

Life Transformation Workbook

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IMPORTANT

Please listen to the Life Transformation mp3 BEFORE you go through this guide. Some of the things won't make sense in this guide if you haven't listened to the audio program first. So please listen to the Life Transformation audio with Daniel Taylor and myself and then dive into this workbook.

Understanding What The Law Of Attraction Is

It's important to understand what the law of attraction is because there is a lot of confusion about what it is and what you need to do in order to make it work.

One of the biggest reasons people "fail" when trying to use the law of attraction is because they don't fully understand it and are not using it correctly.

Another thing that you need to understand is that the law of attraction is not the be all and end all. It is simply a part of the overall process.

There are still many other things you need to do to in order to bring success and many things that you need to fix that may be limiting your success. We will cover those later.

So let's get a clear definition of what the law of attraction is right now:

The law of attraction states that everything in its most simplest form is vibrational energy. Your thoughts determine what vibrational state you are in which attracts other things that are also in the same vibrational state.

So when you can understand that everything is just energy, even material things like cars and houses, you can understand that it's just a matter of changing your vibrational state to match that of what you want.

The movie *The Secret* popularized this and focused on manifesting material things like money and cars and the reason they done that was because *The Secret* was used as an introduction to the masses to this type of thinking.

The law of attraction is extremely powerful but if you think from a marketing point of view no one really cares how the law of attraction works they just care about what it can do for them.

So *The Secret* focused on what the majority of people want which is wealth and success and marketed accordingly.

Again it's important to understand that the law of attraction is just ONE part of the overall process and there are other things you need to do and understand if you truly want to be successful.

There are different areas and steps you need to take if you want to achieve true success in any area of your life.

We will discuss each area in detail so you have a better understanding and then later on we will lay out the actual steps you need to take to implement these things into your life and get results.

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Happiness – The True Goal

I can't stress how important happiness is because without it you are doomed to a miserably life no matter what.

We have been programmed wrongly by society to believe that we need to search outside of ourselves to find happiness. That external things are what hold the key to true happiness. In reality that is total bullshit.

The truth is that we can be totally happy right now within ourselves.

Yes external things can make you happy and it's not wrong to feel good about external things but what you need to understand is that those external things will not sustain your happiness.

They might peak your happiness for a while but eventually the novelty is going to wear off and if that was the only thing that you counted on to be happy you will soon realise that you are not truly happy at all.

The fact is we get used to things, it's human nature. Eventually the initial excitement of acquiring those things is going to go away and if you don't have a source of happiness from the inside you are going to feel empty.

One thing that you need to understand right now, really pay attention to is that:

External things will not bring you true happiness

Once you understand and accept that you can start to focus on what will bring you true happiness.

True happiness comes from the inside. It's about being happy with yourself, your life and understanding that you are constantly improving and getting better.

Most people are way too hard on themselves. Most people don't have anything positive to say about themselves. This is because we are programmed by society

to believe that you should always be self deprecating and if you are not then that means you are arrogant and a bad person.

So we always talk down to ourselves, out loud and inside our heads. But what we are really doing is hypnotizing ourselves and creating a strong negative belief that ultimately leads us to be unhappy.

We constantly focus on all the negative things we have going on in our lives, all the flaws we have and all the things we are really bad at.

We never take the time to notice all the good things about ourselves. You may of heard people give relationship advice and they say you need to learn to love yourself before you can love others.

The reason why those relationships don't work out is because one or both people don't love themselves so they are looking for someone else to fill that void. It's just the same as looking for external things. People look for external love and if the other person can't give it to them or can't sustain it they go back to being sad, miserable and depressed.

People fall into those traps because they constantly focus on how bad they are and how much they hate themselves. It's extremely hard to be happy if you hate yourself.

It's the same kind of principle when a kid gets bullied at school. Eventually he is going to start to believe all of the nasty things the other kids are saying about him. If you hear something enough times eventually you will believe it's true.

So in a way we are bullying ourselves by saying all these nasty things about ourselves and eventually we start to believe that it's true.

