

# Success Coach

*40 simple steps for perfect practice*



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## Introduction

There are many references to an unseen force that seems to guide each one of us. If you have taken the courageous step forward to change your life by searching more details, then it means you are ready to embrace the Law of Attraction and take control of your daily actions, your relationships and your feelings.

In order to correctly apply the concepts that you acquired, I have created an exclusive list of steps that you must follow.

They are simple instructions that can be easily applied every day and their efficiency is 100% guaranteed as I, myself and many others have used and benefited from them.

I have spent several months to complete the list and to make sure that all the instructions can be easily applied by each one of you.

Giving recommendations to a heterogeneous group of people can be challenging, since the variety of experiences you encounter help you shape particular perspectives. Thus, the same information will have different effects on each person.

The main purpose of the list is to be followed easily, regardless of the location you live in or the current state of your life.

So if you started asking yourself (and you definitely have):

- Should I follow this course as a daily program?
- Will it take 40 days or do I just read them now and apply them as I go along?
- Will it really change my life and make me more successful and wealthier?

The answer to all these questions is **YES!**

You can use them as daily habits and I can guarantee you that you will feel more and more empowered as days go by!

It is all up to you how you choose to implement them in your life – either by adding one more every day, or by adding 3 new habits every 3 days, they will help you reach the success a lot faster than you expect.

Whatever suits you, make sure you keep track of your progress – how many steps have you followed so far and how many are left from your 40-days transformation schedule.

You will soon start to see how different domains of your life shift towards a positive direction – your relationships, social status and even your bank account will improve gradually.

You can confidently use this list as a guide to a more independent and carefree life, so if you never want to feel lost again, start applying the first rule *TODAY!*

**Remember this:** if you start implementing my advice sooner, you will take control of your own life much quicker, and that means your target will be reached in a shorter amount of time.



# The 40 simple steps for perfect practice

## 1. Use your mind

The first step in controlling what you attract is controlling your thoughts. The Universe does not understand the concepts of good or bad, but only of *consequence* and *frequency*.

Therefore, what you think of most of the time, you will attract, whether it's a thing you want to happen, or you *don't* want to happen. So what do you think about most frequently?

Separate your negative thoughts from those that energize you, and next time you are sick think of your healthy body instead of thinking about how you would like to stop being ill.

## 2. Relax

Many people who would want to achieve success see relaxation as a major obstacle. However, little do they know that it's one of the key elements in reaching your goal.



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Some of the best pieces of advice recommend that you make rest a necessity, not an objective. Gather your strength by meditating, listening to music or engaging in any kind of activity that brings you joy.

*Tip:* if it makes you forget about the clock it means you're on the right path.



### **3. Show enthusiasm**

As I said earlier, the Universe reacts according to the frequency you set your thoughts on.

Enthusiasm is a way of showing you are aligned with what you have requested, and that you are also ready to receive it.

### **4. Ask the Universe for the right thing**

Once you cleared your thoughts and learned how to separate those that do not support you, make some room for the things you desire.

As you exercise this type of request, you will soon find out that the results will come more and more accurately.



## **5. Write your wish on a piece of paper, or in a diary**

You will put more energy into your thoughts if you write them down. Moreover, it shows your engagement towards achieving that specific goal.

Do it every day and it will keep you focused.

## **6. Have trust in the process**

Act as if success is imminent and failure is impossible. Truth is that your mindset dictates your reality, and acting as if you have already reached your goal, will make your path a lot clearer.



