

# MICRO TRANSFORMATIONS

HOW ONE SMALL CHANGE A DAY CAN  
CHANGE YOUR LIFE FOREVER!



[www.microtransformation.com](http://www.microtransformation.com)



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# Letter from the author

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If you have subscribed to my newsletter, you will receive regular newsletters from me. If you haven't already done so, do sign up at [www.microtransformation.com](http://www.microtransformation.com) to receive regular articles to help you lead a richer life.

Thank you,  
Roy P.



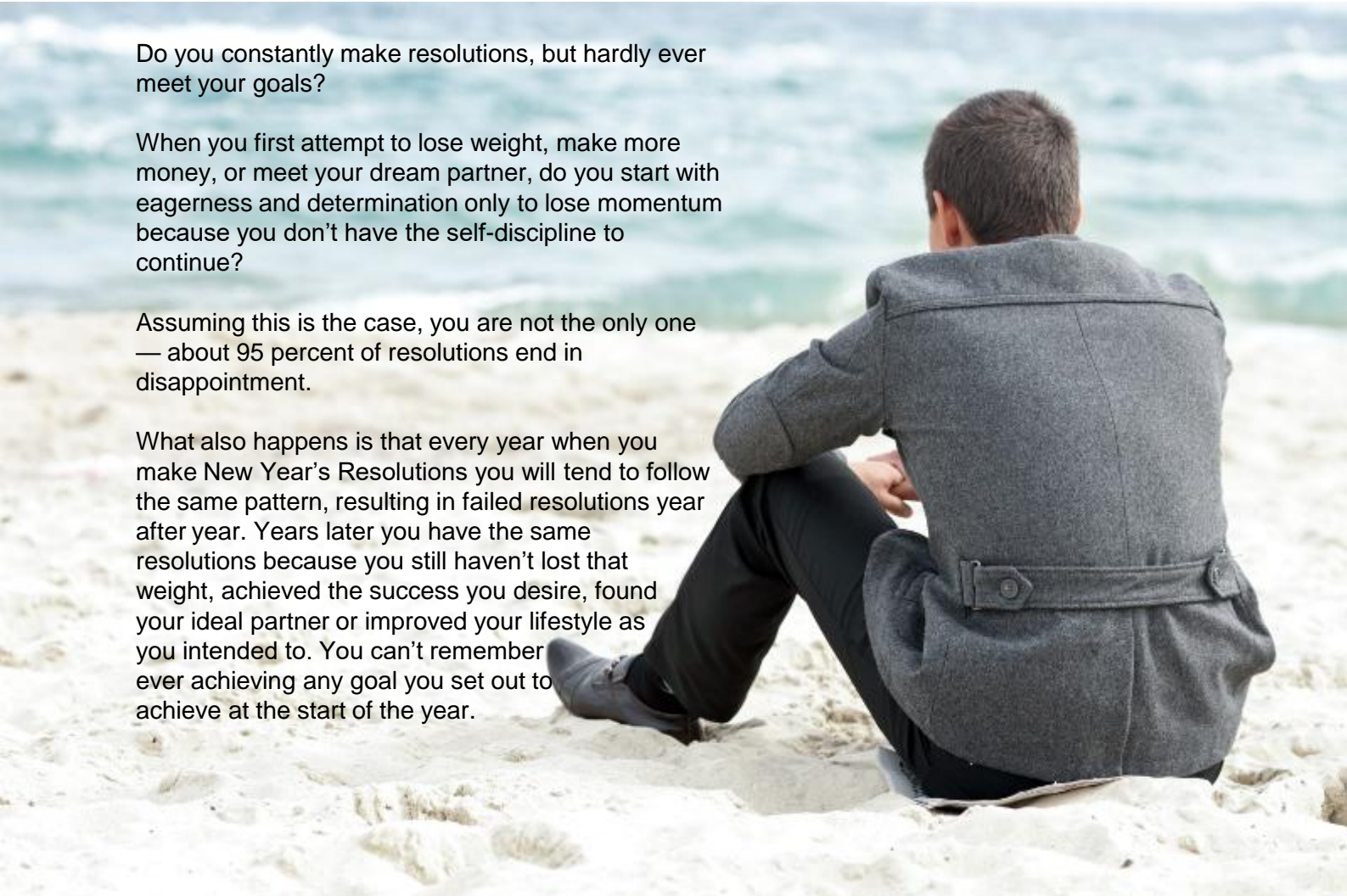
# Introduction

Do you constantly make resolutions, but hardly ever meet your goals?

When you first attempt to lose weight, make more money, or meet your dream partner, do you start with eagerness and determination only to lose momentum because you don't have the self-discipline to continue?

Assuming this is the case, you are not the only one — about 95 percent of resolutions end in disappointment.

What also happens is that every year when you make New Year's Resolutions you will tend to follow the same pattern, resulting in failed resolutions year after year. Years later you have the same resolutions because you still haven't lost that weight, achieved the success you desire, found your ideal partner or improved your lifestyle as you intended to. You can't remember ever achieving any goal you set out to achieve at the start of the year.



