

The cycle of "The Path to Success"



Svitlana Koliada

Leadership:
The seven laws
of personal efficiency

Are you willing to learn them?

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The participants of trainings held by the author in personal development, in attaining self-confidence in searching a mission, get individual results, based on current practices and methods.

We create our own reality ourselves. A new best practices and skill training enable individuals to change the status radically and as well as to increase personal efficiency.

This book is recommended to a wide range of readers.

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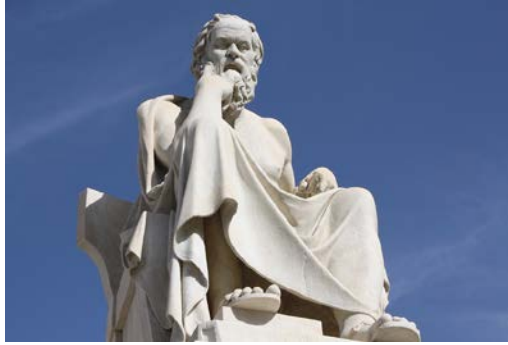
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One day, the old, wise Socrates walked down the street when all of a sudden an agitated man run up to him yelling: "Socrates, Socrates! I have to tell you something about your friend! You will not believe what I just heard!"

"Hold it right there," Socrates interrupted him. "The story you're about to tell me... did you let it go through the three sieves?"

"Three sieves?" asked the astonished man. "What three sieves, Socrates?"

"Three sieves, my good man. Three sieves. Let's try it," said Socrates.

"The first sieve is the one of truth. Did you examine whether what you were about to tell me was true?" asked the philosopher.

"Well, no, not really. I just overheard the story and was in a hurry to tell you..." said the man.

"Ah! Well, then you must have used the second sieve, the sieve of good?" asked Socrates. "Is it something good that you are about to tell me?"

"Hm, no... on the contrary, my dear Socrates," answered the man.

"Hmmm" the wise man said. "Let us use the third sieve then, the sieve of necessity. Is it absolutely necessary for you to tell me what you are so exited about?"

"Now that I think of it... No, it's not necessary at all," said the man.

"Well," Socrates said with a smile "If the story you are about to tell me isn't true, good, or necessary, just forget it and don't bother me with it anymore."

Perceiving any information, use these sieves ☺

What is a personal efficiency?

In theory, there are many different comparisons and allegories: an organization is compared with a human being, lifecycle of an organization or a product is also quite similar to a person's lifeline.

Peter Drucker, a contemporary management classic, says that results of any organization's activity lie beyond the limits of this organization. If we draw a parallel, it is possible to say confidently that the result of any person's activity is beyond the person itself, and success of an individual is determined through a benefit for the society).

Whom can we call a truly successful person? Someone, who enjoys the external signs of recognition by the society and feels content with his life. Are there any, you ask? Sure! There are people doing things they love, things that benefit society. They get both internal and external signs of success, a two-in-one.

Could it be achieved by everybody? Of course, if we find "our business", our own "door" that is opened with our personal "golden key". Everyone has such keys - our talents, penchants and abilities, which turned into capacities and skills. And the "door" is the direction in life, where all this can be applied with the most output and the least effort (the economic law of efficiency). But here, in the search, it is necessary to work hard.

In nature everything is perfectly balanced and effective. Plants grow in certain periods. They don't wake up in winter, and we don't

collect bananas from apple trees, because everything has its own time and place for growth. People follow the same rules, but sometimes we want to grow grapes on the oak, or make a dolphin fly... Yes, it is a little simpler in nature; or at least we think so, because we know the purpose of all species. As for us, humans, we seem quite similar on the outside, but are totally different by our inner world. It would be nice to have a "map" of a person's inner world showing his directions and helping in search for that notorious door for his golden key.

For years many scientists and simple enthusiasts work on this, developing methods and creating techniques that help to determine a person's mission in this life. That is something any of us wants to know, because such knowledge helps us truly enjoy our lives and brings understanding that we belong to the part of a society able to protect itself from external circumstances.

This is when the law of personal efficiency runs smoothly and without any failures.

All that gives an answer to the question: "Success. Are people born this way, or it can be achieved?"

It might sound strange what I'm about to say, but...

Recently I heard some complaints like: "If I could, I would have been born in a different family, in a different country, in a different time. And also rich parents would be nice" and so on... You know, there is a parable about a girl, who prayed to God before sleep, asking to give her everything different, including kind and rich parents. Next morning she woke up in a luxury house on silk sheets, and a handsome smiling man (her new father) approached her, took her in his arms and ... carried into a wheelchair... Today it

is almost proved, including by means of indigo children, that we (i.e. our souls) choose our parents, our country and a time to be born BY OURSELVES!!! We consciously came to this world in this exact way! Our soul has to go through these trials, get exactly this experience and learn this particular lesson! We should love more and sometimes learn to love, learn to tolerate and empathize and more, and what's most important - everyone has his own destiny! And if you understand, realize and accept this, your life won't seem so strange anymore.

We came to this world with our own objectives, intentions and goals. Moreover, each of us has his own mission. Initially, 99% of souls come to this world with one simple purpose - to benefit a society. That's all. That is why it's necessary to clarify as soon as possible how exactly we can be of use to other people. It means to "remember" the higher purpose of our souls, to understand why we are here in this very moment.

Of course, if we could find out that purpose in childhood, there would be much more people happy with their lives! But it's never too late to "remember". There are plenty of methods. Moreover, we are even keen on some of them, horoscopes, for example (sometimes more, sometimes less, but still). You should agree it is unlikely to find somebody among your acquaintances who doesn't know his Zodiac sign. And mostly, we are interested about it through the prism of our professional focus and suitability. Why? Because we instinctively search for an answer to the question: what am I good at?

There are many sciences, such as astrology, palmistry, physiognomy, numerology, NLP, system-vector psychology,

constellations, Theta Healing and this list can go on and on... Variety of such sciences is great. Each of us can find among them something to believe in... You should choose an "assistant" whom you intuitively trust more, and use its help to try and find the purpose of your existence.

What's my motivation to write this? Almost 20 years of experience in higher education makes it painful for me to see talented musicians, singers, painters burn the midnight oil with accounting, finance, or higher mathematics. Of course, a talented person is good in everything he does, or at least in many aspects! No doubts about it! But frankly speaking, it's weird to see someone obtaining a new specialty just for overall development, and then another one, and another one... But when do you live and have fun??? What is the main difference between a human being and everything else in the nature? That's right, the ability to feel emotions. And it would be great, if these emotions were positive, wouldn't it? Since only a positive way of thinking has the ability of creation without destruction.

So, let us consider the seven laws of personal efficiency.

Law 1.

Accept, forgive and let your negative past go.

