposed to be, exactly at this moment. It doesn't matter what your life has been like up to this point. This book will help you increase the quality of it in every way. All the power you will ever need lies within you. This book will help you find it, develop it, and master it. This program will always work when you work it. If you are ready to put in the work, willing to become the most magnificent version of yourself, and begin to live the life of your dreams, then read on. I am so very excited for the journey you are about to begin.