

How to Achieve All Your Goals the Easy and Relaxed Way – 7 Steps

Introduction

These steps are going to be just as easy to do as they will be easy not to do. What will you choose to do with them? If you do nothing, then certainly nothing in your life will change. If you try them, you may just find yourself enjoying life more, feeling more joyful, feeling more relaxed, and feeling a lot closer to having your goals.

You may already be achieving some of your goals by the end of the week! That would be worth it, wouldn't it? We will show you how to relax and enjoy the abundance of life the easy way. Contrary to what many believe, life does not have to be hard. Follow these easy steps and you will soon discover more confidence and power, and once you find that, it will empower you to live any dreams you choose.

We are all told that it takes about 30 days to make a habit. Try doing the easy action steps for 30 days and then let us know how you are feeling - how much closer you are to achieving some of your goals and which goals you are already living. That is how you will know the true benefit of these teachings. Ready? Okay, let's start the easy steps to live all of your dreams today

Easy Step 1 - Developing an Attitude of Gratitude

Developing a feeling and an awareness of gratitude in your life can change your life dramatically. You are going to feel wonderful with this very simple way of thinking. We can choose every day, every hour, and every minute what we want to focus on. Is life one beautiful experience, one delicious adventure after another, or is it a chore? Has life become just something that you have to get through? If it is then when do you get to experience the joy of life? What are you getting to and what happens when you get there?

So, is your life easy or hard? We can choose to make it either one with our thoughts. Do you really want to focus on the bad traffic or would you rather focus on the fact that you have a car and don't need to walk? Turn on some happy music and make the best of it and while you are at it, let that guy in and make his day. I bet that good deed gets passed on. Little actions like that which you do in your day can cause a ripple effect in many peoples' lives as the good thoughts and deeds get passed on and usually end up somehow coming full circle by someone else making your day a little bit better.

Are you walking? How wonderful that you have the ability to walk! It sounds simple - but sometimes we forget the simple things. Or what about the fact you have a good job that you are walking to? Don't like your job? How about the fact that it will give you money while you look for something else that you may have now decided you want to do?

There is always an upside if you look for it. Again, it is the choice of our focus that makes the difference. Everything we perceive as a problem or challenge has a positive aspect. The idea is to create a positive focus. This can become a way of life that will bring you great joy.

Developing an attitude of gratitude is the first step towards making your life feel much easier and much more relaxed. How will it change your life? Just try it and see. Shut off the auto pilot and choose your thoughts. Pick and choose the thoughts you want, as they all affect your life.

When you start to think and focus on the things that you are grateful for, you will start to look for more of these things in your life and then you will attract even more things to be grateful for. It works every time; it is the Law of Attraction in action.

Don't let other people choose your thoughts for you or influence you either. Have you ever noticed how a lot of people like to talk about all the bad stuff going on in the world, in the office or in your family? If you want to change your life, this is where to start. Choose to look for the gratitude and the positive, and not participate in these conversations - even if it means you leave the room. Develop an attitude of gratitude to start to live life the easy and relaxed way.

Easy Action Steps

1. Start a 'Gratitude Journal' in a beautiful notebook. Every day (morning is an especially good time as it sets the tone for the day) write the date along with "I am grateful for..." Then write down everything - big and little things - that you truly are grateful for!
2. In the evening as you are lying in bed, recount as many things as possible that you are grateful for. It will give you sweet dreams!
3. Check your thoughts periodically throughout the day to see whether you are focusing on gratitude and good thoughts or challenges and problems. What benefits you more?

Easy Step 2 - What are your real goals and aspirations?

The only way we will ever get what we really want in life is to choose to focus on them first.

Write down the word “Happiness”

Now, define what that means to you in all of its wildest glory. Look at all the different aspects of your life – business and career, financial, relationships, family, health and fitness, leisure and travel, and spiritual and personal growth.