# So why are you not meeting your goals?

**“Mostly it is NOT about the goals per se. Mostly it is about whether or not you can change yourself to achieve your goals.”**

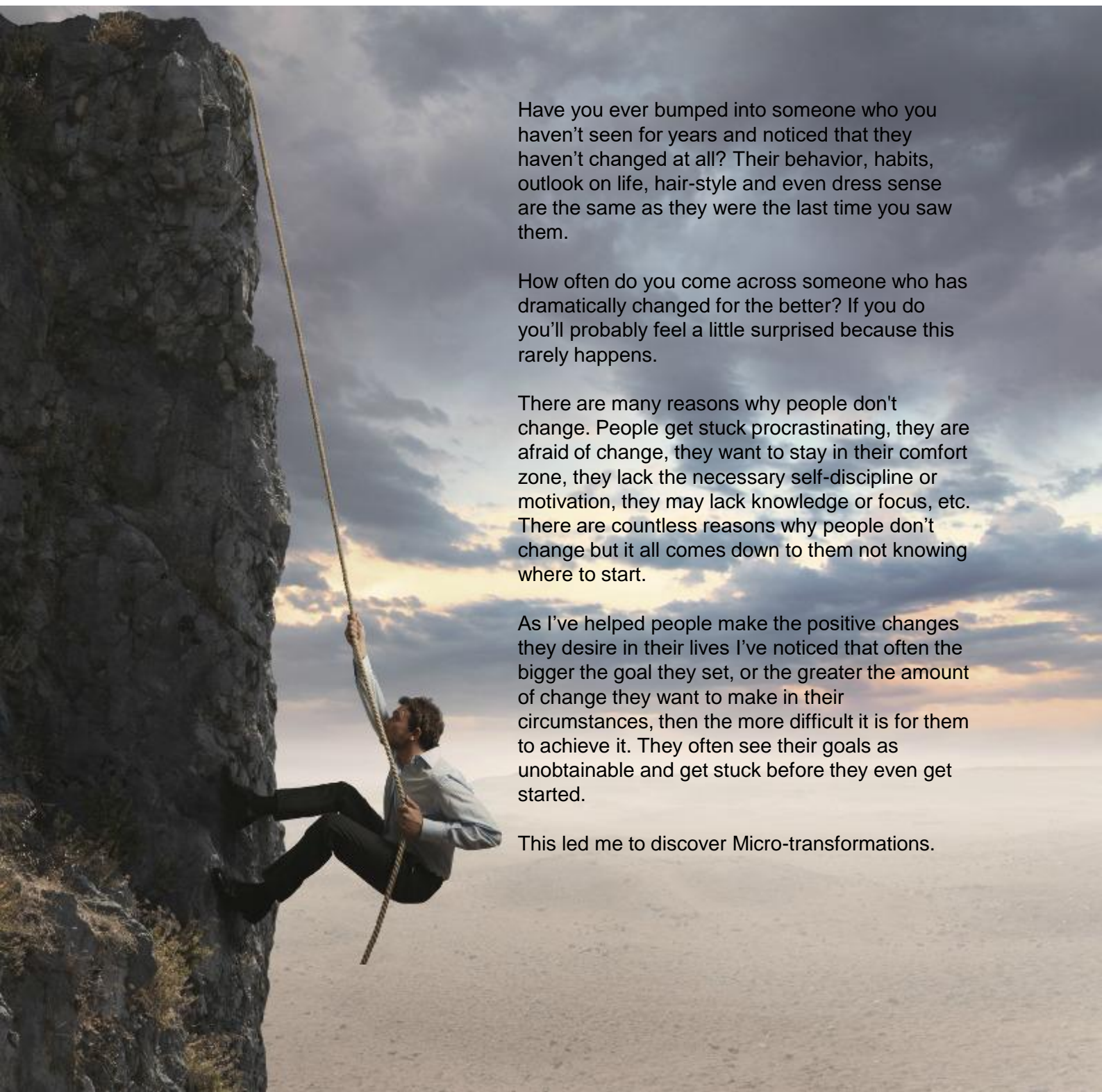
If you want to lose weight, what habits and activities do you need to change?

If you want to attract the partner of your dreams, how can you improve yourself so that others are attracted to you?

If you want more wealth, what mindset shifts do you need to make in order to propel yourself to success?



# Why is it so hard to change?



Have you ever bumped into someone who you haven't seen for years and noticed that they haven't changed at all? Their behavior, habits, outlook on life, hair-style and even dress sense are the same as they were the last time you saw them.

How often do you come across someone who has dramatically changed for the better? If you do you'll probably feel a little surprised because this rarely happens.

There are many reasons why people don't change. People get stuck procrastinating, they are afraid of change, they want to stay in their comfort zone, they lack the necessary self-discipline or motivation, they may lack knowledge or focus, etc. There are countless reasons why people don't change but it all comes down to them not knowing where to start.

As I've helped people make the positive changes they desire in their lives I've noticed that often the bigger the goal they set, or the greater the amount of change they want to make in their circumstances, then the more difficult it is for them to achieve it. They often see their goals as unobtainable and get stuck before they even get started.

This led me to discover Micro-transformations.

