



# 10 DAYS TO YOUR MAGIC LIFE

TRENT HAND

FOREWORD BY ERIC T. WAGNER



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By Trent Hand

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## Foreword

Flying by in a yellow Ferrari Spyder F355 on a windy country road. Kicking back in a 7-bedroom house with double steam showers and an indoor hot tub. Relaxing in an ocean front condo mere footsteps from the sand.

Sounds like part of an ideal life, right?

Maybe.

But what about this?:

Leaning back in a camp chair in the middle of the forest next to a river. Smiling back at the most beautiful woman in the world -- who also happens to be my wife with unconditional love for me.

Only days ago staring in awe as a proud father at my sweet 16 year old daughter while she sings on stage in her high school auditorium.

Sounds pretty good too.

Yes -- as a life-long entrepreneur and pursuer of strategic living at its finest, I've lived both these lives at separate times. And each is the result of a burning desire to both dare a dream and then set out to achieve it.

So which one is better? Which life truly rocks the house?

It doesn't matter -- because these have been *my* versions of an ideal life. But what about you?

What about your dreams for an ideal life?

You and I live *one* life here on earth. Wait. Did you catch that? You have **one life** here. When the alarm clock goes off; and you're time is up -- that's it. Game over. You don't get a second chance.

Which is why it's imperative for you to get going. What you hold in your hands is your starting place. It's your way out of mediocrity. It's your lifeline and ticket to a better way.

Trent Hand wrote his book "*10 Days to Your Magic Life*" to help you. Here you will discover ten simple steps over ten days to show you how to wake up; discover you have a dream of your own ideal life; and then valiantly head out in pursuit of it.

Yes -- it's time to get off the couch and live your life. One of my favorite take-aways from Trent is this: You can't look at your life in terms spending "time" on this or that. Whether watching TV or frivolously wasting hours on Facebook or computer games; you're not merely spending "time" my friend -- *you're spending your only life.*

Such a precious commodity; your life. So do something about it, will you? Dream big. You *can* have the desires of your heart. Have the courage to pursue your ideal life today... because by this time tomorrow; today will be lost **forever**.

**Eric T. Wagner**

**Founder and CEO of Mighty Wise Media**

**Contributing Writer for Forbes**



This book is dedicated to Rebecca “Granny Becky” Morris for being the most loving and supportive person a child could ever ask for, even after he became a grown man.

For additional resources to help you on your journey, including three of the most important books in my life for free, please visit [www.magiclifefenetwork.com/e-books/](http://www.magiclifefenetwork.com/e-books/)

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## Preface

This book is magic.

Well, sort of.

It is magic in a sense most of us are not really familiar with. You see, I grew up a nerd. I loved Lord of the Rings. My favorite authors were R.L. Stein and Terry Brooks. I absolutely loved the Dungeons and Dragons cartoon. I loved it so much I bought it for my little brother a few years ago and watched it again. The common element I loved in all was magic. Magic was awesome! A spell could create fire out of thin air. Skilled magic users could lift themselves up into the sky and fly high above the earth. Magic could be used to heal wounds and save lives. You could even feed people who were hungry with the right magic spell.

Magic also always had a price. Someone had to study for years to be able to cast spells. Whenever a particularly strong magic was cast, it usually required several practitioners of magic, and they were all exhausted when the spell was completed.

Magic was also neutral. A person with knowledge of magic could use it for great good, or for great evil. The magic didn't really care. It was simply a tool used by those who had worked hard to learn the secrets of magic.

I used to play outside and pretend I had magic. I always wanted to be a Paladin. Paladins were the knights who were so good and pure they were granted magic to help people, to use along with their blades. To me, Paladins were the ultimate warriors. They could fight off any evil and heal any injury with the power of magic.

As I grew older, it became less and less socially acceptable to believe in magic. I stopped pretending I was a Paladin. I stopped believing there were forces in the world which could create something out of thin air. I started believing everything in life had to

be solid and tangible. God was real, and he created everything, but as a person, I only had access to what was physically present. So I went to school, made friends, had a rough set of teenage years, transitioned from a belief in magic to a fascination with horror films, and began working. I started out in a small grocery store in my home town, worked my way into fast food, then a retail clothing store (the dream for a seventeen-year-old single guy) and eventually college.

At this point, any remnant of my childhood belief in magic was gone. I had learned the only way to achieve things in life was by the sweat of my brow. Hard work was the real secret. Keep your nose to the grindstone until you get what you want. This mentality led me on a string of less than satisfying employments. I became a janitor, a soldier, a salesman, a sales trainer, and finally a technical salesman for Dell. Every time I got a new job, I would be very excited for a few months, then it would fizzle and I would become ready to look for something new.

If you're reading this far down the page, you can probably relate to me. Most of us believed in magic as children. It's the reason Disney films are so popular among children. We were read fairy tales by our parents. We were told we could do and be anything we wanted to be. We were told this until we were maybe ten-years-old. Then, our parents started trying to teach us about the "real" world. They started to teach us the "real" world was dangerous and scary. They started teaching us that "fantasies" are not something that happens for very many people. In short, they started teaching us to begin to settle for less than our dreams.

