

# Beyond LUCK

The 20-Day Boot Camp in Building  
Success and Good Fortune

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THE SIZZLING EDGE REPORT

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**“During the past three years,** I’ve interviewed some extremely successful people, and without exception, each one of them said they don’t believe in luck.

And yet, as we continued to talk, they began telling me about one amazing "synchronistic" event after another.” To find out what they were talking about, keep reading.

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## Introduction

Why *beyond* luck?

Because most people never get comfortable with the random events that crop up in everyone's life. We all know that stuff happens, but most of us never suspect how much more proactive we can be in directing that "stuff."

We grow up hearing references to lady luck. Some folks lead charmed lives, we're told, while others seem to be jinxed. People talk with perfectly straight faces about Murphy's Law; pointing out that anything that *can* go wrong *will* go wrong, and at the worst possible time. Our world is made out to be capricious, unpredictable.

I often hear people bemoan their bad luck, their fate. It is almost axiomatic that "you can't win for losing." Hearing all of this as a child led me (and millions of others) to believe that control of one's life was out of our own hands.

Those are the type of beliefs that shaped my childhood. Even before I grew up, however, I began noticing that some people didn't seem to be at the mercy of luck. Fate seemed to smile on them in special ways. When I worked up the nerve to talk with some of these lucky types, I found that invariably they didn't believe in luck. Instead, they had this odd conviction that they were the masters of their own ship. I say "odd" because that was in marked contrast to my beliefs (and my experiences).

But gradually, over the years, I began to study and learn. While everyone has random, unpredictable events in their lives, I began to find that it was increasingly possible to "get fate to smile on me." So while I never became able to make specific things happen, I began learning to set the tone and nature of some of those random events. In effect, my luck was changing.

But if you can control it, is it really luck? That's what these 20 lessons are about: learning to change the kind of events you attract into your life—to go beyond luck.

Reading this course is fast. You can rip through it in a bit over half an hour. But that's not what it's for. I hope that you'll actually take this set of lessons and read one every day – or even better, one every other day – for the intended 20 (or 40) days. At the end of each lesson is a brief exercise. Do each one. Do it seriously, placing your full awareness on what you're doing, and follow through methodically.

At the end of this course, you'll have a new appreciation of your own power to set the course of your life and the events in it. When this actually takes place, I hope you'll take a few minutes to drop me a note and tell me about it.

All the best from sunny Japan,  
Charles Burke

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## **Day One**

### **Some Assembly Required**

Most opportunities come in "kit form."

If you'll learn to recognize when life is handing you an exciting new chance for riches and success, and start taking action, you'll soon be on your way to having all the things you really want.

How do you recognize these opportunities in the rough?

Easy! They almost always look like problems when you first see them. A friend of mine was dining in a fine restaurant when he overheard two well-dressed ladies at the next table. They were complaining that there were no good custom clothing stores or skilled dressmakers in the area. They had a problem.

My friend knew of two such dressmakers, highly skilled seamstresses who worked across town for a boss who was hard to get along with. Clearly, they also had a problem.

He contacted the two dressmakers, offered to finance a shop for a share of the profits, let them run and manage it the way they wanted to, and at the end of seven years, they could buy him out if they felt ready.

It worked out beautifully for him, for his two new partners, and for the neighborhood ladies who needed their dressmaking services.

The only one who didn't win was the crotchety boss across town—but then, she didn't deserve to win, did she?

So if you have a problem, or see one that affects lots of people (especially people who have plenty of money to spend on solving the problem), start thinking "opportunity".

## **DO THIS**

Make a list of your biggest problems. Include the things that have puzzled (or tormented) you for the longest time. Don't have any problems? Ask your friends, neighbors or family members about theirs.

Got your list? Start at number one and start figuring how many people that problem inconveniences. How much better would their life be if you could provide a solution? Go down the list, and I guarantee by the time you get to the last item, you'll be looking at problems in a whole new way.

Don't blow this off. It's worth literally millions.

## **Day Two**

### **Your Number One Source**

The single most powerful source of opportunities and good things is other people.

That's right. Other people will bring you most of the big breaks in your life. So it's important to learn how to get along well with others.

Are your social skills sort of rusty? Or maybe you never learned much about getting along with others. If so, don't despair; it's not that hard to learn.

Here are three quick tips for polishing your people skills:

First, get some books from the library (or bookstore). Read them. Study them. Practice the things they say. One of the finest books is the classic "How to Win Friends and Influence People" by Dale Carnegie. Don't turn up your nose. This book has a long, long history of helping people acquire success skills.

Second, Look for night classes in social skills at your local junior college or high school. This can range from social dancing (no, I'm not kidding) to assertiveness training. You should even consider taking a few sales courses. Even if you never sell anything professionally, sales training can help you learn to connect with other people more effectively. Another top choice is anything you can get on NLP.

Third, Get out of the house. Go do stuff. And I don't mean camping alone. Go where there are people. Join a local charity group. Attend lectures on a topic that interests you such as art, music, drama or local politics. Just go meet new people, and practice your new skills.

Learn these skills, get people liking you, and soon you'll have folks bringing you all sorts of interesting new opportunities. This tip alone can put your career into warp-drive.

## **DO THIS**

Start learning the people skills discussed in this lesson. And please understand—I'm not suggesting that you flatter people or suck up to those in power. That's the opposite of what I'm saying.

Simply learn how to relate to others as an equal, with something of value to contribute to their lives. Do this, and your future is assured.

### **Day Three**

#### **They Don't Believe in Luck**

During the past three years, I've interviewed some extremely successful people, and without exception, each one of them said they don't believe in luck.

And yet, as we continued to talk, they began telling me about one amazing "synchronistic" event after another.

Two of them just happened to be introduced to somebody who helped them take their career to the next level. Another just happened to be on the scene when an important new development gave them a fast entry into a new business area. And in one case, a client deposited several thousand dollars for a job, then was sent to prison (the deposit was non-refundable), so it gave my friend time to finish a book that became one of his most successful ever.

But of course, they don't believe in luck. Instead, they want to call it serendipity or synchronicity or some other big word.

I don't care what we call it—if unexpected, random events bring good results that benefit you, people will call it luck.

But of course, there are specific ways to get luck (or serendipity, or synchronicity) on your side. And when you do, the most amazing things, big and little, start happening around you.

So don't let anybody tell you that there's no such thing as luck. Every successful person I've ever met can prove otherwise (although they don't like using the "L" word).

