



Prosperity Journal Workbook

Wisdom to Change

D.A. Levy

WisdomToChange.com

Wisdom to Change Prosperity Journal Daily Workbook 2012

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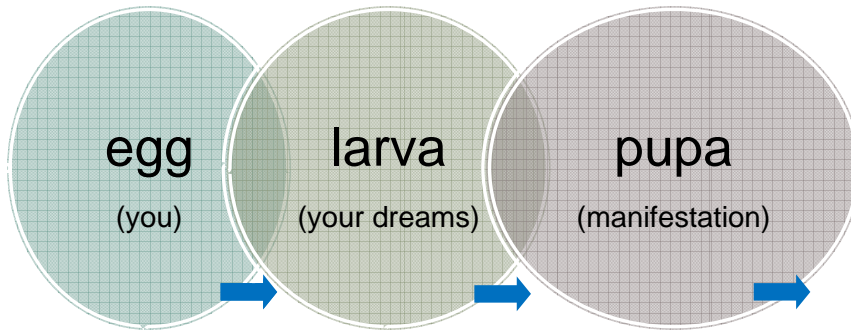
Prosperity Journal Daily Workbook

**D.A. Levy
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DAILY DECLARATION

You CAN change your life or circumstances. You can change your DNA! You are not stuck in any situation.

Whatever you want is within you. This may seem naïve to you if you have not tried this previously. It is not.

Consider your guide a Life Plan and you will be astounded at your growth in a matter of months (if not weeks). We have used these methods successfully for more than 15 years and draw on them each time we feel stuck. We started writing in journals in 2002; that made a huge difference. YOU are the most important factor in your life's direction.

Remember: Don't Drift. Navigate!

Begin by writing down your desired changes and set aside time every day to review your intent.

Start by writing and stating your top ten desired changes as clearly as possible in great detail with a realistic timeframe. Include tangible and intangible goals, i.e. a tangible goal is "I live in a \$2.5 million home." An intangible goal is "I am calm and cheerful" . . . although we do hope you are calm and cheerful.

BELIEVING IN YOURSELF IS AN ATTITUDE

For the strongest impact, view your list daily. Intent will work anyway, but it is much stronger when you calm down and focus every day on where you would like to be.

Set aside a quiet place and a quiet time to reflect and focus. It is possible to withdraw even when surrounded by crowds and find your center. We are all so pushed and pulled that it may seem difficult at first; it will become second nature quite quickly with practice and intent. If calm seems particularly difficult for you, consider meditation sessions or yoga classes designed to help you find your own comfort zone.

It's my opinion that while new forms of yoga, such as "Power Yoga," may be excellent exercise, they will not contribute to your finding calm within. Classic forms such as Hatha Yoga incorporate a complete system that will help with self-realization.

If, like me, you flare easily, focus on an image of something that soothes you. It can be a religious figure such as Buddha or Jesus. It can be water, such as curling ocean waves lapping tropical shores (which is my calming influence). Concentrate on a stone, or the moon, a candle or a kitten. Something/anything that brings you to your center.



Immediately upon awakening, read your list of goals. Read them aloud if possible. If not, move your lips.

Believing in yourself is a choice. It's an attitude you develop over time. It is your responsibility to take charge of your own self-concept and your beliefs. It might help to know that the latest brain research indicates that with enough positive self-talk and visualization combined with the proper training, coaching, and practice, anyone can learn to do almost anything ~Jack Canfield

You want the universe to hear you. Concentrate on your list and confirm your desires. Visualize the goal as though already accomplished. This will literally change your internal messages to bring about more success than you ever dreamed possible . . . or success that you dreamed possible but had not manifested. Before you go to sleep, repeat the process.

This is all you need to do to bring about your desired change.

LIST EVERYTHING THAT YOU NEED AND DESIRE

Be bold. Look deeply inside and draw on your deepest desires.

Write them in present tense:

1. I live in a 1500 square foot three-bedroom home overlooking San Francisco Bay with a view of The Golden Gate Bridge; the home is completely paid for.
2. My income from Web design, publishing and community projects exceeds \$150,000 p.a.
3. I save \$25,000 every year after all expenses and after donations to my favorite charities, i.e. the Amazon Animal Orphanage, wetland preservation, the Marine Mammal Center, etc.
4. I purchased an eight-plex in Southern Marin; family and friends live there comfortably and safely. It, too, is completely paid for.
5. I have developed my ability to concentrate and I have completed the first of two novels started so many years ago.
6. My career and contacts allow me to take courses in Physics which will lead to a Master's Degree by 2014 with a focus on changing one's DNA.
7. I am able to travel overseas every year for at least four weeks. I also have time for an annual trip to different parts of the United States.
8. My family and friends are all doing well and they have time to travel with me.
9. I value the people I have met through the years who are hard-working, responsible and kind and they surround me.
10. I avoid people on the take. I've learned to ascertain when people are ethical or unethical. It's obvious when they are trying to run our system (or us). Eschew those people. Literally – as dramatic/corny as this may sound – pray for the salvation of their dark souls.
(Added in 2012.)

