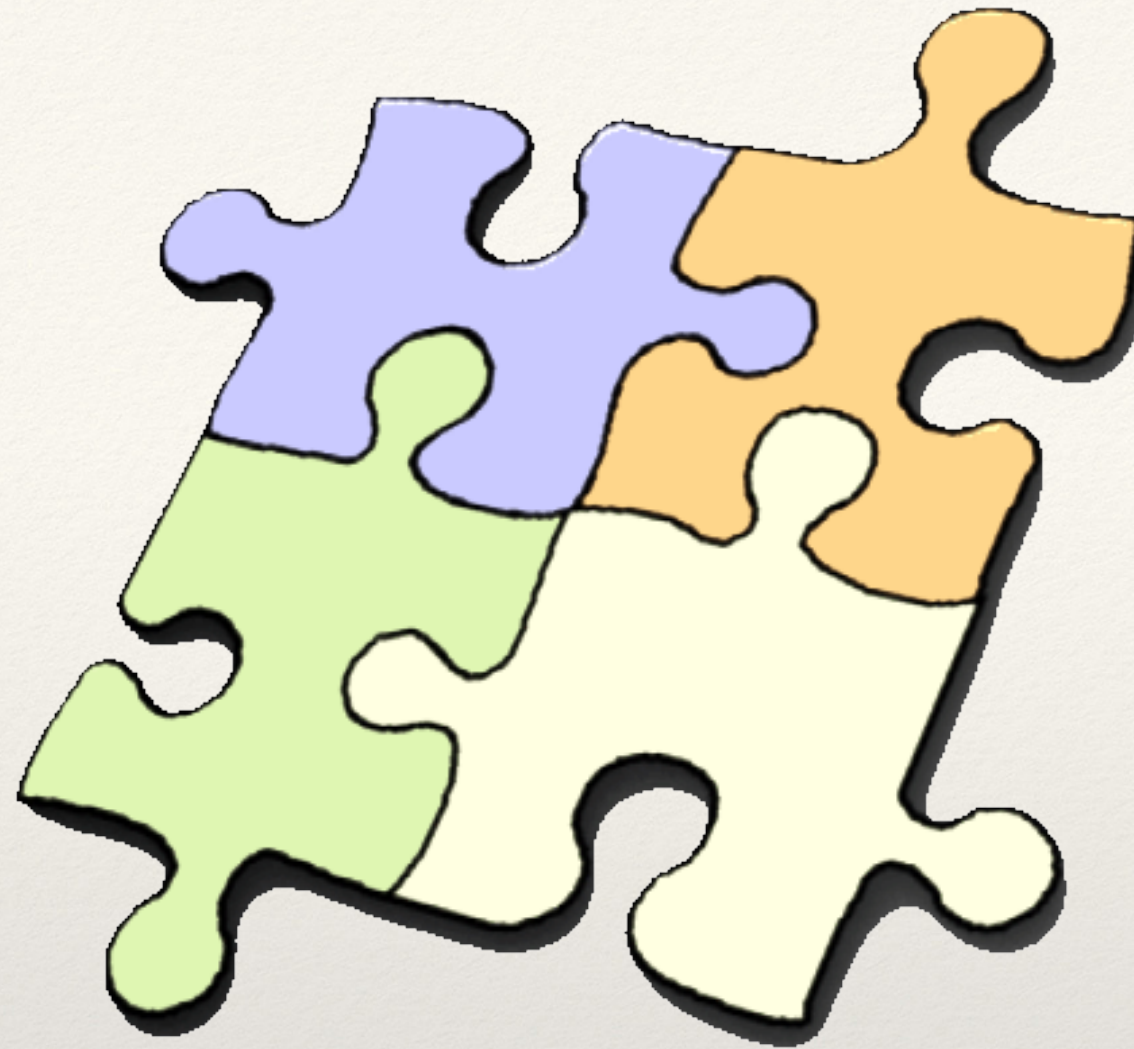


LIFE ACHIEVEMENT ACADEMY

LESSON 11

BY GALIT GIGI GOLDFARB

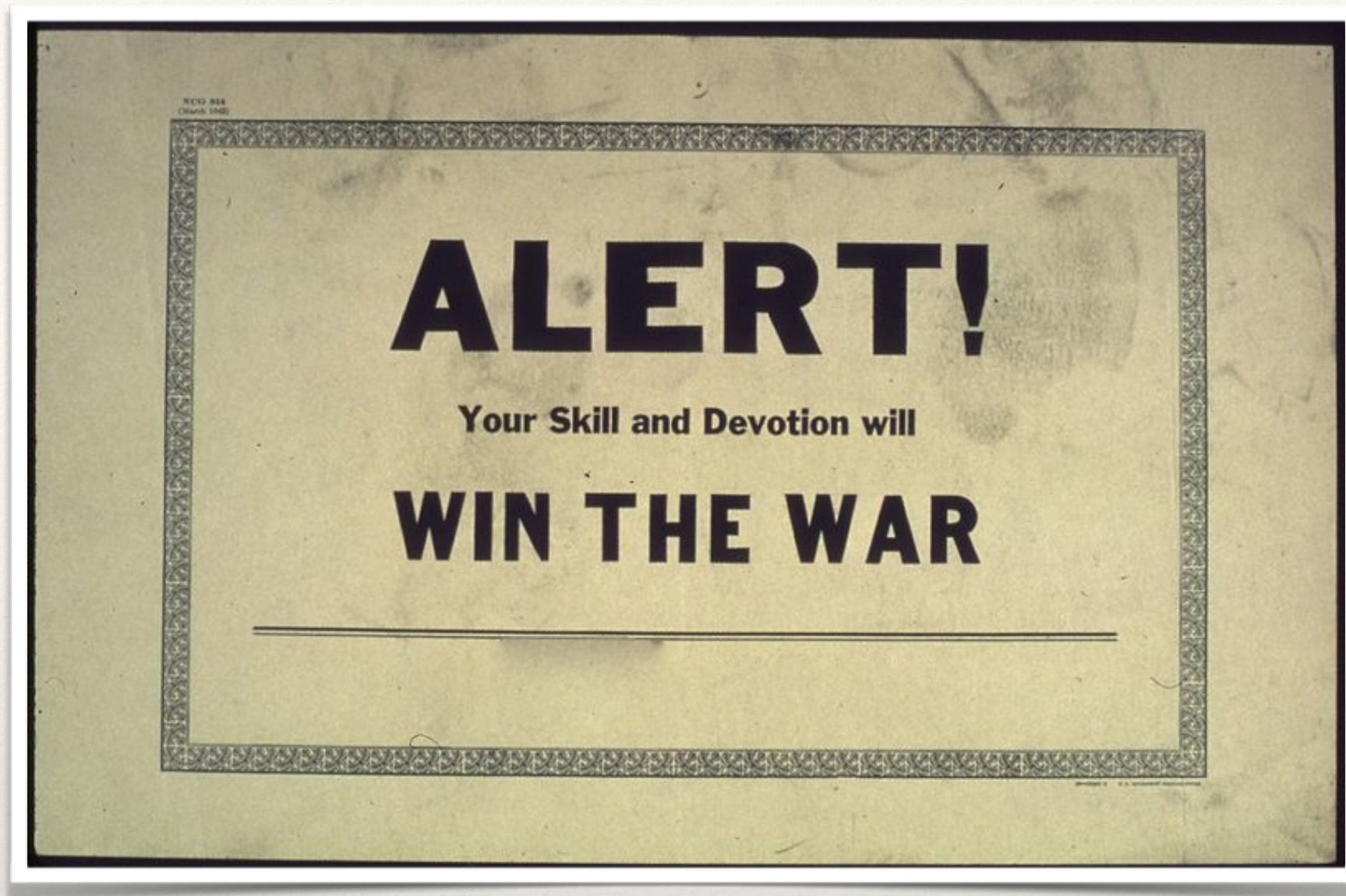


Mastering The Formula

Putting The Puzzle Pieces Together

Combining The Eight Techniques and Skills You Have Learned In This Course To Get You Where You Are Today To Where You Want To Be.

The Eight Techniques and Skills



There are eight techniques
and skills that will allow you
to live the life of your dreams

These techniques have
been researched and
proven efficient by
thousands of people
before us.



