

## **Secrets of the Elite Woman**

### **Module 1: Mapping The Mind Of The Elite Woman**

#### **The Elite Woman's Success Blueprint**

##### **Introduction - Are you a dreamer or a doer?**

#### **The Elite Woman's Success Blueprint**

Ladies. I am so excited to begin module one with you. This module is dedicated to your mindset ladies, because this is actually the most important tool that you have. And I want all of you to make use of this tool. You see the mind is the motor, and it will really help you to get into the exact place where you want to be in your life. If you just sharpen it. And if you just utilize its abilities, you see ladies, there are two types. So if people out there, you have those who are bound for achieving success, and then you have those who stayed back and look at others, achieving all of the success. I call these two types of people, The dreamers and The doers. And let me start by talking a little bit about the dreamers, because I think a lot of you, you might feel like you can recognize yourself in this.

So the dreamers are the ones who are definitely inspired. They have ideas, they have dreams, they might have the vision, but that's kind of where it ends. They like to talk about it. They like to plan it and then like to think about it. But they never take action because the planning stage is much more fun. So the dreamers are stuck in Lala land as a result. And you know what I understand, because it is easier to dream at the talk into planet and actually being proactive. Now, the doers, however, They're the ones who just do it. They're the same as dreamers. They have the inspiration, they have the ideas, the thoughts, the dreams, the visions. But they actually go once the further they put the thoughts into action. So they try out their ideas, they try out their projects, they have loads of trial and errors.

Yeah. They fail and they win. But what's interesting with The doers they try again and get up again. Yeah. And They just keep on doing it! Yeah. It's regardless of the outcome. So they are the true action takers. And I think it's easy to draw the conclusions that they are. Of course the ones would become the most successful. And that's because they take action now as well. No, without action. Nothing will happen in your life. So this whole program is very focused on taking it. And we also need to look at elite women. Do you think dreamers, or do you think there are the doers? I can tell you for a fact that all elite women are doers, regardless of the characteristics, surely the odd one might be a dreamer who just got lucky by having things magically appear in front of her with minimal effort.

But please be aware. This is really a rarity, majority of elite women who have achieved things in their life. It is not just about pure luck or coincidence. They have actually made it happen in the one way or another plus ladies, I've, wouldn't be creating a course based upon how to become more lucky. I am creating a about actually Taking control of your life so that you get what you want And elite women, they are not the types who would sit on Instagram and just dream about living the life, all of these amazing people. One day, instead they take action for it and they make sure it happens regardless of what it takes. If they have to work on themselves or put ideas into action, or maybe even brainstorm with other women, anything just to get the ball moving because every little step counts because Every little step takes you closer to your goal.

And this is the exact mindset a woman needs to have if she wants to become successful one day, however, let's ask ourselves one very important question, because are we right born this way? Is this something that God or universe or luck gets to decide who becomes a dreamer and who becomes a doer or do we have actually some form of influence in this? This is, it's what I personally love about personal development is that everything is doable and everything you can actually change. You can become whoever you want to become just by developing certain qualities that you want to have and work on your weaknesses. So this is not a way of, okay, this is just by accident that somebody like this and somebody like that, you can absolutely be a total, a dreamer today, but just form yourself mentally to become a doer. And it's really not as difficult as a scene because the only difference between a dreamer and the doer is the fact that a doer actually takes action is just one word - ACTION!

So you can do it. But we are going to dedicate this whole module towards sharpening this mindset, because you will have to put your mind for this transformation to happen. And everything starts in the mind, like I said, but we need to make sure that our mindset is set up for this transformation. And there are many layers of the mindset that we need to work on, but I wanted to develop a success blueprint that I noticed all these elite women that I was researching. They had certain things in common and I put one plus one together and connected the dots. And they understood that There is an elite way of thinking that takes people to success. So I want to help you achieve whatever success it is that you want to achieve. Ultimately, we work in this program with our goal setting. We all have different backgrounds and we live in different cultures and countries.

And I know that this formula will work regardless of your goals. This success blueprint is universal, but ladies, it really requires you to become a doer. And that's something that we need to work on. So if you feel somehow that you recognize yourself in the space of a dreamer, remember the word action. And this is going to become your mantra throughout this program. I want you to really work on this and there will be exercises about this in the workbook. So **Don't skip the workbooks!** Now, ladies, we are going to start module one and I am so excited because we are going to decode the elite women's success blueprint, because we want to really understand what in her mindset got her to, where you want to be right now, I'm going to spill the secrets.

## **#1 Lesson - Secret #1 - Full Ownership**

### **The Elite Woman's Success Blueprint**

I have simplified the success blueprint of the elite women in seven, easy to digest steps. And ladies, I don't want this mindset transformation to feel overwhelming at all. And to be honest, it's really not as difficult. All we need to do is to really understand how things work. And then we work with our own awareness, but I will be talking about awareness a little bit later in this module, but now I want to start with step number one from the elite women's success blueprint, and ladies, the first step is The Elite Woman Takes Full Responsibility For Her Life. And when I say full responsibility, I mean, full ownership. So let's start decoding the elite women's mindset and what actually got her to where you want to be. We can definitely use a lot of strategies and tips from the successes of others, and really just apply it in our own life to achieve our goals and the first but so important step.

And probably the most fundamental step is to take full ownership of your life. But what does that actually mean? You see elite women. They know that they deserve to live their best life and ultimately they end up living their best life. However, the woman who

achieved this, they're not the ones who actually achieve it because they think they're entitled to it. There's a need for us to really clarify this because the ones who are achiever are not the ones who just sit around and wait for a lucky break to happen one day, literally like their goals just fall down from the sky and bless them. And, and they can just achieve it all with minimal effort. Let's face it. There is no such thing as a free lunch. So these women who succeed, They succeed because they take action because they make sure their goals happen, which it does because they take action.

And because they take full responsibility for their life. So if you think about it, it's all a very simple formula to success. However, it's the formula is the human mind because the human mind it comes in and they start sabotaging. And that's basically what we'll be working on right now. A lot of us, we have obstacles in our heads. We have, I have a mindset that is not sure for success, but we need to sharpen it for success because how else are we going to achieve all the things we want to achieve? I'm actually going to be again by telling you a story about this woman that I met in London. And this was many years ago. Now this was probably the beginning of my days in London. So I remember we got introduced through friends in common. She was a really lovely woman. She was about my age, a beautiful fall, very upgraded.

So she had probably had a lot of experience already in the world of elegance and affluence. And that was very intrigued by her. I felt that she could be a potential mentor. I wanted to learn from her and really understand on her. As I saw her to be a proper woman, she was a well-dressed, she looked good. She knew all the right people in London, and she seemed to have everything going for her. So we went on a few lunches together, and my impression that I had of her, unfortunately, didn't stay for very long because I quickly understood after a few moments with her is that she was actually a dreamer in the skies. She was so incredibly stuck in her life. And this probably had been going on for many years. I, as I understood it had probably already back then been going on for about five years.

So it wasn't just some funky phase. Unfortunately, what was really sad about this woman is that she had everything going for her. She, like I just said, she was really accomplished. And if you would scale her, she would be a woman that you would say is at least intermediate advanced in her personal upgrade. However, she was in this vicious cycle of self sabotage. She was just sitting there complaining as she was blaming everything and coming up with excuses. And I don't know, she was overall just quite negative. Um, especially when, when we're talking about our plans or dreams or future and so on. So everything that she said seems to be everybody else's fault, no matter what she said, it all had an excuse and everything was wrong on top of that. And according to her, it was like she had no power to control anything.

Everything was controlling her. And she was the victim in this whole game. Now it was also quite clear that she was feeling quite entitled for her goals. And when the goals didn't happen, then it was a circle of negativity and complaints. All very counterproductive. What I thought was really interesting with her is that it was such a good example of how somebody can have already achieved X amount of things, but then they hit a plateau or they get stuck because they haven't fully developed their mindset. Haven't sharpened their mindset for success. And in her case, she was stuck at the very most beginning stage where we're talking about taking full ownership for your life. It's the basics. I don't know how she managed to upgrade herself. Sometimes it can be luck. Sometimes it can be that we have been strong once upon a time, but then we became weak, uh, at a different stage in our life who knows what her story was.

But the point that I'm trying to make here is that she was not having any more success. She was stuck and she was just doing the same mistake over and over again, year after year, I stopped seeing her because she just drained me of so much energy. So I don't really know today how it went for her, but I wouldn't be surprised ladies, if she's still exactly where she was. When I last saw her, this almost makes me feel a little bit uncomfortable because I know there are many women like that who think that the world owes them, that they just have to sit back and wait for things to happen. But the truth is the world doesn't owe you anything and you have to create your own life and You have to create your own success and your own luck. It's your responsibility in the end of the day.

And the sooner you realize this, the faster you will actually achieve success. This is why we really need to overcome this particular mind crippling behavior that a lot of women have. But I know that a lot of people are conditioned to blame outside of themselves for any parts in life that they don't like, that we don't have. But what actually separates elite women from the average Joe, is that they don't really live life would excuse us. They do not really waste time on that or energy because it's not proactive to live like that. And they're not going to get closer to their goal. By coming up a list of excuses, you're actually just creating this kind of comfort zone. When you becoming friendly with your excuses and you creating the scenario and this narrative is not serving you whatsoever. So as we are action takers, your first task on this transformation is there for, to Give up all of your excuses from now on! because now you're going to transform into your new self you new, better self.

And there is no space for excuses on this journey. So You need to take full ownership from now on everything that happens to you. It is you who is responsible for this. Solf you want to create a life of your dreams, then you have to take hundred percent responsibility for your life. So it's now time to give up excuses and the victim stories and all the reasons to why things haven't happened or why you can't. And there's no more blame games. Ladies, the only person you can now blame for anything is yourself, but in a constructive and productive way, we're not having a pity party and we're not turning ourselves into victims. I want you to go cold Turkey and cut everything out. I'm serious. After this video, especially after you've done the exercise in the workbook, you are no longer a victim to your circumstances.

You are now an action taker. You are now a responsible action taker. You are now thinking about every action, every decision, every choice you make, regardless of your circumstances, because you know that you are responsible for every move you make in your life. Because every move you make creates a ripple effect to everything else in your life. So ultimately it's your responsibility. I know that a lot of you are probably tempted to say, but, but yes, I am so unfortunate because of this and this. And so and so, but you know, what is that? We are dealt certain cards in life and everybody's dealt different cards, but you know, What we all have in common is that it's really up to each and everybody what to do with these cards. You can be dealt amazing cards, but you ruin your cards by acting foolishly, or you can have the worst cards in the world, but turn it around and make the best life ever for yourself.

What do you choose if your cars are bad? Do you want to just give up and complain? Or do you think that maybe you can swap them somehow and then embrace certain moves that can help you develop and learn and upgrade. Everything is possible and everything is doable, but what you have to understand that regardless of your situation, you have now this opportunity to actually make a real change in your life. You signed up for this program

and you invested money in this. And if I was you, I would make my money worse because you could actually just sit here and waste all of this and waste all this money you spend and do nothing. Or you could decide for yourself that it's literally now or never. And ladies, that is what full ownership of your life is about. And I want you to do it.

And I want you to make it happen. After you're done with watching the elite women's success blueprint. I want you to do the homework. It's absolutely mandatory. And you're going to write down exactly in what areas you haven't done your best in terms of responsibility. And then you're going to create an action plan for how you are now going to change this, because I want you to start taking your first action steps today. We're not taking them tomorrow and we're not doing them another time where the time is better. Or when we have more time on our hands. Ladies, you are watching this video today. That means you're taking action today, and this is not negotiable.

## **Secret #2 - Don't Settle For Less**

### **The Elite Woman's Success Blueprint**

Step number two, LOE women. Elite Women Don't Settle For Less. And you know, what's interesting that for me, this is actually one of my favorite parts, because I personally do not understand how anybody would ever want to settle for less. Let's talk about that in a second. First, we need to discuss the harsh reality because the truth is many of us, we have been living the agenda of other people, and it actually makes me a little bit frustrated because what happens, and this is incredibly common regardless of where you live or where you come from. But we have been actually subconsciously programmed settled for less in life. And this is in particular, if your goals has to do with affluence and elegance, because when we are young, we are very formable. We are almost like a sponges to our surroundings. And unfortunately not everybody is lucky to have been brought up in an encouraging household.

We might also not have had supportive friends. There are oftentimes jealousy involved or people who are competitive with each other. So we actually start internalizing the voices of other people or the voice of society. We also internalize other people's failures. We internalize their disappointments, their insecurities, their fears, misconceptions, and their projections. All of that is done subconsciously because we start believing, Oh, what they want through or what they said or what they're doing. It might be true. He might be part of the reality. So we become those things that we see or that we hear. Those things can be that we think that we do not deserve to live a life full of elegance or affluence, or we start thinking that it's not possible for people like us. Let's say, where are not born into wealth. So we might start thinking that, well, if we're not born into wealth, we can never achieve wealth.

Or if people are really putting on the victim roles, you might start internalizing that. Well, I come from a poor country. That means that I will never have a chance like the people in the other country. So there's a lot of internalized beliefs that really is crippling. What these beliefs do is that they tell you to stay in your lane too. Don't even try, don't even bother. And definitely do not think that you're somebody you're not. Or so this is what I mean. When I say that we end up living somebody else's agenda, but we end up living somebody else's agenda. When people are truly forcefully, trying to make us live, how they want us to live. But that's often more from parents and certain pressures of people who can even be a little bit manipulating. But I want us to focus more on the limiting beliefs because they're incredibly damaging and they are the ones who really hold people back because people really believe that this is the reality and that they're conditioned this way and that there's

no possibility to change.

And even if they think that maybe change could be possible, then they haven't developed a strength in them to seek out opportunities that could help them show the way forward. That's why this whole topic of belief system, it's such a mess, but I want us to acknowledge it because it's a very important subject. It's not as difficult to change as it might come across because of belief system. What is it exactly is just a thought in the end of the day, it's literally just an illusion. If we look at it that way, and illusions is something you can definitely snap out of at any time and you can Reclaim your power so that instead you end up doing what you really want in life, but it takes awareness to change this. And sometimes people find it difficult to work with awareness, but in this module, we're going to learn the method of awareness.

And you will be hearing me talk a lot about Awareness is one of the key tools for success in life. One of the best ways to take action, and you will know exactly what I'm talking about because you will hear me talk about the method of awareness in every module. So going back to the belief system, because we have actually another issue here is the fact that a lot of women are insecure and they have a weak, inner voice. Your inner voice may have been overpowered by other people's voices. So their own voice never really got an opportunity to fully develop and become strong and work as a motor on its own. So this is kind of where we also need to become a little bit aware about our own inner voice to understand, okay, how strong is my voice is my voice currently overpowered by other people's voices.

I want to make my voice to grow. I need to nurture my voice because the voice has to function in the ways that you can yes. Think big. And this is what's interesting about elite women is that all of them, They think big. If you look at them, you see that They naturally set their bar higher than the average person. And they don't settle for less. My ladies, they're really not afraid of going after their true desires. And I think maybe that's why they are so appealing. And ultimately I've noticed that this is exactly why they get to live all these beautiful and exciting lives. Well, because they also take action of course, but really because they there too big answer, just chase their dreams. One of the things that I really respect is the fact that They don't settle for the simple life because they know that it would just be a comfortable, compromise.

