

**Effortless Abundance**

**Habit Builder Course**

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# How to use the *habit builder*

We create the world with our own thinking.

For this reason, it is essential that we practice in the right way in order to attract what we desire into our lives. In other words, **we need to develop the habit of right thinking.**

So how long does it take to form a new habit, and how do we go about it?

A 2010 article in the *European Journal of Social Psychology* investigated the length of time it takes to form a new habit.<sup>1</sup> Phillippa Lally and colleagues from University College London conducted research which showed that habits develop at different rates, depending on the nature of the task being practiced and the individuals concerned. Some individuals are more resistant to habit formation than others and, in general, the more demanding the task, the more time it takes before a habit is formed.

According to the study, it took between 18 and 254 days to build a habit, depending on the above two factors. The most important conclusion, however, was that the early period of habit formation involved the most significant change.

So there is no 'hard and fast' rule about habit formation, but 30 days of consistently trying to change your way of thinking will certainly give you significant momentum.

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<sup>1</sup> Lally, P., van Jaarsveld, C. H. M., Potts, H. W. W. and Wardle, J. (2010), 'How are habits formed: Modeling habit formation in the real world.' *European Journal of Social Psychology*, 40: 998–1009.

The **habit builder** is a companion to the book, *Thirty Days to Change Your Life*. Just reading the book is fine – the material will give you a fresh perspective and, if you spend some time mulling over the content, it can enrich your life and make a real difference. But the **habit builder** is a way of leveraging the material in the book into something very practical and useable. It contains daily exercises which, if completed properly, will greatly magnify the effect of the book.

The process is very simple:

1. Each day, read a chapter of *Thirty Days to Change Your Life*. It is better – but not essential – to read them in order.
2. Do the daily exercise.

There are also some simple rules to ensure you get the most out of the **habit builder**:

You must **do the exercises properly** – follow the instructions closely.

You must **do the exercises consistently**. They are not long or complicated; some of them, in fact, are deceptively simple, and are designed to take only a few minutes. In other cases, there are very simple things to do throughout the day. But it is important that you do them each day.

**Don't do more than one exercise per day.** If you miss a day, don't do two the next day.

**Try to read at the same time every day**, either in the morning or the evening. This will help to build the habit of reading and building a routine.

That's it. Not complicated and not time consuming.

But the end of the 30 days is not the end of the story – you could do several things when the 30 days is up, such as:

- Develop your own routine. The ultimate aim is to develop a new way of thinking, but it's a good idea to have a routine, just as you need an exercise regime to follow as part of your daily life in order to keep fit. Your new routine can be a mixture of the activities in this **habit builder**, or other activities which you might come across.
- Start the process again and repeat it exactly as you did the first time round.
- Do the process again but work backwards, starting from *Day 30* and moving to *Day 1*.

**30 Days** and the **habit builder** are springboards. I have tried to include little tasters of many of the most powerful techniques available for transforming your life. But there is much, much more, and I encourage you to explore and find out more about the various methods and techniques presented here. A list of resources is included on the last page of this guide to get you started.

Having said this, it is vital that you don't become sidetracked by reading and studying – **you need to do stuff**. This 'stuff' isn't a chore and it isn't hard – it's what makes life worth living.

Let's get going.

# Day 1: Who are you?



Today's task is very simple. Just make a list which describes you.

For example ...

- I am 63 years old
  - I am a mother
  - I am Canadian
- etc ...

Now cross out any descriptions which are **incidental**. This means that, if the description were not true, you would still be you.

For example, if you were not 63, would you still be you? If you did not had kids, would you still be you?

Most of the descriptions are easy to cross out. Some are harder, but think really carefully – even your gender may not define you.

In the end, what are you left with?

Now, try to answer this very simple question: *Who are you?*

## Day 2: Letting go

Often, we are hindered in our attempts to manifest our desires because of all kinds of emotional blockages which get in the way. We need to learn to practice acceptance. This is sometimes called 'releasing.' We will pick up on this idea tomorrow but, for today, simply try the following exercise.

For one day, try to **accept things as they are**. That means **everything**: your spouse's annoying habits, your kids' messy bedroom, the noisy neighbors, the weather, the traffic, **everything**.