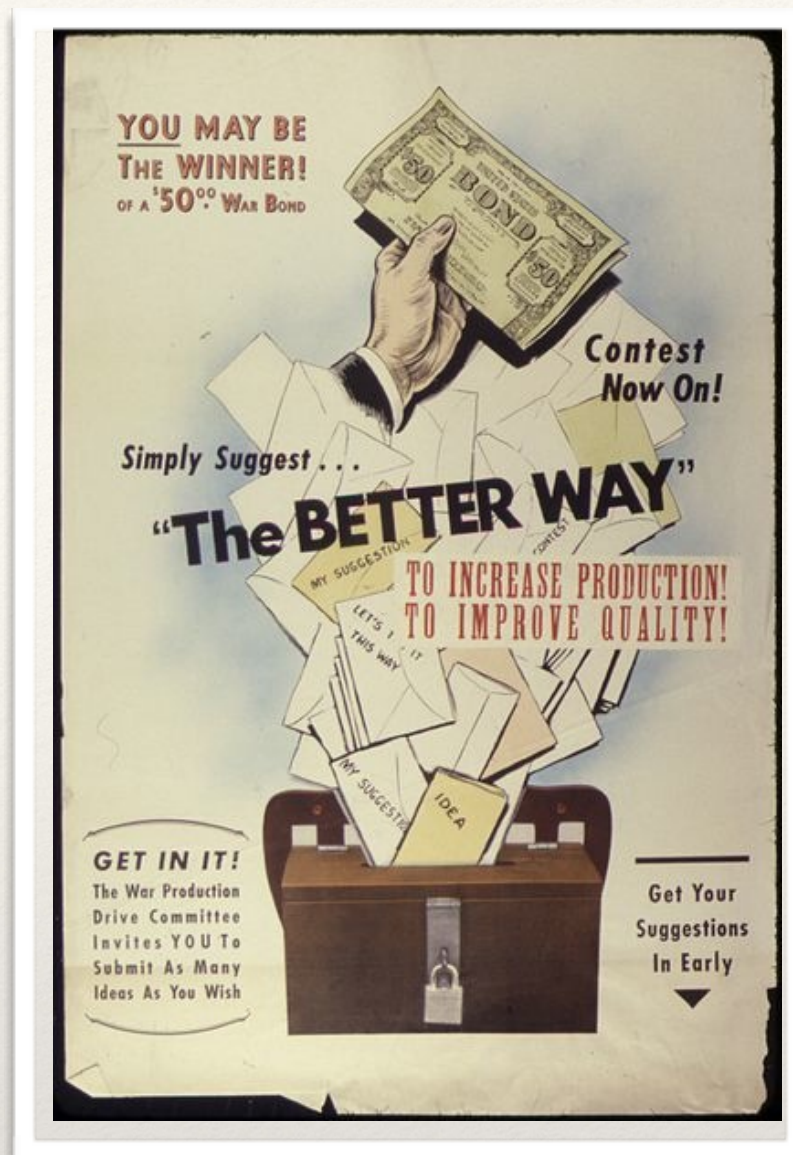
The first technique/skill to master is:

Believing in yourself

The more we believe in ourselves, the better we can achieve anything.

Once our subconscious mind believes in something, then it will gather all of it's knowledge and understanding to help us achieve this goal

Since beliefs are basically thoughts,
We can choose thoughts of believing in ourselves.