Routinely leave your comfort zone; this will afford many new adventures and friends around the world. Always keep in mind that you should never, never give up. Success is often the very next step as has been proven throughout history.

Consider what wealth means to you; think about the quality of relationships with friends and family. What would your life's work be, where would you live, and what are you grateful for?

What are your negative beliefs around money and how do you change them? Are there classes you would like to take, people you would like to meet, or a spiritual group you are thinking about joining? Would a financial mentor be helpful?

His Holiness the Dalai Lama suggests in "How to See Yourself As You Really Are" that your goal is "intense clarity and unwavering stability."

NARROW YOUR LIST TO YOUR TOP TEN

This is important. Sometimes . . . perhaps often . . . people go in too many directions. I'm definitely one of those people. Every shiny pebble gets my attention.

We live in a world with millions of choices. There are careers and ways to make money that we've never heard or thought about. A Chinese curse states "May you be born in interesting times." These are definitely interesting times.

Michael Gerber's book "The e-Myth Revisited" addresses the three aspects of self-in-business: Dreamer/ Manager/ Technician.

- The Dreamer is a visionary;
- The Manager knows how to get things done;
- The Technician does the work.

Discovering these three people inside you and assessing your strongest suit(s), will assist you in finding directions that enable and support your focus. Your life IS a business. You do run it, even though at times it probably does not feel as though you do.

In thinking of your goals, think about what YOU want to do? Do you want to supervise people? Do you want to work at home? (I actually have a site entitled "ProperInPajamas.com" 'cause I like working from home.)

Do you want to manage your own paperwork, have a partner or partners, expand, or stay small? What circles do you want to move in? Who do you want to serve? What do you want from your choices besides income?

Narrow your initial choices down to ten, ensuring that those ten will help you maintain a well-rounded/balanced life. Consider the whole: career, family, friends, environmental protection, public service, growing, learning, dreams . . .

This ten will be your focus during daily declarations.

Read for inspiration. Try "Dancing Naked in the Mind Field" by Kary Mullis (Winner of the Nobel Prize in Chemistry). Author Arthur C. Clarke says of this book: "One of the most mind-stretching and inspirational books I've read . . . It is also very funny, and I hope that —before it gets banned—myriads of copies infiltrate all the legislatures, colleges and high schools of the United States."

RESULTS COME FROM TAKING ACTION!

You will be amazed at how quickly your life slides into place.

The first time I undertook the methods in this workbook, I was a single parent, \$58,000 in debt, and renting an apartment in San Anselmo, California. I had to move due to an impending serious rent increase. There seemed to be no way out.

Eric Shaffert's "Feng Shui and Money: A Nine Week Program for Creating Wealth Using Ancient Principles and Techniques" (along with a real estate book entitled "No Money Down") opened the doors to the art of placement and intent. Everything, absolutely everything is intent!

Within months, I was completely out of debt and had purchased a duplex in Fairfax, California with no money down and \$13,000 cash back to deal with repairs. (The duplex was the former town barn . . . built of solid redwood. A gem hidden in a pile of rubble.)

Within three years, I was able to take my daughter on a two-month dream vacation that started in over-the-water bungalows in Tahiti (image right) and ended in with two weeks in Japan. Stops in between included the Cook Islands, New Zealand, Thailand and Japan. It was quite amazing.



Life is constantly changing whether you want it to or not; it might as well change in a direction you desire.

Treat inaction as the ONLY real failure. If you don't take action, you fail by default and won't even learn from the experience. Read something that may move you. *The Master Key System* by Charles F. Haanel is one of the books that inspired the bestselling DVD and book *The Secret*.

Avoid negative people. Avoid people who always live on assistance by running the system, be they your less-than-ethical mortgage company, politician, "investment" counselor, attorney, or someone who has been receiving government assistance for decades. They drain your energy and waste your time. This is somewhat difficult in our bizarre economic climate and you may feel uncomfortable at times, but it is necessary for you in order to maintain your own balance.

Act with a higher purpose. Any activity or action that doesn't serve your higher goal is wasted effort and should be avoided. "The purpose of life is a life of purpose." ~ Robert Byrne

Begin detailing your list into clear images of what you want. For each dream, consider:

- Do you really want this after re-consideration?
- Does this goal contradict any other goal you are setting?
- Is there any significant problem with cooperation, i.e. would your family be against your goals.

Don't share your goals. Do not ask anyone's opinion. This is for you to decide. Personally, I want to snowboard and/or hang-glide Mt. Everest – I can neither snowboard nor could I handle the altitude! It was quite easy to dismiss this from my list! I would also like to kayak from San Francisco to Hawaii (or Tahiti, depending on tides).

There are many things we CAN do that seem beyond our scope. You must be careful; without thinking, family and friends will often squash your dreams, as in "You can't do THAT. Just go get a job." A competent artist I know – a fine landscape contractor – was told by a high school teacher that his drawings were horrible so a potential life as an artist was crushed at the gate.