Repeat quietly to yourself:

*'Today I will accept everything as it is. The whole universe is as it should be, and all things are working out well for me.*

*To struggle against the present moment is insane, so I will gently accept all things as they are.*

*I will allow others to be as they are. I will not impose my own ideas of how things should be on anyone else.*

*I will allow situations to unfold as they will.*

*I will not force solutions.*

*I let go.'*

As you go through your day, try to remember these words. Perhaps you would like to write them out on a small card and carry it in your wallet as a reminder.

## Day 3: Letting go ... some more

You might have found yesterday's exercise quite difficult. It sounds easy, but it can be surprisingly challenging to simply 'let go' of negative emotion, especially when you have been carrying it around for a very long time and it has become a habit.

Fortunately, there are some very simple and effective techniques to help you to let go or 'release.' The best one is the *Sedona Method*. It's so simple that you might not believe it can be effective. But its success over four decades has been remarkable.

As you go through your day, whenever you catch yourself feeling bad – anxious, stressed, angry, irritable, nervous, annoyed, or any other negative emotion, gently ask yourself these three questions:

*Could I release this feeling?*  
*Would I release this feeling?*  
*When?*

You can answer 'yes' or 'no.' It doesn't matter. Simply keep asking – gently and persistently, whenever you feel a negative emotion arising within you.

'Letting go' is not just for negative emotions, but for any emotion and also for goals, relationships or any other aspect of your life. The method leads to a deeper sense of peace, clarity and happiness. Don't put any expectations on yourself. Just relax and see what happens. But you might be surprised at the results.

## Day 4: Happiness



Happiness is number one. Your emotions are your failsafe guide to whether you are on the right track. You don't need to identify with your emotions: **they are not you**, but they **are** your compass.

Today, your task is to write an affirmation about the vital importance of your own happiness. You need to stop putting other people's needs first. Instead, make a commitment to your own happiness.

This doesn't mean you become selfish. When you are happy, you have more to give and, in fact, genuinely happy people are naturally more generous, more approachable and add greater value to the lives of those around them.

Create a statement which you can repeat often. It should be simple and clear and be couched in a positive way. An example might be:

*Happiness is my main priority. I am committed to being happy in every situation.*

It should be your own, personal statement, so spend some time crafting it. As you go through your day, try to remember to repeat it quietly to yourself now and again. Don't try to force happiness but, whenever you are feeling less than happy, try to **gently find a better feeling thought.**

## Day 5: Parallel universes



In the following days, there are a number of exercises to help you find better feeling thoughts – thoughts of abundance, freedom and ease – and to reach a place where you expect good things to happen. Whenever good feeling thoughts are joined by an expectation of positive experiences, then good manifestations are bound to occur.

In today's exercise, you will focus on the idea that **all possibilities exist simultaneously**. Every possible life experience exists as a 'potentiality' and you can draw different potentialities into your experience.

The idea that all states exist as 'potentialities' is a well established scientific theory called the *Copenhagen interpretation* of quantum mechanics. Its mathematical basis was laid out in the 1920s and it has not been disproved. Tapping into the 'field of potentiality' is a matter of focusing on the particular state you intend to draw into your experience.

Simply focus on the idea that all possible versions of reality already exist in a large number of 'parallel universes,' and dwell on the version you wish to draw into your experience. Over time, you will see more of the 'parallel version' of reality emerging into your experience.

## Day 6: Developing empowering beliefs

We have strong beliefs about the many areas of life which concern us: money, health, relationships, work. These beliefs tend to shape our reality (and not the other way round!) so it is vital to spend time creating beliefs which support our intentions.

Think carefully and try to find your core belief about major areas of your life. These beliefs will probably be what you regard as descriptions of 'the truth.'

For example, your core belief about money could be: *'For someone like me, money doesn't come easy.'*

Now, for each area, write down a belief which is more empowering. In other words, write down an alternative truth. An example might be: *'Money is really easy to come by – it constantly shows up in my life.'*

Usually, we look for 'facts' to show that our beliefs are 'true.' For example, if you believe you are poor and that money is hard to come by, then you will find evidence to support this. Your task today, having formulated some more empowering beliefs, is to look for 'evidence' to support them. You might want to start keeping a record of this 'evidence.'

If you look for it, you **will** find it and, over time, the accumulation of 'evidence' will change your beliefs quite radically.