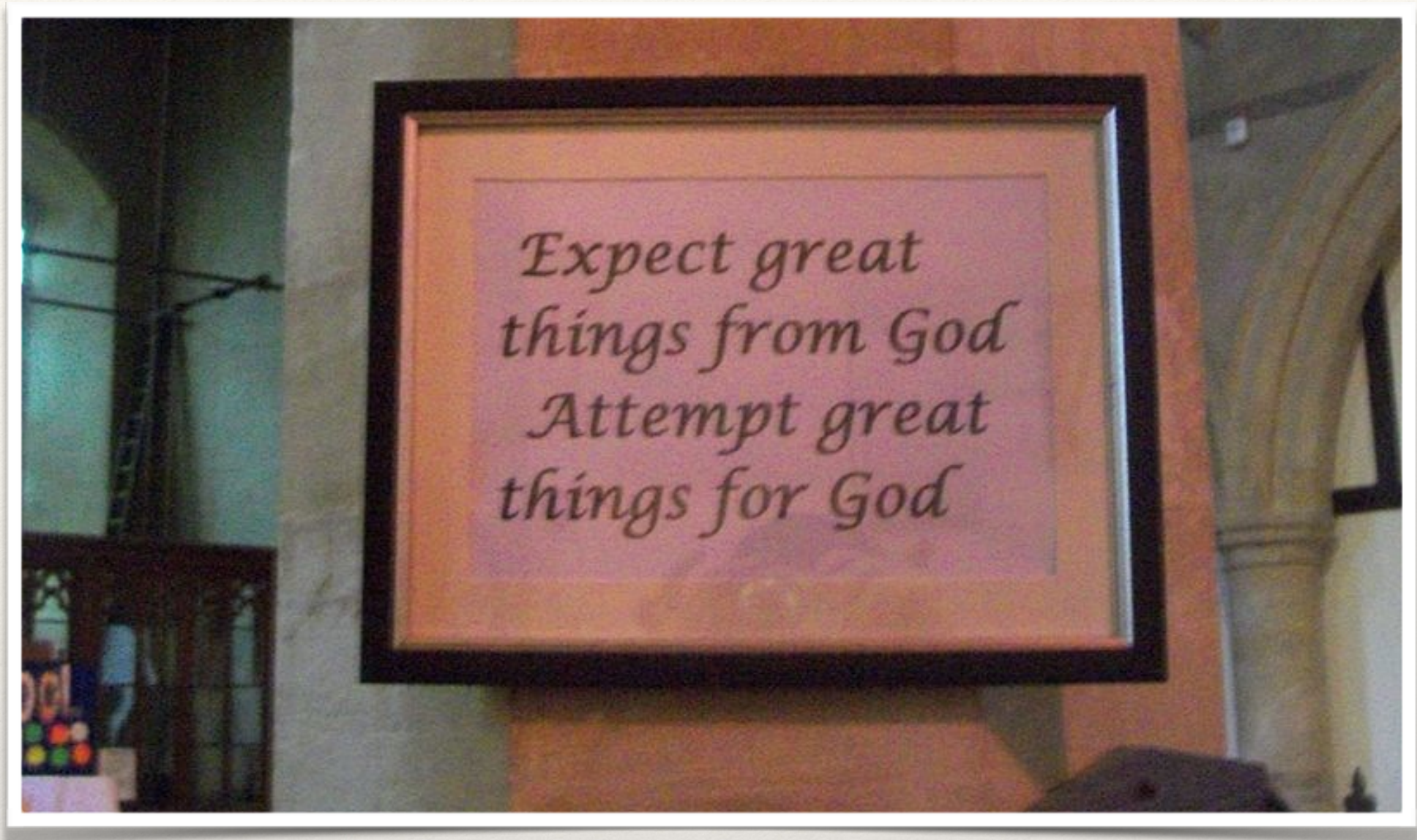
The second technique/skill to master is:

Auto Suggestion

It is very important to suggest to our subconscious mind what WE want to have in life and how WE want to live in order for it to realise in our life.

Auto Suggestion

- ❖ If we do not suggest to our subconscious mind, then other people, whom may not have our best interests in mind will be suggesting to our subconscious mind instead, this is called hetero suggestion.
- ❖ If we watch too much television or watch too much news these are also suggesting beliefs onto our subconscious mind.
- ❖ We want to take full control over our life and that is why we want to imprint on our subconscious mind through **auto- suggestion** whatever it is that WE want to believe.
- ❖ When we auto-suggest, WE choose what we want to have imprinted on our subconscious mind.



