



Cécilia Soller

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4 Life-changing HABITS to unlock your DREAM Lifestyle
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4 LIFE-changing habits to unlock your DREAM lifestyle

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4 LIFE-changing habits to unlock your DREAM lifestyle

CONGRATULATIONS on downloading this eBook ! You do NOW have a POWERFUL resource at your disposal that I hope will MOTIVATE you and guide you through the steps to follow to kick start your SUCCESSFUL transformation. Your MINDSET is key and can POSITIVELY influence your LIFE.

The most important is not really your surrounding, the situation you are in today nor what previously happened to you, it is what you ALLOW your mind to THINK about and HOW you are using this information to take ACTION. The one and only factor to a HAPPY and successful life is YOU !

“Life is 10% what happens to you and 90% how you REACT to it” - Charles R. Swindoll.
This quote is by far my favorite quote and should definitely be used as the definition of “life” in the dictionary. I haven’t seen or heard any more accurate and easy to understand explanation around the functioning of life.

We all have our GOOD times and bad times but some of us get ahead of it simply by the WAY they allow their mind to interpret those difficulties. Anybody can give up, complain or put the blame on others but very few are able to use their past, their troubles and their pains as learnings and as a POWERFUL MOTIVATION to CHANGE and AIM for the stars !

Theodore Roosevelt was very accurate when advising to “Keep your eyes on the stars, and your feet on the ground.” You need to AIM for the BEST, to ACT for continuous SELF-IMPROVEMENT, to PRAY for your BLISS, to WISH for your SUCCESS and to FEEL GRATITUDE for all the learnings and the people the UNIVERSE attracted in your life.

Keep in mind those famous quotes from Theodore Roosevelt and Henry Ford, they are all you need to remember to initiate a shift in your mindset and experience changes in your life:

“Believe you CAN and you are halfway there”

“Whether you think you CAN or you think you can’t, you’re RIGHT”

The purpose of this eBook is to guide you through the mindsets and BELIEFS you need to adopt and practice everyday in order to catapult you to the top and UNLOCK your DREAM lifestyle.

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I can't wait for you to start acknowledging how AMAZING you are and how your life and experiences can be INSPIRING to others. Accept your past, be thankful for all the mistakes and learnings that shaped the person you are today and MOVE ON to the next chapter of your life ! Dream BIG, set inspiring goals and START TODAY. "The future belongs to those who believe in the beauty of their dreams" - Eleanor Roosevelt

As a bonus to this eBook, you are entitled to receive my [FREE "Today I choose JOY" Newsletter](#). You will receive short daily hints and tips on MANIFESTING and CREATING the life of your dreams.



My name is Cécilia, I was born and raised in the South of France. Even though I have a spanish name and an eastern european look, I am a true "product" of this fascinating country that is France.

After experiencing quite a few amusing adventures across 3 different continents, I have recently settled in this amazing city of Singapore.

I am delighted that you decided to download this ebook ! Congratulations it is a first step forward in your positive transformation !

Now, you might be wondering how the content from this eBook could possibly help you changing your current life ? I will try to answer this question by sharing my journey so you can see how the practice of the mindsets and beliefs I am about to share with you have had a really POSITIVE impact in my life !

To your success !
Cécilia

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Since my teenage years I have been practicing without really knowing it, 4 different HABITS that completely INFLUENCED my life. Those principles are the followings: INTUITION, VISUALISATION, GRATITUDE and POSITIVE AFFIRMATIONS. I am going to explain you how I have been using those principles to overcome CHALLENGING times and how it helped me getting the MOST of my life. After that I will make sure to review with you in details what each principle is made of and how you should START using it in your life to attract all of the GOOD things, situations and people you DESERVE to have !

Now remember this, the SECRET to fulfillment is ACTION ! Those habits will pave the way t your success and bring endless opportunities in your life but you will have to grasp them and TAKE ACTION ! “You miss 100% of the shots you don’t take” - Wayne Gretzky. Also, make sure to acknowledge that “Everything you ever wanted is on the other side of fear” - George Addair. You are a product of your DECISIONS, so take the plunge and give a chance to what’s showing up in your life !

