

**Valuable
Information**
Tools & Techniques
to help live your
life by design!

DYNAMIC TRANSFORMATION

**USING THE
LAW OF ATTRACTION
FOR
PERSONAL AND PROFESSIONAL SUCCESS**

DISCOVER THE SIX STEPS TO RELEASING YOUR INNER POWER

Powerful tips and tools to attract success, happiness and prosperity.

BY CHERYL VALLEJOS
LAW OF ATTRACTION PRACTITIONER

Dynamic Transformation

**Using the Law of Attraction
For Personal and Professional Success**

Discover the Six Steps to Releasing Your Inner Power

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Other references on the Law of Attraction

Ester Hicks

<http://www.abraham-hicks.com>

Wayne Dyer

<http://www.drwaynedyer.com>

Michael Losier

<http://www.lawofattractionbook.com>

The Secret

<http://www.theseecret.tv>

What the Bleep Do We Know?

<http://www.whatthebleep.com>

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Chapter 1

ATTRACT YOUR IDEAL LIFE

“You attract to your life whatever you give energy, attention, and focus to, whether wanted or unwanted.”

~ Michael Losier, author *The Law of Attraction*

The Law of Attraction states that what you focus on you attract into your life. Are you attracting what you want or what you don't want? If you want to attract your ideal life, try this program for each goal you have.

1. Decide what you want.
Get clear about your goal, know what you want to achieve, and by when. Write out your statement of desire and repeat it out loud every morning and

evening. Ex: I want to earn \$100,000 by December 31, 2007 selling my information products. Then focus all your thoughts, feelings, and energy on your goal and not on your current circumstances or on any obstacles that arise. Keep your attention fixed on the goal.

2. Visualize and feel the outcome. Close your eyes and picture your results; feel how you will feel when

Are you attracting what you want . . . ?

you have what you desire. Use your imagination to see, feel, and sense your ideal life. As you see and feel your desire, you are raising your vibration to create an external match for your internal picture. This is how the law of attraction works.

3. Expect it will happen.

Write your goal, affirm it out loud, visualize it, then let it go. Imagine it is already happening and you don't need to hold onto the desire. This opens the space to receive what you want into your life.

4. Allow it to occur. You need to believe your ideal

life is possible. You need to be open to having what you want, even if you've never had it before, even if you aren't sure it's possible. Suspend rational belief based on the past, and open up to a brighter future. As you open up to allowing the results in your life, you are releasing any doubt, and placing your desires in trust that they will manifest through the law of attraction. Remove any resistance and allow all good to flow to you.

5. Offer gratitude. When you give thanks and appreciation before the manifestation of your desire, you are in effect acting as if it's already

come to you. Actually, it already has come to you, at least in your imagination. All you desire already exists, so when you offer gratitude you are just accepting it to appear in your present time from where it already exists.

If these ideas are new to you, just try them on and see how

they feel. As you begin to see results, you will gain confidence in knowing you can attract your ideal life. To read more articles on the Law of Attraction and how to apply it to all aspects of your life, visit:

<http://www.endorsesuccess.com/articles.html>

Law of Attraction is Universal, and every person is affected by it. And it is always true that what I think and what I feel and what I get are always a match, and there is not a person on the planet that did not know that when they were born, and there is not a person on the planet that would not benefit by knowing it.

~ Abraham, channeled by Esther Hicks

How to Attract Your Ideal Life

What is it you want?

- Be as CLEAR as possible
- Be SPECIFIC
- Visualize what this would look like
- Write it down
- Say it, hear it, feel it

Why do you want this?

- List SPECIFIC reasons for each area you listed
- Remember, if your WHY is strong enough, the HOW will come easy

When you achieve your goal, how would that make you feel?

“I would feel...”

Now, treat this like you already have it.

- Stay in the present tense as though you already have it and are living your dream
- The more your mind hears, sees and thinks you can do it, the easier it will be

Steps for you to follow:

1. Get clear on your desire
2. Turn your desire into a belief
 - a. Your belief becomes stronger by repetition, visualization and clarity
 - b. Affirmations are a great way to get strong on your desire

What's next?

Turn your desire into the ‘knowing’

- Know you can do it
- Know you can have it
- Know it will come in powerful ways
- Know all things are in Divine Order and will come at the right and perfect time

Your brain believes what you tell it and what you believe so the more you practice this process, the easier it becomes

Please remember,

ALL THINGS ARE IN DIVINE ORDER

Exercises to Attract Your Ideal Life

Practice the following **Four-Step Exercise** daily for your desire statements.