# What are micro-transformations?

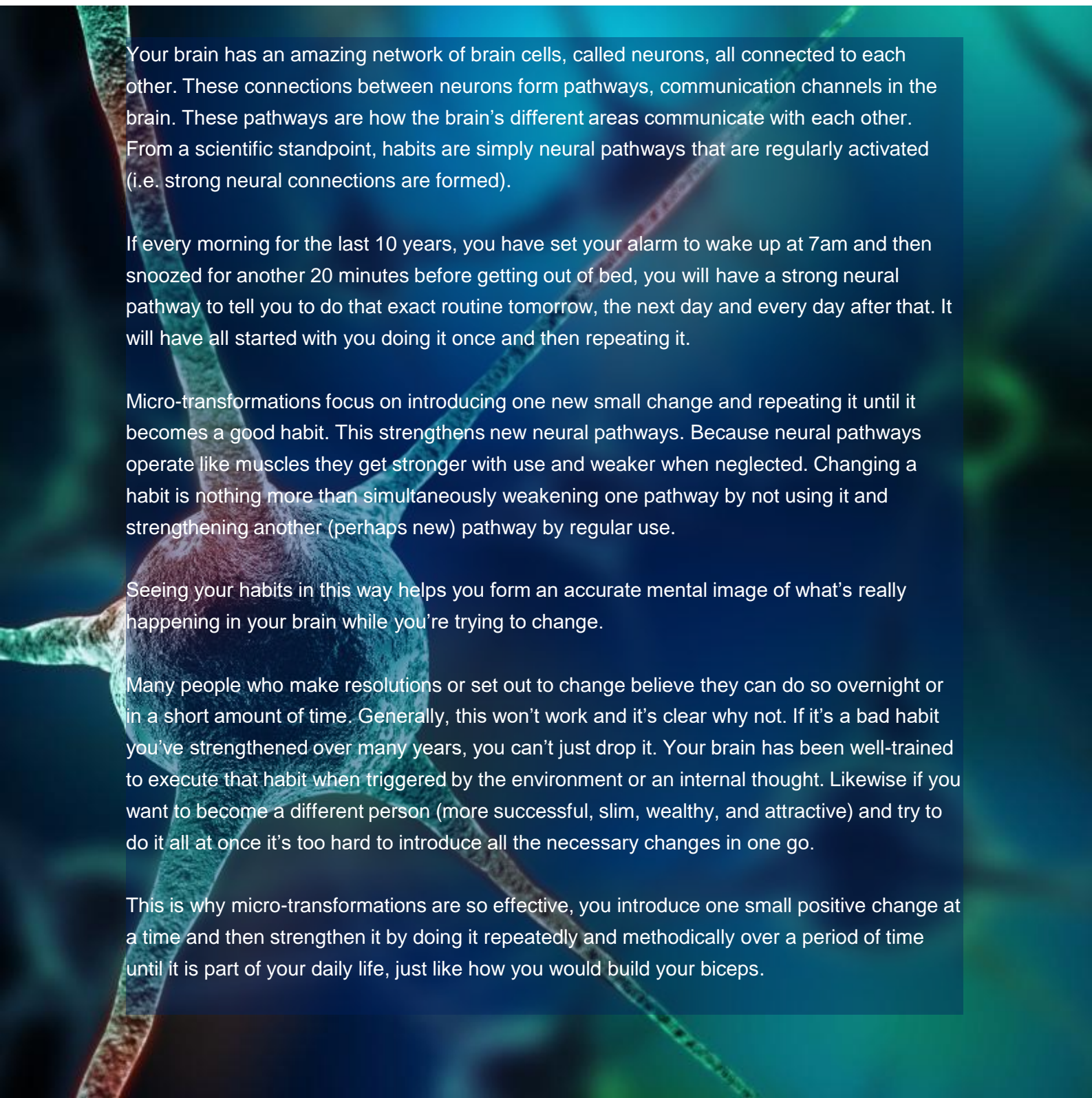
Micro-transformations are small changes that you can make on a daily basis to transform your entire life for the better. They are the stepping stones from where you are now to where you want to be. You don't need to make one big leap that could result in failure; you can make one small change at a time to turn your life around.

By introducing one small change each day that will improve your life you will eventually look back and see that you have made a major and permanent transformation.

Because you are making small changes then the barriers to your success mentioned earlier often don't apply. If it is only a small change, then there is no need to procrastinate, there is no need to fear the change, it is not too uncomfortable, it does not need a lot of self-discipline or motivation and you can focus easily compared to trying to make a BIG CHANGE.



# Why and How micro-transformations work



Your brain has an amazing network of brain cells, called neurons, all connected to each other. These connections between neurons form pathways, communication channels in the brain. These pathways are how the brain's different areas communicate with each other. From a scientific standpoint, habits are simply neural pathways that are regularly activated (i.e. strong neural connections are formed).

If every morning for the last 10 years, you have set your alarm to wake up at 7am and then snoozed for another 20 minutes before getting out of bed, you will have a strong neural pathway to tell you to do that exact routine tomorrow, the next day and every day after that. It will have all started with you doing it once and then repeating it.

