

Module One

Hi, I'm Steve G. Jones, clinical hypnotherapist, and I want to tell you a little bit about myself before we get started. I have a bachelors degree in psychology from the University of Florida, a master's degree in education from Armstrong Atlantic State University, and a doctorate in education from Georgia Southern University.

I'm a certified clinical hypnotherapist, a member of both of the American Board of Hypnotherapy and the National Guild of Hypnotists, and I'm president of the American Alliance of Hypnotists. I'm the director of the Steve G. Jones School of Clinical Hypnotherapy. I also serve on the board of directors of the American Lung Association in Los Angeles.

I have over two decades of experience in hypnotherapy, and I still maintain a busy practice and teaching schedule, because I see clients and teach classes worldwide. My client base consists mainly of people who want to lose weight, stop smoking, or gain confidence. Other clients include sales teams interested in boosting motivation and increasing income, also singles looking for love, insomniacs desiring proper sleep, and actors desiring more confidence for their next audition.

When I travel to see clients and teach hypnotherapy certification classes around the world, I visit such places as Tokyo, Japan, Barcelona, Spain, Paris, France, London, England, Montreal, Canada, Los Angeles, California, and New York, just to name a few.

By the way, since you have an interest in hypnosis, perhaps you would be interested in becoming a certified clinical hypnotherapist. It's very easy to do. All you have to do is go to my website, BetterLivingWithHypnosis.com, and click on Hypnosis Classes at the top. You can either train in person or online.

After your training, you'll be added to our worldwide directory of certified clinical hypnotherapists, and you'll receive a certificate. I was fortunate for many years, to have my office in Beverly Hills, California, where I worked with such wonderful people as Tom Mankowitz, the writer of Superman, Geraldine Saunders, the writer of The Love Boat, and many other celebrities.

I have been interviewed on CNN, Fox News, and appeared on Tru TV, in addition to having my own hypnosis TV show. With my over twenty years of experience, I'm happy to share with you techniques that I've both developed and learned, which can help you improve your life. I encourage you to visit my website, BetterLivingWithHypnosis.com.

There you'll find my life's work, 22 books on hypnotherapy, over 3,000 hypnosis recordings, available as downloadable MP3s or CDs, and these recordings will program your mind to achieve goals in such

areas as weight loss, motivation, and stopping smoking. I also have audio books, such as this one, where I'm talking with you and sharing with you in a very dynamic way techniques that you can use to improve your life and the way you do things.

The reason I'm telling all of you all this is not to impress you, but to impress upon you that I, your teacher, am very capable and I know what I'm talking about. I'm also very happy for the opportunity to share this information with you, so rest assured that you're in good hands, and let's have some fun, as we now expand your knowledge. I wish you well in all of your endeavors, and please be sure to visit my website, BetterLivingWithHypnosis.com.

Welcome to the program that's going to revolutionize your life. I'm going to take you through eight days, and you don't have to do the eight days in a row, if you don't want to. You can do one day a week, but ideally, you would just go day one, listen to module one, day two, listen to module two, and so forth. That's going to build up the momentum that you need to get you to take action.

Now, I understand if you need to spread them out over a few days or over a few weeks, spaces between the modules. That's fine, but I want you to get through all of them, because after listening to this program and taking action during it, you're going to find yourself in a whole new world, a different position.

You're going to find yourself having redesigned your life. This is eight days to redesign your destiny, so what I'm talking about here is setting yourself up for a future of success. Let's jump right in. This is module one, on day one, and it's called Redesigning Your Destiny. Let's go ahead and start off right away.

Now, who is making your design? Let's take a look at that. Most people don't realize the control they have over their own lives. They allow others to dictate their future, based on distorted beliefs and views. Now, you don't have to be the kind of person who buys into this. I want you to choose to take control, so who is making the design? Well, you should be, and by the end of this program, you will be.

The only thing holding you back from redesigning your destiny is – you got it – you. Make the decision today to take control of your direction, and prepare to start making the choices that are going to enhance your life.

Now, I remember a time in my life when I wasn't really in control of my destiny, or at least I didn't think so. It was a time when I was just starting college, and I had left my home, where I was raised, and I had moved to Gainesville, Florida. I was just starting college, I had my own apartment, I was living off-campus, and I was calling my parents every week, and every week, I would check in with them.

Now, the interesting thing about the way I was raised is that my grades were always very important. My parents were always very interested in my education, and in the fifth grade I remember, for example, I had to keep a journal.

No other students had to do this, but I had to keep a journal that consisted of a little notebook that my parents gave me, that I would have to have my homeroom teacher, the teacher who is the organizing teacher for all of the classes – she would have to write how I was doing every week, and I would have to bring that back to my parents.

There was a way that they could check to make sure that they were seeing each other's notes properly. They had to sign off on the journal, to make sure I wasn't just hiding the journal, and make sure that they were reading everything in the journal, and so it was very regimented. This actually helped me improve my grades quite a bit, but it put me under a lot of control.

When I got to college, I was calling my parents once a week and doing the same thing, just reporting in on how I was doing in my grades. It was after a couple months of this that I decided, “Wait a minute now, I'm an adult, I'm in college. This doesn't have to be this way.” My parents had the best intentions for me.

Of course, it was my father and my stepmother – my mom passed away early on, but they had the best intentions for me with this checking in process, but I started to realize that I wasn't really in charge of my destiny. I had to break free of that.

In order to be polite about it and to honor what they were attempting to do, which was just help me academically, I said, “Here's what we're going to do. I'm not going to have any more support from you, financially,” because they were also financially supporting me, and I felt that that was what gave them the ability to check in on me, like an investment.

If you're paying for something, you should be able to check up on it and see how it's doing. I told them that I didn't want any more support financially, I don't want any more checking in going on, so I'm going to, from this point forward, handle things on my own. That's what I did.

Well, I want to tell you, that created a bit of a rocky road for me. It was quite a few years later that I graduated, because working took up a lot of my time, from that point forward. But if you want to look at it this way, I purchased my freedom.

But I want to tell you that that made all the difference for me, because that allowed me to stand on my own feet and make my own decisions and free myself from the control that they were exerting over me. Now, keep in mind, this control was done in a loving way, and they certainly didn't mean to

smother me. They didn't mean to make me feel like a prisoner, but that was the effect it having for me personally.

I had to free myself of this, and once I did that, I felt two things. Number one, a lot of fear. I didn't know what was going to happen, and number two, I felt a lot of freedom. But that move made a big difference for me, because I really don't think that I would have built the financial empire, if you want to look at it that way, that I have, if I hadn't made that step, if I hadn't freed myself of that and started going things my way.

The constant control and the input I was getting and the decisions that I wasn't allowed to make on my own because if I did, then I wouldn't have their financial support anymore – all of that was really causing my life to go into a direction that I didn't want it to go. I had to take charge of that and control my destiny.

What I want you to see from this is that I was making a decision in that moment, that affected my future, that affected my destiny. I would have turned out to be a product very controlled by what they wanted me to do. For example, my idea was to major in psychology, when I started college. When you start college, the first couple years – which I broke free in the first couple months – the first couple years are involved with the idea of getting core requirements.

You take a wide variety of courses, without even choosing a major. I wasn't even allowed to choose a major in college, according to the college rules, for the first couple years. You just take general distribution classes, as they're called, so biology, philosophy, humanities, math, reading, so forth, just general classes. But there was a strong pressure during that time from my parents, to major in business and minor in computers.

Now, at that time, in the 80s, computers was a legitimate minor. You could minor in computers. Now it's very specified. There's a robust field of information that's subdivided into many different branches, but at that time, it made sense to major in business and minor in computers.

Well, I didn't think that made sense for me, because my interest was psychology, and that has made all the difference, me sticking to my wishes and moving in my direction. I would have had a severe influence from them on my destiny, had I continued on that route, and I saw that. I was able to make that change.

Now, that was early on in college, when I just started out, and so I was lucky to be able to take control at that point, but think about your current destiny. Take a look at every aspect of your life and ask yourself the tough questions. Have you been allowing others to hold you back from living your dreams? Have you allowed negative thoughts, beliefs and feelings to hinder your success? If things

continue down this path, will it lead to a destiny worth achieving?

You can use your answers to target the issues that are holding you back from your destiny, so your homework is to look at that, to ask yourself those questions and to see if there is a change in direction that you need to make. You have the capability to become your own destiny designer.

You can be anything you want to be, and do anything you want to do, and so you've got to become comfortable with that. I want you to let go of fear and doubt and learn to embrace your own destiny design, because deep down, you already know what you truly want. All you have to do is learn that, with faith, you will succeed.

I'm talking about faith in yourself. Now, as I mentioned, when I realized as a young adult that I had control over my own destiny, it made me feel two things. Number one: scared. I thought, "Oh my goodness, I'm not a child anymore. I can take charge of this stuff," but it's scary to think that there's no one to blame except me, if this doesn't work out, and it made me feel free. It made me feel wonderful and good about myself and more empowered.

That's what happens. Those are the types of emotions you're going to deal with, when you start to say, "Hey, wait a minute. I'm going to look around here and decide what I want to do. Oh, okay, that's what I want to do. Now I'm going to do that."

Once you do that, it's a little scary, because you're out on your own and you realize that if it doesn't work out, which of course it will, because you'll eventually get to where you need to be, but that's what you feel initially, that if it doesn't work out, "Oh my goodness, I've got no one to blame with me, and I'm going to have to hear all the I told you so's,"

What you need to realize is that that is part of doing something different. That's part of becoming who you are, and when you become who you are, you become instantly fulfilled. You get this dual set of emotions going on at the same time, fear and a sense of fulfillment already.

Here's how to define your purpose and create your design. First, you must discover your passions and your interests. Second, you have to eliminate excuses from your thoughts and feelings. You have to let them go. I had plenty of excuses then. "Well, if I stop the gravy train," if you will, "if I stop this support flow from my parents, that's not going. I'm going to have to fend for myself, so I'll just do what they say."

That's an excuse, and I had to eliminate that from my thoughts and feelings. Also, imagine what you want your entire life to be like. Are you on a trajectory? Is the train of your life heading down the tracks that are going to take you to where you want to be? You've got to look ahead and see if that's

what you really want, and you have to get it all down on paper and create a timeline for your new design.

This is your homework. Yes, you've got a lot of homework. I've given you plenty to do in just a short period of time. You, for your homework, just to recap here, need to look at every aspect of your life and ask yourself the tough questions.

Again, the tough questions are have you been allowing others to hold you back from living your dreams, and have you allowed negative thoughts, beliefs and feelings to hinder your success? Ask yourself, if things continue down this path, will it lead to a destiny worth achieving? After you do that, just to recap again, what I want you to do for the next step is discover your passions and interests.

“Now, how do you do that?” you may think. Well, that's much more easily said than done, Steve, but what I want you to do is just do some soul searching. Just take some time for yourself. Just think about thoughts that tend to come up in your mind over and over, maybe a fantasy, your fantasy life. What is that? Do you think it's out of your reach? Do you think it's impossible? Do you think people will laugh? Do you think it's silly? Is it something that really drives you?

If it's something that really drives you and catches your interest, then I want to tell you it doesn't matter what anyone else thinks about it. That's your passion. Then your homework is to eliminate excuses from your thoughts and feelings. Think about all the excuses you've come up with for not following that, and then imagine what you want your entire life to be like.

Now, realize that once you start following your passion, it's going to lead to other things. It's going to open other doors. It's not as if you're going to stick with that all of your life. You may, but it may lead to other things. But do you want that to be part of your life? Do you want that to be a stepping stone, and potentially, do you want to continue that for the rest of your life, that thing that is your passion?