Have your specific goals in front of you as you say the following with as much emotion as possible:

Step #1

“I am in the process of...”

List your specific goals

Example: “I am in the process of attracting my black 335i BMW with tan leather interior.”

- 1.
- 2.
- 3.

Step #2

The universe is in the process of aligning all that needs to happen so I can easily attract:

- 1.
- 2.
- 3.

Step #3

“I love it when the Universe brings me...”

List the specific goals as though you already have them

Example: “I LOOOOOVE it when the Universe brings me my black 335i black BMW with the tan leather interior.”

- 1.
- 2.
- 3.

- Remember, when you say “I love it when...” say it with as much excitement, enthusiasm, emotion, and belief as you can. Put the emphasis on “I LOVE IT WHEN.” In other words, shout it to the world.

- A big part of the process is the EMOTION

Step #4

The Desire Statement is an important part of the process. Say the following out loud with emotion and feelings:

“I am in the process of attracting all that I need to do, know and have to attract and allow my ideal...”
(state your specific goal)

Example: “I am in the process of attracting all that I need to do, know and have to attract and allow my ideal 335i BMW.”

Do this **Four-Step Exercise** often. Remember, you’re turning your desires into beliefs and the beliefs into the knowing.

Best of luck to you!

Chapter 2

THE VIBRATION OF SUCCESS

“Success is not so much what we have as it is what we are.”

~ Jim Rohn

Most people, when they think of success, generally envision setting a goal and doing certain activities to achieve that goal. In other words, a series of external actions that will lead them to success. However, success does not always result directly from performing certain actions, and when it doesn't, we may be puzzled as to why we didn't achieve the goal. Did we do something wrong? Should we have taken different actions? Was the goal too far fetched?

The truth is that success is first an inside job before it can be a result on the outside. For optimum success, therefore, we need to take on the **Vibration of Success**. Read a complete article on The Vibration of Success here: <http://www.primeleaders.com/articles.html>. What does that mean? Vibration is energy, and the energy you hold in your thoughts and feelings on the inside attracts to you like results on the outside. You are continually giving off vibrations of energy when you think and feel. If you hold an inner

vibration of lack and loss, you'll attract lack and loss in your physical world. Therefore, if you raise up your vibrational energy to one of abundance and success, you'll attract that in your life—in all areas. That is, if you think positively, and hold positive thoughts and expectations about the outcome of your goal, you are not only more likely to achieve that goal, but to attract it to you.

So, if you're feeling excited, enthusiastic, happy, joyful, loving, appreciative, abundant, prosperous, and peaceful, you will be giving off positive vibrations. If, on the other hand,

you are feeling bored, anxious, worried, depressed, lonely, disappointed, frustrated, hurt, angry, resentful, guilty, or stressed, then you are giving off negative vibrations.

When you notice your mind veering off course, or focusing on the negative, gently tell yourself to come back to the positive focus. If you find obstacles or distractions in your path, focus on finding solutions—get support, call a coach, just take action! Some tools you can use to stay positive and in the vibration of success include affirmations, visualization, meditation, reading books,

*When you **focus** your thoughts
on what you want to achieve or create,
that energy **attracts** those results to you.*

listening to CDs, attending seminars and working with a coach. Read more about Holding The Vision here: <http://www.primeleaders.com/articles.html>

Science has shown everything is energy, including the material world. When you focus your thoughts on what you want to achieve or create, that energy attracts those results to you. Your inner thoughts, self-talk, feelings, and overall attitude create an energy that acts as a magnet to bring into your life material results that match the energy of your inner world. So it is crucial that you become aware of your internal energy field. What are you saying

to yourself? Is your mind organized or unfocused? Are you clear about your goals or are you doubtful? Do you know why you want what you want or have you taken on other people's desires as your own?

The Law of Attraction states that the universe responds to whatever vibration you are putting out, by giving you more of whatever you are vibrating. It doesn't care whether it is good for you or harmful, it simply responds to your vibration. This is a universal law that works for everyone: that which you focus your energy on you attract to you. The easiest way to attract what you want—success—is

to focus your energy vibrations on the positive outcome and not on obstacles, distractions or failure.

