

RAMONA ONISOR IFTIME

CREATE YOUR SUCCESS

10 STEPS TO ACHIEVING ANY GOAL

Practical Guide and Workbook



inner joy, or disease, when we alienate from our own truth as enthusiasm goes hand in hand with authenticity. The word “enthusiasm” comes from the Greek word “entheos” which means *the God within*.

This practical guide is intended to bring clarity and empowerment as well as to help you uncover any hidden blocks so that you can release and replace them.

This material is much more powerful than it seems as it works on a very profound level and addresses—to the conscious mind through logical explanations as well as to the subconscious mind through metaphors—suggestive images and powerful questions. Each person will perceive it based on their stage of evolution; that’s why you can go back to it after a while and discover new depths and insights.

Success starts in the mind.

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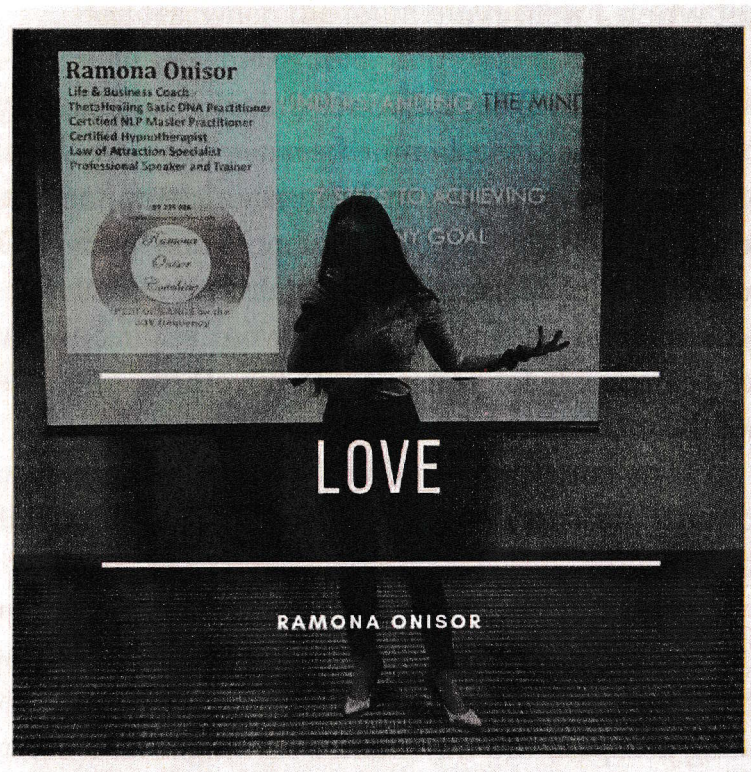
CELEBRATE

64 HOT TIP

STEP 1

KNOW YOUR “WHY”—

THE FOUNDATION: LOVE VS. FEAR



There are 2 basic emotions that we usually start building our goals on—and these are LOVE and FEAR.

We are, usually, either motivated by going towards pleasure (love) or away from pain (fear).

What's the intention behind the goal? Why is this goal important? What do I actually get when I achieve it?

For example: I choose to have a beautiful body.

I choose this example because this body is the only place we'll ever live in during this lifetime and the relationship with our body influences how we feel. Of course, everyone has a different perception on what a beautiful body means; that is why you are the only one who can decide for yourself, not the others' opinions, not the media.

The intention coming from love (motivation towards pleasure) would be to feel good about myself, to be healthy.

The intention coming from fear (motivation away from pain) would be to want a beautiful body so that people accept/love me which is actually fear of not being accepted the way I am. Fear might also determine us to develop attachments, even obsession.

"Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality." – Earl Nightingale

The emotion attached to your goal is very, very important! As Joe Dispenza, scientist, teacher, lecturer, and author, says, "Take a clear intention (coherent brain); marry it to an elevated emotion (coherent heart) and you change matter."

Besides, when the foundation is love, it's easy to keep yourself motivated and work towards your desired goal, focusing your energy on what you would actually love to accomplish and not on what you are afraid of, therefore empowering what you want and not what you fear.

Remember that you are a human being, not a human having, not a human doing, but a human being. You are enough, you are complete just the way you are now, and everything else comes as extra. It's like starting to build on a solid foundation and not on a hole that needs to be filled in.

STEP 2

HOW TO SET YOUR GOAL

Working towards your goal is like going on a car trip to a desired destination. Just relax and enjoy the trip while keeping your mind focused on the destination.

Suppose I tell you now: "Don't think of a juicy lemon!" Does it work? What is your mind focusing on? That's right; you already pictured the juicy lemon and you might even be salivating. Why? Because our mind does not recognize negatives. If your goal was "I don't want to be fat," your mind will be focused on being FAT and that's what you will empower.

This might surprise you but most people focus on what they don't want instead of what they do want, this way amplifying what they don't want. Why? Because our mind's main function is survival and it scans for what we don't want as a way to protect us.

However, with training and conscious living, we can easily get our mind to focus on what we want.

OK, so you might now ask how exactly you should formulate your goal.



It's time for **the 1st secret** now.

When setting your goal, it has to be in an **affirmative manner** and **focusing on what you want** and not on what you don't want. For example: I choose to have a beautiful body.

While setting your goal in an affirmative way will get you closer to achieving your goal, it is still not enough.



That's where **secret no. 2** gets into the scene: some words block you from achieving your goals, here are the most common and what to use instead:

The most common verb that people use when they have a goal in mind is **WANT**.

When do you usually want something? When you don't have it. So by saying "I want," you actually focus your energy on lacking that thing.

What to use instead of I WANT: **I CHOOSE, I ACT, I AM, I HAVE.**

The second word to avoid is **HOPE**. When you say you hope, you actually say you are not certain, you have doubts.

What to use instead of I **HOPE**: **I KNOW**

The third word to avoid is **NEED**: When you are needy, it means you lack something, you are not complete.

What to use instead of I **NEED**: **I AM**

Now that you have alternatives, you can replace every word that suggests lack or doubt.



Secret no. 3

Imagine you are taking a taxi. If you tell the driver to get you to a certain city, you will be closer to the destination but still not there, whereas if you provide him with the specific address, he will get you exactly where you want to be.

Be as **specific** as possible when setting your goal.