

SEVEN SECRETS TO MAKE

THE NEW YEAR THE

BEST OF YOUR LIFE

by

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We would like to thank Joe Vitale
For this material

<http://blog.mrfire.com/7-ways-to-make-2011-amazing/>

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How can you make 2011 the greatest year of your life so far?

What can you do to attract all the magic and miracles you long for?

What are the steps you can easily implement right now to make the new year truly amazing?

Here are seven secrets you can put into action today.

1. Set Intentions.

An intention is a declaration. It is a statement of a future result. Intentions are better than goals, wishes or dreams. They are more concrete, emotional and inspired. The secret to making intentions work for you is to write them down. Thinking alone won't cut it. You need to communicate with your subconscious mind. When you write out your intentions for the new year, you "command" your deeper mind to pay attention and deliver. But it won't respond to vague intentions. Make them clear. If you were ordering a jacket from an online catalog, you'd note the color, size, material, and anything else needed to be sure you received what you wanted. Your intentions need to be that clear. What do you want? What would you welcome? And what would be even better than that? Write it down. And be sure to have intentions for every major category in your life, from health and romance to wealth and happiness and family. Here's your chance to dream big.

Tip: To get out of the ego's trap of thinking in terms of limitations, add "this or something better" to each intention. Example: "I intend to increase my income in 2011 by 50%, *or something better.*"

2. Schedule Actions.

Intentions are planning your future; scheduling is a commitment to your future. Get out a calendar and write down action steps. You won't know every action to take, but you do know what actions to start with to get the ball rolling. Jot them down in a scheduler. This will help you clearly see what to do next.

Tip: If an intention seems overwhelming, break it down into doable smaller steps. As the saying goes, how do you eat an elephant? One bite at a time. How do you write a book? One chapter (or even one page) at a time.

3. Take Action.

Scheduling will help you see what needs to be done; action will get it done. Many fans of the Law of Attraction overlook the word “action” right in the word “*attraction*.” Nothing happens until something moves. If you want to make 2011 great, you must take action. Vash Young wrote many bestselling books during the Great Depression. His secret to success was his positive attitude and his non-stop action.

Tip: Look at your schedule (in step two) to know what to do. Then go do it. Your rule of thumb is to take ten actions every day in the direction of making your intentions for 2011 come into reality.

4. Face Fears.

Along the way in the new year you'll have doubts, fears, set-backs and blocks. Don't let them stop you. Fear isn't something to redirect you; if anything, it's simply warning you that you are leaving your comfort zone and doing something new. You can't predict the future but you can create it by taking actions, even when you feel nervous or afraid.

Tip: Fear is an energy you can use. When you feel uncertain or hesitant, take a deep breath and use the energy in the emotion to propel you forward. Great successes don't come from being without fear; they come from acting despite the fear. Mark Twain said, “Courage is resistance to fear, mastery of fear, not absence of fear.”

5. Feed Your Brain.

Turn off the mainstream news. It's designed to program you with fear and uncertainty. Instead, listen to self-improvement audios, read success literature, and watch inspirational and informational shows.

Tip: Go through the catalog at Nightingale-Conant and buy audio programs that inspire and educate you, browse Amazon for success literature, self-help material, and biographies that educate you, and select presentations from TED that will change your life twenty minutes at a time. Your brain needs fed to keep your momentum high. You'll have the best year of your life as long as you stay on a quest to learn, grow, discover and awaken. (**Gift:** Be sure to read my popular Law of Attraction book, gratis, at [Attract Money Now](#).)

6. Set Rewards.

Here's a little known secret to success: Plan to reward yourself whenever you manifest an intention. A friend once bought an antique piece of furniture whenever he accomplished a big sale. I once ordered a new car for myself when I won an honorable mention for a fitness contest. People are motivated by emotion, not logic. You're the same. You can tell yourself you'll make 2011 amazing all day long but nothing will happen without an emotional desire.

Tip: Decide what you want for yourself for each intention you listed for step one above. Write it down beside the intention. Look at the list daily, preferably just before going to sleep each night. That's a great way to deliver a “command” to your unconscious mind.

7. Get Support.

Surround yourself with people who encourage, motivate, and inspire you. Create a mastermind group. Join a club of high achievers. Find at least one person who believes in you. I was once in the home of Jerry and Esther Hicks and saw a framed quote that Jerry said inspired him. I can't recall the exact words, but it said in effect: “I was able to accomplish more by having a friend who believed in me more than I believed in myself.” I started Miracles Coaching to help people with this secret.

Tip: If you haven't yet found the support you need, begin by being that support for someone else. It's good karma.

Obviously, there is much more you can do to make 2011 amazing. But if you just did the above seven secrets, you'd leap ahead of the crowd, make all your previous years seem like starter homes, and create an unforgettable, amazing, and outrageously successful 2011 for yourself.

You can do it.

Go for it!

Ao Akua,

Joe

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PS - Here's the best tip of all: Make 2011 *amazing* with [Miracles Coaching](#).

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