- Be sure that your goals are positive and are helpful to you and, preferably, others. Goals that might cause harm to someone or something are NOT goals.
- Have you expressed your desire in elaborate detail? For example, if you are thinking of buying a home, make a collage of what you would like that home to be and where. Cut out images from magazines and paste them into a workbook. This REALLY works, so much so that it comes under "be careful what you wish for."
- Is the goal high enough? It is amazing what people can do if they just try.
- Ask yourself: Do I have the personality factors necessary to goal achievement?
- Again, state each goal as though it were already accomplished.

You are always programming and reprogramming your subconscious mind. It never stops. You might as well have a say in it.

As you are what you eat, you are also what you think! As soon as your mind starts down a negative path, STOP. Redirect: Tell yourself today is a new day. I am on the way to a new and better life working with fine and supportive people. I am worthy of love, joy and success. I make wise choices. I can create anything I want. I can handle what life hands me. I am attracting all the right people into my life. I know when to walk away from a situation.

Dr. Wayne W. Dyer includes daily affirmations and sage advice on his website. A few of them:

“There is a voice in the Universe urging us to remember our purpose for being on this great Earth. This is the voice of inspiration, which is within each and every one of us” . . . “If you are suffering in your life right now, I guarantee that this condition is tied up with some kind of attachment to how you think things should be going.”

Why sentence ourselves to a life of struggle when it is clearly unnatural? Struggle is a “learned response” that has been taught to us by those who are in a trance of struggle. You are always a valuable, worthwhile human being—not because anybody else says so, not because you're making lots of money, but because you decide to know it. We often talk about “going with the flow.” Why? Because that is what you were created to do! Think about this . . . everything that has been created has a natural flow and when it operates in that flow there is no struggle.

Water does not struggle to flow.

Grass does not struggle to grow.

Wind does not struggle to blow.

Rain does not struggle to fall.

Sun does not struggle to shine.

Earth does not struggle to rotate.

Flowers do not struggle to bloom.

ADDITIONAL READING

The following books are a few selections that have proven invaluable for growth by intent.

NOTE: As you know, hundreds of "Idiot's Guides" are in print for various disciplines. But, PLEASE, never purchase a book entitled "Idiot's Guide." What does that say about how you think about yourself? That is NOT a message you wish to implant to anyone and certainly not to yourself! Such titles do not serve any useful purpose and I would not publish them if I owned a publishing company. Those books are also not necessarily well-written, so you stand a chance of feeling even more of an idiot after purchasing one.

The following books, along with selections of music and audio tapes can be ordered by visiting the Web site, which contains many more selections, a blog and notes:

WisdomToChange.com

Author(s)	Title
Anthony, Dr. Robert	<i>Beyond Positive Thinking</i>
Bannatyne, Duncan	<i>How to Be Smart With Your Money: Up-to-the-Minute Advice</i>
Bryant, Theodore	<i>Self-Discipline in 10 Days: How to Go from Thinking to Doing</i>
Buckingham, Marcus Clifton, Donald O. Ph.D.	<i>Now, Discover Your Strengths</i>
Canfield, Jack	<i>The Aladdin Factor, Dare to Win, How to Get from Where You Are to Where you Want to Be, The Key to Living the Law of Attraction, etc.</i>
Carnegie, Dale	<i>How to Win Friends and Influence People</i>
Cole-Whittaker, Terry	<i>What you Think of Me is None of My Business (You don't even have to read this book. The title says it all.)</i>
Covey, Stephen R.	<i>The 7 Habits of Highly Effective People: Lessons in Personal Change</i>
Dispenza, Joe	<i>Evolve Your Brain: The Science of Changing Your Mind</i>
Dyer, Wayne W.	<i>You'll See It When You Believe It, Change Your Thoughts; Change Your Life (and if you ever get a chance, go to one of his seminars. Fine man!</i>

Harris, Blaine	<i>The 4 Laws of Financial Prosperity</i>
Hill, Napoleon	<i>Think & Grow Rich</i>
His Holiness the Dalai Lama	<i>How to See Yourself as You Really Are, The Art of Happiness, The Dalai Lama's Little Book of Inner Peace, The Art of Happiness in a Troubled World</i>
Lovejoy, Asara	<i>The One Command.</i> Particularly effective in that it pulls in movements that reinforce thoughts. I started working with this while standing on the edge of Kilauea, the active volcano on the Big Island of Hawaii.
McWilliams, Peter	<i>You Can't Afford the Luxury of a Negative Thought: A Book for People with Any Life-Threatening Illness – Including Life.</i> I've never read this; the title seems sufficient, don't you think?
Mullis, Kary	<i>Dancing Naked in the Mind Field (Mullis, winner of a Nobel Prize in Chemistry, is a California surfer.)</i>
Shaffert, Eric	<i>Feng Shui and Money: A Nine Week Program for Creating Wealth Using Ancient Principles and Techniques.</i> In 2002, this guide led me out of serious debt and helped me purchase a home within one year. The following year, I was able to take my family on a two-month road trip – starting in Tahiti and ending in Japan. When I get stuck, I pull it off the shelf and start again.
Suzuki, Dr. Shunryu	<i>Zen Mind, Beginner's Mind</i>
Weil, Dr. Andrew	<i>Spontaneous Happiness</i>

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