

# **Lee Milteer's Millionaire Smarts® Coaching Program Wealth Attraction**

**By Lee Milteer**

## **I. Focus on Prosperity**

Dear Millionaire Smarts® Members,

Our topic this month is Wealth Attraction. We're discussing how to harness and focus your life energy to support you in your journey to create wealth, no matter what is going on in the outside world. Allow me to remind you that people who manifest great things seem to have laser beam focus. People who never seem to finish anything or even get things off the ground seem to have a shotgun-type focus because they are easily distracted by shiny objects, new ideas, and different directions daily. They never make much progress with their goals because they change directions so often. When you program yourself to have laser beam focus with your life energy, you will manifest your goals faster because of the intense energy and focus you will expend toward those goals.

Destiny is not a matter of chance; it is a matter of choice and what you focus on. I am going to share with you information to assist you to focus on what you want to manifest in your life and to stop focusing on what you do not want. There is a universal law: what you focus on expands. This seems like common sense but clearly, by the results most people get, it is not common knowledge.

Most people have been trained to observe conditions. If you are observing good conditions you feel good and if you observe bad conditions you feel rotten. There is a problem with letting the outside world determine our inside attitudes because if we allow our attitudes to suffer, our external world will also mirror those thoughts and feelings.

Our goal is to focus on what we want to create, not what outside conditions may exist right now. Our future will be determined by the thoughts and actions we take today. What we decide to focus on will show up in our life and work. Focus on what is good and more of that shows up. Focus in on what is bad and keep focusing on it and, sure enough, more bad will come! Right now you need to have the skill of awareness of how you are creating your reality.

The truth is that we have no control over the outside world, but we do have control over our thoughts and actions. Since you want prosperity in your life, now is the time to focus on prosperity and not lack.

Many of you are feeling frustrated over the sharp economic challenges that the world is experiencing right now. This is not personal or about you. We cannot put our heads in the sand

about it and we also do not have to be afraid. We are the creators of our future with our thoughts and actions. You have to take the attitude that when life gives you lemons---you have the option to make lemonade! Don't just sit around moaning about the lemons. It is a personal choice and decision about what to focus on right now. It is very important that you not take what is going on in the world personally but instead, refocus your energy on the fact that you have to be 100% responsible for the results you get in life with the actions you take. Not everything we do will be successful, but all actions do leave you with results and knowledge of what works and what doesn't work. That knowledge will always serve you. Remember that life is a journey not a destination and that our life story will always have ups and downs.

We have to be proactive to look for opportunities in places we have not looked before and be open-minded about new ways to live our life and do business. Maybe you have experienced loss of income or business. Many businesses are being challenged and sadly, have experienced loss of customers, clients, or patients. Maybe you feel spooked and are unsure of what is going to happen. Some people reading this report may have never experienced a downturn in the economy and may feel overwhelmed by it all.

So let's change our FOCUS--- it's time to reinvent your business and yourself to look for new ways to do business and ways to attract new wealth. Please give yourself permission to really be open to change and reinventing the way you do business! In the long run, a challenging economy can force us to do things we know we should have done a long time ago but were in a state of financial comfort and just did not get around to implementing innovative things such as marketing or introducing new services or product lines.

No one likes it, but it is important to understand the laws of nature. What goes up will come down. This is not personal; it's the way the world works. So when things are not as good as we would want them to be, it's time to do some serious brainstorming and invite prosperity back into our lives instead of sitting around feeling sorry for ourselves. This is not a time for pity parties. What good does that do?

We are self-fulfilling prophecies, so dare to believe in yourself, your abilities, talents, skills, and knowledge. Know and remember that you have always landed on your feet. You are alive right now --yes? You have survived whatever life has thrown at you and you will not only survive but thrive in the future. I know it takes courage to push yourself to new mindset but you can break through any barriers or obstacles by changing your focus.

The truth is there is always opportunity if you look for it. Opportunity is out there and yes, you may have to knock on doors to find it, but it is there! We simply cannot allow a challenging economy to best us. People have lived and thrived through more challenging times, such as the Great Depression and World War II. They learned to do things to boost their spirits as well as create new businesses and services, and use their skills and talents in new ways. The news media

and our politicians seem to focus exclusively on gloom and doom. I refuse to go there and I urge you to give yourself permission to count your blessings and keep doing the things that bring you prosperity and success. If you don't take this advice, your future will be filled with the gloom and doom that you focus on.

One of the ways we can control FEAR (fantasized experiences appearing real) is to pull our focus off what we don't like and focus on what we can control, what is possible, focus on what we can create and manifest. If you view your current problems as opportunities, you will start each day with a renewed sense of purpose and clarity about your life.

With all obstacles is a seed of opportunity. I know when you have just suffered a setback that it doesn't feel good, but you must train yourself to focus on the goals you want to manifest for yourself and not the bad things that might happen.

As of today, I want you to start paying attention to what you are focused on. Pay attention to the caliber of information that goes into your brain daily because it will determine how open-minded you are to expand your view of life and what is possible.

I would like for you to do an exercise that will help you get clarity on where you want to focus your life energy. The exercise is: What is it you DO NOT WANT in your life and business?

Take some time and write out exactly what you do not want in your life. Yes, I said what you do not want. I am serious about spending time asking yourself what is it you do not want in life to help you get clear about exactly what you do want to focus on for new goals.

Clearly, you do not want bad health, poverty, loss of loved ones, loss of home or business, loss of social standings, loss of reputation, loss of good staff, loss of savings, loss of ----you fill in the blanks.

Let me help you get started. For example, I personally do not want to give my personal power and prosperity away to the news media that makes me feel depressed and down about the future. So now that I have clearly defined what I do not want, I can set goals to avoid what I do not want. By defining what I do not want, I have set goals to guide me ---I now pay more attention to who I talk to, what type TV or Radio shows I view, the type of information I read, and environments I allow myself to be exposed to that affect my mood and outlook on life. Where I used to read the entire newspaper, I have now substituted it with inspirational materials that uplift me and give me hope for the future. So simply identifying what I do not want helped me identify and focus on what I do want. I am now crystal clear on the goals I want to set for myself.

HOMEWORK:

Your homework assignment for the next week is to identify what you personally do not want. Carry a small notebook and jot down everything that comes to mind on what you do not want. I want to pull you out of your comfort zone and do something that wakes you up about how important it is that you are CLEAR about what you want. That way, you can focus your mental, physical, emotional, spiritual, and financial life energies towards what you want. Fuzzy thoughts result in fuzzy actions. Prosperity is a decision that you make on how to use your life energy.

Your Mindset and Performance Coach,  
Lee Milteer

**P.S.** Please go to [www.fivetypesofenergy.com](http://www.fivetypesofenergy.com) to download five short videos I created to explain the five **kinds of energy to spend daily: mental, physical, emotional, spiritual, and financial**. Where are you spending your resources? Are you spending them in a fear or with an optimistic view of life? This video series is free to you since you are part of the Millionaire Smarts® coaching group. I promise you these videos are going to change the way you see life and your life currency with your daily energy level.

**P.S. #2** 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.

To access the Millionaire Smarts® membership site and monthly content, go to [www.milteer.com](http://www.milteer.com) and put in your code for the month **(219115)** at the top of the web page on left where it says COACHING SIGN IN. It will take you to the private and password protected Millionaire Smarts® Coaching membership site.

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