LIFE'S LITTLE TOOLBOX
5 Key Tools to Change Your Life
By Gregg Michaelsen

“Go confidently in the direction of your dreams! Live the life you’ve imagined.”
Henry David Thoreau
Affirmations

Common knowledge of affirmations arose from the new age movement in the 60’s and 70’s and originated in Eastern culture. Unfortunately, they are often featured as a joke in pop culture. For these reasons, Americans in particular have failed to grasp the idea.

Affirmations are positive statements which describe a desired situation. Different from mantras or magic spells, affirmations carry characteristics of both. Affirmations function as part of a profound psychological process which happens in your mind. As you repeat them, they become entrenched in your subconscious mind. Your life transforms into what you desire.

This process rivals that of programming a computer. You write the code and you plug it in by reciting it to yourself over and over. Your mind adopts the code and makes it part of your program for life. Learning how to control this process will aid you in the same way that code helps a computer to execute its operations effectively.

You can’t escape this and you shouldn’t try. Embrace it for what it is—a powerful way for you to live the life you desire! The effectiveness of affirmations lies in the inability of your mind to distinguish between what’s real and what isn’t. This means even if you’re flat broke today but continue to tell yourself you’re wealthy, you will draw wealth through your affirmations.

The energy of your affirmative thoughts will draw in the tools required to attain that goal. The Law of Attraction is simple: thoughts become things. What you think about, you become. The energy generated and sent out of your body through your thoughts travels into the universe and returns to you as the tools required to accomplish your dreams.

Visualize and state positive affirmations about a new car and you will encounter that car everywhere. Methods of earning the money to buy that car will follow. It’s up to you to implement the change which arises. This isn’t hocus pocus, it’s based in quantum physics. Some of the world’s most famous people utilize this tool every day to become the vision they hold of themselves.

The Law of Attraction represents a centuries-old theory. It is important to emphasize that your life circumstance today results directly from your past thoughts and actions. Where you land tomorrow is within your control. The only requirement is to start imagining your future. You only need to accept the signals and do your part to make it materialize.

How to you plant these seeds? With affirmations. These should always be stated as if the action has already materialized. For example, if you wish to attract a specific type of person, then your affirmation becomes, “I married a wonderful, kind, caring man (or woman) who enjoys sports, loves to be outdoors and enjoys going to local festivals.”

Even though you probably haven’t met this person yet, this affirmation will draw that person to you. Your affirmation can drill down to specifics. Do you desire a blonde? Brunette? Tall? Short? Athletic? The world becomes your catalog. Your role is to state your desires. Create a wish list. It might look something like this:

- I enjoy excellent health
- I live happily in the present moment
- I have everything I desire
- I have a lot of energy
- Women/Men adore me
- I always manage to say the right thing

Hi,

I'm Gregg, your motivator and confidence builder for the next few hours. Congratulations on embarking on a great journey! A journey which involves making a better life for yourself. In these few short pages, you will uncover life-changing practices.

This special report contains five tools which you will find useful in every aspect of your life. These are tools you will utilize every day, and after a time, you won't even realize it! Instead, you'll realize the powerful changes which start materializing as you practice these tools and utilize them more and more.

Now, it's up to you to make positive changes in your life. You've waited long enough. You've plodded through life on autopilot far too long and the time for change has arrived. This toolkit, combined with any of my books, becomes a powerful weapon against the negativity life brings every day.

Print this document. Mark it up. Make plenty of notes. Take pen to paper and do the activities. Find a quiet space for your journey. You will be quickly rewarded for your efforts with a much more positive, happy life. The life you have always dreamed of, but never quite seemed to be able to attain.

What happens next is up to you. You have downloaded this because you discovered it in one of my books. If you have not yet purchased the book, I encourage you to return to Amazon right now and purchase it. The book costs less than a cup of coffee!

Your new life awaits!
• My mind is calm
• I am successful
• I surround myself with love
• I control my own thoughts
• I meditate every morning and evening
• I exercise 4 times a week
• I process new information very quickly
• I live in a beautiful home

Do you tell yourself any of these — ever? Probably not, but change is on the horizon! Replace all of the negative stuff you have been telling yourself for most of your life with an affirmation. Say it over and over, drowning out the negative voice with the affirmations.

You may believe you already tell yourself these things. You may say, “I don’t want to be poor” or “I don’t want to get cancer.” These statements are still focusing on negatives. You are not focusing on becoming rich or living a healthy life, you are focusing on “poor” or “cancer.” Your mind can’t distinguish between whether you want or don’t want something. It just works on what you’re focused on.

Don’t fight against cancer. Fight for a cure. Don’t look for bills in the mailbox. Look for checks! Don’t focus on climbing out of debt. Focus on acquiring wealth. Can you decipher the difference?

As you become better at affirmations, you will notice creative visualizations forming. These repeated words will become images in your mind. You will start feeling the emotions associated with living the truth of that affirmation. The more you feel it, see it, and say it to yourself, the sooner it will become your reality.

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Goal Setting

For many people, the daily grind looks something like this - work hard, accomplish little. You’re traveling down a road without a map - adrift without focus. This happens to people with no goals. Goals provide that road map.