## **7. Do not lose hope**

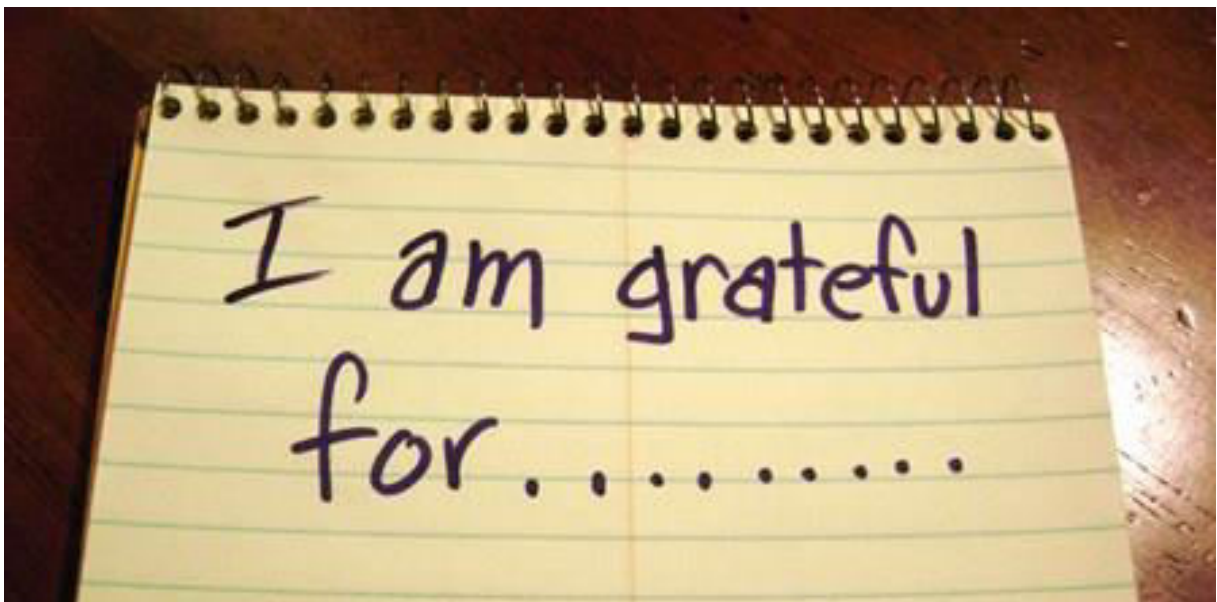
Be aware that it may take a while to get there. Furthermore, you will encounter hard times and detours from your main path. While they might seem to hinder your progress at first, they are actually one of your biggest helpers. Every challenge you'll face is a clear indicator of what you need to work on to get to the next level.

Even if it seems like you're not any closer to your destination, don't lose hope and do not quit!

## 8. Gratitude

Start practicing this right away. Learn to appreciate every little thing: the fact that you read these lines, because they will change your life. Every morning, be grateful that you are still alive, that you have a home and a healthy body.

Think of your life as a coin – which side are you seeing? Health or illness, lack of money or wealth, enriching or poor relationships, they all co-exist at the same time. The side that is on your mental spotlight is the one that will determine your reality.



## **9. Focus on the good things.**

Whatever it is that you're searching for, you will find it. This is why your mindset is so important. For instance, if I ask you to look around and name all the blue things you see, you will realize that all sorts of blue-colored items will pop into your eye sight.

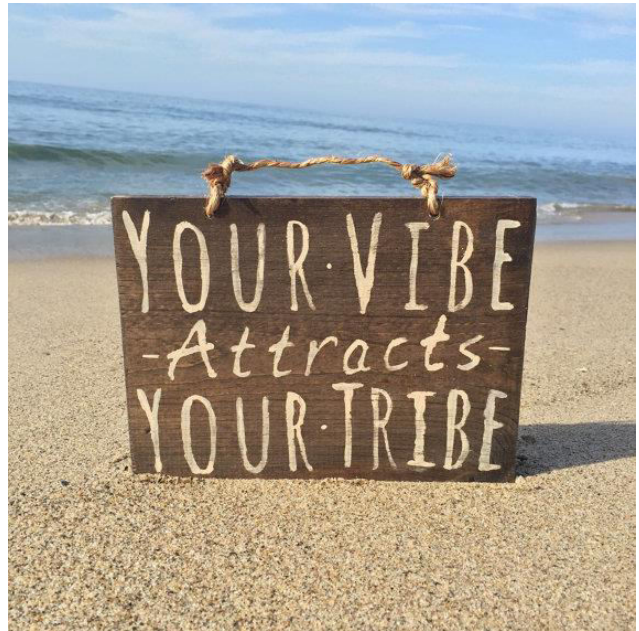
In other words, if you focus on inconveniences and things to complain about, your life will be filled to the brim with negative events and contexts.

