

Unlock The Power Within

MAKE SHIFT HAPPEN

7 Simple Steps To Achieve
Personal Success

by Sheb Giner



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MAKE **SHIFT** HAPPEN

7 SIMPLE STEPS TO PERSONAL SUCCESS

Hi & Welcome,

I am so excited you stopped by. I am Sheb and I invite you on a journey towards the possibilities that lay dormant deep inside your core. It's your true essence. It's your calling, that inner voice that keeps making an appearance every now and then. The inner voice you have ignored all these years. That voice is your inner guidance wanting so desperately to express itself towards expansion.

You see, I am familiar with that voice. I know the feeling you get when you desperately want to achieve something, but instead ignore it and let it disappear into the darkness. I want to take you on a journey that has helped me accomplish my personal success.

Many years ago when I suffered depression and severe anxiety, these positive habits I developed have helped me overcome my depression and anxiety. It has led me to positive thinking, which made me take action, the action is what created the results.

I am forever grateful for my mentors who lead the way for me and found something in me that I didn't know I had. We all have greatness within us and I want to share my journey with you, because it is now my

passion and life purpose to pass on what I have learnt to the many people wishing to create their own personal success through this ebook.

If one hour per day was all it cost to exercise your mind and become the best possible version of your self, and gain greater success in your life for self improvement would you do it?

We have reached the age of the mind and more and more people are starting to realise their true potential power and abilities.

However, one of the first things you must do towards the journey of success, is make a decision. You will notice that all self-help books will tell you the same thing. You MUST make a decision about what you want. It is the only way to allow things to take form.

I know the feeling of someone telling you that it can't be done. I wanted to run my first marathon in 2010. I was told that I didn't have the correct body type to run 42km. Do you think I listened? Of course not! I made the decision that I was going to run 42km. It didn't matter that I didn't get a podium finish. All I wanted was to run it, feel good about it and mark it off on my bucket list.

How often have you set your self a goal, only to realise that you let it slip away? How often have you come up with million dollar ideas, and you ignored them until they left your mind? This book will give you the guidance to take appropriate action towards the success that you so desperately desire and together with the correct mindset, you can achieve it!

Be sure to join us on our Facebook page <https://www.facebook.com/coachsheb/> to connect with other like minded people who are also making the correct decision to become the best possible version of themselves. Leave a comment or a post on your experience so that we can all learn from each other. Feel free to share this book with others who might also need guidance.

Follow the simple and effective steps to help raise your awareness towards your inner greatness, and prepare to make *Shift Happen!*

1 Your Worthy Goals

"Those who reach decisions promptly and definitely, know what they want, and generally get it. The leaders in every half of life decide quickly, and firmly. That is the major reason why they are leaders. The world has a habit of making room for the person whose words and actions show they know where they are going" - Napoleon Hill

What do you really want?

One of the best quotes that define success comes from Earl Nightingale. He says: *"Success is the progressive realisation of a worthy ideal."*

When you decide what it is you want, know that your success is preordained. You will achieve your goals. Understand that once you have a desire to work towards a certain outcome, it becomes a goal. If you spend the time creating, imagining, building your goals, they are bound to become reality.

Successful people know what they want and how to get it.

If I were to ask you what do you really want? Would you know what you really want? I mean think about it. This is not something that most people get asked or ask themselves. Most people are quite happy living pay-day to pay-day and simply don't question why they do what they do. They may not necessarily like what they do, they are just happy doing it because it helps them spend the money on new shoes or that yearly holiday that they can't afford.

If you want any type of success in your life, you MUST first of all turn that want into a goal. The Oxford Dictionary defines goals as such:

- 1 The object of a person's ambition or effort; an aim or desired result.
- 2 The destination of a journey.

How are you going to direct your life without knowing where you are going first?

Think about it. A ship at port has a destination to get to, it can't just sail out to the ocean without a destination. You have to adopt the same principles in life. You have to have a goal to arrive at your destination. Otherwise you become a rudderless ship aimlessly drifting through life without any purpose.

Having a goal will help you find ways to help you get to where you want, but first you need to be clear on what it is you want and if you are "willing" and "able" to do what it takes to get you there.

Success is a system and once you have the system down pat, anything is possible.

There are 3 types of goals: A, B, & C

Type A goals are goals that are currently present. They are something that we already know how to do. Type B goals are what we think we can do and type C goals are our wants. It's the Type C goals that are the ones we strive for or yearn to achieve, however we generally have no idea how to achieve them. We dream about them and usually speak about them in the future sense, for example "one day" "when I... I will.."

One of the best ways to begin to achieve a Type C goal is to first ask ourselves: "Am I able" and "Am I willing?". Once you have answered yes to these questions, you start to turn your dream into reality.