Allow yourself to get in touch with your big and little goals and aspirations and the lifestyle it would create for you. Be very clear what you feel “Happiness” is for you. Ask yourself: What do I really want? How will it make me feel? Note the things you like to do and that you want to pursue. Note the things that give you excitement because by observing these things, you honor what is important to you. You will focus the Law of Attraction on bringing more of those things into your life.

Before you know it, you will be getting inspirations of things you can be doing to help achieve every goal you have! It will be no surprise that just the right people will show up to make it all work at just the right time. In fact ...expect it! It's called designing your perfect, easy and relaxed life. Yes, we can have life easy!

We bet that once you start focusing on being grateful for different things, people, and aspects of your life, you will have already figured out that you are closer than you thought to achieving and living some of your goals and aspirations.

Are you far from where you want to be on some of them? First, accept that you are where you are. Realize that this position has served you in your past. For whatever reason you needed it, but that you choose to move forward now. Give thanks for your past and your present and then you can better anticipate your future. It is okay to move from where you currently are to where you now choose to be by taking a little step at a time. Remember that everything in your life can be achieved in an easy and relaxed manner - one little step at a time.

Easy Action Steps

1. Write out your goals and aspirations ... as many as you want. Be Free flowing with the ideas; do not censor them.

2. Go through and organize them. You may find several are combined– that by achieving one, others will be attained.
3. What will it mean to your life when you have achieved these goals? What will your life look like? Envision it, write about it, and play with it.
4. This is the easiest step of all: watch and listen for the inspirations you receive. They will often be little, easy- to-do things, and each time you do one of them you are closer to attaining one of your goals.

Easy Step 3 - What is your picture perfect scene? You can really live it!

This is really fun. Your life really can be picture perfect or just the way you wrote or visualized about.

“Remember, your reality today is only the result of your past and present thoughts. Your future will be the result of your thoughts today.”

When you take the time to paint your dream life in vivid detail by picturing it clearly in your mind and/or writing it out in words, your life becomes it. Create your picture perfect scene in whatever way most inspires you and brings you the most joy. Thinking about your ideal scene should always be a joyful experience. The more joyous you feel, the more you will be attracting what you really desire into your life. That is pretty easy, eh?

Easy Action Steps

1. Write out your 'Picture Perfect Scene' for any or all aspects of your life ... romance, family, work, financial, trips, fitness, things on your wish list. What would your ideal day/week/month/year look like? Focus on the things and thoughts that please you. The only rule for this is that before you write your ideal scene you must put yourself in a positive state of mind. Really feel how it would feel for you to have this ideal scene happen in your life. The more you can envision it, the faster it happens.
2. Review it, rewrite it or think about it as often as you can without it becoming a chore. No chores allowed.

Easy Step 4 - Easy Affirmations

Sometimes things don't work out like we thought. When I wrote out my affirmations a few years ago of how I wanted my life to be and look, I had

18 beautiful-looking affirmations. I wrote them out in multicolored pens and drew nice designs around them. What did I do with them? I dragged them around with me putting them in my planner and in books I was reading and I never looked at them. I did not want to look at them. Why? I have no idea, but I really did not want to read them. That's strange isn't it? What happened to them? Within a few weeks I lost them. I was meant to lose them.

A few days later, I was walking to my gym and the perfect affirmation for me came into my mind. It was easy to remember, I could repeat it all day long, and it was only one, not 18. I still attribute my joyous life and many successes to it. What was this amazing and mind altering affirmation?

“Every day, in every way, everything happens for me in an easy and relaxed manner and in a healthy and positive way.”

Now, when you say something - create a belief in something - our mind wants to spend all of its time proving that you are of course right. Your mind will work very hard to accumulate information to prove that you are right. So as I went about my day, my mind was proving to me that indeed everything was happening for me in an easy and relaxed manner ... when I crossed the street with no traffic, my mind said, see? That was easy. When I encountered no line at the bank or the grocery store, my mind said again, see? That was easy. Soon my projects were being completing easily and everything I did seemed more joyous and relaxed because there was no struggle

It was now obvious that I would get all the other affirmations even if I did not read them or say them, because everything I want comes to me in an easy and relaxed manner and in a healthy and positive way.