It might seem strange, but that's exactly what we should start with. We often recall our past, someone even allows himself to get stuck in it, being nostalgic... It's our past where we "look for the guilty ones" or enjoy the past happiness. But after all our life is in the present moment! And our energy is there, where our thoughts are. If we often recall our past, we send all our energy out there leaving nothing for our life at present. It might even cause a depression as a sickness. The most interesting thing about it is that it makes no difference whether we remember good things, or bad things. Because in the first option: it was good once, and now it's bad; and in the second option: it was bad at that time, and it's exactly why now it's even worse... In any case we get depressed.

What can we do about that?

Accept, forgive and let your negative past go.

What does it mean? Take a pen and a sheet of paper. Don't be lazy)))

Or you can use the ready-made sample at the end of the book.

We need to extract from our memory everything that makes us feel sad or sorry about our past. Even if everything is all right now, there are some moments in life that pull our energy back, and this channel needs to be blocked. That's why you need to free your mind and put it all on paper, making a list. We will work with this

list step by step; it won't be finished at once. How do we work with it? There are many different techniques.

I suggest an option that has been tested many times, so its efficiency level can really be trusted. After all the negative moments are recalled, choose any of them, just it's better to start with a less emotional one to make our "learning process" easier.

Sit down comfortably, relax, close your eyes and remember that moment. When the situation itself (or a person) is already in your mind, you need to think it over and answer the question honestly: what kind of benefit this situation has given to me, or eventually what I should have understood thereby? The lesson will be learned, if your answer is really honest. Nothing happens by chance, it's the fate who wanted to teach us something, or to tell us about something in such way. When the lesson is clear, thank mentally to the person (or a situation) and be grateful for they've taught you. And then tell yourself that you are letting this situation go, and imagine the picture of it melting, or as if you erase it like a drawing from the chalkboard. In this way you tear the energetic connection, which tangles your creativity today, makes it difficult to achieve what you've dreamed of. And finally, the most important thing is to imagine a solution for that situation in the way you would like, and fill it with emotions you've hoped for. Thus images will be replaced on both mental and emotional levels. This technique is so-called practice of images replacement.

Work over the entire list in this way. How long does it take? Everyone have their own pace. The key thing is to start. And everything that will happen in your life soon after you start will motivate you to pass the entire list quickly.

Thus we are clearing from the negative burden of our past.

I would like to consider separately **children-parents** relationships. Unfortunately, it sometimes happens in life that we feel offended by our parents. That's exactly what we should start with, because a lucky boat won't enter our harbor until we create sincere relationships with parents built on unconditional love. And it is the main thing to be understood while studying the first law of personal efficiency. Someone is lucky enough to have no idea how it is possible not to love their parents or be unable to reach an understanding with them. If you're among these people, don't hesitate to move to the second law. But if not, if something ever happened, even once, then you should do the following. Divide a clean sheet of paper in two parts; one will be called **MUM** and another one – **DAD**. Fill both columns with the brightest positive moments of your life associated with your parents, from the early childhood. The more, the better! We need to find at least seven each...

Then draw a line and write in the same way negative moments or offenses towards our dearest people.

Put one more line under it, and write the following text: *«I accept, forgive and let go all the negative past associated with my parents, because I just love my Mum and Dad and thank them for my birth»*. You may stop here, or you can continue to write columns telling exactly why you love them.

In most cases such work (only if it's sincere!!!) should be enough to set the past free. If not, then you need to look deeper.

This point is the most important.

Perhaps the same work needs to be done with other people who left a trace in your soul (former beloved ones, colleagues, neighbors, or even a professor))).

Law 2.

Accept, realize and write down your past achievements.

At first sight, here it's a little bit easier. Your job is very similar to the Law 1; the only difference is that you need to remember all your past progress and achievements. Moreover, mostly we measure the extent of our success (victories) through a scale of what we had to sacrifice to achieve it. Our work with Law 2 is self-examination, and again it's in written. Unlike the first Law, here dates (years) are also very important. Procedure is the same: remember, learn a lesson, thank and let go. If you ask: why do we need to let go our success too? The answer is the same: "Our energy is where our thoughts are. But life goes on at the present moment! If we often recall our past, we send all our energy there, leaving nothing for our life right now". Moreover, nostalgia for the good old times and our success there is often even more dangerous than the memories of failures! Out there it is even easier to find ourselves an excuse for the present sloth.

What is also useful about our work with the Law 2 is while remembering our successes we simultaneously recall our emotional state. It is the presence of emotions that distinguishes a human being from all other living things on Earth. And this is good news, because we can use our most bright emotions as a kind of "individual magic pill" to escape from melancholy or even depression. As soon as we recall the most thrilling moment of success and, most importantly, our emotional state at that

moment, the current mood will change significantly! In psychology this phenomenon is called "emotional anchor". It can be either positive (in Law 2), or negative (Law 1). The choice is yours.

"Enthusiasm" recipe №1: every day is a new page in your book of life. Imagine your every new day as a new acquaintance. When meeting someone new, very few people think about his or her past. You can only guess and assume basing on their speech, posture, the way they look... Think about it. I'm not talking about situations, when somebody introduces us a person, talking about his results and merits. It's about when we get acquainted at our will.

That is why it's so important to make your development an ongoing process, setting goals and achieving them constantly, since the movement is the key to success! **«Nothing fades as quickly as the laurel wreath of the past success»**. It's confirmed by the metaphysical law of constant growth, which states that if you stop, you will start to rot (we will talk more about it later).

I believe that your list of successes will be much longer than the list of failures. Ideally, this list must be equal to your age now minus 10 (if you're over 40, then you can deduct 20). Get down to work in search of your magic pills!

These first two Laws of personal efficiency are based on the metaphysical laws as well:

The Metaphysical Law of Human Radiation says that each person is basically a powerful energy source that radiates karma of thoughts and feelings, emotions or vibes.

This law teaches us that as we radiate out our unique energy, we attract into our lives those people and circumstances that are in tune with our own thoughts. We attract the same energy that we radiate out from ourselves, whether it is positive or negative.

People with similar minds tend to group together.

Your close friends probably think much like you do. They have actually become your close friends because of this metaphysical law of human radiation.

WE BECOME WHAT WE THINK OF.

For years you have heard that you are what you eat. It is true, but did you know that **you also become what you think about all the time!** There is another principle that controls your life: what you radiate out, same you attract to yourself. In other words, a person attracts into his life everything he thinks about all the time. Find someone who is passionately consumed with a belief or concept, who lives, breathes, and eats a particular idea, and it will be a person whose obsessions became reality in his or her life. With this metaphysical law of attraction in mind, obviously you would want to be very confident and optimistic in your view of the future, so that you will attract those developments in your life. This is much more than just "positive thinking," although there is certainly nothing wrong with positive thinking.

Success visualization is a process that changes our lives by creating images in our minds that ultimately become reality.