Belief is the ultimate factor that dictates the results of your C type goal. You must not allow anyone or any circumstances destroy your want or dream.

The next best thing to do towards attaining your C type goal is to become emotionally involved with the idea. This will help create change in your behaviour and ultimately start shifting your awareness to allow you to get closer to your goals and turn your fantasy into facts.

TAKE ACTION

Write your goal on a card and carry it with you at all times. Wake up everyday repeating your goals out loud at least two or more times per day. This will help impress your true desires into your subconscious mind, thereby helping you move forward towards thinking into results, and creating your desired reality.

GOAL CARD 20_____

I am happy and grateful now that _____

2 Action Taker

“Fear and growth go hand in hand. When you courageously face the thing you fear, you automatically experience the growth you have been seeking” -

Sandy Gallagher

Now that you have decided what your C-Type goal is, it is now time to take action!

This next step is important and necessary if you want change to occur. You need to stay committed to your goal and stay inspired.

So let's get started. Gather all your willpower, self-discipline and determination to the table.

First things first, eliminate all distractions away from yourself and yes, that means social media. Then start writing out a plan for the day. I recommend making a list of 6 things you need to do to help you move closer towards your goal. This is what successful people practice everyday or at least weekly. Remember the reason why you decided to make this change. It is going to help you create your outcome as a positive change.

Recognise that you WILL have some limiting beliefs that will stop you from reaching your desired goal. Try not to fight this but in fact acknowledge and face it.

TAKE ACTION

On a daily basis write out a list of 6 to do tasks that will help you reach your desired goal. If you find that you don't reach all 6 tasks, add the task to the following day's list.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

3 Attitude of Gratitude

"Gratitude opens the door to ... the power, the wisdom, the creativity of the universe." - Deepak Chopra

There are so many benefits to this step on so many levels. Research indicates that gratitude can have tremendous benefits on the quality of your life. Robert A. Emmons, Ph.D., a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.

An attitude of gratitude can have many benefits for your personal well-being and success. Some of these being:

- better sleep
- improved self esteem
- increased mental strength
- greater satisfaction with life
- recognition that there is so much to be thankful for
- appreciation of other's accomplishments
- greater sensitivity and empathy towards others and a reduced desire to seek revenge
- increased likelihood to behave in a prosocial manner, even when others behave less kind

TAKE ACTION

5 Things for 5 Minutes

On a daily basis get into the habit to list 5 things you are grateful for.

1.

2.

3.

4.

5.

Spend 5 minutes asking for guidance for the day and send love to 5 people that annoy you. Be sure to keep your eyes closed and visualise your goals, and intentions for the day.

4 Thinking Into Results

"An educated person is not, necessarily, one who has an abundance of general or specialised knowledge. An educated person is one who has so developed the faculties of their mind that they may acquire anything that they want, or its equivalent, without violating the rights of others."

- Napoleon Hill

I want to remind you that you have been blessed with amazing higher mental faculties that go beyond our scope of understanding. These mental faculties are designed to make us the highest form of creation on the planet as far as we know.

As you are creating the stage for what you really want, I want you to observe your thoughts. If you are telling your self "hmm, I don't like the sound of that, that's not really me," think of what you do want.

Think thoughts that will create the idea of what you want and that is in harmony with what you desire. The thoughts cause the feelings, the feelings cause the actions and the actions produce new results. This is a crucial point in your journey as you start to consciously observe a new result manifesting. As your mind becomes comfortable with the new idea, you immediately begin to think thoughts that create the idea of how you are going to improve upon it and move closer towards your goal.

Remember, everything starts with a thought. The thought causes the feeling, the feeling causes the action, the action causes the result. Take a look at the result, adapt and start a new train of thought. You stay in charge of you. Don't let the outside world control you. You control the outside world. Stay focused and in charge of your mind and what you want. Do what every it takes to make *shift happen*.

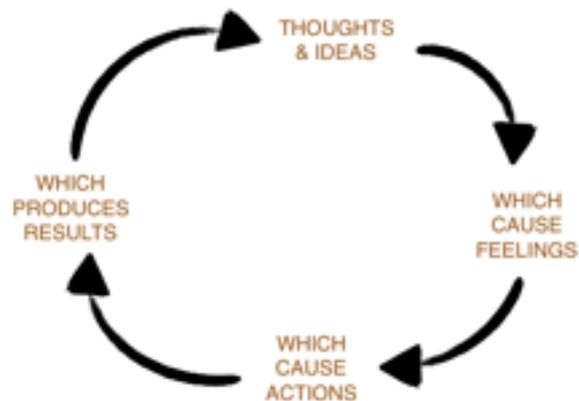


Image taken from lesson 5 Thinking Into Results program

TAKE ACTION

Repeat the following affirmation to your self on a daily basis for 3 weeks:

“I commit to practicing my thoughts and visualise what I wish to attract into my life on daily basis. My focus is on what I WANT. I allow and accept all creative process to travel to and through me”

Write an affirmation that you know will help you in your current state of mind be sure to write it in presence tense:

“I am happy and grateful now that...”