You've heard the expression: Be careful what you wish for—you may just get it! Well that shouldn't be a warning, but a promise. For if you hold high vibrations of what you truly want, and stay clear, positive,

and focused in your thoughts, self-talk, and feelings—you just may get what you want. The **Vibration of Success** will attract to you all the success you want.

To learn more about Vibrational Energy, listen to an audio file by visiting: <http://www.endorsesuccess.com/audio.html>

The Law of Attraction says, "That which is like unto itself is drawn." Vibrations are always matched. So, as you experience the contrast which inspires the new desire, this new desire, whether it is a strong one or a soft one, is summoning unto itself proportionately. And as it summons, it is always answered. It is the basis of our Universe: When it is asked, it is always given. Humans think they are asking with their words, or even with their action, and sometimes you are, but the Universe is not responding to your words or your action. The Universe is responding to your vibrational calling.

~ Abraham, channeled by Esther Hicks

How to Expand Your Vibrations

Expanding your vibrational energy is an amazing part of life and a path to self-discovery. You can enhance your personal growth and can stay in your own power at all times. Experience the attunement which opens your body's energy to flow.

- Set your intentions on what you really want.
- Put your attention on what you want and the thought that you are a powerful person
- Know that you can attract your ideal life and the things you desire
- Focus your vision on the things you want in your life and allow your energies to bring those things forward
- Allow the energy to flow through you as you expand out.
- Feel into the feelings and sense the presence of your own energy.
- Know you are surrounded with your own beautiful energy and it expands outwards from you.

- Consciously connect with your Spirit source.
- Know that all things are perfect and you allow that energy to flow through you
- By allowing your vibrational energy to flow through you, you bring more harmony and rejuvenation to your body.
- Expand your current awareness by being connected to Spirit.
- Feel grounded and centered as you allow this great energy through you.
- Develop your intuitiveness which will allow more great things to come your way in the attraction process

Exercises to *Expand Your Vibrations*

This is a daily exercise for expanding your vibrational energy and sitting in your own power:

1. Get grounded, put up your protection and now close your eyes and relax
 - a. Getting grounded means you feel in power, your connected to your Source Energy and you feel good about yourself
 - b. Putting on your protection could be surrounding yourself with white light or a force that protects you from outside sources.
2. Relax and breathe in through your nose and out through your mouth
3. As you breathe, see the light come in through your crown chakra (top of your head) and work its way down through your body.
4. With each breath, see the light expanding and getting larger and brighter until you feel the whole room completely full of light.
5. Expand your power and your light.

6. Spread your arms and know you are surrounded by light as it flows from you outward.
7. Keep spreading the light out until you feel connected to the earth and all things around you.
8. You are now one with all.
9. Stay with the feeling.
10. When you are ready, open your eyes and come back to the present knowing you can expand your vibrational energy at any or all times.

As you practice this exercise more and more, you'll feel the awareness to the expanded vibrational energy.

Others will feel this energy as you enter a room. You'll also be able to feel more connected and in your power as you move forward with each minute of every day.

You'll feel more refreshed, encouraged and motivated as you expand your power. Others will feel this when they are with you or you enter a room.

See and feel the difference!

Chapter 3

SET YOUR INTENTIONS EVERY DAY

“Intention is a force in the universe and everything and everyone is connected to this invisible force.”

~ Wayne Dyer, author *The Power of Intention*

Energy and information exist everywhere in the universe and are strongly influenced by intention.

When you set an intention, it triggers a transformation of energy that draws what you desire to you. When you set an intention, you are focused on achieving a goal—that which you intend is what you get. Intentions are stronger than affirmations; they are clear desires you feel a certainty about. You are not vague or

unclear about what you want or how you want your day to go. It’s more than just wishful or positive thinking. It’s being on purpose with a drive and passion! The energy of your intention is what allows your request to manifest.

Set your intention in the morning on how you want your day to go. Before you arise, state your intentions: I intend to have a day that is peaceful and productive. I

*You need to believe
your ideal life is possible.*

*When you set an intention,
it triggers
a transformation of energy...*

intend to make two sales to new clients and complete three projects. I intend to get to bed by 11:00 p.m. feeling contented and successful.

