

Lee Milteer's Millionaire Smarts® Coaching Program Program Title

Lee Milteer Interviews Mark Victor Hansen

IV. Take Action

Dear Millionaire Smarts® Members,

I am always very honored to be able to interview important people who are not only famous, but who have a deep message to share with you.

This month our audio interview was with the one and Only Mark Victor Hansen. He is the co-creator of the fantastic *Chicken Soup for the Soul* book series with Jack Canfield. The series has sold more than 500 million books worldwide and Mark has had the honor of having more than 300 of his books become best sellers. I sincerely know how hard that is since I just spent months making my brand new book, *Reclaim the Magic: The Real Secrets to Manifesting Anything You Want*, a BEST SELLER in two categories on Amazon. I've been doing nonstop Radio, TV, and Newspaper interviews and will continue to do so for the next three months to keep the momentum going.

Mark has been a personal friend and is considered to be one of the most compelling leaders of our time so we are blessed to have had some time with him where he shared some of his beliefs about how to create miracles in your life. I personally know that we can create Miracles but first we have to believe in ourselves and that anything is possible.

One of the biggest secrets of life is that you must *feel* successful before you can create it in your outer world. Our thoughts become our emotions; our emotions create our behaviors; our behaviors create our results and successes. Our lives are driven by our emotions and how we feel about ourselves and the world. When you *feel* a particular emotion, you vibrate at that frequency. You must feel confident and as if you are already the person you want to become, as if you've already reached your goal. As you do these exercises, you must *claim* the part of the play you are creating in your head to attract the circumstances into your life with the Law of Attraction. When you feel confident, you take more intelligent risks, and you use more of your available mental energy for solutions because you are not using your energy in wasted fear or doubt.

It is important to focus on your positive new mental picture as often as possible. Do this for one to two minutes at a time at least twice a day for at least twenty-one to thirty days. Research has proven that it takes a minimum of twenty-one to thirty days to effect any perceptible change in a mental image.

You can re-pattern yourself in small bite-sized chunks of time during your day. Whenever you have thirty seconds, if you're taking a break at your desk, are at a stop light or in the shower,

envision the steps of what you need to do to get to your goal. It takes as little as three weeks for an old mental image to dissolve and a new mental image to form. By clearly focusing on what you want to create, you make this new image the blueprint for your future.

Napoleon Hill said in his book, *Think and Grow Rich*: “Any idea, plan, or purpose may be placed in the mind through repetition of thought.” He also reminded us: “Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements.”

The point of this exercise is to create *momentum*! Energy in motion tends to stay in motion and energy that is inactive tends to stay inactive. Accumulated energy has a cumulative effect. The more you re-pattern your brain with new positive images the more of that energy you are going to attract into your experience.

There are some schools of thought that have taught that all you have to do is visualize the achievement of a goal. From my personal experience and that of hundreds of successful entrepreneurs and coaching clients I have had the honor to work with, there has to be an *action* component to ensure your goals become a reality.

Recent research has shown that the reason people are not successful with using the process of mental rehearsal to achieve their goals is because they are substituting the fantasy of success for real progress. In other words they visualize the goal they want but do not take concrete actions towards the goals. Nor do they break their goals into a step-by-step process that helps them remove the fear and hesitation often associated with trying to achieve a life change or new goal. I call this naïve thinking because we live in a physical world. The old saying that God helps those who help themselves comes to mind here for me. Yes, we have to know what we want so we can aim our energy in that direction, but we need to do more than *think* it and expect it to show up in our reality. Thinking can create an attraction to the goal, but in the physical world, you have to assist the process by taking intelligent and consistent action to achieve the desired result.

Let’s make a very large and important distinction here: Most of us have been taught to visualize the end result you want to achieve but there is more to the story here. You have to add the steps of how to get to the end result in order to make it effective.

Your Mindset and Performance Coach,
Lee Milteer

P.S. Remember to take advantage of the resources on your Millionaire Smarts® Membership page. Each month, we provide you with digital copies of the reports and transcript, an MP3 of the call to download to your mobile devices, information on our featured expert guest and links to free gifts & helpful resources, and supplementary content from our team of expert faculty coaches—who include Dan Kennedy, additional reports from me, Phone Sales Doctor Chris Mullins, Health and Fitness Coach Joe Carabase, Leadership Coach Kevin Eikenberry, Newsletter Guru Jim Palmer, and Sales Coach Steve Clark.

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