### **DO THIS**

Spend some time today considering how you'd change your life—what directions you'd go—if you could decide the kind of events that happen to you. Now know this: you CAN influence the events surrounding you, and it's not even hard to do. In fact, it's just as easy as the (less-than-happy) events you're creating now.

What's that you say? You don't like the way things are going now? That's okay. Before the days of this course are over, you'll be able to change them.

## **Day Four**

### **All Your Secret Talents**

Here's how to get in touch with every talent, every ability you ever wanted for yourself, even if you're convinced you don't have a shred of ability in that area.

Physicists and mystics agree. They tell us that all of time co-exists simultaneously. The way we experience time, with one-moment-following-another-moment-after-another-moment, is (they say) an illusion. In reality, all moments of time are hanging around together, and our consciousness is threading its way through and among those moments of time.

(Just stay with me for a bit longer, and we'll be past all this theoretical stuff.)

They also say that there are an infinite number of variations of each possible moment. That's what they call "parallel universes" in the science fiction movies.

As it turns out, those parallel universes are not actually science fiction after all. They're really there—the physicists say so. We just can't usually see them.

But there is one way to perceive them. It's your intuition (or imagination).

You can actually tune your mind in to a talent you don't have, but would love to, and you can attract it to you. There is "another you" in that alternate "now" that has all the talent you wanted but didn't get.

So how do you benefit from this "other you"? How do you siphon off the abilities from the "talent gas-tank" of that other you, and get it into your mind?

The short answer is, you don't.

You don't try to take anything away from anybody. Instead, you reach out with your intuition and imagination and offer to combine your talents with those of that other you. You suggest a win-win merger that benefits you both.

Then you start training those new talents, and—surprise—those very talents appear from out of "nowhere" (but you'll know where).

## **DO THIS**

It's simple to do a bit of "day-dreaming" and talk to other versions of yourself. How do you reach them? Just imagine it. You're always talking to that policeman or judge or parent in your head. So why not your other selves in other possible universes? Just imagine them. Talk to them. Offer to do a joint venture—share some of what you know for some of what they can do.

And then, once you've made an agreement, just accept what comes. And enjoy it.

## Day Five Which Fork?

In the last lesson we talked about parallel universes. Today, we look at the subject from a slightly different angle, that of alternate timelines.

We can use this to find exciting new experiences in our life.

Every time you make a decision, no matter how minor, the timeline you're on forks into two or more alternate possibilities. You're driving along and there's a slow white car in front of you. If you pass it, that's one alternate branch of your timeline. Don't pass it, and that's another branch. Pass and quickly cut him off, to show how irritated you are, and that's yet another branch.

From each one of these branches there are further branches. Let's say you do pass that slow car and pull too quickly back in front of him. Now he has several possible choices. Does he laugh and ignore you? Go into a fit of road rage, pull a gun and start blasting away? Swerve and hit a pedestrian? Have an illuminating moment and become the next Buddha?

It's easy to see that all those potential time lines, as they go branching off in every direction, can quickly produce incomprehensible numbers of possibilities.

And on every one of those branches is an alternate you, each one with a set of skills, talents and abilities appropriate to that particular timeline.

Even more important, those other alternatives of you are having exotic, exciting experiences—adventures—of all kinds.

Now, if there are other experiences you'd like to pursue, just know this: Out there across the tracks of time are other versions of you that are already having fabulous adventures.

There are ways to draw that other you to yourself, so that gradually the two of you merge. Each of you will bring experiences and viewpoints that can complement the other. This is another win-win situation.

So if there are things you'd like to change about yourself, it's not that hard.

Those things are already changed—already different—somewhere out there across your timelines. Just reach for them. They're already there.

**DO THIS**

Today let's do some more time-line work with your alternate selves. One of the most effective ways to make connection is to imagine you're in a future time.

In your imagination, project yourself into a future time, and imagine that you have become that future version of yourself. In that future time, you have already learned a skill that you desire. Now imagine that your future self is sending back energy, goodwill and help to your present self.

If it's 2005 now, and you're imagining that you're in 2010, put yourself into that future time and remember how it was before you had those wonderful skills.

Acting as your future self, continue sending energy back from 2010 to 2005 so that your future self is helping its past self. This technique is incredibly powerful.

## **Day Six**

### **Money versus Wealth**

Have you ever heard anybody say that there's not enough money to go around in this world—that there's not enough money for everybody to be rich?

Well, that's a bunch of baloney—here's why.

Ever notice that some towns (and some countries) are richer than others? In the case of countries, some “experts” like to tell us that the richer countries are richer because they are exploiting the people in the poorer countries. This is such a well-worn discussion that we won't go there. It's hard to do fresh thinking in a stale atmosphere.

So let's put this at the level of towns. This way, maybe we can bring new eyes to the subject.

Take two towns. They could be just down the road from each other, or they could be half a world apart.

Now, in Town A, say population 10,000, there are a few very rich people—maybe 50 of them. Enormously rich. They own everything. But all the other people, all 9,950 of them, are desperately poor. No one has a trade, nor a shop, nor a craft. They're not allowed to, and they don't even own their own homes. The very rich people are heavily taxing and over-charging for everything, so the poor people don't have a chance to save and escape their poverty.

Many are homeless, living under bridges—until the authorities discover them and order them to move along.

In a town like this, there will be many beggars and thieves.

The rich people will live behind ever-higher and ever-thicker walls. Bars on all the windows. Security guards.

Meanwhile, over in Town B, the situation is different. There isn't such a big difference between the rich and the poor. And most of the people fall somewhere in the middle.

In this town of 10,000, maybe 8,500 have shops or trades or other skills. Virtually everyone is gainfully employed. They provide a wide range of services and

products to each other, and anybody has the opportunity to learn a craft, work hard, save money and support their own needs through their own work.

Which of these two towns would be the more interesting place to live? The one with lots of thieves and beggars, or the one with many tradesmen and craftsmen? Which town would have a better selection of goods and services available?

In Town B, the rich people are not as rich (relative to their poorer neighbors), but they may actually have more money and own more goods. (Probably have more friends, too.)

Then, there's the matter of safety. When you go to bed at night, which town would give you a greater sense of security, less likelihood of being robbed?

So when I hear people say there isn't enough money in this world for everybody to be rich, I have to laugh. Money doesn't come from governments printing up pieces of colored paper, nor pressing disks of metal. It comes from people exchanging value with each other.

Produce more value, and the money follows. Always.

This is one of the great principles of riches that is so often overlooked when some so-called "experts" talk about money.