They cannot afford to miss out. I actually want to share a personal story with you because I had similar experience. I definitely grew up having a, of missing out because I grew up in a very strict household. So I always had FOMO as a teenager because I wasn't allowed to do what the regular teenagers were doing. So as soon as I left my home and I stood in my own legs, I went traveling. I went to Italy and I got to experience high society for the first time. And that's kind of how I got into that whole world of affluence and elegance. And I got my first taste there in Rome now to cut the story short, I met a guy who we had a relationship and I was in love with him. And, and he was the one who basically opened the door to high society for me, which was a wonderful shortcut back then.

But that door of course closed when our relationship ended. And then I was back to my plain Jane life afterwards. So what happened then? And this was a very significant moment in my life because I had not planned to try out high society by any means. It was purely by chance that I ended up there and had that experience. But now I had a taste for it and I wanted more. I didn't want to go back to my plain Jane live. I liked what I got a taste for. I wanted to continue. I didn't want to go back to Sweden and go back to how everybody else were living their lives. I looked at the people who I went to school, where

then even though I went to a quieter prestige school in Stockholm, everybody else just took the safe road, but I wanted to do something different.

I wanted to do something adventurous because I didn't want to settle for less. I didn't want to just take the safe way. I didn't want to compromise on this one. I knew that maybe what I was going to do could have a very negative effect, but I had to try it out. So instead of going back to Sweden, I decided that I was going to Ibiza instead. And you might think that I sound all crazy, but for me it was an important step back then, because I felt that in Rome, I had this amazing experience and live the glamorous lifestyle, but I wanted more so in the Baeza, I knew I could continue that journey, which I actually ended up doing, but I would have never have gone there if I would have just settled for less, which was an important lesson for me and really motivate me later in my life, because this worked out and this showed me that doesn't matter what you set your mind to.

As long as you don't settle for less, you're always going to get more. And that has always just supported me so much on my path and something that I really want you to focus on because in my research of elite women, I saw that majority of them actually came from regular and they're all have made their way into high society or to achieve success in one way or another. But it wasn't because they thought low of themselves, that they were able well to achieve all this. It was awesome. All, thanks to this success blueprint. And one of the key principles is simply the fact that you don't settle for less. You think big = that's how you get big. And there is no space then for any limiting beliefs around what you can achieve. And instead you empower your mind, understanding that you can achieve anything.

Why do you think my motto is anything as possible? It's really because that's what I am destined to achieve anything I want. And then wiring this my belief system to the point that it helps me achieve any goal that I set for myself. And so far I've managed. And I really want to transmit this energy to you because this is very important conversation you need to have with yourself. And one last thing, ladies, I want you to also be very aware over the fact that Not everything that happens in your mind is true! You cannot trust everything. Your mind tells you and your mind is not accurate on everything you see, your mind is simply your brain, huh, is ultimately a processor of information. So that means that not everything is actually true. That is inside the brain. A bunch of information's a lot of random thoughts and some things are true and some things are not.

And you will have a lot of things in your head that you think is the reality where you think it's true. And a lot of the times, those things are very limiting and that's what we call limiting beliefs. But it's important to recognize these thoughts and acknowledge them and understand that they are not true, that you have actually just internalize them from other people or from society or both. You have to really do work right now where you focus on separating your own voice with other people's voices. Because what has happened now is that your voice has become this mishmash of your own voice and other people's voices. But yeah, with a method of awareness, you can actually learn how to recognize them. And this is how you will be able to correct act yourself. So it's not complicated, but you will understand the method of awareness later in this module.

But now I want you to, just to become aware of how things work, because this is the beginning of the healing process. We need to clean up your mind from the voices that don't belong there, ladies. And We need to plant more empowering beliefs in our belief system. And I want you to start practicing thinking big and get really comfortable with those really big thoughts in your head and those big aspirations, because in your core, I want you to

read it, feel how you deserve to live this amazing life and to have all these goals that you have set for yourself, because when you feel all this, and when you think all this, then you are ready to start taking the true action steps towards the life that you deserve to live. So, ladies, this is what's going to happen for you next, and there will be exercises on this in the workbook, but there is more to the success blueprint than just this. In the next video, we will be talking about step number three.

### **Secret #3 - Laser Focused**

#### **The Elite Woman's Success Blueprint**

Step number three and The Elite Women Are Laser Focused On What They Want. When you do not know your mission, it's really easy to get sidetracked and lose focus in life. So it's easy to become that person who just wanders around and drifts around and literally accomplishes nothing. However, when you know exactly what you want, you actually create an action plan for yourself, and that will help you with that in this module, by the way. And then you end up staying laser focused on your goals throughout this whole process. And ladies, this is the formula to achieve your goals. When you have clarity in your head, as one of the main reasons why people don't get what they want is because they do not know what they want. They have kind of a vague idea of it, but they can't picture it. And they cannot create an action plan for their path because they haven't defined it.

So for you to be able to take one step forward, You must define your mission in a very clear way, the clearer, the better you must know exactly what you want so that you know exactly where to go, to get what you want out of life, basically. And when you know what your mission is, you then organize all of your activities around it. You can also strategize accordingly. It will all feel less overwhelming and just so much more doable when you have clarity. So ladies from now on, we are all just doing things that are in favor for our mission. We are not wasting time on people that are holding us back. We are not wasting time or things that are not important, or that drains us or from energy or steals our momentum. We are basically not procrastinating around our goals anymore because the worst thing you can do for your success is of course the waste time and waste energy.

But when you are a hundred percent clear of what you want, when you have fully decided what you want, cause sometimes people can be quiet in the size surf and they cannot just fully focus on their mission. You decide what you want. You believe that you can get it. And then what you do is just being laser focused on your goals. And this is how you achieve success. Now in the workbook, we'll get clear and we will decide, and we will be able to keep the momentum because of this clarity, but what you need to work on right now, ladies is the belief system. And I did touch upon it a little bit in the previous video, but I want to just mention it again because without the belief system, it will be really hard for you to stay laser focused because you are going to keep questioning yourself about your mission, about your goals and success and progress.

And that will only disturb you on your path forward. It's like a noise that all the time there to interrupt you and interfere with you. So I watched it to really understand that you have reach the level of acceptance where you believe in yourself and not in this boring cliché way, but when you really feel that you have what it takes, that you have the ability that you have the inner resources and kind of the talents and the skills to reach your desired outcome. That's when you're going to be able to stay focused on this goal. Please understand that self-belief is somehow connected to self-confidence. All of this is under the umbrella of self esteem. And the problem is that a lot of us have self esteem issues.



And I would say this is probably one of the most common psychological issues that majority of humans have, but I don't want this to be a holding you back to the point that you can't move forward to the next step because of insecurities and so on.

I want you to still proceed, even if you don't feel fully confident, worthy of the stage, surely at some level you will have to work on all of these issues because they are definitely holding you back and they are imposing limiting self beliefs for you right now. But I can tell you one thing, because I have experienced this myself. I have worked a lot in my insecurities now for many years. And I noticed that actually, when you start walking the path to transformation, even if you're not fully ready, or if you're not really fully confident about it, you are going to learn as you go. And you're actually going to develop confidence as you go as well. And This is a wonderful opportunity for self-growth. So in this case, I want you to really just, I want to push you out in the deep ocean, even if you can't really swim just yard.

Cause you're going to learn how to swim. As you kind of, you know, doing this in the water, you are going to grow layers of confidence and layers of self esteem in this journey. But I want you to actually fake it till you make it in the beginning. I will be talking about faking it. So you're making it more in this program. And although it has a bit of a negative connotation to it, I want you to understand that faking it is actually a very good tool to use. And it's a wonderful attitude to have, especially in the beginning of your journey, because it helps you with affirmations and it helps to rewire your subconscious and to really put yourself on the level where you want to be. You see, you might not feel it immediately, but you're going to see that if you are consistent with this things are going to change and you're actually going to get more comfortable with it as time goes by.

And what's beautiful about our brain is a goal seeking organism. So whatever goal you give to your subconscious mind, it will end up working day and night to achieve this goal. So if you fake it till you make it and you feed information to your brain with this thing that you are faking, what you doing is something really incredible and very positive. You are feeding it with the new energy and with the new information that you wanted to align itself with. And that's what the brain starts doing. It starts moving it towards achieving whatever you have fed it with, even if it feels impossible, but it all becomes this exciting for self fulfilling prophecy, because ultimately you are in control of your home life. And this is why I am so passionate about this whole module of mindset, because we can become whoever we want to become.

As long as we take full responsibility for our belief system and we work on this and we fake it till we make it in the beginning, if we have to, and we follow the path that is proven to work and we work with our belief system and we stay laser focused the entire time we put the eyes on the prize, which is so important, then we ended up having success. I want you to also be aware about something very important, because what is the enemy of laser-focus is to become distracted, right? So you need to start working on your awareness or when it comes to having moments on your path, but is trying to derail you from your path. And again, we're talking about method of awareness, basically notice when all of this happens. So you have to acknowledge if you ever encounter an obstacle, you have to understand what it is and look at it objectively, not emotionally, because it might be an emotional obstacle.

Maybe you lose interest. Maybe you feel demotivated might be a real obstacle, maybe something physical that happens or something that is in your thoughts. I think a common thing that happens that really derails, a lot of people is that one day they feel like doing this

transformation. And then the next day they don't feel as inspired. Now we need to talk about this because we cannot afford for motivation to come and be your crutch. You see motivation. It will fluctuate a lot on this path. So I'm going to be the same every day, one day, it's going to be really strong. And then the next day you have no motivation. What are you going to do? Are you going to let that control you? You then go into live your motivations agenda, who are not in charge. Then somebody else is in charge and this is what we need to change.

If we want to become high level achievers, we need to create an engine for us cells that push forward like a bulldozer. And that keeps pushing even when the energies are low, because you see the engine is actually just your mind and that's ultimately you're laser focused. So what happens is that when you're laser focused on your goal, you don't let, you don't allow anything to cross your way. So you do not just sit and wait for inspiration to come up, to pick you up and to help you push through a new day. Let's say, instead, you are already laser-focused and the laser focus to them. This is actually fueling you. You are getting the energy from your discipline. Refill yourself with energy by having your eyes on the prize. So you know that it's now or never, and you cannot afford to sit and wait for motivation to fuel you.

You actually have to find that energy elsewhere. And that's, what's really interesting about self discipline and self-insurance, but I can tell you one thing is that a lot of people say that, yes, but I don't have any self-discipline what do I do? Like everything in personal development and like everything in the mind, it can be created. Your discipline can be trained to become strong. It's usually very weak in the beginning because you haven't been training it enough. But if you start now and see each moment as an opportunity to make that inner muscle stronger than do it, because that's how you end up achieving a stronger self-discipline. For instance, me personally, that's how I learned how to turn my life around and live a more healthy lifestyle. Cause just like anybody else, I've been very lazy in the past and neglected myself and my health. I was too lazy to train or eat healthy.

So I had no discipline whatsoever, but then I started to train myself discipline because I put my eyes on the prize for having a nicer looking body for having more success in my life, which I knew I would achieve if I looked and felt amazing. So that became my fuel. And later that became myself discipline because I was not always motivated. So there was time when I lost weight because I went to the gym five days a week at six 30 every morning for, I don't know, four months, five months or something like that. And it was in the middle of the winter. And it was in Sweden. So here I was, I used to cycle down to my gym at six 30 in the morning and darkness in snow bicycling, who does that crazy people. But basically what had happened is that I developed self discipline because I was so focused on the goal.

But also because I knew that my self discipline was so weak and I really needed to make a stronger. So every morning at six 30, it was my opportunity to practice my self discipline. And you know what? It's really interesting, but the more you do it, the more you force yourself to do it and to stay the splint, the stronger your discipline becomes. So it's not a myth and it's not some magic, but it really works. Try it out, put your mind to something, be laser focused with it. It's a nonnegotiable experiments, do it for X amount of time and repeatedly. You will see how Your self discipline starts growing as a result and starts to become stronger. Now, FYI, and this is not going to be easy. It's definitely going to be tough. But ladies, the tough part is actually what we'll be talking about in the next video.

#### **Secret #4 - Comfortable With The Uncomfortable**

## **The Elite Woman's Success Blueprint**

Step number four, Elite women they get comfortable with the uncomfortable. So this might not be your favorite topic, but we have to talk about this ladies because how else are we going to get what we want? We all know that there is no such thing as a free lunch, as an example, that everything good in life requires a sacrifice. And I know this a cliché, but unfortunately this is one of those clichés that couldn't be more true. There is really a price to pay. And what makes the difference is actually when you are willing to pay the price and people like to get surprised when all of a sudden hardship comes along on their goal setting journey. So they play all victim around this hardship. They don't like the fact that hardship is there, but the truth is this is actually part of the package and The people who accepted and get on with it are the ones who actually reap the rewards.

Then you have those scores. So questioning it. And a lot of the times people throw in the towel, lose motivation and they ended up quitting. I can tell you one thing that's success is not for quitters and we are not quitters. Are we? So I want us to actually use the stage and the welcome that discomfort that we are going to face. I want us to Get comfortable with the uncomfortable. I don't want us to really prepare ourselves mentally and to understand that there's nothing scary about the discomfort. It's just a little bit uncomfortable, but there's no other way around it. I'm afraid. And we need to get a side of that comfort zone of always being kind of in this protective bubble of comfort and pleasure and so on. Now, we all understand why humans strive for comfort. It's our survival instinct. However, the problem is that The comfort zone, it becomes a self-created prison because we feel safe there with all our excuses, with all our cans and don'ts and nos.

And we have created this kind of safe space for ourselves. So we can protect ourselves from this discomfort, but we are also hindering our own personal growth. And we're also hindering any form of changes happening in our life. And this becomes problematic because then people end up fearing a lot of change and they start nesting in their comfortable prison. Even more however, elite women, they stay outside of this prison because they ended up facing any form of discomfort and the discomfort. It can be anything. It can be personal feelings. It can be fears as keeping securities. It can be a real obstacles. I would say though, that the biggest driver to staying inside of your comfort zone is always based on fear because fear instead of emotion, it's, it's again, a psychological ancient survival instinct. It's made there for a reason to keeps us safe.

But today it's really useless, used to keep us safe back in the days when we were hunters and gatherers, and when we were dependent on it for survival, but Now it's blocking us from living to our fullest potential. So we need to confront our fears and we need to start doing this on this journey. And this is why I said, we need to get used to that is going to be uncomfortable. I want you to be mentally prepared for this so that you're not being surprised. And then you don't, you don't feel like doing this transformation anymore. I don't want you to give in on any fears and I don't want you to act on them. There's actually A famous book called "Face the fear and do it anyway". And I want you to really use that title to yourself every time you feel the fear you do it anyway.

Even if the fear feels uncomfortable, doesn't matter. You push through because successful women, they don't let fear stopping them. So why should you, I don't want you to stop doing what you want to do because it feels uncomfortable right now. What about everything else that can come from the temporary discomfort that you currently are feeling you are going to have a major payoff that might last you for let's say years and all based on the short term, temporary discomfort.

Now, what is more worth it? The short, temporary discomfort or the massive longterm payout that you're going to get?. So I want you to think about that every time you are feeling that you might not want to get out of your comfort zone. Think about the payout. If you let your fear control you ladies, you're never going to get what you want in life, and you're never going to live your life to the full, and you will forever stay as somebody who watches other people reap the benefits of life. So we need to make this choice for ourselves and we have to make it every day. So what would you rather sacrifice? What is more worth to you? That's something you have to keep asking yourself.