According to author Wayne Dyer, “Intention is a force in the universe that allows the act of creation to take place.” Therefore part of setting your intention is to let go after you’ve stated it, to allow it to come to you. The act of letting go is detaching from the outcome, for as you are certain of your intention, you need to release it so the energy can flow back to you in your

receptive state. Letting go or detaching is a subtle action; yet you will know when you have released it because your need is gone and replaced by a calm certainty.

Set intentions every day for every area of your life. Get clear about what you want, state your intention, release it to the universe, and watch your magical day unfold. To get more support in learning how to set intentions, consider these powerful classes at: <http://www.endorsesuccess.com/classes.html>

How to Set Your Intentions Every Day

Discover what you are really wanting every day. You can do this by using the “Yes” word and by knowing you can create your ideal life.

- **First, get clear on your intentions.** I suggest doing this each and every morning before you get out of bed. What do you want your day to look like, what would you like it to feel like. What would make you feel good. Remember, this is NOT a to-do list!
- **Set your intentions then allow the energy of the day to flow through you.** After you set your intentions in different areas of your life, allow the Universe to work through you and deliver the outcome.
- **Don’t try to figure out the “how” just stay in the “what”.** What is it that you want? This is the only part of intention setting that you have to think about.
- **Please remember that sometimes it may appear things aren’t happening according to what you planned or what you are thinking should occur.** The Universe is setting events to happen at the right and perfect time and even more magically than you thought. The “allowing” part of the intention setting is a huge part of the equation.

- **Before you get out of bed, think about what you’d like to see happen for the day and what you would like to feel.** Just imagine getting into bed at night and saying things like:

“I felt really energized today and I got so much done!”

Well, sometimes, thinking of the end results helps you with setting the intention on what it is you really want.

- **As you set your intention first thing of the day, your subconscious remembers it all through the day.** So, you can think it then allow it to come forward.
- **Set your intention in the present tense,** i.e., “my eating habits today are aligning perfectly with my desires in keeping my body healthy. Remember, what you say, your brain believes.

Exercises to *Set Your Intentions Every Day*

Intentions – Moving into Abundance in Your Life

Examine different areas of your life that you would like to set an intention for then think about what it is you'd like to happen.

Some different areas to think about are:

- Your body
- Your family
- Your diet and nutrition
- Your friends
- Your relationship with your self
- Your spirituality
- Your work

If you have trouble setting intentions or don't know where to begin, here is an example of intentions:

When I wake up, I ask myself what I would like to feel and see happen today:

Work intention: "The day will be effective, relaxed and well organized to accomplish the right and perfect things today."

Personal life: "I will feel happy, motivated and empowered to move through every minute of the day."

A good rule of thumb is to think about the following sentence and fill in the blanks:

1. When I am doing _____ I want to feel _____, _____ and _____.

Then you turn that statement into your intention by making it the present tense:

2. When I am doing _____ my day will be _____, _____ and _____.

If there are areas of your life that aren't going well like, peace, trust, thoughts, energy or organization, these are the areas you set your intentions for.

Create energy intentions that serve you well. Every thought has it's own vibration to attract what you want

Stating your intention each morning is like going through your day with an ideal map. After all, most people wouldn't travel around the world without a map. Setting your intention daily is similar. If you don't know what you want to attract, how will you know you've achieved it?

HOLD THE VISION

“My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment.”

~ Oprah Winfrey

There are various steps to creating, attracting and manifesting your desires.

Initially, you need to be crystal clear about what you want. Then you can use various methods and disciplines to bring your desires into your life. Affirmations, visualization, journaling, positive self-talk and raising your vibrational energy are all tools you can use to draw to you your highest goals and visions.

While knowing what you want and asking for it are essential to manifesting, so is holding the vision. You may say

affirmations every morning then go about the rest of the day doubting your words. Or you might focus on too many goals at once and lose your focus and clarity on the most important ones.

How can you more effectively hold the vision?

By cleaning house! That is, cleaning the house of your mind. Just as you delete old files from your computer to make more space and clear the clutter, so do you need to clean the thoughts and beliefs from your mind that do not support your vision.

One of the most effective ways to do that is through meditation. You don't need to have a mantra, although it does increase effectiveness, you don't need to sit cross-legged and you don't need to climb into a cave! Meditation can be done any time, anywhere—it's a totally portable tool that calms, quiets and focuses your mind so you can be more creative in attracting your goals and dreams.