## **DO THIS**

Remember the last time you thought or said, "I can't afford this." Write it down and think about it carefully. Don't let your mind slide lazily over this. Continue looking at the meaning of what you thought. What was your feeling... that you didn't have enough money to satisfy your perfectly natural urge to enjoy your life?

The principle is this: money is not wealth. Value is wealth. What are you worth? What value do you provide to other people? Most importantly, what can you do to be worth more to others? Spend a full hour thinking hard about this one question.

The richest people have one or more of the following strengths:

- they can provide specialized information or services for others
- they are willing to do things others can't or won't do

- they are at least *perceived* to be worth more (even if they're not—but usually they are). This means honest self-promotion. Let others know what you can do for them.

Becoming worth more to other people is achieved in five steps.

1. Begin seeing yourself as worth more, able to offer special value that others want.
2. Identify what others want and match those things with what you can do.
3. Start providing that value. If you need more training before you can provide good value, then begin learning about it. Or go get the training.
4. Continue adding skills throughout your career to raise your value even further.
5. Learn how to publicize and promote yourself to others. Don't hide your light under a bushel. How can others benefit from your very special skills if they never hear about you?

## **Day Seven**

### **No Longer a Servant**

Is somebody telling you how to live your life? Do they insist that you **MUST** do things exactly to please them, or do they make life miserable for you?

If you've never had this problem, you're among the lucky few. A shocking number of people actually do face this every day of their life.

And if you're one of the unfortunate many, it **IS** possible to get yourself free, without making someone you love into a mortal enemy for life.

First, understand this: They almost certainly are trying to help you; they probably want what's best for you. (There are a few exceptions, but it's actually pretty rare. If you're with one of these few malevolent persons who really does want to keep you unhappy, go put on your coat and your shoes and leave now—right now.)

Anyway, other than those few exceptions, let's agree on the idea that, no matter how unpleasant they're making your life, their intention is good... even though the results suck.

Now, how do you get them to back off without chasing them away?

First, go get a couple of books from the library on assertiveness training. Or do a search on the Internet. The first thing you need to do is start building up your own confidence. And the best way to do this is by learning effective ways to handle stress-producing people. If there's a college, high school, or support group that offers help with this, find out about it. If there's nothing nearby, check Amazon.com for books or tapes on the subject.

Your goal here is to start enjoying your own life more today than you did yesterday.

Eventually, you'll want to confront the person who's dictating your life. You'll need to tell them that, after all it's your life. They have their own life to live, so please go live it, and you're going to do the same. Assure them that if they have advice to offer, you'll listen, but that you may not agree, and you may go off and do the occasional silly thing, simply because you're privileged to be human—just as human as they are. But the only way to get experience is to do stuff, make decisions, even make mistakes sometimes. That's what being an adult is about.

Sometimes the person you're pushing off your back will still be able to be friends (or family), but sometimes they aren't flexible enough to do that. If so, their loss is far greater than yours. Remember that.

**DO THIS**

Go to a search engine today and look up assertiveness techniques. Learn one new technique right now. A good place to start is the “broken record” technique. It's simple, and with it, you can master many formerly frustrating situations.

## **Day Eight** **See What You Mean?**

You've probably heard that the mind cannot tell the difference between real experience and imagined experience—that it reacts the same to both real and imaginary events.

It's true. And you can use this principle to your enormous advantage.

Back in the fifties, researchers at one college tested the power of imagining by pitting three different groups of students against each other shooting baskets.

They tested a large number of students for their skill at shooting baskets while standing at the free throw line. From this large group of students they formed three smaller groups of equal size and of equal skill, statistically. All three groups shot about the same percentage of baskets at the start.

Group No. 1 was the control, so for the next couple of weeks, they didn't do any practice at all. They were not even to go in the gym.

Group No. 2, meanwhile went to the gym and practiced doing free throws for 20 minutes every day.

Group No. 3 also practiced for 20 minutes every day, but they didn't touch a basketball. Each one of the students was instructed to practice only in their heads. They were to imagine shooting free throws for that 20 minutes, but to engage in no actual hands-on practice at all.

At the end of that couple of weeks, Group No. 1, which had not done any practice, showed no improvement at all. When re-tested, their scores were identical to their earlier ones.

Group No. 2, which had practiced in the gym with actual balls, shooting real free throws, tested 20 percent above their earlier scores.

The big surprise, however, was Group No. 3, which tested 19 percent better.

You can actually learn a skill by practicing it in your head.

Is there anything you're not good at, but you want to be? Just play it over and over in your mind. See yourself doing the new activity successfully. It WILL stick with you.

I had a friend years ago who told me that when he was in the Air Force, he learned to pilot a jet fighter by getting layout drawings of all the cockpit instruments and practicing flying in his imagination until he felt confident.

Of course he was already well qualified with other aircraft, but as any pilot who has ever taken the controls of a fighter will tell you, this is a different beast altogether. You don't just jump from a transport to a fighter. It takes many, many hours of hands-on training.

But my friend, on his first time up, flew the plane well enough not to disgrace (or endanger) himself.

Boxers imagine fighting their opponents over and over for hours before important matches. This has been called shadow boxing.

Salesmen practice answering questions and objections. The more they practice, the better prepared they are when they're finally with a customer. That's the way you can build familiarity with any new situation, and familiarity breeds confidence.

Every world-class athlete, every outstanding salesman, every top executive can tell you that the higher up the ladder they go, the more important the mental, imaginary part of their preparation becomes.

If it's good enough to help them set world records, earn fortunes and become household names, what can it do for you?

Just imagine!

## **DO THIS**

Is there something you've felt too intimidated to tackle? Asking for a raise? Starting a new business? Writing a book? Speaking in public?

This one will be intensely personal, so it's up to you. If you're like me (indeed, like most people), you could list dozens of intimidating things. That's fine, but for today,

we're only going to work with one. Pick something that's neither the hardest nor the easiest thing on your list.

Now imagine yourself doing this thing. Maybe it's telling your mother-in-law you're not coming over this weekend. Or it could be going to see your banker about a new line of business credit.

Whatever it is, run through it mentally again and again. Remember—your mind can't really tell the difference between something imagined and something real. Our goal here is to go through the situation so many times that it's old stuff by the time you actually go and do the thing for real. By then, it's nothing new. You've already "done" this thing dozens or hundreds of times, and there'll be almost no nervousness.

And that's how you add important new skills to your emotional toolkit. Just do one repetition at a time until it gets easy, even a little bit boring, like shooting free throws.