## **Secret #5 - Take Action**

### **The Elite Woman's Success Blueprint**

Step number five, Elite women they take action and they grab the opportunities. This might annoy some people who are clearly the opposite, but let me tell you one thing, the reason why all the successful women are so successful is because they do not shy away when opportunities come their way. So they grab opportunities immediately without thinking about whether they should give themselves permission for it or not. They just go for it. And I'm not talking about just going forward without thinking about what they are running themselves into. No, I'm talking just about when they have validated an opportunity for being legit, for being good for them. And of course the ethics of it, um, they go for it and they'll want you to understand that this is the, exactly the same action you have to take to get closer to your goals. A lot of people are thinking twice.

However, when opportunities come along, they start thinking, Oh, but maybe I shouldn't, maybe I come across as selfish or desperate or greedy. Maybe I should hold back and we're not going to get anywhere like this. Again, limiting self beliefs. We need to really see that, okay, There is an opportunity there, I need to jump on that ship. And then you just go, you are going to have thoughts in you that again, all, but maybe I am like this or like that. And you really have to Stripe all of those thoughts out of your head once. And for all, whenever an opportunity arises, see it as a blessing from the sky and you really make use of that. I don't want you to become somebody who is now using and abusing everything and everybody, because I don't want you to come across as the opportunistic person.

But what I'm talking about here is being a healthy opportunities inside your own mind when you are being proactive. When you look at things from a proactive way of acting, basically, and you also need to understand that if you do not grab this opportunity, somebody else will. And then you're going to build up a lot of resentment because you would have wanted to be that person, but you didn't take that chance. So now you're there with the resentment. I don't want you to be the person. I want you to be the one who actually grabs the opportunity and speaking of grabbing opportunity, this is where my favorite subject of taking action comes in because take action is really my mantra. I love the simple two words, because it really demonstrates for everything that helps you achieve success in life. But I'm also aware that, and we go back now to the dreamer that I mentioned in the beginning.

So we have a lot of people who love the pre-phase, meaning the planning, the plotting, the analyzing, and the learning. But then as soon as we talk about taking action, Oh, well, yeah, another day, another time now, not a good time. And then nobody takes action, right? And then you wonder how come you're not having any results. Well, guess why? Because it didn't take action. It is so easy to have all the answers in your head to be very educated, to be planning and to have a master plan ready and anything. But if you're not executing, then the what's going to actually give you results. Your thoughts are just going

to stay as thoughts, right? We need physical things. Now we need live action. And I'm really going to push you on this one throughout this course. I want you every day to do one thing that takes you closer to your goal.

That takes you more further than where you were yesterday, because we need to start having results. And the results are not going to come from your planning or from your learning or from your analyzing. And surely those elements are important. And we have to of course spend a little bit time there, but this cannot be your life and your escape thinking that you are doing things when in reality, all you're doing is just planning. So a lot of people, they always give me hundreds of excuses to why they haven't taken action yet. A common excuse is that a lot of people don't feel ready because of their transformation. Maybe they didn't lose enough weight or have enough money yet or whatever it is. There's always a reason to why they're not fully taking action. Do you remember when I said that we cutting out the reasons good cause we are.

And remember also that I said that we are going to start this transformation, even if we're not fully ready. Like I did. I started my transmission when I definitely wasn't fully leveled up. I still wonder how I got by without having done my veneers. As an example, I had horrible teeth, um, and I was still fumbling around in high society. And somehow, you know, was able to at least achieve something small. Even, you know, with the, let's say with my appearance back then, what's important is that taking action. It is the best school. You're going to really learn certain things that unfortunately, I'm not able to teach you because there are some things that you can't learn by theory. They only come as lessons from action. So that is one number two, you are going to figure out things that are especially applicable for your unique situation, because of course I am teaching you something that is a universal in general.

I'm trying to take as many different types of people into account whenever I create this type of program. But of course there will always be small details where you have to kind of tweak it and apply it to your own reality in the best way possible. And you can't apply that without taking action because you are going to figure out as you move along on this journey, what to do and what not to do that is specifically for your situation. You are going to have transformed yourself a lot with the help of my tools, but the last bit you have to walk yourself and you cannot walk without taking action. And I want you every day when you rest your head on the pillow, and I hope you all sleep on a nice silk pillow, because it's really good for your skin and answer wrinkles by the way.

But I want you all to ask yourself, as you lay your head there on the pillow, **What action did I take today that took me closer to my goal?** Even if it's something small, because any action is better than no action. I want you to really repeat that for yourself. Any action is better than no action. If you, for some reason, cannot take any action today, then At least do something small, something symbolic so that you can put your head on that pillow that night I feel, or at least I did something. Even if it was something small, I'm proud of myself. I feel fueled. I feel full of energy. The fact that I have momentum going because of the momentum is going to take me far. And you know what? A lot of people, they lose momentum because they're not fueling themselves of energy for their own transmission.

They're too bothered about this inspiration, motivation to hit them and, you know, fuel them to continue. But when, as I was saying about the video, if you're actually fueling yourself from other parts of yourself, like by having self-discipline and laser focus, or by seeing victories in every little small footstep that you take forward on this journey, because you know what happens, we feel good about ourselves. When we are taking actions. When we

are moving forward, when we are actually doing something, we feel bad about ourselves. When we are being lazy, we don't do anything. We procrastinate and that drains us of energy and that creates anxiety for us. Even if that anxiety is only in the subconscious, that everybody feels it, you know, on the surface. So I want you every day to be on that pillow and to feel, you know, motivated and feel fueled because you took a small, small action.

At least the worst you can do on the pillow is to go to bed. I feel like I didn't do anything nada. Now that might happen by the way, unforeseen situations in life happen. So do not beat yourself too much about it, but I want you to have as a goal, as a mission, that every day on that pillow, you are going to really connect with this positive fuel of yours that will help you the next day to stay in this momentum of being action oriented and to move forward and to not lose the momentum because you lost focus and you didn't do anything to move yourself closer to your goal. So I'm going to leave you with those words, just remember that all our leads, women are all action takers and, um, You can easily become an elite woman just by taking action. And it really is that simple. It's really just doing what you know, you have to do no matter if it's a big or small action, any action is better than no action. Remember ladies.

## **Secret #6 - Persistency**

### **The Elite Woman's Success Blueprint**

Step number six, Elite women are persistent and they keep going - even if they have setbacks!, I am going to only touch lightly on the subject of setbacks. Because later in this module, we actually have a topic on obstacles and how to troubleshoot these obstacles. So we are going to go deep on the subjects to really understand how do we troubleshoot and how do we productively overcome any form of obstacles? Because like we are getting comfortable with the uncomfortable. We also need to welcome the obstacles that are going to be part of this journey because they will be there. And I don't want you to have surprises or to think that it's not normal. And then as a result, throw in your towel or don't feel like you have enough energy to overcome them. I want also to understand that you will be doing mistakes.

That might be unforeseen, things that happen. There might be some really annoying things that happen and they happen for everybody. And it's common. It's normal. I don't want you to think that this is out of the normal, that this is a sign for you to not keep going on the journey. It's there to really test you. How much of this transformation do you want? How much do you want to achieve your goals that you have set for yourself? So you need to stay persistent. And this is going to be one of the biggest motors that will drive you to the top, your persistency and how you recover from setbacks. I'm sure a lot of you have met this type of person. We all probably know one or two, and this person is one of those who simply never seem to take no for an answer.

This person might get rejected, but the person doesn't care person has an agenda. And the person goes all in hangs in there even when times are tough. But what's interesting is that this person always makes it in the end. Even if the journey is a Rocky one, for me, it's one of my favorite personas. And you actually see them often within the elite women community, they are the ones who know that if you are hanging in there long enough, you will get results. And to tell you the truth, this is really the case sooner or later, it will happen. No matter what you put your mind to, it will happen. If you have self-insurance, if you have willpower, determination and dedication, and you do the sacrifices, surely you need to also follow the formula and you cannot just be doing the same thing over and over again. That's not working. You ultimately have to do things that are working for you to

actually achieve your goal. But what I'm trying to say is that the persistence there is key, but I want to talk about how to overcome obstacles later in this module right now. I want it to plant the seeds in you that there will be setbacks and that you will have to learn how to recover from them. And it's part of the process and it's normal.

## **Secret #7 - Surround Themselves With Successful People**

### **The Elite Woman's Success Blueprint**

Step number seven, Elite women they surround themselves with successful people. Then there is absolutely no shame in the game whatsoever to surround yourself with people who are better than you. If you want to become like them one day, it is a very good strategy to implement. I'm sure you have already heard this famous saying that You become the average of the five people you surround yourself with kind in this case. It is absolutely the truth, because what happens is that we end up mimicking the people around us. We ended up picking the brain of other people. We ended up learning from other people. We are influenced by people. And if you have people around that are not successful, that are negative, that are lower than you. If that makes sense, people who haven't developed themselves, as much as you, Then you are going to be influenced to stay on their level!.

And who wants that, especially if you want to shift success. But if you are surrounded with people who have made it, people who can be mentors for you, who can help you forward people who have, who live the life that you want to live. And I think it's absolutely the right thing to surround yourself with these types of people. And I think it's really a must. There is this stigma that you are a social climber or that you are, I don't know, a fake person or a Golddigger or whatever. There's so much stigma around people who want to upgrade in life. It's almost a bit taboo. And especially if you are a woman, men, they can get by somehow with this but women. Hmm. We get a lot of names after us, but I want you to not pay attention to that. Look at it as noise.

We do not allow anything to distracter view. We are going to keep pushing forward because our goals are important for us and we know what we want. And we do everything with ethics. So we're not actually doing anything that would validate these type of stigmas. All of that is just noise. So I want you to start seeking out people who have done better than you. People who are perhaps elite people who are elegance, people who live the life that you want to live. And then I want you to learn how to become selective. Because one thing that we need to understand is that everybody has 24 hours in their day, and we do not afford to spend our time with everything and everyone, we have to actually be selective with how we invest our energy and our time. And I know that in the beginning, we have to be a little bit flexible because in the beginning we might have to really take in what we can get.

But as we develop ourselves, we start to afford being pickier because we start getting higher quality opportunities, come our way. And that's wonderful. That's what we're striving to achieve in the beginning. However, do not be too rigid, but still pay attention that you have your and set boundaries with yourself and with your time. And that's really important because if we spend our energy on everything and left right and center, without really thinking about it, then we're just pleasing the entire world. And we never really catering for ourselves and for our goals. So I want you to learn and practice how to tend to your own needs first, but we will talk more about boundaries later on in this course. And we are also going to talk more about networking in the end of the course, but this part is really just about the mindset of how to think when you are prepping yourself and prepping your mind.

Because a lot of the times women are afraid of seeking out the right people. They feel, again, they have this like limiting beliefs and these imposed belief systems that they are opportunistic or they're bad in some way. But in this case, you really have to understand that Everybody who wants to be on a certain level, align themselves with people on that level, regardless if it's for the knowledge or for the energetical vibration, it is powerful. And you don't want to miss out on this opportunity.

## **Secret Tool #1 - How To Deal With Obstacles**

### [Secret Tool #1 - How To Deal With Obstacles](#)

Ladies, I want to present to you three very important tools that will really help you on the journey of your personal development. But in particular, when you have obstacles or blockages on your path, these three tools are by far, my most used, my most recommended. And I know that if you implement any of these tools, you going to actually see dramatic positive results happen in your life, and you will be able to better achieve your goals and get the success you want. I keep talking about the workbook and I will also be reminding you that even with this little series, they will be workbook material to work with. And I really would like to encourage you, because there are certain things in the workbook that I don't mention in the video, but there are very important, but in particularly it's important that you work with this information in peace and quiet journaling, not watching a video, just sitting present with your own thoughts in this way is going to be more effective for you then by skimming through a video. So having said that I'm really excited to share with you my three top tools that are really wants you to put inside you are personal, emotional, mental toolbox to use at any time you're facing a difficulty.

## **Therapy & Healing**

### **Secret Tool #1 - How To Deal With Obstacles**

Ladies, we need to addressThe obstacles and the blockages that are holding us back, regardless of where we are on our journey towards a life, as a woman of the elites or a life as a high caliber woman,we are going to have obstacles that appear sometimes out of the blue. And we will most likely alsowe have existing blockages within ourselves that are holding us backon this journey. Now how to overcome these blockages that are just sabotaging for you as you're trying to progress. And even more difficult might be, how do we move forward on this journey? When we have this baggage and mental blockages that are hindering us from living a successful life, some people even live with mental health issues, such as anxiety, depression, certain disorders, and some people have maybe lighter forms of baggage. So Shas insecurities or self esteem issues though.

I have been very open about my years in therapy. So I've been already about four years doing therapy and just like Woody Allen, I will probably never stop. I find therapy to be a great addition for my journey in personal development. And my therapist actually says that therapy is really like a tool for self-growth self-reflection and personal development. Before embarking the journey of therapy. I did a lot of spiritual healing. I am very much into alternative medicine, alternative ways, how one could do healing. So things that I have tried as an example I did in the past, I've done the 10 days of the past in a silence retreat, which is a meditation retreat. You basically live in silence for 10 days where you don't speak and you meditate for about 10 hours a day. Then I've done things like lowasca. I have done healing, Reiki, healing, hypnosis, and other ways of alternative healing.



I try it a lot of it. And I did it for actually many years. So I'm not doing this video because I really want to impose anything on you. But I do want to share my path and kind of share what has worked for me and didn't work for me. Maybe that can give you some ideas or direction where to start. That's the whole purpose of this section. Now for me personally, alternative ways of healing did help me a lot. I learned a lot about myself. It was a great tool for self-growth, but I didn't feel that those things in specific worked for me. I felt that I had some core issues that needed deeper treatment than just going to a silence retreats or doing lowasca. But please bear in mind that you have a lot of people around the world who are able to get significant healing and really get to the core with certain issues.

So this was just in my case, it didn't really work for me. So after I felt that, okay, I've been doing this for X amount of years now, I'm still not where I want to be in myself growth. Let me see if therapy will help. And I had previously done therapy before, but it hadn't really helped me. So that's why I didn't really seek out therapy because I had tried it. It didn't work. I'm not going to bother. It's probably not working, but I sought it out anyway. And I can be quite honest with you. When I say that it was a very big commitment and the very big sacrifice. I don't think that therapy is suitable for everybody, or at least not at any point in life. I think therapy is something that you really need to want to do. Number one, it cannot be imposed on you.

It's something that you have to feel it's important for you. You want to do it, you're ready to do the commitments and you're ready to sacrifice everything that needs to be sacrificed for it. When I say that it's a big sacrifice. I'm referring to that. It may be a painful process to go through if you do therapy properly. And it's also a big risk because it doesn't mean that just because you're paying somebody to go and speak to once or twice a week, that your issues might get resolved. It's actually you who have to do the work and not the therapist, the therapist, just your guide. And I think for that reason, a lot of people just like myself back in the days said that no, you know what therapy doesn't work. And it also happens because it's quite difficult to find the right therapist. And you also need to find the right therapy method for your type of issue.

But usually the therapist know that part for me, it was a very rewarding journey therapy, not initially because even initially the second time around, it felt like it wasn't working, but I'll get to that in a second. So for me, it really helped because we went really deep to the root issue of certain things that I have going on within myself. A good therapist does not tell you what to do. Like I said, a good therapist is just a guide or somebody who helps you understand your own thoughts, your own emotions. A good therapist does not give you a device. A life coach might be giving you advice, but a therapist doesn't therapy is ultimately a journey of self exploration, meaning that you have to put in the work and you have to really put in the thought process as well. And the emotional process too.