Well fortunately we can change this.

ACTION STEPS

Step 1. Get out a piece of paper and write down 10 things you like about yourself.

Eg. I like how I am always on time

Step 2. Then write down 10 things you like about your physical appearance.

Eg. I like my smile

Step 3. Finally write down 10 things you are good at.

Eg. I'm really good at reverse parking

Step 4. Read these to yourself or out loud at least twice a day

It's important to really take this seriously and think about what you are good at and the things you like about yourself. You need to bring them to the surface and highlight them.

It's also extremely important to write them down and read them every day. It's easy if you read them in the morning when you wake up and in the evening before you go to bed.

After time this will start to change your belief system and you will focus on all the positive things about you and it will snowball and that belief will change into a mindset and before you know it you have an internal happiness that doesn't rely on any of those external things.

Getting Clear & Stating Your Intention

The first step is knowing what you want so that you can have a goal to work towards. Now you don't need to know exactly what you want down to the very last detail but you do want to have a clear vision of what it is that you want.

Sometimes some people don't know what they want so it's important to take the time to sit down with a piece of paper and really think about what it is you want in your life.

Write down the things that come to your mind. Really let go and just let things flow as you ask yourself what you really want.

This part of the process is called defining your life which is what Daniel talked about in the audio.

Write down how you want your life to look if you had the absolute freedom and there were no consequences and no rules you had to follow, if anything was possible.

This can take some people 10 minutes and others a few hours so just let it happen as it happens but by the end of it you will have a clear definition of what you would like your life to be.

Now you need to state your intention, this is the design part of the DDR process Daniel discusses in the audio.

Once you are clear on what it is you want you need to move forward and take action. It's important to take small steps here because if you try and achieve it all in one day you will most likely become overwhelmed and fail.

So state what you are going to do first, even if it's a small intention it's important that you state it because then it becomes something, it's not just a thought it's beginning to manifest itself into the real world.

It can be as small as jumping on the internet and doing some research. As long as you state the intention then you have something to move towards. Physically writing it down and saying yes I am going to get that done today will make you more efficient and get you to your goal faster.

The third part of the DDR process is the refine part. This refers to making changes and setting new goals once you have achieved your previous ones.

Let's just say for example your vision is to own your own gardening business. So your first intention is to do some research on gardening and how to set up your own business. Once you have done that it's important to state a new intention. So maybe the next step is to register your new businesses name, then it might be to inquire about the plants and so on.

You always need to keep moving and setting new goals and intentions because if you don't you will float around in limbo and get nothing done.

ACTION STEPS

Step 1. Find a quiet place and write out your dream life on a piece of paper, really ask yourself what you want to achieve and define how you want your life to be.

Step 2. Write down a list of goals that require you to take action on your intention and then take action!

Step 3. Constantly be setting new goals and new intentions to ensure you are always moving forward.

You should write out your main intention clearly and look at it every day. It will help motivate you and keep you focused.

Also it's important to track your progress and look back with appreciation and gratitude on what you have accomplished. Seeing how far you have come is a great way to motivate yourself and keep you going in the right direction.

Motivation & Breaking Through Plateaus

It's human nature to procrastinate and put things off but it can be a real success killer. That's why stating intentions is so important because it keeps you motivated and focused.

Another good way to keep motivated is to put time restraints on tasks that you need to do. Don't be too hard on yourself and try to accomplish things in an unrealistic time but don't be too soft on yourself either.

If you give yourself a time limit then it will almost force you to get things done but if you just say that you will get around to it then you never will and you will of wasted a whole heap of time.

One of the best ways to motivate you is to do something that you are passionate about. Something that you feel strongly about and enjoy doing.

Most of us don't enjoy work but if you are doing something that you are passionate about and enjoy, it won't seem like work at all.

You will actually be excited to get started and will want to spend more and more time "working" as possible.

You need to have a big enough "why". Something that drives you, we discussed in the audio about people who already have the money and a good life how they can still succeed and the reason is they have a powerful enough "why" that drives them and keeps them going. The reason isn't the money but it's their passion.