The Metaphysical Law of Self-Determination is about acknowledging the role of personal responsibility. It is only you who determines your fate, nothing and no one else. The self-determination you feel within gives you the strength to overcome all the obstacles you will face in life. You need to take personal responsibility for all of your actions and results in your life, become strong and determined; then you will always succeed through self-determination.

Law 3.

*Be grateful to fate, for everything, both for good and for bad
(its lessons, after all!).*



Everyone has his own destiny, but
we all try to choose the way that seems easier.

Swallows, lovely birds, if we mention them, its only something positive... We even call something or someone we love "My swallow".

But is it true? I will not get into zoology subtleties or talk about its varieties, I'll just tell a story.

Three years ago swallows have settled in our house. An ordinary thing, someone could tell. But we observed them, worried about their baby birds, several times we even returned fallen out yellow-beaked chicks back to the nest (with gloves on, so their parents wouldn't throw them out intentionally))). So every summer they were becoming a part of our family... It seemed to us, that it was the same couple that arrived to the nest at our house for three years in a row.

But last summer, when our birds were already hatching eggs, another couple arrived ("invaders"), they even looked a bit different

from ours. And there was a real war (I'm not exaggerating!); there were so many feathers and "bombs" everywhere that we even had to clean up after them. "Invaders" kicked our birds out of the nest, threw their eggs away!!! (The chicks in were already fledged) and took the nest... Five more days battles went on... We were even ready to interfere, but something told us we should wait. And, you know, it didn't seem funny at all...

Eventually our swallows accepted defeat, and gave up their nest. But at the same time they started to build a new one! Ours were busy building; the "invaders" were busy fortifying – raising the nest up to the ceiling, leaving only a small gap for flying in and out.

Nature takes its course. The "invaders" laid eggs and started to hatch. Now we had two swallow couples sitting on eggs! From time to time they were in conflict with each other, but still were living as "neighbors".

That summer was really hot, so you can imagine how stuffy it was inside the fortified nest. Obviously, the chicks were choking there... In order to get their offspring, the "invaders" had to lay eggs twice, but the result was the same...

Our birds, having built a normal "light" nest, hatched four beautiful chicks, raised them and flew away!

Our whole family worried a lot about what happened, and as long as it was very painful to see this, we took off both nests in fall.

And now spring has come. Our birds came back! And started to build a new nest)))

Why have I decided to write about this case? Because it became a lesson of tolerance, patience and acceptance for me too. And I'm grateful for it!

Each of us has heard the expression: "Every man is the master of his own fortune". It's true – we really create our own destiny and our own reality. People who are aware of it are already the winners in some ways. Such words like: **"I'm sorry. Please forgive me. Thank you. I love you"** have a sacral meaning for us. Moreover, we are all connected with each other and the universe. Every word, every action finds its response. And that is why it's important to realize our own responsibility for everything.

There is a story about a Hawaiian doctor Ihaleakala Hew Len, who practices a healing method called **ho'oponopono**. To be exact, it's a method of self-identity. He healed all the prisoners in the hospital for mentally ill criminals, using his method of humbleness before the universe and taking 100% responsibility for everything that happens. In fact, he treated his patients by the phrases that he repeated tirelessly: **"I'm sorry. I don't know, what's inside me helped this man or this situation to appear. I don't know. Forgive me. I didn't realize what I was doing. Please forgive me that unwittingly I took part in it. Thank you for everything that you are doing for me. I love you"**.

The thing is that our images of something live in our subconscious, and in most cases we don't know what they are. We say: **"Please forgive me. I didn't know. I totally didn't realize"**. We say: **"Thank you"**. This demonstrates our deep

gratitude, and that's an incredible incentive that connects us with the universe. We thank the universe for caring, for cleansing from distorted perceptions, negative thinking and restrictions.

The phrase "I love you" is the most powerful way of influence. This mantra can change our planet. Instead of peculiar internal monologue where we criticize both ourselves and others, it is reasonable to talk to ourselves in such way: **"I'm sorry. Please forgive me. Thank you. I love you"**.

When we declare an intention and wait for its fulfillment, when time is running and nothing's changing in our lives, we lose patience, become disappointed, doubt everything and ponder if everything is alright with us... Exactly at this moment it's necessary to remember that in spite of how we feel, whatever are the emotions overwhelming us, **it's possible to get rid of them appealing to the Universe**. Address all your feelings and emotions to the Universe, no matter what relationship you have with it. **"I'm sorry. Please forgive me. Thank you. I love you"**. This is the simplest of the known cleanup methods, but one of the most efficient.

An ability to be thankful needs to be brought up since we learned to speak. But sometimes we allow ourselves to forget about this ability. That's our loss. It's not about just repeating "Thank you" every minute (though it could be useful sometimes). It's about summing up the day that past every evening, remembering the bright or important moments and thanking the God (the Creator, the Universe), a situation, circumstances, colleagues, destiny, or yourself eventually, for the fact that the day went well, you're

feeling good and are ready for tomorrow. And if it was not so well, then this practice is even more important, because you need to think over everything that happened, find positives, learn your lessons, understand why it happened that way and be grateful!!! It's not always easy and simple, but as soon as it becomes a habit, finding positives becomes easier and easier day by day.

But there is one important condition absence of which makes this procedure meaningless. It is necessary TO FEEL GRATEFUL. We already know that gratitude is very close to the absolute love. Love is the most powerful positive feeling. So you need to remember, when we give thanks, we are sending out a very powerful flow of positive and creative energy into the universe. What goes around comes around. We give positive energy to the universe and get it back, but in a different form. And now let's practice. Stop reading. Take a sheet of paper (or a notepad) and a pen. Write down your own "Thanks list" of 17 points. It has an almost magical effect. Check yourself.

Now I'm going to tell you something that you probably won't like and it might even sound pessimistic, but unfortunately that's the way it goes. That is why this habit is so important. Our negative emotions are much more powerful than the positive ones. Most likely it happened during the evolution. If you don't believe it, look at your own experience: aren't our worst expectations and the things we don't want materialize quickest? Why doesn't it happen so fast with the positive intentions?

Here is the explanation, why the habit of giving thanks is so important and powerful. With its help we can:

1) Radiate out a very powerful flow of positive energy into the Universe.

2) Change focus of our thoughts. Instead of expressing discontent, even if it's for a reason, you must strive to remember something good you can be grateful for, and thank for this.

Pay attention to the paragraph 2. The habit of giving thanks also helps to cope with negative emotions, what is very important!

It is the most essential to remember about gratitude in such moments:

- When a good occasion happens. Be grateful for it.
- When a bad occasion happens. Thank for the good things in your life. Thank for the lessons!
- Before going to bed: thank for all good things that happened during the day. A simple phrase: "**I thank for the passing day, for everything that happened today**" makes wonders.

Perhaps it won't be notable immediately, but the number of events you want to thank for will increase.