## **Day Nine** **It's Supposed to Be Easy**

When you do affirmations, or meditate, or pray, are you struggling to get lots of force and energy into your "inner work"?

Do you find yourself straining to make it more powerful?

If so, you might get better results if you ease off and use a lighter touch.

One of the most common misperceptions is that we're "making" something happen.

We're not.

What we're doing is sort of like ordering a product from a catalog.

When we imagine a certain result—whether it's a new house, a new job, or a new lover—we're told to imagine what we want as vividly as possible.

As we do our imagining, we seem to get the idea that doing it more vividly requires squinting, and straining and holding our breath.

Do you go through all that when you call up a catalog service and order out a new fishing rod or dining room curtains? Do you grunt and groan as you give the nice lady your order? Do you grind your teeth and hold your head funny?

No. You just give the lady all relevant information about the product you want, and then you hang up, knowing that what you want is now on its way. Then you relax and go about your business, waiting the few days till your product arrives.

That's a perfect model for the process of ordering by affirmation, or self-hypnosis, or prayer, or any other kind of "inner work."

Just relax, vividly describe exactly what you want, then hang up and go about your business. Soon, your "product" will arrive.

No straining, no funny faces, no clenched fists.

Just fun.

## **DO THIS**

People often say, “I feel like I’m lying to myself when I do affirmations.” This is a common problem, but it’s one that’s easily fixed.

Let’s reframe that perception.

Say you plan to build a house on a vacant piece of land. Are you lying to yourself when you start hauling in wood and laying bricks? Do you say, “Oh, why am I bothering to lay all these bricks in a row? There’s no house here.” Or “I’m wasting my time bringing in all this lumber, since there’s no house for me to nail the wood onto.”

No, you’re building a house—creating something that doesn’t yet exist—one brick at a time, one board at a time, one nail at a time.

And when we properly understand our affirmation work, we’ll easily see that we’re creating things that didn’t exist before. If you’re tempted to think, “I’m lying to myself,” it’s actually a good sign. One part of your mind freely recognizes that your new creation is not in place yet. See that as an attempt (clumsy, but honest) to motivate yourself.

So anytime you get this “I’m lying to myself” feeling, recognize it for the hope it represents.

## **Day Ten**

### **No More Strings Attached**

In the last lesson we talked about the best way to submit your "orders" mentally when you want to receive something in your life.

Today we'll take a look at one way to make sure your orders are filled much more quickly, and without "catches," "strings" and drawbacks.

You've probably seen it happen. You—or someone you know—did affirmations or prayers to request a certain sum of money, and the money came.

But then, there's some kind of catch. There's an emergency and you have to spend the money on something unexpected, rather than enjoying it the way you had intended to.

It's not fun getting anything that has strings attached. It almost feels like the universe is playing a cruel trick on us.

Here's how to stop that from happening.

When you imagine the result you desire (whether it's money, or a new friend, or a home—whatever it may be), are you combining more than one type of sensory imagination?

Almost everybody includes visual images. But what about the sense of touch? Do you reach out and feel the texture, the warmth or coolness of the object you're imagining? Can you hear the sounds it makes? What about fragrance or smell? Ever notice that special smell that new cars have? If your objective is a new car, don't leave out that smell.

This sensory variety is extremely important. Don't forget to use all parts of your imagination because they represent all the parts of your experience.

Even more important, however, you **MUST** include emotion. How did you feel the last time you bought a new car? Remember the almost giddy high you were riding? The excitement? The feeling when you parked in front of your house for the first time?

Or if it's a new job, remember that huge rush of enthusiasm you experienced when you first walked into your new work site, meeting the other employees? If you had

been out of work for a while, there was a large measure of joy and gratitude, too, wasn't there? This matter of "emotionalizing" the things you're imagining is vital.

The universe is willing to give us everything, EVERYTHING, and it doesn't ask much in return. Just our attention and our joy. But even more importantly, we must give our gratitude.

It sounds simple, but leave it out, and you'll be receiving everything with strings attached.

## **DO THIS**

If you're imagining money, see yourself receiving it—not out there on a screen in front of you somewhere. Imagine it happening to *you* right now. It's *your* hands reaching out and accepting the money and riffling through the bills. It's *your* nose that smells that new money fragrance.

Now, here's the most important part. Be glad. Be grateful. Feel joy. How do you make yourself spontaneously feel an emotion in a vacuum? You don't. You use the same technique that top Hollywood movie stars use when they want to feel an emotion.

First, you practice with little things. Think about puppies or kittens playing together. Doesn't that start a smile tugging at your lips? You already know that replaying your last argument can get you angry all over again. If it's that easy to spontaneously generate anger, it'll be that easy to do other emotions, too. But most of us have practiced anger more than we have practiced joy.

Even the greatest actors and actresses had to learn, practice and polish their skills, so if it doesn't come immediately, don't worry. Just keep at it. You'll get good at this. So practice joy. Practice happiness. Dredge up happy memories and use them. They're the tools you're going to use to become rich, successful and happy.

Now, when you think about all that money in your hands, hold it in your imagination right up to your heart as you generate whatever joy and gratitude you can manage.

Involving your heart in this process is extremely important. The more you practice this, the better you'll get. And the more results you'll get.

## **Day Eleven** **Betrayed by Your Greatest Talent?**

If your life is not working well, consider developing some alternate skills. It might make an enormous difference in the direction of your life. That's what happened for me.

I was always a pretty good talker. In fact, I had extremely good verbal skills. That was one of my biggest problems.

It was so easy to talk, that I could explain my way out of nearly anything (or I thought I could).

Was I late to work—again? I always had a glib excuse that sounded plausible.

Didn't have the money for this or that bill? I could talk charmingly and extract endless patience from otherwise ruthless bill collectors.

Gosh I was good!

Unfortunately, I used that talent to just scrape by.

Then I moved to Japan, and since I could speak very little Japanese, my verbal advantage suddenly disappeared. In effect, I lost all my verbal skills.

Suddenly, I found that explaining away my lapses was much, much harder to do.

So much harder, in fact, that it quickly dawned on me—it was far easier to perform properly than to try and explain failures.

And I found a whole new person inside myself.

Gradually I discovered that keeping deadlines was not really any harder than missing them. Actually in many ways, it turned out to be easier. Paying all bills early gave me a new kind of pride that I'd never known before.

What I was learning—in my forties—was the feeling of being a responsible adult.

And all it took was losing my verbal advantage.

They say when a person loses one sense (like eyesight) all their other senses become sharper to compensate for the loss.