## Day 7: the gatekeeper

Directing your attention is a vital skill for using the *Law of Attraction* effectively. 'The gatekeeper' is a useful exercise for learning how to focus on your intentions and keep your attention away from things which are distracting.

Set aside a period of time when you will be free from commitments and distractions – a whole morning or afternoon is best, but even 30 minutes will be beneficial. Leave your mobile phone and other communication devices at home and go somewhere fairly quiet.

Try to be very aware of everything that is vying for your attention: noises, sights, your own thoughts. Your task is only to allow things which contribute to your positive state of mind into your field of attention. When you become aware of something which you might find annoying, worrying or which might make you feel bad in any other way, simply drop it. Keep noticing what is around and within you, and divert your attention to the things which make you feel better.

This exercise is really an extension of a meditative awareness technique called 'insight meditation' or 'vipassana meditation.' This involves sitting quietly and being aware of the thoughts and feelings (mental and physical) which arise within you. But, to be really useful, this technique needs to be practiced in a day-to-day context.

The real value of this exercise is to become used to focusing your attention with great intensity on your intention, while allowing what you don't want to drop out of your field of attention.

## Day 8: Effortlessness

*Abraham Hicks* is fond of telling us that we should **do less and dream more**. In other words, we should stop trying so hard to orchestrate things by our own efforts, and let the universe do it for us.

A great power is available to us – it is as if we have a very effective ‘manager’ or a PA, who is capable of doing anything we ask.

Today’s exercise is extremely simple. Just sit quietly, or lie down, and simply think about the way you would like your life to be. **Tell yourself the story of your future life**. The way things are now is irrelevant – you are on the leading edge, you are out here on the crest of a great and powerful wave, and you can ride it by tapping into the power of your imagination.

As you lie back and relax, think about all the wonderful things that are coming to you. Don’t worry about **how** they will happen, and don’t start making plans or thinking up schemes to try to move things along. Just relax.

You can do this for as little as ten minutes, or for a whole hour if you like. As you go through your day, try to recall the images or the narrative of your story.

**Focusing on how you want things to be** is the first step to effortless manifestation of your intentions.

## Day 9: Re-scripting

Today, you are going to consciously replace any negative reactions to situations with different mental reactions. In other words, you are going to very consciously **reach for the better feeling thought**.

Throughout the day, there are bound to be things which cause you to react in a negative way and, when you catch yourself responding in such a manner, try to do the following:

1. Stop the negative script
2. Remind yourself: *'I am in control'*
3. Replace your negative script with a thought that makes you feel better

The thought in #3 can be anything at all, but it must make you feel better. It does not have to be entirely positive, so long as it brings **relief**.

Remember: **always reach for a better feeling thought**.

This is the key to manifesting your desires. Don't worry about how this works – just focus on feeling better and things will start to improve. It is law.

## Day 10: Being superman (or supergirl)

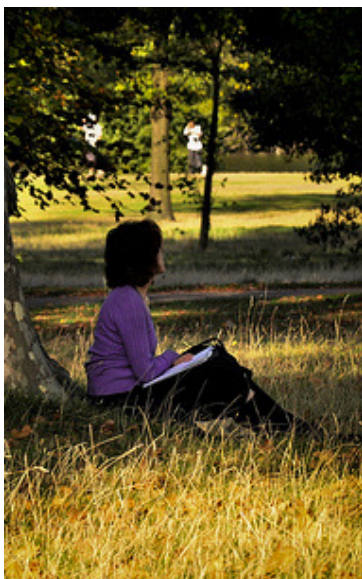


Today you are going to do something which might seem a bit odd. You are going to imagine you are superman (or supergirl!)

The difference between you and superman is attitude. When superman comes across a problem (like a super villain with special powers trying to take over the earth), he doesn't just give up and say 'that's too much of a problem for me,' or 'I can't deal with this.' He rises to the challenge.

Write down a description of what you want your life to look like. If you were living your dreams, what would it be like? Don't be shy and **don't think small** – put what you would really love to have.

## Day 11: Meditation



Meditation is an ancient method of quieting the mind. Research has shown that people who meditate regularly are happier and healthier than those who don't.

Meditation is deceptively simple. All you need do is sit comfortably with your back straight (no need for complicated or bizarre postures), eyes can be open or closed, and simply be aware of your breathing. Watch your breathing as it ebbs and flows – don't try to control it; just be a silent observer.