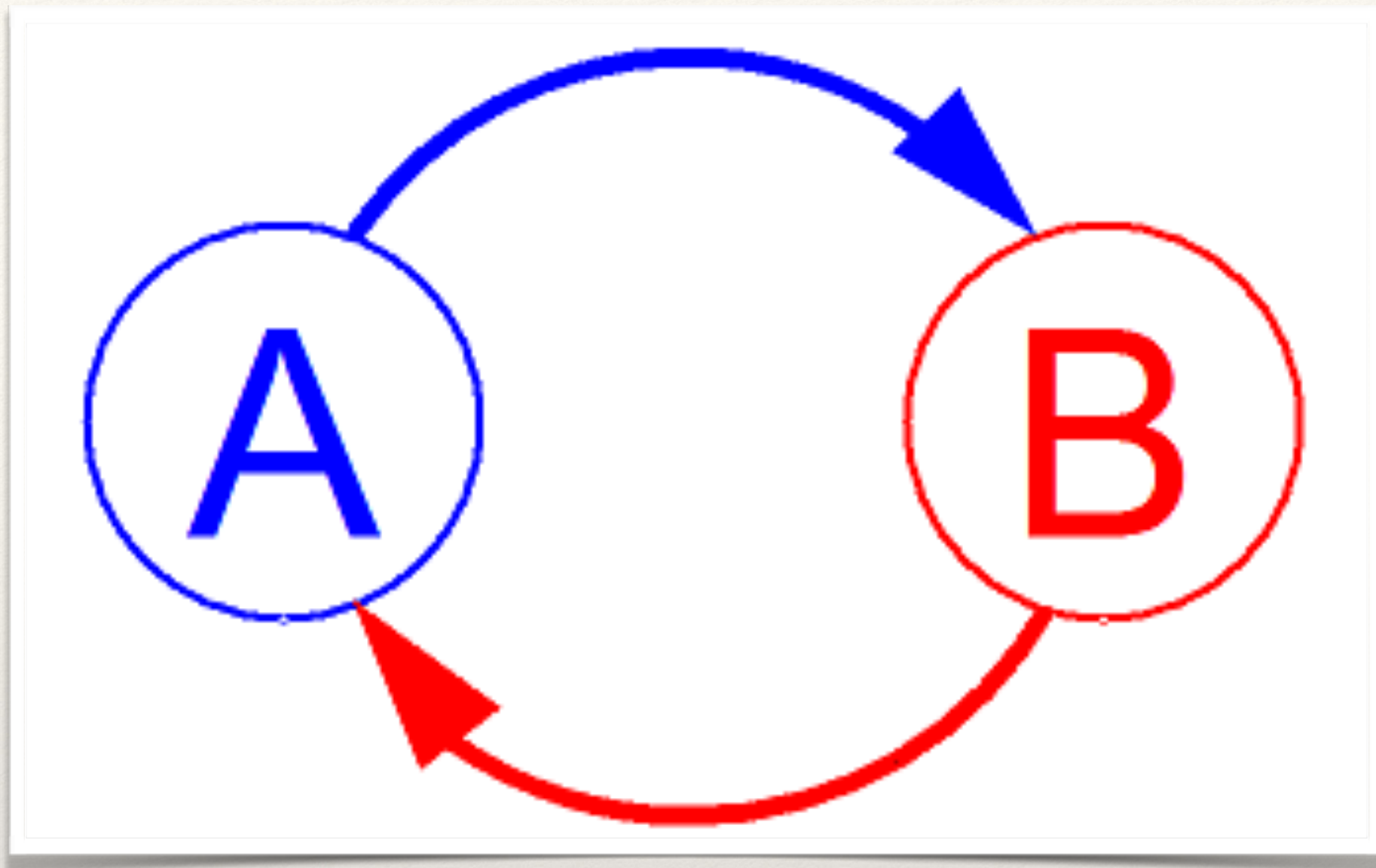
The third technique/skill to master is:

Expecting the Best

Although it is important to plan for the worst, it is necessary to expect the best if you want to succeed in life.

By Expecting the Best

- ❖ You are awaiting a positive future for yourself.
- ❖ If you expect the best, then you will notice the best and the half full cup in any situation and this will get you closer to achieving your goals in life.



