

BRING ABOUT WHAT YOU THINK ABOUT

2021

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Study Guide

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An introduction to "Bring About What You Think About."

After years of research on human behavior and success management, I believe changing the way we think is by far the most powerful tool for bringing success, abundance, health, and happiness into one's life. I like to call this directive thinking. I have discovered through personal experience that the principles of "Directive thinking" are quite simple, but the discipline required to implement is the challenge. This workbook is designed to help keep you on track.

As I did more and more research on the topics of intention and visualization, it became apparent to me that I needed a tool that would keep me focused and to create the outcome I was trying to achieve. This workbook is a hands-on tool to help you create your desired result. The key is to realize our thoughts are always working to shape our future; they can be moving us in the direction we want or slowly nudging us off course. Our thoughts are always bringing things, people, situations, and health into our lives. In this workbook, you will discover how your thoughts can bring you a lifetime of happiness, abundance, and success.

"Whatever you focus your attention on and energy towards, you "Bring" into your life."

Let's take a look at this definition. The keywords are "focus, attention, and energy." Where you focus your attention becomes your predominant thought. The moment you turn your attention to a particular thought, you create a desire to bring it into your life. The key to "Bring About What You Think About" is that whatever you focus your attention on – whether wanted or unwanted – you start to the process of "Bringing" that into your life.



"Your secret internal conversations are slowly shaping your destiny."

The next key in the definition is the word energy. Energy is the feelings and emotions you put into your thoughts. Therefore, the higher the emotion attached to the thought, the more you are attracting or resisting what you are focusing your thoughts toward. We will go into more detail on this critical component later in this guide.

Where does it apply in your life?

This process applies to every area of your life. That is why understanding how it works leads to a much happier and fulfilling life. Regarding wealth, to be genuinely wealthy is to experience abundance in every area of one's existence. It serves you no purpose to be financially successful and spiritually bankrupt or to have great friends and terrible health. What we want is a balanced, abundant life.

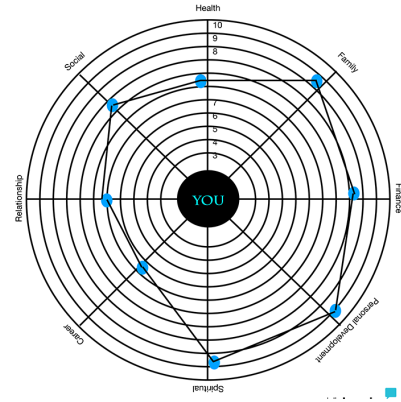
The time you have left to set goals

Put an X through each of the boxes that represent how long you have been alive.

