

Change Your Lifestyles

We have the opinion that money can buy a desired lifestyle. Money cannot buy a lifestyle! A desired lifestyle is the result of a vision with a burning desire to reach a goal. Achievement is the result of planned action to bust through barriers to make desired events happen. Success, money and resulting lifestyle are rewards only, not goals.

People who have a vision, control their destiny and lifestyle. For people without a vision, their destiny and lifestyle is controlled by others

What is success, money or a desired lifestyle? Our society measures success with money. A lifestyle of personal achievement is real success - money is a reward or byproduct.

We all wish we could live a dramatic lifestyle. The difference between wishing and living is taking action to bust through barriers to make a desired lifestyle happen.

Ask yourself; what is it you are seeking, money or lifestyle? Most people want money because they think they can buy a desirable lifestyle, so their primary goal is to wish for more money. Playing the lottery is an example of a wish - it is not possible to learn how to buy a winning lottery ticket. More money is not the result of a wish - it is the result of personal achievement, learning how to increase the value of our services.

When we base our goal on personal achievement with a burning desire, self-discipline and persistence, we will find the money to reach our goal. It is not money first – it is the pursuit of achievement first – elements that cost nothing acquire. We must strive toward achievement with resources available at the time, learning to move ahead with what we have, however limited that may be.

To start, you need a vision of the person you want to be.

Being debt free and living a dynamic lifestyle sounds great to all of us. The reason most people only wish and do not act is because they have no clear vision of the person they want to be. All they know is they want more money. Without a clear vision, nothing is going to happen. Most people, in their youth, had a vision, but family and friends killed ambitions by making a mockery of their ideas. The pressure to be socially acceptable was strong and they gave up the dream, then the realities of adult responsibility sealed their fate.

For people without a vision, the best way to start is to go back to their youth and dig up old dreams. Start researching and see where they lead.

CREATING NEW LIFESTYLE!

You want a new lifestyle. And you know you have to plan for it. Create it. When you realize how much power there is in your thoughts - your mind - you will begin opening up doors to endless possibilities.

No one else can do this for you. You alone have the power to change your life and create the circumstances where you will blossom. Your new lifestyle is within reach. You can create it. Let me show you how

Love Yourself

If you love yourself you have the foundation to proceed and step up to the next level. If you suspect that maybe you don't love yourself enough - please don't skip this step! It's essential and vitally important! And even if you do love yourself - come back here now and then to make sure you keep your self love alive. This is fundamental - I cannot underline it enough!

The process of learning to love you includes a number of steps such as:

Self healing, know yourself, Improve your self-esteem, Love others, Forgive (yourself and others), & Gratitude.

You may need healing to be able to love yourself, you must know yourself in order to be able to love yourself; you need to improve your self-esteem so that you can love yourself. When you love yourself you can also love others, you can forgive others and yourself, and you will start feeling gratitude for everything that you are and have in your life.

To really succeed in creating your desired new lifestyle, you cannot skip these steps. To many of us, these can be the most difficult steps, because we are so used to diminishing ourselves, and we don't realize how important it is to express love to ourselves. It seems awkward and we have not been taught to do that. But as soon as we start living this way, it will change everything.

So how do you love yourself? Well, how do you love someone else? You try to make them happy. So, think of what would make you happy. Create situations and do things that you enjoy. Be a caring person to yourself! Be kind to yourself! Treat yourself well. What would you do if someone spoke ill of somebody you loved? You would rise up and defend that person you hold dear. But when you say something diminishing or negative about yourself - it seems to be OK. Now stop yourself every time you do that. Instead, start saying nice and positive things about yourself, often! Even if you don't believe in what you are saying. Keep saying it again and again and eventually you will start to believe it. That is self-love. And until you do love yourself you cannot love anyone else completely.

Find Your Passion

Self love is the foundation to self growth, if you don't have it - it will be very difficult to move on to the next level. If you have accomplished the above point i.e., love yourself and others, Now it's time to find your *Passion*.

Happiness and passion helps you grow. Not until you are clear about what your passions are will you be able to create the life of your dreams by setting the goals that are right for you. Follow your heart and find your true passion.

Do what you love and feel good! Brain research has proved that strong positive feelings improve our ability to form new connections in the brain. It is a fact. Happy feelings also reinforce the process of manifesting thoughts into reality, according to the law of attraction.

Set Goals

So before you start setting your personal goals, be clear of what your passions are and follow them, live them. So now it's time to set some goals.

*"Until thought is linked with purpose there is no intelligent accomplishment." - As A **Man Thinketh***

James Allen tells us on this subject that, "They who have no central purpose in their life fall an easy prey to worries, fears, troubles, and self-pity."

According to most experts, it's not only important to have written goals, but you must have a plan to reach your goals.

Believe

Changes will come only when you believe they will. And let's face it, most of us do not believe in our biggest dreams. So we have a problem here. How can we learn to believe it?

First of all: Why is it all that important to believe? Answer: We all have beliefs and thought patterns that dominate our thinking. Our beliefs determine what we can do and what we cannot do in life. These beliefs confine and limit us if there is something we really want in life, but we believe that it is not possible, or that we are not worthy of such a life that we dream of.

According to new brain research, it takes between 21 and 30 days for the brain to change your beliefs. This, of course, does not happen by itself. It happens when you have applied this formula often enough:

Repetition, Habit & Belief

When you want to make a certain change in what you believe in, in order to change some area of your life, you can use this formula, and if you stick with it for 21-30 days you will most likely notice a difference in the way you think about this issue.

In the process of building new beliefs, there is one more thing that is of great importance. That is gratitude.

Gratitude: Feelings of gratitude can speed up the process and make things happen much quicker. Happiness and thankfulness are powerful tools to make lasting changes. When you start to practice them you will soon be filled with more positive energy, and it becomes easier to believe.

Receive: When things start to happen around you, it's important to be able to receive. Be open to the circumstances and people around you. Receiving is as important as giving. Give to others, not just physical things, but also give your time, your attention, a smile, love and care, interest in another person. Ask yourself how you can be of help to someone. What you give you will get back, in one way or another

Live it:

You have to repeat and maintain these four steps over and over. Make it your lifestyle. Live it - and you will see your life changed in many positive ways.

Love yourself, stick to your passions, keep setting goals and visualizing them. Always believe, and receive what comes your way.

Changing your life is not something you do just once. You have to keep the process going or else you will soon be back where you started.

Once you get the ball running it will be easier. When you start seeing results your faith will be stronger. Keep setting new goals, but most importantly, work on your personal development and growth. This is what changes you and makes you capable of changing the world.

"Destination is not as important as who we are while we are walking."