The fourth technique/skill to master is:

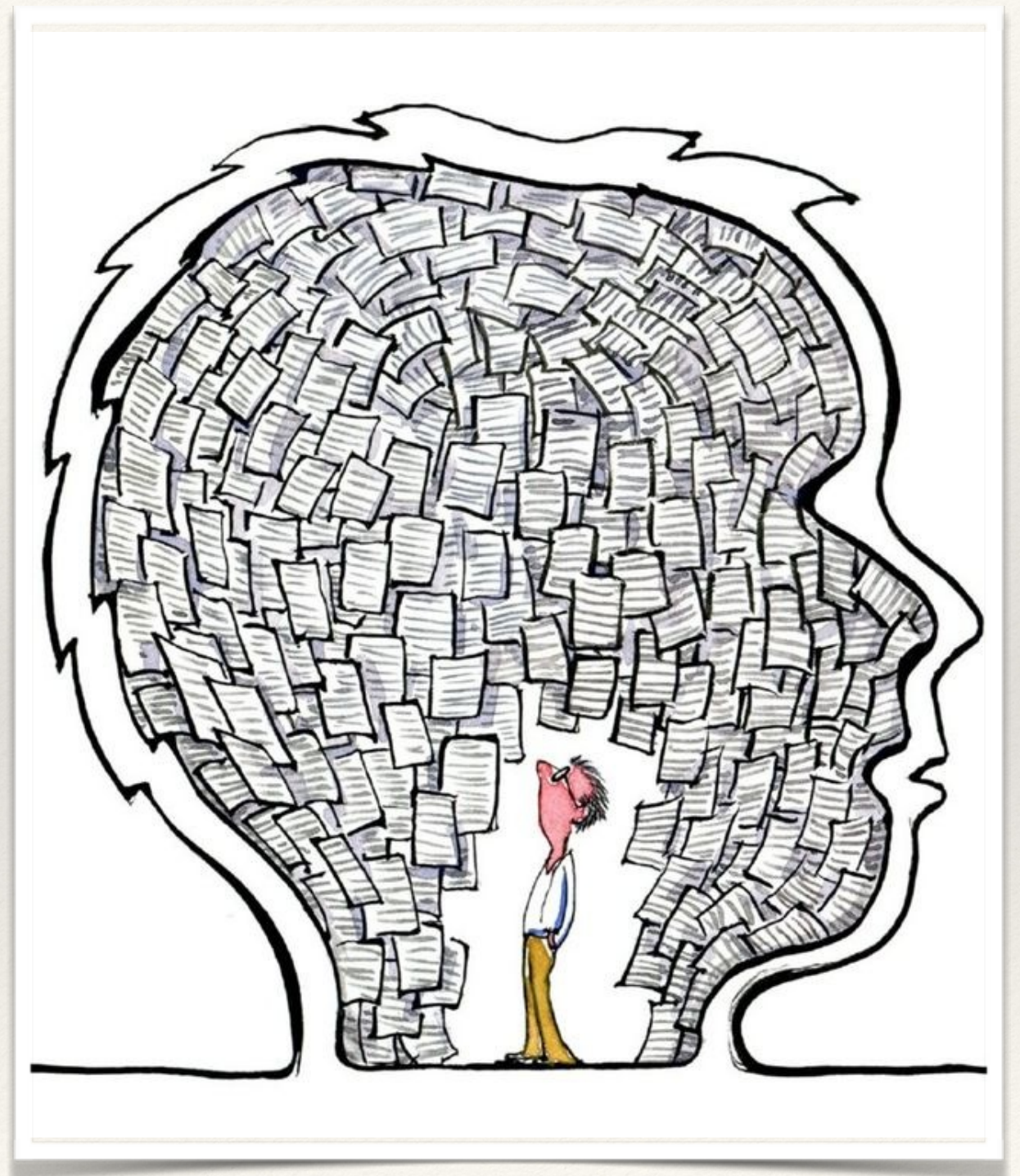
Understanding Cause and Effect

Every cause will lead to
a specific effect.

The causes that lead to the effects:

Causes always arise from our thoughts

- ❖ Basically, our thoughts are the causes to everything in our lives
- ❖ Thoughts create our expectations which lead to our emotions and our mode of action.
- ❖ Our actions will represent our lives.
- ❖ We can always choose our thoughts.





The fifth technique/skill to master is:

Meditation

The best time for suggesting upon the subconscious mind is while we are in a deep relaxation state.

Suggestion During Meditation

- ❖ The conscious mind is distracted by our five senses.
- ❖ Only our conscious mind can suggest upon our subconscious mind.
- ❖ The best time for suggesting upon the subconscious mind is when we are in a deep relaxation state.
- ❖ We are naturally in a deep relaxation state early in the morning, just when we are awaking, or right before bedtime at night.
- ❖ These are the best times to imprint what we want on our subconscious mind through repetition of positive suggestions
- ❖ At these times our conscious mind can give orders with ease to our subconscious mind to produce the specific results you want.