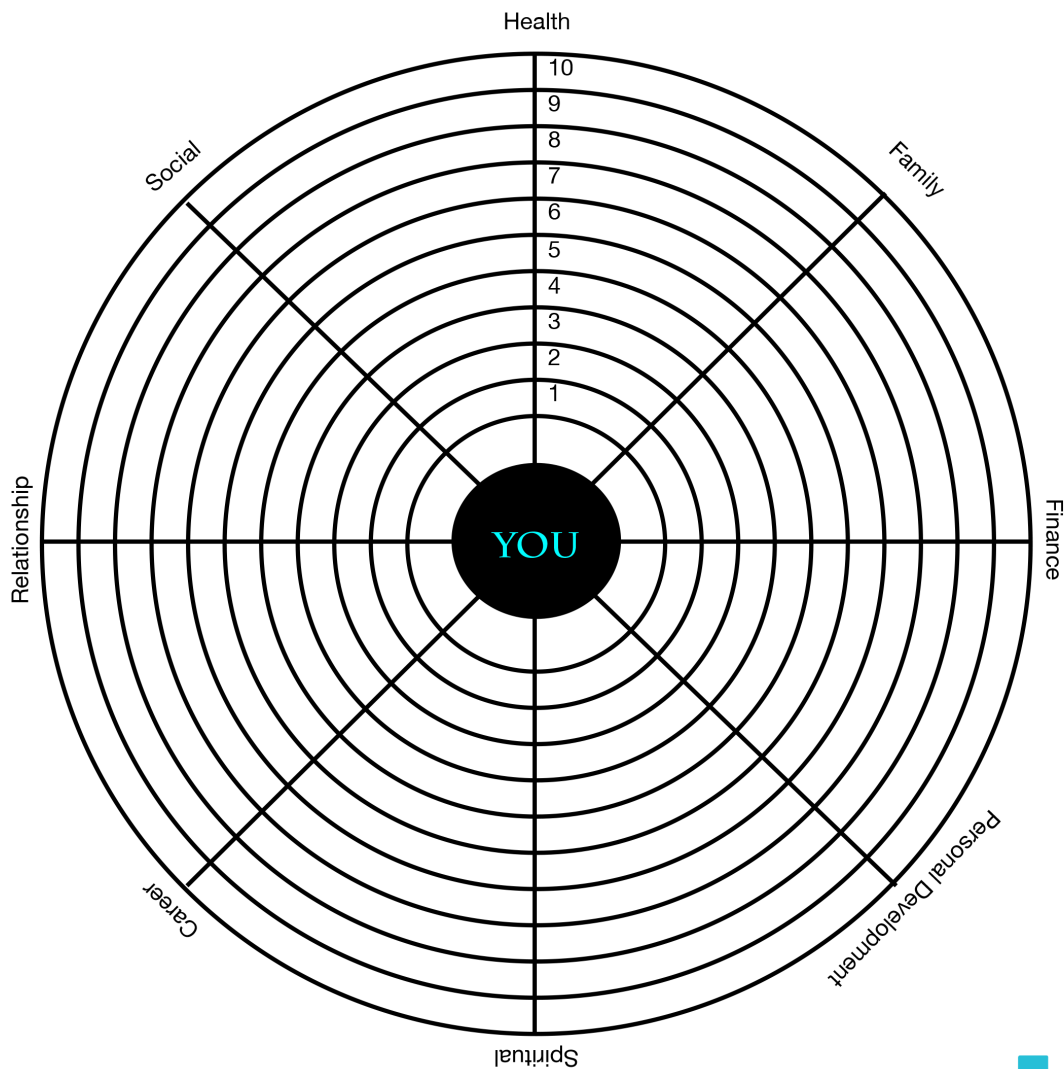
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Rate each area of your life

In this exercise look back at your life over the past year and rate each area of your life. Place a dot where you feel your position is in each area. Connect the dots to see where you may need work.



Rate each area of your life



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Take a review of last year

This last year was:

1:

2:

4:

5:

6:

What achievement am I the proudest of accomplishing?

My Personal Stressors

Stressor Causes of Stress	How I react	Do I have Control Yes/No	What would be a Positive Response

Making it work: Set Your Goals

Laying the Foundation

Creating Your Personal Vision Statement

If you want to feel like you are getting more out of life, then we recommend that you set a personal vision statement. This will then help you set short- and long-term goals, which should influence your daily plan. Think of it like a pyramid:



Three important steps to creating your personal vision.

Step One: Identify Your Values

The list below reflects some common values. Choose the 10 that are most important to you as a person (meaning that they apply both at work and at home). You can customize the wording or add your own to the list.

Ability to make decisions and implement them	Ability to persuade and influence others	Achieving excellence
Achieving fame and recognition	Adventure and excitement	Behaving ethically
Being challenged by pressures and deadlines	Being organized and dependable	Being skilled and capable
Building a family	Building meaningful relationships with others	Competition with others
Contributing to society	Cooperation with others	Demonstrating expertise
Diversity in daily tasks	Doing something meaningful	Efficient and effective
Enjoying what you do	Environmental rights	Establishing a reputation
Expressing creativity	Feeling excited and stimulated by life	Feeling independent
Feeling of belonging and community	Feeling of inner harmony	Feeling of patriotism
Financial security	Financial wealth	Free speech/human rights
Freedom to set your own pace and goals	Having a feeling of security	Having power and control
Having privacy	Helping those in need	Religion and/or spirituality
Leading others to success	Moving at a fast pace	Moving at a slow pace
Being productive	Reliability	Self-development
Sense of accomplishment	Serving the public	Spontaneity
Truth and integrity	Working as part of a team	Working individually

We cannot focus on too many things at one time and remain effective. Look at the ten values you selected and select the five that are most important to you. Cross the others off. Be firm with yourself if you need to be. Remember, you are focusing on what is important to you.