If you're totally new to this practice, start by meditating each morning for five minutes and increase the time or frequency as you get more comfortable with it. The easiest way to begin is to find a comfortable, quiet location where you won't be disturbed. Then close your eyes and breathe slowly and deeply focusing only on your breath.

Let any thoughts that arise—and there will be many—float away on a cloud or a river. It's okay to notice the thoughts, just don't spend any time with them.

After five minutes, read your major goals or just your goals for that day. When you focus on what you want to create with a clear, quiet mind, you have all the power of your mind working for rather than against you. What you will find is that your days begin more peacefully and you will carry that calm throughout the day. And you will see your desires coming to you effortlessly! There are wonderful programs that assist you in holding the vision to create, attract and manifest your desires at: <http://www.energyofthemind.com/programs.html>

*Affirmations, visualization, journaling, positive self-talk and raising your vibrational energy are all **tools** you can use...*

How to *Hold The Vision*

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Exercises to *Hold The Vision*

When you set your Vision, you get clear on what it is you really want. Once you are clear, then your journey begins by creating what it is you really want. You can do this with “**I AM**” statements.

1. Look at your goals and get clear on what it is you want to accomplish in the different areas of your life.

2. Follow the process below and complete the sentence with your specific vision and what you want to accomplish. This might mean changing the statements to better suit your vision and desires:

- a. **I AM** furthering my knowledge everyday to _____.
- b. **I AM** continuing to exercise _____ times a week to become lean and fit, which will increase my endurance to achieve my goals.
- c. **I AM** becoming a leader in the community and take charge of my success.
- d. Etc.

3. **Affirmations** are a powerful way to Hold Your Vision and allow the process to flow. Remember, what your brain hears is what you believe.

a. Repeat over and over a power statement that serves you well. This could be something like “I am in process of increasing my business by 20% or more this year.”

b. A **Vision Board** is another way to Hold the Vision. A vision board is created to illustrate what you want in your life. This could be a collection of pictures in any area of your life such as:

- Spirituality
- Travel
- Work
- Personal
- Diet and Nutrition
- Financial
- Family

Paste images and words on a poster board which reflect your goals. This vision is part of the process that your subconscious knows and sees even if you aren’t consciously looking at it each and every day. Remember these few things:

1. Be specific and clear on your vision
2. Do not limit your goals
3. Don’t worry about the HOW, just trust that your WHAT and WHY is strong enough to manifest your desires.
4. Allow the vision to manifest at the right and perfect time.

Chapter 5

LIVING IN ABUNDANCE

“Abundance is not something we acquire. It is something we tune into.”

~ Wayne Dyer

The world is an abundant place and every living being has access to that abundance. Why is it then that it appears some people have more abundance than others?

First, it is because we all define abundance differently. To some it is measured in material terms—how much money and possessions they have in their world. To others abundance is more intangible—these people

measure it in how much love, health and happiness they have.

Once you define what abundance is to you, you can start living in abundance. Ultimately you will be much more satisfied if you broaden your definition to include both inner and outer rewards as the key to living an abundant life. Read an article on The Journey From Where you Are to

Where You Want to Be here: <http://www.primeleaders.com/articles.html>.

One of these secret ingredients to living in abundance is to be in a constant state of gratitude. When you are grateful for whatever you have—even if it doesn't look like abundance yet—more will come your way. A grateful attitude is an attractor for more of what you are grateful for.

So if you want more material abundance, be grateful for what you now have. Take care of your car, your clothes and your home as if they are prized possessions, and more and better will come your way. If you desire more

abundance in your health, take care of your body by eating healthy foods, exercising and practicing healthy thoughts, and your body will grow into greater health.

Having an abundance consciousness and a grateful heart, that is, feeling abundant and living in abundance with what you have now, will allow you to open up to even greater abundance, if that is what you desire. There is no lack in this universe, and abundance is available to all—for the asking. Find useful products that can help you live in greater abundance in all areas of your life at: <http://www.energyofthemind.com/products.html>

Your most precious, valued possessions and your greatest powers are invisible and intangible. No one can take them. You, and you alone, can give them. You will receive abundance for your giving.

~ W. Clement Stone

A grateful attitude is an attractor for more of what you are grateful for.