That's very close to what happened to me. No longer able to rely on my well-honed gift with words, I found a new gift that produced the results I needed.

And now, anytime I find some part of my life that's not working properly, the first thing I do is look at the skills or abilities I most often use. Then I start looking for other skills that I can substitute—just to see what will happen.

And you know? Many times the "non-standard" approach gets me better, more usable results.

Try this backwards approach to changing things in your life and watch for surprisingly good results.

## **DO THIS**

What do people criticize you for? What do they consistently complain that you do or don't do?

Don't get carried away with a long list here, but do write down two or three things that consistently irritate other people. Can't think of anything? Nonsense! Everybody gets criticized sometimes. Be honest with yourself and pick one thing that causes problems for other people.

What habit (skill) are you using to achieve that irritation? Write that down, too.

Now, what would you do if you didn't have that particular skill? If that skill were taken away, just like my verbal skills disappeared, how could you handle the situation?

Write out two or three possible alternative ways to get yourself through the situation.

Now for the rest of today (at least), try doing things differently. Try using one or more of the alternative ways you listed.

At the end of the day, write down your results. If it wasn't very successful, how could you improve things tomorrow? What would you change? Tomorrow try it.

## **Day Twelve** **Taking Back Your Own Mind**

Some people don't want you fooling around in your own mind.

They consider your mind their own territory. In fact, they'll use every scare tactic they can think of to keep you from taking control of your mind back from them.

When I was a kid, my parents went to a small cult-like church that held very narrow teachings.

It was wrong to dance. Wrong to go to movies. Wrong to drink soft drinks. Beer and whiskey were mortal sins. Any music other than church music was worldly, and somehow suspect.

Any kind of revealing clothing—the kind that normal people would wear to a party, or on a hot summer day, were condemned.

Oh yes, and hypnosis was "of the devil."

If you find that you're leery of getting involved with hypnosis, then you may be a victim of scare teachings from long ago.

When I was a kid, I remember preachers claiming that hypnosis was evil and that we should never go near it. Years later, I decided that this was ignorant hogwash and I went out of my way to learn everything I could about it.

Eventually, I realized that the only people who object to your controlling your own mind through hypnosis are people who would rather control your mind for you. And the tools they use? Powerful suggestion, vivid imagery, emotionally loaded stories. In a word, hypnosis.

The very people who are objecting the loudest to you having control over your own mind are the same people who are trying to exert control over your thoughts through suggestion.

So if you've been reluctant to take up some of the most effective tools for improving your life, take heart. I had to walk the same scary road to freedom.

Has it been worth it? A thousand times yes!

**DO THIS**

Look for people in your life who object when you want to change something about yourself. Look especially for anyone who likes to tell you what to do and how to do it.

I don't mean people who state their case clearly and without negative feelings. I'm talking about people who seem to regularly hijack your real intentions and cause you to swerve away from your purpose, despite your strongest resolve.

Examine some of the techniques they use to insinuate their ideas into your thinking. Do they use bluster and intimidation? Physical force? Guilt slinging? Endless "logical" explanations that wear you down with circular arguments? All of these lose much of their power as soon as we learn to recognize the patterns being used.

Once you have a list of the people who regularly cause you to act other than the way you intended to, you can begin learning how to handle them. Today the list; tomorrow the freedom.

## **Day Thirteen**

### **Mental Training Wheels**

Do you use audio tapes for meditation? How about state-inducing machines, like flashing lights, sound generators, biofeedback devices and the like?

If you've never tried them, be assured that they are excellent for helping you become acquainted with the feeling of meditative, hypnotic or reverie states. They can quickly produce exactly the physical cues to produce a mental state, such as alpha brain waves. Being able to go to these states quickly and dependably is a big plus, and can give you tremendous confidence when you're just starting out.

There also comes a time, however, when such devices are no longer necessary. The machine-induced meditative state is wonderful, but it's just the launching pad for deeper, more subtle work.

Eventually, if your abilities are really growing, it will be appropriate, even necessary, to put away the machines and rely on the skills you've developed with the help of those very devices. It's like taking the training wheels off your child's first bicycle.

That's when the real growth begins.

I've heard some people make fun of people who use the flashing lights or the biofeedback units. Please don't ever ridicule them. These devices serve a good purpose and have helped many thousands of people start who would never have gotten their toes wet otherwise.

And if there are some who never progress past those "artificial aids," that's okay, too. Some people don't really have a need or hunger to go further.

But if you've been using an artificial helper machine for a while and wish you could experience more, maybe now is a good time to do it.

Just switch off the devices, settle back and let your own mind start seeking. It already knows that it's hungering for something. Give it some room, and enjoy as it begins to explore.

That's what minds are for.

**DO THIS**

If you have a device that you regularly use, switch it off, just for today, and practice generating the state it helps you achieve.

You're already familiar with the feeling. Now practice going to that same state on your own. You *can* do it yourself, and once you've done that, then you can go even further—under your own power.

## **Day Fourteen** **A Whole Different World Out There**

Ever had the sneaking suspicion that the guy sitting next to you is from another world? Well, you could be right.

The reality each person experiences is almost exclusively determined by the thoughts they think, the emotions they habitually experience and their expectations.

This is true of everyone.

Your life is an exact printout of the things you spend your time thinking about. Think happy, cheerful, optimistic thoughts, and that's the kind of life experience you'll end up with.

Perhaps you've heard people warning that it is supremely dangerous to "open up the mind" because who knows what's waiting out there to seize control of it. These people skulk about hiding from everything in life, convinced they're helpless victims with no power to rescue themselves—that every other power on earth and in the heavens is stronger than we humans are.

They stay absorbed in powerful images of frightening reality, and of course that's exactly what their minds deliver to them. Their lives consist almost entirely of crisis after crisis. Fear laden onto fear.

I suggest, however, that it's possible to live in a world where you freely exercise the power you were created with. Furthermore, if you don't, I believe you're betraying your maker—whether you believe that maker is God, the universe, chance, your higher self, or some other force.

This is part of what I mean when I talk about living in parallel universes.

While you and I are enjoying a world filled with liberty and joy and the power to determine our own fate, another person standing right beside us may be looking out at the same scene but see only a world populated by lurking influences and impending, foreboding threats.

That poor soul doesn't have to live there, though. He could stare down his own fears, seize the wheel of his emotions and steer a course into a brighter, more courageous life.

The saddest part, however, is that almost every person who thinks like that was taught to do so by well-meaning friends or family.

For my part, I believe that we have the freedom to live in a world where we have some say in our own destiny.