Next, reduce the list to just three values. These are the things at your very core. Cross the other two off your list. Put circles around the three items that are your core values.

Step Two: Define Your Values

Now, outline what success for each of those values would look like.

Here are some examples.

Being Productive

For me, being productive means feeling good about what I have accomplished at the end of the day.

Financial Wealth

It is important to me to make enough money to provide me with the things that I need and want, and to set some funds aside for big purchases, travelling, and retirement.

Feeling Excited and Stimulated by Life

I need to feel challenged in my life. I like overcoming new problems and having new experiences.

Value One

Value Two

Value Three

Step Three: Put It All Together

Finally, bring the three statements together into one paragraph. You may feel that you need to go back and re-evaluate your values, or you may want to re-work some sentences to create what is meaningful to you. That is OK! Above all, this should

Here is an example.

In my life, I would like to get the most out of each day by being as productive as possible. For me, being productive means feeling good about what I have accomplished at the end of the day. It is important to me to do this in a way that allows me to make enough money that I feel secure and able to get the things that I both need and want. As well, I need to feel challenged in my life. I like overcoming new problems and having new experiences.

Write your personal vision statement here.

A CLOSER LOOK

Values in Action

For each of the questions below, circle the number that reflects how you feel right now, where 1 means that the statement is not true for you at all, and 5 means that the statement is absolutely true for you.



Value					
I know what my top five core values are.	1	2	3	4	5
My family and friends know what my values are.	1	2	3	4	5
My goals are based on my values.	1	2	3	4	5
When I need to make an important decision, I base it on my values.	1	2	3	4	5
I live my life according to my core values.	1	2	3	4	5
I feel satisfied when I achieve a goal.	1	2	3	4	5
I discuss my values with friends, family, and co-workers.	1	2	3	4	5
My friends and co-workers share similar values.	1	2	3	4	5
My company reflects my values.	1	2	3	4	5
People who know me could likely identify and list my values.	1	2	3	4	5

Scoring

Now, add up the numbers that you chose for each statement. Write your total here: _____

Here is what your numbers mean.

- **10-20:** It is time to have another deep look at your core values.
- **21-30:** You could benefit from working on your values and defining what you believe.
- **31-40:** You have developed some great habits. Are you ready to do some more?
- **41-50:** You have an excellent understanding and demonstration of your core values.

Where Our Values Live

Now that you have determined what is important, let's see where you are at.

Step One

First, describe how your core values are reflected in these areas of your life.

Work

Home

Key Relationship

Family

Friends

Hobbies/Interests

Step Two

After you have identified where your values are reflected, go back through the list and add notes about where your core values are not reflected in these areas of our life. Underline these areas.

Example: Work

My values include autonomy, creativity, and security. These are reflected at work when I can choose the projects I want to work on and I can design the project plan. (This happens three to five times a year.) Designing a project plan is creative and collaborative, which are key values for me. However, sometimes I am assigned to other projects which I do not lead. This is not as satisfying to me because I must follow the leader of the other team. There is limited security with this job, where I have been on contract for four years but never hired full time, and I feel that the contract could end every time the economy hiccups.

Creating Your Dream Sheet:

The next step towards identifying your desires is to create a dream sheet. I have been using dream sheets for close to 20 years, and they are extremely powerful life tools. A dream sheet is merely a list of all your heart's desires, as far into the future as you can see. The dream sheet exercise will get your subconscious mind working on attracting good things into your life! When you 'dream' about good things, you create positive thoughts and emotions. Your subconscious mind latches onto those positive ideas and begins searching your environment for ways to bring that energy to you.