Goal setting is a proven tactic which will guide you as you turn desires into reality. Would you plan a trip without a roadmap? Of course not. Why travel through life without one then?

• There are numerous benefits to setting goals:
  • They force you to focus on the things that you truly desire
  • They aid in the identification of roadblocks, making them easier to overcome
  • They allow you to envision the big picture and the smaller steps required to achieve the goal
  • They provide you with direction
  • They help you plan your time more efficiently
  • They motivate you
  • Goals make you feel great when you achieve them

Goals require a few elements to be effective. They must be written down and they should be S.M.A.R.T.

Goals must be Specific

It’s not enough to state, “I want to lose weight” or “I want to become wealthy.” Specifically state, “I want to lose 20 pounds” or “I want to reach a net worth of $5M.”

Goals must be Measurable

If you’re specific, your goal will be measurable, but it’s also important to determine your starting point. How will you know when you have lost 20 pounds if you aren’t aware of how much you weigh right now?

Goals should feel Attainable

If you feel as if the goal is beyond reach, you won’t accomplish it. You shouldn’t, for example, set a goal of acquiring one million dollars of net worth in the next year if you are currently unemployed with $50K of debt. This doesn’t mean you can’t set a goal of acquiring one million dollars, it just means you shouldn’t try to reach it in the next year.

Goals need to be Realistic

Having goals which are realistic means keep your wits about you as you are setting goals. You need to believe you can do this or forget it.

Goals must be Time-bound

Deadlines are required! Don’t worry — if it appears your deadline is too tight as you are progressing through it, you can make a course correction. For now, write down something realistic.

How to Set Goals

The only things required to set goals are blank paper, a pen and your imagination. Begin writing down anything and everything you desire. Just write. No judgment. No filtering.

Next, determine which one, if attained, would most strongly impact the others. That goal becomes your defi-
Once you have decided on a goal, begin brainstorming the steps required to reach your goal. Don’t worry at first about writing them in order. You won’t think of them in order. Just write them down. Once they steps are documented, you can return and reorder them. These steps will aid you when you break down your goal into smaller pieces. This step is important as it makes the goal feel even more attainable.

Next, you need to determine your starting point. In order to realize you’ve arrived at your destination, you must first identify your starting point. Get on the scale. Evaluate the bank account. Whatever is required, do it.

The next step involves figuring out what roadblocks might pop up. This isn’t negative thinking, it is being prepared! Acknowledging what might pop up helps you prepare. When it occurs, you’ve already developed a plan to knock it back down.

• Who will assist you?
• Is it necessary for you learn something?
• Do you require financial support?
• Do you need emotional support?
• What is required and who can provide you with that assistance?

Write all of this down! Now, it’s time to look at what has stopped you from accomplishing this goal in the past. Why, if you’ve wanted to lose weight for the last 15 years, have you not already done so? It is important to examine this so you comprehend what you are facing.

Your last two steps involve finalizing your plan and creating affirmations to match your goals. Finalize your plan by writing it, with the necessary steps in chronological order, along with deadlines to measure your progress along the way.

Some last thoughts on goals. Goals represent your dreams - things you desire, not things your mother wants for you, or your siblings, significant other, children, etc. You and only you can determine your goals. They must represent what’s important to you.

Goals remain flexible until attained. You should periodically evaluate and revise your plan, if necessary. Evaluate your current status versus where you planned to be and adjust. Are you progressing more quickly? Bump up the deadline! Are things advancing more slowly than you anticipated? Move the deadline back a little bit. Never, ever surrender — adjust!
Meditation

Meditation is a great tool, but if you have never attempted meditation before, you should start small. Do some reading on meditation. You will discover many different techniques out there. Try a few on for size and learn which one fits you. One of my favorites for beginners is “Passage Meditation”.

I discovered passage meditation through a high school crush, who was a good friend. She showed me how cluttered and disoriented my mind had become. Her parents, both psychologists, practiced Eastern meditation regularly.

Passage meditation involves memorizing a phrase or short passage and then slowly reciting it in your mind. Don’t choose anything to memorize that’s overly symbolic or meaningful to you. This isn’t a mantra or a subliminal technique. Unlike affirmations, which we discussed earlier, you’re not focused at all on the meaning of the words. Your goal becomes shutting down your thoughts by focusing only on one thing at a time. In this case, the syllables of the word. It’s amazing how slowly you can proceed through a sentence.

When you begin, your mind will jump all over the place. Concentrate and return your attention to the current syllable, then proceed to the next. Over time, you’ll realize the level of control over your thoughts you’ve achieved. Until such a time, you may require as many as thirty minutes to progress through a few sentences.

At their core, almost all meditation techniques function in this same way. You focus all of your attention on one specific thing, and then as your mind drifts away, you gently refocus on your passage. Think of it as a workout for your mind. In fact, this is how you exercise your mind and develop your inner game. Over time, you’ll start to notice changes in your life. You’ll feel much calmer and able to handle aspects of your life you once perceived impossible.

