

Effortless Abundance Habit Builder Course

Quick Start Guide

1. Please check to see that you have everything. You should have:

- The eBook, *Thirty Days to Change Your Life*
- The *Habit Builder Course* eBook
- A bundle of self-help titles
- The Guy Finley 'Self Realization Starter Kit' (access through the Guy Finley Site)
- Confirmation of membership of the exclusive, customer only newsletter

If any of these items are missing, please contact info@effortlessabundance.com immediately.

2. Read the introduction to *Thirty Days to Change Your Life* and the *Habit Builder Course*. Don't start until you have read these sections since they contain some important preliminary information.

3. Set aside 20-30 minutes each day, preferably at about the same time. Start by reading a chapter from *Thirty Days to Change Your Life* and one from the *Habit Builder Course*. They don't need to be read in order, but it is better if they are. Then spend some time doing the exercise(s) suggested.

4. As you come to the end of the 30 days, write down your 'routine.' This will be built from the techniques and exercises you have tried over the 30 days and may also include others. This routine will carry you forward into the future and keep you on the right track.

Please keep in touch. I would love to hear about your successes or answer any questions you might have. Don't hesitate to contact me info@effortlessabundance.com

I wish you every success and effortless abundance.



To get the most from the course, you need to follow a few simple guidelines.

- Make a commitment to spend about 20-30 minutes per day for at least 30 days on the course. This time will be spent reading through the material and doing the exercises suggested.
- Don't try to do more than one chapter from each book per day. If you miss a day, don't attempt to catch up by doing two chapters the next day.
- Don't expect too much too soon. Be easy on yourself. Soon, you will look back and see how far you've come.
- Keep a journal. This can serve several purposes - a log of your progress, a gratitude diary, and a place to jot down any insights you have. There are several exercises that require some journaling.
- Keep an open mind. Try new ideas. Many of the exercises are extremely simple but, over time, they will have a powerful effect.
- Be a scientist - experiment with different techniques and see what works. The course is intended to be practical, so be creative and find your own 'best fit.'