In my private coaching sessions, the first thing my client does is create a dream sheet. Dream sheets build incredible momentum and direction in people's lives. When creating your dream sheet, you do not need to be entirely specific; you have to focus on a positive outcome/result. Do not concern yourself with thoughts of how you are going to achieve your goal... simply dream!

On the next page let's take a run at your first dream sheet.

Step 1: Tap into Your Deepest Desires (What is it you would like to achieve).

Step 2: Write down all of your dreams... no limits!!! — Write down the things you want in this life!

Step 3: Assess your emotions and feelings about the items on your dream sheet. Are the emotions positive (happy, joy, calm)? Are there any feelings of nervousness, stress or tension?

Many of the initial items you list on the dream sheet will come easy to you, but as you get further into it, you will find it becomes more difficult. To help you find the more difficult items, I would suggest you go back to your "Rate each area of your life" exercise and see the area's you would like to see improvement. Equally as important, look at the items that have negative emotions attached to them, and look for the opposite of what is causing the emotion, and that is a hint to what the dream is. For example, if you felt fear, anxiety, and stress when meeting with your boss, your dream may be "to work for a caring manager in a collaborative relationship." If you felt great when you were on a date, your dream may be to "enjoy a loving, long-term relationship."

Be sure to write your dreams in the present tense. You will find that by wording your dreams in present tense, you will raise your emotion. If you say, 'I want to weigh 175lbs'... you are projecting it to sometime in the future; however, if you say, 'I enjoy weighing 175lbs', it makes you feel a sense of accomplishment. By feeling like you already have your goal, you will be more likely to do the activities you need to do, in order to achieve it.

Health
Social
Career
Family
Spiritual
Personal Development
Finance
Relationship

After reviewing your dream sheet, make a note of the desires you have that may have conflicts. For example, if you have a goal that you want to travel, but your spouse dislikes to travel, there may be a conflict. If you have a goal to achieve a promotion at work and your boss tells you that you will have to work many hours overtime to achieve it, and you have a goal to spend more time with your family-- then, you may have a conflict. We often don't realize we have conflicts in our goals until we take an honest look at the dream sheet of our goals. You will find that most of the stresses you have, comes down to a conflict of your goals.

One of the key things to remember when creating your dream sheet is to keep the information private and to yourself, unless you absolutely feel the person you are sharing the information with will be supportive. The reason for this is to help keep you focused on your desired outcome without the influence of well-intended family and friends.



Creating your roadmap

SMART GOALS

A **SMART** goal is **S**pecific, **M**easurable, **A**ttainable, **R**elevant and **T**ime-framed.

Specific

- A SMART goal describes a specific, observable action or behavior using action verbs and defines “what has to be done?”
- Does it relate to my job?
- What am I going to achieve as a result of this target?
- Does it relate to the departmental plan?
- Does it clearly define the function to be performed?

Measurable

- Outcomes or end results in qualitative or quantitative terms.
- Can the result be easily defined or measured?
- How can I check/observe progress and verify outcomes?
- Can the limits and parameters of the goal be defined?
- How will I know when the target is met?

- | | |
|--------------------|---|
| Attainable | <ul style="list-style-type: none"> • Goals are within reach – both realistic and reasonable given the required skills and resources are provided. • How difficult will it be to achieve this goal? • What would prevent this goal from being achieved? • Is it realistic in terms of my knowledge, experience and skills and/or what resources will I need to achieve the goal? • Is it within my control? |
| Relevant | <ul style="list-style-type: none"> • A SMART goal is relevant to individual responsibilities, departmental goals and the strategic direction of the organization. • Does this goal make sense considering my job description and daily responsibilities? • Does this goal address the needs of the organization? • Why is this goal important to the organization? |
| Time-framed | <ul style="list-style-type: none"> • SMART goals have specific target dates, frequencies or deadlines. • Is there an end date, deadline, and/or milestone for the result? • How long will it take to achieve this goal? • Are there progress review check points? |

Referring to your dream sheet let's look at each area of your life and what changes you would like to make.