Think about it. Think it through. Is it something you can really get into for at least a while? Most importantly for your homework, I want you to get it all on paper, and create a timeline for your new design. If this is your new design, if this is your new trajectory, if this is your new direction, put it on a timeline. When are you going to do things?

The way I find it most easy to do is to think about the ultimate goal. What is the ultimate goal? Let's say, for example, your ultimate goal is to be a well-known writer. Okay, put that on the timeline. Put that out about a year, or however long you think is reasonable for you to become a well-known writer, and then back it up.

What are the steps that would lead to that? Well, right before that, you probably would have written

your second book at least. Before that, you would have written your first book, but in between those two, you would have prepared to write those books, and backing it all the way up to now, you would start getting ideas together for your first book.

When you look at it forward, you see yourself getting ideas together for your first book, writing your first book, after having created an outline, and in the meantime, finding a publisher or maybe self-publishing in the meantime, and then getting ideas together for your second book and writing your second book.

Now, your timeline may be different. Maybe it takes two years to do this, in your mind, but that doesn't matter. Your timeline is your timeline, and however long it takes is however long it takes. But that's what I want you to do, just create a timeline. The easiest way to do this is with as little thought as possible. Just put it down. Allow your passion to write it down. The details will come later.

That's your homework. Let go of the idea of making it challenging. Just do it. Just start writing, start creating, and then join me in the next module, because in module two, we're going to talk about using the law of attraction to redesign your destiny. I'm Dr. Steve G. Jones, hoping you have an outstanding day.

Module Two

Welcome back. Did you do your homework? Did you write down what you needed to write down? Did you look at your excuses? Did you look at how you want your destiny to look? Did you create a timeline? If not, stop this right now, pause this, go ahead and do that. Do your homework, and rather than making it challenging, rather than thinking, "Oh my goodness, that's so daunting," just start writing.

Just take a look at your life and ask yourself if you have been allowing others to hold you back from living your dreams. Ask yourself, have you allowed negative thoughts and beliefs and feelings to hinder your success? Ask yourself what it's going to look like if you continue on the path that you're on, and you're going to use that information to target the issues that are holding you back from your destiny.

Then, your homework was to ask yourself what are your passions and interests? I told you that it's easy to do. It's just those things that keep coming up in your mind, those things that maybe you dismiss, those things that you think, "Oh my goodness, I'm too old for that. I'm not qualified for that. People will laugh at that. I don't know if I should do that. I don't know if my friends and family will accept that."

Those are things that have to do with your passion, the things that keep coming up. I'm not talking about something that just came up yesterday. I'm talking about something that continues to come up over time. That's the stuff that your passion is made of, so that's what you need to look at. When I say discover your passions and your interests, that's what I'm talking about.

Then your homework was to eliminate excuses from your thoughts and feelings. Well, that's going to take some time, but as you become a person who takes action and changes the trajectory of your life and starts moving down the path of what you're actually into, then that's going to change. You're going to eliminate excuses.

Then your homework was to imagine what you want your entire life to be like. Now, I realize that you're just using your imagination here, and even if you change gears onto something, that may lead to something else. But the homework is to imagine changing gears to that thing that you're really interested in, and imagine doing that for a long time, or at least a few years. How would that feel?

Start to get excited about this, and it's a good test. If it doesn't feel right, if you imagine it and you think, "Well, I thought it would be nice, but as I look at it in the future, I don't know. I don't know if that's the way I want to go," well then, pick something else. That's a good test. That means that's probably not your passion.

Pick something that's going to keep you interested for a while, and get all of this down on paper and create a timeline and start going for it. Once you have your mission, once you have your goal, get it all on paper. As I told you, it's easiest to work backwards.

Pick a point in time, a year, two years, even five years out, when you will have achieved that goal, and realize you never really get there, you just have highlights along the way, but pick a point in time when you will have really shown to yourself and the world that this is something that you're good at, that you've accomplished.

Then backtrack from there. What's it going to take? What's the step right before that? Before that? Before that? Then you'll have a timeline in order of things that you need to do. Now, in this module, we're going to talk about using the law of attraction. Now, you can increase the energy level in your mind through meditation.

I want you to realize that, and I want you to spend at least fifteen minutes each day, doing this exercise. Wow, there's a lot of homework in this program, isn't there? Well, that's right. If you want to redesign your destiny in eight days, it's time to get working. It's time to do a lot of work in these eight days, because this is going to set the pace and the course for the rest of your life. You've got to be willing to do some work.

Now, if you're into this program and you're thinking, "Well, I don't have time for all of this homework," then how about stopping right now and rejoining this program when you can? I'm just going to keep on adding homework. I'm just going to keep on challenging you to change, and you need to have time to do that.

I want you, if you're still listening, my understanding is you're still on board with this – I want you to spend at least fifteen minutes each day, doing this exercise in meditation. The exercise is to get a quiet, comfortable place and relax and close your eyes. Now, when I say at least fifteen minutes, you don't have to do any more than fifteen minutes, but fifteen minutes is a good average.

It's not too short. If you do it too little, you're just doing it to check it off on a checklist. "Okay, I meditated." If you're doing it too long, then it's probably going to take away from other things that have to do with really getting out there in your real world life and making things happen. Fifteen minutes is a good average.

Get to a quiet, comfortable place and relax and close your eyes. Now, what I find works best is to have a place in your home where you can just relax. Now, I travel a lot, so I'll pick a place in a hotel room, where I can sit comfortable and quietly and close my eyes, and just relax. I want you to imagine that energy surrounds you as a brightly glowing light.

I don't want you to do this now. You can, if you want to, but I don't want you to do this now if you're driving a motor vehicle. If you're operating a motor vehicle, don't do this now, of course. Do it later. You don't have to do it now at all, if you don't want to. Just listen to the way it's done.

Find a quiet, comfortable place, relax, close your eyes. You can sit down or lie down. It really doesn't matter. You don't have to sit in the standard meditative pose if you don't want to. You can lie down. Make yourself comfortable. Imagine that energy surrounds you as a brightly glowing light, and with every inhale, you absorb that energy into your lungs. With every exhale, negativity leaves your body, so breathing in positive, letting out negative.

Focus on your breathing until your mind feels completely at ease. Now, during your meditation, think about all of the things that you're grateful for. Now, I want you to realize that a lot of people get caught up in attempting to do meditation the right way. For example, they'll sit down or lie down and they'll attempt to force themselves to clear their minds.

Now, I want to share with you that meditation is very easy and straightforward. It's something that allows you to reduce stress and get focused, and it should be something that you look at as a daunting task. It should be something that's very relaxing and fun for you.

What I want you to realize is that, when you meditate, all you have to do is imagine that there is a lake in front of you. Now, if you're more of an auditory person, then imagine that there's sounds going on. This won't be very difficult, because you know all that chitter-chatter that gets in your mind about what you have to do, what you should have done, what you want to be doing, all of that?

Yes, let all of that play in your mind. Let yourself hear all of that. Now, if you're more of a kinesthetic person, then think about all of the activities that you have to do. Let all of that come out in your mind, all of the moving around that you should be doing or wish you had done or you're going to do in the future. Let all of that play out.

If you're visual, you're thinking of a lake. That's what I like to do, think of a lake, and the lake is usually pretty choppy at the beginning, lots of waves on the lake, perhaps some stormy weather around it, lots of wind, lots of ripples, big ripples. If you're more of an auditory person, then lots of chitter-chatter in your mind. If you're more of a kinesthetic person, then perhaps you're thinking of all of the things that you have to physically do.

I want to tell you that that's okay. Your mind has a lot going on, and when you just sit down and you say, "Okay, stop all of that, I want to focus on this now," it can be very difficult for your mind to do that. Acknowledge that. Acknowledge that you're changing gears, you're stepping out of your busy life and stepping into meditation, and your mind may say, "Wait a minute, we're still in fourth gear. We're not ready to slow down to third, second, and first right now."

Let it happen gradually. As you sit there and relax or lie there and relax, just let all of that play out. You know what you're going to find? Over a few minutes' time, that lake is going to calm down. Sometimes it calms down like glass. Sometimes it calms down to the point where there's still a few little ripples in it, and that's okay, because you can work with that.

You're going to find that all that chitter-chatter calms down, once it all plays out in your mind. It calms down to a low hum, or sometimes to silence. You're going to find that if you're thinking about all those things you have to do, that's going to play out also, and you're going to be left with a more calm mind, but let this happen on its own.

You see, people get caught up with meditation, thinking they have to force themselves to relax and force themselves to focus. That works against you. Instead, just let it happen. The way you let it happen is by letting your mind just play out these things, and then you calm down. It's at that point when you calm down, that you can begin to focus on the point of the meditation.

In this case, it's thinking about all of the things that you're grateful for. That's right, all of the things that you're grateful for. Now, there are a lot of things that you can focus on during meditation. Once

you have yourself in that calm state of mind, there are a lot of things that you can focus on. I'm going to talk about a lot of them for the rest of this module.

Also, a lot of things that you can focus on, even when you're not meditating. You see, people also get caught up in the idea of, "Well, when I'm meditating, that's when I'm thinking my positive thoughts, and when I'm not meditating, when I'm out there in my regular life, that's when I'm thinking all my negative thoughts, because after all, life is difficult and challenging and I've got to think negative thoughts."

Well, I want you to let go of that mindset. I want you to realize that you can have a meditative mindset, no matter where you are. You can think about positive thoughts all day through. Yes, negative thoughts come through. We're human. But the more you focus on positive thoughts, the more positive things you get in your life.

That's what the law of attraction is all about. That's why it's very important, when you meditate, to think about what you're grateful for. Why? Because when you think about things you're grateful for, you're thinking about positive things. Usually people are grateful for things that are positive, really good things that have happened to them. That's what I want you to focus on.

Why? Well, because you've already gotten them, you already know you can manifest those things in your life, and when you focus on those things, you're very likely to get more of those positive things in your life. That's what I want you to focus on.

Now, if you are meditating as you're listening to this, that's fine. You can continue doing so, but I want you to come out of it at the end of this module. If you're just listening to this, just gaining information, that's fine, but I want you to put this to the test soon. I want you to do this meditation thing. Rather than just listening to me talk about it, I want you to do it.

Your homework is, if you're not meditating right now, to meditate. Remember, you never do it when you're in a moving vehicle or doing anything of an active nature. You always do it when you're safe, when you're at home, or at least in your temporary home, which for me, sometimes is a hotel, and that's fine, but no one's going to bother you and you don't have to do anything except close your eyes and relax. That's when you want to meditate.

When you meditate and when you're not meditating, I want you to get into the habit of believing completely in your ability to achieve your goals. Relish the present and its endless opportunities to allow you to live your dreams, allow you to set up the cycles that are going to lead to you getting what you want.

What do I mean by that? I mean that the things you focus on now, the things that you challenge yourself to believe in now, are going to set you up for success. Those are the things I want you to focus on in your life. I also want you to understand that you will find success as long as you persist. Realize that it is about the journey. You're already on that track, so let go of ever allowing yourself to dwell on fear or doubt.

Visualize what you desire using positive intentions, and this is whether you're meditating or not. Once you know what you want, create a vision board. My friend John Asterof does this. He has a vision board for whatever he wants, and he cuts out pictures from magazines and puts those pictures on there. He wants a new car? He cuts out a picture of that car and puts it on there, and he looks at it a few times a day.

It's just a board, just a piece of cardboard with all these pictures on it, of things he wants: a vacation, a car, whatever it is he's working on, happiness. You can find representations of these things in magazines, of what happiness means to you. What do people look like when they're happy? What are they doing when they're happy? Find a picture of it and put it on the vision board, and also put it on the vision board in your mind, especially when you meditate.