You're there to explore your feelings, your thoughts, and make sense out of them and understand them because that's where the method of awareness comes in. But I'll talk about the awareness in a second. And this way you basically start a healing process by becoming aware of the issues that you might have, or the reasons behind your issues and so on. And I am now referring mainly to psychoanalytic and psychodynamic therapy, which is a very common therapy method. You also have CBT therapy and you have even other types of therapy methods. All of them are a little bit different to each other. So it's worth exploring and really get advice on what therapy method will work for your particular issues, which is why you should always go for consultation with a potential therapist so that you can together understands. I went for psychoanalytic and psychodynamic therapy method because I wanted to heal a certain relationship issues that I had.

And this is very good for relationship issues in particular. And also if you have issues with your self esteem and you have insecurity issues, this type of method is perfect for these type of things. If you have certain traumas, then you might need a different type of therapy, maybe CBT, if you feel that therapy might actually be suitable for you, then my advice is to really commit to it a hundred percent, but not to put any pressure when it comes to expecting certain results. Now, I told you a second time around. I was really questioning. Does therapy really work because during my first 10 months in therapy, the second time around, it felt like it didn't work. I was even doing it up to twice a week for X amount of months. And it still didn't feel like it was helping me. Actually, I felt like I was just getting a worse.

So that was a difficult time for me, very difficult. I was crying a lot. I was being very frustrated. A lot of anger was coming out and I really wanted to throw in the towel many times I even told my therapist, I don't know how many times that I can't do it anymore. This doesn't work. I don't think it will ever work for me. But you know, what's interesting is that all of a sudden, just like that one day in therapy, I just had a big breakthrough out of the blue. I don't know where it came from. I don't know how it happened, but it happened. And that first breakthrough was a big turning point for me in therapy, because since then things started to change, really change and improve because up until then it was just stagnant or more like you felt like I was just getting worse.

So I managed to get through it. And today I really use it more as a tool for sorting my thoughts out really more like a self care routine. And of course we go deep on certain issues, but I'm definitely not anymore in that stage where therapy felt extremely overpowering and difficult, but it might feel so for you if you try and they might not, I'm giving you both sides because I don't know how it will be for you. And I don't really want to set any expectations for you just because I'm sharing this journey, how it happened for me, it doesn't mean like it's going to happen like that for you. So it's important that you keep an open mind, but you also need to do a very big emotional investment. And of course a financial investment, the emotional investment is required from you because you will have to deal with certain difficult feelings, maybe deal with difficult memories.

You might have to stay in those feelings for some time and explore them. And it's not always easy. And sometimes we don't feel like it, but we have to do it. If we want to get something out of our therapy also was really frustrating with therapies that it takes time. It's not a quick fix solution, at least not with a therapy method that I just described. There are some therapy methods that you actually only need a few sessions and you might be able to fix an issue, but really deeper things like relationship issues and insecurities, those things take time. But as I see it is an investment in yourself in your future. And the reason why I talk so much about it is because this has been for sure, the biggest reason to why I am where I am today. My inner transformation came later in life.

First. I was upgrading my outer transformation only later. Did I understand that I am not going to achieve those big, big goals unless I sort myself out from the inside. And that was really what motivated me. If I look at my last four years, it has probably been the best years of my life and also my most successful years. And this has all been thanks to therapy because I started over four years ago now. And since then, I've been working very proactively with my own personal development and my self improvement journey. And literally my life began to accelerate much faster once I started therapy. Before I remember everything just like progressed very, very slowly. It was like taking a few steps forward and then a few steps back. And it was all the time of back and forth. But since I did the therapy

work and I continue have the support of therapy, I am really able to, in my essence, and to really keep the momentum that I have going for myself and not to go back too much in my own development, but rather accelerate with full force forward.

Again, I don't want to put any pressure. This might not happen for you the same way it happened to me. But I do think that it can be of interest for you to actually try out. If you feel that this gives you a little bit of a curiosity, a little bit of an itch. That's when we know that, okay, we maybe should try it out. If this doesn't speak to you whatsoever, then don't bother with it. That now is not a time for you. Only people who feel like this sparked your interest. You feel touched somewhere inside you. When you hear me talk about this, that is a sign that he might be of interest for you to discover this a little bit further. Ultimately, why I'm also trying to somehow recommending this to you is because There are so many ways how we end up sabotaging for ourselves when we don't deal with core issues that we have inside us.

I did this and I see so many people around me do this, and I know that it's totally fixable, but we just need to put in the work for this reason I wanted to list as the number one tool for overcoming obstacles is to do therapy or any form of healing and would healing. Let's say, if therapy doesn't speak to you, no problem, but then seek out maybe some other ways how you can do healing may be through religion, maybe through spiritual practices, whatever it is, it can be an alternative way of healing. Anything that you feel might work for, you seek it out, do it as a compliment to this transformation that we working on here. Because if you do it, you're going to really accelerate your own personal growth. And you're going to achieve results much faster than if you would have only focused on one of the things.

Healing is a great compliment. So how do we find a good therapist? Luckily, today we can actually do it online. You can find a good therapist online. There are many websites how I found my therapist and we actually only do phone sessions these days. We don't, we rarely meet in person because she's based in London and I am in Switzerland. So I only see her once in a blue moon when I'm in London. So how I found her is that I literally just wants to Google typed London therapy. And then there came up a page with a directory of therapists in London. I put in my location, looked who was closest to my house. And I got, I dunno, X amount of therapists up. I opened all of them up and everybody had like a little page and then their picture. And then I just had a look and I felt immediately, okay, no, this snow, this snow, this may be, ah, this yes.

And literally it was just like that. The ones that I felt felt right, I contacted them and it just happened that my therapist, she answered me first. So I booked a session with her and I've been going to her ever since. And I'm so grateful for that. She was definitely a great catch. Now, what about if you have mental health issues, if you have, for instance, anxiety, or you have ADHD or bipolar or other diagnosis, or maybe you're suffering from depression, how are we going to upgrade ourselves? When we have this really big obstacles in front of our journey, some might even be chronic. Can we achieve success this way? And I mean, can we even become women of the elites are women of the elite like this? The answer is, of course you have high caliber women who have issues of this kind. It is a tougher walk to walk.

So that is something you must accept, but everything is doable. Remember what I said previously, anything is possible in life. If a man with one leg, it can run a marathon. You can walk this walk too. You just have to be creative with how you work on this transformation to really benefit you so that it becomes doable for you despite the

obstacles. And of course the most important is that you get the right treatment, you seek out the right treatment and you make sure you have support for your issues and that you are dealing with them. That is the most important. So what I really want you to start thinking about is to become aware of your mental blockages, your baggage, and to start raising awareness within yourself. Basically what's holding you back. And what are some of your reoccurring challenges, perhaps mental challenges for you, maybe it's mental health or maybe something that has happened in the past that keeps holding you back.

There are ways to overcome anything, but the most important part of transformation is for you to do the inner work. But this process, it is a lifetime process. Stumblings happen overnight, but it's going to improve your life quality so much. If you invest in this inner work, additionally, if you decide to seek out any form of healing, I do have another advice that I really want to give you. This is something that I have done as a compliment with my therapy. So if I have, let's say X, Y, Z issues that I'm dealing with, I always seek out books in the psychology session or in, or in the self development session that talks about specific issues. Let's say my issue is I have a very difficult time coping with rejection. I would go and buy a book or maybe multiple books just on the topic of rejection and read those books as a compliment to your therapy work or spiritual or religious healing that you're doing. And you would be surprised that that's going to accelerate your results even more. That is something I've been doing now for four years and therapy has helped me tremendously. So I want to leave you with those words on the subject, this video, just to give you some inspiration of how you can deal with certain things in your life. Maybe you got an idea, maybe not, but there will be more on this in the worksheet. So make sure you download the workbook and do the exercises.

## **Troubleshoot Formula**

### **Secret Tool #1 - How To Deal With Obstacles**

Now the last tool, but also important tool that I want to give you on the path. Whenever you experienced an obstacle or blockage, let's call it The Overcoming Obstacles Formula. So what did we do when we hit an obstacle on our paths? What do we do when we hit a plateau? It happens to all of us at some point, whether we like it or not. So it doesn't really matter if you're in the beginning stage of your transformation, or if you have been doing this for X amount of years already, all of us, we always go through this kind of circle of life. We take action. We might achieve results, or we might not get any results. Then we hit obstacles and then we might also hit the plateau. Now, first of all, I really want you to understand, and also to accept the fact that there will be obstacles and there will be uncomfortable obstacles, and there will be annoying obstacles that might also be terrifying obstacles.

And the might be testing obstacles. All of these are going to be bumps on the road and they're there because they're testing you. I don't know. Maybe universe has a test for all of us once in a while. And it's kind of like we have to pass the test before we get rewarded of our goal. It's always like this. I don't even pay attention so much anymore. I feel like I got so used to this obstacles. I more interested in learning How to navigate throughout the obstacles, rather than just getting stuck and not knowing what to do. This is why I developed this troubleshoot formula, because it really helps to understand what to do next XYZ just happen. So there will be a lot of disappointments and a lot of things that may go wrong and things that you might not be prepared of. And I don't think we can fully ever be prepared of everything in advanced and maybe it's good for us not to know.

Sometimes what's waiting for us ahead. Obstacles are guaranteed. And the more we prepare and are aware that there will be obstacles, the easier it will be for you to get over them because you're there waiting for them, literally speaking. So once they appear, you're not that shocked and you are more capable and strong to just push through them. Some people just get paralyzed and they want to quit and then give up. And they never ended up achieving their goal as a result. And they don't become a woman of the elites and they don't end up living a more elegant lifestyle, sadly, but this is true. And they just go back to where they came from and they just feel like, no, it didn't work, but you see Women of the elite, they do not just give up whenever there is an obstacle, they push through it.

They don't let it defeat them. They stay strong and they hang in there. So what do we do in a moment when there is an obstacle on the road? There is a saying, when you reach an obstacle, take a detour, but a detour, might sound long and uncomfortable and well, a little bit annoying because encountering obstacles, it's an annoying process because we just want to have a quick and smooth ride. But like I said, it doesn't work this way. So when we reach an obstacle, you have to pause and think about the best possible detour for you to take. What is for sure is that you have to take a diversion around the obstacle. So it is going to be a longer process for you than if you just would have had a straight, smooth journey, but it doesn't have to be the longest possibilities or for you.

And it doesn't have to be the most annoying detour either. This is where you need to apply my formula because you need to really Analyze what to do next and You troubleshoot and then You re-strategize. So anybody can use this at any time, no matter what obstacle or blockage they reach, they **Analyze, Troubleshoot, Strategize**.

So let me explain this a little bit better. Let's say you have a difficulty and you do not know what's going on. You can't understand why this is happening. And you're very, very frustrated. So the first step for you would be to figure out exactly what is happening. Basically analyzing the situation. Then you are troubleshooting the situation to find out more, to understand exactly what went wrong. Let's say there is an obstacle with your troubleshooting. You start brainstorming ideas, brainstorm ways around the obstacles, and then you create a new strategy for how to do the best possible diversion.

A potential plan B plan C plan D let's say you always come up of three solutions. When you strategize. If you cannot come up with three solutions, then come up of two. At least then you decide which one of these multiple plan B plan C solutions are going to be tested first by you, which has the highest probability that you're going to have your desired outcome. Then you apply it.

If that strategy didn't work, then you have a backup strategy. And again, a backup strategy, even if that one didn't work so that you don't have to always go through the same process of analyze, troubleshoot and strategize. It's really crucial though, that you recognize any bad situations and that you actually do something about the negativity and that you actually do something about the situation.

This is where we have spoken about action. This is really where your action taking skills get tested because you cannot just be stuck in, Oh, it's not working. I don't know what's happening. I don't know what I'm doing wrong. All of that has to stop because you need to be proactive and you become proactive with this troubleshoot formula, which is basically analyze, brainstorm and strategize. And when you do this repeatedly in all areas of your life, wherever you have an obstacle, you're going to see that you're going to start achieving

better results. You're going to be more proactive and ultimately you will reach success much faster and get closer to your goals.

## **Secret Tool #2 - Millionaire Mindset**

### **Introduction**

#### **Secret Tool #2 - Millionaire Mindset**

Ladies. I want to share a very important secret hack with you. And not many people are talking about this, but this is a very effective one, especially if you want to upgrade your life to the highest level possible. And we have spoken about mindset, but we cannot forget to work with our energy. I will be talking about law of attraction because that's a very powerful tool that we can use. And it's based on energetical work, but this is actually somewhere in the bracket of law of attraction as well. However, I wouldn't want to call this law of attraction. See this as work with energies or a tool that you use to rewire your subconscious, to direct your brain in a very specific direction, to Direct your brain in the direction where you want to go. You see the brain doesn't know the difference between imagination and reality.

So that means that we have the great possibility to program our brain in whatever way we want, because The brain's natural instinct is to achieve whatever has been programmed in it. So whatever is wired in your subconscious, the brain will seek that out. And this is actually real scientific facts. So it needs to be taken seriously from you because if you are perhaps somebody who gets a little bit put off by law of attraction, but you take science seriously, then do really pay attention. This is going to be a really great tool for you to put in your mindset toolbox because this tool is going to propel and accelerate your success factor. I've used this tool myself and I still do, and I have achieved great success as a result. But as you know, this program is based on the research of elite women that I've come across.

And I could tell you one thing, I do see this with them as well. So this is something that a lot of people have mastered, even though we don't really talk about it. I want to introduce to you what I call The poor person's mentality. It's basically a level that a person has positioned herself at and now identifies herself with. So basically if she is on a certain level, then her expectations matches that level. And this is something that comes from programming and education. It's usually comes from home. We inherit certain programs and certain expectations, and perhaps even certain lifestyle choices, because we are brought up in these circumstances. So naturally psychologically, we ended up adopting what we see, what we have been exposed to, and then we internalize it and apply it to ourselves. As an example, if were brought up in an affluent family, then you have most likely adopted a millionaire mindset because your family has educate you in a specific way that matches the affluence, which basically is equal to a millionaire mindset.

But majority of us, unfortunately do not come from affluent backgrounds. Some of us come from middle class families, others from working class and some even come from poor families. So we ended up adopting a different form of programming and education as a result. And this is what happens with the poor person's mindset, because certain behaviors are very related to your social economic class and your social status. Of course, so, and your financial status, of course. So that adds to the poor person's mentality here. And in this case, as we are working with our mindset, It's important that we are not stuck in certain programs because they may block us. We want to break free from them because ultimately what we want to do when we upgrade our lifestyle is that we want to position

ourselves on a certain financial level. And we want to identify ourselves with that level and to do that.

We actually have to identify ourselves with that level and have expectations that are aligned with that level. It's about becoming comfortable with higher wealth & status. If we want to go in that direction, high achievers, they align their expectations with the highest level possible. So they reprogram themselves. If they didn't come from that level, initially they get comfortable with this energy, with whatever that world offers. And this is what we're going to do in this video. Serious parts of rewiring are a big part to removing the poor person's mentality is to first clean up the minds, clean up the mind from clutter, because I'm sure there is a lot of things that are ingrained in your mind from the past. A lot of us have parents who may be all the time. We're speaking about money and the wealth in negative ways. I am sure you've heard phrases like, Oh, we don't afford this.