Alternatively, you can simply be aware of the present moment, with all its sights and sounds. Accept everything as it is – both within you and around you.

As you meditate, you will find yourself becoming lost in your thoughts. When you become aware of this, just bring yourself back to your breathing or the present moment. The benefit of meditation is that it helps you to become detached from the stories you tell yourself.

Meditation is not about *getting* somewhere. There is no destination. Every moment is perfect just as it is.

Try meditating for 10 minutes or, if you can, for a little longer. Could it become part of your routine?

## Day 12: Creating Space

I recently read a story about a couple who wanted a baby. They already had a two children but wanted another, and they kept all the two older children's stuff – toys, clothes, etc. – for when the new baby arrived. For more than seven years, they tried for a new child but with no luck.

So one day, after all that time and all that trying, they decided to get rid of all the stuff they had been keeping. They gave it all away to local charities – two whole trucks of baby things left their home. And guess what happened? A new baby arrived.

The message here is that you need to create space for what you desire. When you create a space, it gets filled.

Think about areas of your life where you could create more space. It doesn't have to mean giving away half of what you own, but it could mean

Sometimes, creating a space means taking a risk. I often speak to people stuck in low paid, boring jobs they dislike, but they are afraid to leave in case they can't get anything better. Now and again, someone will get so fed up that they jump, and new opportunities emerge. Usually, they end up happier.

This isn't *carte blanche* to let go of your commitments. It is a challenge to examine what you are clinging to that does not serve you and somehow to make more space so your intentions can manifest more easily.

## Day 13: A 'letter to the universe'



Today's exercise is to write a 'letter to the universe,' describing what you would like to manifest.

In the letter, put as much detail as you can: describe your intention vividly. Be creative – you can go quite 'overboard' with this one. If you have an artistic bent, you could even paint or draw some pictures to compliment your letter or, if you prefer, do the whole thing as a series of images.

The letter is completely private – don't show anyone. It's between you and the universe (or your 'higher self.')

When you have finished your letter, put it somewhere safe and just forget about it. Some time later (perhaps in a year), you can take a look, read the letter and see how the universe has responded. You might be surprised.

An extension of this idea is to keep a 'wish box.' Write down wishes on a bit of paper whenever they occur to you and put them into the box. Every now and again, go back to the box and take a look. You will find yourself celebrating what has been manifested.

## Day 14: the wallet process

This is a simple exercise to help you focus on having money rather than on the lack of it.

Put a fairly large amount of money into your wallet . It could be \$100, \$500 or \$1000 – whatever you regard to be a large amount.

Now go out to a shopping mall or walk around the town centre. Imagine what you could buy with the money in your wallet, As you go into the shops, mentally ‘spend’ the money. You can walk around for as long as you like and, at the end of the day, try to figure out how much you have mentally ‘spent’ altogether.

The benefits of this exercise are twofold. First, it helps for you to become comfortable carrying large amounts of money with you. If you don’t feel comfortable with money, you won’t be able to attract it into your experience.

Secondly, the idea of mentally ‘spending’ a large amount of money, knowing that you can afford to buy all kind of things if you wanted to, will help you to feel more abundant.

A word of caution: do **not** put an IOU’ into your wallet! This creates exactly the wrong feeling – a feeling of lack and debt rather than abundance.

# Day 15: Creating affirmations

Using affirmations is a well known, common and effective way to manifest your intentions.

Before you can use affirmations properly, you need to come up with a list of suitable statements. For affirmations to work well, it is important that you follow some simple rules.

Good affirmations have the following characteristics:

1. They should be in the present tense. For example:

*I am healthy and well;  
Every day, I am getting healthier and fitter.*

2. They should be couched in positive terms, and not contain any negatives.

Do not write, for example, *I am not feeling tense and worried*. Instead, you could write: *I feel relaxed, calm and at ease with my situation*.

3. They should make you feel good.

Today's exercise is to write about ten affirmations covering areas of your life you want to focus on. When you have done this, try to combine them into about 3-4 statements, one for each area of concern, or even into one simple affirmation covering everything. Then repeat this to yourself morning and evening. This is a simple yet powerful practice which can really transform your life.