You also want to create affirmations, using your goals as the main focus. Write down your intentions as present-tense and positive statements. For example, if you want to become a writer, write down "I am a successful writer." Maybe you're not, but that's okay. Your subconscious mind will find a way to make it happen.

You write it in the present tense, "I am," and make it positive, "I am a writer. I am a successful writer." For example, if you want to get out of debt, "I choose to make prosperous decisions." Maybe you don't. Maybe that's the challenge, but if you write that down, your subconscious mind moves towards that, and allow yourself to feel how you would feel, after you fulfill your own destiny.

When you're saying affirmations, I want you to visualize and really feel it. Maybe you're more auditory. Maybe you're going to hear it. I want you to use the major modality that you relate to, auditory, visual, or kinesthetic, seeing, hearing, or feeling, and make it real for yourself.

Alright, in the next module, we're going to talk about making a better future, but in this module, what's your homework? Well, your homework is to start meditating fifteen minutes a day. I want you to start that, and I want you to do that throughout this program. If you want to do that every day for the rest of your life, I think that's great, but at least do it throughout this program, at least start a habit of doing it.

If you're meditating right now, it's time to end your meditation, it's time to come out of meditation, so

I'm going to count you up at the count of three. The last number, you'll be out of meditation, fully alert. Remember, you always take at least an hour before doing anything, like operating a motor vehicle, after you come out of meditation.

Alright, one, coming up, feeling good. Two, coming up even more, becoming aware of your surroundings, and three. Open your eyes if you haven't already, and you're completely out of meditation. It's not always necessary to count yourself out of meditation like that, but I just want to ensure – as a hypnotherapist, I like to count people out of states like that.

I want to ensure that you're out of that, if you allowed yourself to get into a meditative state, because it's time to get ready to do your homework, which, if you haven't already done it, it's time to find that special place in your home, where you're going to meditate, to think about those things that you want to change, to think about those things that you want to meditate on, to get a plan together, to do your homework from module one, if you haven't done it yet.

Don't let this homework pile up. My goodness, you've got all this homework from module one, and now you've got to learn how to meditate. Don't let it pile up. Get on it, and if you need to spread these out a little more, if you're finding out, “Hey, there's a lot of homework. I need a few days to get this together,” fine. Do that, but keep moving forward.

Set a time where you're going to go to module three. When is that going to be? Will it be tomorrow? Will it be a week from now? Set a time and make sure you keep moving forward. Move at your own pace. I don't recommend waiting more than a week between modules, but move at your own pace, but keep moving.

Keep moving forward. Remember, you're setting up the ideas and the actions that are going to change your life. Momentum is important. Get ready, whenever it is for you, to join me in module three, as I talk about making a better future. I'm Dr. Steve G. Jones, hoping you have an outstanding day.

Module Three

Welcome back. Welcome to module three. Have you done your homework? Have you made your list? Have you made your timeline? Have you started meditating? If not, how about pausing this and getting that done, setting up a time when you're going to meditate every day, making your timeline, making your plan? The trick here, the secret to this is not giving it too much thought.

Thought is something that's going to work against you in this case, because you want things to come from the heart. You want them to come from your passion. You want them to come from who you are,

deep down inside, and that doesn't require critical analysis. That doesn't require you to analyze this and say, "Is this possible for me to do?"

Let go of all that. That's what has probably put you in this position in the first place, where you don't feel as if you're moving toward your destiny. Moving toward your destiny is all about trusting yourself, having faith in yourself, and the way you really show that is by just taking action, just letting things flow out of you.

That's the way you get moving on the right course. Perhaps the course you're on is one that you've carefully plotted out, and you thought that would be the best logical course. I want to tell you there's very little passion in a thought like that, very little passion. That's how a machine thinks. That's how a machine is programmed to think, to make the most logical choice, based on the probability of success.

I want to tell you, the probability of you living a successful life, meaning a fulfilling life in which you're happy, becomes 100 percent the moment you decide to trust yourself, the moment you take that first step of faith, the moment you start moving in the direction toward something that really inspires you, toward something that really gets you excited and motivated, toward something that gets you up early and keeps you up late.

When you take that first step, you're already 100% successful. Let go of your logic, let go of all of your flow charts that you may have and the way you've planned everything out, and start getting into your passion. Start tapping into what you really want to do. Now, in this module, we're going to talk about making a better future, which is really what this whole program is about, but we're going to focus on it. We're going to have some laser focus on that in this module.

Now, I want you to understand that you must open your eyes to opportunity. Many times when people are not living according to what they really want to do, moving toward their destiny, meaning moving towards something that they're passionate about, they're not noticing opportunities that are naturally occurring in their environment, opportunities that will allow them to move in that direction.

They put on blinders, like a horse in a race will have blinders, so they can only see straight ahead. Some people will get like that. They get so focused on what they're doing, the direction in which they're headed, they're not seeing other opportunities. I want to you to understand that you must open your eyes to opportunities.

Now, the universe is going to provide stepping stones, but it's up to you to take those steps. It's up to you to walk across them, because I'll be willing to bet that the universe has been providing stepping stones in the direction of your destiny your entire life, but if you're not walking in the direction of your destiny, you have just brushed them off.

You've looked at them and thought, "Oh no, I'm not going to step on those stepping stones. I don't know where they go exactly. I'm not so sure about that." I want to tell you that they've been there all along, they're there right now, and they're going to be there until you start walking out on them, the stepping stones that lead to your destiny.

Be on the constant lookout for these stepping stones, and rather than hesitating to use them, how about using them? How about taking a couple steps in the direction of your passion and seeing where that leads, seeing how that feels? How's it going to feel? It's going to feel a little scary. It's going to feel a little exciting at the same time.

You're going to feel, perhaps, as if you're standing out all alone at some times, at some points, at some parts of the journey. Now, I want you to think of this as taking a journey from a village. Think of your life as having lived in a village, you having lived in a village. I'm talking about olden times, when people lived in villages, no internet, maybe no electricity, just a village.

If you want to get to the next village, you've got to take a journey. I'm talking about a time before trains, automobiles, any of that. If you want to get to the next village, you've got to take a journey. You've got to walk. Where you are right now is a village that you have become content within, and that's okay. You're in that village, you're happy, and you could live the rest of your life in that village, and you could be content doing it.

But my understanding, from you taking this course, is that that's not what you're looking for. You're looking for a way to break out of that village. You're looking for a way to shake things up. You're looking for a way to get rid of all of that and get on track towards something that you're passionate about. I want to tell you, it's going to be a lot like walking through the woods.

A lot of times, it's going to be like walking through the woods alone, because if you want to go to that village that you know about in your mind, which is the village of you having believed in yourself and followed your passion, people in the village that you're in right now may not even know about that. They may not even be able to relate to that. It may not make any sense to them.

When you start walking out in those woods alone, toward that other village that you know is there but you haven't seen it, you're walking by faith, they're going to say, "Hey, come on back here. It's safe here. Look, we've got food, we've got shelter. It's nice and warm here, all of your friends are here. Come on back. Come on back and be safe."

I want you to realize that you've got to keep walking through those woods sometimes alone, until you make it to that other village that you know exists. The stepping stones are there, and sometimes they look like stepping stones into the woods, but you've got to take that journey. The more you go, the

more fulfilling it becomes.

I remember my own life, in the year 2000, and I had decided to move to California. I had been living in Florida and I decided to move to California, and it didn't just suddenly come to me. I decided it over the course of about a year. I decided it, and then I started putting a plan together, and then I finally said, "Alright, I'm going to move May 1st. I'm going to move across the country."

I told my stepmother and my father, I told all my friends. My friends were very excited about it. My father said, "Well, I don't know about that. I don't know if I'll ever see you again." Of course, I saw him again, because I was able to fly back, but I was in a position where I just wanted to make a change. I just set up the change.

I decided I was going to drive across the country and then live in California, and that made all the difference for me. I then opened my office in Beverly Hills, skyrocketed my hypnotherapy practice and became the hypnotist to the celebrities, and things just grew and grew from there, and they're still growing.

I was able to do that, and eventually I moved to an island in Georgia in 2004. I moved back across the country, but not to Florida, because I had already been there. I moved to Georgia, on an island, where I could get some relaxation, because I found out after a while, it was pretty stressful, living in Los Angeles.

But I moved there. I established myself. I got what I needed. I established my online presence, which I could run from anywhere, and then I moved back away, taking that with me. But if I hadn't made that journey to California, things never would have changed for me. I made that journey, and so that was the first step, setting a date. The second step was actually doing it, driving across the country. I did it, so I want to encourage you to take advantage of that.

Now, let's look at the alternate reality, what could have happened. Well, I was very content where I was. I had a lot going for me. I had a good income, I had friends, family around me. I had a lot going for me, so why didn't I stay where I was? Because something was calling me. Something that was my passion was motivating me, and I was hesitant at first.

In fact, I hesitated for about a year, because I wanted to put my plan together, but at least I did put my plan together. At least I did organize myself and put a plan together and start doing it, and I made it happen. Eventually – I'm sharing with this you from experience – you have to set a date. You're going to make a big change, and you can start making little changes on day one.

You can start putting your plan into place. For example, I got a big map of the US and decided all the

places I wanted to stop along the way, when I was driving to California, all of the cool things I wanted to see, that I hadn't seen before. That was part of my plan, but I could start doing that right away. I could get the map, I could start mapping out places that I wanted to go. I could tell people.

Really, my plan came to its culmination when I got in that car and drove. It was actually a van – when I got in the van and drove across the country, but it started before that, when I started putting this plan together. That's when I started to get excited about it, and scared about it, but I made it happen. If I hadn't done that, what would my life have looked like?

Well, it would have looked like me leading a safe yet fairly boring life, a life in which I felt that everything was comfortable, yet I wouldn't be fulfilling my passion. I wouldn't be moving in the direction of my passion, so I'm encouraging you from experience, to follow your passion. Realize that success comes from never giving up. Remember that mistakes are not failure, they're a means to success.

They're a learning tool, and you will never truly fail as long as you learn from every mistake that you make, so embrace challenges and mistakes for the learning experience that they are. Not everything went picture perfect when I moved. I had “mistakes” along the way. I had challenges along the way, but I learned from them.

When you appreciate the journey as much as the end result, that brings you true happiness. When you realize, “Hey, I'm on the right course, I'm making progress,” think of Edison, inventing the light bulb. A lot of failures, right? A lot of mistakes, but not really. They weren't really failures or mistakes, they were part of the process. That's how the journey goes.

Your decisions create your future and shape your destiny, so the choices you make will always have a direct impact on your life journey. The future you experience will be a direct result of your present decisions, so decide to stay the course. This is why the present is so important, why so many people “fail” - meaning they don't reach their destiny – because they don't realize that this is all just part of the experience. You're still moving forward.

Many people waste their present away, waiting for the right time or the perfect opportunity, not realizing that the present is what makes the future. They don't realize that the only right time is right now. I love what Tony Robbins says. He says, “When would now be a good time?” That's great, isn't it? It binds you to, “Okay, I guess the only time now can be a good time is now, because that's the only time now exists.”

Now is the time to take action. From this moment forward, choose to make the decisions that have to do with your passion, and act on them, and put an emphasis on learning and on progression. In order

to make the right decisions, you have to always seek to learn more every day. You have to make a lot of the “wrong” decisions, in order to get there. Every change you get to learn, take it, and get the benefits from increasing your wisdom.

Remember that every step you take in the right direction brings you closer to your goals. What's the right direction? The right direction is the direction that you follow from your heart, from your passion. Even if you only do something small, it's better than nothing at all. At first, all I did was buy a map and start plotting places on the map where I wanted to go. Pretty small, right?

