

THE BIG LIFE

ONLINE TRAINING

WORKBOOK

How To Create 'Effortless Success'

with Jack Canfield

Star of The Secret and #1 New York Times Bestselling Author

OFFICIAL WORKBOOK
**“HOW TO CREATE EFFORTLESS SUCCESS
WITH THE LAW OF ATTRACTION”**

THE BIG LIFE WITH JACK CANFIELD

**WHY IS 'ASK, BELIEVE, RECEIVE' NOT ENOUGH TO GET YOU
FROM WHERE YOU ARE... TO WHERE YOU WANT TO BE?**

**IF YOU'RE NOT GETTING THE RESULTS YOU WANT, IT'S
BECAUSE OF AN UNCONSCIOUS L..... B.....**

“YOUR SUBCONSCIOUS MIND WAS PROGRAMMED
BETWEEN THE AGES OF 3-8” – JACK CANFIELD

NOTES...

“THE LAW OF ATTRACTION... IN 6 STEPS”

1. **GET CLEAR ON WHAT YOU W.....**
2. **GET CLEAR ON WHAT YOUR LIFE WOULD L..... LIKE**
3. **WORK ON YOUR BELIEFS**
4. **DAILY R..... OF SUCCESS**
5. **CONSTANTLY APPRECIATE ALL YOU ALREADY HAVE**
6. **FOCUS ON ALL THE PROGRESS YOU’RE MAKING**

“ASSUME THE FEELINGS OF THE WISH FULFILLED”
– NEVILLE GODDARD, ‘THE POWER OF AWARENESS’.

EXERCISE: WHAT FEELINGS & EMOTIONS WILL YOU EXPERIENCE ONCE YOUR DREAMS HAVE MANIFESTED?

I.E. CONFIDENCE, SECURITY, PASSION, EXCITEMENT, JOY, FUN, ABUNDANCE

EXERCISE: DISCOVER YOUR LIFE PURPOSE

KEY PRINCIPLE #1: **EVERYONE HAS A LIFE PURPOSE**

KEY PRINCIPLE #2: **IT CAN EVOLVE OVER TIME.**

KEY PRINCIPLE #3: **THERE ARE INFINITE WAYS TO EXPRESS IT!**

WHAT ARE YOUR TWO BEST POSITIVE QUALITIES ?

I.E. PASSIONATE, LOVING, FUN, DISCIPLINE, DECISIVE, THOUGHTFUL

WHAT ARE TWO WAYS YOU MOST ENJOY EXPRESSING THOSE QUALITIES WITH OTHER PEOPLE?

I.E. TEACHING,, SERVING, CELEBRATING, SHARING, HELPING, LOVING, HUGGING

IF THE WORLD WAS PERFECT FOR YOU, HOW WOULD YOU DESCRIBE IT?

I.E. EVERYONE LIVING THEIR VISION, PEACE, SUSTAINABLE, TRUTHFUL, ETC.

“PART OF YOUR PURPOSE IS TO HELP BRING ABOUT YOUR PERFECT WORLD” – JACK CANFIELD

WHAT ARE SOME OF THE TIMES IN YOUR LIFE WHERE YOU’VE EXPERIENCED THE MOST JOY?

BASED ON YOUR ANSWERS, WHAT DO YOU THINK IS YOUR CURRENT LIFE PURPOSE? (IT’S OK TO GUESS!)

WHAT ARE 2 WAYS YOU COULD MONETISE YOUR PURPOSE?

I.E. TEACH, WRITE A BOOK, BE A COACH / CONSULTANT, CREATE PRODUCTS

FEAR AND LOVE

“WHEN YOU COME FROM LOVE, ALMOST EVERYTHING WORKS” – JACK CANFIELD

THE MAJORITY OF PEOPLE LET F RUN THEM. SO THEY DON'T TAKE THE NEXT STEP.

BUT WHEN YOU DO TAKE THE NEXT STEP, THE U LINES UP TO SUPPORT YOU!

NOTES...

“THOSE THAT HAVE SUCCEEDED HAVE LEARNED TO DEAL WITH THEIR FEAR ” – JACK CANFIELD

JACK'S #1 SUCCESS PRINCIPLE: TAKE 100% RESPONSIBILITY

THIS IS THE MOST IMPORTANT SUCCESS PRINCIPLE – BECAUSE IF YOU DON'T TAKE 100% RESPONSIBILITY FOR YOUR RESULTS, YOU'LL ACT LIKE A V.....

THE KEY IS TO GIVE UP ALL B..... AND C.....

*“WHAT YOU'RE CURRENTLY **DOING** IS ONLY GOOD ENOUGH TO GET WHAT YOU'RE CURRENTLY **GETTING**” – JACK CANFIELD*

THE BEST WAY TO GET BIGGER RESULTS IS TO USE THE **RULE OF 5 – WHERE YOU TAKE 5 ACTIONS EVERY DAY WHICH ARE *OUTSIDE YOUR COMFORT ZONE*.**

WHAT ARE 5 ACTIONS YOU COULD TAKE **TODAY TO GET OUTSIDE YOUR COMFORT ZONE?**

I.E. ASK FOR A PAYRISE / DATE / SALE, SEND AN EMAIL, SPEAK UP IN YOUR MEETING, TAKE A NEW COURSE, DREAM UP A BIGGER GOAL, MAKE A CALL.

THE RAMPAGE OF APPRECIATION

“WORRY IS SIMPLY NEGATIVE VISUALIZATION ”

– JACK CANFIELD

JACK TEACHES THAT THE #1 MOST IMPORTANT RULE FOR THE LAW OF ATTRACTION IS BEING GRATEFUL FOR WHAT YOU ALREADY HAVE.

THAT’S BECAUSE THE MORE GRATEFUL YOU ARE, THE MORE YOU GET TO BE GRATEFUL FOR!

WITH THAT IN MIND, WHAT ARE 5-10 THINGS YOU COULD APPRECIATE RIGHT NOW?

I.E. YOUR HOME, FRIENDS, FAMILY, PASSIONS, POSSESSIONS, EXPERIENCES, JOB, DREAMS, MONEY, LOVER, COMPUTER, BED, COLLEAGUES, PARENTS

BY NOW, IT'S TIME TO **GET SOME HEADPHONES**...

YOU'RE ABOUT TO EXPERIENCE JACK CANFIELD'S
INCREDIBLE *LIVING THE LAW OF ATTRACTION PARALIMINAL*.

THIS WILL HELP YOU REPROGRAM YOUR DEEPEST BELIEFS
AND RAISE YOUR MENTAL, EMOTIONAL & PHYSICAL
ENERGY... SO YOU CAN EFFORTLESSLY CREATE MORE OF
THE ABUNDANCE & SUCCESS YOU CHOOSE.

ENJOY YOUR EXPERIENCE... IT'S TRANSFORMATIONAL!

(AND HAS NEVER BEEN GIVEN AWAY FOR FREE BEFORE.)

NOTES...

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I HOPE YOU ENJOYED THIS TRAINING WITH JACK CANFIELD
– AND ARE FEELING INSPIRED & COMMITTED TO CREATING
ALL THE SUCCESS, WELLBEING & ABUNDANCE IN LIFE THAT
YOU CHOOSE :-)

FOR MORE EXTRAORDINARY TRAININGS, THE BIG LIFE AIRS
LIVE EVERY WEDNESDAY AT 6PM PST AT
WWW.THEBIGLIFE.COM/LIVE

THINK BIG!
CARL HARVEY,
HOST – THE BIG LIFE