Health

Health, fitness, weight, diet, sport, stress, medical checks, sleep, etc.

My vision of my health over the next twelve months (please write it in present tense)

A goal to achieve a specific outcome:

Goals to change habits

Why do I want this? Why does this dream matter to me? What will I get and how will I feel when I'm there?

What are the first steps to achieve my goals? For example: Get gym membership by Friday, purchase a fitness tracker next week, etc.

Social

I'm going to surround myself with positive, driven, intelligent and kind people that can help move me toward my goals.

My vision of my social life over the next twelve months (please write it in present tense)

A goal to achieve a specific outcome:

Goals to change habits

Why do I want this? Why does this dream matter to me? What will I get and how will I feel when I'm there?

What are the first steps to achieve my goals? For example: Volunteer in the community, invite neighbors over for a visit, etc.

Career

Projects, career growth, new skills, Job opportunities etc.

My vision of my career over the next twelve months (please write it in present tense)

A goal to achieve a specific outcome:

Goals to change habits

Why do I want this? Why does this dream matter to me? What will I get and how will I feel when I'm there?

What are the first steps to achieve my goals? For example: Update resume, take a course, network in the community etc.

Family

Family, vacations, children, parents, siblings, etc.

My vision of my family over the next twelve months (please write it in present tense)

A goal to achieve a specific outcome:

Goals to change habits

Why do I want this? Why does this dream matter to me? What will I get and how will I feel when I'm there?

What are the first steps to achieve my goals? For example: Plan a vacation, arrange for a family night, visit your family members.

Spiritual

Meditation, prayer, reading, time in nature, yoga, etc.

My vision of my spirituality over the next twelve months (please write it in present tense)

A goal to achieve a specific outcome:

Goals to change habits

Why do I want this? Why does this dream matter to me? What will I get and how will I feel when I'm there?

What are the first steps to achieve my goals? For example: Attend a church service, meditate three times a week, read a personal development book.

Personal Development

Reading, attending seminars, online programs, etc.

My vision of my personal development over the next twelve months (please write it in present tense)

A goal to achieve a specific outcome:

Goals to change habits

Why do I want this? Why does this dream matter to me? What will I get and how will I feel when I'm there?

What are the first steps to achieve my goals? For example: Sign up for a seminar, read 25 pages a day

Finance

Financial goals, taxes, investment portfolio, future opportunities, savings, etc.

My vision of my personal development over the next twelve months (please write it in present tense)

A goal to achieve a specific outcome:

Goals to change habits

Why do I want this? Why does this dream matter to me? What will I get and how will I feel when I'm there?

What are the first steps to achieve my goals? For example: Do my taxes, organize my receipts, etc.

Relationship

Love, passion, deep conversations, etc.

My vision of my personal development over the next twelve months (please write it in present tense)

A goal to achieve a specific outcome:

Goals to change habits

Why do I want this? Why does this dream matter to me? What will I get and how will I feel when I'm there?

What are the first steps to achieve my goals?

Write a short story about what it would be like to have a perfect day. Where would you wake up? Where are you working? What do you feel? Write everything you would like to have to make it a perfect day. Remember, to go on the "journey to success" we must first know what it will feel like to be there.

Building on Your Strengths (Identify your Propose)

Understanding and leveraging your strengths is the key to becoming happy, successful and efficient both at work and in your personal life. Contrary to many people's beliefs, you will grow more by learning your strengths and using them than you will by identifying your weaknesses and trying to fix them. If you use sports as a comparison, a team leader who understands each team member's strengths and how they can contribute to overall success will always build a stronger team.

This approach is what we call a strong strategy: understanding what makes us feel strong and developing a plan to use these strengths on a more regular basis. In addition to this, we will identify our weaknesses and learn how to stop using them in every way we can. The more we use and leverage our strengths, the more engaged we become in the task we are doing. The more we use our weakness, the more disengaged we become and the harder it is to complete the activity.