We cannot go there. Oh, we don't shop there. We are not that kind of people. Money's evil. Money's never bound to be abundant money. Doesn't grow on trees. Affluence is not accessible for people like us. And so on. I'm sure that you probably have a few of those in your head now, how do you think you're going to upgrade yourself and your life and your financial level as well? When your subconscious is identifying themselves with these type of sentences, the subconscious does, what's ingrained in the subconscious. The brain seeks out what the brain has been given. That's why we need to set the expectations with our energy and reprogram our subconscious so that we change who we identify ourselves with. If you identify yourself to be in a particular level, like what I call the poor person's mentality, then ultimately what will happen is that you will forever be on that level.

But if you actually start raising your energies and you start raising your expectations and adopt this millionaire mindset, then that's going to change your life. And it's not because of some law of attraction or some this or that. It's really because of scientific facts because how the brain is structured, that it seeks out what is being given. And now I am going to explain to you exactly how to go about this and how to reprogram yourself, because there are some good exercises that you can do to really rewire yourself. But now I am going to explain to you exactly how all of this is done.

## **The Poor Person's Mindset**

### **Secret Tool #2 - Millionaire Mindset**

All of us have an internal benchmark system. It works as an internal regulator that regulates the level of our performance. So basically what it does is that it uses signals from any forms of feelings of comfort or discomfort to help you regulate your performance. So basically it's meant to direct you in the right places to achieve whatever goals your brain has been programmed to achieve. Remember what I said, your brain will achieve whatever it has been programmed to achieve. So that means ladies, if you are programmed with feelings of discomfort around a subject, Your brain will direct you in a way away from that discomfort, really pay attention to what I just said. The reason for that is if you have discomfort about an elite social status, elite people, a lot of wealth, then your brain is going to do everything to direct you away from all of those things that I just mentioned.

But if you have programs yourself to feel comfortable around all those things, you feel comfortable around the elite people, you feel comfortable around the wealth. Then your brain is going to do everything to stay within that comfort zone. This is a scientific fact because it shows that The brain's instinct is to keep you on the program level and always

within your comfort zone. So whatever is outside of your comfort zone, your brain actively works so that it takes you away from that. So let's say you are outside of your comfort zone. You are in an unfamiliar territory. Let's say you go to an affluent setting. It might be all new for you. And it's definitely out of your comfort zone. What will happen is that your body will start using these feelings of discomfort to pull you back into a level of comfort instead of a level that you are already used to.

And basically it's the same level where you are currently at. So let's say you want to upgrade in life and what you are upgrading to. You feel very intimidated by that. You feel very fearful of it and feel very uncomfortable of it. So while your body will start doing is that all of those feelings of discomfort will tell the brain to pull your level back into the level of your comfort, which is basically the level where you are at now. And if you want to upgrade, but your brain keeps pulling it down to the level where you are now, it becomes ineffective and it's difficult for you to progress. Ladies, my mission with this entire program is that by the end of it, you're able to upgrade yourself, upgrade your life, and be comfortable with this whole transformation. I want you to already start becoming comfortable with having a higher level of finance, having a higher status, not feeling intimidated by affluence or affluent people or any powerful or influential people or socialized or celebrities.

I don't want any of those to feel intimidating for you. I want you to get comfortable with this world because this is the world. A lot of you want to get into, and it's important to get comfortable with something that currently feels uncomfortable. By the way, it is normal that we might feel a little bit fearful of something that we have never previously experienced before. So that is normal. But the whole purpose right now is to be actively aware of it and start changing that because as long as you're staying with that fear or discomfort, then that is going to keep holding you back. And that's when a lot of the things that I teach become ineffective. So we really need to apply this millionaire mindset formula to yourself. You need to adopt this millionaire mindset to really expand your capacity, to expand your mind, to expand your energy.

I'm going to give you now a really good example that will truly illustrate how it works. When we have different types of financial expectations set for ourselves, this will really give you a good example of how the brain actually is structured. Now let's say we have a sales person. A sales person will have \$3,000 as his financial expectations. So the sales person basically expects to make 3000 in sales this month. And he or she feels comfortable in making this amount of money in the month. So basically what happens is that if this person is expecting to make \$3,000 in sales, the person's brain is going to do everything possible to reach that because anything else would make her feel uncomfortable. And the brain would adjust to that discomfort and only produce results that will make the person feel comfortable, which is ultimately to reach the \$3,000 Mark.

But that's kind of where it stops. And the person is not going to make more than \$3,000 that month. You know why? Because if a person makes more money than that, the brain actually starts feeling this comfort. So the brain stops the production and yes, when we are not expecting to make certain amounts of money, that is a feeling of discomfort because you might be thinking well, who would complain if they make more money, people will be happy if they make more money. Well, yes and no, because when we are not expecting to make, let's say \$30,000, if we make \$30,000, all of a sudden we feel a little bit shocked and that's a feeling of discomfort. So let me just clarify it a bit more. Let's say the same person changes his internal money benchmark to instead of feeling comfortable with \$3,000, no, no 3000 feels now uncomfortable to make in the month.



Instead, the person has changed our internal regulator to feel very comfortable around \$30,000 a month in sales, the person kind of expects to make that money. That's the type of level where the person has positioned themselves at identified themselves with when they think in lines of well, that's how much I've always made it. Of course that's how much I'm going to make this month. So That's the level where the brain will set their standard and the brain is going to seek that out. So subconsciously that person will be changing behavior or doing things into behavior. Anything possible to match that level, to basically upgrade the work quality of necessary or produce result that will match just that you will seek out ways to do that. Believe me, on this one, some people call this law of attraction and I would too, but I would like to have the subject to speak to everybody.

Who's watching me right now. Let's call this the science of the brain instead of law of attraction so that you really understand how the subconscious mind is actually operating. There's a lot of things that we are not aware of in the subconscious, but that actually happens and influences all of our actions. So if a person raises her financial expectation limit and really do it in the effective way where you really believe that, well, you really position yourself on that level. The subconscious mind will make the person adjust the person's spendings, let's say, or make the person seek out working overtime or some new methods so that the person is able to reach that target that the brain has said, and this wouldn't have happened. If the subconscious mind was instead comfortable with a \$3,000 Mark, it would produce less results. As an example, he would seek out less methods to make money happen.

Let's talk about lottery winners, because we are familiar with this concept because lottery winners are quite well known for winning a lot of money, but then losing all of it, which is pretty bizarre because you would be thinking that how come these people, they won all these millions? Why did they lose them? Why did they go bankrupt? And this is really the case where the poor person's mentality steps in because majority of these lottery winners, they have a poor person's mentality. They don't come from wealth. So They do not know how to manage wealth. And if you look at the statistics, because this says true facts, about 80% of lottery winners end up losing all their money. So this is not a myth ladies. So what happens is that the poor person's mentality makes the person feel very uncomfortable with a high level of money.

So instead the subconscious mind, you wants to get rid of this discomfort. So it begins to get rid of all the money. That's why these lottery winners, they ended up doing all kinds of crazy purchases and literally just waste their money down the drain. And some even do it in very destructive ways and all of this simply because of how the subconscious mind is operating in the person. The subconscious is trying to pull them back to their familiar comfort zone = which is having less money. It's crazy how this works, but if you master this and if you are being aware of this phenomenon, you are truly going to be able to make use of it in your life. And if you have a poor person's mentality, you will be able to actually rewire you, because if we want to raise your financial expectations, it is not good.

If you have a poor person's mindset, if you are internal level of regulator just wants to get rid of all the money or becomes ineffective. Let me give you an example of my old internal money benchmark. So as you know, I do not come from money. So I definitely had some poor person's mentality growing up. I did inherit certain patterns from my family and the people that I spend time with. So that definitely did affect my internal regulator. So I began to change my money benchmark as I was researching elite women, because I noticed how these women were operating on a certain level and on a different level to me. And I

noticed that that differentiated us. And even though these women, they weren't from money and perhaps some of them didn't even have any big amounts of money, but they were accustomed to a certain lifestyle.

So they had certain expectations said, and even though, like I said, they weren't wealthy or anything like that, they still managed to make their lifestyle happen and their financial life to match that. So it became interesting to me, what were they doing exactly on and what was the difference between us? So I noticed that these women, they had changed their internal level of regulator and they were continuously attracting the lifestyle that they were anticipated. And it actually inspired me to do the same. So I started doing two things. First of all, I did get rid of any feelings of discomfort that had to do with affluence, because believe it or not, even though I might come across as confident today, but there was a point where I felt incredibly intimidating by affluent surroundings, um, luxury hotels, high end places, all those things. And I didn't use to go there because I just felt scared and uncomfortable.

I really thought that people would just look at me and wonder what I was doing there. So I stayed away from those places as a beginning, but later I actually forced myself to go to these environments. Anyway, I had a bigger agenda for myself. So I had to get out of my comfort zone. Secondly, I started to change my financial comfort zone with the help of shopping. So what happened is that back in the days, I would only purchase items from fast fashion stores because to put it plain and simple, and that was what I could afford back then. My finances were very limited, so I didn't have a lot of money. So I would actually set a financial expectation and the limit of around \$25 on the one piece of clothing, regardless if it was a dress, a pair of pants, a top, whatever.

So I would never purchase anything that would cost more than \$25 a garment. If sometimes I would stretch that I would feel really uncomfortable. I would feel sweaty. I would start getting all these thoughts in my head that I'm going to get broke. I'm going to, how am I going to feed myself how I'm going to pay my bills. I'm going to go homeless if I continue like this. So all these strange thoughts were inside me because I stepped out of my comfort zone. And these thoughts didn't really make sense. So if you look at it this way, anything above \$25 was simply out of my league. And that's how I programmed myself to be. And it stayed out of my league as a result until the day I decided to change this attitude. And it was the elite women who inspired me to create this change because I wanted to have the same mindset as they had.

And I saw how it worked for them. So wanted to try and see if that's going to work for me as well. So I told myself that, okay, I need to position myself on their level energetically. They seem to not only buy clothes that cost \$25 a garment. Surely I should be able to pay a little bit more. I will simply just have to afford it somehow. Like I will have to figure it out, but I need to start being on that level now, just so that we are clear, I am not encouraging anybody to spend beyond their means, and that's not what I did in this case. I adjusted my shopping strategy accordingly. So I wanted to stop spending \$25 is garment, and I want it to become comfortable with more expensive clothing. That meant that I had to actually purchase less items in the year because my finances didn't really change immediately.

So, and I wasn't going to take out credit cards or spend money that I don't have. So instead of buying a few garments each month, that cost \$25 each, I would instead buy a few items that cost \$250 each garment in a year instead. And yes, I reduced my shopping dramatically. I still remember that year when I had literally not been inside a store for about 10 months. And that's quite a long time when you haven't updated your wardrobe

whatsoever. So as you understand these garments that cost \$250 each began to feel very special. To me, surely in the beginning, I felt a little bit uncomfortable spending so much money on one piece and it almost hold me back. However, I was being aware of the situation and I wanted to really improve my mindset. So I started getting comfortable with spending this amount of money and really allowing myself to spend this money because I really saw it as a really purposeful exercise.

So it didn't take me too long to really feel at ease, putting so much money in just one piece of clothing. But I can tell you one thing, a very magical thing also happened as a result from this little exercise. Every time I wore the \$250 garments, I felt like a luxurious affluent woman. I felt on top of my world, I felt like a million dollars. I really felt like I owned the world. The amount of confidence and energy that garment gave me was nothing in comparison to what the \$25 garment gave me. The \$25 garment didn't do anything to me, but I started to vibrate on a more positive, higher energy. And if we work with law of attraction, we know how powerful this is that I'm describing to you right now. Every time I also wore the \$250 garments, I would also signal to my subconscious that this is what I'm now used to.

This is what I expect. This is what makes me feel comfortable. \$25 garment feels now uncomfortable for me to wear. So obviously the subconscious will adjust to that. I definitely could not go back now to the \$25 level. And what's interesting is that your subconscious matches that it actually makes you to not go back to that level. Somehow things started to change in my life. Of course, not overnight, of course, not immediately, but gradually yes, I began to see how I started to attract more finances in my life. I was actually able to upgrade my job back then and got a better salary as a result. So that was one big evidence. Then I began to date wealthier men, and I also was able to have the partner that I was with back then to be a generous with me and to treat me with things.

And I just noticed how all of a sudden my life really began to change. And it was because I was rewiring my subconscious to expect more, but also to feel really comfortable with what I expected. But, you know, what's interesting is that I didn't only do this with the clothes that I bought. I actually also apply this to the neighborhood that I lived in. So I would upgrade my neighborhood. I would expect to be in a certain neighborhood. And they also began to upgrade the people that I surrounded myself with and the places I visited and activities and trips that I took. So anything that I could possibly upgrade, because also when you start upgrading all these other aspects of your life, Your brain mechanisms starts to match your new reality. So a lot of other things starts coming as a result and you can call it a coincidence or you can call it the power of the subconscious. So really wants you to understand you are levels of comfort or even this comfort. I want you to ask yourself a few questions and I want you to really be honest with yourself.

## **The Money Benchmark**

### **Secret Tool #2 - Millionaire Mindset**

Ladies, we're going to work with the millionaire mindset in the workbook, but I do want to dedicate this video to ask you a few questions where I really want you to be as honest as you can be with yourself. It's really time to get real and really think about how you feel about these things. Because we want to understand you are levels of comfort or perhaps your levels of discomfort, because when we know where you stand and all of this equation, it will be easier to know what areas we need to put more focus in. So let me ask you, what's your comfort zone for the restaurant where you go dining? Would you feel comfortable or uncomfortable if you step into a Michelin star restaurant or if it's a really

trendy hotspot in town, what's your comfort zone for the hotels that you stay at?

Does luxury five star hotels make you feel like you don't belong there and what's your comfort zone for the type of house or neighborhood you live in? Does big, beautiful houses or mansions make you feel like that's not who you are, or maybe even make you feel a bit stuck up as soon as you think about the most expensive neighborhood in town. What about your car? What is the comfort zone around your car? If you would drive a Rolls Royce or a Bentley, would you feel like a show off? What is your comfort zone with the bags that you were used to, Birkin bag feel like out of your comfort zone or maybe out of your league, would you feel comfortable putting yourself on the waiting list for such bag? What is your comfort zone with the stores where you shop? Do you feel terrified?

Browsing in the very high end designer boutique. What about if you would be browsing in such store without actually purchasing anything, but you would try on a few items. And what is your comfort zone with the vacations that you take? Do you actually skip the Jess at hotspots because you are used to less extravagant locations and what's your comfort zone with the type of people that you surround yourself with? Are they all on your current level or are they higher? Is anybody affluent or high profile or even famous? Do you feel comfortable around such people? Would you feel confident having a conversation with them? Now, ladies use the workbook to really do this exercise properly and to journal some of your thoughts. Don't forget to stay real and get as honest as you can with yourself.

## **First-Class Treatment**

### **Secret Tool #2 - Millionaire Mindset**

So let's begin the work where we start getting used to being treated in a first-class way. Now is the time to really start raising your money benchmark and rewire your subconscious. Because now we're going to align our feelings, our comfort zone, with the lifestyle that we want to achieve, and your subconscious mind is going to help you get there. So we're doing this all because of the power of the subconscious. So let's get rid of the uncomfortable feelings and replace them with the feelings of comfort. I want you to begin to change the image you have of yourself. If you identify yourself with a plain Jane, a gray mouse, even if you are right in the beginning of your transformation, I don't want you to associate yourself with this type of character anymore. I want you to understand that: You are a million dollar woman. You deserve to be treated in a first class way. You expect nothing less from life.