## Day 16: Luck



There is a wonderful little book by Squire Rushnell called *When God Winks*. It's all about the little serendipities and coincidences which take place in our lives. Squire presents a case of these apparently random occurrences actually playing an important role in directing our lives.

Coincidences, he says, are signs from the universe to which we should pay great attention.

He argues that, if we would pay more attention to these chance events, we would be able to live happier, easier and more successful lives, and gives lots of examples of apparent chance directing the lives of famous people, from Oprah Winfrey to Mark Twain.

One of the things he suggests doing is to keep a journal of coincidences. Over time, the journal entries will build up into a mosaic from which we can extract meaning.

By keeping a journal, we are also more likely to notice coincidences and, as such, to understand their significance and act on them.

## Day 17: Worry

Write down a list of things you are currently worried about. This could be things like ...

- I have a bill I cannot pay
- My son has made some inappropriate friends
- I have an exam coming up which I really need to pass

Now make a list of things you have worried about in the past. Think about when you were ...

... a child  
... a teenager  
... a young adult  
... dating for the first time  
... a new parents  
etc.

What were you worried about at each of these life stages?

Now cross out all of those worries that no longer matter.

Go back to your first list. How do think you will feel about these worries a year from now? Ten years from now?

One of my favorite quotes on worry is from Mar Twain. He wrote, *'I have known a great many troubles, but most of them never happened.'*

## Day 18: Emotional Freedom Technique

Emotional freedom technique (EFT) or ‘tapping’ is a simple yet effective technique for getting past emotional blocks by accepting emotions as they are, instead of resisting them. It can be a good complement to the Sedona Method you worked with a few days ago.

The technique is very simple, and full instructions are given on a downloadable sheet at the following location:

<http://effortlessabundance.com/Energy-Tapping-Quick-Start.pdf>

Simply click the link and follow the instructions given. The sheet is quite comprehensive, but don't be put off by its length – it's a very effective and easy to master technique which, once learned, can be used to relieve all kinds of problems. EFT has had great success in helping people with physical illness, too.

## Day 19: Death

Read what Abraham has to say about death. Read it out loud three times today.

*'We're not wanting to be insensitive to what so many of you are feeling, but we are very much wanting you to put this death thing in the proper perspective: You are all going to die! Except there is no death. You're all going to make your transition into Non-Physical.'*

*It is time to stop making your transition into Non-Physical sound like a subject that is uncomfortable, and begin acknowledging that it is something that happens to everyone. This death thing is so misunderstood that you use it to torture yourself never-endingly and just absolutely unnecessarily.*

*There are those who feel such fulfillment of life and such Connection to Source Energy, who understand that there is no separation between what is physical and Non-Physical; who understand that there is not even a lapse in consciousness, that "death" is a matter of closing one's eyes in this dimension and literally opening one's eyes in the other dimension.*

*And that, truly, is how all death is, no matter how it looks, up to that point. The re-emergence into Source Energy is always a delightful thing.'*

## Day 20: Using affirmations

On day 15, you created some affirmations. When putting together this course, I did consider including some 'off the peg' affirmations but, in the end, I decided against it, since it is important that you use **your own** affirmations, and not just copy them from another source. When they are your own, they have more power and will be much more effective, How you create reality is a very personal thing, and your affirmations reflect this.

Today, your task is to revisit your affirmations repeat your affirmations out loud (to yourself!) at least once and, throughout the day, repeat them silently to yourself whenever you have a chance.

Since you have created 3 or 4 affirmations covering all the areas you want to focus on, or even just one single affirmation, they should be easy to remember. If necessary, write them down on a piece of paper and put it in your wallet or pocket as a memory aid.

Alternatively, you can choose one and repeat this to yourself whenever you get the chance.

## Day 21: Giving



For one day, give everyone you meet a gift. This could be ...

- A silent wish for their wellbeing and happiness
- A prayer
- A compliment
- A small physical gift

As you go through the day, try to notice the gifts life has to offer you. Sometimes they are obvious, but other gifts might be less so. They

might be things like ...

- The warmth of the sun on your skin
- Someone smiling at you
- A kiss from your partner
- A compliment received
- A nice soft bed at the end of a tiring day

You get what you look for. When you look for abundance, you find it. And abundance is a two way street – you have to give it in order to receive it. Gratitude and generosity go hand in hand.