Your Strengths (on purpose)

Strengths are activities you do that make you feel empowered and, as the word suggests, strong. Think of the time you first rode a bicycle on your own, "You are now a big kid roaring down the road with the feeling of acceleration and excitement flowing through your veins". When you are using your strengths, you feel alive and on-purpose, time races by and you truly enjoy the moment. If you use your emotions as a guidance system, you can identify times you used your strengths as moments you felt happy, passionate, excited, etc.

What strengths may not be are things you are good at. Often when we think of strengths, we think they mean things we are good at. We end up doing tasks because we are efficient at them so people or even, we ourselves volunteer to do them. A person can become very efficient at a

particular task but not have the feeling of passion, excitement, and happiness; thus, this is really not a strength at all.

Your Weaknesses (off purpose)

As the name implies, weaknesses are tasks that make you weak or are disempowering. These are activities you find yourself doing that seem to take forever to complete and the more time you spend on them, the more you feel stress, anxiety, fear, and even anger. The more tasks you encounter that weaken you, the more disengaged you become.

When a weakness is also something you are very good at, the stress can be even greater. If you are very good at managing numbers, but the more time you spend pouring over spreadsheets, the more disengaged you become; this is a weakness, not a strength. Often people will get in a cycle where they become very good at things that weaken them and they associate the stress and anxiety with the wrong thing. They may believe the emotions are due to the company they work for or a relationship they may be in. People will move to a new job or relationship but continue to do the same task, expecting to have different emotions. This is why many people when they first join an organization, are very engaged; but, as they are asked to do things that weaken them (even if they are good at them), they find it very difficult to stay engaged.

Using Your Analysis

As much as we would like to have 360-degree vision, we are looking at the parameters through our distorted vision. The amazing thing is that we can unfailingly move forward in a positive direction after the process concludes. Remember: don't focus too much on the negatives and deficiencies. All genuinely successful businesses and people play to their strengths and do not become consumed by their weaknesses. Start with the positives, build on them and you won't fail to find your unique opportunities for achievement and success.

Your Emotions as a Guidance System:

Whether you are doing this exercise to become personally engaged or if you are leading a team to engagement, learning to monitor your emotions is a valuable tool. Understanding your feelings will become a guidance system to identify if an activity you are doing is a strength or a weakness. Only you can gauge if the activity you are currently doing is moving your emotions up the scale (thus a strength that is engaging you) or moving you down the scale (hence a weakness and disengaging you).

Discovering Your Strengths and Weaknesses

To become happier and more engaged, we must identify what activities we do that make us feel strong. The more time we spend on these activities, the happier and more fulfilled we become. The first thing is to identify what actions make us feel strong, and you are the only person who can recognize this. Only we know how we feel when we are actively involved in an

activity. Actually, if we listen to other people, we will often end up doing more of what makes us weak.

The following exercises will help you determine if the activities you spend most of your time doing are engaging you or disengaging you. Look back at the last few weeks and think of a time when you felt energized, enthused or excited. What activity were you doing? That activity was probably a strength of yours. If you cannot think of a time when you felt those emotions, you are more than likely spending much of your time on tasks that may be considered weaknesses.

Exercise:

Make a list of activities you did over the past two weeks. In the appropriate column identify those you believe are your strengths, and those you think are your weaknesses. From there we will determine what are your true strengths and leverage them to create a future that will put you more on purpose.

Things that make me feel strong	Things that make me feel weak
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10

Believe it to achieve it

Your belief system enables you to achieve your goals in life. If you can see yourself reaching a goal, it is almost certain that you will realize it! Conversely, if you cannot see your- selves reaching a goal, it is virtually sure that you will not achieve it.

When you possess the ability to see yourself achieving your desires, you will become successful in every aspect of your life. Your family, health, business and career will flourish. When you have confidence in your abilities and skills, you will find achieving a higher level of success much more manageable.

When you are faced with an internal decision, you subconsciously ask yourself questions:

- “Can I remember a time in the past I did something similar?”
- “Has this happened before?”
- “How did I react?”
- “What were the results?”

Assess your answers. Was your experience Good / Happy / Positive or Bad / Unhappy / Negative?