Micro-transformations focus on introducing one new small change and repeating it until it becomes a good habit. This strengthens new neural pathways. Because neural pathways operate like muscles they get stronger with use and weaker when neglected. Changing a habit is nothing more than simultaneously weakening one pathway by not using it and strengthening another (perhaps new) pathway by regular use.

Seeing your habits in this way helps you form an accurate mental image of what's really happening in your brain while you're trying to change.

Many people who make resolutions or set out to change believe they can do so overnight or in a short amount of time. Generally, this won't work and it's clear why not. If it's a bad habit you've strengthened over many years, you can't just drop it. Your brain has been well-trained to execute that habit when triggered by the environment or an internal thought. Likewise if you want to become a different person (more successful, slim, wealthy, and attractive) and try to do it all at once it's too hard to introduce all the necessary changes in one go.

This is why micro-transformations are so effective, you introduce one small positive change at a time and then strengthen it by doing it repeatedly and methodically over a period of time until it is part of your daily life, just like how you would build your biceps.



# How big should a micro-transformation be?

Micro means small. So micro-transformations should not take more than 30 minutes in a day.

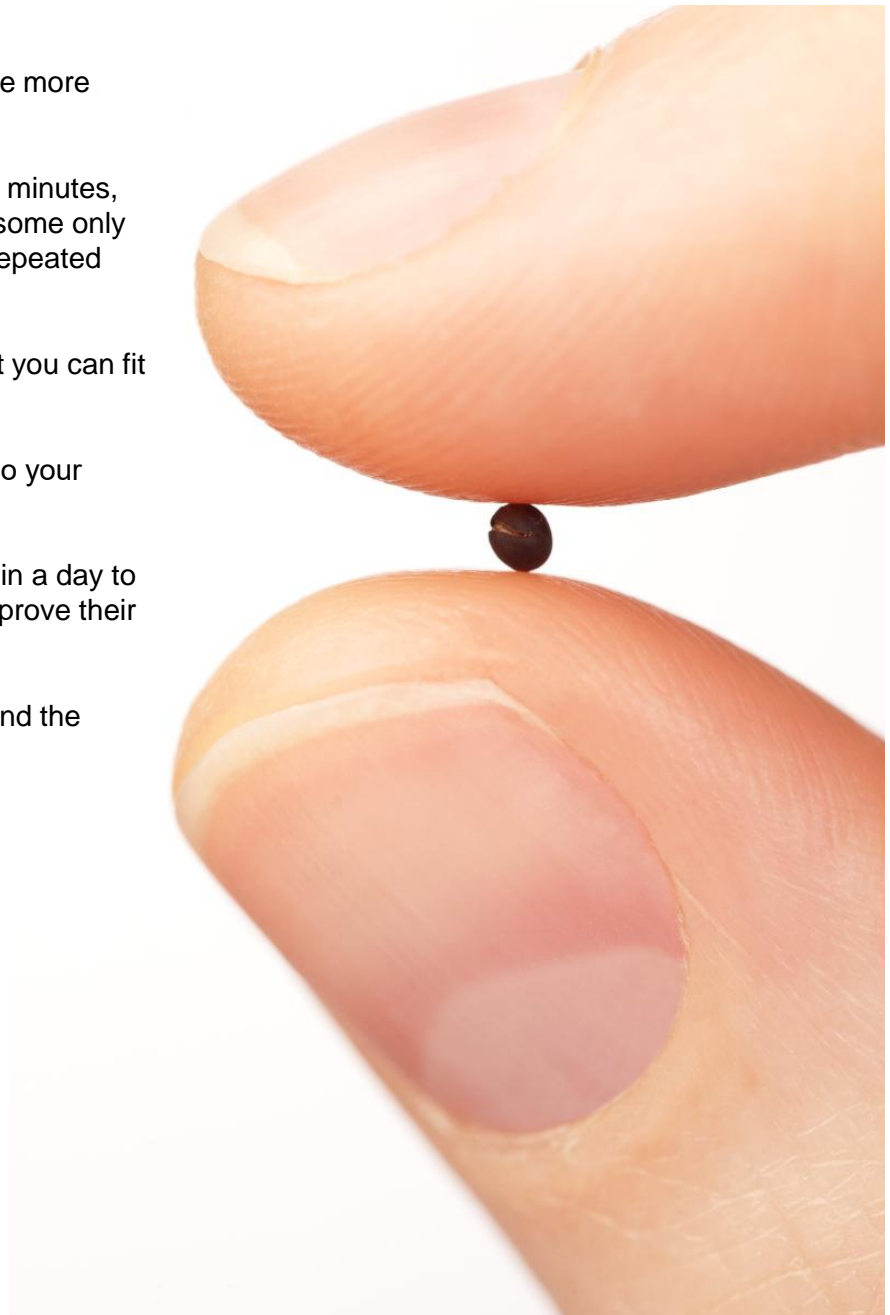
Some exercise take the full 30 minutes, others take 10 minutes, whilst some only take 1 minute but need to be repeated throughout the day.

The idea here is to ensure that you can fit it in even on a busy day.

There is no reason you can't do your micro-transformation.

Everyone can find 30 minutes in a day to practice something that will improve their lives.

Even the busiest person can find the required time to do this.