It's also important to note here that you still want to be smart about it, you obviously want to do something that will make you money and help you achieve success.

If bird watching is your passion and you absolutely love it that's fine but if there is no way you can possibly make money from it then it's best to simply leave that as a hobby and explore areas that will make you money.

The DDR process that we discuss in the audio comes into play here when we talk about plateaus. The refine part of the DDR process is how you can break through plateaus.

You might achieve some success to the point where you are comfortable and enjoying the success you have created but to step up a level you need to refine your goals and intentions.

You need to set new ones so that you have a new goal to move toward. The most highly successful people in the world never just stop, they are always creating new challenges for themselves so you need to as well.

ACTION STEPS

Step 1. Write down your "why". The passion and purpose that drives you and read it every day to remind yourself.

Step 2. Every day write down a list of things you want to accomplish for that day. Check them off as you get them done and write a new list the next day.

Step 3. Always be looking to create new goals and intentions and be aware of what you want to do next. Constantly refine your life to increase your success.

Meditation

Meditation is a very powerful tool that as you heard in the audio presentation with Daniel it can really help to clear your mind and get rid of any blockages you might have.

Meditating isn't as "airy fairy" as some people think it is. It's basically just calming the mind because we have millions of random thoughts going in and out of our heads all the time.

It really is quiet chaotic so meditation is a great way to calm everything down and focus on what's really important.

Think of meditation as getting a massage of the mind.

The other great advantage of meditation is that it can obviously bring great success and heal very traumatic events that may have happened in your life.

There are two ways to do meditation, by yourself or a guided meditation. I recommend you start off with a guided meditation, you can use the audios included in this package for that.

To do it yourself all you need to do is find a quiet place, get comfortable and close your eyes. Your intention is to simply clear your mind and focus on your breath.

The first few times you do this you will probably find it difficult because random thoughts will just keep jumping into your head. When they do just clear them and focus on your breath again.

When I first tried this by myself I could only meditate for five minutes, so don't get discouraged if you can't clear your mind for very long. You will get better at it over time.

The idea of meditation is to calm your mind and get clear. To get rid of all the junk that's currently in your head. It's like a cleaning process. It's best to meditate before you visualize because you will have a more powerful visualization since your mind is clear.

ACTION STEPS

It is recommend that you use the guided meditation audios included with this package as they will teach you how to meditate and guide you through the entire process easily and effortlessly. When you feel comfortable with the process you can do it by yourself or you can simply continue to use the guided version.

Psycho Analysis In The Meditative State

This is the process that Daniel talked about in the audio program. It is a fairly simple and straight forward process and Daniel explains it quiet well in the audio.

All you need to do is get into the meditative state (see above) and then once you are there start to ask what kind of things are holding you back, what kind of resistance is there and your subconscious mind will bring up things, experiences or reasons to answer your question.

It's quiet an amazing process, your subconscious will bring up things that you had no idea were holding you back. Some of the things will be from so long ago that you had forgotten about them.

Once you do that you simply say "I forgive and I let these emotions go". You just keep repeating it until it disappears.

So with every different thing that comes up, when it comes up just repeat the phrase "I forgive and I let these emotions go" and it will start to fade away and you will feel better about it.

This is a very powerful technique and is incredibly useful for healing any psychological scars and resistance you might have.

ACTION STEPS

Step 1. Get into a deep meditative state

Step 2. Ask yourself what is holding you back, what is unforgiven and what is causing you resistance.

Step 3. When these emotions and experiences come up repeat the phrase “I forgive and I let these emotions go”

This is a very powerful technique that you can use on a regular basis to clear any blockages or resistance. It's important to keep doing this form of meditation because as you progress through life you are going to face new challenges and there will be new resistance so use this technique to get rid of that.

Visualization

Visualization is a critical tool in obtaining what you want. Visualization works because you create such a vivid experience in your mind that your mind can't actually tell if it's real or just a visualization. This conditions your mind and body for the particular thing you are visualizing about.