But it was setting me up for the future in which I would actually do that in the reality of my life, in that van, driving, making it happen. Everything that I have achieved, everything that I've created has to do with persistence. Getting an education took a tremendous amount of persistence, getting my bachelor's degree, master's degree, specialist's degree, doctorate degree, doing all the research required for the doctorate.

A lot of persistence was required. I had to get up every day and think of that goal, and some days it was a lot more challenging than other days, because you get mired down in doing research and not finding what you're looking for, and then changing directions and dealing with a committee and having to redo things and redo things and redo things. I don't know how many times I rewrote certain parts of my dissertation, but every time, I kept in mind the end goal.

The end goal was learning how to educate people, so my doctorate is in education. With it, I'm able to properly instruct people in the various courses I teach, including this one. I knew that in order to get the tools that I needed to help people like yourself, I had to get as much education as possible in education, learning how people learn and finding out what works and what doesn't work, so that I could deliver programs like this in the most powerful ways, that could have the largest impact, so that they could actually help people, so I would know how people learned, how people learned by doing, how people learned by visualizing and so forth.

Persistence is what pays off. Persistence is what gets things done, and I want you to keep that in mind. I also want you to join me in the next module, because in the next module, I'm going to talk about bringing abundance into your life.

Abundance is something that doesn't just have to do with money. It has to do with an abundance of everything: friends, fun, happiness, and money of course, all of the things that make your life rich in so many ways. Join me in the next module. I'm Dr. Steve G. Jones, hoping you have an outstanding day.

Module Four

Welcome to module four. In this module, I'm going to share with you powerful ideas for bringing abundance into your life. Now, I want you to determine the lifestyle you want, and I want you to determine what it will take to have it.

So many people look at people who are wealthy and say, "I want that lifestyle. I want to be able to do that. I want to be able to take those vacations. I want to be able to have cars like that and houses like that and friends like that," but then I don't have a plan to get there. They don't have the steps between where they are and where that person is.

It's nice to look at something. It's nice to say, "Hey, that would be great," but you need some type of plan in order to get there. I want you, as your homework, to create a five-year plan, highlighting the milestones that you want to achieve.

Now, this five year plan doesn't mean that you have to accomplish everything that you ever wanted to do in that five years, but you should have significant achievements in those five years. Remember, you're now the type of person who believes in yourself. You're going to start getting things done. You're going to start taking action. You're going to start moving in the direction of your destiny.

A person who's doing those things is certainly going to achieve a lot more in those five years than you have in the past five years. Realize things are going to accelerate. You don't have to achieve it all, but I do want you to have some milestones in there. In your five year plan, I want you to highlight the milestones that you want to achieve, and think about your passions and talents that can be used to create abundance.

Realize the key to achieving prosperity is to do what you love, so that's what this program is all about. As you move in the direction of your destiny, you have to realize that the key to achieving this, from getting to where you want to be from where you are, is to do what you love.

Now, you may look at what you love to do and you may think, "Well, how am I going to make money with that? How am I going to be successful with that? How am going to get abundance with that?" I want to tell you it doesn't matter what you want to do. When I first started getting into hypnotherapy, my parents were very excited about it. They weren't even excited about me majoring in psychology in high school, not to mention going into hypnotherapy.

They thought the money is in business, the money is in computers. That's where the money is. There's no money in hypnotherapy, they thought. Well, little did they know that following your passion is where the money is, no matter what you do. Look at all the reality shows on TV now. Look at the

people who talk to dogs, for example. Look at the people who help people understand their animals.

Now, I say that with a little bit of laughter in my voice, but it's a legitimate profession. I say it with laughter in my voice, because who would have thought a few years ago that that would pay off, that that would amount to anything, that someone who teaches people how to get along with their pets would actually make any money, and here I see television shows with people doing that, making great money, teaching people how to deal with cats, how to deal with dogs? Who would have thought that?

These are people who followed their passion, who made things happen, who moved forward, who believed in themselves and didn't care what anyone else thought and just followed it through, kept moving forward. That's what it's all about, doing what you love.

The key to achieving prosperity, the key to having that abundant life that you want, whether it's more friends, more money, more opportunities, more travel, the key to all of that for you, personally, is not to do what that person's doing, just because that's what made them money. No, it's doing what you have in your heart. That's what's going to move you toward that destiny. That's what's going to create that life for you.

If you attempt to take on somebody else's personality – let's say they made it in stocks or in computer sales and you think, “Okay, I see so and so, they made money in the stock market, and such and such, they made money in computers. Which one of those things is it going to be? I'll pick computers. I'll start selling computers. Okay, that's what it's going to be,” and you start going down that path and you realize, “Wait a minute. I don't like this at all. It's not anything that gets me excited, it's not anything that I'm passionate about.”

That's because you missed the mark. That's because you looked at their path as the only way to get there, the only way to achieve those things. Really what's going on is that they achieved those things because that's what they were into. That's what they were passionate about. We see this all the time. We see people going into professions, we meaning you and I.

You've seen it, too. You've seen people going into professions that they're not really passionate about. They heard that the profession makes them money, they heard that going into computer sales makes them money. They heard that going into the stock market makes them money, and they start doing it. What happens?

Well, they become an empty shell. They're not really passionate about what they're doing. They're just doing it because they do it because they make money from doing it, so they continue doing it, and it becomes this thing that they do that they don't really like. They dig a trench for themselves, and so if you want to avoid that, you've got to realize that the people who become successful don't do it by

following a pattern.

They do it by following their hearts and everything else follows from that. I want you to realize that the key to achieving prosperity is to do what you love, and to believe in it. Be sure to include short term goals. As you set your five year plan, be sure to include short term goals as you move forward.

Remember how I had you look forward at a previous exercise, to something you wanted to accomplish and backtrack from there? It's similar to that. It's similar to that, but on a broader scale. You're now looking at a five year plan, and perhaps before you look at a five year plan, perhaps before you thought, "Well, it's going to take me five years to get there," if that's the case, then you've already done this assignment.

But if you had a goal that was a year or two in the future and you looked at it and backed it up as I told you to, and put in the logical steps to get there, then this is just a longer version of that. But it's got more goals along the way. In five years, you should be able to accomplish several goals, but for each of them, there should be short term goals along the way.

We call this "chunking down." The idea of chunking down is to take something big that you want to do and break it down into its component parts. The easiest way to do this, as you already know from a previous exercise, is to work backwards. See it being done. What's the step that it took right before it was accomplished? What was before that? What was before that?

You backtrack it and then you can move forward on your timeline. Find out the desires in your life and reflect them in that timeline. Also start journaling about them. Oh my goodness, here we go with all the homework. Now you've got to create a five year plan and start journaling about them. That's right, because I want you to record the excitement.

I want you to write down something every day about this, about how you're moving forward, about how you're making it happen, because when you do that, when you force yourself at the beginning – yes, but eventually it becomes a fun thing to do – when you do this, you remind yourself every day of what it's all about.

"What am I doing all of this for? Where is this going? Oh yes, okay, in my journal here, where I'm writing about how I want to become such and such and I want to do this, I'm journaling about how my life that day played into my overall plan." What does this do? It keeps you on track. It helps organize all of these things you're doing, because in any one given day, you're going to do a lot of things.

Some of them are going to seem like they're not accomplishing anything, but when you journal every day, at the end of the day, and write down what you did, you see it in terms of the overall picture. This

played a part in the overall picture because it ties into it somehow, even if it's just the fact that you took a day off. That ties into it, because you need downtime.

Even if you're on vacation that day, that's okay. That ties into it, because that's a vacation that allows you to rest, and then you're able to get back into it. Keeping your journal helps you understand the journey overall and helps you keep on track.

Now, I was fortunate when I decided what I wanted to be when I grow up, as is the common question, what do you want to be when you grow up? I was in high school and I got a book on hypnosis and started hypnotizing my fellow roommates in military school. I knew from that moment on that I wanted to be a hypnotherapist.

The only degree they offered at the university which was anything like that was psychology. I got my undergraduate degree in psychology, but I knew what I wanted to be. I was able to determine my path. Now, there was no indication at that time that hypnotherapy would pay off, but I never cared about that.

You know what's interesting? I have never once focused on what's going to make the most money. I never focus on that. I focus on what is in my heart and how can I help people? Those are the two things that I focus on. When you focus on those things, everything else just works out.

When you do those two things to the best of your ability, when you follow your passion to the best of your ability and when you look for as many ways as possible to help people, everything else just falls into place, everything. Let go of allowing yourself to continue self-destructive behaviors and beliefs, beliefs that work against your dream, against your passion, against the destiny that you are developing.

I want you to remove yourself from negative influences, including negative people. There really are no negative people, because people don't take on a negative charge, for example, but they can get negative. They can continue to show you their negative side. They can be a negative influence on you consistently, so how about separating yourself from those people?

Now, if they're relatives that are holding you back, well, I handled that because I moved across the country. I felt that my father was very interested in me living a "normal" life, where not much was happening, but it was stable. I followed my dreams.

Now, I didn't move across the country just to move away from him because I felt he was a negative influence, but in a sense, I had to separate myself from the ideas that he had, which were all about safety. Safety doesn't really get you anywhere. Safety creates a really boring life. Safety creates a

passionless life.

When you let go of that, you start to live the life of your dreams. Now, I'm not saying throw caution to the wind and do things that are unsafe. That's not what I'm suggesting. I'm saying that if you are overall just playing it safe in life, because you're not taking chances on your destiny, then you're going to create, by definition, a very boring life.

My understanding, from you taking this course, is that that's not what you want. Stop inviting distractions into your life such as addictions. Are there are addictions that you have? I don't know you personally, but I do know that these things can slow people down: drug addictions, alcohol, anything that you do that's zapping your energy, that's draining you, that's taking you away from your passion, that's you're just doing as a crutch?

I'm inviting you to challenge yourself and let go of that. I'm inviting you to realize how that's standing in your way. I'm inviting you to realize that if you want to live the life of your dreams, if you want to fulfill your destiny, you've got to let go of that. You've got to let go of those things, because those things are holding you down.

Sometimes the distractions that we have are right within ourselves, and so I'm inviting you to decide right now to let go of those addictions. I'm inviting you to step into a life that's much more powerful, much more exciting, much more fulfilling, that's going to take the place of the addictions that you've put in your life to fill that gap.

See, many times, people don't follow their destiny. They don't follow their heart. What do they do? Well, they put a lot of addictions in place. They think, "Well, this will do it. This will make me happy. I don't need to do all that, because I've got this. I've got this thing that I do. I've got this alcohol or these drugs, these fill the gap."

Well, they really don't. In fact, they take away vital energy, and they can lead to a much shorter life, and a much more unfulfilled life. I'm inviting you right now to challenge yourself to put those away, to stop doing those things, and to start doing the things that have to do with you fulfilling your passion. Identify the habits and behavior patterns that have prevented you from moving forward, because maybe they're just working as convenient excuses.

"You know, I'm not going to do this, because I'm going to do this today. I'm going to feed my addiction today, so I'm not able to do those other things that have to do with me believing in myself." Perhaps you don't say it that directly to yourself, but if you think about it, that's what happens with people who have addictive behaviors.

Find the causes of doubt and fear and procrastination and other obstacles. Notice those within yourself, and start making changes. Then you can create a new set of beliefs that fuel your prosperity and can replace fear and doubt with courage and confidence. Instead of addiction, choose to make your journey to abundance your priority.

If your addiction's your priority, where is it going to lead? Nowhere good. I want you to choose to make your journey to abundance top priority, and continue to reevaluate your new belief systems and modify when necessary. It's a constant effort of change that you've got to make, if you want to be successful.