To enhance the efficiency of gratitude vocalize the gratitude words aloud, and in order to give them even greater force write them down on a piece of paper. It can be anything:

- I'm grateful for the promotion.
- I'm grateful for the fact that everything went well.
- I'm grateful for my health.

It is pretty easy to give thanks for what you already have. But our task is to turn it into a daily habit. Therefore I propose a step-by-step algorithm of developing this habit:

1. Learn to be grateful for all the good things **that will happen** in your life from this point on.
2. Learn to be grateful for all the good things **that you already have**.
3. Thank for **what you don't have yet, but what is going to happen soon** (small and short-term goals).
4. Thank for **what you don't have yet, but what is planned** (big and long-term goals).

It is worthy to have a notebook for gratitude. The point is not to read it ever, but simply to write, habituate your subconscious.

There will be so many reasons for being grateful soon that you won't search for it, as life will play out in fresh colors!

To facilitate implementation of the Law 3, let's check Law 4.

Law 4.

Change your mental attitude.

Why is everything just not the way you want?

Probably each of us asks himself this question from time to time. Obviously, there is no definite answer, but for sure some clues can be found.

We live on a template. Yes, exactly! Some templates are good – like cleaning your teeth twice a day, for example. And some hinder us. The question is – which ones? The point is, not everything is on the surface, very often it's lying deep down in our subconscious, coming from early childhood ... ☺ (don't do that, don't go there ...). Or from our youth (Well, what do you think you're doing? Look at yourself!). Or even from adulthood ☺ (What are you trying to prove? And why is it better? What kind of example are you setting?)

We try to catch up everything, sometimes we want to please everyone (especially ourselves), or at least meet the expectations of others. And this is moment where we take wrong decisions!

Let's take business for example. Why business – because there is a common belief that becoming an entrepreneur (businessman) will immediately change your life for the better. But is it so? According to statistics, only 2 out of 100 entrepreneurs will celebrate their 10-year anniversary. Why? Everything seems so fine – you are your own boss, the director himself: do what you want, communicate with whom you want, earn as much as you want. But

this is only a tip of an iceberg. The main part is hidden under the water... Same is with us. I'm not even talking about taxes, audits, authorities... The problem lies much deeper. What is business after all? Business is about money. Where do they come from in a business? From its turnover. A where does turnover come from? That's right, from the sales! And now the most important thing – answer yourself right now, just be honest – what associations arose in your mind with the word "sales"? What kind of vibrations went through your body? How does it feel? I suppose that two groups came up just now: the ones under 25, and those over 25 (who were born back in the USSR). It really makes a difference! Those who are a little bit older were raised with conviction that commerce is very bad, it's cheating, and all traders are speculators and black-marketers (depending on the trade subject). And in most cases these beliefs are still inside our minds! And if a person with such convictions decides on a business – he will surely fail!!! He is the one who wouldn't celebrate his 10th anniversary...

Quite often we hear some very motivating stories (do this like I do – and you will get a million in one month, repeat after me – and you will drive your own Mercedes. Moreover, if you honestly say that you don't know how and don't really like to sell, they might even argue that there is no need to do selling! Simply invite those who will use the same stuff as you do, and you'll find yourself in a bed of roses). These stories sometimes make us move out of a comfort zone, and we even start some action. However, most of these stories aren't working out in our circumstances, and again we get some disappointing experience... It means that such stories help increasing sales, but they don't provide understanding and

won't help us to believe in ourselves, they can not change our beliefs!!! Without these factors any business will fail.

Look inside yourself and find what's preventing you from achieving those changes you dream of (in all spheres of life!). I can give you a hint – if right now you're still not where you want to be, there's definitely something inside you to look for!!!

Test yourself: are you an amateur or a pro?

This is the question you want to give a simple answer immediately – definitely, I'm a professional! No doubts about it! I've got higher education, more than ... years of experience, I love my job, and I am constantly evolving in this direction. Of course, I'm a Pro!

But you know, all that stuff listed above does not guarantee your membership in the club of professionals and surely doesn't make you a major league pro.

If we go to the origins, a Professional is someone who made certain activity his occupation; someone who became a specialist in what he does, trained for some specific job, with the skills, qualifications, and, if necessary, with the admissions to do that job and to perform his duties. Many people confuse the concepts of a professional and a master. Not all professionals are masters of their craft, same as a Master in a certain field is not always a professional. A Master is someone, whose work becomes a state-of-art, who invests his talent everything he does, making things unusual and genuine; someone who is truly an expert in his craft.

However, a modern world gives at least two extra features that distinguish these two concepts – inspiration and money.

What do you think, how are they related to our question?

Let's start with inspiration. If performing every next task, which concerns your job, requires you to find some special inspiration (a muse, desire, mood, call it whatever you like), if you are trying to delay everything until the deadline (if set), then you can hardly be considered a professional. Yes, I hear your objection – if you do your job with desire and enthusiasm, it runs better, faster, more fun! And now imagine yourself as an athlete who's intended to win the Olympic Games, maybe not these, but the next ones. Do you think you this goal can be reached if today you decide to get some sleep, tomorrow or the day after you exercise for 12 hours, and then you go to the sea to relax and remove the muscle soreness, and later, in a week or so, you get back to training? And then again some sleep, etc... How close are you to the Olympic gold medal?

I suppose you understand that a professional is someone who works systematically, without waiting for inspiration or good times to come (or for the other political situation, or whatever else, etc.). Waiting is just an excuse for our subconscious. It does not bring gold medals and can not make us Masters of our craft.

Regarding **the money** it is even more obvious. Just look at the athletes again: who's got more income – major league pros or amateurs? So if you know the value of the work you're doing, and you can express it in numbers, you're much closer to a pro. But when the job is done and it is hard for you to estimate it... The conclusion is obvious.

Summing up, I want to emphasize importance and power of the habit. Yes, yes, that's it! It is the presence of certain habits (or

lack of them), regardless of the mood, provides the result – gold at the Olympics.



What are the habits that lead to Olympic gold medal?

As you and I can hardly be considered experts in sports, let's talk about more earthly habits.

Tell me, how do you start your morning?

When and how do you wake up?

Experience shows that people who reached a certain level (in sports or business):

- a) Get up early;
- b) Don't use an alarm clock.

You probably question: how can you get up early without an alarm clock?

I suggest thinking about the other point first: Why get up early?

Doctors and psychologists say that 90% of all people have their maximum individual productivity before 11 AM. So this is the time when you can do more and get better results. That's an answer to the first question. While the answer to the second one is even more obvious – your mood is much better during the whole day if you wake up by yourself!

And now back to your question, how do I get up early without an alarm clock? It is very simple if there is a goal set. The main thing here is to find such goal able to make you accomplish such a feat!

So now we have identified the first two habits that lead to gold medals.

The habit of brushing your teeth we won't even discuss, it is an axiom. You should admit that communicating to a person with a bad breath is far from being pleasant. Our purpose is to be remembered by some other factors, isn't it?