## Day 22: Gratitude

Make a list of things you appreciate about your life. What is good in your life? These could be general things like ...

- I am in good health
- I have received an education
- I have a good friend
- I have enough money to pay my bills

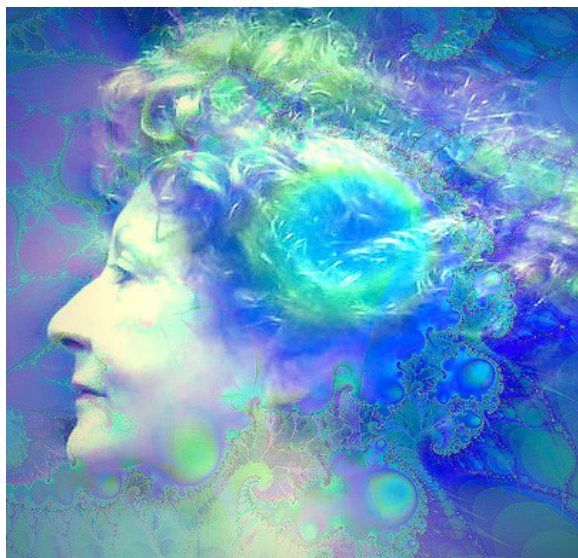
And they can also be more specific things that happen to you during the day, such as ...

- I have had a good conversation
- I have eaten a nice meal
- Someone paid me a compliment
- I learned something new
- I read something interesting

Appreciation for the good things in your experience is one of the most powerful techniques for manifesting abundance.

It is an excellent idea to start a 'gratitude journal' and write in it, on a regular basis, things you are appreciative about. The act of writing these lists and, in difficult times, of reading through your journal, will make a huge difference to the way you feel, and hence your ability to attract the right kind of experiences into your life.

## Day 23: Good vibrations



Today's exercise is about consciously controlling the 'vibration' you are sending out when you have an intention and an expectation of manifesting this intention.

The exercise is very simple – you need to consciously send out a 'vibe' which matches with what you are trying to manifest. For example, if you

want to be wealthy, you should imagine yourself transmitting a 'wealth vibe' to everyone around you as you go through your day. If you are walking down the street, imagine yourself transmitting a wealth 'vibe' to everyone around you, and with great intensity.

If you want to become more confident, imagine yourself emitting an air of confidence to everyone around you. This is all done in your imagination, and does not involve action.

So for today's task, go out somewhere and imagine yourself giving off a strong vibration of abundance, wealth, health or whatever it is you want to manifest. This is about getting into the right frame of mind for allowing, and is another simple and powerful technique for activating your intentions.

## Day 24: Being alone

Today's exercise is twofold. Partly, it is about being on your own, and it's also about appreciating the natural world.

Although we might not feel like it, we are very much a part of the natural world, and nature is where we belong: it is one of those things that makes us feel good naturally.

We are often so caught up with the business (busy-ness) of living that we forget to take time to appreciate the beauty of our natural environment, and so today your task is to go for a walk in a natural environment. This could be a park or a wood, or just a field. If you live in the middle of a city, there will be a small park somewhere.

Just walk around quietly for 30 minutes or so, and try to take in the sights, sounds and smells. Focus on the present moment, and try not to get caught up in your own thoughts. This is a form of meditation.

Being alone is important – we need time to recharge our batteries and just to be calm and at ease.

## Day 25: Health

Many people are unsatisfied with the state of their health. You might be concerned about your weight, your diet, your general level of fitness, or perhaps about illnesses you might be living with.

As always, it is essential to **reach for better feeling thoughts**. It can be quite hard to think in a very positive way about your health when the evidence of the absence of health seems so obvious. But all that is needed is a determination to find a list of **positive aspects** about your current situation.

For today's take, write the heading: '**Positive aspects about my health.**' Underneath the heading, make a list of what is positive. At first, it may be difficult but, as you start and as focus more on the positive statements, more ideas will follow.

Examples might be ...

- There are aspects of my health that I am happy with, such as ...
- I am able to see and hear
- I am able to read, to think and to analyse
- I have the ability and the freedom to improve my health

Try to write at least ten positive aspects, and revisit the list regularly.

## Day 26: Rampage of appreciation

Today's exercise is based on the fact that, when you dwell on a particular thought, other similar thoughts accumulate.