On the other hand, you can train your mind to ignore all the negative people and circumstances. By focusing only on the good things that happen to you, you will take another step on your thousand-mile route.

Learn to acknowledge every source of joy you come across: it can be the smile the cashier gave you, or a puppy that ran towards you to play with it – reenact all the positive things that happened during the day right before going to bed.

## 10. Remember the good vibes.

Whenever something good happens to you, hold on to that good emotion. Next time you will have a bad day just remember that feeling and strongly focus on it. Everything will be fine and the good vibes will multiply.



## 11. Have no fear.

Danger is real, but fear is a choice. No matter how bad the given situation, the only way out is staying lucid and controlling your emotions.

Your thoughts determine your emotions, and if you're not satisfied with what you're feeling, it means you could do a better job controlling your thoughts.

## **12. Believe in yourself.**

You may be a small part of the Universe, but you are a link of a greater balance. Your role is well defined and your thoughts and actions have a butterfly effect on the whole world. By bettering yourself you will directly influence many other peoples' lives.



### **13. Be confident.**

Use positive thinking and be self-reliant. Do not let your attitude go down because of someone else's actions. It is your plan that matters.



### **14. You are entitled to happiness.**

Positive-thinking and personal wellness are two of the most important aspects of a happy life. Use the following *mantra* to set a positive vibe for the whole day and tell yourself “*I am entitled to happiness!*”.

## **15. Do not hate!**

Every time you catch yourself having negative feelings towards somebody or something, stop right there!

Your mind can't concentrate on two things at once. so if you feel hate or envy, it will drift you apart from your goals. Why? By nurturing negative feelings, you're definitely not focusing on the positive aspects that will bring you success. Do not take any detour!

## **16. Talk to others about it.**

If you share your objectives with others, you're 75% more likely to achieve them. The power and energy that are coming from the community will fuel your goals and you will attain success in a shorter amount of time.





## **17. You cannot control other people.**

Keep this in mind when sharing this with others. They might look at you with skepticism, and even make fun of you. Respect their decision, and do not lose hope in your actions – it is the only way you can help them discover the great secret that has been revealed to you!

## **18. Make a list of your qualities.**

Be aware of your strongest features and enhance them – take baby steps in each domain. Find what you are good at and become excellent at it.





## **19. Stand by your actions.**

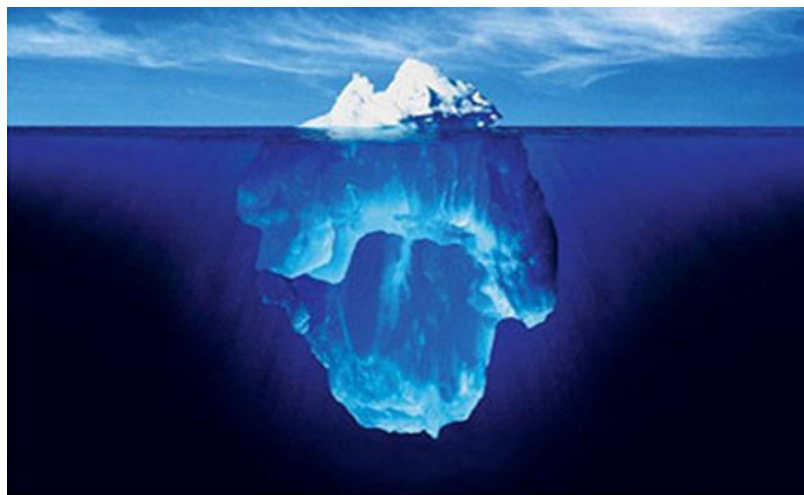
Even if someone tries to belittle your new way of thinking, do not lose hope. Your positive actions will prevail.

## **20. Be conscious.**

This translates to being aware of your actions. You must carry out for your daily habits just as you take care of your thoughts. Every single thing that you do or *don't* do will either take you closer or further from your destination.

## **21. Explore your subconscious needs.**

Learn to listen to your inner voice. Schedule 30 minutes of introspection every day. Do it until you reach the root of your subconscious mind. You will slowly find out why you act the way you do, what has influenced and shaped your personality and what you can do from now on for a better life.



