



# THE ART OF LIVING BIG

CARL HARVEY

WORKBOOK

# The Art of Living Big

## Discover 7 Steps To Effortlessly Creating The Abundant, Happy and Successful BIG Life Of Your Dreams

In this training session, you will discover SEVEN key principles for living big which I have distilled from some of the biggest teachers in personal growth.

These are the exact **beliefs, strategies and systems** that legends like Bob Proctor, Christie Marie Sheldon, Lisa Nichols, John Assaraf, Dr Joe Vitale, Bob Doyle, Carol Tuttle and Tom Cronin use to live big, happy, abundant lives.

It's my sincere hope that you use these principles to create your own BIG life... an awesome life filled with passion, purpose, happiness, success and abundance.

Enjoy!

Carl Harvey

## Principle #1: V\_\_\_\_\_

You have to know what you W\_\_\_\_\_

It's not enough to know what you D\_\_\_\_\_ W\_\_\_\_\_!

4 steps to creating this:

1. W\_\_\_\_\_ it down
2. Frame it in the P\_\_\_\_\_
3. Be S\_\_\_\_\_
4. Make it E\_\_\_\_\_

Notes:

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## Principle #3: Practice C \_\_\_\_\_ V \_\_\_\_\_

According to Dr Maxwell Maltz in Psycho Cybernetics, your subconscious mind “cannot tell the difference between what’s R\_\_\_ and what’s I\_\_\_\_\_”

Over 2\_\_\_+ studies prove the power of this practice.

Plus, neuroscience has proven that it is effective in just \_\_\_ minutes a day.

6 Steps To Visualize Like A Pro:

1. W\_\_\_\_\_ down your goal.
2. Write down the E\_\_\_\_\_ you will feel once your goal is achieved.
3. Write down 3 P\_\_\_\_\_ S\_\_\_\_\_ - experiences you’ll enjoy after your goal has manifested successfully.
4. R\_\_\_\_\_. Get into the A\_\_\_\_\_ S\_\_\_\_\_.
5. Imagine! Make the experience S\_\_\_\_\_ R\_\_\_\_\_.
6. Intensify with E\_\_\_\_\_.

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## Principle #4: Take I \_\_\_\_\_ A \_\_\_\_\_

Key: The next step is A \_\_\_\_\_ R \_\_\_\_\_ !

There is no need to over-think what to do.

You will get a hunch, idea, insight, “ah ha!” moment, or sense of what to do.

It will download like an iPhone A\_\_\_ - fully complete and ready to use!

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**Principle #5: M\_\_\_\_\_**

This helps you tap into your H\_\_\_\_\_ P\_\_\_\_\_.

It will help you experience more H\_\_\_\_\_, C\_\_\_\_\_, W\_\_\_\_\_

Plus your P\_\_\_\_\_ and F\_\_\_\_\_ will go up.

Just a few minutes a day will make a \*huge\* difference to your life.

Notes:

Lined area for notes with 25 horizontal lines.

**Principle #6: You Can't O\_\_\_\_\_ The U\_\_\_\_\_!**

This is the toughest part to practice!

It's all about making the switch from getting.... to G\_\_\_\_\_.

Don't chase money. Instead realise that abundance flows to you when you P\_\_\_\_\_ V\_\_\_\_\_ to other people.

When you help people, money making opportunities present themselves.

Notes:

Horizontal lines for taking notes.



**Principle #7: Get A D\_\_\_\_\_ R\_\_\_\_\_**

This is the #1 most important part of living big!

Everyone from Bob Proctor to Christie Marie Sheldon to Lisa Nichols to John Assaraf talks about the power of taking time for personal growth every day.

In fact, every single successful person I’ve interviewed said this is ESSENTIAL!

This practice will get you in a P\_\_\_\_\_ P\_\_\_\_\_ state.

Some of the things I do every day include meditating, visualization, writing in my gratitude journal, studying a personal growth course or reading an inspiring book, and going to the gym.

What could your routine include?

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