You need to choose something that is pleasing to you – it could be an object, such as a new book you are about to read, a vase of flowers, a car, a person – anything at all that makes you feel good.

Start to think of things you like about this object, and keep going, making a longer and longer list. For example, if you take a car as your object, you could start off with ...

- This is such a great looking vehicle
- I love the car's sleek design
- It's great that I can travel around in such comfort and style
- What a great piece of engineering this machine is  
... and so on

After a while, you can move on to another object.

This is a simple way of developing appreciation and hence drawing more of the same into your experience.

## Day 27: Money



Money is one of the most emotive subjects we can think about. Most people equate money with freedom, and almost everyone wants more of it. Often, people who are new to the *Law of Attraction* think it is odd that they spend so much time thinking about money and yet it is always such a struggle to get more of it.

The problem is that much of the thinking people do about money is negative. Today's exercise is to write down a few statements (5 to 10) about money which sum up your current 'beliefs.' Examples might be ...

- It's not easy to make more money
- The economy makes it a lot harder to make money
- Money doesn't grow on trees

Now, for each belief, write out another one which, when you read it, makes you feel better. So, next to

*'The economy makes it a lot harder to make money,'*

you can write

*'There are people thriving and making money even under the current economic conditions, and I can do the same.'*

The key is to find a set of better feeling thoughts which, when revisited often, become more permanent beliefs and resonate more closely with your desires.

## Day 28: Developing a toolbox

In putting together the **Habit Builder**, I have researched and pulled together some of the best tools to get the law of attraction working for you in a fast and effective way.

Sometimes, things can be made more complicated than they need to be, and if you stick with a few simple exercise from this **habit builder** and make them part of your routine, then in no time at all, you will experience great benefit.

We are truly fortunate to be living in the age of the internet. There are so many great resources out there online. Just a quick search of YouTube will throw up thousands of interesting, helpful and affirming videos.

There are also some wonderful websites available, packed with useful information.

This said, the sheer volume of information can be overwhelming, and not everything is suitable for everyone or in every situation.

Today's exercise is to start a list of practices and exercise which you enjoy and which seem to be effective. This is the first step in creating a routine, which is the whole purpose of this course. Your tool kit will keep growing and changing as you learn more and experience the benefits of different techniques.

## Day 29: Commitment

When people read the word *commitment*, they usually make associations with other ideas such as *work* and *effort*.

But *commitment* just means **staying the course**, and this can be the easiest thing in the world. This is what it looks like:

1. Make a commitment to yourself that your own happiness is your number one priority.
2. Resolve to do **something** every day to 'work' on your own happiness.

That's why a **habit builder** is so important. A daily exercise in developing your own happiness could be one of the following:

- Writing and/or repeating affirmations
- Visualizing your intentions
- Writing in an appreciation journal
- Making a list of 'positive aspects'
- Meditation
- Preparing a gift for someone
- Going for a walk in a beautiful park
- Reading some inspiring material

There are no rules. Do whatever it takes to build the happiness habit. This is your commitment.

Today, write out a statement of your commitment to creating the life you want – effortlessly and joyfully. Keep it with you as you go through your day.

## Day 30: A call to action!

Hopefully, you will be convinced by now that *action* plays little part in success and the experience of abundance, so it might seem odd to be ending with 'a call to action.'

And so it would be ... if 'action' meant what it usually means, which is effort, stress, work.

But this action is different. It is the spontaneous action that comes from a joyful and playful attitude of mind. It means:

**Stop reading books** (including this one) and get on with the simple exercises you know will bring abundance flooding into your life. Books are useful and can teach you lots of wonderful things, but sometimes, reading can become an obsession, and you can end up collecting hundreds – thousands, even – of books, without actually doing anything.

**Start looking for the good feeling in every situation.** When you have a conversation with your spouse, enjoy it. When you are with your kids, enjoy it. When you are driving to work, enjoy it. When you are in a meeting, enjoy it.

**Stop taking life so seriously.** Become more like a kid, Start playing. Life is a game.

**Let go.** Stop trying to be in charge. Stop trying to control things. Turn it over to an intelligence which knows so much more than you do. Relax. Enjoy. Live.