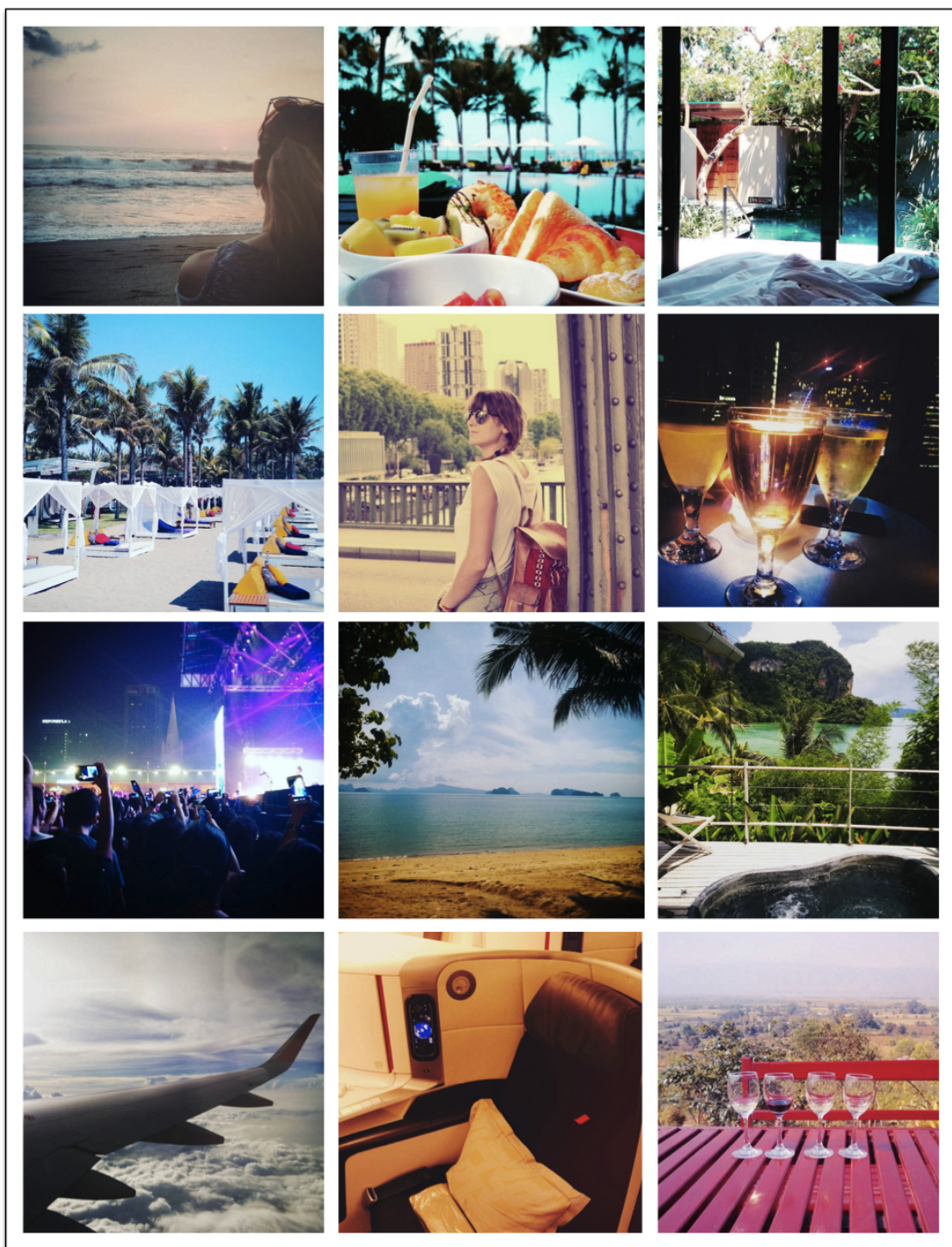


Good Vibes in Myanmar

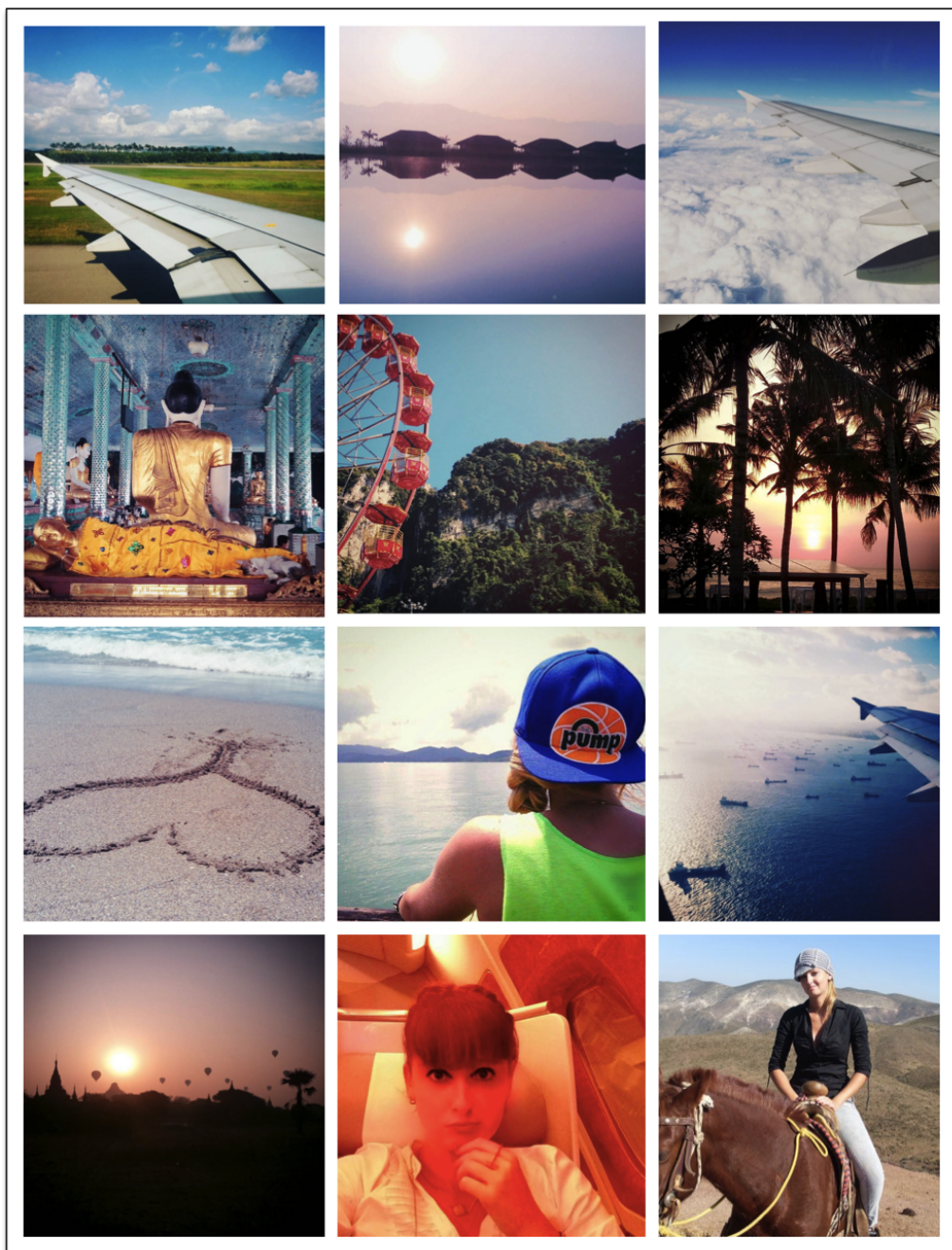


Chillin' in Thailand

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MY JOURNEY

My life did not start as a fairytale, it was pretty much the contrary of it. At my early age I was diagnosed with a Kidney failure and had to get surgery to get this affected kidney removed from my body. I don't remember the surgery itself nor the pain but this event pretty much affected everything in my life: from the restricted list of things I am allowed to do, to the reasonable drinking and eating habits I have to adopt, to the frequent medical appointments at the hospital, etc.

What I could actually have interpreted as a limitation has actually been something that kept me STRONGER. Even today when facing bad situations I always make sure to remember that I have already been through a lot and that whatever happens next I will find a way to live with it and turn it into something USEFUL and POSITIVE.

Aside from my health which allowed me to master the SKILL of being STRONG MINDED, one of the things that influenced my life the most was the constant CHANGE I was subject to. My father being a policeman meant we had to move to a different city every couple of years (for him to climb the career ladder). At first I was very confused, disoriented and sad because it meant leaving my friends and trying to make new ones, going to a new school and trying to get on well with my new classmates, finding new leisure activities to occupy my weekends, etc.

Basically each time we were moving I had to SHAPE the layout of my NEW life. It's quite hard when you're young to ADAPT to novelty and to understand the importance of FLEXIBILITY but in the end this was a MAJOR CHANCE in my life. Today, I am FREE, I have no worry or fear to go somewhere I have never been to before, I feel no stress about starting over again, I am convinced about my ability to find my way no matter what. Those experiences have been a great guide and good learnings about how to START a new life and get the MOST out of it.

Today I feel EXCITEMENT about change, I see this as a chance to face new CHALLENGES and the perfect way to GROW and to keep moving forward. Winston Churchill accurately described "change" as a key factor to improvement and growth: "To improve is to change; to be perfect is to change often."

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I have had the chance to get a WONDERFUL supporting family to go through challenging times. My parents would always make sure to LIFT ME UP whenever my ENERGY level was at its lowest. I was also lucky to get a FANTASTIC sister, who has been my role model ever since my early age, she has been vital to my GROWTH and KEY to my self-acceptance. I have as well been BLESSED to cross the PATH of an INCREDIBLE boy when I was 14 years old, who ended up being my LIFETIME BEST friend. We have been through so many things together, we have spent endless nights talking about our future and how we would stick together and achieve our GOALS and DREAMS. What is AMAZING in life is to have those LOVING and CARING persons around you, who support you, trust you and believe in you, because no matter what happens when you are TOGETHER you feel STRONGER. I want to dedicate this publication to them as they have had a considerable influence on me and as they have been a the best of all inspirations !

Life is WORTH it, be HAPPY, do things that you LOVE, be at your very BEST and Keep SMILING on the way =)



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FIRST PRINCIPLE: INTUITION



Intuition is knowing without knowing. It's purely INSTINCTIVE: you know something but you have no idea how you know ! Since my teenage years I have been taking decisions based on my GUT feelings. I didn't know at that time that this was called intuition, I just made sure to be in symbiosis with myself, to feel EXCITED and HAPPY about the decisions I took, to push my fears away, to accept CHALLENGES life has to offer me and most importantly to LET MYSELF GO !



People couldn't understand my choices. Whether my parents, my friends, no one really saw how those DECISIONS I took could BENEFIT me but instead were seeing me as an undecided and capricious person who was changing her mind often for no obvious reason.

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The truth is that even myself couldn't make any SENSE of it but I knew those were the things I had to do, I knew that it was the RIGHT path for ME.

That's what is so scary about Intuition, it is just a FEELING deep inside you controlling your EMOTIONS and urging you to take ACTION while your brain advise you to stay still and let this go. There isn't any logical explanation that you can give to people, and the thing is people LOVE facts and things they understand, they will BELIEVE you're a fool if you start talking about hunches influencing your decisions and controlling your life.

When I take a look back at my life to date, I have zero doubt about the fact that you should LISTEN and TRUST your feelings, if something does or doesn't feel right, it probably is or isn't, our intuition rarely lies !



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One example was back in 2010 when I had to look for a 6 months internship to finalize my Master. Most of my friends were looking for an internship in our city in southern France while I was FOCUSING on finding an internship abroad. My parents who were not really enthusiastic about the idea of letting their daughter go abroad alone, found through one of their friend a position in a small company for me. It was not paying much but the job was interesting and they were open to hire me if I had positive results over the 6 months period. One of my friend had also been offered an internship there.

It could have been so easy for me to accept it, everything seemed to be perfect: I had a friend with me, I was paid, rent was already taken care of by my parents and it could at the end of the internship potentially lead me to a full time job !



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Because I had the FEELING this was not the right thing for me and because I was not very excited about this OPPORTUNITY, I kept looking for ALTERNATIVES and finally found an online shopping site willing to hire me to help updating content on their website, it was in Sydney Australia and the company was paying 400 AU\$ a month.

The thing was that it was not related to the field from which I was supposed to graduate (international trade) ! I remember calling one of my teacher and starting to LIST all of the reasons why I should accept this offer and take this OPPORTUNITY to LEARN from a different field which was on the rise at that time and on top of that in a foreign country. Even though it was not really related to my field my teacher gave me his approval, I was talking about it so PASSIONATELY that he couldn't find a reason not to let me go. I was thrilled and filled with EXCITEMENT.

While I could have had extra money from staying in southern France working for a local company and not spending a dime on rent as I was staying at my parents' home, I found the ABROAD alternative much more interesting for me. It was hard to convince people of why this was a good IDEA, in reality there were a lot of CONS, but instead of CONS I am going to call this CHALLENGES ! Because that is all life is about: nothing is impossible, you just have to find a way to OVERCOME CHALLENGES !

For people around me this was a waste of money because I could get a similar internship in France and learn equivalent stuff. It was even more a MYSTERY to them because I had a good offer already in France so why going abroad ? why spending so much money to go there and then try to live in a place I have never been to before and try to live with 400\$ a month ? What if I was getting sick over there, how will I pay for it ? Who would look after me ? How could I be sure this guy I had an interview with via Skype had a real existing company ? What if this was a scam ? Those were the type of questions people were throwing at me, those questions were not asked in order to get an answer, they were just used as a mean to make me understand this was a precarious and irresponsible idea.

It was very tempting to abandon this idea of going to Australia and staying in the comfort of my life in France, I really doubted at that point and one quite funny event clearly pushed me to ACCEPT the offer. I was driving to a grocery shop one day with my father, the traffic light went red and thus I had to stop. The car in front of mine had a "Sydney Australia" sticker on the trunk !

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This might sound stupid to you but I have always believed in signs, I do think everything happens for a reason. Seeing this sticker made me take a LIFE CHANGING decision. I had no more doubt, no more fear I knew I had to go there no matter what people were saying, whatever they were trying to convince me of, it was their opinion not MINE. I wanted to go there, to take on this CHALLENGE, to meet new people, to learn new things but somehow I got pulled down by people around me and this little sticker was there to remind me I had to listen to MYSELF first ! People don't know what is good or bad for you, they just express an opinion but they have no clue. From that day I was READY to go there, I felt very excited again and couldn't wait to see what PLANS life had for me over there !



In the end that internship was a TRUE OPPORTUNITY. I Met new people and made new friends to whom I still talk to 6 years after ! I also learnt about a new culture and way of living. I got a CHANCE to operate in a small company where I could touch base with all departments and types of work (web-design, photography, marketing, etc.).

I was also able to improve my english and hear a different accent from the british one that we usually learn at School. I added a strong work experience in my resume and proved I was not afraid of CHANGE and MOST importantly I learnt about Web Marketing and the potential MONEY you can make in this field. I was studying international trade so I had no idea how digital marketing was working and how easy it was to find a job in this area.