Also, how about networking and socializing with people who have already done what you want to do? Following the passion that you're interested in, and share your passions with them. Get advice from them. Sometimes you'll be amazed to find that they give you help along the way. That saying about it's who you know? It's very true.

It is who you know, and if you are interested in something, how about associating with other people who are interested in that, that are going to help pull you up along the ladder of success? Surround yourself with people who can open doors for you, instead of surrounding yourself with people who are addicted to things like you are.

Surround yourself with people who are actually going to make a difference for you, and you can learn from their mistakes and discover how they achieve success. Then you can develop a plan of action and continue improving it, until you achieve abundance.

Your homework? That's right, make your five year plan. Include Plan A, B, and C and so on, as you go. A five year plan shouldn't just be one thing you want to accomplish, it should be a few things, and the steps along the way to doing it. Join me in the next module as we talk about creating an alternate outcome. I'm Dr. Steve G. Jones, hoping you have an outstanding day.

Module Five

Welcome to module five. Did you create your five year plan? If not, pause this right now and create your five year plan. You've got to have a plan if you expect to make progress. If you want to go somewhere, you've got to plan where you're going to go, otherwise, where do you end up? Well, you end up wherever you're headed already.

This program is about you making changes, you changing course, and the way you change course—the way you make those changes—is by doing your homework. Your homework is all geared toward

changing what you're doing so that you can create the tomorrow that you want. You're going to arrive in Tomorrow anyway.

You're going to arrive five years from now anyway. How about showing up somewhere you want to be in five years? That's the importance of doing the homework, so if you haven't done it already, go ahead and create your five year plan and then continue on with this module after you've done that. My understanding is that if you are still listening, you have created your five year plan, and in this module, we're going to talk about creating an alternate outcome.

I want you to strengthen your imagination, and let ideas come in without judgment. When you judge yourself, you block the potential for creativity and imagination. Take the time to ask yourself what it is that you truly want. Realize that judgment can be much too harsh and it can hold you back from your destiny.

If you analyze things in terms of your judgment—in other words, in terms of the ideas that you have in your mind, from your friends and family and what they think reality is all about, what they think your future should be—well, that's not going to get you anywhere. Sometimes, people take these on as their own judgments.

They feel that the anxieties and fears of their friends and families are their own fears and anxieties. They can become that way, but you have to separate things: what do you really want and what are the fears that are holding you back that were put there by somebody else? Maybe somebody else didn't think that taking financial risks would pay off.

Maybe somebody else didn't think that moving from where you are would pay off so they didn't do it, so they encourage you not to do it. I want you to realize that that's just going to create a life that you are living based on somebody else's fear, so take a look at what you are doing and figure out why it's not working.

If it is working, if you're moving in the direction of your destiny, then you probably don't need this program. My understanding is that if you are using this program, you are someone who wants a little help. You are someone who wants a push in the right direction. A nudge, a gentle nudge in the direction of your destiny, so that is what I'm giving you.

Take a look at what you are doing and figure out why it's not working. Knowing what you want gives you the capability to discover what's not working, what's going “wrong”—meaning it's not moving you in the direction you want to move in. Pinpointing what you have to get rid of in your life will help you make room for new attitudes, new attributes, new ideas, new direction, and this could be anything from hopelessness to laziness.

Maybe you need to get rid of some of the attributes that you have and the ideas of hopelessness and the feeling of laziness have to do with you not being in tune with your passion. It's really difficult to get up early if you're going to do something that day that you are not passionate about, or you are going to do something that day that isn't contributing to moving you toward where you want to be.

If you are feeling hopeless, feeling lazy, I want to share with you that it's very likely that it's due to you not being focused on something that really gets you excited. I know. Maybe you are caught up in a job. Maybe you feel that you have to do a job, and that's okay because bills have to be paid. You have to eat.

You have to survive, and that's okay. I want you to realize that if you are doing something every day that is part of a job, and you're thinking, "Wait a minute. You are telling me to just leave my job and do this?" No. That's not what I'm advising at all. What I'm telling you is that you need to get focused on your destiny, on your passion.

You can work on your passion and still do your job. You can still have an income based on something that you don't really get excited about, but realize when you journal every night that that was the next step toward getting where you want to be, because maybe that job is going to provide you with that foundation, the financial stability that you need to start creating the passionate life that you want. Maybe it provides you with the opportunity to go to school at night.

Maybe it provides you with the opportunity to save a little bit of money to do what you want to do. Maybe it provides you with the opportunity to meet some people who are going to help you along the way. When this happens—when you tune in to the positive role that whatever you are doing plays in your overall plan—well, guess what?

You start to do a lot better at it. I remember an example of a client that I worked with, and she had a job that she didn't like. Then she realized, once I shared this with her in a session, that that job was actually serving as the underpinning for what she wanted to do because it was creating the financial stability for her to follow her dreams, and her dream was to actually create meditation recording and to market them and to create more and more and more.

That's what she wanted to do, and I shared with her that if she didn't have her bills paid now, she was not going to be able to do that. Thank goodness for that job. It was allowing her to do that. Once she started realizing that and that she could record in the evenings and on the weekends, then she started to get more passionate.

Well, the next thing that happened is that she got so passionate about her job—which she didn't really like---but she got passionate about it because she realized that it was providing her the money to do

what she wanted to do. That's right, she got a promotion and a raise at her job. Now she's got more money and more free time.

She's actually enjoying her job now because she's no longer taking orders from people. She's giving orders, and she really likes that. She, as it turns out, enjoys telling people what to do. She's getting more money, she's working less, she's telling people what to do, and she still has time—in fact, more time and financial resources—to make her recordings.

Well, now she's more in tune with what she really wants to do, and she's on a trajectory now to be able to leave her job and just create the recordings, just do that. Realize that once you get tuned in, interesting things happened. Sometimes things happened that you didn't even realize what happened. Every part of your life starts to benefit from you feeling good about yourself.

How do you feel good about yourself? It's not with drugs and alcohol. It's not with sticking to addictive behaviors that take away your energy. It's with following your passion. When you follow your passion, it becomes full-time. You're always thinking about it, reading about it, journaling about it, or looking for ways to do it more or better or more often.

You are into it, and when that happens, it affects every part of your life because every part of your life becomes happy, gets a positive charge, so things start to rise up, sort of like in a marina, where there are boats. When the water level rises, what happens? All of the boats rise. Every vessel that's on that water, all the floating docks, they all rise.

Why is that? Because when you get excited about things, when you have that energy, it permeates every part of your life. Just as if you have things that sap your energy such as addictive behaviors or things that don't have to do with following your passion?

Well, that water lowers. Everything lowers. Every part of your life Think about all of those boats in that marina as being parts of your life: your relationship, your finances, your fun, your feelings of contributing. All of that lowers when you're not following your passion. All of that rises when you are. This has interesting positive side effects.

I want to share with you some of the mistakes that I've made—some of the “mistakes”, but really learning opportunities that I've had, how they happened in the beginning, and how I learned from them. When I initially got to Los Angeles, I decided to rent an office space with someone else. I was with a chiropractor. You may think, “That's great.”

A lot of hypnotherapists do that: they share office space with someone else when they're starting out because it's cheaper. It's easier to do that. I had just gotten to Los Angeles. I was establishing my office

in Beverly Hills, and I found a chiropractor who I could rent some office space from. She had an office—a little room in her office.

Her office had about eight different rooms, mostly treatment rooms. She had a few chiropractors working there also, who were paying her rent, who could also use those rooms. She used a few and rented a few out. She had an extra room that I could use as a hypnotherapist, so I started using that room, and what happened?

Well, it was a way to save money, but in the long run, it really wasn't that great because I would hear people talking in the hallway. In a chiropractic office, if someone's getting a chiropractic adjustment, if someone else is talking in the hallway, it really doesn't matter. The chiropractor is still able to do his or her job.

Noise outside doesn't matter. It may be slightly annoying, but it really doesn't matter if someone is talking in the hallway. In a hypnotherapy session, it makes all the difference because it's all about words. I'm saying, "Go deeper and deeper into hypnosis," and someone is in the hallway talking about how their neck hurts. That's not really very effective or helpful.

What did I do? I made a change. I didn't say, "Oh, forget this. I'm going to stop doing this." No, I made a change. I got my own office. I was able to get my very own office in that same building. I was able to have it built out to my specifications because it was an office that they were using as a rental office to rent out other spaces to plastic surgeons, chiropractors, and other people who were in that building.

It was a building mostly populated by plastic surgeons in Beverly Hills, which meant I had a lot of interesting people walking through the building every day, because believe or not, celebrities get plastic surgery. I was able to meet a lot of celebrities just by hanging out downstairs in the coffee shop.

Being in this building was actually very beneficial to me in the long term in making certain contacts. It was also something that was working against me because I was hearing all of these voices in the hallway, and so were my clients. Distracting for me, more importantly, distracting for them, so I talked to the building manager, got my own office, they built it to my specifications and it turned out to be slightly more expensive than what I was paying to be in a noisy chiropractic office.

The chiropractor was a wonderful person, she had my best interest in mind. It just wasn't a good fit for what I was doing. It was difficult for me to convey that, difficult for chiropractors to understand the silence needed because they weren't used to that. I was able to get my own office.

That's one way to look at it: a mistake I made along the way. Another way to look at it is as a learning opportunity: I made a turn that didn't really work out perfectly, but I was able to make the most of it

and I was able to correct my course. That's the way it goes when you follow your passion: you don't just throw in the towel and say, "I'm done."

You make changes based on the experience that you've gained through the last decision that you made. You make a decision, you go for it. It doesn't work out perfectly. You make a change. You go for it. Maybe it works out better. If it doesn't, you make a change and you go for it. You keep moving forward, and your passion is what drives you.

If you're doing something that you're really not into, then you're always looking for an excuse, aren't you? I could have looked at that as a sign. I hear that all the time from clients: "That's a sign that I shouldn't do that." No, that's not a sign that you should stop. That's just people talking in the hallway. That's what that is. You make it a sign in your mind. You make it what you want to make it.

You assign a meaning to what happens. What happens is just what happens. The rest of it takes place in your mind. If you want that to be a sign, it's a sign. If you want it to be just something that you need to make an adjustment concerning, then it becomes that: it becomes a learning experience. That's the difference between doing something that you're passionate about and doing something you don't like.

When you're doing something you don't like, you always look for a way out, don't you? You always look for an excuse not to do it because you're not really into it anyway. When you're doing something you're passionate about, nothing is going to stop you. Nothing is going to stand in your way of getting to where you want to be.

I want you to commit to altering your outcome with your entire self. I want you to be absolutely steadfast in your decision to own your destiny. Even when you make "mistakes" and slip up, understand that you can instantly make a change and keep going. You can make a plan that's a slight adjustment, and can keep going.

I want you to pledge to yourself to remain dedicated to staying positive and taking responsibility for what happens. Identify the main goals that you have and break them down into mini goals. You already know this. You already know how to do that, but hopefully, you're more passionate about it now. First, think about the big picture and how far you want to go in your entire life.

That's right, we're stepping out even further now. We're not in five years anymore. We're looking at your entire life. You're not locked down to this, but I want you to get excited, and the way you get excited is by looking at the future. Then, use your imagination and creativity to determine the steps that you'll need to take.

I'm talking about a plan that spans your entire life. Find others who have been successful and ask for

their advice. You already know how to do this, but do this concerning an entire life plan. Then I want you to build in rewards for achieving your mini goals. Realize that as you look at your entire life, those five year goals become your mini goals.

Those things that you thought were big before, they become smaller. What happens when that happens? They become easier. They start to look simple. They start to look like a piece of cake. They start to look very easy for you. Then, take action to make the necessary changes by achieving your mini goals.