Armed with this information, you will be able to make an informed decision on what action to take. Using the data from previous experience will help you decide how to proceed in the situation you are currently faced with.

In a millisecond, your brain will search through a lifetime of data to decide on what emotion to apply to the situation. Your brain sorts through all of your beliefs, facts, and truths, searching through the information that is stored in your memory bank from your whole lifetime. Whether these thoughts and memories are positive and empowering, or self-limiting, your brain will use whatever it can find. Your age and past life experiences will have a significant impact on the directions you choose, and the decisions you make.

Exercise

Make a list of activities you do that your beliefs help you achieve what your goals are.

For example

1. Maybe when you walk in front of a crowd you very comfortable speaking to an audience.
2. You can consistently break one hundred on the golf course.
3. You do a great job of saving money.
4. You compliment your loved ones all of the time.

Make a list of activities you do that your beliefs don't help you achieve what your goals are.

1. Every time I lose weight, I gain it all back.
2. All of the good jobs are already taken.
3. That might work for you, but it won't work for me.

In the next exercise identify specific areas of your life where you want to move your beliefs and emotions to the top of the scale. Then write a short story about what it would be like if you already had the goal. The reason for this exercise is to give yourself a clear picture of what it is you are trying to attract. By doing this, even when we are not aware, our subconscious mind will be working behind the scenes to bring this to life.

Live in an Attitude of Gratitude

By focusing on gratitude, you will draw your attention to things, people, events, and situations that demonstrate the positive things you've attracted. Focusing on gratitude attracts more of the same, more things to be grateful for in your life. Not being grateful will turn your attention to the things you do not have, thus creating more lack in your life. Below, list all of the things you are grateful for in your life. Each day add as many items to this list as possible. You may even want to start a gratitude journal to record the times your feel grateful. As you review your list and add new items, you will feel the emotions in your body changing. I cannot overemphasize the importance of being grateful.

Coping Strategies

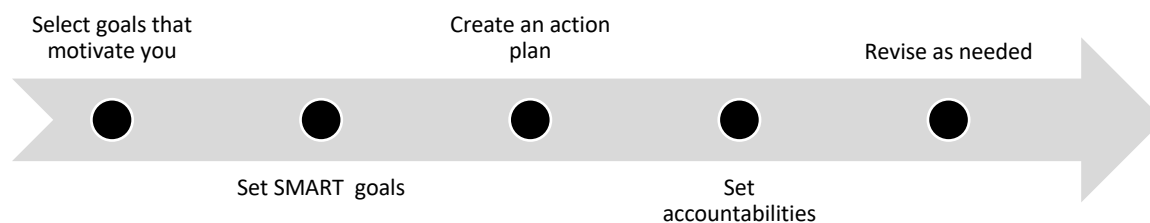
You are going to have setbacks. There will be times when nothing seems to be working, calamities seem to get in the way of achieving your goals, and/or you feel tired or under-motivated.



Everyone has setbacks! Remind yourself of that from time to time. Then, just like the age-old advice that if you fall off a horse, you must **GET BACK ON AND KEEP GOING**. As well, evaluate your action plan. If it is flawed, you may need to replace it with a new one. That is okay! The value comes from creating a plan; following through; dedicating the time, energy, and resources to get things done; and adjusting the plan as you go.

This process may seem simplistic, but that is how successful people do it. Like companies, people can go through rough patches. Ideas that seem great on paper may not work out in real life. Economies falter, wars break out, crops fail, and prices go up. But goal achievers are optimists! They see how good things are when they set their minds and energies to a task, and because their results speak for themselves.

Remember the steps to success that we introduced earlier:



When you encounter a challenge, see where this particular setback fits in this process. Do you need to go all the way back to Step One and set some new goals? Or do you need to make adjustments to the action plan so that you can get back on track?

How can you deal with setbacks successfully?

Personal Action Plan

I am already doing these things well:

I want to improve this area of my Personal Life:

I want to improve this area of my Professional Life:

As a result of what I have learned in this course, I am going to...	My target date is...	I will know I have succeeded when...	I will follow up with myself on...