When you pair meditation with visualization, you possess a very powerful tool! Here’s how it works. Make a very specific list of your desires. If you desire a contemporary condo downtown with high-tech everything, chrome end tables and a fully stocked bar, write it down. If you want something more general, write that. Whether you desire a contemporary condo downtown with high-tech everything, chrome end tables and a fully stocked bar, or just a general desire, write it down. Then, after your meditation, while your eyes are still closed and you’re relaxed, silently recite the items on your list. Quietly repeat them, one at a time. As you proceed through your list, your desires become embedded in your mind. What you desire with regard to your body? What kind of car spins your wheels? Where do you want to live? What vacation dreams flood your nights? How would you like to be perceived? How much money would you like to earn? What do you desire in your relationships? And so on?

Memorize this list of your innermost desires. Keep it with you throughout the day and look at it. Then, after your meditation, while your eyes are still closed and you’re relaxed, silently recite the items on your list. Quietly repeat them, one at a time. As you proceed through your list, your desires become embedded in your mind. What you desire with regard to your body? What kind of car spins your wheels? Where do you want to live? What vacation dreams flood your nights? How would you like to be perceived? Narrow your list to no more than ten items. Group them if possible to accomplish a shorter list.

Visualization

Visualization can become the catalyst which transforms your circumstances, generates wealth, uncovers love, or boosts your career. By picturing an event, a person or object, you prepare your mind to make it reality. The stage is set. It sounds like magic, and in a way it is. Successful people employ this technique every day in their lives both consciously and unconsciously.

How can you transform your life with visualization? After repeated concentrated moments of visualizing a thought, your subconscious accepts it. This paves the way for you to take action and change your habits naturally. If you fear public speaking, get into a relaxed state and visualize yourself at the podium speaking. Look out and envision the audience fully engaged with your speech. Repeat this over and over and your mind will slowly dissipate the fear and anxiety you have speaking in front of large crowds.

Your thoughts can transform if you visualize. By changing your thoughts you can alter your reality. Often times we journey through life, repeating and visualizing the same things over and over, every day. What we imagine in our mind can become self-defeating. So much of our day is eaten up worrying or re-living embarrassing or rotten experiences in our lives. This can lead to stress which negatively impacts our lives. Your goal is to switch out the bad visions and replace them with more positive ones.

Visualization can trigger a physical reaction. If you picture a chocolate chip cookie, fresh out of the oven you may begin to salivate. If you picture fingernails scratching down a chalkboard you might cringe. These two examples prove that a mental image can transform you both emotionally and physically.

We constantly conjure up images in our head. We label it daydreaming. Daydreaming is visualization in its true form. But, daydreaming is not focused on a goal. If we take an image and focus it on our goal we can enhance this goal by ingraining it into our mind. By using guided visualization every day for even a few minutes you can eliminate stress, negative thinking and enhance your life and your goals.
Final Thoughts

While brief, this special report contains five very powerful tools which you can begin utilizing today - tools which will transform your life. When you combine these tools with my books, you boost your rate of success in a big way! Please be sure to return to Amazon, if you have not already done so, to purchase your copy of my book. Click here to see which of my books you have yet to purchase.
Life’s Little Toolbox: 5 Key Tools to Change Your Life

Inside this special report are five tools which you will find useful in every aspect of your life. These are tools you will utilize every day, and after a time, you won’t even realize you’re doing it! What you will realize is the powerful changes which will begin to happen as you practice these tools and use them more and more.

In his work as a dating coach, Gregg Michaelsen often finds men and women are in dire need of these tools, so he has made them available for free so all may benefit, rather than just his clients. He uses these tools every day. He teaches these to his coaching clients and friends.

Now, it’s up to you to make positive changes in your life. You’ve waited long enough. You’ve plodded through life on autopilot far too long and the time for change has come. You’ve found this document most likely because you were considering, or hopefully buying, one of Gregg’s books. This toolkit, combined with any of his books, becomes a powerful weapon against the negativity life brings every day.

Print this document. Mark it up. Make plenty of notes. Take pen to paper and do the activities. Find a quiet space for your journey. You will be quickly rewarded for your efforts with a much more positive, happy life. The life you have always dreamed of, but never quite seemed to be able to attain.

Gregg Michaelsen: Motivator & Confidence Builder

Gregg Michaelsen began is work as a dating coach for both men and women, with his main focus being to help women better understand men. Through his coaching, Gregg found most of his work not only was to help clients build their confidence, but to provide them with the motivation to do so.

He began to see repeating patterns of behavior which could easily be remedied with the right tools. Having written nearly two dozen dating books for men and women, Gregg decided to shift his focus to writing books which provide both men and women with a more comprehensive set of tools for their lives, not just their relationships.

His new focus is on guiding readers, helping them gain clarity in their lives, set goals, and generate a pathway to achieve those goals. He offers inspiration, passion, spirituality and a constant attitude of living like you’re dying! With daily exercises sprinkled throughout his books, Gregg leads his readers at their pace through the processes featured in each book.

Lives are transformed. Confidence is built. Motivation is higher than ever. People are being led away from living life based on their emotional reactions and are living with clear purpose and intention. They learn to turn away negative thoughts and images and replace them with positives.