5

Power of Self Belief

*"No one's ready for a thing, until they believe that they can acquire it.
The state of mind must be belief and not mere hope or wish." -*

Napoleon Hill

Our belief system can either be one of our most powerful force for creating good in our life, or it can limit our actions disempowering our will to carry on our lives purpose.

Norman Cousins talks about the placebo effect, and from his own illness and studying many others, concludes, "Drugs are not always necessary. Belief in recovery always is".

This magical journey such as *life*, should you be open to it, allows us to feel, experience, and grow. As your mind starts to grow, so will everything around you. It is important to understand that every now and then, you will encounter little voices in your mind trying to limit your ability. Know that this is normal and that everyone goes through these thoughts. The important thing is to face your thinking without resistance.

Your past results or failures do not equal your future results but are an asset towards your future growth. Build confidence knowing that as you build on success, you WILL achieve what you set out to do. Stay positive, committed and you WILL experience success.

TAKE ACTION

Visualise an experience that you desire in the future as if it were here NOW and feel what the results you get in advance.

Everything starts with belief

"Beliefs have the power to create and the power to destroy. Human beings have the awesome ability to take any experience of their lives and create a meaning that disempowers them or one that can literally save their lives." — Tony Robbins

You create your reality by choosing the type of belief you allow in your mind. So make sure your beliefs are in alignment with the good that you desire!

*"The greatest discovery of my generation was that you could alter your life by altering your attitude of mind" **William James***

6

Persistence

*"Whatever you accomplish in a lifetime will be in direct proportion to the intensity and persistence of your faith" - **Bob Proctor***

Did you know that 92%* of people fail to achieve their new year's resolutions? Lack of persistence is one of the major causes of failure. However, with progressive effort towards the attainment of your goal, you can overcome or prevent that failure at any given moment.

If you have a goal that you believe in with all your heart, and you are working towards it, persistence is the key.

You don't require a university degree to understand persistence. Anyone can acquire the skill and all it takes is four simple steps to develop the habit of persistence. In his book "Think and Grow Rich", Napoleon Hill describes one of the best steps to develop the habit of persistence:

- 1) A definite purpose backed by burning desire for its fulfilment.
- 2) A definite plan, expressed in continuous action.
- 3) A mind closed tightly against all negative and discouraging influences, including negative suggestions of relatives, friends and acquaintances.
- 4) A friendly alliance with one or more persons who will encourage one to follow through with both plan and purpose.

These steps are essential and form the foundation towards success.

7 Magic Mind

"Remember it takes no more effort to aim high in life, to demand abundance and prosperity than is required to accept misery and poverty." **Napoleon Hill**

There is no accuracy as to what the human mind can accomplish. The idea of increasing our mental programming 5-10 percent per year is out dated. We are now living in a world of quantum physics, high technology, and high speed communication. It is incredible to realise that with a click of a button, you can have a video conference and communicate with anyone around the world. You can take a picture on your phone and send it to a person on the other side of the world and they will receive it in a matter of seconds. How amazing is that!

The point is, the time has come to start taking active control of your mind and redirect your focus on the life that you want to live. It's time to decide, commit and take action. Understand that it's not what we can do in life that makes a difference, it's what we *will* do. There's no better time to start than now to take that chance in setting your sights on something bigger, better, and brighter for you right now!

TAKE ACTION

Make up your mind today to carry out the steps outlined in this book. Make up your mind that you are going to begin turning your thinking into the results that you want. Realise that now is the time to rid your mind of fear and self-doubt. Give your self a command to follow through and take action towards creating the life that you deserve. Fill the box below by committing your self to take action and control of your life. Once you have committed and accepted to make *shift happen*, email a copy to sheb@magicmindscoaching.com to be included in a special mastermind group on facebook and type "Add me to your mastermind group" on the subject line.

I look forward to working with you in the near future and answer any questions you may have.

Yours in Success,

Sheb Giner

I, _____ (your name),
am committed to taking the steps in this book
accepting that every challenge I face is an
opportunity to learn. I am excited by what's in the
future and look forward to progressive success and
abundance.

Signed:

Date:

Helpful Resources

GOAL CARD 20_____

I am happy and grateful now that _____

GOAL CARD 20_____

I am happy and grateful now that _____

I AM GRATEFUL FOR

1.

2.

3.

4.

5.

Spend 5 minutes asking for guidance for the day and send love to 5 people that annoy you. Be sure to keep your eyes closed and visualise your goals, and intentions for the day.

References:

*<http://www.statisticbrain.com/new-years-resolution-statistics/>