## Why are micro-transformations more effective in the long run to producing permanent change?

Micro-transformations are small changes, small steps towards your goal. It's very difficult to fail. Every day you will be making some small progress towards a big change, without even noticing it. Because you know you can do it you'll be more motivated to do it. At the end of the day you feel more positive having achieved what you intended to achieve, you've made a positive change. This builds your self-discipline, your self-belief, you become motivated because you're succeeding, you're increasing your confidence in your ability to change. All the reasons you failed at achieving big goals are reversed and become reasons why micro-transformations work. You'll notice after a week, a month, a year, two years, that you will have made huge changes, your progress will have been enormous!



# Why will micro-transformations help you master your life?

People usually embark on one personal development topic after another sequentially. You may have practiced affirmations for a couple of years only to find out that visualization works better. And then when you have worked on visualizations for a while you may realize that you have mental blocks that are preventing your success. Then you may come across an article on how to do goal setting in the correct way..... there are so many personal development tools out there that it would probably take a few life times to master them all, and to find out which ones work and which don't.

*Doing it this way is NOT an effective way in improving your life.*

When you use micro-transformations you are only implementing the tools that have been proven to work and you are gradually integrating them into your life. By having a plan to introduce one small change on Day 1, either add another change or expand on the same change on Day 2 and so on you can improve your life gradually and with ease. This will save time in the long run as there is less chance of failure and so you won't need to start all over again. You will get positive results each day and see immediate improvements that will help you feel confident that you can change.



## How I figured it out

Transforming a raw dull diamond to a sparkling one requires brilliant cuts on all its facets. Similarly, there are many aspects in personal development for transformation and many are inter-related affecting one another.

My journey into personal development started a long time ago when I was working in a 9 to 5 office job as an auditor. I only wanted to learn how to be successful at dating. As it turned out, learning to be successful at dating required a lot of personal growth and my weekly transformational coaching sessions over the next year led me to become a better person in many other areas of my life.

I went on to invest many years and lots of money in developing myself; as well as having the year of transformation coaching by a Canadian Professor. I have travelled overseas to attend workshops in California, and purchased many online courses as well. I am a Certified Life Coach, Certified NLP Practitioner from American Union of NLP and Certified Law of Attraction Practitioner from Global Sciences Foundation.

What I ultimately got out of it, after many years of figuring out what worked and what didn't, made me the person that I am today.

I wanted to share my journey with others and this led me to write the e-book titled "The Power of Visualization". I am now self-employed and run a successful email newsletter that has more than 20,000 subscribers worldwide. By regularly posting tips for my community I have helped them use the most effective, result producing, exercises to successfully and easily achieve their personal goals.

The feedback I have received from my community as well as reflection on my own personal journey of what works, what doesn't and how to make each exercise effective has helped me recognise that micro-transformations are the key to successful self-improvement.

I understand how self-limiting beliefs can prevent personal growth and know how to overcome them, I have also realised how much my broad knowledge and structured approach to introducing micro-transformations into daily life can help you make significant changes that would otherwise take you years of trial and error to get it right yourself.

The thanks that came pouring in from my subscribers as I shared micro-transformations with them overwhelmed me and led me to produce courses that introduce the best of all the micro-transformations that work like magic!

# How you can do it

Now here is a plan you can implement this week.

## **Day 1 – Start your first visualization exercise**

Take 30 minutes today to visualise your goal, you should do this every single day, at least once (the more often you do that, the quicker you will achieve your goals).

Sit down somewhere comfortable where you won't be disturbed. Breathe deeply for a few minutes to get your body relaxed. Try to focus on your breathing so that you would clear your mind from all random thoughts.

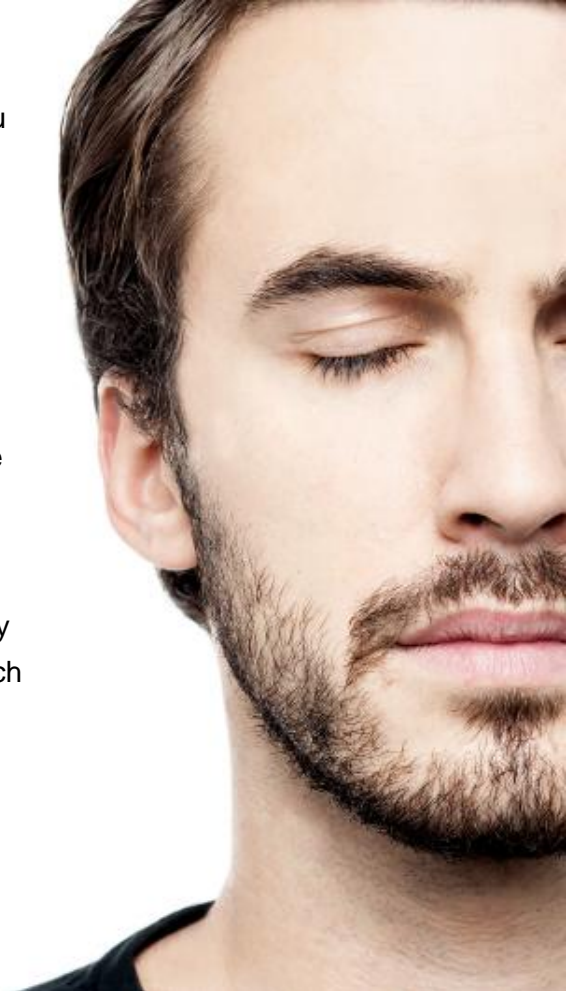
Once your body is relaxed close your eyes and, introduce the vision of your goal. See yourself as already in the possession of your goal.