**22. Embrace harmony.** Make peace with yourself and admit that while you can change your life, the outside world will take a little more time. Do not resent it for that.

### **23. Consolidate your growth**

Keep in mind that you should recreate after long periods of growth. Give yourself some time to get in touch with frequencies of abundance and prosperity. Also, allow yourself create a balance between your old and new self.



**24. Meditate.** Take your time to meditate on the problems you encounter and the solutions you must create. Find an isolated spot – it doesn't matter if it's a room that is nicely decorated or a place in the middle of nature, as long as it suits you.



**25. Exercise.**

If you take care of your body, it will take care of you as well. Include 30 minutes of medium-intensity exercise in your morning schedule and you will notice that not only your body will feel better, but your mind will follow, too.

## **26. Eat healthy.**

Needless to say, nutrition is the key. A healthy diet will improve your overall energy levels. It's no secret that when you feel well, your natural state of mind is positive.

## **27. Beauty comes from the inside.**

We are all different, and beauty can be defined in many ways, but I have not yet met the one who thinks a smiling, confident person is anything else but beautiful!

If you're at peace with yourself, it is impossible not to be seen from the outside as well.



## **28. Learn from others.**

You are not the first practitioner of the Law of Attraction. Watch others as they apply it and learn from their mistakes or their success.

## **29. Get more hobbies.**

If you like going fishing and it relaxes you, do it more often! If singing makes you happy, don't be afraid of what others might think when they'll hear your terrible singing voice. Stop caring and start practicing it!  
What others think of you is none of your business!

## **30. Think about money.**

And by that I mean think about their use – think about all the experiences you will afford and the actual value you will give them. Having money means nothing if you don't use them wisely.



### **31. Grab the opportunity.**

If a new business opening sounds good, do not waste time in over analyzing the deal. A small investment coupled with thorough positive thinking will get you far.

### **32. Accept others as they are.**

Do not judge other people for their actions or their way of life. They might not have the same power that you have and each one of us has their own path to follow.

If you start judging and evaluating the lives of other people, you're already off your path. Just enjoy their company and accept that most people will not be by your side the entire adventure.

Learn to look for similarities, rather than differences. Everyone has their own story and you can find a gold mine in every heart if you are patient and search for it.

### **33. Make new friends.**

Go beyond your age and start talking to more people. There is no limit to which you can be open to others and discover new individuals.



### **34. Travel.**

Travelling is the best way to be more open-minded and tolerant, and less judgmental. When you travel the world, you get to know more cultures, to understand more points of view, and finally to understand how small we are and how insignificant our worries can be.



### **35. Let others know about it.**

Share this information with your friends and family. They will soon see that your life has improved and what better way of helping the ones you love than showing them how to control their lives.



### **36. Give back to the community.**

Just remember how much did it help you to learn these secrets! Your life is about to improve dramatically and you can do the same for others! Just imagine your best friends thanking you a year from now on for having helped them turn their life around.



### **37. Improve it.**

As long as you remain coachable, your chances of having better control of your life increase. It's usually a case of "*use it or lose it*". Practice these skills in a life-long process of learning.

### **38. Enjoy the good side of life.**

Do the things you like most without feeling guilty. Practice positive thinking without stopping. Love and appreciate. Embrace and sustain your inner self.



### **39. Do not forget.**

The worst thing that you can do now is to drift away from these instructions. Your life will not get better and none of this information will have any impact on you, if you do not practice it correctly.

### **40. You are on the right track.**

This is the most important step. Say to yourself on a daily basis: “I am perfect!”

With all your minor flaws, your small defeats and your weaknesses, there is nothing wrong with you. That is because you are a part of this infinite and interconnected Universe. And now that you have learnt to master your future actions and events, there is no limit to the greatness that you will achieve.



## Conclusions

By following these steps you will put yourself in the driving seat of your own life. It is definitely not the hardest thing you did or will ever do, but it requires perseverance.

If you face a challenge, keep going, it means you're going down the right road and you will end up being the leader of your own destiny.

Keep practicing these habits regardless of your current situation and remember that it's what you do during hard times that matters, because it's no challenge to keep a positive attitude when things are going great!