Live Abundantly

*The more we give,
the more we get;*

*The more we laugh,
the less we fret;*

*The more we do unselfishly
the more we live abundantly;*

*The more of everything we share,
the more we will always
have to spare;*

*The more we love
the more we'll find, that love
is good and friends are kind;*

*For only what we give away,
enriches us from day to day.*

Author Unknown

How to Live In Abundance

Let's get started on the journey of Living in Abundance.

ATTITUDE: Develop a positive attitude and an attitude of gratitude every day. Your thoughts are powerful creators-what you think about most often manifests in the outer world. Learn to form habits of constructive thinking and supportive beliefs that will attract what you want. Successful people practice daily routines that keep their inner worlds pristine, such as meditation, affirmations, visualization, and empowering reading. Let your inner world work for you to bring you the results you so desire.

GOALS: Set your goals, write them down, read them every day, and visualize them as already accomplished. Follow the guidelines on highly effective goal-setting in the January e-zine.

<http://www.primeleaders.com/articles/love.html>

PLAN: Write out a strategy, a plan of action for each goal. You need to get organized, learn how to manage your time to avoid getting stuck in overwhelm with too much to do, and stay on course to avoid being pulled away by distractions. It would serve you well to become disciplined, stay focused, and make a strong commitment to yourself that you will stick to your plan and do whatever is necessary to get to where you want to go.

EDUCATION: All successful people immerse themselves in ongoing education. Whether you prefer to learn from books, seminars, teleclasses, or one on one, there are probably many skills you could improve upon and several you may want to learn. How about brushing up on your time management tools, your communication and leadership skills, and your computer abilities? Learn to solve problems, make decisions, inspire confidence, and communicate with power and ease.

SUPPORT: Few people get to where they want to go alone. We all need a team. Assemble a winning team and you're halfway there. Make a list of who you would like on your success team. You might want to start with a coach or someone you can count on for ongoing support, feedback, guidance, and accountability. You might also want to include mentors, teachers, and service professionals (accountant, lawyer, computer technician, copywriter, etc.) you can call on to help you reach your goals. You do what you do best, so learn to delegate to others what they do best, and let them help you succeed!

ASSESS: Measure your progress and results from time to time to see if what you are doing is working. If not, see where you need to make adjustments. You may decide to abandon one goal if it's no longer meaningful to you. Or you may need to develop an alternative strategy when you meet challenges that stop you cold. Look for ways to work smarter, and make the necessary changes not only in the actions you take, but in the attitudes you hold. All the work you do on the outside will not succeed if not supported by empowering beliefs on the inside. Eliminate any negative thought patterns or work habits that may be sabotaging you. Success is an inside/outside journey and you want to feel fulfilled in both aspects.

CELEBRATE: You might notice I include this step often. It's because many of us get so caught up in the doing, and the getting, and the achieving, that we forget about the being. We need to sit still after an accomplishment and savor the feelings of success. We need to reward ourselves in nurturing ways and celebrate not only our results but our efforts. Just in moving toward your goals you are ahead of many people who simply write them out and then do nothing. Remember the rewards are in the journey as well as in the results. Enjoy the process and celebrate often.

Exercises to Live In Abundance

There are many things to help with the abundance in our life. One of the most important is the appreciation. Saying 'Thank You' every day and feeling the blessings that have come your way. When you are thankful for what you already have, more seems to flow your way effortlessly.

Here are some steps I recommend for Living in Abundance:

1. When you wake, set your intention for the day as you go forward in attracting and living in abundance. Your intention helps with the process of living in abundance. This could be in a statement form, a prayer or whatever works for you.
2. Start your day by drinking a tall glass of water to provide your body with a jump-start. Be thankful for the water and ask it to nourish your body as you drink it down.
3. Eat a good breakfast and be thankful for the food supply that you have access to and have been blessed with. Many people are not as fortunate. Bless the food as it enters your body and ask it to nourish your body and provide the right and perfect nutrients that you need.
4. Be sincerely thankful for your shelter and all the comforts of home. Remember, the more you are thankful for, the more blessings you will have.

5. Be thankful for your family, friends and others in your life who bring you joy and guidance.

6. Think of all the other areas of your life that you have blessings and make note of how much abundance you already have.

Follow this easy process in living in abundance:

1. **Know where you want to be** – begin with your direction in attracting and living in abundance.
2. **Get clear** – what do you really want as you live in abundance. You can't live it if you don't know what it is you want.
3. **Visualize** – this is the true power of the Universe in helping you manifest your life by design and attract what you really want.
4. **Design the plan** - outlines the steps to guide you as you go forward. Living on purpose is knowing what you want.
5. **Living on purpose** – make every day the stepping-stones that get you closer to your goals.
6. **Give appreciation for everything** that is brought your way.