My goal was to be a successful hypnotherapist, to help people. to serve people, to help people achieve their potential. Well, along the way, I had to make adjustments. I had to get my own office. First, I had to get where the people were who really wanted to work on themselves. I felt that would be California.

People are very open-minded, so I got myself there. Then I got an office there. Then, I had to make changes along the way. It was all part of the plan. Then, I realized that I could benefit people more online. I let go of that office, but this was all part of the process: I made adjustments along the way. Wherever there is a will, there is a way. I want you to realize that you can keep moving forward.

Your homework is to broaden this even more, and look at your entire life. Now, you're not stuck with this. Whatever plan you make doesn't mean you're going to have to stick with it, because along the way, exciting twists and turns are going to happen. Exciting opportunities will come up, things that you don't even know about, opportunities that you are not even thinking about right now that are so spectacular that they're outside of your current imagination right now.

But, if you set up a plan for your life, you're going to get excited about it. That's your homework: what's your life plan? What's going to happen? What are the highlights? Set that up as your homework. That's a lot of homework, but I want you to realize that you should just let it flow. Don't spend a lot of time on it.

Spend just a few minutes on it and write it out and let it flow. That's how quickly things happen when you're in the flow. Join me in the next module as I talk about turning your positive thoughts into reality: making the things that you think in your head a part of reality. I'm Dr. Steve G. Jones hoping you have an outstanding day.

Module Six

Welcome back to module six. Did you do your homework from module five? Did you create your

entire life plan? Now, realize that you don't have to stick to that. That doesn't mean that that's the way your life is going to go because you're going to make exciting changes along the way. Why did I have you look at your life, make an entire life plan?

Because I want you get excited about it. I want you to get excited about the future. The future is going to change in so many ways that you're not even seeing now. It's going to change because you are going to start taking steps in the right direction.

There are opportunities that are going to come your way that are outside of your imagination right now, but if you get a life plan, then you are going to get excited. You're going to start moving in the direction that's going to put you in touch with those people, opportunities, and concepts that are going to enrich your life and make it more and more powerful, more and more exciting.

In this module, we're going to talk about turning your positive thoughts into reality. Let's face it: right now, maybe all you have is a bunch of thoughts. These five year plans are nice. This life-long plan is nice. Meditation is nice, but maybe right now, for you, it's just a lot of thoughts. In this module, we're going to talk about turning that into reality.

Realize that every accomplishment in the universe starts out as a single thought. Thoughts have the potential to be the catalyst of greatness, and the greatest inventions, scientific breakthroughs, and entertainment ideas started out as thought. Somebody thought, "Hm, that might be interesting," or, "I'm really interested in that. I think I'll pursue that."

With positive thinking, people turn these thoughts into amazing things. They actually took what was in their head and made it a part of reality: part of something everyone can enjoy and/or benefit from. The cell phone, T.V., computer, light bulb—all of that began as thoughts. Thoughts brought about the cure, treatments for many diseases. Thoughts. Someone thought, "Hm, what if we attempt this? What if we go in this direction?" Lo and behold, it worked.

Many times it didn't work, but that's part of the process, and what kept everyone motivated as they worked toward cures for diseases and great inventions was the idea that they wanted to do it. It moved them and motivated them. It made it happen, so that's what I want you to realize: it's thoughts that become action that actually create your reality, create your world.

It's interesting when I work with people now, because these days, I work with people who are able to manifest things very quickly, and when I think about doing something, shortly after that, I'm doing it. This program is an example of that. Many people spend a lot of time figuring out the first program they are going to create if they want to help people, if they want to change the world, if they want to make a difference, if they want to share with others something they have within their hearts.

Well, sometimes they spend a long time figuring out what that's going to be. Luckily, I've never been one of those people. I am a person who just makes things happen, and this program, as I'm creating it, reminds me of that entire process, puts me in touch with that because these days, I'm very much in tune with people who also think like that.

But it wasn't always that way. It wasn't always that I thought, "Hm, I'd like to create a program on this. Let's get an outline together, let's create it, let's edit it, let's get it out there to help people, and having a team on board because, let's face it, every now and then, when I'm recording, I make a little mistake. In other words, I say, "Er," or "Ah", or I repeat something or say something with a jumbled voice, and I say something in a way that doesn't sound like what I meant it to say.

It doesn't come out right, so I have to say, "Okay, edit that and take it out." That takes people behind-the-scenes to make the changes. There also has to be someone to build a website for it. There has to be someone to create information about it, to write about it in an interesting way so that people get excited about the product and realize the possibilities it offers them.

Well, these days, I have a team of people around me who make all that happen. It's wonderful, but it wasn't always that way. Back in the old days, when I first started making digital products around the year 2002, I had to do everything myself. I had to create the concept myself. I had to edit it myself. I had to promote it myself.

I had to do everything myself, but I was able to do it and the people who I was around at that time kind of stood there and wondered, "Wow, how are you doing all of that? How are you making all that happen?" Nowadays, that doesn't happen because everyone I'm surrounded with thinks the same way. They're also manifesting, so they're not surprised by my ability to do it.

No, because they have equal abilities in their own worlds: marketing abilities, writing abilities, editing abilities. They all have very highly developed skills, and that's the way it goes when you start doing things. You eventually come in contact with the people who are also doing things, and then you're able to do even bigger things, even better things.

You're able to move forward even more quickly. That's the way it happens. It all starts with thoughts. It all starts with the thoughts that I had in my mind and thoughts that other people I work with have in their mind. What would be great to help people with next? What can we create that's really going to benefit people?

A lot of times, it comes from something that I have had struggles with in the past or that my clients have had struggles with. We bring something into the world that has helped them or has helped me, and we know that it's going to help thousands of people. I want you to realize that how you think

changes the way you perceive your environment and your situation.

When you think that anything is possible, well, it becomes possible. Whether or not you think you can do something, you were right. It was Ford who came up with that concept: Whether you think that you can or you can't, you are right. When you think you can do something, you are right. When you think that you can't do something - I don't like that word, can't - but when you think that you can't do something, you're right because you start putting up barriers.

You start looking for signs from the universe that it's not supposed to happen. Why do you look for that? Well, because you don't really want to do it in the first place. It probably is a sign, at least in your mind, because it's a sign that you feel negatively about it, so anything serves as a sign. But, when you want to do something, you don't want to look at things as signs that you shouldn't do them, you look at them as exciting challenges.

Okay universe, you threw that in my way, great. I'm going to learn from that and I'm going to move forward. I'm going to make it happen. I remember going to a benefit a few years back. I had to fly into this benefit and I was with a group of people. We were going to this place where we were going to raise some money for some people to work on disease cures and so forth.

My mom died of leukemia and my father died of emphysema, so I'm very much into helping people where I can. I arrived there and I was with a group of people, and our only task—our only goal that day—was to find the place where we were supposed to be so that we could take part in this. We were walking around. It was a big city, and we were attempting to find the place.

We kept making a lot of wrong turns. We got in the cab. The cab took us to where he thought it should be. The cab driver dropped us off, and it turns out he was incorrect. We were walking around before the time of having a map on your cell phone. We called the place and they gave us a description of where we were supposed to go and it didn't make sense.

We didn't understand the way the city was laid out and so forth, and one of the people in the group said, "It's a sign! It's a sign that we're not supposed to go there." I'm talking about a benefit for people who had diseases, and this person looked at it as a sign that we shouldn't go there. I thought, "Well, that's nonsense. This isn't a sign that we're not supposed to go there.

This is just a challenge and we need to step up to the challenge." With a little more persistence, what we found out was that we were there already. We were actually, pretty much, right in front of the place. We just didn't realize it. We were already there. We went there and had a wonderful time. We were actually able to raise a tremendous amount of money to help with diseases and it was just a wonderful time, great opportunity for everyone involved.

This person looked at that as a sign that we weren't supposed to go there. For some reason, we weren't supposed to make it happen. Well, what was really going on in that person's mind is that they were a little shy. They were a little concerned about the publicity that was being generated, and they really didn't want to be part of that.

They didn't make that known until we were having these challenges. Then he said, "Oh, that's it. Let's wrap it up. Let's just go." I had flown in. I had taken a 2-hour flight to get there. I wasn't going to wrap up anything. It was going to happen. I was going to be there even if I was there by myself, so I was going to make it happen.

We made it happen, but that's an example of 2 different ways of looking at the same, exact situation. The ironic thing about that is we were already where we needed to be. One person was looking at it as a sign. The other person, being me, was looking at it as a challenge, and when you adopt the idea of this being your passion—also an important factor is that one person wanted to be there and one person didn't want to be there.

When you look at your passion as somewhere you want to be, and you are sure you want to be there, then nothing is a sign anymore. Everything that comes up is a challenge, and an exciting challenge at that. Sometimes you find out that you are already there and you didn't even realize it. Positive minds always search for the silver lining in any situation.

What makes a mind positive? Well, doing something that they want to do. Doing something that they believe in. Doing something they feel good about. Negativity keeps any silver lining invisible so that you can perceive no options, so that you think everything is going to be failure.

There's a big difference, and the way that you make this work is by always focusing on something that you want to do, something that drives you, something that's really part of your passion. That person who was with me really didn't want to be there. That wasn't something he wanted to do. Anything was serving as an excuse.

Positive thoughts, thoughts that are positively charged, they are a catalyst for turning dreams into reality, for making things actually happen. It was just a thought until we got there. When we got there, it was actually happening. We were actually able to raise the money, participate in the event and so forth. It became reality.

Positive thoughts - in that case, my positive thoughts - are what made it happen. When you think positively, you feel better. When you feel better, you do more. You get more done. Think about all the achievements that have been brought into your life thanks to positive thinkers: people who really did things, got out there. I'm amazed every day when I see airplanes fly.

I think, “Well, I don't know that I would have really, honestly believed that that was possible to get that very large bit of metal and furniture—all the chairs in the airplanes—up there and make it fly.” I don't know if I would have thought of that. When I see tall buildings, I think, “Hm, I don't know if I would have really gone for that.”

I don't know if I would have thought of that, that if you put another floor on top of another floor and keep on going that it's going to be safe, that it's going to work out. I don't know that I would have thought that. I really don't. But thank goodness somebody did. Thank goodness somebody said, “We can build up.

We don't have to build out. We have this much land, we're going to build up. I want people to get from this point to this point and I want to get a lot of them on the plane at one time—200 of them—and I want this plane to be able to fly across water for long distances. I'm going to make it happen.” A group of people got together and made it happen over many years. They kept believing.

I don't know if I would have been one of those people. I don't know if I would have been that because that's not my passion. That's not my passion to build tall buildings or to make things fly, but I'm amazed when I see it. For some people, it's not their passion to create self-help products that help thousands of people.

They look at that and say, “Wow, I don't know if I ever would have thought that was possible, that you could do that, that you create all those products and help all those people.” But for me, it's just natural. For people who are into aviation, it's just natural for them to think in terms of aviation. For people who are architects and believe in tall buildings and making things happen and helping a lot of people live or have office space, helping them do it efficiently in a tall building.

That's their passion. They make it happen. Whatever your passion is, you're going to make it happen. Everyone else who is not into it is going to look at it and say, “How did they do that?” Well, you did it because you followed your passion. Everything became easy. Nothing was a problem. Everything that came up was a challenge that inspired you to move forward even more.

Once you begin thinking positively, your goals become achievable. The very moment your mind shifts from negative to positive, that's the moment that you are set free. That's the moment you start believing yourself. This happens by, yes, you tapping into your destiny. What you really want to do. It will be as if you can see everything clearly for the first time when you tap into your destiny.

You can use this to your advantage and take action toward making your own reality. I want you to get ready to join me in the next module, whenever that is for you. Maybe it's tomorrow, maybe it's next week, but I want you to keep moving forward. If you're this far along, then you've already

demonstrated to yourself that you are the kind of person that gets things done, so keep going.