Once the internship was completed I decided to do one more year of study at the University to graduate from Digital Marketing this time. Sometimes you have to reconsider the CHOICES you made years ago because with time they don't make sense to you anymore. It is normal to change your mind, to have new desires, to dream BIGGER, this is how life is supposed to be.

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And yes, if you're asking me this was the right MOVE to make because today I work in the number one digital company in the world (check my linkedin!), I am paid like a QUEEN, I have great colleagues, I have access to FREE food, free massages, I can rest in one of the resting area when I feel down and tired, I am travelling all around the world to train teammates, to meet clients, to attend conferences and seminars, etc. My job is GREAT and I know how BLESSED I am since so many people would love to get the opportunity to work for such a prestigious company. I will go over how I got my job there later on as my point here was to show you how my GUT feelings guided me through the RIGHT direction. My intuition helped me choosing what was RIGHT for me.

Sometimes your logic will tell you something is BETTER over something else but it doesn't mean it is necessarily the best for YOU! That's where intuition plays an important role, it helps you choosing YOUR path. That's what I like about following your HEART and your INSTINCTS, you don't know what tomorrow is made of but you're excited to see how far it will LEAD you.

Can you imagine how my life would have been different if I decided to stay into my COMFORT ZONE and not listening to my gut feelings? I would probably be in this same company in the south of france working in the trade industry, being paid little money and living a deadly routine. I am not saying I would have been unhappy but what I have today is AMAZING and I wouldn't like to exchange it for what my life could have been if I did not take this DECISION.



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What is INTUITION ?

Have you ever wanted to do something that people around you would describe as non sense but you knew somehow it was the RIGHT thing to do ?

Or on the contrary haven't you already felt something you had to do wasn't right ? Feeling weak or ill, sensing a knotting in your stomach when thinking about it...

Intuition is our inner voice, that something SPECIAL that tell us how we feel deep INSIDE. Thanks to intuition we have the ability to know something without any analytic reasoning.

You might have heard people talking about it using different terms such as: gut feeling, innate wisdom, instinct, inner voice, sixth sense or spiritual guide. Albert Einstein was referring to it as a "VALUABLE ASSET and one of our most unused SENSES".

Intuition can show itself when you meet new people. You can feel negative when around someone, without really understanding why. You almost instantly know if you like this new person or if you don't but you're not sure why and where it really comes from (you don't know him/her, he/she has never done anything to you or for you, etc.)

Think about times when you have had a bizarre FEELING when around a person but you decided to keep going and then with time you realized that it was a mistake to have trusted this person. Your INTUITION told you but you were not ready for this information so you ignored it.

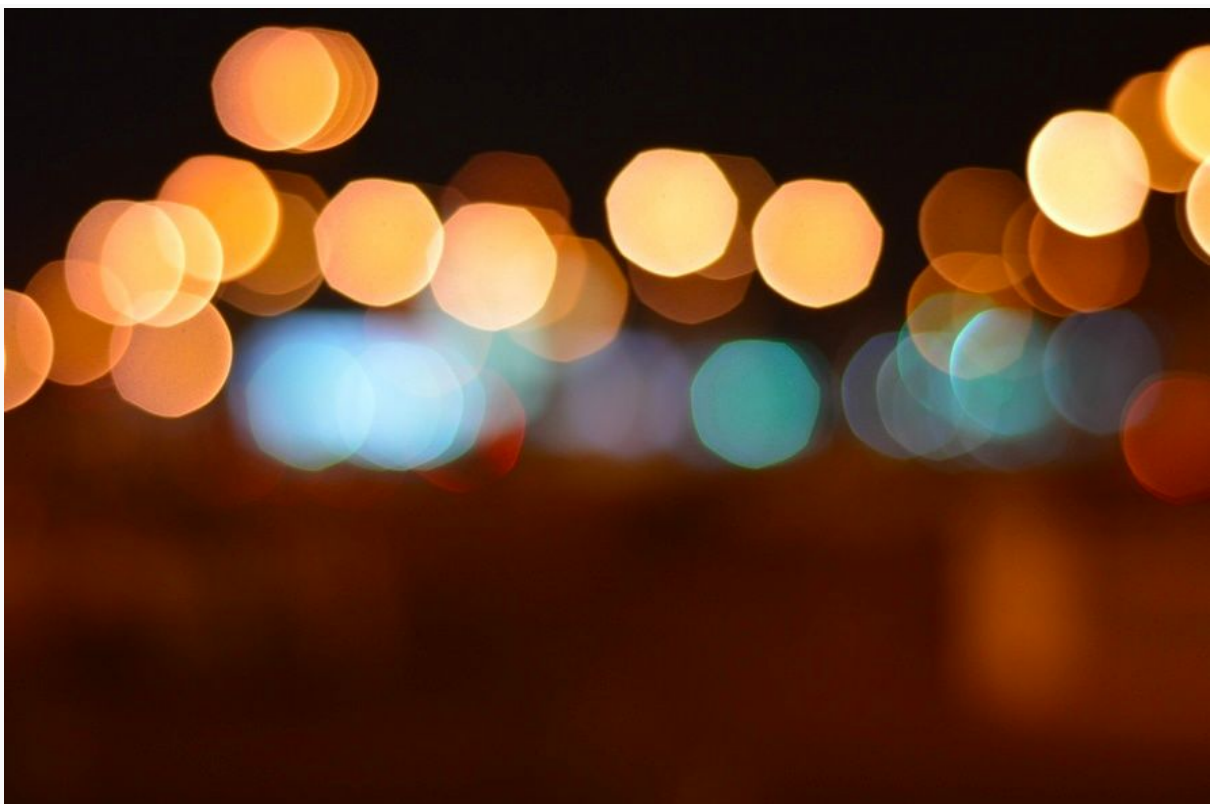
Sometimes you even have weird feelings about things or situations. You're not EXCITED anymore about the road trip you've been planning for months with your friends and you start doubting that it is a good idea whereas you've put so much efforts into planning it. You then get stressed and nervous and wonder why you have this feeling and why this is happening.

LISTENING to your gut feelings could be a lifesaver ! How many stories haven't we heard about people not boarding on planes which crashed ? or drivers deliberately slowing down on the highway for no apparent reason miraculously avoiding a fatal car accident ?

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Here are some of my favorite quotes about intuition:

- “Intuition will tell the thinking mind where to look next” - Jonas Salk
- “Intuition is a spiritual faculty and does not explain, but simply points the way”
- Florence Scovel Shinn
- “Listen to your intuition. It will tell you everything you need to know”
- Anthony J. D'Angelo
- “Trust your hunches. They're usually based on facts filed away just below the conscious level” - Dr. Joyce Brothers



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HOW to PRACTICE IT ?

Developing your intuition is similar to learning any skill. The more you practice it, the better you get at it ! Try a new routine to awaken your inner voice and build your intuitive muscles.

1- Find a Peaceful Place

A place that you like, where you feel GOOD, secure and where you can let your EMOTIONS flow freely. It can be your favorite park, nearby a river, in your car or even at home.

2- Quiet your mind. Take time to experience silence

Our work keep our schedules full, we focus on our to-do lists, we discuss with colleagues, we listen to music while commuting, etc. All this "noise" makes it difficult for us to hear our inner voice. It is important to take time to practice silence and calm your mind. You need to let go your thoughts. You need to focus on your breathing, to listen to your surroundings and to allow your mind and body to relax. When you listen to your intuition it connects you with a greater knowledge. It usually communicates through symbols, feelings and emotions.



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3- Let your subconscious work while you sleep

It is a good practice before you go to bed every night to ask for answers to come to you through your dreams, for questions and issues you had during the day and for which you couldn't find solutions. Giving it a quick thought will put your subconscious to work and will trigger your imagination to find solutions while you're asleep. Keep a journal nearby so you can write down notes, ideas and feelings when you wake up.



4 - Write down everything on a journal

Writing your thoughts, feelings and ideas will help the subconscious mind opening up. This is a great way to release inner messages, feelings or hidden knowledge related to a specific situation requiring your attention. Just write everything that comes to your mind down and then let it go, when you will decide to take time to go over it again later you might be surprised of what you will find and understand from it.

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5- Get creative and engage in repetitive movements

By stimulating your body and your creativity it calms down the cognitive mind and allows your intuition to speak up. Engage in activities such as painting, drawing, writing or go for a run, dance, practice cooking, etc.



6 - Trust your intuition

It is scary at first because it defies any logic but make sure to remember that intuition is your inner guide and is here for you, you need to learn to trust it. It might lead you to the right place at the right time to meet the love of your life, to make a new best friend, to get that dream job opportunity or on the contrary it could avoid you getting into troubles, like being stuck in traffic jam, getting involved in a street fight, etc. If something doesn't feel right chances are it isn't !

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7 - Test your feelings

Intuition speak through your body, if you feel physically uncomfortable when trying to make a decision then try to analyze the situation. Are you feeling sick when thinking about it ? are you feeling better or worst ? Try to give it a thought, it could be your intuition trying to speak for yourself.

8- Test your sensing into people before getting to know them

Take it as a game and try to find out as much info as possible just by observing them and their surroundings. The more you will experience this the more you will realize you already know things you couldn't possibly know with the cognitive mind.



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SECOND PRINCIPLE: VISUALISATION

Back in 2008 I was pursuing a bachelor in the south of France and I had to decide whether I wanted to do a 3 months internship at the end of the courses or if I wanted to have those 3 months as a break. Basically the internship was not compulsory to validate the diploma so whether I could take a 3 months break and enjoy the summer with my family and friends whether I could work...