It helps get rid of negative and limiting beliefs because the best way to change a belief is to actually do it.

For example if you have a strong negative belief that you can't drive a car even though you have never tried, that belief can be changed by actually physically learning how to drive a car.

It might take you a few months to learn how to do it and maybe even a few years until you are a confident and competent driver but your original belief of not being able to drive a car will of greatly changed by the time you can actually drive a car.

Visualization is like the next best thing to actually physically experiencing it. Like I said above a powerful, vivid visualization will confuse the mind and it will not be able to tell if it's real or not.

So if you were to powerfully visualize yourself as a confident and competent driver you would have that belief so when you got behind the wheel you wouldn't be nervous or scared you would be confident because you would of visualized yourself doing everything right and because your mind thinks you have done it a million times when you actually physically do it, it will just seem natural to you and you will feel like you have been driving for years.

Back in 1954 Roger Bannister was the first man to run the four minute mile. This means he ran a mile in under four minutes.

It had never been done in history and how he achieved it was by visualizing the run in his head over and over until it became a solid belief that he could run a mile in under four minutes.

The thing is you don't need to know how it really feels. A lot of people say well I've never done that so how can I visualize what it feels like.

Well Roger Bannister had never ran a four minute mile either but he just visualized doing it and let the feelings flow.

Don't try and think what it would feel like because then you're thinking too much and trying to "logic" it. Just visualize it and let the feelings naturally come to you, don't force it.

There is no right or wrong feeling, it just is what it is.

When visualizing it's important to see things through your own eyes like you do in real life. Don't see yourself like in a movie see through your own eyes like you do every day.

You want to make it as real as possible so engage all of your senses.

Sight, sound, touch, taste and smell.

You may ask how can you engage all of your sense like taste.

Well what you do is simple, you include everything in your visualization.

For example let's say you are visualizing your mansion that you live in. A great way to do this would be to visualize walking out to the balcony, feel the texture of the door as you open it, feel the wind blow against your face as you walk outside, see the sunset going down over the ocean, feel the wooden texture as you place your hands on the edge of the balcony, hear the birds chirp as they fly off to the sunset, smell the smell of the ocean on the breeze, taste the martini as you sip it while overlooking the ocean.

The above example engaged all five senses which make the visualization even more powerful.

Action Steps

Step 1. Find a quiet place, get comfortable and close your eyes.

Step 2. Take a few deep breathes and relax. Calm your mind and focus on your breathing.

Step 3. Start to visualize whatever it is that you want, remember to see it through your own eyes and to engage all five of your senses.

Step 4. Visualize at least twice a day, morning and night.

There is no set time limit that you need to visualize, it can be a quick 5 minute visualization or a longer 20-30 minute one. What's important is really *feeling* what it's like to experience what you are visualizing.

As you are doing it make a note to notice the feelings and really enjoy them and hone in on them, those are the things that add power to your visualizations.

The Creation Process

Everything has a creation process to it. There is a way to create every single thing this world has to offer.

Most people don't realize how simple it actually is and instead let the limiting beliefs and negative self talk hold them back. That's why it's important to do the things we have discussed so far first so you don't run into any problems that will cause you to fail when you are trying to create something.

The process itself is very simple, sometime though we can be our own worst enemy and sabotage our own success. Sometimes it's for reasons we don't know which is why the meditation is such a powerful and necessary tool for your success.

We sell ourselves too short too often and underestimate the power of our mind.

Let's take the example of building a house from scratch. The builder looks at the empty block of land and eventually there will be a house built on that block of land.

So from start to finish there is a process going on that is called the creation process.

At the very start as the builder looks at the empty block of land and he visualizes the house, he sees a clear picture of what he wants the house to look like. At that moment the house is all in his head, it's just an image in his mind but he is going to turn that image into reality.

Fast forward a few months and that empty block of land will have a house on it.

The first step is having a clear vision of what it is that you want. You may of heard this before but it's extremely important to state that intention. State it as a goal, as a challenge, as something that you are going to commit to and put all of your time, energy, focus and effort into.