We are driven by our goals, so it's important that these goals are able to perform the feat for us. They have to be great, the size of an elephant! It should be a mission (understanding of your own destination). An elephant is a huge animal that weighs between 3 and 5 tons. Can we eat it? Of course, if it's sliced into small pieces (portions). So, completing our allegory that elephant is our mission in life, small pieces (steaks) are the everyday goals. We all know and understand this, right?

But ... every day we are running in circles ... We got used to the life we are living, each one to his own. Most of our days follow the same scenario: we wake up to the nasty alarm (even if there is our favorite tune on it), get prepared for work in a crazy rush (because the alarm was set way too close to a deadline for leaving the house), finish watching interrupted dreams in the public transport (if we're lucky enough to find a seat), and then start to work ... a boring, monotonous process, sometimes diluted by reprimands from the boss. When your day is over, tired and

frustrated you head home in the same bus, sometimes even with the same companions. A hasty dinner, and finally a short rest (someone sits before the TV screen; others in front of the monitor, some people take a book). "Short" rest lingers until 1 or 2 AM, leaving only a few hours to sleep, interrupted by the same nasty alarm clock ... And again it all starts from the beginning.

Where is my golden medal, you ask?

In such scenario it will always be won by... someone else.

Well, what about me?

Do you want me to tell you a secret?

Each of us already has his own elephant! But someone had already found it, and his elephant weighs exactly 3-5 tons. While the others only have a wooden table statuette the size of a matchbox. The difference is that the statuette stands still covered with dust, not causing any enthusiasm for life, while a living elephant entails, makes you move and go up. Which one do you have?

We live in a material world with its own rules, laws and restrictions. They are necessary, because otherwise there will be chaos. However, our own personal beliefs and limitative psychological settings provide more harm than good. There are, of course, some useful individual restrictions, like not putting a fork into a power socket, or not drying your hair over gas burner☺. But these restrictions are more of self-preservation sense. However, convictions like: "I can't", "I'm going to fail", "I've got no money", "My parents aren't rich, so I won't" – they belong to the toxic ones that poison our lives, and need to be worked out. But it's never a

good idea to fight them, because we will always lose. Since everything we are fighting with only tends to grow stronger. There are many different techniques ranging from affirmations (or affirmations, which become more and more popular nowadays), up to hypnosis ... I'm offering you more efficient and safer method, and it is also much faster.

It's a work with pictures (we are already familiar with it).

Let's remember these very important laws again:

Metaphysical law of continuous growth shows that we can not succeed in life, if we stop growing mentally. Personal self-improvement and professional growth should be the target of our endless quest. In order to have continuous success and prosperity, we should always learn and work on self-improving.

Metaphysical law of continuous growth is a way of living for truly successful people. We should always remember that as soon as we stop growing, we are ripe. And when we are ripe – we start to rot... If we don't read or learn something new on a regular basis, our brain starts dying. To earn more, we have to learn more.

It is useful to create a list of abundance, so we could see where to grow.

Metaphysical Law of Self-Adjustment basically means that we are the happiest people and feel only the best towards ourselves and our work; that we are self-adjusted both in our professional and personal life.

If we feel controlled by the others, or by some circumstances we can't handle, we start feeling miserable. People want to feel self-adjusted at everything they do, though in reality they are not.

Teenagers don't like to be under a strict supervision of their parents. Women don't like to be ruled by their husbands and vice versa. Everyone wants to be in control of their lives. The question we have to ask ourselves: "Who controls my life?" To have a happy life, the answer should be "Me".

There is a remarkable **Rule of 3 "R"**, through which I recommend you to guide your daily activities:

1. Respect yourself.
2. Respect the others.
3. Take responsibility for all your actions.

Trivial, you say? Sure, it is. But it works! ☺

Law 5.

Dream and plan.

Once in Shanghai



"Great things are seen from a distance."

The well-known rules of past years: "***Who owns information – owns the world***" now suffers a crushing defeat.

In the old days it was hard even to imagine such number of sources for different information that we have now. But that's a negative rather than positive thing.

Today each of us can express his opinion. It's wonderful! But another question arises: "***Where is the truth?***" "***The truth lies in the listener's ears, not in the speaker's mouth***", an Eastern

wisdom tells us. Our ears have a direct connection with our heart, the only who can give us advises...

Great things are seen from a distance. A familiar phrase, isn't it? In the summer of 2007, I truly felt the depth of this phrase, almost like needles pricking my fingertips.

Our Chinese tour ended with an excursion through Shanghai...

It is well known that Shanghai is China's largest city and one of the largest in the world. It has a population of more than 23 million people (that's only twice smaller than the whole Ukraine)))! While the area of the city is 6340 km² (Ukraine is 603 628 km²).

By the beginning of the XX century, Shanghai evolved from a small fishing village into a major city in China and the third largest financial center in the world, after London and New York. It is also the world's largest seaport.

Moreover, 90% of households in the city have a minimum of 2 cars, but thanks to the 8-level interchanges and placards there are almost no traffic jams!

During the day we walked along the Waitan Bund, on a bank of the Huangpu River (I made a picture shown at the beginning of this Law's description during that walk, so most likely now there are some changes))). The buildings around are of neo-classical 30s stile, and look a lot like their brothers in Chicago and New York. Waitan Bund is a symbol of Shanghai, also known as the "architecture fair of ten thousand countries". On the opposite side of the Bund, beyond the Huangpu River, there is a city of the XXI century – Pudong free economic zone, arising like some futuristic mirage. It includes a high-tech park, export production area, duty-free zone, and an exchange center. The Bund is especially beautiful

at night when the colorful city lights lit up. And, of course, an evening boat-tour by the Huangpu River was also a part of our program.

And this is where something happened, the reason why I'm writing these lines.

In order to pass the waiting time for our boat, we stood on the embankment examining with interest a variety of souvenirs from local traders (just usual souvenir counters, same as we have near the Black and Azov Seas). Only one of them was selling moving pictures of different sizes (not very big, but quite expensive). My attention was so much drawn to one of them, that I watched it, as if I was hypnotized, through all the waiting time (about 30 minutes). It was a moving panorama of the very embankment we stood on; with exactly the same view that revealed to us. With all those shimmering lights like at this photo:



I admit – I took this photo from the Internet. That moving picture had a river simulation (apparently river was made of gel), with the same ships floating in it, as it was in reality. **It was so real, simply mesmerizing!** I looked at this picture and said to myself: "Just like New York! And I'm standing here! And I'm going to float on the same boat and observe all this beauty nearby!" Beauty and realness of the image simply left me breathless!

So finally it was our turn to get on a boat. More than a hundred tourists of different nationalities rushed in to occupy the best seats (the ones closer to the board). Not all of them were lucky enough))), but we were among the lucky ones! Standing sideways near the railing, we looked at the opening views, until the cool air of the river did its trick. We started thinking of something warm and soft. However, simple understanding that we are in SUCH A PLACE made us pick up our cameras and take pictures of all this beauty together with ourselves, of course))).