I hope you feel the same.

And if this represents a new possibility for you, I urge you to consider this: you really do have a choice.

Now just make that choice.

## **DO THIS**

What are you afraid of? What kind of things always go wrong for you?

Make a list of these things, and start through your list, recasting every fearful thing. See those awful outcomes changing, fill each mental scene with joy, happy results and sunshine. It's your choice; it's your call.

Will this change things by tomorrow noon? Not usually.

What it *will* do is gradually change the way you think about your reality. It will repopulate the events of your life with cheerful outcomes and new possibilities. But like a painter filling a canvas, you must do it one brush stroke at a time, one day at a time, consistently.

This one is a long-term assignment.

## **Day Fifteen**

### **Affirmations & REAL Affirmations**

In the last lesson we talked about the reason some people's lives are filled with a constant flow of tragedy, distress and heartbreak—and how we can permanently break free of that pattern.

Today, let's talk a bit more about HOW to break free.

Everybody agrees that thoughts are our most powerful asset.

- We GET what we think about.
- We BECOME what we think about.
- We ARE what we've thought about for years.

First off, nobody deliberately sits down and decides, "I think I'll fill my life with sorrows and tragedy."

No, all that stuff just gets drawn to them automatically, while they're sitting around thinking about how hopeless things are, how rough life can be, and how helpless they are in the face of all those overwhelming events.

And slowly, slowly, after they've set the theme with their thoughts, things begin to happen that prove they're right about the awfulness of life.

They've done it to themselves and don't even realize it.

Oh, a lot of people have read about the power of positive thinking. They "know" that if they think positively, it'll improve their life.

And they set out to "think positively" and improve their life.

Unfortunately, most people have the wrong idea about positive thinking (or affirmations or prayer). Most appear to consider it to be some sort of hex or quick-fix magic amulet, to drive away whatever is confronting them right this minute. Then when things don't get fixed instantly, they get discouraged.

Know this: whatever is happening today was brought to you by the thoughts you've been thinking for a while. So you won't change things instantly. I once read that it takes an ocean liner a couple of miles to execute a 90-degree turn. It has built up a lot of momentum, and it takes a while to redirect that momentum.

Well, people have a lot of momentum in their thinking. Most people call this “habit.”

Since people often take the short-term view, they almost always ignore one big point: they don't match their words with their feelings.

Here's an example.

When I was 20, I once borrowed a car from a friend to go pick up my girlfriend across town for a date. This was Chicago in December, and it was rainy, icy and cold.

I was so afraid that I'd have an accident that I constantly repeated the word, "safety-safety-safety" over and over as I drove. Even though I was saying safety, however, I was feeling fear and dread that I'd mess up my friend's car.

You've seen people in movies hold up a cross to keep a vampire at bay? I was doing more or less the same thing, trying to use a positive word as a sort of magic charm.

In any contest between our thoughts and our feelings, which will always win? Right—our emotions—and that's what happened.

I had reached my girlfriend's house and was swinging through an empty parking lot to turn around when I ran head-on into a light pole. Smashed the radiator, cracked my head, and of course completely destroyed my belief in "positive thinking."

It wasn't until years later that I realized the overriding role that emotions play in forming our reality.

Now, when you repeat your mantras of "love" or "happiness" or "success," don't do what I did. I was holding up the word "safety" in fear, trying to drive away the encircling misfortunes that I imagined were hounding me mercilessly.

My surface affirmation was "safety-safety," but my REAL affirmation was that feeling of "fear-fear." This is often called a "PS" or "tail-ender" or "hidden saboteur." My mind was filled with all sorts of negativity.

With such an image of reality, is it any wonder I used to attract "bad luck" like a magnet?

So, yes, say the positive words. But at the same time, be sure to work on generating within yourself those positive feelings you're describing.

Then you won't have to go out seeking success, love, happiness and riches.

Be consistent, give them time, and opportunities for all the wonderful things in life will be drawn to you like a magnet. Momentum will be working *for* you now rather than *against* you.

## **DO THIS**

Where is momentum working against you? Write out what you can do to change the direction of that momentum. By now you know what to do—so get your pen and paper and do the exercise.

## **Day Sixteen** **Other Ways to “Visualize”**

When's the last time you wrote out your goals?

We're always hearing we've got to have goals. Set them, they say, review them regularly, fill our minds with them. Only if we do that will those goals become urgent and real to us.

They say.

However, some people write out their goals, meditate on them, fill their minds with them, and visualize them every day, but then they don't reach those goals.

I'm one of those people—or I was, years ago.

I was doing what they told me to do in all the books. I listened to the tapes and followed their suggestions. But somehow, I still wasn't getting anywhere. Very little success to show for all that effort.

Care to venture a guess what was wrong with that picture?

Two big mistakes on my part.

First, I wasn't injecting very much emotion into the visions of my "desirable" future. I was seeing the future, but since I wasn't feeling that emotion of desire, I wasn't really desiring it.

Second, and closely related, a number of those goals were not really mine. I'd heard lecturers talk about big, beautiful homes. Many authors had suggested that a nice home was everyone's desire.

The truth was, though, I didn't really desire that. I was far more fascinated with traveling, trying new experiences, meeting new people. I just wanted to go and DO things. In fact, the whole idea of being tied down to one spot with a big house actually sort of depressed me. No wonder I wasn't getting anywhere.

I had adopted somebody else's idea of a desirable goal. That house I was imagining wasn't mine. It was the goal of some writer or lecturer. I secretly didn't want it, so guess what—I didn't get it.

Meantime, the things that I DID want—travel, adventure, lots of new friends—were receiving almost no attention from me. Thus, I didn't get much of those, either.

Before you sit down to write out your goals, take a close look at how you really feel about them.

I was ashamed to admit, even to myself, that I didn't want what other people did. I felt that this was a flaw in myself that needed to be fixed. In a word, I wanted to try and remake myself to be like other people.

That was a waste of time. I've have been much better off directing my energies into what I DID want. I would not only have been happier, I would also have been much more successful—where it really counted.

So if you have a list of goals, and some of them simply are not manifesting, go back and take a second long look at the items you've written there. It's possible you're taking somebody else's idea of a great goal and trying to cram it down your own throat.

And if you don't have a list, get busy and make one today. Now that you know how to keep all your goals honest, you'll be much more likely to move forward directly to what you want in life.

## **DO THIS**

Two lists today. Write down two things that have NOT manifested from your list of goals.

