

THE #1 REASON YOU ARE NOT SATISFIED ENOUGH WITH YOUR LIFE TODAY AND HOW TO CHANGE THIS IMMEDIATELY

The #1 reason you are not satisfied enough with your life today has to do with you making your happiness, success and fulfilment dependant on things that are exterior to your own control.

This is the #1 reason people feel frustrated, unhappy and unfulfilled in life.

People who are successful are not dependant on exterior things, people or situations that surround them. Successful, fulfilled and happy people can maintain their peace irrelevant of outer circumstances no matter how difficult these circumstances may seem for other individuals.

For successful, fulfilled and happy people, personal development and personal fulfilment have become more important than social status and popularity.

Owning the control over your life is the basis of success, fulfilment and lasting happiness. On the other hand, exterior control, for example, caring what others think about you, your ideas and your chosen actions or doing what other people expect of you, has been proven to lead to addictions, depression, frustration and unhappiness.

Ask yourself the following questions to determine whether you are controlled by exterior influence or rather by personal influence and intuition.

1. Do you continuously ask other people for their opinion before you choose to follow a specific path?
2. Do you choose to do things to impress others rather than choosing to do things for your own feelings of happiness and well being?
3. Do you let others make decisions for you?
4. Are you dependant on others for money, friends or are you in an co-dependant relationship?
5. Do you care more for other peoples needs more than your own (including family members)?
6. Are you over apologetic at times even if you do not really acknowledge making a mistake?
7. Do you really hate conflicts?
8. Do you fear disapproval from others?

If you answered positively to any of these questions you are influenced more by exterior sources than you trust your own self and your intuition for making choices and decisions. This is most probably the cause of any feelings of dissatisfaction from life.

Exterior control stems from a low self esteem and will continuously block any chances of success, fulfilment and lasting happiness you may have.

To change this, do the following:

1. Choose to be responsible only for your own feelings and own levels of happiness rather than feeling responsible also over other peoples feelings of happiness (including your children's).
2. Take back control over aspects of life where you are still dependant on others for (especially financial, social and emotional dependance). Aim to take back responsibility over every life aspect.
3. Do things you want to do rather than things that you should do.
4. Take control over your happiness, success and fulfilment levels by making them as free as possible of exterior influences. In such a situation, your personal opinion of yourself will not be dependant on anything which only others can provide you with nor will your personal opinion of yourself be dependant on something that you cannot internally create.
5. Learn to master your mind every day.

This is the foundation for success, happiness and fulfilment.

Below is a checklist. Once you master all of the 7 steps on this checklist, you will be well on your way to success, fulfilment and happiness in every aspect of life.

CHECKLIST

THE 7 IMPORTANT STEPS TO *SUCCESS* & *FULFILMENT* IN *EVERY* IMPORTANT ASPECT OF LIFE -

WITHOUT MASTERING THEM YOU
REALLY HAVE NO CHANCE

These steps will help you reach success, happiness and fulfilment including reaching greater peace of mind, better health & weight loss, and achieving financial independence while attracting your dream relationship

Master them all on my Online Course and Group Mentoring Program:

The Instruction Guide To Success, Happiness & Fulfilment - your secret step-by-step guide to creating the life of your dreams now!

STEP	ACTION
7	Learn to accept and WELCOME CHANGE
6	Learn to MEDITATE & VISUALISE for success
5	Work to increase your SELF ESTEEM
4	Learn to EXPECT THE BEST for yourself
3	Comprehend and use to your gain the LAW OF CAUSE AND EFFECT
2	Learn to MASTER YOUR MIND!
Most Important #1	Change your non-beneficial BEHAVIOURS to beneficial ones. Click HERE to find out HOW

In my online course titled: **“The magic 8 step formula to get you smiling and passionate about life, starting today!** You will learn to master all of these and one more essential skill.

This course will help you to completely change your life around and achieve the dream life which you are worthy of.

Throughout this course I will reveal the formula that I have personally used which allowed me to go from having literally nothing in every important aspect of my life to achieving success in all areas.

I can't wait to see you inside the course.

To your lasting happiness and success!

Galit Goldfarb