I give thanks to Catherine Ponder, a writer and a Unity Church minister for this part of the quote: in an easy and relaxed manner and in a healthy and positive way. She suggests you begin or end each affirmation with these words. Isn't it amazing how the perfect information for you will find you ...or vice versa?

“Believe that everything is easy - and it will be. Life is joyous. Believe it.”

Easy Action Steps

1. Write out whatever affirmations you choose that sound easy, fun and full filling.

2. Repeat them as often as you can throughout the day. If they are not easy and fun to repeat, find new ones. Remember, easy and relaxed is the key.

Easy Step 5 - Changing limiting beliefs to empowering beliefs

A belief is only a thought that we have thought about a lot. That does not make the thought true. Our beliefs can come from the most amazing places... our parents, our friends, our government, magazines, TV, even ourselves at the age of five. At the Proctor Gallagher Institute we call these beliefs “paradigms”. These are the thoughts that have become so habitual that they control our actions and our lives.

The questions are: Do you like those beliefs? Are they true? What is true? Are you really the same person today as you were when you were, say, five and started this belief? The easiest question of all is: What thought makes you feel better?

Easy Action Steps

1. Write down some of your beliefs. Do you think any of them are limiting you?
2. With each one, ask yourself if it is really true. (These limiting beliefs are really like little Gremlins that sometimes show up on your shoulder – the fun part is flicking them off).
3. Come up with statements that do feel true for you and are hopefully more empowering.
4. Replace the old beliefs that no longer serve you with the statements you now know to be true or that could become true for you. If the Gremlins return, flick them off with your new thoughts.
5. Or skip all of the points above and just repeat empowering statements to yourself all day long. You don't have to delve into unhappy thoughts and events from your past to change your present and future. It can be as easy as thinking new thoughts. These new thoughts can change your life!

Easy Step 6 - Checking your thoughts

Everything starts with a thought and we get what we think about. The object of this step is to become aware of what you are thinking on a regular day-to-day

basis because you are getting more of what you are thinking about. What are you thinking about?

Don't worry about the fact that you sometimes have less than empowering thoughts. You don't have to resist your thoughts, just recognize them. Change the thoughts that you don't want to have any more to ones that are more in line with what you choose now.

Achieving your goals becomes easier if you are not fighting yourself. What do you want in your life? What do you want to be thinking about to be able to live your dreams?

Easy Action Steps

1. Check your thoughts every 30 minutes for the rest of the day. You can make a big note or sign to yourself or set the timer in your phone so that you remember. Are you empowering yourself? If not, consciously change the thought to something that is empowering.

2. Check your thoughts periodically over the next week, month and year. Are you empowering yourself and others?

Easy Step 7 - Designing your easy and relaxed life where your goals are easily achieved

You are the one that designs your life. We don't. We can give you the thoughts, ideas and inspirations to help you create the life of your dreams – but you are the ultimate architect of your life. You have the power, you have always had the power and any time you begin to doubt it, just let me know and I'll help you find it again.

Go ahead, live your dreams and enjoy your life to the fullest - whatever that means to you, because life is too precious to waste thinking you cannot achieve your goals! I know you can. You should now know you can too!

When you live your life and achieve your goals with ease and joy it becomes a wonderful life and it will spill over onto many others' lives. Life will just get better and better from every direction. Enjoy.

Easy Action Steps

1. Follow the action steps from lessons one to six for at least a month. They may even become easy lifetime habits.
2. Feel free to share with us some of your success stories.

Shawn and Suzanne Bandick, study and live their lives by the Law Of Attraction. They are both certified coaches with Bob Proctor and Sandy Gallagher and the Proctor Gallagher Institute. They help others to have Success in reaching their personal and professional goals.

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