If your goal is to buy a new house, see yourself as already living in the new house and try to see all the details of each room and the garden.

## **Day 2 - Add feelings to your visualization**

The most important part of the visualization is your feelings. You absolutely must induce feelings into your vision; otherwise your imagined goal will only remain imagined.

Feelings give life to your inner vision and start the growth of your goal into the material form. So whenever you visualize, try to feel happy, enthusiastic, optimistic or hopeful.



## Day 3 - Get started with The Law of Attraction

The definition of The Law of Attraction is:

***I attract to my life whatever I give my attention, energy and focus to, whether positive or negative.***

The key words are "whether positive or negative".

If you send out positive vibes to the universe, you will receive positive vibes and experiences from the universe.

If you send out negative vibes to the universe, you will receive negative vibes and experiences from the universe.



**Now if you find yourself in a negative vibration, how do you change it to a positive one?**

Firstly, in-order to change to your vibes, you need to change your *emotion*.

In-order to change your emotion, you need to change your *thoughts*.

In-order to change your thoughts, you need to change your *words*.

So throughout the day from time to time stop and make a conscientious effort to examine your thoughts.

If you find yourself using any of these 3 words; no, don't or can't, when you're talking to yourself change the sentence and say it again using positive words such as "I can", "yes", "I'm happy", "I'm glad", "I can make it" etc. and see how you feel.

## Day 4 - Short cut method to Raise Your Awareness

Set up a gadget, such as the alarm on your phone, that can vibrate every 15 minutes. Each time the gadget vibrates, look around you. Use all your five senses. Notice what you see, smell, feel, touch and hear.

Yes, be in the moment.

Do that for at least 21 days and your self-awareness will be heightened.

## Day 5 - Writing your goal on the mirror exercise

*What is your goal? Write it in one sentence on a piece of paper, cut it out and paste it on your bathroom mirror.*

*Every morning read your goal out loud as you look yourself in the eye in the mirror.*

*Ask the man in the mirror if what you are going to do today furthers your progress toward that goal.*

*If it does, do it. If it does not, do something that does further your progress towards your goal.*



# What's next?

*If you would like to go beyond these 5 days of and make changes that will produce lasting results you can go [\[HERE\]](#) to get my new ecourse; "40 days of micro-transformations that will change your life".*

*In my 40 days ecourse I will send you one micro transformation each day for 40 days. The course has been structured to help you make positive daily changes and to overcome any limiting beliefs that crop up on your journey.*

*Each micro-transformation is a small manageable change you can incorporate into your day no matter how busy you are. Each tool and the evidence to support it, has been condensed for speed and ease. By using these 40 short and concise micro-transformations you will begin to see the results immediately.*