# Resources

I have presented a range of techniques which, I hope, you have found useful. Little more than a taster can be provided in 30 days but, by now, you will have begun to form a solid habit of caring for yourself.

The following are highly recommended resources which you can use to continue your journey.

## **The Sedona Method**

The Sedona method is a simple yet remarkable process focused on eliminating anxiety and fear, managing anger, and increasing emotional intelligence and motivation. People who engage with the process report greater well being, better health, greater success, improved relationships and financial prosperity. <http://effortlessabundance.com/sedona.html>

## **Vipassana Meditation**

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It was taught in India more than 2500 years ago as a universal remedy for universal ills. A large number of Vipassana Meditation centres around the world teach the technique and run retreats for free. <http://www.dhamma.org/>

## **Emotional Freedom Technique (EFT, 'tapping')**

EFT (Emotional Freedom Techniques) is a simple yet remarkable healing system that reduces the stress that underlies much disease. It has proven itself successful in many scientific studies. It works on a variety of health issues, psychological problems, and performance issues, even those that have been resistant to other methods. It can be learned

and applied rapidly, which has contributed to its popularity among millions of people. EFT Universe is the home of the vibrant, worldwide EFT community. It hosts the wealth of resources available to both experienced and new EFT enthusiasts.

<http://effortlessabundance.com/eft.htm>

### **Neurolinguistic Programming (NLP)**

NLP is a powerful and simple technique for overcoming negative emotion. The basic premise of NLP is that the words we use reflect an inner, subconscious perception of our problems. If these words and perceptions are inaccurate, as long as we continue to use them and to think of them, the underlying problem will persist. NLP enables us to become more peaceful, more effective and happier by changing our thoughts.

<http://effortlessabundance.com/nlp.htm>

### **Body Incredible**

Body Incredible offers regular tips on nutrition, weight loss, and motivation. It's a bi-weekly updated blog run by Kat Eden, a Melbourne-based personal trainer and nutrition coach. Kat shares from both her personal and professional experience and keeps you up to date with a back to basics approach to nutrition and lasting health success. Her slogan is "Life is Now. Press Play."

<http://bodyincredible.com/>

### **The Sonic Secret**

The first landmark was the "The Strangest Secret" by Earl Nightingale in the 1950's. Then in 2006 came the blockbuster "The Secret" by Rhonda Byrne. Now, the final and most unique chapter in the Law Of Attraction Saga has arrived... and it's

blowing the doors off conventional attraction. It's called The SONIC SECRET: Law of Attraction Music System!

<http://effortlessabundance.com/sonicloa.htm>

### **IQ Matrix**

The IQ Matrix website is dedicated towards helping you improve and accelerate your human potential through a potent combination of Mind Mapping and Life Coaching principles. Topics focus on helping you gain the most from your business, academic, career, and life endeavors.

<http://goo.gl/01YuG>

### **Body Magic Pro Health System**

Would you like to actually lose that weight you've wished would just disappear, without killing yourself in the process? Discover how to do just that, even if you have kids to get to practice, a boss breathing down your neck, a fondness for pasta, and don't ever feel like exercising. You can get your life back and love it again, without wasting another minute. It's only as far away as ordering this powerful fat loss system, now.

<http://effortlessabundance.com/bodymagic.htm>

### **The Science of Getting Rich**

Learn the Exact Formula to Achieve Any Financial Goal With Mathematical Certainty from the gurus featured in "the Secret":

<http://effortlessabundance.com/secret.htm>

### **Discovering the Law of Attraction**

Be the master of your own fate, embrace it, and take control of the path of life that you choose to walk! This book will show you how the world's wealthy people have gained their knowledge and wealth 'simply' by using the Law of Attraction (whether knowing or unknowingly) or indeed how the world's most unsuccessful people have blighted their success by

utilizing the Law of Attraction. You see, just knowing about the existence of the Law of Attraction is not your ticket to everything in life you can ever imagine, but understanding, allowing and using it, is!

<http://effortlessabundance.com/discoveringloa.htm>

### **Cosmic Ordering**

This is a powerful method of placing an “order” with the Universe for anything you want. Whatever you want, just ask – and you shall receive! Cosmic Ordering is perhaps one of the most awe-inspiring methods of manifesting change in your life in the quickest way possible.

<http://effortlessabundance.com/cosmic.htm>