

The Real Law of Attraction in Action

Action has always been present in this process – it's literally embedded in the word **attraction**.

Napoleon Hill famously highlighted this significance as a *definite plan*, and Bob Proctor later identified the internal obstacles you must address to prevent accidental self-sabotage. Yet somewhere along the way, many of us have fallen back into the passive *ask, believe, receive* trap. None of this was intentional.

This is my direct interpretation of the law of attraction. I know many of you are well aware that your actions complete the loop, but I wouldn't be fulfilling my role as your digital coach if I didn't share this reality with you.

Here's how the transformation process works:

Part 1: Setting the Stage for Your Success

This is where you decide you're changing because old habits haven't worked in the past. You accept that the past has gone, your present is the direct outcome of that past, and your future is what you're about to design.

- **Get Specific:** You'll pinpoint exactly what you want, align it with your passions, and understand the core *why* behind its significance to you.
- **Expose the Barriers:** You'll protect this vision by bringing your attention to the internal blocks standing in your way.

This programme isn't therapy, counselling, or deep psychology focusing on past events. It's about bringing awareness to your own terror barrier, self-image, core beliefs, and attitude. Week 6 brings this together by exploring how your mind works, so that by Week 7, you can see how your internal state directly dictates your physical habits, behaviours, and overall attitude.

Part 2: The Law of Action

This is the first planning stage of execution where we build the foundation of your practice plan. You will have already set your immediate targets in Week 2, but Week 8 puts them into a concrete framework so you can clearly see the steps ahead.

- **The Toxic Audit:** Week 8 leads directly into Week 9, where you'll identify what physical inputs are positively or negatively affecting your body.
- **Fuel and Focus:** Because you've built an understanding of the link between physicality and mentality, you'll be able to choose the supporting fuel that keeps you focused, aligned, and persistently energised.
- **Re-Coding the Subconscious:** We'll lock in the core essentials to re-code your thoughts so you're actively practising autosuggestion as you move towards your targets. Your subconscious mind is stubborn; it requires continued time and effort before it automatically shifts your physical habits and actions.

At the end of the 12 weeks, you'll leave with your completed **Ultimate Life Plan** and personalised life goals, all pointing you in the direction of your ultimate definite purpose – the bigger vision and overall reason why you're pursuing such ambitious dreams.

The Truth About the Journey

Something that helped me immensely was accepting a reality I didn't want to hear because it instantly ruined my vibe and mood: **there are no guarantees.**

This isn't an overnight genie granting a wish fulfilled. Instead, it's about aligning you with a meaning that whispers like an itch you can never seem to satisfy. Living with purpose is a choice and a commitment to a new way of showing up every day.

- It's easier to show up when things are going well but if you retreat into the darkness when things aren't working out or results are taking too long, you'll more than likely trigger the same old habits, distractions, and old negative thinking that unfortunately leads to the old cycles kicking in.

I wanted a simple fix – I was already sick of trying and couldn't understand why it wasn't working because I believed in this. I wanted to believe that if I simply aligned my mind and emotions, I'd live my dreams with an absolute certainty of outcome built into my efforts. It doesn't work like that.

*The true certainty comes from you believing in yourself – knowing you can focus your will, hold steady in your wobbles, persevere through the difficulties, and above all, **keep taking physical action no matter what.***

I learned the hard way that just because I know what I want, am passionately driven, feel inspired, am staying dedicated, and visualising the smallest detail, it doesn't mean I automatically complete the law of attraction loop.

- But the moment I factored **action** into the equation was the moment I stopped sabotaging my efforts because I was no longer in a rush – (Desperate/Coming From a Place of Lack).

Don't get me wrong, I didn't like my life as it was – far from it. But the burden of needing results right this second slowly lightened. As a result, I started paying attention to the detail within the value I'm creating and how I can best serve others.

With that shift came a healthier way of handling setbacks and although I still had to go through the tough times, I found that I bounced back quicker, stronger, and with more tenacity than ever.

I share this with you because I found a way to make this work for me, opposed to fighting the lack of 'fruits' that mainstream manifestation promised. This programme will help you discover your own way.

** All I ask is that you be open-minded, get involved in the work, and give it a go.*

Good luck, and enjoy your journey towards **Living with Purpose**.

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