Keep going all the way through module eight. Now, the next module is module seven and that is about improving your life. Improving your life is very important if you want to get where you want to be, if you want to fulfill your destiny. Join me in that module as we talk about improving your life. I'm Dr. Steve G. Jones hoping you have an outstanding day.

Module Seven

Welcome to module seven. As you're moving along the program, this is module seven. One more module after this. I think it's time to reach around and pat yourself on the back. You have come very far in this program, so keep going to the end and realize that there really is no end when you think about it because you are going to use this technology, this information.

You're going to use the momentum that you are generating by doing your homework—and you are doing your homework right? If not, then pause this now and catch up on your homework. But, you're going to use this for the rest of your life. You're going to use what you are learning now to improve your life, to start living the life of your dreams and to continue doing that and to enjoy the journey.

In this module, we're going to talk about something near and dear to my heart which is improving your life. That's what I do. That's my life's mission: to improve your life and the lives of others. Your life can be dramatically, drastically better starting right now. It doesn't take much to turn your life around completely. Just a few changes to your day can make all the difference.

When you improve your life, you also increase the power you have over your destiny. One of the things that I like to do that makes a huge difference for me is to just take on a positive attitude. Some days this is going to be more challenging than others, but I find that if I get into the negativity of something that happens, well what happens?

The law of attraction kicks in and brings me more of the same. It sort of sets my day up for this to go wrong and that to go wrong and so forth. What do I do? Sometimes I have to force myself to do this, but I take on a positive attitude. When I find myself slipping into something negative, into a negative thought, I force myself to think something positive.

This takes a lot of willpower sometimes because things can happen. People can be rude to you, things can come up that don't go your way. All kinds of things can happen. When that happens, I've trained myself to catch myself and think about something positive and to change my attitude into something positive because I don't want it to get hold of me.

I don't want this negativity to start piling up and to lead from one negative thing to another negative thing. You can also use a gratitude journal before you go to bed. Now, you've got two journals now. There's a lot of homework in this program. I'm telling you, you've got 2 different journals. One is your journal where you're going to write down things that are moving you toward what you want to achieve, and how things fit into the big picture.

The other is your gratitude journal. What are you thankful for? Write down what you're thankful for. Now, if you listen to my other programs, you know I'm big on gratitude journals. I want you to write down what you're thankful for, and if you do this before you go to bed, you're going to have a full day to review.

That can be something simple. It could be air, water, or indoor plumbing. I'm very thankful for those things, so if nothing else, you're able to think of those things, but the point is, you get in this momentum of writing things down. I know, sometimes you're a little dry. Well, maybe you're thankful for sleep, and guess what? You can write the same things a few nights in a row.

If you're thankful for sleep every night for a week, then that's what you're thankful for. If you're so tired that that's the only thing that you feel you're able to get on the paper, fine, then write that down. But at least you're thankful for it. You realize—you start to realize that you do have the opportunity because you are writing it down right before you go to sleep.

If nothing else, you are thankful for the ability to sleep in a comfortable environment that allows you to get the rest that you need. You can sum it up with just writing “sleep” if you want to. Maybe you're out in a hot environment and you were able to stay hydrated that day because you had water. You can write down, “water”.

This doesn't have to be a novel every night. What happens when you do this is the last thought you go to sleep is something positive. What happens with the law of attraction when you think about something positive? You get more of the same. Same thing with negative. Rather than going to bed at night thinking, “Oh, I wish this would happen. I wish that would happen. Oh gosh, tomorrow I've got to do that. Oh boy, I don't know about that.”

Rather than thinking about all of those things, just think about something—just one thing—that you are thankful for. This will set you up for success. The law of attraction says that what you focus on, you're going to get. One of the things we know from research is that what you go to bed thinking about, you may very well dream about.

It may become more a part of your life because the next day you're thinking, “Oh, I had a dream about that negative thing I was thinking about last night. Then you start thinking about it and maybe have a

dream about it the next night. Well, how about interrupting that cycle? How about interrupting that pattern and writing down something you're positive about.

Maybe your dreams will be about that, but at the very least, you'll set yourself up for the next day because that will be the first thought on your mind. The last thought of last night will be the first thought of your mind when you wake up. You're going to set yourself up for success. The act of writing down things that you are grateful for helps you focus on the positive things and attracts more positive into your life by increasing your positive energy.

You'll also be a lot less likely to focus your attention on things that you don't like if you're focusing on what you do like. Remember: if you focus on what you don't like, what's going to happen? You guessed it. You're going to get more of the same, so why focus on them? Focus on what you do like and get more of the same.

I'm not talking about getting more water, necessarily or more indoor plumbing. I'm talking about getting more of the things that benefit your life, more things in that category, more things that are beneficial to you. Also, more of a positive attitude. Another technique is to smile as much as possible, even when you're all alone.

Studies show that smiling actually increases happiness. There's something about smiling that sends a trigger to your brain that says, "You must be happy if you're smiling." I know it sounds like the reverse. It should be the opposite that your brain sends a signal to your mouth to make it smile when you're happy, and yes, that happens too, but you can also reverse the process, and you can set up sort of a biofeedback loop.

You smile. Your brain feels happy. Your brain feels happy makes you smile. Your smiling makes your brain happier. Brain knows that you're happy, makes you smile. You can actually cause this chain reaction to happen which produces more smiles which produces more happiness. Sounds like a very simple technique doesn't it? It works.

This is something that's been demonstrated through studies, and for the best effects, smile at yourself while looking in the mirror. Also, I want you to experience love for someone else. This can be a pet, a romantic partner, a child, a friend. Love is the most powerful emotion that actually makes you into a more tuned-in person.

It makes you feel better about yourself. Love also makes you work harder and gives you more courage. If you look around your environment and there's nothing that you love, then what are you working for? You're working for yourself. I want to tell you that that can work, but what works better is for you to have a focus outside of yourself.

When you have something that you love, you're working for that. If something doesn't work out, then you feel that you're not only letting yourself down, you're letting them down, so you're more likely to pursue it. You're more likely to move forward, so find something in your environment that you love, even if it's just a plant or a goldfish.

For goodness sake, at least pick something in your environment that you love, that you care about and extend it out from there. There's no limit to your love other than what you put on it. You can extend your love to the entire universe and you can also work that into your daily meditation, to extend your love out to the entire universe.

That way, you're working for all of us. How about exercise? Now, I don't give exercise advice. You should always consult your physician before exercising because I don't know what your physical state is, but if your physician says it's okay, then how about exercising for at least 30 minutes each day? How about eating right?

Eating right is something different for everyone. Maybe you're a vegetarian, maybe you're a vegan. I don't know your particular situation, but eating right for what you believe in—in other words, maybe you don't eat meat and that's fine, maybe you are a vegan and that's fine—but eating right according to your version of “right” and again, you should always consult a physician concerning this.

Eating right and exercising can help you tremendously. Regular exercise helps you perform better, gives you more energy. Eating healthy food to fuel your body is the best source of energy, aside from sleep. Rather than those energy drinks in place of sleep, how about getting proper sleep? How about exercising? How about eating right?

Along those lines, plenty of sleep and relaxation are very beneficial to you. Did you know lack of sleep turns you into a grumpy and negative person? Even if you are focusing on being positive, if you haven't gotten proper sleep, well, it's going to be pulling you down. It's going to work against you. Allow yourself to get the sleep that you need.

This means taking charge of your life. This means organizing it in such a way that you're able to get the sleep and the rest that you need. When you get proper rest, well, you'll have the energy that you need to get things done, to move forward. Also, give a helping hand or donate to a worthy cause. This is another way to increase the positive energy that you have and to improve your life.

Plan weekly get-togethers with friends or family. Are you the type of person who avoids having fun, who avoids getting together with friends and family? Well, if you make steps to organize something to get together with friends and family, you're going to find that this really helps with improving your life, and again, to get back to scientific studies, it has been demonstrated that those who regularly enjoy

company live better lives.

What do I mean by that? Well, I mean on survey tests that psychologists give when they study these things, those people answer that they feel more content in their life, they feel happier in their lives, they feel better about themselves. It's a simple process of getting together with people who you can have fun with, who you can interact with on a regular basis. Friends and family can help you stay motivated and also accountable for your goals.

Let's face it. If you're doing things, if you're working on things all by yourself and not telling anything, how are you going to feel motivated? Think about the company Apple. Great company. Very innovative. Do you think that nobody is expecting their next great invention? NO, that's not true at all. Everybody's expecting their next great invention.

People who work toward a goal and achieve it consistently get a reputation of achieving that goal and they set up an expectation process with the rest of the world. People become excited about that. Bands who write hits get expected to write the next hit. They get encouraged by their fans to keep on creating, to keep on generating.

We've got bands that have been around long, long times, many, many years, because their fans encouraged them to keep going on. I remember in an interview that I saw with Mick Jagger—now, Mick Jagger, being a member of the Rolling Stones for a long, long time, over five0 years—when he first started, however, there was an interview with him in which he was talking about his future.

I think the band was only about 2 years into their career, and he said, “Well, I think we can go on at least 2 more years,” meaning that they had the financial resources to continue what they were doing about 2 more years, because they had about 2 years of success. That's what he was looking forward to: about 2 more years of success.

After five0-plus years of success, the band was still able to continue going. This is what happens when you get people rallying behind you. You let go of just thinking that it's only going to last 2 years, and you realize, “Wait a minute, this is going to keep on lasting.” It's all about you sharing your possibilities, sharing your hopes, dreams, and ambitions with others.

Let us get excited about what you are doing. Tell us about what is going on. Let us get behind you. Let us encourage you—meaning, the people of the world—let us get behind what you're doing. At the very least, share it with your friends and family. This is going to help you tremendously and aid in your success.

Also something that's going to help improve your life is learning when to draw the line when others

ask too much of you. I remember when I lived in California and it was about the year 2004, the year that I finally decided to move across the country to an island in Georgia. Things were getting a little bit too much. I was in this group called Toastmasters.

I was in a group called LaTip. LaTip is a group that has—they have a few different groups throughout the country—actually, many different groups. It's a networking group: you get the hypnotherapist, the doctor, the lawyer, one of everything. We had a group of about five: an interior designer, a real estate broker, a mortgage broker, all kinds of people in that group, and we would refer people to each other.

We all knew of each others' work, we all believed in each others' work, we all voted on each other. When you join the group, you don't just join it, you have to be voted in, so we had checked out each other before we let other people into the group, and so we had a group of highly-trained professionals, and we were all able to refer people to each other.

It was a tremendous benefit to me, both networking and financially, and it was wonderful, but what happened in that group and in Toastmasters—now Toastmasters is a group in which you get up every week and do a speech and learn how to work on your public speaking. Also tremendous for me because now mostly what I do is create audio and video products where I am talking just like I am now, so it was very beneficial for me.

Also, I give lectures and so forth, so, very beneficial. But, what happened in both of those groups—and what caused me to leave those groups, actually—was that I was getting asked to be on a lot of committees. They wanted me to be on this committee and that committee. They wanted me to be an officer in the group.

One of the groups wanted me to be the recruitment officer in charge of getting new people in the group. Well, this was all interesting, and at first, I embraced it, but then it just got to be more and more and more, and I realized, “Wait a minute. I'm a hypnotherapist. I'm someone who is here to learn things. I'm not here to run all these committees, to be a member of all these committees.”

It's nice to help, but once I agreed to one thing, it just became another and another and another, and eventually, I had to say, “No. No more.” I was also able to realize that my online business was growing to such a point and I had developed the public speaking skills that I wanted at such a point that I didn't need to be a member of those groups any more.

