

LIFE ACHIEVEMENT ACADEMY

LESSON 2

BY GALIT GIGI GOLDFARB

There are five causes that lead to all
of the effects in our lives

The five causes are as follows:

OUR:-

- ❖ Thoughts
- ❖ Beliefs
- ❖ Choices
- ❖ Behaviours
- ❖ Actions

- ❖ What you expect is what you will get in your life.
- ❖ Your thoughts and beliefs create your expectations, which will lead to your choices, behaviours and your actions.
- ❖ Your actions will always define your life.
- ❖ The seed of your actions always comes from your thoughts and beliefs.

We are creators and we can create
anything we **believe** we can create

We are unlimited beings:

- ❖ The only thing that is limiting what we can create in life is our thoughts themselves.
- ❖ There is no reason why one person can create billions of dollars and another stays trapped in the confinement of poverty.
- ❖ We each have our gifts and talents.
- ❖ We can each become anything we desire to become.
- ❖ We each have different desires, we also each have different gifts to give out to the world and it is our responsibility to make sure we utilise our gifts for the good of others.
- ❖ Those of us living in a free country truly have unlimited resources available to us.

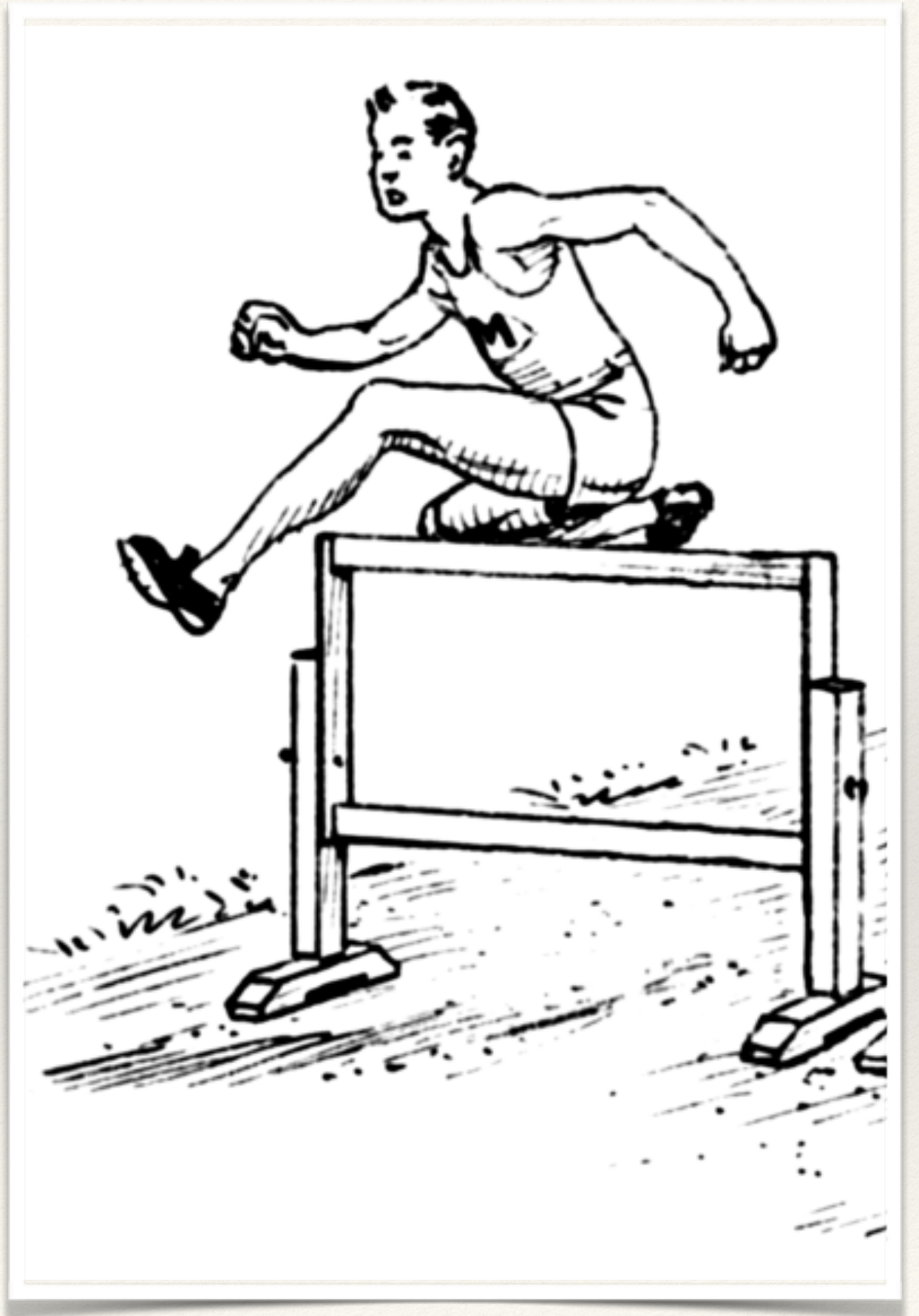
The only thing limiting us from utilising our resources is our own self through our own limiting beliefs.

We will always have obstacles in life

This is how life is.

However, we are free to choose how we view these obstacles.

The way we view things is always our choice, because, our thoughts are always in our control and are always our choice.



We do not need to have any exterior
conditions to create the life of our dreams

We do not need to have:

- ❖ Money
- ❖ A higher education
- ❖ Good connections

Although these are nice to have, they are absolutely not necessary.

We only need to have these three
characteristics:

1. A High Self Esteem
2. Belief in Ourselves
3. Persistence to go about our goals until we reach them

You will reach each and every one of your desires once you have mastered these three characteristics

There is boundless, unlimited potential
for you to create the life of your dreams

We will go into the methods of how to increase your self esteem and how to increase your belief in yourself and in your abilities in the next lesson.