Really see yourself as a woman of the elite. Even if you feel a little bit new to this, you need to really get comfortable with the thought of you being a woman of the elite of you being an elegant high caliber woman. You need to really be able to even say it out loud. So use this as part of your affirmations. I am a woman of the elite. I am affluent. I am a high caliber woman. I'm an elegant woman. I am a million dollar woman. I am worth millions. I want you to have affirmations like that. Affirmations that you keep feeding yourself daily, because this is going to reprogram your subconscious start acting now how you want to be and where you want to be in life. Meaning like if you want to become a woman on the elite, then You have to start thinking like a woman of the elite.

You have to start talking like a woman of the elite. You have to dress like a woman of the elite. You have to act like a woman of the elite manifest like a woman of the elite. And if that means that you have to fake it till you make it in the beginning, then you know that we

are using this as part of our tools, 'fake it till you make' it is a tool, but it's an effective one. So use it in this context. But also you have to understand that the woman that you want to become, we need to study her in depth that we know what qualities exactly that we want to adopt. We need to really get to know her inside out and really put her under the microscope to figure out how she dresses, how she behaves, how she looks, how she lives, what she does, what she doesn't do and all of those things, because this will give you some direction and make you be able to follow her examples.

Now, I don't want you to become a clone of somebody that you're not, and that is not the of this program. We are talking about energetically position ourselves on a certain level, energetically align ourselves with somebody that we have seen in real life or, or we identify ourselves with, and this is going to bring the future youth to you because you scan their energy and you align your energy with their energy. That's basically how this tool works. You will see how opportunities are going to start to change. When you do this, all of a sudden, you're going to have certain circumstances appear almost like out of the blue for you. And you're going to start attracting different types of people. You're going to have things happen in your life. It will be matching the new reality that you have set for yourself because you are rewiring your mind and you are positioning yourself on a specific level.

What becomes very powerful. And we do this work a lot in law of attraction is that when you act as if you have already achieved something, you will signal to your subconscious this way that this is part of your reality. So now your subconscious or your brain needs to produce results. That match that reality. So This is a program that exists in our brain system called RAS. And this is what it does. It starts to notice anything that will help you succeed so that you achieve what your brain has put their mind to achieve.

## **Raise Your Money Benchmark**

### **Secret Tool #2 - Millionaire Mindset**

So let's do the exercises. So actually Let's take some action steps so that we really raise our money benchmark. So as you know, I talk so much about fake it till you make it because it's a powerful tool of affirmation. And this is a very effective method where we want to stretch our comfort zone. And we initially feel uncomfortable with certain things, but we kind of force feed ourselves with certain thoughts, images, affirmations, and this way we become more comfortable with them with time. So that's really effective if you feel uncomfortable with certain things. And that's what I mean, really would fake it till you make it fake it until you really start believing this to the point that it will start manifesting in your life. And as a result, you will start getting what you envision. So it is a fundamental tool that we will be using.

So please do not skip out on any affirmations. It seems a key practice Affirmations will be more powerful, If you combine them with visualization, I will be covering this in the love attraction part, but basically visualization helps amplifying the affirmation because you are seeing things in front of you. And like I said, the brain cannot differentiate between reality and imagination. So if you visualize yourself, achieve a certain result or live a specific lifestyle, then you are feeding your brain with certain images that works exactly the same way as I've been saying up until now, your brain will try and match those images because it doesn't understand that it's just imagination. It thinks that it's reality. So we need to match up, but you can't just think a thought and think that that's going to be effective. When you do visualization, you really have to feel it to your core and you have to do it with consistency.

So once in a blue moon, it's not really enough. Now I do want to do some exercises with you that I'm going to go through. And of course, they're also listed in the workbook. So please do these exercises. Not only once some of these you can actually do on a continuous basis and almost have it as a ritual for you, because the more you do something, the more you amplify the energy, the more you strengthen the energy and the more powerful the energy becomes, meaning that you will have a higher ratio of actually succeeding with the things that you are working on to succeed with. So the first exercise is to Exercise #1 Get comfortable inside a high-end store. I want you to be on the mission to do your homework when it comes to becoming comfortable in affluent surroundings. So with this exercise, I want you to go to a designer boutique, preferably one that is not very busy.

So you could go to a Chanel or a mess, but oftentimes these stores actually have become quite so. Almost better. You go to a store where all eyes are on you and they're not any other clients in the store. So the sales assistant might actually be talking to you a lot and following you around. And I want you to walk in there with full confidence and really get comfortable in that store. Meaning that you're browsing, you're looking at clothes, you're trying things on, but you don't purchase anything. And this is for you to really make you feel like you are at home in these environments, that you don't have to purchase anything. If you don't want, you are so comfortable in that environment that you can easily go there and just browse and try stuff on and then come back another time to purchase. I also want you to try and chit chat with the sales assistants and try and make friends with them, because I want you to see this as your territory from now on.

And if you do this regularly, it will help you feel more comfortable. And you're going to see that doing this ones might actually not be enough for you. Now, the second exercise, I want you to Exercise #2 Get comfortable inside luxury five star hotels. And this is also an exercise I want you to do regularly. So I want you to almost have like a weekly or by weekly ritual that you do with yourself. And please note, I want you to do this alone. So go to a luxurious hotel lobby. You go there for a drink, or maybe to have a lunch or to bring your laptop and do some work casually from that environment. I know that a lot of ladies, they get worried of going to these places because they think that to go to a hotel, you have to actually be staying there, but that's not the case.

Anybody can go to a hotel it's like going to a bar or to a restaurant or a cafe. So pick your favorite hotel in town and start going there regularly. I want you to feel really at home there, and I actually want you to make it your second home. And I'm talking about Make it your local hangout. It would be great. If you start getting recognized by the staff, they remember you, they talk to you, you learn their names. You will probably also see that there are other people who go there regularly, that you will start recognizing. And that's actually a great tool for potential networking by the way, but more about that in the networking module. And ultimately, I want you to just feel like this is your environment and you belong there. And that's the whole purpose of this exercise. Now, exercise number three.

I want you to Exercise #3 Get comfortable having a conversation with affluent people, people of high rank or people of high social status. Well, that means that you have to get more exposed to them and that you actually have to get in contact with more elite, which ultimately means that you need to seek out any form of opportunities for some form of elite networking. You need to expand your social circle and to become more introduced to higher level of people. So if you do not know anybody on this level yet, but you want to Become comfortable speaking to these type of people. My advice would be to seek out

events or circumstances where you can get this exposure to these people. Maybe you can sign up for an art opening, or maybe there's a restaurant opening in town, or you go to a nightclub high-end nightclub where you have a high ratio of affluent people.

So if you start going there and you start talking to them, that's when you get to know them. And the exercise is to really feel at ease, having a conversation with them, not feel intimidated by them, not seeing them as anything more or scarier than the regular person, but I will be covering more of this in the networking module. The number four, I want you to Exercise #4 Get comfortable with the higher cost of things, just like I did when I moved from \$25 a garment up to \$250 garments. So basically I want you to shop less often, but I want you to start shopping more expensive clothing, follow exactly my example, like I explained earlier and see how that affects your life and really make use of the energy that you will get from the garment that is more expensive. Number five. And this is the last exercise in this video.

This one might be a little bit trickier to do because it requires other people. So hopefully you can maybe network with some of the other students who live not far from you when you can meet up and you can do this exercise together, or you can share it to a friend and you can do it together with a friend. Exercise #5 Organize a come as you are party or dinner party. So the idea is to create an elite cocktail party or an elite dinner party. I see it as a Fake it till you make it physical exercise with other people. And what all of you do is that all of you come to this party as your future cells, basically as the elite women that you want to become, you dress like one, you talk like one, you behave like one, you act like one.

And then the conversations that you have with the other people, you only talk about things that you want to happen, like as if it has already happened. So see this as a law of attraction role play. But the purpose is to create an emotionally charged experience for how your life would be. If you actually, you already achieved all the things that you want to achieve, because when you're able to physically recreate these feelings and the emotions, it will be more effective for you to attract those things into your life. And anyway, it's a fun exercise to do. And if you're not able to get people together, then perhaps you could do something similar by yourself, which more evolves as a monologue for yourself. It's more based on affirmation and maybe dressing up a bit and, and so on. You can even do it inside the designer's store exercise that I told you about. You dress up as the elite woman that you want to be. You arrive as the elite woman that you are and you browse and you think for yourself how you afford the whole store. And you're trying all things, maybe you're going to purchase. So it's like you have already made it, and this will really make your affirmations, your manifestations incredibly powerful. Like I said, the more often you can do these exercises, the better, the higher, the chance is that these results will actually happen.

## **Expand Your Capacity**

### **Secret Tool #2 - Millionaire Mindset**

So when you start acting as if you will be drawing in people and circumstances into your life, that will be helping you achieve your goals in your real life. I always say that we do want to use energy. We do want to work with the minds law of attraction. So do all of that so that you become the person you want to be, but ultimately nothing will happen if you don't apply the action to it, meaning that you do need to move the needle forward. You can't just think of who you want to become. You also need to act as the person you want to become.

So do the money, benchmark exercises, expand your capacity, elevate your energies, and really upgrade your expectations. You will get what you envision and all of that will happen because you have now adopted a millionaire mindset and you have rewired your subconscious to feel and believe that you are this millionaire or billionaire that you desire to be. And it will match up. Like I've mentioned in this video series, The brain will do everything possible to achieve what you feed it with. So make sure you take this seriously.

### **Secret Tool #3 - Law Of Attraction**

#### **Introduction to Law Of Attraction**

#### **Secret Tool #3 - Law Of Attraction**

I want to go a little bit deeper on the subject of wordiness and in particular worthy of achieving a certain lifestyle. Some of us might feel that we cannot achieve a certain life. We cannot live our best life. That dreams are just dreams and not part of the reality, but this is where we need to work a little bit more on your belief system. As we have spoken in previous videos, the belief system is incredibly important and heavily influences our success. But our belief systems is sadly also influenced by society and by the people that we have around us, as an example, our parents, it's very difficult to achieve success. If we don't have a strong belief system put in place, if you have a belief system that doesn't fuel you to take action towards the transformation, then you're not going to achieve any results.

You might even have a belief system, but it's actually working against you. Instead of being proactive. I want you to ask yourself in an honest way, do you feel truly worthy living your dream life? Do you feel worthy achieving all of the success that you fantasise about? Does your belief system tell you that you are actually capable of achieving all of this? Or do you still have thoughts? That's how you're that? No, you don't deserve this. You will fail. What do you think you are? And so on most importantly, do you have a belief system that keeps telling you that what you dream of is impossible for it to happen? I've already spoken about how we internalize other people's voices and other people's beliefs and how they can become our own beliefs. This is actually how false beliefs get created. So for this reason, it's really important enough from now on.

You always take the time to ask yourself if any thought of yours that is limiting you, ask yourself if this is really your own voice speaking right now, if it's really your own thought or have you perhaps inherited this from somebody else, this is where the healing for your belief system will take place because you will be identifying the root cause. And you will start to become aware. Remember the method of awareness, you will become your healing wand. The reason why I'm talking about your belief system in this series, which is actually dedicated for law of attraction now, law of attraction, or if someone wants to call it, the science of the subconscious will not work. If you don't have a belief system that supports it to work, I think we all can agree on the truth. That what we think is what manifests in our life, but what's important is that we start working with rewiring our subconscious.

And when we do the work with law of attraction, we want to transition from your old way of thinking to your new way of thinking. And it's really important that we feel worthy of having success of living a certain lifestyle and be on a certain level. This is what it leads women have done. Remember I said, they're not embarrassed for dreaming big. They allow themselves to dream big and want big, and that's why they get results because they align



themselves with that energy people who shy away from their deepest desires. They're the ones who do not achieve any of those desires. They're the ones who ended up watching other people live their deepest desires. And I don't want you to be living a life full of resentment, jealousy, or just being stuck in that emptiness. It's easy to get stuck there because it's hard to reprogram yourself, especially when you don't have the tools.

I'm giving you the tools now, and you can actually just implement these tools and just take the action. And then you will see how this all works, because it's going to manifest in your life. You also need to be aware that changing an ingrained belief system is not an easy process that happens overnight. And especially if this is very old programming, that is with you from the very beginning. And you might also have some insecurity, self esteem, issues, things that makes you a little bit more fragile, meaning that adding therapeutical work might be really beneficial as you do this type of work as well. I'm going to give you some tough love, sorry, but sometimes I have to do it. Now, if you, on the core level, deep down inside, if you truly don't believe that you can actually live the dreams that you have and the things that you envision yourself to do in life, if you don't really think that that's possible, you're actually wasting your time right now, because it's guaranteed that you are not going to achieve those things.

I can guarantee you that if you don't think it's possible, it's true. It won't be possible for you in that case. It's maybe better you shut down. Now, email us and ask for a refund because it's not going to work. That is my tough love to you. And it is difficult for me to say it, but I want you to understand the importance of it. This is how it's important to have a belief system. When you really feel on your core, the what you dream of is possible. Otherwise, this is a waste of time. Now, one of the things that I know me personally, why I was able to achieve success at some point was because I did have a belief system. My motto has always been: anything is possible. Maybe not in the beginning, because I did start out with limiting beliefs. But as I embarked on this journey, seeing all these elites women who also had similar backgrounds to me, that they were able to achieve this life.

How come they can, but I can't. I thought to myself, but that's when I understood that. Well, actually, if they can do it, I can do it. And that's where I want you to start working on your belief system. Start thinking that if I have a weak belief system right now, and it's totally fine, but only if you do something about your belief system, because if you decide not to bother to strengthening your belief system, and this is where I'm serious, that none of the things that I teach you is going to manifest in success for you. It's a waste of your time, but you have the opportunity to start working on your belief system now. And the good way of doing so is to start seeking out evidence for you to really feed yourself with examples of when people have made it. They had the odds against them, but they were living proof or they are approved of that.

Anything is possible. And I think that that's not only motivation and inspiration, but that will actually prove to you that anything in this world is truly possible. So under this video, I want you to share any resource, any story, maybe a link to an article or a name of a person that you know, didn't come from X, Y, Z, by managed to achieve something incredible or achieve a transformation or reach the kind of goals that the person has set for themselves. Or maybe it's another form of miracle story. Like the person who ran a marathon with one leg, share anything like that under this video, and please help motivate and inspire each other. Because what we really need to work right now is to strengthen our belief system, because I want to start talking to you about law of attraction now, and law of attraction does not work. If you don't have belief system that supports it.

## **Evidence That Law Of Attraction Works**

### **Secret Tool #3 - Law Of Attraction**

Let's start talking about law of attraction. And you probably have heard me talk about it many times in all my material, because I am a big supporter of any form of work that has to do with energies, because we're all energetic creatures. We are built on these atoms of energies. So I do believe that there is valid science behind the law of attraction. Like I mentioned, in a previous video, I probably have some people with me that do not believe in law of attraction. And I'm not here to impose this because this is not a cult. This is not some spiritual practice. This is just kind of understanding the science of energies really is that simple. But if you feel more comfortable with me talking about the science of the subconscious, then I can also use the terminology. But what's important right now is that even though you are skeptical to law of attraction, whatever combination that has for you, keep an open mind as we go through this video serious, because there are certain tools and techniques in the law of attraction practice that people can use, regardless of background of religious practice or spiritual beliefs.