Even though I enjoy resting and getting lazy by a pool or watching TV, I thought 3 months would be too much and I would get bored as there are not a lot of things to do in my hometown. I thought finding an internship somewhere I like could somehow be considered as holidays as well. If I was making a clever CHOICE like finding an internship located some place nice I would then be able to make the MOST out of my week ends !

Since my teenage years I dreamt about going to the US, I wanted to go there and travel. I had no particular plan in mind but for some reason that year I decided, as I had the OPPORTUNITY to enroll in a 3 month program anywhere I wanted, that I would look at the POSSIBILITIES over there.

There are different services available to you for which you can pay in order to get support from a professional to find a job in the US, it is quite pricy but it can be a good LEVERAGE to what you want, unfortunately I couldn't afford those services at that time as I was young and still paying for my studies.

I was spending most of my TIME after school on the internet, looking for internship offers in the US. No need to tell you that this was a real CHALLENGE because first you need to find interesting offers for which hiring managers are open to hire foreigners and thus non native speakers. Secondly because I had very little experience at that time so nothing much to offer, it was almost a gift a company would make if they were to hire me ! Lastly I needed a visa, which is a lot of administrative work and a certain amount of money...

Every night before going to bed I would PICTURE MYSELF in the US, having fun and road tripping with my new friends over the week-ends. I would IMAGINE myself in a car with other people, listening to loud music, going from one cool place to another, staying in crappy motels, going to the beach, stopping by a Wendy's fast food on the way, etc.

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I could clearly see myself there, I was feeling how great it would be to do all of those things, how HAPPY I would be to experience this, how AMAZING it would be to get friends from all over the world, etc. Without knowing it I was activating the power of VISUALISATION, I was picturing myself where I wanted to be, pretending I had it already, allowing myself to feel EMOTIONS I would feel if I were there.

After some time I found out that Disney World Orlando was looking to hire people from different nationalities in their theme parks and resorts. And guess what ? they were looking to hire people for a 2 months and a half period during summer break ! How amazing was that ? I contacted over the internet the company in charge of recruiting and they gave me an appointment for a job interview in Paris. I SUCCESSFULLY passed the interview and got hired as a food and beverage supervisor in Caribbean Beach Resort !

The most AMAZING thing is that Disney covered the cost of my flight + my visa and the rent of the apartment I was sharing with 5 other employees was deducted directly from my salary ! I didn't have to pay for anything, EVERYTHING was covered, I just had to pack my stuff and get READY to get on board for a NEW and exciting ADVENTURE !



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I made good use of the POWER of VISUALISATION again in 2012. One day I posted my CV on the website of the number one digital marketing company in the world and never heard back from them in a year and a half. One day they called me in for an interview, they were looking for someone to replace a person who was on maternity leave for a 6 months period. I was so EXCITED and so surprised, I wouldn't have imagined them calling me back one day, even less after a year and a half !

I had my first interview by phone, I prepared myself so much, I didn't slept a lot because of a mix of EXCITEMENT and stress ! I was spending most of my TIME after work reading about the job description, listing important things about the different tasks and preparing myself to answer silly questions that they could possibly think about.

The phone interview went quite well and next step was to WAIT for an answer. I had to keep going to the internship I was doing in a cosmetic company at that time and I remember while taking the subway to go to work, IMAGINING how it would FEEL like to be offered a job in this INCREDIBLE company. I was THINKING about how my parents would be proud of me if I was getting a job there, I was PICTURING MYSELF telling my friends about my INCREDIBLE story, I could even imagine the things they would be telling me and how they would react to this news!



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I wanted it SO MUCH that I was taking the time to VISUALISE this dream scenario in which I was SUCCESSFUL and reaching my goal! Everyday on my way to work I was imagining myself working there, taking a coffee break with my colleagues, answering to clients over the phone, enjoying the daily free lunch I was entitled to, etc. I did this for several days on my way TO and on my way BACK from work - which represented an average of 2 hours a day! I was living in the east side of Paris and I was working on the complete opposite in the west side so I made a GOOD USE of the TIME I had, to THINK about myself, my desires, my DREAMS, my future, my hopes... And to be honest it felt good, you feel happier and more ENTHUSIASTIC about life.

I finally got a call from them and had two more interviews, after that I got hired. Now let me tell you something, you don't need to come from Harvard or a very prestigious school to be successful. I graduated from University (one that few people have ever heard about), I never had a real full time work before, I only completed internships, I am not particularly smart and my grades were very average at school, so why me ?

I truly BELIEVE the UNIVERSE got me what I wanted. I remember the interview I had with the woman who was going on maternity leave, we discussed about life and our BACKGROUNDS. Funnily enough she also graduated from University and was born in the south of france, so UNEXPECTEDLY we had quite a lot of things in COMMON.

The days passed by and then I got confirmation that the job was MINE! I was super excited and very proud! I remember asking why I had been chosen, out of curiosity. I was told that that the final call was made because of the similarities in background and vision I was sharing with the person I had to replace. By vision I refer to the way I prioritized experience over education. To better explain myself, in my CV I wrote down "Work Experiences" first because I believe experience is the most important thing in life, you learn from it and grow thanks to it. I went abroad couple of times, I challenged myself often, I worked in different areas and fields (marketing, digital, cosmetic, catering), I also proved myself being a hard worker throughout student jobs (waitress, hostess). I did a lot of things already even though I was young. The person I had to replace was valuing experience much more than education as well: she did not graduate from a famous school and she joined the company by CHANCE as the business she was in before got bought !

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It is very important to be active and DYNAMIC in life, you need to LIVE TRULY and ENJOY every moment. You should hardly ever stay at home, watch TV, play video games, etc. You would rather do some sports, join a cooking club, volunteer in an NGO, go to seminars, etc. You will meet NEW people, you will NETWORK, you will learn new things and acquire new SKILLS, you will feel USEFUL and HAPPIER! This can only bring you more opportunities !

To get back to my story, the person I was competing with for the job, graduated from a very famous Business School in France and added on his CV "Education" as the first section and then listed his work experiences. The way you talk, the way you present information whereas on a CV or when speaking to other people, tells a lot about the way you THINK and your personality. I was showing how I think life EXPERIENCE is important and how it taught me good lessons in life. If there was one thing to remember about me, I wanted it to be my different experiences.

That simple thing + unexpected similarities with the person hiring made a HUGE difference and favored me ! It was not even about the quality of the experiences I had, it was about all of those extra, all those small things led to my employment. Now it's important for you to know that 90% of employees in my company graduated from famous business school, which means I am part of the LUCKY 10% left :)



4 LIFE-changing habits to unlock your DREAM lifestyle

Another recent example was in 2015. My company completely shifted the way my team was structured so I basically ended up with a different job that of course I didn't like. I was not HAPPY about it at all and I started thinking about what NEXT would be showing up for me, what OPPORTUNITY could get me out of this situation.

I started thinking it might have been a SIGN to show me that it was the RIGHT TIME to CHANGE in order to evolve and keep moving forward and becoming a BETTER version of MYSELF. What I did is the following: I was tired of winter and cold weather so I started imagining myself moving to another country where the weather would be "eternal summer", where I wouldn't have to wear 3 layers of clothes to avoid being cold, where I wouldn't feel sick again because of the low temperatures, etc.

In order to start ACTING like if I had already ACHIEVED that goal, I took one of my luggages, opened it and started filling it with summer clothes. I left it visible and wide open in my bedroom for weeks, every day I would see it in the morning before going to work and at night before going to sleep, I would then imagine myself on my way to this summer destination.



4 Life-changing HABITS to unlock your DREAM Lifestyle

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In the meantime I started having some interviews for different positions in the US, where I was planning to go and where I thought my next LIFE would be, but I didn't manage to get what I wanted.

I remember talking to my boss one day and telling her I wanted to find another job as I didn't enjoy the current one and I explained how I would like to go to the US but only faced failures to date. Here is what she told me: "I think you should try to go to Asia, I am pretty sure you will love it and there are so many cool places to visit out there that it will keep you busy for a while, I think they are looking to hire some people in the Singapore office as we speak, have a look at it". Before that day, I am ashamed to say it, but I never heard about Singapore, I didn't even know where it was located on the world map and it has never been in my plans to go there. I looked at the job offers and found an interesting one, so I sent my application and had two interviews and that was it ! They wanted me and I had to start 2 months later !

Everything happened so quickly that I was quite worried for some time, I still had my apartment in Paris and you have to give a 3 months notice in France before moving out which was already over in my case, I had to organise the move quickly because I was starting my new job 2 months later, I had to bring all of my stuff to my parents house in the south of France, then I had to start looking for a place to live in Singapore, I had to get more information about life over there because I had no clue where I was heading to !

It was pretty stressful to be honest but it was a lot of EXCITEMENT as well to start a NEW LIFE on the other side of the planet ! Today I am here in Singapore, living in a constant 32° weather, enjoying my free time relaxing by one of the pool in my condo, travelling to Thailand, Malaysia, Indonesia or Philippines to take the most of my holidays !

I have also been lucky to MEET great people whether at work or outside of work. Every people I met taught me valuable learnings about work, culture, life, art ,etc. I am learning a bunch of new stuff and acquiring new skills since I moved here, I have been attending a lot of seminars on Stock Trading, Health and Mindset, I am currently learning a bit of Mandarin, etc. I also had the OPPORTUNITY to meet Yee Shun Jian UNEXPECTEDLY in a famous club of Singapore and got to learn a lot from him and his success, this encounter really operated a shift in my priorities and goals towards a totally different level. I started, following this encounter, drafting the most AMBITIOUS goals I ever set in my life and I am actively running after them !

4 LIFE-changing habits to unlock your DREAM lifestyle

What is VISUALISATION ?