When at the airport, waiting for the boarding call, we started viewing the footage, it was a little disappointing. Here is a part of what we had:



Later at home I realized the deeper meaning of these words:

"The great things are seen from a distance."

It had to happen this way. After all, **when you're inside** something huge – it's impossible to realize all its greatness, simply because our brain needs to reduce everything to the size of tangibility. And then everything falls into place.

Therefore, you need to dream, but first you need to focus on priorities. To do that it is necessary to calm down your emotions and take a look at everything from the outside. Listen to the right-side; listen to the left-side. **And then ask your heart. It is the only who's telling the truth. The idea is to hear it.**

FOCUS is the main thing.
Have you thought about it?



Yes, it's the homonym word (different meanings but same sound and spelling). But now I want to talk about one very important focus in our lives!

Imagine. You decided to buy a new car. Studied the entire Internet, read a lot of information, discussed it with your friends and chatted on forums. That's it, the decision was made. You went to the showroom, took a test drive and your confidence of making the optimal choice increased. You left a deposit and realized that you **ALREADY** own your car! Feeling happy and encouraged you came out of the showroom, passed a few meters and... saw exactly the same car on the parking. You looked at the crossroads and saw a couple more of them, maybe even in your color! This is where our feelings may vary. Someone would become even more inspired – once many people made the same choice, then it's the right choice. But the others might become surprised – how could they didn't notice it before?

The point of this sketch is that an answer to any of our request is with us, always. That's how the Universe works.

It might seem that the answer is hidden somewhere. But in fact you just need to draw a clear picture to understand your own desires. And once the decision is made move persistently in the chosen direction.

I remember a parable about this.

It was in ancient times. The king decided to test his people, and intentionally left a huge boulder on the road. Then he hid and watched if anyone removes this obstacle. Some of the wealthiest merchants and courtiers drove or walked around the huge rock. Many of them blamed the King out loud for the bad roads. But the King remained in his hiding place, and continued to watch the passers-by. No one has done anything to remove it. But then there was a peasant carrying a bunch of vegetables. As he approached the boulder, the peasant laid down his vegetables and tried to move the stone away to the side of the road. After many attempts, finally his efforts ended successfully. After he picked up his bunch of vegetables, he saw a purse lying on the road where the boulder was before. There were a lot of golden coins inside that purse and a note from the King, saying that the gold was for the person who will remove the boulder out of the way. That day the peasant learned something many of us will never understand.

What we're looking for is always with us. Sometimes it is much closer than we can imagine!

That's the whole trick!

We need to dream and to plan. And then we must synchronize our actions with our plans and dreams, like compass. And make changes if necessary. After all, a plan is not a dogma; it is a dash line leading to the dream.

But remember, **although it is dashed, it's real!**

Make a list of your desires and dreams, eventually turn them into goals and achieve them.

Law 6.

Act!

Only our actions can determine our point of destination. And a tailwind won't help a ship which doesn't know the way. While you should always be ready to change (adjust) your objectives, never let yourself betray your personal values. That is why I would like to start with an introduction to the **Metaphysical law of a right choice. The most successful people live relying on it.** They accept that every day literally hundreds of choices are made, small matters from the first sight, but very important eventually. And every choice has its consequences. They understand that there is a cause and effect in everything they do. Everything in your life has been determined by the choices you've made in the past!

Successful people make careful, thoughtful choices, knowing that the events they defined actually create their future.

They tend to be hyperactive, people who plan everything in advance and strive to some particular goals. They work daily on a logical principle of cause and effect. Reasonable people admit that they cause most events in their lives and take responsibility for their results. They work hard and expect positive outcome.

On the contrary, unsuccessful people don't make conscious choices. They believe that everything happens to them accidentally and they have no control over their destinies. But in fact they create their own future on a daily basis with the choices they make.

Losers see themselves as victims. They do not have any long-term or even short-term goals. They hope for the best, but make absolutely no efforts to help the best things happen. The concepts of a right choice, a cause and an effect are foreign to their way of thinking.

Perfectionism is our frequent companion:

is it harmful or helpful?



Once there was a girl. She was born as a third daughter in a nice family of a schoolteacher. And she was walking through life with her brown eyes, heart and soul wide open, enjoying every minute of her time. From the early years she tried her hand in different activities: worked with animals or in the collective farm garden))), played violin and piano, strived to be a good student and a public activist (a team leader, head of school YCL). Life seemed full of hope, achievements and events. Looking at her you would expect a future for such an active, carefree and joyful child; a future covered with most pleasant events. And that's the way it was ... from the outside. While in fact each and every of her deeds and actions was accompanied by her own words: "What will they think of me? What will they say about me? How will it look from the outside?" As she was very responsible, she tried to make

everything polish. In modern words, she suffered from perfectionism.

Yes, everything seemed great! Moreover, for quite a long time she didn't realize that she was just "unconfident smarty girl")))) It's funny, but true...

Some might even ask, "Well, if everything is OK, why criticize yourself? Does it make any difference if you're self-confident or not? Who needs it anyway? Isn't it just self-blaming, self-reflection and self-criticism??? Live and be happy!!!"

I can agree with that. But at some point you start feeling the need to understand – why is everything just not as I hoped for??? While looking for an answer to that question you find yourself in such soul-searching.

But if you know the face of your enemy – it's already halfway to beating him!!! It's a way to the victory over yourself, your own fears and doubts! It means that everything is in your hands! Now, looking down from the height of years, experience and understanding, when you realize that the whole world is an illusion (furthermore, everyone has their own), I want to scream out loud: we must live in peace and harmony with ourselves! It's the most important thing. And the world will love you then.

Today, thanks to the incredible amount of available information, it is no secret anymore that we live in a many-sided world, which has a holographic dimension. What does it mean for us? It means that many things we thought were true – have been disproved, what was considered the best for many years – was actually far from good... And that our world is nothing but our personal illusion. There is just a "collective mind" that we created

and live in, that we obey on our own free will. We strive to measure everything and give it a "name", determine everything and put it inside some limits. On the one hand, the society part, it is a way to optimize the whole thing, make everybody communicate and understand each other; but on the other hand, the individual part – it is a limitation of freedom.

So what should we do? What to believe? The answer is simple – trust yourself, your own intuition! However, I can already hear the objections: how can you distinguish the collective mind from your own? For my entire life I had been taught: just stand there, come here, you can't do that, don't touch this, etc. etc.... Many limits have become family to me! And what is that intuition we are talking about? How do you hear it???

How do you find your uniqueness?

Each of us is unique. No doubt about it.

But how can we find our uniqueness? Many questions arise here, a lot of them. Some of them remain unanswered ever.

However, someone might be not even looking for answers to these questions.