It doesn't matter because this is work based on positive energy of energy in general. And this is universal. So please understand that this has nothing to do with any form of movement or new age practice or higher forces. This is just scientific energy work. Okay? So let's get going because I want you to really make use of this amazing tool. But like I said, in the previous video, it will only work if you actually believe that it works. That's why I dedicated the previous video to really talk about your belief system before moving on to law of attraction. Because if we don't believe in it, then it's a waste of time, then it's not going to work. So don't even bother. But one thing that we have to understand is that if we are new to law of attraction, it's normal that we might be skeptical in the beginning, but it doesn't mean that we should now throw in our towel because I said that if you don't believe in it, it won't work.

So switch off right now. No, no, no. You can still get going and you can actually expand your mind and try and become a little bit open for the things I have to say. And then the next step would be for you to actually start gathering evidences evidence that will support that law of attraction works here. People who have had success, read success stories, and start building an opinion and then maybe start trying things out and then also have evidence manifesting in your life. And usually that's how people start believing in law of attraction because they see it happen in their own life. That's something that for me, I didn't just jump into law of attraction, being naive and believing every little thing that I read about it. No, I needed to test the waters myself. So I started slowly and I started getting results.

I started getting evidence and the more I practice it, the more evidence I got to the point that I'm now a very firm believer. And I also have a lot to thank law of attraction to definitely wouldn't have manifested my life. If I didn't start doing the work of working with energies and really be strategic with how I do it today, my belief system is very strong and there was - the stronger the belief system is - the more powerful law of attraction becomes. It's almost like if you have a weak voice, then there will be hard to attract things. But if you have a strong, powerful voice, you will be able to attract stronger things. That's kind of how I see the belief system reflecting in law of attraction. But you know, what's really interesting is that if you actually start reading self help books and you start having conversations with successful people, high level and entrepreneurs, you will be surprised how many people, men included are actually implementing a law of attraction, whether it is consciously or subconsciously people do affirmation, visualization, top athletes do this.

This is a work with the mind and the energy. And it's incredibly powerful. And I'm telling you, when I say that probably 80-90% of successful people practice law of attraction either consciously or subconsciously. So I want to share with you how my biggest evidence came to me in 2016, back then I was dating somebody. We were actually seeing each other on a serious level. And I was really hoping that things would work out with that person. But unfortunately it didn't. And I remember that one day I came home and I was incredibly devastated because we had just ended our relationship. And a few days prior, I had purchased a few books that I got recommended for my friends and the books were piled up in my house. As I came home, after that breakup wanting to just like cry and, and put myself in that really kind of healing state, but a bit miserable.

And I remember sitting down in my living room and I saw the books there on the table, not far from me. And all I wanted to do was just to cry and be sad and upset about what had just happened because it was difficult for me. But I looked at the books and I said to myself, Hmm, what if I read these books instead of crying, just to be a little bit proactive. I was already tired over the fact that that relationship hadn't worked out as it had already been a bit of a back and forth between us. So there was this kind of feeling in me that, okay, well, I could be having a pity party or I can be proactive and take action.

I had tried a little bit of law of attraction. So I was a little bit open for it, but I didn't have any really strong belief system. And I wasn't really that educated on law of attraction, but these books that I bought, they were from the secret series. And I began to read one of those books instead of crying. I decided to pick up a book and start reading. I definitely recommend you to purchase the secret and read those books because what happened in that moment was that I started reading and these books are actually quite positive and quite loving. And the more I read the better I started to feel. So I started to shift my focus away from the heartbreak and instead getting absorbed in law of attraction that felt like it was giving me some form of hope. I began to read and I read the whole series.

And I started to apply the things that they were teaching in the books. I had some evidence actually that appeared and I'm happy it did. So because had I not had any evidence, then it would have been difficult for me to continue the journey as I was reading the books, because it's just theory in the end of the day, but you need to absorb some evidence and see manifests in your life. Otherwise it doesn't become motivating anymore. I remember a very powerful evidence. It was when I was reading, I think my second book, if I remember correctly, and that was taking the subway in London with my book, and that was reading a chapter. And in the chapter, there was this exercise saying, attract something small in your life just to get evidence, attract something silly, like a cup of coffee. And I thought to myself, okay, what do I want to attract something small, something doable, something silly, but that will still be significant immediately in my head, a thought came up while it would be actually pretty crazy.

If I managed to attract somebody else, also reading the book of the secret. I don't know where that thought came from, but it did come to me and I continue riding the subway. I think probably we managed to do about two stops in between. And that was heavily manifesting and working with affirmations to try and manifest that little evidence. Guess what happened in one of the stations? A man walks in, sits down not too far away from me in the same wagon where I was sitting, reading my book. He pulls out a book, another one from the secret series. It wasn't exactly the same book I was reading, but it was also part of the secret books. And one of my side, I didn't know what to think. I'm actually putting up. Now the image here, I took a picture of him because I was so stunned, amazed.

I was shocked. This happened in just what, 10 minutes. And the fact that I had such a specific thought in my head. I mean, yes, it was something very ridiculous, right? But it was so significant for me that when I saw it, it was life changing for me. I knew that for me, that was almost like the ultimate evidence that I needed. I mean, surely I had plenty of other evidences too, but this was just very significant for me. And since then, my belief system just skyrocketed, supported me so much in my law of attraction journey. And truly after that evidence, I was able to start manifesting much faster because my belief system was empowered at that stage. So going back to how I was healing from this breakup with the help of the secrets, basically, no, I would say my biggest evidence.

I mean, the, the evidence that happened at the tube, it was a small one, but it was significant. But of course the absolute biggest evidence I've ever got going to tell you now. So I broke up with that man. And it was about 30 days in between that. I broke up with him to my biggest manifestation during the 30 day window, the secret books was my drug. It became my medicine. He was the only thing I consumed. It was the only thing I live and breathe. I was so soaked into these books helped me heal. Like I said, instead of sitting and licking my own wounds, I would be reading the books, feeling empowered, feeling how much hope those books gave me. And that was also determined to follow the formula that they were teaching with strict precision. I didn't want to just skim through those books and just read a little bit today and then a little bit about tomorrow and kind of forget about it in between.

I wanted to take it seriously because what these books did, they gave me hope and they gave me tools. And if I just followed exactly the things that they taught me, then there is a big chance, or there is hope beliefs that it might work for me. And at that stage I was single again, I really wanted to manifest my significant other. I was done dating and that was done being in a relationship with a person who turns out not to be the one that I should settle down with. I wanted to have my significant other appear in my life. And I was determined to make that happen. Now, as I began to do the work with the secret books, I can tell you that those 30 days were probably one of my most happiest 30 days in my entire life. The reason is the book really focuses you to be positive, to vibrate on the energy of love.

And that will really go in detail a little bit later in the serious about exactly what it was that I did. So this entire time, this 30 days I was taking it all serious. I am going to share you the exact formula, what I did. So don't worry that you feel like I'm skipping over perhaps the most important parts, but I want you to know that I was doing this very intensively for 30 days. And I started having evidence and I started attracting things and more things started popping up in my life, just within the window of 30 days. One day, a friend of mine called me and she told me that all of a sudden, an old connection of hers got in touch with her, a man and said that he's coming with his best friend to London.

And that was living in London back then he wanted to meet her because they haven't seen each other in many years. And she was a little bit interested in him. So this was a potential date for them. So they were kind of organizing to meet up. But he said that I will be here with my best friend and I don't really want to leave him alone. What about if you bring a girlfriend with you to the dinner and we can do like a couples dinner, like a double date type of thing. So my girlfriend calls me, she tells me the story and that was kinda in my law of attraction bubble. And that was also a little bit very, because I didn't want to ruin my momentum. I was on this amazing high and my last experience with this guy didn't really work out. So I just didn't want to have anybody ruin the momentum and the good energy

that I have going for myself.

So I was a little bit careful. I told her, well, I don't know, you know that I want to meet somebody serious. Do you think these guys are serious or do you think they are just some players? Cause I refuse to waste my time on players anymore. I'm done with all of that. I really just want to focus now on this law of attraction thing and just make it happen. And what was funny is that she was actually the friends who had recommended the secret books to me. So just a little fun fact, but she told me, she said, no, you know, I have a feeling that these guys are really serious. They are young and they are successful. They might come across as players. But I do think they want serious relationship. I really think you should join me. I said, okay, all right, let me give it a think.

And in the end I decided to at least give it a shot. So we planned this dinner date. And what was interesting was that a few days before this date, I was living next to a bridal shop back then. And I had passed the bridal shop windows so many times, and I've never really seen anything I liked in that window. You know, it's always fun to window shop a little bit and dream, but a few days before this date, and we're literally talking like two days before I walk past and I stop in front of that window. All of a sudden I have witnessed my dream dress, the dress that I definitely would want to wear when I get married. And for me, funny enough, it was a bit of a sign, not in that moment because I didn't give it too much thought I did take a picture of the dress though, because I said, I finally found my dress, but afterwards, after I'm starting to puzzle pieces together, I understood that that was already assigned from universe of what is next to come.

And I bet you probably know already what I'm about to share with you because what happened two days after was that I did end up meeting my second half - the man of my dreams. And it was incredible how I managed to manifest him in just 30 days. Now, the rest is history since then, because truly he was the exact person that I have been looking for. He was the missing piece to my puzzle. We ended up getting engaged, getting married, all of that. And he became my life partner. And it's crazy how law of attraction works when you actually believe it. And when you act on it, and the reason why I'm sharing all of this is because I really want you to see what a powerful tool this is and use it in whatever way you feel is comfortable for you. Try it out. But most importantly, try and work with your belief system because your belief system will fuel law of attraction to work. It's like putting gasoline in the car. The car is not going to roll very well if it doesn't have fuel, but your belief system is the fuel. So make sure that is an order because then you will be able to really manifest anything you want. Just like I did 30 days to get my significant other. Now that was a big evidence for me.

### **How To Work With Law Of Attraction**

#### **Secret Tool #3 - Law Of Attraction**

Let's start with the practical aspects of law of attraction, and really understand how to work with this amazing tool that I'm about to share with you. So you see law of attraction is based on a very simple principle, meaning that the energy that you send out is the energy that you receive back into your life. It almost works like a magnet. Think about it like, like attracts, like something positive will attract something else. That's positive. Something negative will attract something else. That's negative. That's law of attraction in law of attraction, we focus on the positive feelings and the essence of positive feelings is the feeling of love. So 1. feeling of love is the core feeling and positivity radiates from that feeling. So if you vibrate on the feeling of love, that means that you are doing the essential work of law of attraction and is going to be very beneficial for you to stay in that energy as much as you can, when you're being negative.

When you being hateful, spiteful jealous mean evil. When you're gossiping around, when you're being malicious, you are actually still doing law of attraction, believe it or not, but you doing law of attraction in a negative way, because what happens when you engage in such activities is that you actually ended up attracting these things into your life. You start to attract more negative circumstances into your life, and who wants to do that? Oh, unfortunately, a lot of people don't realize this. So they keep walking that path, not understanding why they are still not living their best life. And that makes them even more angry and more negative and more spiteful or whatever it is. Because if you want to attract good things, you need to be a good person. You need to do good things. You need to connect with the energy of love. And this should be majority of the energy that you send out in a day.

Now, the 2. gratitude is the foundation of law of attraction. So important because whenever you are being appreciative of what you have, when you say thanks to universe, or thanks to God for what you have in your life, you're going to be attracting more of the things that you're grateful for because you connect with the positive energy of how thankful you are of that particular thing, meaning that you will attract more of that. 3. visualization and affirmation, and putting yourself on the energy of the things that you wish to attract. When we vibrate on the energy of what we want to achieve, due to the law of the universe, it becomes attracted to us. And that's how it ends up manifesting in our life. Or it could be, like I mentioned, in the previous video, the science of the subconscious that your subconscious mind is going to do everything possible to realign yourself with the energy, the things that you visualize and so on, so that it matches up the reality.

Now, in the next videos I'm going to share with you. I've never shared this before. So you are the first ones to get my entire 30 day law of attraction formula, exactly everything that I did during those 30 days to attract the man of my dreams. I have shared bits and pieces of this formula, but I actually never shared the entire formula. So even though if you have watched my free YouTube videos of law of attraction, there will be things that I will be mentioning now that I haven't mentioned anywhere. So please look through each and every video and try and replicate this in your own life. I know that doing all of these tools and having it as your ritual, you are really going to start seeing some dramatic changes happen in your life. If you do it with the help of your belief system. So let's do this.

## **Step 1: Get The Resources**

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Step one, get the right resources is I already mentioned that during the 30 days, it all started because I came across the secret books and they acted like my Bible. During that time they were the resource and they were my support. And whenever I needed that extra boost, I began reading. I turned to my books because they fueled me. They inspired me. They made me continue the journey. Especially during those days when my belief system was low or I felt that perhaps nothing was happening. So I really advise everybody. The first thing you need to do is to get inspirational books or other resources. If you prefer video podcast on the subject of law of attraction, and it's really important that they inspire you and that you consume them every day, a great way that I really suggest all of you is to start your day.

When you have just woken up after you have done your love attraction ritual that I will be explaining in a second is to consume even if just for a few minutes, some law of attraction content. Sometimes I have the ritual of reading a page from one of the secret books to really make me aligned with that energy to set the tone for the rest of the day. Or

sometimes when I don't feel like reading, I like to put on a law of attraction audio book that I play in the background as I'm slowly waking up, or as I'm getting ready at home to start my day for me, this has become an incredible powerful morning routine because what happens in kind of the first hour or two, whenHow you start your day is very significant because it sets the tone for the rest of your day.

It shapes your mood and it shapes your energies. So if you align your energies with a positive attitude, with a loving energy, you are going to vibrate on those energies much stronger than if you didn't have that ritual in the morning. If the secret books are not for you, which is fine because not everybody liked them, it's absolutely fine to seek out other sources. You also have Abraham Hicks and Esther Hicks very popular in the law of attraction field, but you actually just need to Google law of attraction and you will have so many resources, but put this on your ritual. Whenever also you have a low moment when you feel like you don't believe when you feel like you're lacking something, turn yourself to these sources, use this to rewire your thinking, to program your self, your subconscious self, and see it as your support system. Because reading and absorbing all this material makes a person feel good.

## **Step 2: Work With Gratitude**

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Step two, start working with gratitude every day, as many times as you possibly can. I mentioned already the one of the foundations and core principles of law of attraction is to be grateful for the good things that you have in your life. Certain religions do this already in the prayers, regardless of what religion you believe in. And if you usually pray or not from now on, you have to every day, at least once, but preferably multiple times a day, take some time out from your day to be grateful for the things in your life. This is how you will be starting your day, and this is how you will be ending your day. But additionally, you should be doing it a few times in between as well. If you do not remember, make sure to put an alarm on your phone, set them for 9:00 AM, 12 three, o'clock, six o'clock nighttime, and then you will have covered the whole day.

It can be of help to write a list of the things that you're grateful for in life. It's quite nice to do this exercise writing because we can really connect with the words when we see them in front of us, but other people like to say it verbally. And that's also something that I want you to incorporate. So really say and speak to the universe saying that I'm so grateful for my good health. I'm so grateful that I have roof over my head and things like that. And you really verbally express it and you put power in this expression, or you can do it silently when you are running your errands, but you still need to be present for this in your mind. But let's say you're running an errand, which requires you only to be active on autopilot, meaning that you can't actually be in your own thoughts.