My father's favorite saying has always been "I BELIEVE in what I SEE". But you need to understand that it is actually the contrary you need to BELIEVE in something to actually SEE it ! That's how VISUALISATION works, you will attract what you focus on. It starts from your IMAGINATION and becomes your REALITY.

There are two quotes from Albert Einstein that I treasure about imagination:
"Logic will get you from A to B. Imagination will take you everywhere."
"Your imagination is your preview of life's coming attractions."

Visualisation is a mental technique using imagination as a mean to make your goals and dreams come to life. This technique can CONSIDERABLY improve your life and ATTRACT to you WEALTH and SUCCESS. It can HIGHLY influence your surroundings, drawn to you circumstances and events, attract people, money and possessions into your life.

POWER OF THOUGHTS is exactly what visualisation is. By focusing on and imagining a situation, an event or an object you attract it into your life. A lot of people make good use of visualisation, most of them don't necessarily know that they are using this principle. You need to visualize your GOALS and DREAMS as already yours, as already accomplished in order to attract it in your life.

You don't need to worry about HOW you are going to achieve this GOAL or DREAM, just focus on what you want and imagine yourself having it already, imagine how you feel with it ? By doing this it activates your creative subconscious and this will start generating ideas on how to achieve your goal. It will also activate the POWERFUL law of attraction which will help drawing into your life the people and circumstances you will need to achieve your goals. As I said earlier it also feels good to use Visualisation, you feel happier, more enthusiastic and so it helps awaking your MOTIVATION to TAKE ACTION to reach your goals and DREAMS.

"Those who don't believe in magic will never find it."
- Roald Dahl

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How to engage with the principle of VISUALISATION ?

- **Create your Dreams and Goals Pictures**

Use a picture of yourself and put it along with a photograph of your goal already achieved! If you're dreaming about visiting Rome, look for a picture of the city, then cut out a picture of yourself and place it into the scenery !

- **Create a Representation for each one of your goal**

- Finance - Career - Leisure - Love

Your goals and dreams can be about anything, they don't have to be related to money only. Make sure to list out all of the dreams that you have and try to create a clear representation of it.

Let's take a concrete example: if one of your goal is to write a book and publish it then you could use a copy of the New York Times bestseller list, scan it and use the newspaper font to type the title of your book into the number one position ! Then print it out and hang it at home, in your office, or wherever you are sure to see it often !

Here is a nice story from actor Jim Carrey about Visualisation: he wrote himself a check of 10 millions dollars for "acting services rendered", he post dated it 10 years and kept it in his wallet. The check remained there till the day he made it: he earned millions to play in movies like Ace Ventura: Pet Detective and Dumb and Dumber.

- **Use Affirmations to Support Your Visualization**

An affirmation is a statement of a past experience, it implies you already have what you want and what you are looking for. Dedicating time to repeating positive affirmations on a daily basis and even several times a day, keeps you focused on your dreams and goals, strengthens your motivation and send a signal to your subconscious to do whatever it takes to make it happen in your life !

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- **Involve all of your senses**

When visualising your goals and dreams make sure to feel the emotions you would feel once achieving it: think about what you would say, how you would laugh about it, how you would smile and celebrate the victory, etc. Make sure to picture the surroundings as well, the loud music playing while you're celebrating, the taste of the excellent french champagne you are drinking, etc.

- **Visualize your success from different perspective**

Once you visualized how you would feel about reaching your wildest dreams, make sure to see yourself through other people's eyes: your family, your friends, a friend of a friend, etc. Then just be part of the crowd and look at yourself succeeding, imagine what people would say and do.



4 **LIFE-changing** habits to unlock your **DREAM** lifestyle

- **Live as your Dream is achieved**

Gives some real life to your thoughts and beliefs. Start dressing, looking like and speaking as the person you want to be!



4 LIFE-changing habits to unlock your DREAM lifestyle

THIRD PRINCIPAL: POSITIVE AFFIRMATIONS

It is important for you to be aware of the power of WORDS. When speaking or thinking about yourself, your future, your life, you need to be full of ENTHUSIASM, you need to FOCUS on what you WANT and not on what you don't want. It is a human characteristic to formulate goals and IDEAS in negative terms, now that you are aware of this make sure to avoid it !

Let's take an easy example: "I want to live an EXCITING and FULFILLING life" or "I don't want to live a deadly routine". If you focus on the MEANING we could agree that in the end the idea is similar but the big difference is how your brain interprets those words that you are expressing.

For your subconscious each one of the sentence listed above has a different meaning, one speaks about an exciting and fulfilling life, the other one mentions a deadly routine. I want or I don't want have no importance or meaning whatsoever for your subconscious, it will only FOCUS on FEELINGS and AFFIRMATIONS that you decided to express.

Since I learnt about this I made sure to make good use of it in my everyday's life. Whether towards MYSELF or towards the people I care about. I want to make sure they realize how AMAZING they are, what are their STRENGTHS, how GREAT they are doing in life and how BRIGHT their future is. Most of the time people have no clue about what's great about them and that's where it's important for YOU to step in and let them know about it. The CHANCES are if you start helping them being more aware of their VALUES they will continue feeling POSITIVE about themselves and start BELIEVING in their worth and TRUE potential.



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Couple of years ago when I started my professional career I was not super confident and something happened that clearly changed this. Today I have NO DOUBT about my VALUE, about how WORTH I am and how LUCKY a company or someone would be to have me by their side.

What happened is this: my 6 months temp contract was ending and I had to look for a full time contract. In the company I was in, it was very complicated to SHIFT from a temp to a full time contract, you needed proofs such as your revenue impact, strong endorsements from your colleagues, etc. I had done a great job during the 6 months I was there but I was not so CONSCIOUS about it.

This might be because I did great in my previous jobs and internships and nobody really ever valued my work ! I never had a THANK YOU or a CONGRATULATION or even an ENCOURAGING remark. The thing about company today is that they take people for granted and believe you will keep working for them whatever happens or however they treat you, so why telling you that you are GREAT and APPRECIATED ? It's easier for them to not tell you about it so that you don't ask for a pay raise or try to look for another job because you're aware that you deserve BETTER. The more you feel down and hopeless the better it is for them.



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But luckily some companies are different, mostly American companies in the digital industry, they do acknowledge that employees are their BIGGEST ASSETS and that they need to TREASURE them to retain them. I went from a company where I was completely ignored and mistreated to a company that was PRAISING me.

My manager at that time told me that he wanted me to stay in the company, that I was WORTH it, that my job was EXCEPTIONAL and that it would be a loss for the company not to retain me and convert me to a full time employee! He was saying so many POSITIVE things about me that it made me feel uncomfortable at some point. I didn't know what to say or how to react to compliments, I was POSITIVELY surprised but it clearly BOOSTED my confidence and I started believing in myself and in my competencies !

I remember how he dedicated time to help me drafting a record showing my VALUE and what I brought to the company during those 6 months. He also started networking with other managers who were looking to hire new people in their team. He was praising me and telling them WHY they should consider my application and HOW beneficial it would be to have me in their teams.

He could have let this go and let me try to prove myself alone but he didn't, he was showing me RESPECT and INVALUABLE help in order to ensure I would secure a job there ! I believe he knew I was not able at that time to prove and sell myself because I was not aware of my worth, so he gave me an hand and did this for me, without asking for anything in return.

The funny thing is that I didn't ask him for anything, I was ready to leave after my 6 months and I was not even considering asking the company for a full time job, but this person fought for me ! It was the first time ever someone did this, I didn't know I was worth to FIGHT FOR but he showed me I was...

Thanks to him I have been converted to a full time employee ! I could never pay him back for this but I wrote him a GRATITUDE letter so that he knows how he impacted MY LIFE and how grateful I was for what he did !

So today I want to do the same and HELP people feel IMPORTANT and worth it ! And the way to do this is to tell them POSITIVE AFFIRMATIONS about them, whether about their personality, their style, their creativity, their ideas, their skills, their talents, the beauty of

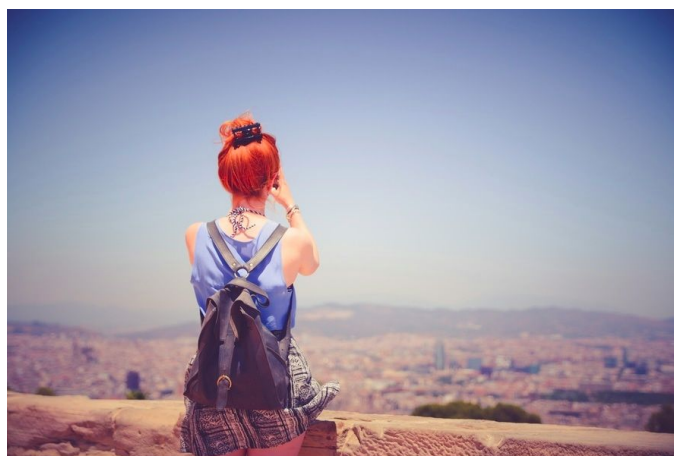
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their dreams, etc. There are so many things to PRAISE people for. By doing this you will be surprised HOW FAR those people can go and how the CONFIDENCE they will gain will help them REACH FOR THE SKY !

My mum didn't really know about the POWER of this principle but started recently using it in her daily life. I have a niece and a nephew and she started practising this with them. Every time they meet she will tell them: you are SMART, BEAUTIFUL and IMPORTANT, you can get whatever you want, I believe in you, you will meet great success and live a happy life ! She would ask them to repeat this after her. They really like it and you can see how happy they are that their grandmother treasure them that much and dedicate so much attention to them. It's great starting practising at your early age so that it becomes a HABIT and a WAY OF LIVING!