It is a matter of choice – to search or not to search.

Such a life-asserting phrase "You can!" can sometimes even cause irritation... Simply because you don't understand: *I can what?*

If you have these questions, then you are in the right place.

Talent lives in all of us – singing, drawing, modeling, unique flexibility, lightning-quick reckoning, the ability to recognize hundreds of wines, the ability to find a common language with

animals. In all spheres of human activity we meet people that have thrust, predisposition, even a mission for something specific.

Each of us is given a key since birth; the main thing is to choose from hundreds of doors the one it will open.

However, entering the right path does not mean reaching your goal.

"One cold January morning in the Washington subway station there was a man who started playing the violin ...

He played 6 compositions in 45 minutes. During this time, as it was a rush hour, more than a thousand people passed him on their way to work.

While he played, only 6 people stopped and listened for a while, 20 more threw money without even slowing down. The musician earned \$ 32.



None of the passers-by recognized him, but the violinist was Joshua Bell – one of the best musicians in the world. He played some of the most sophisticated pieces ever written, and a violin was worth \$ 3.5 million.

Two days before the performance in subway, he gave a concert in Boston, where tickets with an average price of \$ 100 were sold out."

Playing at the subway station Joshua showed his talent, he fulfilled his mission – to bring music to other people. *It is unlikely that he had less fun playing down there than few days ago in Boston.* But imagine him doing that day after day – how long do you think he would last? Would he be happy and successful remaining an ordinary street musician?

Judging by the fact that he never repeated his experiment, Bell's answer was "NO".

All people are talented in a certain way.

But only those become successful **who find a society demanded use for their talent.**

It's never too late to find your mission and start making money on it. The main thing about it is to stay useful for the society.

Let's consider the usefulness in a strategic dimension.

"... And she turned into a Princess from a frog ..."

"... And he turned into a beautiful swan from an ugly duckling..."

How many times have you read stories like that? A familiar tale, isn't it?

I might say that I've really been through this.

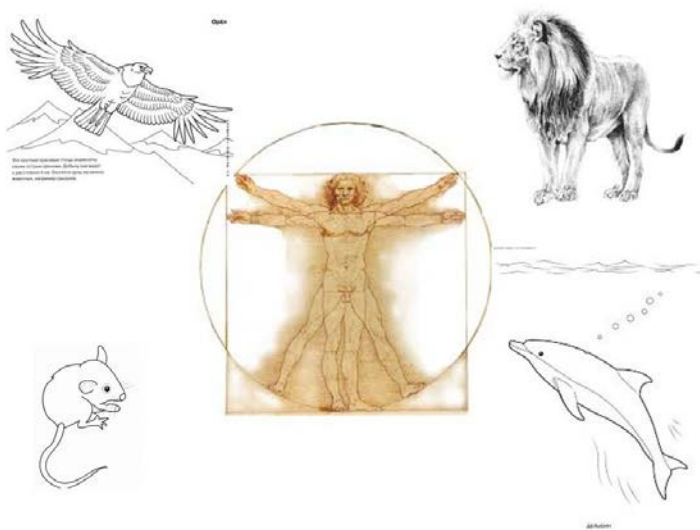
As I worked on my beliefs by one the methods such fairytale started happening to me. I realized a true reason for the state of my affairs!!! At least concerning myself it is for sure. But I'm sure that you'll see here something useful for yourself.

It's especially clear to the ones familiar with our Slavic habit to "cry the blues." What is behind it? Fear!!! Fear that all would envy.

And then even put an evil eye, God forbid))) It's better to stay low, not to step out from the crowd. Be like a "gray mouse"!!!

Did you ever feel ashamed, embarrassed when praised in public? If "Yes", then you belong here, with the "gray mice"...

Take a look at the world around.



Yes, a mouse is not guilty for being born a mouse.

And an eagle is not guilty for being born an eagle! Same with the lion, and the dolphin, and all the rest....

The animals have their behavior pattern already laid inside their genes.

It's a bit more complicated for us, because on the outside we're all the same, and the society is trying to make us "fit" into its behavior patterns. And it has a reason for that – to control us.

But if you were born as a bird, and you put on the mouse dress, your whole life will be uncomfortable! It won't be convenient to sleep (wrong places), or to eat (wrong food).

Not comfortable to live!!!

Take off someone else's mask and costume! They're just too tight, after all!!!

Find yours!

It's not your fault that you're born to be different!

But it will be on you if you don't find out whom you are born as!!!

There are many methods to sort this out. Let's use one of them and define:

What motivates you? What is able to lift you up from your favorite sofa?

There are plenty achievements and results in our life, we've worked on them in the Law 2



Now we will look at them through the lens of motivation to get an answer for a question really important to all of us: "What motivates me for the achievements? What is my personal pusher engine kicking me out of the favorite couch?"

It seems to us, that we don't always know the mechanism to achieve our goals. Some might say: "Its success and self-fulfillment for me", some others – "Money," or "Family duties and helping my parents" ... in general, it is true ... but not always.

It is more what we want to pass off as truth.

I have good news for you. There is a proven mechanism to define your true motivation.

To use this tool, you will need a paper and pen (or a pencil) :)
This tailor-made method consists of a few simple steps.

Step 1. Remember how old you are.

If it's below 25, then divide the number of years by 3, and that's exactly how many years we will take for our analysis (for example, $21: 3 = 7$).

If over 25 – simply take the last 10 years of your life.

Step 2. Write down on a sheet of paper *the required number of years from top to bottom*.

For example: Its 2016 today, still pending.

Fill in the column with 2015, 2014...and so until 2006.

Step 3. Remember an event for every year, something memorable. It can be positive, or not. But it has to be important for you. Write down this event next to the year. Maybe you even have few of them. The main thing is to remember something for each year.

Step 4. When every year has its record, look through your events carefully, and then **point out and mark 3 of them**, which are the most important for you, the ones that only depended on you. To ensure that step 4 was honest, it is necessary to accomplish step 3.

Step 5. Write down these 3 events in a separate column below. Next to each event you must write an ***honest two answers***:

"What preceded my decisions on this event?" and

"How did I formulate this goal for myself?"

Step 6. Praise yourself for what you did to perform these 5 steps! It's important!

And finally we've got what we were looking for.

Your answer to the first question – "What preceded my decisions on this event?" – appears to be your real personal motivator!!! I am sure that this discovery now is somewhat different from your previous thoughts on self-motivation.

And the answer to: "How did I formulate this goal for myself?" – is a bonus for you, because now you know those cherished **magical words** that help you reach your goals.

Just remember: a dream and a goal are completely different things! A dream can remain a dream, but a goal is something to be achieved. But a dream quickly turns into a goal as soon as you put a date next to it.