Chapter 6

BRING SPIRIT INTO YOUR WORK AND LIFE

“The true way to render ourselves happy is to love our work and find in it our pleasure.”

~ Francoise De Motteville

Many of us claim to have a spiritual path and for most that consists of going to a place of worship once a week. For others it might be reading spiritual literature and starting the day with an affirmation, meditation or inspiring quote. Still others practice various rituals that might occur daily or on specific religious holidays.

Yet, how often do you integrate what you believe and what you consider to be spiritual into your daily life? If you're like some people, you probably answered, “not very

often.” It seems that some people isolate their spiritual beliefs and spiritual practices from the rest of their life and work. Can you even imagine how your life and work would be different, how our world would be different if Spirit was part of everything we did?

What does it mean to bring Spirit into your work and your life? Initially, each of us has to define what spirituality means. For some it means adhering to ancient religious customs and beliefs, while for others spirituality is a way of

Listen to your inner guidance...

being, a belief that we are truly spiritual beings living in a human form. That encompasses the belief that we are more than just physical, but that we exist on other energy levels. Each religious organization has further definitions as to what that means specifically. Read more here: <http://www.primeleaders.com/articles.html>

Next, in order to bring spirituality into your life, you would bring some of the energy you experience when you practice your particular path into everything you do. Here are some suggestions as to what actions you can take and what benefits you will derive. Feel free to come up with your own ideas and try

them out to see if they make a difference in your work, your life and the life of everyone around you.

1. Focus on your inner being

– We are so outer focused in our work and our lives that we often forget we each have a rich inner life. You know that world—the one that provides you with crazy dreams, wild fantasies and deep thoughts. Find whatever way works best for you to take 5 minutes every hour to quiet your mind and focus inward. You will bring a greater sense of peace and focus to all you do.

2. Stay in the moment – We tend to spend a lot of time

..that inner voice gets stronger

the more you listen to it...

thinking about the past and the future, but the truth is that the present is the only real time. Remembering to gently nudge your thoughts back to the here and now whenever you find your mind wandering will give you a much better appreciation of what you are experiencing in each moment. Affirmations, which are statements of truth expressed in the present tense, are a practical device to bring you back to the NOW. For a great affirmation program go to:

<http://www.energyofthemind.com/products.html>

3. Listen to your inner guidance – We all have hits of intuition or gut feelings from time to time. However, that inner voice gets stronger the more you listen to it and acknowledge it. Wouldn't it be great to tap into it for inspiration, creativity and getting through tough challenges? It's like having your own inner search engine that taps into the inline Internet rather than the online one. Since we are all connected spiritually, our inner resources are unlimited.

4. Tune into the peaceful center – We each have a deep core of peace within, beneath the outer chaos

of our professional and personal lives. It is a place where we exist as human beings rather than human doings. In that quiet pool is the essence of who we truly are, where we get a glimpse of our true nature. Tap into that pool when life gets crazy by quieting the mind in whatever way works best for you, and come out refreshed.

5. **Develop a regular practice or tool** – You might be more comfortable writing in a journal than meditating, but having some practice or tool you can use to connect with the deeper, quieter part of you is helpful. Suppose you are stressed during your work day and have to deal with a seeming

insurmountable problem or make a huge decision. Find someplace quiet, pull out your journal and write until a solution surfaces. The more you practice, the easier it will get and you will always be amazed at what wisdom emerges from your unconscious mind.

6. **Get clear on your values**
 - Many of us write out our goals, our values, our purpose or our personal and business missions, and then put the lists away. Take these lists—or if you haven't compiled them, do so—and put them where you can look at them every day. Living from your values and your purpose in your work and your life is one of the best ways to bring who

you truly are and what you stand for into everything you do.

Read more about Getting Clear:

<http://www.primeleaders.com/articles.html>

I hope you have been inspired by these ideas and are ready to make TODAY the day you

bring Spirit into your work and your life for a richer, more rewarding experience in everything you do! You will find great services that can help you achieve more results in your life and attract the success you deserve at:

<http://www.endorsesuccess.com/services.html>.

We each have a deep core of peace within...

