

Daily Disciplines for Effortless Success

Six Steps for Activating "The Secret" in Your Life by Jack Canfield

The first step to using Law of Attraction as presented in the movie [The Secret](#) is to clarify exactly what you want. Remember—determine, write down and talk about what you do want, not what you don't want. Be as specific as possible. Once you have clarified what you want, do the following each and every day.

1. Morning Intention, Visualisation and Releasing

As soon as you wake up in the morning, take about 5 minutes to focus your mind on your desires, goals and intentions. Start by sitting in a comfortable position, closing your eyes and visualising your desires and goals as already being fulfilled. Spend 30 seconds to a minute on each of your core desires and goals. You can also take a few moments to visualise your day going exactly as you would like it to.

When you do this, you will often find negative limiting beliefs that are the result of negative programming from your childhood will come up. You may hear thoughts like "I could never afford that," "there's no way I'll ever get that," or "who am I kidding?" coming up. Don't fight or argue with the thought; just release it.

Remember to also spend several moments feeling the feelings you would feel if you had already manifested your desire in your life. The intensity of the feeling is what fuels the intensity of the attraction.

2. Use External Images to Keep you Focused on Your Desires and Goals.

To keep yourself focused on what you want to manifest surround yourself with visual images of the things and experiences you want to attract into your life. There are many techniques you can use for this.

- 1) Cut out pictures of the things you wish to own (like your ideal car or home) and pictures that represent the experiences you want to have (like the perfect relationship, your ideal job, perfect health, being at your ideal weight, more joy, inner peace or balance in your life) to remind yourself of how you want it to be. Tape them up where you will see them every day—on the mirror, the refrigerator, or your bulletin board. You can also scan them into your computer and make them into a screen saver or a continuously running PowerPoint program.
- 2) Combine your pictures and words that you cut out into a collage on a large piece of poster board.
- 3) Make a Dream Book by putting the pictures into a 3-ring binder pasted onto the pages or slid into plastic page protectors.
When you look at any of these pictures, do what Bob Doyle, who is featured in *The Secret* teaches— think the thought, "THIS IS MINE NOW! THIS IS WHO I AM!"

3. Think a Better Feeling Thought

Start paying attention to the many times during the day that you have emotional responses (to other people, experiences, or your own thoughts) that are not in alignment with having or producing your desires. Pay special attention to when you feel disappointment, resentment, frustration or anger about your experiences and circumstances.

Remember, it's your feelings (which are created by your thoughts, opinions, and beliefs) that are attracting your current circumstances. You must make a vibrational shift by changing your thoughts to ones that make you feel better (i.e., raise your vibration). Remember that you must become a

vibrational match for the things and experiences that you want to attract into your life. It is especially important to focus your thoughts and behaviors on things that cause you to feel joy. Focus your thoughts on thoughts that bring you joy (your lover, your best friend, your grandchildren, your favorite holiday spot) and your actions on doing the things you love to do (pet your cat, work in your garden, listen to your favorite music).

4. Have an Attitude of Gratitude

It is critical to take time each and every day to focus on what you are grateful for. Some people do this in the morning before or after they visualise their desires; others prefer to do it in the evening. Focus on all of the things in your life (most of which you take for granted) that you are grateful for—your health, your children, your job, the nice weather, electricity, running water, a nice stereo system, your flower garden, your pets, your friends).

No matter what your situation, there are always things to be grateful for. The more you focus on what you are grateful for, the more things and experiences you will attract to be grateful for.

5. Take Action

There are two kinds of actions you can take. Obvious actions are things like, if you want a better car, going to test drive all of the models you are interested in and choosing the exact car you want to have, and saving 10% of your income in a “car account.” If you want to be a doctor, apply to medical school. There are also what I call “inspired actions.” Once you begin to do the things described above, the universe will start responding by sending people, resources and opportunities you need to manifest your desired result. You are going to find that you have inspired ideas; you must act on them. You must follow those gentle prodings from the universe. Often these intuitive impulses will have no seeming connection to achieving your goal, but if you follow them, they will lead you down a path of wonderful fulfillment.

Here’s a quick way to know if the actions you’re taking are taking you closer to the fulfillment of your dreams and desires. If you are feeling joy while you are doing them, then you are on the right path. Remember, joy is your internal guidance system, just like the GPS system in a car, telling you are taking the right actions. Follow your joy.

6. Acknowledge that it is Working

If you start to see something change for the better, acknowledge that it is happening. Appreciate it. When you receive unexpected income, acknowledge it. When you meet someone who can help you achieve your goal, acknowledge that Law of Attraction is working. The more you acknowledge that it’s working, the more it will work. It’s that simple.

If you are attracting things into your life that you don’t want, remember the Law of Attraction is still working. Instead of thinking or saying, “It’s not working,” ask your self, “What am I focusing on, thinking about, talking about, feeling or doing that is attracting this into my life?” If you want to know what you are thinking about, notice the results you are producing in your life. To change those results, you will first have to change your vibration by changing your thoughts and feelings.

While there are many techniques that are variations on these themes that you can apply, there’s nothing else you have to do.

Jack Canfield, America’s Success Coach, is the founder and co-creator of the billion-dollar book brand Chicken Soup for the Soul and a leading authority on Peak Performance. If you’re ready to jump-start your life, make more money, and have more fun and joy in all that you do, get your FREE success tips from Jack Canfield now at: www.FreeSuccessStrategies.com

James Sweetman is the author of Graduate to Success and is a leading authority on Peak Performance. If you are ready to step into your potential, visit www.jamessweetman.com