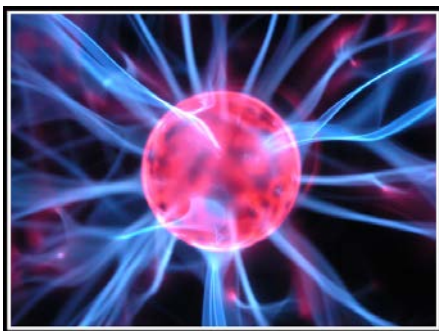
Law 7.

Celebrate your success!

In pursuit of the result we often forget not just about the Laws of personal efficiency, but about the main thing – to live in this very moment, **to live here and now**: to see the world, to hear the sound of silence, to feel the joy of each moment.

Our achievements sometimes are not even considered as such, and, accordingly, we don't celebrate them... I would like to clarify that the law "Celebrate your success" – is not about making a feast, it's about **focusing our attention**. Understanding of the fact that we follow the paved way to our goals and dreams is vital for our subconscious. Our subconscious gains momentum from the approval of its actions, enhancing the desire to help us with the realization of our tasks by showing us new ways and opportunities for that. Without such approval it will eventually refuse to cooperate with our mind. Thus, the focus of our attention works for the subconscious like chocolate for a sweet tooth.

Here is an example.



There is a saying "Life is the best teacher." And it is difficult to argue about it...

But we have more teachers - people. And they are different for every period of our life.

My present teacher has a favorite answer to many questions "It needs to be tested". Sometimes this answer is annoying. And perhaps that's why life decided to test me.

Dreams – goals – plans – achievements. Just like in the books....

And here comes a test (it was winter 2014)

"Today I have a serious event scheduled – a webinar on personal efficiency. I was preparing for it during previous several months. I passed additional training, invented, tested))) , adjusted once again...

And yesterday I get the news: my father is in intensive care in serious condition. Because of the snowstorm, it took 4 hours, a tractor, and several units of special machinery cleaning the road ahead for the ambulance car to drive him 20 km to the district center hospital. I bow to all these people and other MOE staff who came to the rescue! Now my father is under the supervision of doctors.

My youngest son (5 years old) became a hostage of this situation. He was not with me, and not with his grandmother, as she obviously accompanied my father to the hospital. He had to stay with our neighbors.

I am sincerely grateful to these people!!!

It was 300 km between us. It's nothing, you say? I would agree, if not the fact that all roads were impassable. All highways were closed. By that moment machines with people caught in the

snowstorm stood in the snowdrifts for 24 hours already. It was -20°C outside. Wind and snowfall does not stop for three days and is forecasted to last for two days more.

My soul was torn into pieces...

So the question is: what do you do?

There are many options. Some of them are:

- Try to break through in spite of everything, get stuck in the snow, but to have a "clear conscience"...
- Train runs once a week. OK, and what then? A 20 km walk through the snowdrifts?
- It is more reasonable to wait until the storm runs out, and then to go.

OK, good. That's sorted out.

But what should I do about my webinar? Should I run it or continue crying from impotence?

This is when I remembered my mother's words, that she told me when I was a child ... She said, "Do you know the difference between a good clown and a usual one? A good clown enters the stage even when there is hurricane tearing his soul, and the spectators won't notice a thing".

So I decided to remain faithful to my dream. It is quite a simple one: I want to live being surrounded by strong individuals. It is with such persons I meet and live among. And today's webinar won't go in the way it had been planned; it will be even more powerful. I'm sure of that, because today I made a few very important discoveries for myself! "

P.S. The webinar was really good and effective because I had the Universe on my side. In 2 days the roads were opened, and we've made it to see my father.

The Metaphysical Law of strong convictions and positive expectations says that no matter what we believe in, if there is an absolute conviction and confident expectation that everything will be accomplished, it becomes a self-fulfilling prophecy that comes true. Two powerful parts of this Law are the belief and the expectation. These are really similar concepts, because when we believe in something with absolute conviction, we also expect it to happen. This Law confirms that the powerful force of our desire really works.

If we remain constantly sure of our inevitable success in life, then we will instinctively make appropriate actions causing expected results. What we expect is going to happen. The most successful people live according to this Law. They anticipate and expect success, and they achieve it. These positive expectations have a powerful effect on our attitude and on the events in our lives, so they really do affect the result.

In order to be successful, obey to the Law of positive expectations and visualize success every day in everything you do.

It is in human nature to divide his life into certain spheres, and each of them is led by a certain motto. Briefly they look like this:

PEOPLE scope: "People need me."

EXPRESSION scope: "I do not live in vain."

MONEY scope: "I'm comfortable."

The POWER scope: "People respect me and listen to my advices."

RESOURCES scope: "I am self-sufficient and I don't chase anything."

Yes, sometimes it seems to us that we are self-sufficient, that we are adults who know everything. However, the value of a mentor should not be underestimated.

In order to benefit from anything, you need to make physical efforts! Sometimes even intense ones... For example, to gain benefit from a walnut, i.e. to extract its kernel you need to brake the shell first; to get a pea from a pod, you need to pin it down; to get flour from the grain you'll even require millstones; to get milk from a cow you'll also need some squeezing skills☺ Even a usual pencil or a pen works only after you pick it up and press down ... (and the final result in this case depends mostly on the skills of the person who is going to apply it ☺)

As you can see, to gain benefit from something it is necessary to outsource help!

Surprisingly, we also require help from the outside. We need a mentor who will help “extracting a kernel” out of us, stored inside us as in barns. As long as we analyze and study, we are like a storage container constantly increasing its volume. In order to release its content and give us freedom we require a push from the side! This is the task and the use of a mentor! So seek, and you’ll surely find!

Always ready to cooperate, with faith in your success,

Svitlana Koliada.

THE KEY TO SUCCESS IS SIMPLE:

ORK
WISH **IT**

MEMO

Tables for the job according to the law 1

Year	Event
2007	
2008	
2009	
2010	
2011	
2012	
2013	
2014	
2015	
2016	
2017	

MUM	DAD
positive	
negative	
<i>«I accept, forgive and let go all the negative past associated with my parents, because I just love my Mum and Dad and thank them for my birth».</i>	

Tables for the job according to the law 2

Year	Event
2007	
2008	
2009	
2010	
2011	
2012	
2013	
2014	
2015	
2016	
2017	

Tables for the job according to the law 3

17 MY thanks:

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	

Tables for the job according to the law 4

MY toxic beliefs:

1	
2	
3	
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8	
9	
10	
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12	
13	
14	
15	
16	
17	
18	
19	
20	

Tables for the job according to the law 5

My Wishlist

1	
2	
3	
4	
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15	
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20	

Tables for the job according to the law 6

Year	Event	What preceded the decision of this question?	As for myself, I formulated this goal?
2007			
2008			
2009			
2010			
2011			
2012			
2013			
2014			
2015			
2016			
2017			
		<i>Your true motivator</i>	<i>Your magic phrase</i>

Svitlana Koliada

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The seven laws
of personal efficiency**

Workshop

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