“We make a living by what we get, but we make a life by what we give.”

~ Winston Churchill

How to Bring Spirit Into Your Life

You receive many benefits by Brining Spirit into Your Life such as:

- You release stress
- You release anger and depression
- You release panic and overwhelm
- You gain confidence
- You feel more relaxed and in control
- You can control your emotions
- You become the person you want to be
- You have the motivation, support and direction you need

There are many ways to **Bring Spirit into Your Life** and here are just a few suggestions:

- Surround yourself with people who can guide you and help with the direction you really want in your life. This means people who are uplifting and encouraging. As you live the life of prosperity, you also help uplift their Spirit as well.
- Do the things that bring you joy. This can be creative pastimes or hobbies that allows your inner child to come

forward and play. Learn some things you always wanted to but never made the time for like sailing, basket weaving, travel, woodcarving, etc. You will see that Spirit emerges as you engage in activities that bring you happiness

- Prayer is a great source of communication with Source. This is whatever that means to you. Many times, there are different ways to feed your life and these could be different for others. Find what serves you well and put it to work in your life. Remember, you don't walk alone. You are guided and attracting what you want in your life as you follow the steps and learn the process.

Exercises to *Bring Spirit Into Your Life*

1. **Every morning – set your intentions** and ask for the guidance to make your day the best day ever

2. **Journal – write down some things each day that comes to mind.** This could be one word, one sentence or several pages. This is all up to you and what you want to put on paper. Sometimes, this is like a ‘mind-dump’. This could be a way to get things out of your mind so you can stop the worry and/or fear and start bringing Spirit into your life as you trust and allow and request some help.

3. **At the end of the day, list three appreciations at the end of your day.** These could be things you appreciate about others or what someone did for you during the day or as simple as having a pet in your life. What do you have to be appreciative for? List them and the more will come to you.

4. **At the end of the day, list three acknowledgements for yourself during the day.** This could be as simple as “I got up and ready for work today” or more detailed like “I accomplished the project that I started three months ago.”

5. **As you close your eyes at the end of the day, ask Spirit to join you during your dream-state** and to help you get the restful sleep you want and deserve.

Some other areas to think about:

- Meditation
- Visualization
- Affirmations
- Celebrations
- Wish box
- Gratitude
- Forgiveness
- Allowing
- Serving others

ABOUT THE AUTHOR



Cheryl Vallejos
Professional Business Leader,
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Cheryl Vallejos is CEO and President of Prime Leaders, where she works with business and personal clients who wish to advance their careers, meet business and personal goals, and start or expand their business. She is a professional speaker, certified professional business coach and consultant, and an author. She provides a leadership community for business professionals who want to advance their careers.

Cheryl was a medical service director for 108 providers in Arizona where she supervised and worked with hundreds of employees and managers. Her dynamic leadership moved the company forward by increasing profits, developing team peak performance, and acquiring the competitive edge in technology. Cheryl recognizes the core of work place challenges and she makes that important connection with an audience, client, or company.

Cheryl has more than 22 years of organizational business management experience where she improved operational development and staff accountability, and company profits soared. She was the first female store manager in the state of New Mexico for a large grocery chain--even though she was warned by many that it couldn't be done.

Combining extensive business management experience with her highly regarded talent

as a certified coach, Cheryl inspires and guides her clients to new levels. She is also certified in Communication and Professional Behavioral and Value Assessments, which is a pioneering approach to developing a result-oriented team.

Cheryl has successfully started, owned and operated 3 businesses as well as authoring the books *Injecting the Juice into Leadership*, *Having Time on Your Side*, *Low Carb Leadership* and *Budgeting for Current Times*.

Other Resources

Notes

Energy of the Mind

Attracting Success, Joy and Happiness Effortlessly!

<http://www.EnergyoftheMind.com>

Outrageous Success through the Law of Attraction

Your Energy Field

The Interactive Aura Program Seeing Your Energy Fields

<http://www.Youenergyfield.com>

A Key to Understanding the Inner Causes to Outer Symptoms

Taking Your Inner Power to Create Outer Success

Endorse Success, L.L.C.

Certified Business Coach and Consultant

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Creating the Wealth You Want in the Time You Have

Prime Leaders Community

International Community for Leaders

<http://www.PrimeLeaders.com>

Awaken and Crystallize the Vision of Tomorrow's Leaders

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