I learned to say, “No.” Drawing the line when others ask too much of you, or when you simply don't need something anymore can be very powerful. It's extremely important not to let others impose upon you, impose upon your time. You've got to take charge of this. It's okay to say, “No,” when it gets in the way of your chosen path and starts to work against you. Get what you need and realize that you

have the ability and the power to say, “No,” and you will be respected for it.

Alright, so get ready to join me in module eight. In module eight, I'm going to share with you my final thoughts, and I'm calling that module “Shaping the Future”, because that's what this is all about: your destiny is all about your future. In module eight, we're going to talk about shaping your future. I'm Dr. Steve G. Jones, hoping you have an outstanding day.

Module Eight

Welcome back. Welcome to module eight. Have you done all of your homework so far? If not, you know what to do. Pause this and do it now. Get caught up, because this is my last opportunity to coach you in this. This is my last opportunity to reach out to you, to change your life, to help you change your life. I'm just the facilitator.

You're the one who actually makes the change. I'm the one reaching out to you with an open hand saying, “Hey, do you want this help? Do you want this information?” If you do, then it's not just a matter of listening to what I'm saying, it's a matter of putting it into practice. Pause this now if you haven't done your homework. This is your last opportunity to get caught up and get the momentum going that you need.

Now, in this module, we're going to talk about shaping your future. I want you to realize that combining life changes with a positive attitude and new beliefs, this is what's going to reshape your destiny. I want you to embrace new habits that work with your vision of the future, and remember to always find that silver lining, no matter how small it is.

Encourage yourself to believe that you can and will create the destiny that you choose. I've seen people turn it all around. I've seen people go from literally rags to riches. I've seen people finding themselves on a course that they didn't want to be on and changing everything, turning it around 180 degrees, making things happen.

I've seen this with clients, I've seen it with friends, and I'm sure you've seen the opposite. I'm sure you've seen people who are on a path and then things don't work out. They get discouraged and they go the opposite way. I'm sure that you've seen people, who perhaps you grew up with, take a turn that didn't really work out for them.

I've seen people do that, too. I've seen people go in a direction that they didn't necessarily want to go in, but they didn't believe enough in themselves, so they didn't make it happen. I want you to be one of the winners. I want you to be one of the successful people. That's what this program is about, giving

you the tools, giving you the technology, giving you the invitation to make it happen.

I want to see you in the winner's circle. I want to see you making it. I want to see you successful, and that's what this is all about. Your future is completely up to your present, so rather than allowing yourself to think that your past has ruined your future, realize those were all learning experiences.

Maybe you're going through this program and you're thinking, "Yeah, Steve, you don't know about me. You don't know about my personal struggles. You don't know how challenging it is to have the past that I have. If you had that past, you wouldn't be saying those things. You wouldn't be saying those things about my possibilities."

I've seen people with pasts that are really sad, really things that they regret, things that they've done and things that have happened to them, and it didn't look like they were going to turn it around, and I saw them turn it around. That's what I want you to realize, that no matter what has happened in the past, right now is a brand new day. You don't know how this day is going to go.

I want you to get a hold of it. I want you to seize this day. I want you to make a determination right now, if you haven't already done so, that you are going to create the future that you want, based on right now. That type of attitude will only lead you to the future that you want.

Instead of dwelling on the past and all the negative things that have happened in the past, I want you right now, instead, to focus on the path that you can take from this moment forward. The sooner you begin shaping your future, the more choices you're going to have. Every decision you make can either open doors or close them, so always make decisions wisely, with the best knowledge that you have, realizing that it may not work out, but you're going to adjust your course.

You're going to stay on a course that gets you toward your goal, and you're going to make little changes along the way, and that's okay. Always make decisions wisely, so that you can have plenty of doors to walk through. Realize that some of the doors you walk through are going to be a wrong turn, and a wrong turn only means that you have made a choice that you need to learn from, and that's okay. You're still on the path toward achieving your goal, toward achieving your destiny.

If you make better choices now, meaning if you make choices that are more aligned with your destiny now, then you're going to empower your future. By shaping your abilities, you're going to get this muscle working, this muscle that allows you to focus on your future and your destiny. Perhaps you've let it get weak. Now it's time to strengthen it.

That's what this program is all about, building that muscle that allows you to move in the direction of your destiny. Every time you learn something new, you gain another opportunity to shape your future,

and sometimes those lessons are difficult lessons, but you've got to look at them as lessons. You're learning, you're growing, you're moving forward.

When something comes your way that you don't understand, study it, learn about it, regroup, reenergize and move forward. If you don't know whether to believe something you hear, find out more. If you think something's the right path to go in, the right direction to go in, research it. Find out about it. That's what it's all about, as you continue moving forward.

I also want you to keep in mind the idea of balance: time for work, time for play. There has to be fun and there has to be a balance. Getting too extreme either way can really take you off-track, so realize the balance that you need. Everything needs to be done in moderation, in work and in play. A balance that allows you to keep moving forward and feeling good about yourself is what you need.

I consider myself to be a pretty good example of this, because I travel a lot, as I've said, and I find myself in different cities and sometimes different countries, traveling quite a bit. What I always do, no matter where I am, is I look for something that I can do. I remember seeing an interview with Michael Phelps. He is a person who has achieved many medals in the Olympics. You've probably heard of him.

He's a swimming anomaly. He stands alone as someone who is very powerful in the world of swimming. Michael Phelps is a person who has traveled a lot. He's had a lot of experience traveling, swimming in different places. He's been in a lot of pools, and in an interview that I saw, he, during one of his retirement announcements, said that what he wanted to do was, instead of just going to these places and seeing the pools in these places, he wanted to see the places themselves.

He wanted to see the culture. He remarked on going out of the country and performing and competing and just seeing the pool there, and the facilities around the pool, and how he'd like to see more of that. Well, his career as a professional required him to stay very focused.

In fact, he had to swim quite often, and to not do so would take away from what he was doing. Sometimes this laser-like focus is required, and there's very little time for other things, such as sightseeing, that would actually have taken away from his goal.

However, I find myself in a different position. I find myself in the position where downtime, time during which I'm not focusing on my profession, is actually very beneficial. I've been able to incorporate a lot of work and play together. For example, one of the best examples I can think of is when I write books.

When I write books, I dictate them into an audio device. I just record them. Sometimes I use my phone to record them. Recently, in the past, I used a dictation machine that I could hand-hold, that I could

carry around, and I could dictate into it. I find myself traveling through all of the wonders of the world, and keeping that recording device handy, in my pocket.

When I have an idea, I just record it. That way, as I'm walking around and enjoying these wonderful wonders in Europe or in Japan or in South America or wherever I am, and I'm getting these ideas, I'm able to record them. I'm able to get these ideas down, because sometimes the best ideas come when you're just waking up, or when you're driving, or when you're checked out, when you're not focusing on what you're doing.

You're not focusing on attempting to get this book written, for example. When you're just giving your mind a break, that's when the great ideas come, and I realized that about myself, so I'm able to capture them. I'm able to get a lot done, while I'm vacationing, while I'm not doing anything. I'm able to do a lot, so it's amazing how this works for me. That's how I've been able to strike a balance for myself.

Whereas for some people, taking a vacation may make them feel guilty about not doing what they're supposed to be doing, working on their careers and so forth, and they may think, "When am I going to get back to that, so I can work more on that career?"

For me, it actually helps. For most people, it actually helps, but they don't realize it. They don't realize that the downtime, the time away from going for it, going for it, going for it is actually what gives them the peace of mind to be able to get back in there and continue going for it.

Let's recap some of the things that you've learned in this program. I want to make sure that you've got everything that you need before I turn you loose into the world, before I let you take the reins and run with this.

Alright, in module one, I shared with you the idea about redesigning your destiny. Who's making your design? That's right, you are, and if you haven't been, you need to take charge. I invited you to look at your current destiny, to ask yourself some questions. I invited you to ask yourself, have you been allowing others to hold you back from living your dreams? Have you allowed negative thoughts, beliefs, and feelings to hinder your success?

I also invited you to say to yourself, "Well, if things continue down this path, will it lead to a destiny worth achieving? Will it lead to where I want to be?" Then I invited you to discover your passions and interests, and remember, those are the things that you've been thinking about, that maybe you thought were too far-fetched to make work.

Think about those things, and realize there are people who have TV shows that teach people how to

deal with cats and how to deal with dogs, and how you probably never would have thought that that would be a hit in the past. But they stuck to their interests.

I invited you to discover your passions and interests, to eliminate excuses from your thoughts and feelings, to imagine what you want your entire life to be like, and realizing you're not stuck to that, and get excited when you look at it that way, and to get it all down on paper, and to create a timeline by working backwards.

What's the goal a year or two out? What's something that you wanted to accomplish, and back it up, and realize that that's what allows you to make it easy for yourself. Then in module two, we talked about using the law of attraction, increasing the energy levels in your mind through meditation. I taught you to take fifteen minutes each day.

Have you been doing that? Are you still doing it? You should be, and I invite you to do that for the rest of your life, if you want to, but I at least asked you to do it during the course of this program, fifteen minutes every day of just meditating, quieting your mind, letting it all play out and quieting your mind, and then focusing on how you wanted to design your life, visualizing what you wanted, and also doing this outside of meditation, in your everyday life.

I talked about vision boards, my friend John Aserof, who cuts pictures from magazines and puts them on the board, so he can look at them, things that represent what he wants, what he wants to move forward toward.

In module three, I talked about making a better future, understanding that you must open your eyes to opportunities, realizing that success comes from continuing forward. Your desires and your decisions, based on your desires, create your future. In module four, I talked about bringing abundance into your life, and determining the lifestyle that you want, and what it will take to have it.

I talked about the concept of letting go of allowing yourself to continue self-destructive behaviors and beliefs. I invited you to let go of your negative addictions, to let go of distractions, to create a new set of beliefs that fuel your prosperity, to reach out, to network, to socialize with people who have already achieved what you want to achieve.

In module five, I talked with you about creating an alternate outcome, to strengthen your imagination, and let ideas come without judgment, to pinpoint what has to go in your life that will help you have room for new attitudes, new attributes, new possibilities, to let go of hopelessness and laziness, probably based on things that didn't get you excited in the first place, and to take on power and excitement, moving toward your goals, committing to alter your outcome as your whole self.

In module six, I talked about turning your positive thoughts into reality. Every accomplishment in the universe started out as a single thought. How you think changes the way you perceive your environment and situations, so positive thoughts are the catalyst of turning your dreams into reality. Once you begin thinking positively, your goals will become achievable.

In module seven, I talked about improving your life, using a gratitude journal every night before you go to bed, experiencing love for someone else, or something else at least, something outside of yourself, and exercising, talking to your physician first, but perhaps starting to exercise, starting to eat better, getting plenty of rest, donating to a worthy cause, volunteering, giving of yourself.

Finally, in this module, I talked with you about shaping your future. You have got to take charge of your future. You have got to step in and take charge and realize that your future is based on right now. If you didn't do your homework, if you went through this whole program and just listened to it, I know that happens sometimes, but I want you to go back through it and look for the parts that have to do with your homework.

I had you create a plan that's a year or two out, then a five year plan, then a lifelong plan. I had you start journaling. I had you do certain things. I had you start meditating. There are action steps in this program, that if you just went through it and listened to it, that's fine, but you need to go through it again, because I want you to do those things.

Those are the things that are going to set the positive patterns in your life. Those are the things that are going to change your destiny, because they're going to change what you're actually doing. What you do now affects your future. Embrace your future, embrace the powerful you. Start taking steps in the direction of the future that you want. I'm Dr. Steve G. Jones, hoping you have an outstanding life.