Remember that such a small thing can make a HUGE difference. It had a great IMPACT in my life, I have been promoted several times since then and been offered a GREAT and CHALLENGING opportunity in Singapore, where I look after 6 different countries ! All of this because I know my worth and I feel confident about it and this has a TREMENDOUS impact on how people perceive me ! If I think I CAN handle 6 markets then they BELIEVE I can too !

So start acknowledging your POTENTIAL today, start PRACTISING positive affirmations and make sure to apply this principle not only to YOURSELF but also to your loved ones ! You will be surprised by the results !



4 LIFE-changing habits to unlock your DREAM lifestyle

What are positive affirmations ?

“The mind is everything. What you think, you become.” - Buddha

Positive affirmations are phrases which you constantly repeat to YOURSELF describing how you want to be. When you first start using affirmations they may not be true but with repetition they spread through your subconscious MIND which results in you starting to BELIEVE it and allowing it to become your reality !

You have to be careful about the WORDS you decide to use, cherry pick only those which work towards your BENEFIT. The use of affirmations helps changing the way your brain functions and enable shifting towards a BELIEF that nothing is impossible !

When using affirmations you verbally affirm your dreams, goals and ambitions and empower them. They are proven methods of SELF-IMPROVEMENT, you will start feeling BETTER, MOTIVATED, you will generate new IDEAS and THOUGHTS on how to ACHIEVE your goals and DESIRES. Affirmations are a whole process: you encourage and CHALLENGE yourself to be at its BEST!

It is important for you to be aware that the easiest way to CHANGE and considerably IMPROVE the quality of your life is to CHANGE the perception you have about YOURSELF !

“The only person you should try to be better than is the person you were yesterday”
- Anonymous



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How to express POSITIVE AFFIRMATIONS ?

There are three main types of affirmations:

1- **I AM** statements: This type is a list of states already existing in YOU. Focus on your ASSETS, VALUES, STRENGTHS, SKILLS, ABILITIES and COMPETENCIES.

- **I AM** [who or what you are]
 - I am a smart person
 - I am a good speaker
 - I am dynamic and full of energy
 - I am a great friend
 - I am beautiful and smart

2- **I CAN** statements

Represents how strongly you BELIEVE in your success, achievements and growth. It is a mean to express your ability to ACCOMPLISH your GOALS.

- **I CAN** [your goal / potential]
 - I can stop drinking easily
 - I can be financially free
 - I can be whatever I want to be
 - I can handle anything that comes into my life

3- **I WILL** statements

Underlines what YOU want to happen.

- **I WILL** [change / novelty in your life]
 - I will think positively no matter what
 - I will persist until I succeed
 - I will let go the past that I do not need and create the future that I want

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Start drafting your own affirmations for better results !

1- Make an inventory of things that you really like about yourself: your BEST attributes and qualities. Are you a great friend ? Are you courageous ? Make sure to write down anything that comes to your mind. Once you have that list ready just start each one of you sentence with "I am": I am generous, I am a great lover, etc. You now have a list of affirmations which TRULY represents who you are..

2- Turn the negative perceptions into POSITIVE challenges and GOALS. Think about the negative perceptions you have about yourself: your appearance, your habits, etc. Once you've identified those negative elements look for affirmations which will help you counteract them. This will help you reach identified GOALS like losing weight, quitting drinking, etc.

3- Write your future-oriented affirmations: your "I CAN" and "I WILL" statements which you will use to influence future changes. Start with your "I can" statements which affirm that you can ACHIEVE your GOALS. Then finish with your "I WILL" statements which affirm that today you are going to make GOOD use of your ASSETS and ABILITIES to achieve your long-term GOALS.

Make sure to make the MOST of your affirmations by intensifying their STRENGTHS using POWERFUL words such as rapidly, EASILY, effortlessly, etc.

For example do you get the difference between: 1- "I am earning 100K\$ per month" against 2- "I am EASILY earning 100K\$ per month" ? You feel different whenever someone used version 1 or 2 of this sentence. It clearly adds another layer of POSITIVITY to the sentence. While with the first example we are not sure how painful or complicated this could be (does it require a lot of work ? does it mean you have to write off your holidays to achieve such a result ? etc.), with the second one we understand that we can achieve it EASILY without any negative counterpart.

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When to use affirmations ?

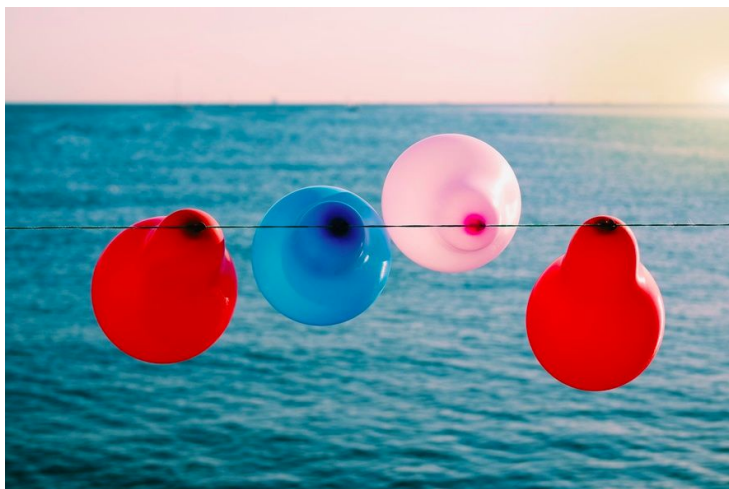
Once you finalized your personal list you will need to practice your affirmations at the MOST POWERFUL times of the day.

In the morning after waking up, start repeating your affirmations to yourself. It will be set the tone for the day. It is also a great time because you are still having access to your sub conscious mind at that moment, this will facilitate the transformation of your beliefs. It is thus important for you to write down or print out your affirmations and leave it next to your bed so that every morning you can easily access it and don't have to remember them.

The second best time of the day is before going to bed. You are basically setting your intentions before going to sleep, you are internalizing those statements and urging your mind to digest them while asleep.

If you're practicing meditation then it is an ideal time to focus on your positive affirmations. Meditation allows to shut down our thoughts and access a deeper level of awareness. During this receptive state affirmations become way more powerful than usually and can easily shift out limiting beliefs.

It is important for you to realize that you need to truly believe in your affirmations so they can start acting upon your life, only repeating them will not change you.



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Ways to ensure thinking about your affirmations EVERY DAY

- Writing your affirmations in a diary or on a paper every morning when waking up and every night before going to bed is a great ritual. The chances are you will be more receptive to those affirmations if they are the first thing you think about in the morning and the last thing you visualize before going to sleep.
- Use sticky notes or cards to write your affirmations. Make it easy to read by writing only one affirmation by card. Ensure to leave those cards in places where they will be visible to you, whether on your fridge, on the mirror in your bathroom, on the kitchen table, on the screen of your computer, etc. It is important that each time you see your cards you take time to read them and think about their meanings.
- The more OFTEN you will read your statements the more EFFECTIVE it will be. In order for you to practice positive affirmations during the day, when at the office or waiting for the bus, etc. make sure to carry your affirmations with you. You can for example put it in your wallet, in your jacket, in your suitcase, in your jean's pocket, etc. Whenever you feel down during the day make sure to take them out and read them, it will boost your confidence and increase your positive energy!

Repeating your affirmations over and over again is key to making them effective. You want to think about it every day and several times a day ! The more you affirm something the easiest your mind will accept it.



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If you want to start practicing today and don't really have time to create your own affirmations, feel free to use the ones listed below. Start training your mind with positive affirmations and see your world changing !



ABUNDANCE affirmations

- I have unlimited abundance available to me always
- I am grateful for my abundance
- I am guided to an abundance of joy
- Abundance shows up in each area of my life
- Abundance flows into my life with ease
- Everywhere I look, I see abundance

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FORGIVENESS affirmations

- I forgive those who have harmed me in my past and peacefully detach from them
- I release myself from my anger and let the past go
- I allow divine love to permeate my thoughts
- I live in the now each moment of each day
- Forgiveness is a gift I give to myself over and over again

DAILY affirmations

- Everything that is happening now is happening for my ultimate good
- I will do my absolute best
- I choose to see each obstacle as an opportunity to grow
- Today my world is changing for the better
- Today I will be pleasantly surprised
- Today is filled with opportunity. Everywhere I look I see it.