Take it seriously, it's not just a hopeful affirmation. If you treat it like that then it will always just be a hopeful affirmation. Something that makes you feel good for a moment but never materializes.

The builder takes it seriously, he visualizes the house exactly how he wants to build it. He sees the front door, knows how many windows the house has and how many bedrooms it has. He also makes the commitment to focus on the task, to put his time and energy into making it happen.

You need to do the same thing. Simply stating that you want to make more money isn't going to cut it.

I like to make it into almost a challenge, where I will say to myself ok I would like to create this particular thing in my life, now I am going to set my mind to it and focus on it and let's see what I can create.

Get specific with your intention. If you want to make more money clearly define how much money you would like to make. Write down a number, \$1000 a week, \$10,000 a month etc.

If you don't have a specific number then your mind has nothing to work towards. It's like the builder just saying he would like to build lots of stuff. Your mind doesn't know what to focus on.

Another important key here is to make your goals *realistic*. Now this is important because it is something that tripped me up for years. I didn't want to set small goals because I wanted to think really big. I didn't want to have any limiting beliefs.

So I created a goal to make a billion dollars. The problem was that it was too big of a leap. I hadn't even made \$10,000 before so jumping to a billion was too big of a stretch.

The other reason why you don't want to set goals that are too big is because you will lose motivation when you don't achieve them.

If you make a goal to make \$50,000 in a year but you only end up making \$30,000 you are going to get disappointed and lose your motivation.

However if you set a smaller goal of making say \$10,000 which in your mind is achievable, once you do that you will feel a sense of accomplishment and your motivation will sky rocket.

Then you will set bigger goals. You need to take baby steps not giant leaps.

You are more likely to achieve your larger goal if you have a lot of little mini goals in between.

I like to have an overall goal, something that I want to achieve one day but also have goals I would like to achieve in the short term.

For a lot of people it is making a million dollars. So have a million dollars as your long term goal and then set a goal of making \$10,000 a month. Then build from there.

You need something that is tangible and measurable. Going from a zero to a million is too big of a gap.

Ok so once you have a clear goal in mind you need to get it down on paper.

The builder doesn't just look at the empty block of land, visualize it then start building. He plans it all out. He specifically designs it how he wants it to look.

So you need to do the same. Get a clear description of what it is you want.

If it's a car write down the exact model, the color, the year, what features does it have, what options do you want. Does it have electric windows? What size rims has it got? Does it have a 6 stacker CD player or did you upgrade to the 12?

Get it clear in your mind then get it clear on paper.

Next you need to take action. This is where most people underestimate the power of their minds but as long as you are very clear and tell your mind exactly what you want it will understand and will make it happen.

So you need to start actively looking for ways to make your goal a reality.

Start researching.

This part is important so make sure you don't skip over this part of the guide.

This is where most people stop, they write out what they want and then they just visualize it and wonder why 12 months later nothing has happened.

You need to make things happen. If you set your mind on the right track first it will lead you to where you need to be, you just need to take the first step.

It could be as simple as jumping on the net and doing a search. Maybe it's ringing up the car dealership and inquiry about the car you want.

I've heard countless stories from people who just took action and they ended up getting what they wanted but in a way they would of never of thought of.

One story comes to mind of a couple who wanted to buy a new Mercedes. They didn't have the money for it and didn't know how they would get it but they decided to just go and have a look at one anyway.

It turned out that the particular dealership that they went to had been trying to sell a Mercedes for months, they wanted to get rid of it because they were going to discontinue selling Mercedes' at their dealership due to low sales.

So they were able to trade their old car in plus get a sizeable discount on the Mercedes which then made it possible for them to afford it.

They said they would of never owned a Mercedes if they didn't decide to take action that one day and go down to the dealership.

So taking action is important. Once you set your mind on something, it's like you lock it onto a target and it moves you closer to your goal.