**Get it Now**  
**40 daily  
audio lessons  
+  
Bonuses**



# Conclusion

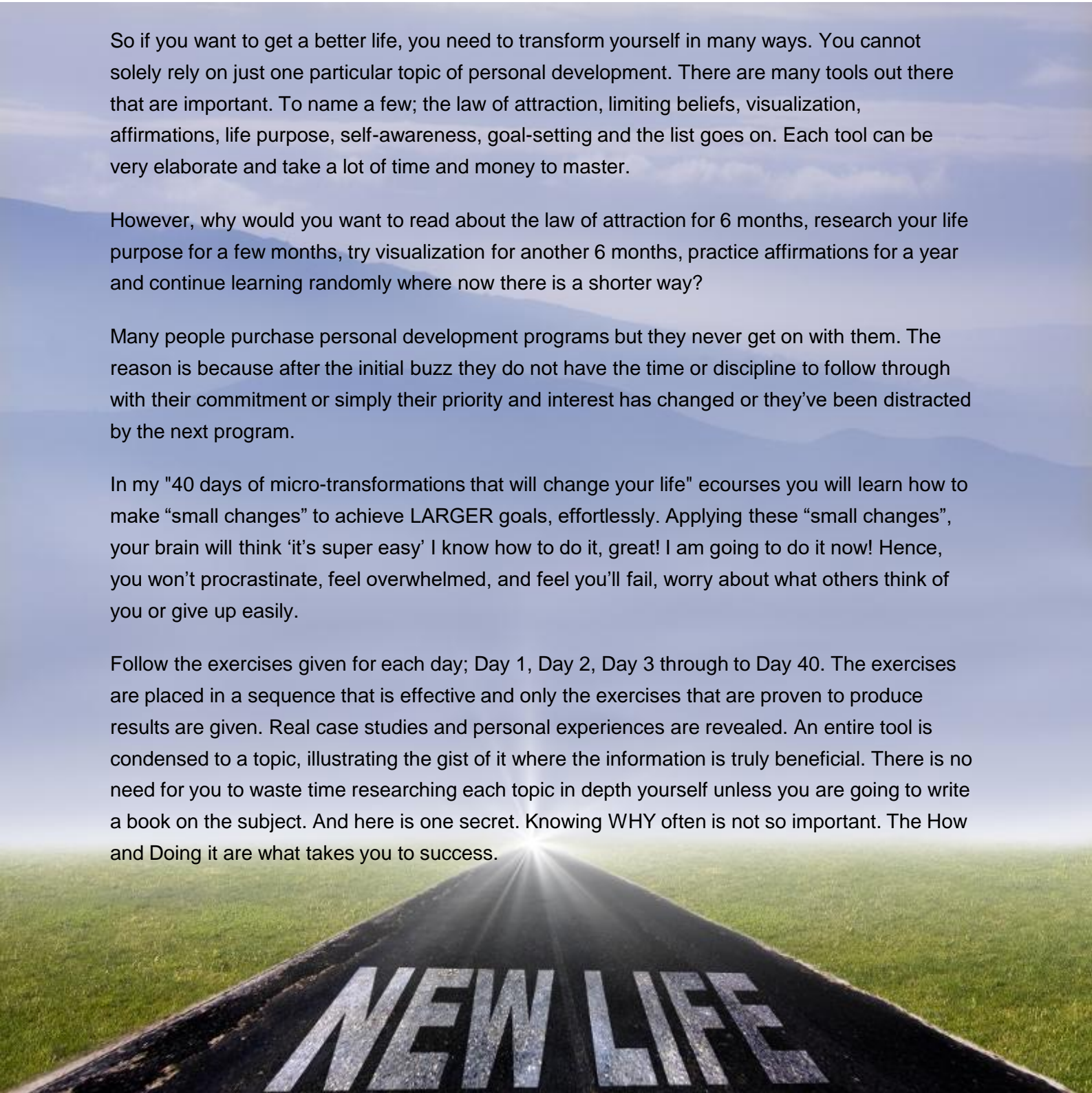
So if you want to get a better life, you need to transform yourself in many ways. You cannot solely rely on just one particular topic of personal development. There are many tools out there that are important. To name a few; the law of attraction, limiting beliefs, visualization, affirmations, life purpose, self-awareness, goal-setting and the list goes on. Each tool can be very elaborate and take a lot of time and money to master.

However, why would you want to read about the law of attraction for 6 months, research your life purpose for a few months, try visualization for another 6 months, practice affirmations for a year and continue learning randomly where now there is a shorter way?

Many people purchase personal development programs but they never get on with them. The reason is because after the initial buzz they do not have the time or discipline to follow through with their commitment or simply their priority and interest has changed or they've been distracted by the next program.

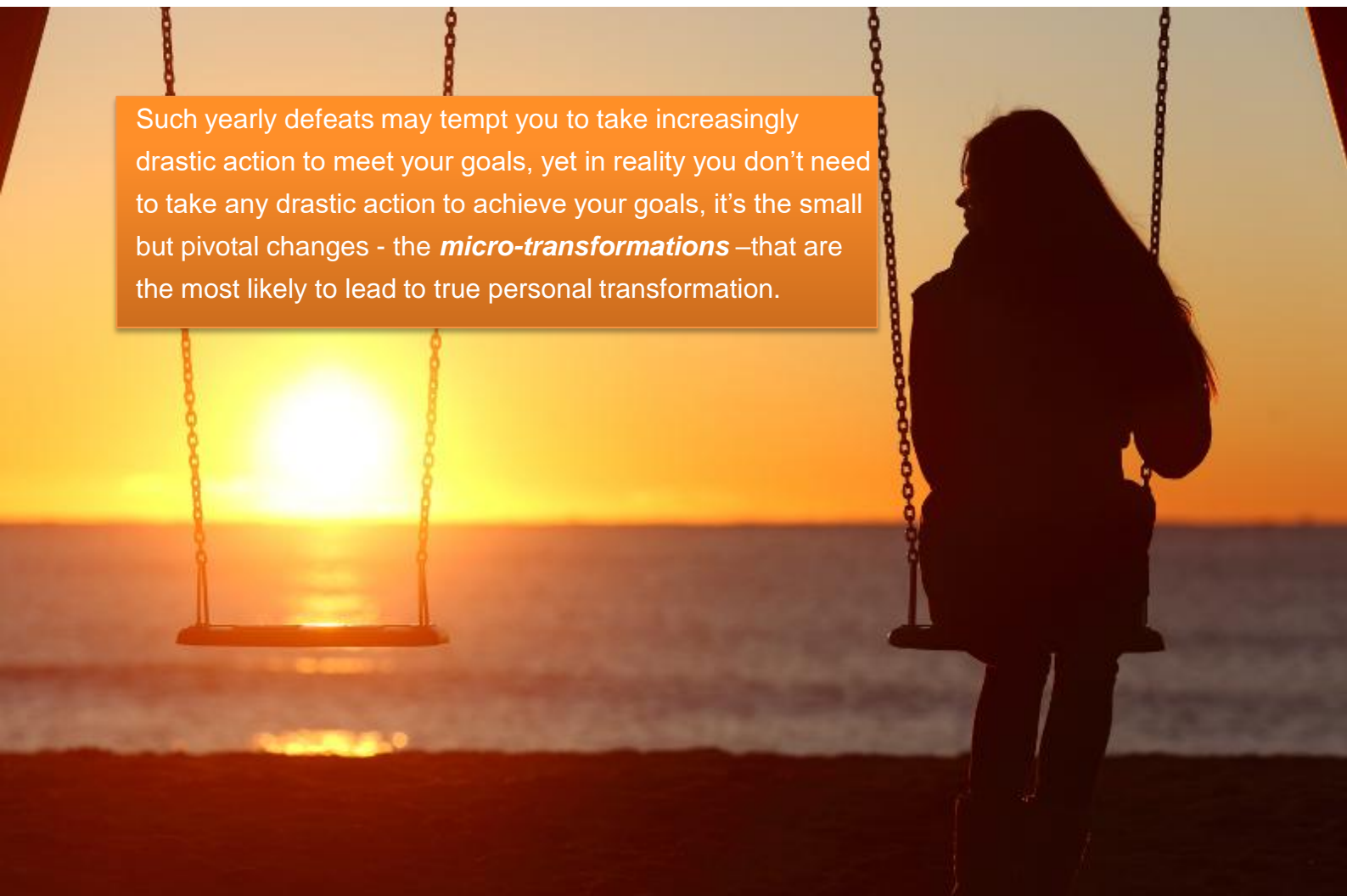
In my "40 days of micro-transformations that will change your life" ecourses you will learn how to make "small changes" to achieve LARGER goals, effortlessly. Applying these "small changes", your brain will think 'it's super easy' I know how to do it, great! I am going to do it now! Hence, you won't procrastinate, feel overwhelmed, and feel you'll fail, worry about what others think of you or give up easily.