The sixth technique/skill to master is:

Accepting Change

You will confront changes in your life once you start doing this process. Welcome this change.

Change is Inevitable

- ❖ We live in an expanding universe
- ❖ Change is the norm
- ❖ You cannot stop change
- ❖ To benefit from change you must welcome and master it.
- ❖ Leaving your comfort zone is never easy.
- ❖ Once you see and feel these changes, it is important to stay focused and maintain proper action through auto-suggestion to keep you on the right path towards achieving your goals.



The seventh technique/skill to master is:

Play the Part

Act the part of who you want to be as your ideal self.

If you want to be rich, then start behaving as if you are.

Playing the Part:

- ❖ Whatever you want to achieve, start playing the part as if you already have it.
- ❖ Our subconscious mind never judges and it does not know the difference between right or wrong, true or false, real or unreal.
- ❖ Our subconscious mind trusts the conscious mind to give it the correct orders.
- ❖ We can only imprint on our subconscious mind what is in the realm of possibility, otherwise our conscious mind will immediately reject it and not allow it to enter our subconscious mind. Our conscious mind filters our thoughts and allows only what is possible to pass onto the subconscious mind.
- ❖ Your desire is certainly within the realms of possibility if others have achieved it and if it is governed by the laws of nature. If it has been done by others, there is no reason why you cannot achieve it too.

- ❖ If you are telling your subconscious mind repeatedly that you are rich, and you continually play the part, then your subconscious mind will bring about those results for you.
- ❖ If you want to be in a great relationship, act the part with others. Behave in an understanding and respectful way towards the opposite sex, just as you would like to be treated in a relationship. Do this as practice.

Once you stop self sabotaging and start allowing only the best thoughts to enter your mind, then you are on the path to success.



The eighth technique/skill to master is:

Visualising

Visualise the perfect you in your perfect end result of how you truly want to be.

Whatever you can imagine,
You can become.

Now let's master the formula:

How to combine these skills:

- ❖ Twice a day, in the morning before getting out of bed and at night before retiring to sleep, get into deep relaxation, and give your sub conscious mind orders of what you want to have as the end product.
- ❖ Start by affirming generally: “I am lucky, things come easily to me, I get what I desire easily, I am Successful, I am happy, I love myself, I love my life”, etc.
- ❖ Then affirm specifically with all of the details of what you want to have in life.
- ❖ Now visualise yourself enjoying the end desire you want to have. Visualise in such detail that you really enjoy the feeling.
- ❖ In the mornings, after doing auto-suggestion, visualisation, and seeing yourself in the end result, go to your desk and write down the ideal version of your life.
- ❖ Write your big picture goals and your small goals for the day.
- ❖ Write each thing on this list five times.
- ❖ Read the list over three times and give gratitude to any higher force for giving you these instructions to living the life of your dreams.
- ❖ Now your day has started in a positive note.
- ❖ Act the part you wish to be when your desires have all manifested. This will ease jumping on opportunities that come your way.
- ❖ Expect the best for yourself
- ❖ Once a negative thought enters your mind, remember that it is only possible to entertain one thought at a time, and replace it with a positive thought that brings you closer to your goals instead.
- ❖ If you continue with this schedule for one month, it will become a habit.
- ❖ This habit will completely change your whole life around.

Changing your thought patterns is
the hardest work you will have to do.

- ❖ Opportunities will start to come to you once you have changed your mindset to that of success.
- ❖ The only way to succeed is to believe in yourself and to have a high self esteem so that when the opportunities will come, you will notice them and feel secure enough to act on them. This is your major job.
- ❖ Believe in your worthiness and in your abilities, use auto-suggestion instead of allowing hetero-suggestion to affect your mind, and expect the best for yourself.

Once you master this formula, you will have gained full control over all of the causes in your life and you will be well on the path to success, fulfilment and surely happiness.

With Love!

—Galit GiGi Goldfarb

Please join my next course:

**“The 6 Step Strategy to making Successful
Choices In Life”.**

This course will take you through a guided
path to achieving your dreams in every
specific field in life.

Waiting to see you there!