So in your own thoughts silently, you can be doing your gratitude list by thinking about all the things that you're grateful for. And you say, thanks to universe in your minds, and you really feel like you're energized yourself with a sank fullness that you're feeling. So the importance is not to go on autopilot when you just say, yeah, thank you for my breakfast today. Thank you for my roof over my head. Thank you for keeping me healthy. We do not want to do law of attraction like that. We want to really feel it within our heart. We want to really feel how grateful we are and how even maybe feel or how life would be if we didn't have those things, then Oh, how grateful we are that we have them and, and so on. So it's truly important that you connect with that energy, that you truly feel how blessed you are, how wonderful it is that you have these things.

Even if they are small things like thank you for this delicious breakfast I ate this morning. It set the tone for the rest of my day. It's fueled me. It gave me energy and gave me new trends. I'm so grateful for my breakfast, even if it's just something small like that. Some people might be feeling. Yeah, but I don't have much to be happy for in my life. I'm sorry about my life is quite miserable right now. I don't even know what I should be thanking universe for. This is where we really need to understand that it doesn't matter what you say. Thanks for two universe. The most important thing is that you say thanks to the universe is that you actually acknowledge certain things that you are truly grateful for. Even if they're very small things and everybody have things in their life that they can be truly grateful for.

The problem is that we have become maybe a little bit spoiled and maybe also a little bit numb, meaning that we don't recognize all the beautiful things that we have in our life that we could be grateful for. But if we pause for a second work with our awareness, we will see that there are many beautiful things to be thankful for. Even if life today feels quite miserable. Let's say you are struggling with your finances. You have a horrible job that you hate and you work on minimum wage and you really want to attract more financial stability in your life. A better pay, a better job, but how an artist can you combine this thing that you want to attract with the sad, existing reality, where you feel so miserable and resentful for that's where you need to kind of get over your self in the way you need to tell yourself that, okay, I do hate my job and I am underpaid, but I'm still going to be incredibly grateful for that.

I have a job at all, because there are people who don't have a job. There are people who have no salary. There are people who are literally unemployable because of their circumstances. I don't have that. I am so grateful that I have a job that I'm able to have a salary that will cover my expenses, put food on my table. I'm so grateful for this and stop. And then you don't go into the details of that. Your pay is bad that you hate your boss and the conditions are terrible. You detach yourself from those feelings because we just want to focus on what's positive. Cause when you are saying thanks, even to your terrible job situation, when you're being grateful & capable of seeing the good, even in the negative, that's when you start attracting more positivity from that particular thing.

So you are going to start attracting better pay better job because you are appreciating what you have right now. Remember that? I said that when I did my 30 day intense law of attraction practice, I've never been so happy in my entire life. Now, you know why that actually happened. And there's a scientific fact behind. So when we work with gratitude, the body actually starts releasing our happy hormone called dopamine, which is instant happy pill. And this hormone helps us stay positive throughout the day. And it also actually helps you stay on point with you law of attraction, practice gratitude in particular releases, the most dopamine. So it's really important that you actually do your gratitude list in yourself, Cara, Tiana, and also use it as a tool in the moments when you feel low on energy, when you feel sad or upset or maybe anxious. I personally did that. If I had a moment where I felt that the anxiety was on the way, I would take a moment to pause and do my list of gratitude and believe it or not, my anxiety stopped there. And then, and instead I felt more energized and more positive work with gratitude in your darkest moments. And you will see how it will help you get out of that zone.

### **Step 3: Affirmations**



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Step three, work with affirmations. Now we need to also create a list of affirmations and affirmations are the things that we want to attract into our life. Affirmations are a great tool, not only for law of attraction, but actually for boosting your confidence, affirmations, help your subconscious very much to rewire yourself, to adopt a new language, to adopt a new energy. Because like I said, in a previous video, your brain doesn't know the difference between what's reality and what's imagination, and that information will help you there. So create the kind of new reality. So how it works is that let's say you want to attract more money into your life. And that information could be, I am wealthy. Now when we do affirmations, we always need to speak in our current state as if we have already achieved it. Meaning that we don't say I want to be wealthy.

We say: I am wealthy. I would really emphasize on the fact that you already are wealthy, just like gratitude. Affirmations can be worked with written in your journal. It can be spoken verbally, or you can also think affirmations in your head. I would say the most powerful tool is definitely the verbal one and writing, but the importance is to have regularity in your affirmations, just like with gratitude, you want to do it multiple times per day. The more you do it, the faster you will manifest the things you want to manifest. The trick to successfully apply affirmations is to have some power in your statements, meaning that when you say that you are wealthy, you really believe that you are wealthy and you really feel wealthy and you really express it with some form of energy, whether it is when you say where Billy, when you think it in your head, or when you just write it down, you need to connect with the words.

Cause if you just go on autopilot and ramble something from like a pre-written list, you will not really have an effect because you want to really be able to connect with the words. And the law of attraction becomes in the effect of then the effect actually comes when you really feel it deep to your core. When the affirmation makes you feel excited or powerful, or you connect with the energy that you affirmed and you feel really positive and you feel like it's true, that's when that formations work. So it's good that if you allow yourself to dream a little bit, as you do the affirmation practice, as an example, when you do these affirmations, you need to express them in a very strong convinced type of way, with as much positivity and beliefs around it, as you can. That's why I began the series of talking about the importance of your belief system, because your affirmations are not going to work.

If your belief system doesn't work. And the last thing on affirmations, I suggest that if you have one goal that you have multiple affirmations that supports that goal. So let's say you want to attract more money into your life. I would advise you not only to have one affirmation, like I said, don't only say I am wealthy, have multiple affirmations. That is about the same thing. So you can have, I am wealthy. I am rich. I am a money magnet. I have so much money. I love money and money loves me. And so on. Now you can let your imagination take you wherever you want to go. But the importance is that you vary it, your affirmations, even though they are about the same thing. And the reason for that is simple. If you just say the same old thing, day in, day out, you're not going to connect with that energy anymore.

Your mind and energy is going to become numb for the thing that you keep saying. So it's important to keep things fresh and have variation. And the good thing with affirmations is that they are unlimited and you can have hundreds about just one goal and you can have a limited amount of goals too. So ultimately affirmations are unlimited. So set yourself free and have fun with them and create as many as you want, enjoy the process because it's actually quite fun. You will enjoy it because you are going to feel empowered by them. And

that's what they're there for.

#### **Step 4: Connect With The Energy of Love**

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Step number four: vibrate on the energy of love, the purest energy that's out there. As I did during my 30 day process, majority of the time I was vibrating on the energy of love because that is the fundamental energy of life and all the positivity on this earth. Also, it's incredibly helpful that if you want to particularly attract a partner, because the essence of that energy is based on love that you vibrate even more on love for that reason. What I did during that 30 day was that everything that I did came from a good place within me, I was really doing my best to be kind to everybody, to smile, to people, to send love to people and just be vibrating on that energy of love as much as I could. I would for instance, take the subway in London and that would walk into carriage.

And I remember seeing all these people looking a little bit miserable strangers, but somehow I wanted to connect with my feeling of love. And I used to just send each and everybody love in that carriage within myself, but it felt so good. And it helped me vibrate on this very powerful energy. And that will do the same. If I would be walking on the streets, if I would walk past the person, I would smile at them, send them love, and even sometimes really go into detail and thinking to myself, wow, I really hope this person have all kinds of success in their life. I'm sending them my wishes, my love, and that made me feel so good and also made me feel so incredibly loving. So love is one thing, but what's very important is that from now on, you have to rewire yourself to become a positive human being.

Meaning this is perhaps one of the most difficult parts, because a lot of us, we are stuck in pessimistic thinking negative beliefs and negative attitude in general throughout life. But if we start working with the method of awareness, we will be able to catch ourselves in those moments. And we will be able to actually correct ourselves instead of being negative. We correct ourselves to become more positive, to really snap out of that negativity and try to access our positive loving States of being instead. The positivity is going to fuel your law of attraction journey. Because if you look at yourself as this human being vibrate, majority positive energy, because of the law of attraction, you are going to attract majority positive things into your life. Then we are humans and it's impossible for us to be a hundred percent positive the entire time. I don't want you to become perfectionistic.

Now becoming disappointed. When you have a negative moment, you have a negative thought. It is normal that we have it, even when we do the work of law of attraction. But this is what you have to understand that your negative thoughts can only occupy a small percentage of your mind. If it goes 50 50, or if it goes majority, then majority of the things that will happen into your life will be more the negative side. But if majority of your energy cells are positive, let's say you keep it 80% positive. And then 20% negative, you will attract majority positive things. So law of attraction will be working for you very powerfully, even in that state. But the importance is that you try and keep yourself as positive as possible. As soon as you catch yourself, do not allow yourself to go into negativity because then that energy becomes counterproductive to what you're trying to achieve.

I would say this part of the law of attraction practice will probably feel the most spiritually enriching to you. When you become a loving human being and positive, you will see how you will actually achieve more happiness and become a better person. As a result, you will become more compassionate, more caring, more loving, and beautiful things will really

start to happen in your life. Not only as manifestations, but actually how you feel inside and how you see yourself. It's really going to empower you. So if you are somebody who feels like you don't have enough happiness into your life, and maybe not enough, meaning start working with the energy of love. Your life is really going to change.

### **Step 5: Vision board**

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Step number five, create a vision boards or work with visualization. I think that the vision board is probably one of the most well known exercises or things that people think about it whenever they hear the word law of attraction, the way a vision board works is that you basically cut out things that you want to attract. It can be pictures. It can be words that symbolizes the life that you want to live, or maybe the goals that you have, or the things that you want to attract into your life. The images or the words need to be really aspirational, a big plus if they are as eye candy as possible, because we want you to really feel connected to these images, to really shine up and get excited. When you see these things, it has to have an emotional connection to you in one way or another, because you're going to use this vision board to look and visualize the things that you want to attract.

And this is going to help you feel the energy of the things that you want to attract. The purpose is to really envision these things as if they are already part of your life, that you have already manifested them. If you have a picture of, let's say moldy leaves, a beautiful Island, lavish location, and you're dreaming of going there. And then you look at this picture and you really connect to that image. You look at it and you start fantasizing about it. Almost like you are already there. Maybe you daydream a little bit as you look at that image, you see yourself walking in that white sand. You take a little dip in the Turk was water, and you just feel how wonderful life is when you have that in your life. Then we have visualization and visualization is to be able to see your goals and the things you want to attract in your mind.

Not everybody's able to fully see things in their minds. Some people are more visual and have easier to picture things in their head than others. And so if you find it difficult to visualize, the, maybe you can focus on doing a vision board that will help you and support you better. But if you, somebody who have a powerful imagination and you can really create and virtual reality in your own mind, they really use that as one of your tools and rituals. We want you to really visualize the things that you want to have. We want you to daydream and really position yourself as you already have those things that you're dreaming about. Let's use the example of Maldives. Again, we want you to really connect with your in their minds and you have Maldives in front of you in your inner minds. And you think about the wide sand.

Think about the turquoise water, how you're taking a dip in that water, how you walk in that sand. And as we as know, I'm thinking all these things as I'm expressing it to you, but this is how you should be working with visualization. You go down a trip to dreamland, but you're not just dreaming about it. You visualizing it as if you already have it as if you have already experienced it. Now, a very powerful visualization technique that I really want you to do and do this with consistency every day, as part of your evening ritual, I want you right before you drift off to sleep. You know how we are when we are sleepy, we are in our bed. We're just about to fall asleep, but we're still a little bit awake, but we're kind of in that in between States, that state is very powerful because it's going to have a tremendous effect on your subconscious mind.

If you do visualization during that state. So as you start to become tired and start to drift off to sleep, the last thing you do before you drift off to sleep is to visualize the things that you want to attract, or the goal that you have. So let's take Maldives again, as you lay there in bed and you feel tired, you start thinking about you walking in the white sand in Maldives. You take a dip in the turquoise water and you feel how wonderful your holiday is that you're having such a good time and you're walking around there and you're experiencing the islands and you're enjoying all the beautiful things that you can enjoy over there. And you are filled up with all these amazing emotions that that experience gives you. That's it, this exercise doesn't take more than a minute or even a few minutes.

Then most likely you are either soon about to drift off, to sleep, or you have a writing drifted off to sleep. What has happened in that moment is that this has really gone straight into your subconscious on a very deep level. And when you do this exercise consistently, you are going to see some dramatic changes happen in your life. This is a great technique that I have used with great success. It's also very powerful technique that a lot of law of attraction gurus actually teach. And I wouldn't share this with you unless it had worked for me.

## **Step 6: Add Props**

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Step number six, add props to help you visualize and feel your affirmations. So during my 30 day intense law of attraction practice, I went the extra mile to actually add props to my visualization practices and my affirmations. I really recommend you to do the same because I think that a lot of people don't use the power of what props can give you. So, as you're a member, I wanted to find my significant other. That was my main affirmation that I was working with and the significant other I wanted to attract him so that we would eventually get married. Now, one of the props that I used that was incredibly powerful, not only to attract marriage, but just generally to attract a significant other was to go to an accessory store and to buy an engagement ring. The ring does not have to be real. I literally went and bought something that just cost me \$10.

It was this massive engagement ring with this fake plastic diamond, but it looked real. And that's what the most important part is that it looks real and that it makes you feel like it's happening for real. So I didn't wear this engagement ring when that was out because this was my intimate practice. But every time I was at home, I put my ring on and that was pretending as if I was already married to the love of my life. I would be walking around with my ring, looking at it as if I had already found my partner and I was already happily married. I'm now going to put the picture of the ring that I used, just that you can get some inspiration. You can use this for other things as well. It doesn't only have to be a ring for marriage. You can have it.

If you want to attract, let's say you want to have jewelry that you want to attract. You can buy some fake jewelry and wear it in your house and pretend like it's the real thing that you are covered in diamonds as an affluent lady, or let's say another prop that I used was that I used to actually tape up large money bills in my house to really look at these bills and to really make sure I would manifest more of these large bills. So in your case, if you're in the States, you can use, I don't know, dollar bills here in Switzerland, we are lucky. We have actually bills that are 1000 Swiss francs, large in bills. And it's great to actually have one in front of you in your house. Let's say in front of you when you wake up in the morning and when you go to sleep and just have that energy that you connect with, that you want to

manifest it.

Yeah, very powerful. Another prop that I used was that I would go online and I would find an image of a black American express. And if you're aware of the black American express is basically the black Centurion, which means that you need to be a millionaire in order to have one of those. So I knew that if I wanted to become wealthy, I need to pretend as if I already have that card, because that is a signal that I have some form of wealth. So what I would do is that I would Photoshop my name on that credit card that I had printed out from online. And I would simply just put it in my wallet as if it was the real deal. Okay. I wouldn't be paying with it or anything like that, but I would like to take it out of my wallet and really feel like I was owning a black Amex.

There are many ways how you can add props to your law of attraction practice. I think that we can all get creative with this aspect right now. So please do share below in the comments section, what type of props would you add? Do you have any ideas that you could share with the other students? I think this would be an interesting discussion because we can also piggyback ideas from each other and then just make sure to keep those prompts as much as possible to yourself. Because like I said, this is an intimate practice. The whole world doesn't need to know what you're up to, what you're trying to after me, because ultimately we don't want anybody to know about our agenda. Cause people's energies may be blocking your manifesting energy. If they are aware of the things that you want to attract, they might feel like it's stupid. What you want to attract. They might feel jealous. They might have their own projections about what it is that you want to attract. So it's really important that you keep this information to yourself, do not share with anybody what you want to attract. I think in our space, within the group here online, it's a little bit different. You don't have to necessarily share with the other students, which you want to attract, but you can give some ideas of props that one could use to attract certain things. So let's get the conversation going.