Write down two other things that HAVE manifested, but they were not among your goals. Example: You were afraid you'd get sick last December, and you did, so it ended up interfering with your holiday entertaining. Or some kind of bill suddenly crops up every time you get a little money ahead. These are things that are semi-consistent, so you know there's a pattern there somewhere.

Don't do anything else today. Just recognize that you're achieving goals, even though they're not goals you consciously want. Recognize also that it takes a great deal of power and determination to consistently achieve negative goals. And even more determination to hide them from yourself.

Admire and be thankful for all that power. Be glad you have it. When you learn to direct it consciously, it's going to be awesome.

## **Day Seventeen**

### **How to Get Your Hands on Success**

The teachers and gurus all tell us that everything we want is literally within our reach.

What can they possibly mean by this?

Remember the timelines and the "parallel universes" that I mentioned in an earlier lesson? Let's go back and play with that idea for a bit because it's going to be useful in helping us learn to think of everything as being within our grasp.

Let's think back to those threads of events that constantly branch and branch again, with every decision we make. There are lots of parallel threads, and lots of different things are all potentially happening at the same time. Even though they're not happening to you right now, they are happening to some other version of you.

Now, please understand: a theory doesn't have to be "true" to be useful. This is just a theory—a model that we're going to use to help us understand how things might be possible. And more important, I'm not asking you to believe in this theory. You don't have to believe in something to use it. You don't have to believe in the rules of soccer, for instance, to use those rules for organizing a game and having a great time.

So, here we have all those parallel threads. And scattered out among some of them are alternate "you's" where some of "you" are enjoying things you've always wanted. In other words, somewhere out there is a version of you who already has what you want.

We've already talked about this before.

Now, what's the point of this theory? As long as you clearly know what it is that you want, you can probably have it.

Here's the secret. Just imagine reaching out across all those parallel threads of alternate "you's" with a pair of mental hands, and use them to grab hold of what you want.

Then mentally pull it toward you with a firm mental grip. Hold it mentally close to you; keep on holding it, every time you think of it, day or night feel it there with you. It's yours—right now. You already have it within your mental grasp.

No, you don't have to know which time line or thread it's on. When you turn your TV set to channel seven, you don't know what frequency that is, do you? It really doesn't matter.

And likewise, when you tune your mind across the threads of time, it doesn't matter where that is, either. Just keep your mental grip on what you want, don't let it go, and you'll gradually draw it into your "reality," which means you draw it into your own timeline. You have claimed ownership of it, and you're not letting it get away from you.

I like to imagine that I and my other self are drawing together and merging. Even more important, I like to think that not only is he bringing me something I want, but at the same time I'm bringing something that he wants, too. That way we both gain and become more integrated and complete.

This process is totally different from wanting something. Wanting is a feeling of separation. This is a merging

When you want a thing, it's absent from your life. But with this process, you already know it exists, you've gone out and found it, claimed it, and you even have your (mental) hands on it. It's not lacking, it's just in transit to you. So you're not wanting it, you're in the process of receiving it.

Voila! No more wanting things, only receiving.

As I mentioned earlier, it's sort of like mental mail-order.

You know, the universe, with all its parallel time lines, is like Ali Baba's cave. Every treasure you could possibly ever have is in that cave. Your mind is the door to that treasure cave, and your mental hands are the "Open Sesame." With those hands, you can reach into the cave and draw forth every treasure possible.

Will this impoverish those other fractionated versions of yourself? Are you taking anything away from them? No, I don't think so.

I picture this as re-uniting some of the fractionated parts of myself and becoming more whole. One part of me is capable of having great riches. Another part of me over in another time line has great intellectual powers. Still another knows everything about music. And maybe I can contribute my understanding of time lines and mental hands. So we all gain and grow stronger.

When you look at it like that, maybe this is the true meaning of "soul mates" rather than the male-female paradigm that's been used for so many centuries. Maybe your real soul mates are all those other parts of yourself that really make you more complete.

### **DO THIS**

Sit quietly and think about all the things you can't do. Now recognize that somewhere out there are alternate versions of you who CAN do those very things.

Reach out with your mental hands and draw to yourself one of those alternates. Make it someone who can do something you'd like to be able to. Feel the merge.

Do this regularly, and it will begin to take on reality in your life.

## **Day Eighteen** **Karma for the Unconvinced**

Let's take a brief look at Karma today.

It is our karma, we're told, to suffer and pay our debts for errors we committed in past lives.

But I have my doubts about the conventional way karma is portrayed—at least in Western circles. According to the popular teachings of mystics, we live many lives, gradually learning lessons, as we make our way through time, until someday we finally master all the lessons and don't have to be reborn any more.

This sounds semi-bogus to me.

First of all, those same mystics teach us that there is no such thing as time—it's just an illusion—and that all things are actually happening concurrently. (Modern physics, by the way, seems to verify this.)

Apparently, we can't perceive all moments of time at once simply because our own senses aren't trained to do it.

All things happening simultaneously—doesn't that sound tantalizingly like my suggestion of parallel time threads? So how do you make progress through time if there isn't any time?

Second, to whom do you owe these debts for your errors? Certainly to nobody but yourself. Do you really think the gods are keeping accounts, holding you for century after century in debtor's prison just because you were born not already knowing everything? Create humans that don't know anything, and then punish them for making errors that arise out of their ignorance? What kind of insane person conceived a cruel God like that?

Instead of talking about debts and errors, let's turn it around a bit.

Let's assume that our objective is to learn how to identify increasingly subtle causes and effects, so that we become increasingly skillful in getting predictable results from our actions, thoughts and emotions. And we work through time because of our limited ability to perceive reality.

In other words, let's assume that we're here, not to learn lessons, but to simply experience the joy of living. And the phenomenon of time is simply one of the conditions of the experience..

While we're at it, let's sort of redefine karma.

How about something really simple like: KARMA—the results we get from the things we do and think and feel.

In that way, we immediately accept both the positive results as well as the negative ones. Nothing's a punishment, it's just a result.

Doesn't that take some of the pressure off?

Now we don't HAVE to experience and learn. Instead we GET to experience and learn.

I hope you like that difference as much as I do.

Now consider: Our thoughts and emotions send their effects out into the world. And the way we think about ourselves, and about our world, determines what kind of things will happen to us.

We all have unconscious mental patterns. And those patterns bring us the same kinds of experiences over and over. If we like what we're getting, that's fine. A lot of the time, however, we don't like what we're getting. But we're not sure how we can make changes.

That's karma: You're living in the world you've created for yourself.

Don't blame your wife or husband. Don't put it off on your boss or co-workers. And it's not the neighbors, either. They're doing nothing to you.

