

*LIFE ACHIEVEMENT ACADEMY*

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# LESSON 1

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“All of our dreams can come true if we have the  
courage to pursue them.”

*–Walt Disney*



In this course you will learn to master the path to Success, Happiness and Fulfilment that you deserve and are able and worthy of.



YOU WILL LEARN TO CHOOSE TO LIVE LIFE  
DELIBERATELY AND CONSCIOUSLY.

We come to this life with an inclination and ability  
to succeed, and to live a happy and fulfilling life.

It is our birthright.

Our default system is progressive.



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# All obstacles are opportunities in disguise

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- Let nothing stop you from pursuing your dreams.
- Only you know what is right for you and what YOU want in life.
- Do not give up
- Do not let obstacles or setbacks stop you from going after what you truly want in life.
- Nothing is imposed on us, everything is from within



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# Definition of Success and Happiness

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- ❖ Having peace of mind and release from negative feelings especially anger, fear and guilt feelings which lead us to self sabotage any success we may have now or in the future.
- ❖ Having the health and energy to do the things which we like and enjoy in life.
- ❖ Being in a long term relationship where you can be your true self with someone close and have someone enjoy you as you are, while you enjoy them.
- ❖ Financial independence, having enough to pay our bills regularly and to enjoy our desires.
- ❖ Having goals that will lead us to where we want to be. Working on a worthwhile long term project and both enjoying the way as well as the manifestation of the desire will make us both very happy and successful.
- ❖ Knowing our purpose in life and going about it. Utilising our unique gifts to give value to the world while we are enjoying the way.



*HAVE YOU EVER ASKED YOURSELF:*

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**Why are there so few people  
whom achieve happiness  
and success in life?**

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The reason is that we do not come with  
an instruction manual and we learn  
through experiences.

Once we do finally learn the rules to go  
about creating the life of our dreams  
we believe we have missed the train.





But it is NEVER too late to start living the life of  
your dreams.



By learning the rules to achieving success and happiness  
in your life, you too will be on the path to a life of  
constant happiness and fulfilment.



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There are two basic laws one needs to  
master to lead a life of success and happiness:

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- ❖ The law of control
- ❖ The law of cause and effect



*The first law:*

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# The law of control

The more control you feel you have over your life, the happier and more fulfilled you will be .  
This will lead you to the right state of mind needed to reach success and happiness in your life.

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*The second law:*

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# The law of cause and effect:

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Every cause leads to a specific effect.

If we don't like the effects of our lives (the outcome of our lives at this moment), then it is time to change the causes.

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In the next lesson we will be learning the different causes that lead to the effects in our lives and how to change them to reach success and fulfilment.