GOALS affirmations

- My ability to conquer my challenges is limitless; my potential to succeed is infinite
- I am the creator of my reality
- I have the ability to create and achieve whatever I desire
- I have the knowledge and resources to achieve my dreams
- Each day I take a small step toward achieving my goals
- The resources I need are becoming available to help me achieve my goals
- My hard work is paying off already
- I only focus on the next step to take and trust that I am being lead toward the best and highest fulfillment of my goals
- I am clearly pointed in the direction of my dreams
- Today I will take one step toward my dreams
- Motivation catapults me toward my goals

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GRATITUDE affirmations

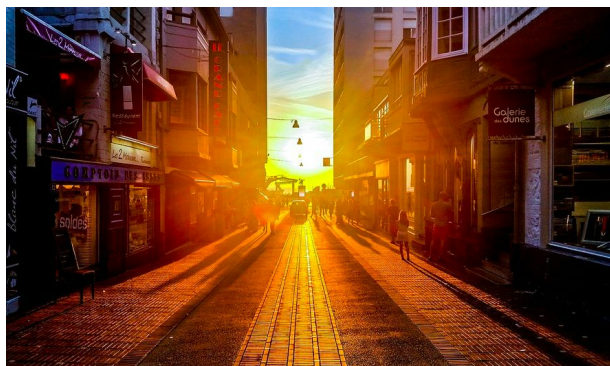
- I clearly see all there is to be grateful for in life. Through gratitude my world expands
- Gratitude brings me into a harmonious relationship with the good in everyone that surrounds me

HAPPINESS affirmations

- I choose to be happy
- Joy floods my thoughts and my life
- Happiness exists where I choose to look for it
- Happiness is everywhere I choose to see it
- Happy thoughts bring happy things

HEALING affirmations

- I am so grateful for my healing
- I listen to and trust my intuition to guide me toward healing
- I am willing to release my disease and embrace perfect health
- I am becoming healthier each and every day
- The treatments I follow are helping my body to heal
- I trust that I am guided toward the doctors and treatments that will restore my health
- I have the potential to heal completely



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JOY affirmations

- I am full of energy and overwhelmed with joy
- Joy is in my heart and in my life
- I live in a natural state of joyfulness
- I choose to be joyful
- I am willing to allow joy to enter my life
- Joy is abundant all around me
- Joy is mine right here right now
- I radiate love and joy to all I meet

LOVE affirmations

- I am loved and supported by the universe

MONEY affirmations

- Money flows to me easily, frequently and abundantly
- I enjoy multiple streams of passive income
- I enjoy an abundance of money
- I clearly see opportunities to effortlessly make money

SELF affirmations

- I can do everything
- I can achieve GREATNESS
- I am a powerful spiritual being
- My body is healthy; my mind is brilliant; my soul is tranquil
- I can change my life
- I am at peace with the world around me and the world is at peace with me
- I can make a difference
- I choose to be on my side

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PROSPERITY affirmations

- I prosper in health. I prosper in finances. I prosper in love. I prosper in peace
- I accept prosperity in my life
- I prosper in everything I do
- Prosperity is alive in each area of my life
- I attract prosperity with each thought I think
- I know that the world is prosperous

WEALTH affirmations

- I attract exactly what I need effortlessly
- I recognize and embrace wealth building opportunities
- I am wealthy
- I am living the life of my wealthy dreams



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FOURTH PRINCIPLE: GRATITUDE

“Gratitude can TRANSFORM common days into thanksgivings, turn routine jobs into JOY, and change ordinary opportunities into BLESSINGS” - William Arthur Ward

I started practising gratitude after reading a book named “the SECRET”. It was a time of despair, I was feeling down and I clearly needed help ! It’s hard to tell people about it because when you feel sad or down you don’t necessarily have explanations as per why you are feeling this way. People usually only understand practical information or things which have a specific reasoning behind. So the truth is that only YOURSELF can really help YOU!

Couple of years ago before being hit by despair, I was working with a woman who was from Latin America and I remember being very intrigued by her because she was ALWAYS ENTHUSIASTIC about everything ! She would LAUGH at everything you would say, even though it was not that funny, she would always find something GREAT about the way you behave or the things you believed in, etc. She was the kind of person taking things the way they were and turning them into something positive.

She had a quote pinned at her desk that she would read every day, it was a very long quote talking about HAPPINESS, being yourself, etc. She told me that this quote and this way of thinking helped her so much that she couldn’t see herself acting differently today. She told me all of the unexpected GOOD things that have happened to her since the day she shifted her mindset to a POSITIVE one.

So when I started feeling despair I remembered about her and decided to give myself a CHANCE to become a more POSITIVE person, I looked over the internet for a motivational and INSPIRING book and found out about the SECRET by Rhonda Byrne. This book is so Powerful and help you realize how much CONTROL you have over your life, your relationships, your happiness, your circumstances, EVERYTHING ! It states that there is more than enough LOVE, money, knowledge, truth and friendship out there for everyone. That there is no reason to limit yourself or others.

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The secret is POWERFUL and explains you that if you were to incorporate these ideas into your everyday life, you would indeed become an UNSTOPPABLE force ! This book helps you making sense of today, understand how to create tomorrow and how to allow the UNIVERSE to positively influence your life !

In this book there is a chapter dedicated to GRATITUDE. This is the first time I ever heard about it as it. Usually we know gratitude as saying “thank you” when we receive something from someone whether a gift or a compliment, but the truth is we are not AWARE of the real meaning of gratitude. Gratitude is not a concept it is an everyday PRACTICE. You need to feel grateful for EVERYTHING you have in your life today ! Your friends, your family, your apartment, your job, the food you eat, etc. There are so MANY things you can be grateful for but that you take for granted ! Make sure from today to be THANKFUL for it and to EXPRESS this gratitude to the UNIVERSE as much as possible so that it can give you more of those things you have to be grateful for !

Today, I express my gratitude on a daily basis. Every night before going to bed I speak out loud and make a list of all the things I am GRATEFUL for: my job which pays me well, my colleagues whom make my work days funnier, my computer which allows me to talk to my family via video conference even though we live in a different continent, my apartment which provides me a cosy and safe place to sleep and to chill out after work, etc.

In order to make this as a more official RITUAL, I have bought a miniature of Ganesh and created a little sanctuary in my living room, adding some candles, some money I had left from the different countries I have been travelling to, a cork board where I pin quotes which motivates me, etc..



Here is a picture of it when I started. it is pretty simple and it evolved a lot since then, I have more pictures and quotes pinned on the board , I also added a miniature of Buddha next to Ganesh.

It needs to feel like yours, it is your sanctuary, your ideas, the things you LOVE and that MOTIVATES you. It is not necessary to have such a thing but I found it much more effective

4 LIFE-changing habits to unlock your DREAM lifestyle

for me. I like to go in my sanctuary, turn off the lights, light the candles, take a deep breath and start listing all of my blessings.

I was borned Christian but it doesn't really matter in what you believe in, what matters is how you are being thankful for what is being given to you by the UNIVERSE. I am not Hindu or Buddhist but I like the way those beliefs communicate messages of HOPE and PEACE to the world.

There are so many WAYS to express gratitude that you will find yourself being creative when practising it ! Here is an example: before going on holidays for the Christmas break, I wrote gratitude cards to my colleagues and one day when I was the last one to leave the office I dropped off each card to its owner's desk.



Here is a picture so you can see how it looked like. The three cards you can see on the right side with the heart shapes had a little GIFT inside. Those three people are my BEST work pals so I wanted a little something more for them than just a card.

Christmas is a very important period for Christians so I took advantage of it to let my colleagues know I APPRECIATE them and I am grateful to have met them !

In today's society we consider KINDNESS as a weakness but I don't agree with this.

Kind people are from far the strongest ones, they are able to see the good in everyone and to focus on the bright side only. Nobody is perfect but everyone deserves LOVE and HAPPINESS.

My colleagues were so HAPPY about it that I found little attentions on my desk few days later: chocolates, a teddy bear, nice texts and emails. I am amazed to see how great it feels to open your HEART to people and how they respond to it. Even though I didn't do this to get something in return I was really HAPPY to see that our CONSIDERATION and esteem was mutual.

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Don't be scared to show how you feel and to let people know you CARE about them, you will be surprised by how they respond to it and by how such a simple gesture can strengthen your relationship !

What is Gratitude ?

God gave you a GIFT of 86,400 seconds today. Have you used one to say 'thank you?'
- William Arthur Ward

If you feel hopeless, sad, down and you don't really know how to OVERCOME this then this is the RIGHT moment to start practicing GRATITUDE. Gratitude can clearly change your life for the BEST and give you more to be HOPEFUL for and satisfied about!

The way it works is that you have to FOCUS on POSITIVE things in your LIFE and feel GRATEFUL for them. You will soon realize that the more you feel grateful, the MORE you have to feel GRATEFUL FOR !

It has been scientifically proved that practicing gratitude can have positive effects on your relationships, on your health, on your financial situation and on your mood. That's why if you really want more HAPPINESS, ENERGY, ENTHUSIASM and JOY in your life then gratitude is really a practice you should consider adding into your daily routine.



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How does this work ?

Basically the more you spend TIME to APPRECIATE the things you have, the more it allows you to connect with your soul. When we recognize all the BLESSINGS that we have we basically move our ego out of the way and allow our deep THOUGHTS and FEELINGS to EXPRESS themselves. When you feel grateful for something or someone you focus your attention on TODAY and today is the only place where things can HAPPEN TO YOU ! I would like to emphasize that you should start SHIFTING the way you think from things happen TO YOU to things happen FOR YOU !

You might be thinking that you don't have a lot of things to be grateful for, right ? You're wrong. Why focusing on the negative only ?

Feel grateful that despite the bad things that happened to you, you still have a roof above your head, you still can drink water when you're thirsty, etc. Be thankful for the difficult times you had to go through because it gave you a CHANCE to GROW and be THANKFUL for your mistakes because they TAUGHT you VALUABLE LESSONS. Anything surrounding you IS a BLESSING you just need to be CONSCIOUS of it: your phone allows you to call and keep in touch with your loved ones, your car allow you to drive your children to school or to go grocery shopping to buy those ingredients you need to cook a great meal tonight, etc. And it's not only things that you need to cherish but also YOURSELF: your mind, your brain, your body, even your limbs are something to be grateful for !

Look at **Nick Vujicic**, he wrote a book called "no arm no legs no worries". He is living his life fully and he is probably much more happier than most of the people in this world ! He is clearly living a DREAM and who could have thought this would have happened the day of his birth ? The truth is nobody, people tend to focus on the negative: he won't be able to do this and that, he won't be able to get married and have children, etc.

But guess what ? Despite his disability, he practices surf and other crazy sports, he is married to a beautiful woman and has been blessed with the birth of his first child, he is a MOTIVATIONAL speaker travelling around the world to spread messages of hope and love... What I like the most about him is his ATTITUDE. What people call a disability he refers to it as a **GIFT** ! If you haven't read his book then please do, it is very inspiring and you will learn how to APPRECIATE the things that you have in your life !

