## THE BIG LIFE

## ONLINE TRAINING

# WORKBOOK

Attract Abundance in 10 Simple Steps

with your host, Carl Harvey

### **Abundance Attraction**

#### Discover 10 Steps To Effortlessly Create The Abundant, Happy and Successful BIG Life Of Your Dreams

In this training session, you will discover TEN key principles for attracting – and creating – ever-increasing levels of abundance... these are hard-fought insights I've uncovered interviewing the biggest experts in personal growth.

You're getting the <u>exact</u> beliefs, strategies and systems that legends like T. Harv Eker, John Assaraf, Jack Canfield, Bob Proctor, Christie Marie Sheldon, Lisa Nichols, Dr Joe Vitale, Bob Doyle, Carol Tuttle and Tom Cronin use to live big, happy, abundant lives.

I continue to experiment with these 10 principles in my life – and continue to be *humbled* by the results. Not only will they help you create <u>more</u> financial abundance, but <u>abundance</u> in every sense – passion, love, fulfilment, adventure, joy, enthusiasm, service... and more.

I'm convinced that if you TAKE ACTION on even a fraction of what you learn on today's training, you will start to benefit, almost instantly.

And the results only get better with time, and practice!

Enjoy,

Carl Harvey Host, The Big Life

P.S. There's plenty of "fill in the blanks" space in this workbook. Make sure you fill it out – you'll get WAY better results, retain more of what you learn... and be able to look back and see how much you've grown:-)

Principle #1: D A		
You have to know what you W		
It's not enough to know what you D!		
And it's NOT just about M		
4 steps to creating this:		
1. W it down		
2. Frame it in the P		
3. Be S		
4. Make it E		
EXERCISE: What is <u>your</u> ideal abundant life? (Write down what you see, hear, touch, smell and feel for extra points!)		

Principle #2: Engage Your S_			Λ
The biggest abundance myth is to "Tal	ke M	A	
Simply because your Cresources.	M	has o	nly 1-5% of your
CRUCIAL: Your S M_resources!		_ has 95-9	99% of your
Dr Bruce Lipton from Stanford Univers "Ultimately casts the D abundance you can create.		-	
Plus he says it is ONE Mconscious mind!	_ times m	ore powerf	ul than your
When you work at this level, success b	ecomes c	iutomatic, e	ffortless and fun.
NOTES AND KEY INSIGHTS:			

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.
Elite performers in all fields – business, sport, actors, speakers – all rely on it for peak performance and "on demand" flow.
Plus, Neuroscience proves it is EFFECTIVE in only minutes a day!
When you do this every day, you grow in:
<pre>=&gt; Belief =&gt; Confidence =&gt; Creativity =&gt; Momentum =&gt; Skill =&gt; and more</pre>
NOTES AND KEY INSIGHTS:

Principle #4: Take % R
The more R you take, the more M you make.
Even though it feels good in the moment, when you B others – or C you LOWER your personal power and magnetism.
If you want to attract and create abundance, this must be SKY HIGH!
Plus, you actively R abundance when you make excuses.
"Argue for your L, and they're yours." – Richard Bach
EXERCISE: Where have you NOT been taking full responsibility for your current level of abundance?
(Write down anyone / anything you've been blaming or complaining about – or using to justify your current results – like your boss, the economy, your parents, your limiting beliefs, your age, education, etc. BE HONEST!:)
NOTES AND KEY INSIGHTS:

Principle #5: G V
Abundance comes from:
=> Solving P => H People
In other words, it comes from P V !
Deepak Chopra teaches in 7 Spiritual Laws of Success "The Law of G"
This states: the more you G the more you R
Dr Joe Vitale – "You can't out-give the U"
You DON'T simply focus on "How can I M more M ?"
Instead, put your focus and attention on:
How Can I GIVE More V ?
Have a B Impact ?
H more people?
NOTES AND KEY INSIGHTS:

Principle #6: Money L S
When you practice the previous 5 steps – or even some of them – it is INEVITABLE that I and H start to "flash" in your mind.
The next step is A R :-)
You absolutely do NOT need to know the full P in advance.
Your ONLY responsibility is to take I A
When you get an idea, hunch, inspiration, sense related to money  H it with Action!
When you act quickly, your work will seem E
Don't let the moment pass! Seize opportunities!
Money really does like speed
NOTES AND KEY INSIGHTS:

Principle #7: No F
When you worry about money, you INHIBIT your abundance Apowers.
When you stop all money F, you INSTANTLY become more magnetic to money and tune into your full wealth attraction power.
Every time you say N to fear, you win!
Fear, worry and scarcity thinking is repulsive to money.
But C magnetically attracts it!
You must keep your focus on what you W NOT what you D W
NOTES AND KEY INSIGHTS:

Principle #8: The W Case Is A N
You must learn to always A for what you want.
"You can ask for anything as long as you make it OK for people to S N " - Michael Neill
This is an exercise in N A
The worst case is they will tell you "NO" which is where you're at N
So there is nothing to lose
And best case is you get what you W!
Keys:  Don't be N  Add V before you ask for help (Law of Giving in action!)  Make it about T not you!
NOTES AND KEY INSIGHTS:

Principle #9: Be G
Whatever you F on, you get M of.
So when you focus on L that's what you'll attract.
But when you are G for A, you get more abundance.
When you appreciate all the P in your life – and all your blessings and successes – you attract more to be grateful for.
Spend time <u>every day</u> feeling gratitude for what you already have it's truly M !
EXERCISE: Write down all the abundance you already have, and that you're grateful for.
(Bonus points: FEEL the emotion of gratitude now, as you write.)
NOTES AND KEY INSIGHTS:
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T. Harv Eker says if you want to create abundance, you must aim to be the B in the W at whatever it is you do.
You simply must L new skills.
As Napoleon Hill wrote in <i>Think and Grow Rich</i> , "Specialised K is the fourth step to riches."
You can't just M or attract abundance
The more you study – and T A – the more abundance you'll CREATE.
Also, you become like who you S the most time with
So make sure your community and social group are positive, abundant, supportive, happy, ambitious, lovely and sexy :-)
2 key principles here:
<ol> <li>L from the very best teachers.</li> <li>Surround yourself with people who I you.</li> </ol>
NOTES AND KEY INSIGHTS:

Principle #10: U \_\_\_\_\_