If you want to make more money for example, maybe you come across a business ad that can help elevate your business. You meet someone who has connections in your industry. When you focus your mind on your goal and take action you will move towards achieving that goal at rapid pace.

You might come across obstacles just like the builder would, but you keep on going and the solution will present itself. I'm sure a builder would come across many problems when he is building a house but he doesn't just quit and say that the house can't be built.

He perseveres because he knows that the problems can be solved and if he keeps going the house will be completed.

You need to do the same, you may come across challenges but you must know that whatever it is that you are trying to create can be created. The problems can be overcome. So just keep going.

The creation process is putting all the things we have talked about in this guide together. They all work hand in hand with each other.

Focus is very important and you need to have it. If you don't know what to focus on you will never create anything. You will just float around randomly.

You can create anything you want. Intend it, see it clearly, get it down on paper, take action and keep on taking action.

Daily Steps

Ok so now you have all the tools and steps you need so let's put them together into a nice little daily routine that you can start to use today.

Step 1. Change Negative Beliefs

Get out a piece of paper and write down 10 things you like about yourself. Then write 10 things you like about your appearance and then 10 things you are good at.

In total you should have 30 positive things about yourself. This will help change those negative beliefs and mindsets and create new positive ones.

Read your list of 30 items twice a day, every day. You don't have to read this out loud but it is better if you do.

Step 2.State Your Intention

You need to have a clear intention in mind. Sit down with a pen and piece of paper and map out your life exactly how you want it to be. No rules, no limitations just what your perfect life would be.

This is going to be called your overall goal. What the ultimate achievement is.

Now you need to define smaller goals that will help you reach your ultimate goal. This is the taking action part.

So once you have defined your major goal write out a list of things you can do within the next month that are going to get you closer to your ultimate goal.

Read these goals every single day and check them off as you complete them.

Step 3. Define Your “WHY”

This is what is going to drive you, this is what is going to help you break through plateaus and keep you motivated.

Write down what your passion is. Write down why you want to achieve the goals that you previously set out.

Clearly define it on a piece of paper and read it every day.

Also be actively setting new intentions and new goals. When you accomplish something look back on it and be grateful and proud of what you have accomplished then set a new goal to accomplish. This will insure you will never plateau and always succeed.

Step 4. Meditation

This is a crucial part of the process. This is one of the “tools” you can use to fast track your success. It is recommended that you use the guided meditation audio’s that are included in this package (special thanks to Brad Gosse for providing the audio’s) to start off with.

As you get better and more comfortable you can start to meditate on your own or you can stick with the guided audio’s.

Once you get the hang of mediating then you can apply Daniels Psycho Analysis Mediation technique to remove any blockages and resistance you may have.

Meditate at least two times per day.

Step 5. Visualization

Visualization is the other secret weapon you have in your arsenal that will help you achieve results quicker. We have already discussed the benefits of visualization and how to do it effectively.

Just remember to engage all five senses and to see things through your own eyes as you do in real life not see yourself as if you were in a movie.

Visualize twice a day after you have meditated.

Step 6. Take Action

This is crucial. None of the other stuff will work if you don't take action. You have the tools to get rid of any limiting beliefs and negativity that may be stopping you from taking action so make sure to use them to ensure you have no road blocks.

Take action, get the ball rolling. Don't wait for the perfect time because it will never come. You can improve on the way, just get it happening. Lock your mind onto what you want to achieve and then go out there and take that first step.

Trust that the power of your mind will guide you to where you want to go. If you want real world results you need to take action in the real world.

So be bold and daring and TAKE ACTION!

Conclusion

You now have a systematic process that you can use to create the life of your dreams. You have the knowledge, the principles and actionable steps that you can use today to achieve the results you desire.

Remember that you are always improving and always growing which is a good thing because if you are not growing then you are dying.

Our minds are amazing things, our beliefs and our mindsets have incredible power over what we do and when you understand that you can start to use the power of your mind for good.

I would like to truly thank you for purchasing this program and I would also love to hear your success stories.

You can send me an email at my personal address at bully8@gmail.com

To your success,

Tristan Bull