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So now tell me, why not starting to CHOOSE to focus and give attention to what you are grateful for rather than what's wrong in your life ? It's YOUR CHOICE really and if you choose wisely it could have a great IMPACT in your life.

When you decide to express a SINCERE feeling of gratitude, your ENERGY and your VIBRATION resonate and project a frequency attracting to you: events, things and circumstances that you deeply DESIRE and that will help you achieve your goals and dreams..

You are a magnet, whether you feel happiness, love, anger, fear, sadness, joy or gratitude you basically project a magnetic force which ATTRACTS to you people, events and situations. Anger generates a magnetic force which can attract more of what you can be angry at. Feeling Gratitude day by day will project a magnetic force that will draw to you more of what you are expressing gratitude for!



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How to Develop an Attitude Of Gratitude ?

- **The Written List**

Write on a paper or on a journal all of the things you feel GRATEFUL for. Think about all areas in your LIFE (love, friendship, work, health, finance, leisure, etc.) and start building a list of the GOOD things for each area. It might feel weird at the beginning and you might run into some MENTAL block but the more you will take TIME to think about it the easiest it will become and thing will start to flow. Ensure that the EMOTION is there, that you really FEEL grateful for those things. You will be surprised by all the things you allow YOURSELF to feel grateful for, things you have not even noticed in the past but that today you understand are a CHANCE to have.

- **The Mental List**

Once you have your written list ready, you can start involving your MENTAL BETTER by taking ADVANTAGE of your SURROUNDINGS. It is particularly EFFECTIVE to go over your mental list while you do things that you LOVE and that RELAX you such as walking your dog, practising your favorite sport, working in your garden, painting, etc.

For example whenever you feel down or stressed take some time to walk in your neighborhood or around your office, wherever you are. While walking start thinking about all of the things you feel grateful for, it could be anything like a FULFILLING relationship, a good health, material comforts, etc.

Breathe DEEPLY and start expressing this gratitude towards your list and pay attention to your SENSES (what you're seeing, feeling, hearing, etc.) and increase your list with what comes to your MIND (the good air that fills your lungs and which allows you to live, etc.). Once the exercise is over you will instantly feel calmer and HAPPIER.

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- **Thank You Letters**

Gratitude is not only towards YOURSELF it is also towards OTHERS. You can express your gratitude to someone by using a THANK YOU letter. For example list up to 3 people who you cherish and who had a positive impact on your life then choose one of them and write your thank you letter expressing all the gratitude you have for him/ her. Make sure to share the letter whether in person, by mail or by leaving it somewhere visible (fridge, office's desk, etc.).

Most of the time people don't know they have had an IMPACT on someone else's life and they usually feel deeply touched by such an authentic expression of gratitude. Letters are more POWERFUL than words because as a person we know it takes more time to write something than to say it and time is something we all TREASURE and only devote to the people we CARE about. Letters are also precious as they can be kept and re-read later on.

- **Other ways to express Gratitude in your daily life**

- Start a gratitude diary and every night list 3 to 5 positive experiences from the day
- Say thank you OFTEN not only for the things for which you are GRATEFUL in your life for but also to those who serve you
- Use precious and relaxing moments of the day like lunch break with your colleagues or meals with your family or on your own to express gratitude

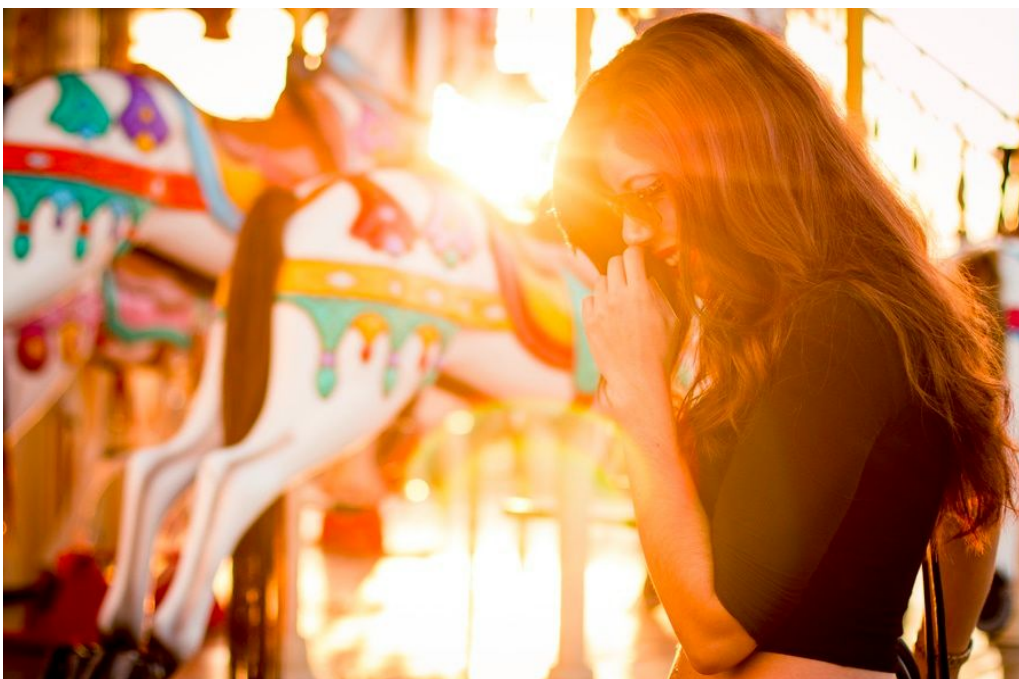
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Benefits of Gratitude

It is important for you to commit practising those exercises at least once a day, it doesn't have to take too much of your time it can be a matter of 5 to 10 minutes. Be CONSISTENT and TRUE to yourself this is KEY to see results.

This exercise is great because when you're training your mind to record those positive experiences it really boosts your level of: enthusiasm, optimism, happiness, self-esteem motivation, determination and energy ! It will also bring to you MORE of the things you express gratitude for !

We all know life can be tough sometimes and often comes with unexpected challenges, while some of us are able to find positive things and appreciation in every moment of their life, others need to cultivate this idea of appreciation.



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Let's wrap up !

I hope you appreciated what you've read as much as I have enjoyed writing it =)

As you might have noticed through the reading of this book I am a quote LOVER, I am very inspired by sayings people have expressed about life, things, people, etc. I find quotes much more POWERFUL than explanations. I have a diary where I list those that speak to me the most and I keep adding more and more every day !

I have also tried to highlight INSPIRING and POSITIVE words in capital letters so that your mind start spreading through the habit of seeing the positive first. I also made sure to underline the most important words on which you need to start focusing in order for you to observe CHANGES in your daily routine: life, attitude, mind, others, etc.

Keep a positive ATTITUDE towards LIFE, always ! “ There is a little difference in people but that little difference makes a big difference. The little difference is attitude, the big difference is whether it is POSITIVE or negative.” - W. Clement Stone

Be kind to YOURSELF and OTHERS. Accept failures, they are part of your GROWTH and SUCCESS. “Success consists in going from failure to failure without loss of enthusiasm” - Winston Churchill.

And most importantly never give-up, be STRONG and show the world what your worth is ! Remember that “The only place where your dreams become impossible is in your own thinking” - Robert H. Schuller. I only see my GOALS, I don't believe in failure and I truly think that is what is keeping me going. “Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time” - Thomas Edison

Thanks for reading ! I hope to hear from your accomplishments and success soon :)

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Resources

You will find below a list of resources that might be helpful to YOU. Whether you need to learn more about a specific topic or you wish to acquire a BETTER knowledge in a specific area, those resources can be good leverage for this. Feel free to check them out and get them if they speak to you.

I bet you are now wondering where to start, what to do next, etc. First, make sure to PRACTICE the principles mentioned in this eBook as often as you can. Then give YOURSELF a CHANCE, be POSITIVE, TRUST the universe and your destiny, see the BEAUTY in everything you do, etc. This is vital to your GROWTH and SUCCESS.

Then remember you need to take ACTION! It is the key to your future, if you don't take action you will not get the results wanted.

“Action is the foundational key to all success.” Pablo Picasso

“Awareness without action is worthless”. Phil McGraw

Taking action can be anything like taking classes, going to seminars, networking with professional in the area you are interested in, volunteering in an NGO that you care about, etc. Welcome every day with joy and dreams and every opportunity showing up in your life ! Learn to say YES and learn to minimize situations where you would say “No”. Life is challenging but also surprising so give LIFE a chance by accepting what's coming to you and by doing something meaningful with it. Don't live with regrets, just try and see what's coming out of it !

Resources for Wealth and Abundance

<p>THE AMAZING YOU</p>	<p>One Harvard psychologist shares success secret with you. The secret reveals about how you can transform your own mental abilities and enhance everything from your intelligence and IQ to your memory, your happiness and yes, even your wealth...</p>
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And it's a secret you can use anywhere, anytime to literally re-wire your brain for success in every area of your life.

Learn more [here](#)

[MANIFESTATION MIRACLE](#)



Have a look at this video from Heather. She has overcome virtually insurmountable obstacles to live her dream life, inspiring others, traveling, attracting wealth, a great relationship and being happy.

Watch this video, be inspired and never let any obstacles prevent you from loving and enjoying your incredible life...

Learn more [here](#)



“The [Instant Switch](#)” allows you to:
- shut off all the negativity in your life
- attract wealth, health and love
- heal the wounds of past relationships
- train your brain to receive happiness and success

Maybe you just want to spend more time with your kids. Or maybe you just want to have more confidence, be recognized at work or have a relationship worth committing to.

Regardless of what you ask for, when you flip The Instant Switch, it will bring what matters to you. But first, you have to get hold of your “remote control”. Learn more [here](#)