Follow the exercises given for each day; Day 1, Day 2, Day 3 through to Day 40. The exercises are placed in a sequence that is effective and only the exercises that are proven to produce results are given. Real case studies and personal experiences are revealed. An entire tool is condensed to a topic, illustrating the gist of it where the information is truly beneficial. There is no need for you to waste time researching each topic in depth yourself unless you are going to write a book on the subject. And here is one secret. Knowing WHY often is not so important. The How and Doing it are what takes you to success.



As we wrap up, can you still remember the Introduction at the beginning of this book?

**"Do you constantly make New Year resolutions, but hardly ever achieve your goals?..... failed resolutions year after year. Years later you have the same resolutions .....You can't remember ever achieving any goal you set out to achieve at the start of the year."**



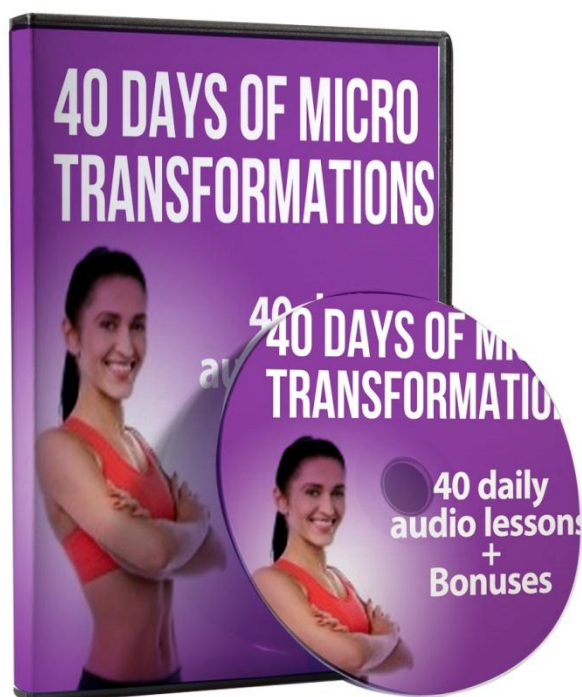
Such yearly defeats may tempt you to take increasingly drastic action to meet your goals, yet in reality you don't need to take any drastic action to achieve your goals, it's the small but pivotal changes - the *micro-transformations* –that are the most likely to lead to true personal transformation.

# 40 DAYS OF MICRO-TRANSFORMATIONS THAT WILL CHANGE YOUR LIFE

## How one small change a day can change your life forever

In my 40 days ecourse I will send you one micro transformation each day for 40 days. The course has been structured to help you make positive daily changes and to overcome any limiting beliefs that crop up on your journey.

Each micro-transformation is a small manageable change you can incorporate into your day no matter how busy you are. Each tool and the evidence to support it, has been condensed for speed and ease. By using these 40 short and concise micro transformations you will begin to see the results immediately.



**Get it Now**

**40 daily  
audio lessons  
+  
Bonuses**

1. Discover your true meaning and purpose in life.
2. Learn the #1 fastest way to achieve your goals.
3. Bring more joy and peace into your life.
4. Turn negativity into unwavering optimism.
5. Build life-long confidence and self-esteem.
6. Discover your subconscious intent.
7. Transform yourself into someone people respect.
8. Learn a shortcut method to raise your self-awareness.
9. Attract the partner of your dreams into your life.
10. Last but not least, make your resolutions come true!



**60 days guarantee**