You're doing it all yourself.

The good news is, it takes incredible power to keep doing unpleasant things to ourselves, day after day, year after year. We have that enormous power. We use it every day.

Now all we have to do is free up and redirect that power to work FOR us, bring us a pleasant life. A joyous life. A life filled with love.

Now is a good time to start.

Just think it, consistently, and it begins.

## **DO THIS**

What were you complaining about today? Oh c'mon, of course you were.

With a tiny shift in outlook, you no longer HAVE to go through that experience. Now you GET to go through it.

Gratitude and love are the keys to the kingdom, so just say with me, "I am so glad I got to experience \_\_\_\_\_ today. There's no lesson in that situation, but there IS an incredible gift in it. I give joyous thanks for that priceless gift." Now go through everything that bugged you today, giving thanks. This will reshape your entire world.

## **Day Nineteen** **We're Usually Wrong... But...**

A person is a lot like a torpedo.

In his famous book, *Psycho-Cybernetics*, Dr. Maxwell Maltz describes how a torpedo guidance system works.

It goes like this. The torpedo has a guidance system that sends signals to a steering system. The sensor and guidance system find and lock onto the target. As the torpedo is launched, the guidance system checks that the target is centered in its sensor.

If the torpedo veers from its course toward the right, the sensor sends an electronic impulse to the rudder to shift the torpedo back toward the left. Then the torpedo continues forward, shifting slowly leftward toward the center.

But it will continue veering leftward until the sensor notices that it has now shifted too far in that direction.

Then it sends an impulse to the rudder telling it to shift back to the right again.

For most of its trip, the torpedo is zig-zagging forward, left, right, left, right. And for over 95% of the time, it's aimed in the wrong direction.

This is how the torpedo goes forward veering first one way and then another, making mistakes... until it hits its target.

Mark this idea well; most of the time it's aimed wrong, but it still hits the target.

The torpedo GOES FORWARD making mistakes until it HITS THE TARGET.

Our mind works that way.

We put our sights on a target, and we move forward more or less toward the goal. We usually veer off this way and that, but if we're paying attention, we can correct our trajectory and stay more-or-less centered on what we're aiming at.

It's this "more-or-less" that can cause us problems.

More than 95% of the time we may be aimed slightly off the mark, but we're still moving in the general direction we should be.

But what happens if we load ourselves down with other distractions—like guilt and fear? Like expectations of failure and criticism? Like a belief that we have no right to seek success?

Or what if we believe that any faint tremor of variation in our aim is a sure sign that we've failed?

See the possibility for problems we create here?

That's why we're studying self-development. A very large part of self-development is self-forgiveness. If we can be gentle and loving with ourselves, our lives can be SO much more enjoyable.

Our minds are magnificent creations. And if they were not weighed down with doubts, judgments and burdens, we would always reach our goals.

But somehow almost everyone DOES have doubts, judgments and burdens. By the time we're in mid-childhood we've already accumulated an incredible bundle of mental and emotional garbage.

Again—that's why we're studying self-development. That's why we feel it's necessary to STUDY success. We don't let it come naturally because we have so much unnatural stuff blocking the way.

When we study, most of our effort goes into unloading mis-information that interferes with our natural guidance system.

But as we unload it, we DO start hitting the target much more frequently.

Isn't that good to know?

## **DO THIS**

What project are you working on right now? Name a goal that you are currently trying to achieve. How harshly do you criticize yourself when you're off target? If you come down hard on yourself pretty frequently, it may be okay to loosen up a bit. Let yourself be flexible.

I'm not saying you should be so loose that you stop hitting ANY targets. But you know what happens when you get excessive feedback in a control system.

That's right... oscillation. A wild swinging from one extreme to the other. In humans, this oscillation often shows up in our moods. One day we're high on our successes, then the next we're in the dumps because we're convinced everything's going wrong.

Cultivate a bit more faith in your abilities, and in the friendliness of the universe where you live. This will let you operate with full awareness of what's happening, but without the excessive feedback that causes you to swing between elation and despair, determination and doubt.

## **Day Twenty** **If You've Missed the Mark**

In the previous lesson we examined the way our minds seek out goals.

But no matter how well we understand the principle, sometimes we still miss what we're aiming for.

Mankind has been wrestling with this problem of missing the mark for thousands of years.

In fact, one of our oldest and most feared words originally had the very simple meaning of "to miss the mark." That dreaded word?

"Sin."

In a marvelous eBook entitled "Why Is This Happening To Me... Again?! ... and What You Can Do About It", Dr. Michael Ryce, who reads and speaks ancient Aramaic like you and I handle our mother tongues, says in Chapter 13:

"Most of us have bought into sin as something terrible and awful. It is something we have been taught to feel guilty and bad about. Sin was originally meant to be positive feedback. The English translation of the Aramaic word, khata, is 'sin.' It is an archery term. When you fired at a target and missed the bull's eye, the scorekeeper yelled, 'Sin!' ['Khata!'] It meant, 'You are off the mark,' which, in practical terms, means improper for your energy system or less than your highest and best. It does not mean you are evil, damned or should be groveling in the dirt. The simple implication is to adjust your aim, it's time to take another shot, time to do something differently in your life!"

Adjust your aim.

Now, doesn't that sound more helpful than the scary stuff the preachers were screaming at us from the pulpits when we were children? Come to think of it, they're still screaming that stuff.

But you don't have to be beaten down by guilt and fear.

Instead, just start adjusting your aim.

## **DO THIS**

Have you missed the mark on something recently? Did you beat yourself up, or did you simply correct your aim and try again? This principle applies in every area, including career, family, social and spiritual. Take a close look at your misses and how you react. A miss is an opportunity to correct your aim, not a time to beat yourself up.

## **A Final Word Your Next Step**

So it has reached the end.

I hope you found this an interesting 20 days of exploration.

The experience, however, doesn't have to stop there. If you haven't already done so, I'd like to invite you to subscribe to my newsletter "**The Sizzling Edge Report.**" [Click here to sign up now](#)

Subscribe and you'll continue receiving practical self-motivation and self-help material that's geared for use by real people in today's highly competitive world. I invite you to join me right away.

All the best from sunny Japan,  
Charles Burke

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**Feel free to share these lessons** with your friends and family. And if the ideas contained here have helped you, why not drop by my website and tell me about it. I'd love to know how Beyond Luck is benefiting you.

Cheers from sunny Japan,  
Charles Burke  
<http://www.charlesburke.com>