This book is not an attack on our parents. Our parents loved us and did the absolute best they could. They knew life would give us difficulties and tried to prepare us as much as possible to face these hard times. Their unintended side effect was that these lessons usually made us hesitant to go for the things we really wanted. We learned to "play it safe" and "not rock the boat." We decided it was much better to follow a predefined path of success and live average lives. We began to assume a decent house, nice cars, and a marriage with kids, were what we required to be happy. So we got a job and acquired these things. For some people, this works. They are happy and content with these things.

This book is for the ones who want something different for their lives.

You see, there is magic in the world. It doesn't happen instantly like in the books and movies. I don't see anybody able to fly around the world or cast fire out of a stick. I have yet to meet a Paladin, though on occasion I do look around for one.

But the magic I'm referring to is just as powerful. Much like the magic we learned about as a child, it comes at a price. It requires a lot of study to master. It can be used for good or evil, by those who are both loving and selfish. There are sacrifices involved in summoning this magic. Oftentimes, for really powerful spells, you will need the help of other magic users. Even so, this magic is worth every effort involved.

This is the magic to live the life you've always dreamed about.

This book will be a starting point on how to access this magic and begin to develop your ability to use it. In ten days' time, you will not have achieved all of your dreams. You won't be an expert in a field you know very little about. You more than likely won't double your bank account or perfect all your relationships. Still, in ten days' time, you will *start* to do all of these things. You will begin to understand and use this magic. You will see that your dreams can become a reality. Most amazing of all, even though you will work harder to accomplish this than anything else in your life, you will find the process much more enjoyable and rewarding than anything you've done before.

I'll make a deal with you: if you are ready to change your life, read on and do exactly what this book tells you to do for the next ten days. If you follow the steps in true faith, believing they are going to work and put everything you have into them, you will begin to see changes by the end of the eleventh day. If you go through this process and still see no results, I will personally give you double what you paid for the book.

The reason is simple: it works.

Turn the page, begin your journey, and rediscover the magic.



## How to Use This Book

As you noticed in the title of this opening chapter, the operative word is “use” and not “read.” This book is a tool. It is designed and manufactured in order that it may be “used” to improve your life and help you achieve your dreams. You are welcome to read this book as many times as you like. I hope some people find it enjoyable enough to do just that. However, reading this book and not implementing the suggestions given is about as effective as reading the Sunday morning comics. It will be enjoyable, but not very effective in changing your life.

To get the most out of this book, I suggest you read each day as it comes. I recommend you read the chapter for the following day the night before, as you are preparing for bed. This will begin to gear your subconscious mind into the mode it will need to accomplish the next day’s tasks. In the morning, reread the same chapter and begin to implement the suggestions given.

These days and tasks are cumulative. Some will be something you do once a week, some will be done on occasion, and others are done every day as a way of life. It will be very clear and easy to determine which tasks fall into which categories, so do not stress in the slightest about how to sort them out. In fact, do everything in your power not to stress at all. Stress is the most dangerous and useless activity in which we currently engage in our society. I would say a close second would be an unhealthy diet, followed by smoking. If you’ve noticed, all three of these lead to heart disease, the number one killer in our country. So, I would advise you to avoid all of these activities, starting with stress. By following the steps laid out in this book, you will find your stress level reduced dramatically, which is a key component to creating your magic life.

Finally, if you are currently married or in a serious relationship as you begin this process, you are either at a great advantage or disadvantage. This really depends on the partner you’ve chosen. Partners really fall into three categories: bad, better, best.

The best partners will voluntarily decide to join you in this journey and work alongside you to create your dreams. If this happens, your job becomes to encourage

your partner to find his or her dream, not to ask for more help in creating your own. There is more than enough time, money, and abundance in the world for both you and your partner to each have everything you want. Compromise, in effect, is walking away without either of you being fully happy. Agreement is when you come to a conclusion which leaves both of you feeling satisfied. In all your transactions, especially with your romantic partner, never compromise. Always reach agreement.

The better partners will not really have any interest in joining you on this journey, but they support your desire to do so. In this case, don't try to push them to join you. There is great truth in the statement that nobody can be made to change without them first wanting to. If your partner tells you to go for it, but isn't otherwise interested in getting involved, thank them for their support and love, and go about your own progress by using this book. Within the ten days, your partner should see some beneficial changes in you and begin to consider what would happen if they themselves began to use this book. At the very least, they will appreciate your new found sense of purpose, drive, and happiness.

The bad partners will absolutely fight you in your efforts to create your dream life. If you are not married to this person, you may find yourself less and less attracted to them as you grow. This is common whenever one person in a relationship seeks to become greater than they currently are while the other person wants to stay exactly the same, or even to get worse. If this happens, continue on your journey and understand that perhaps this relationship is not really a part of your dream. Most of us at one time have been in a destructive relationship. We're usually much happier when it is over.

If you are married to the bad partner, I do not advocate divorce. You made a commitment to stay together through better or worse, and you should stand by your commitments. Try to understand that your partner's attitude is probably routed in fear or some form of self-doubt. Most likely, they are somewhat afraid if you grow too much, you will "outgrow" them. I would suggest using lots of reassurances, telling your partner you do love them and you are doing this so you can build a better life together. Together is the operative word. If your partner still fights you on this, try couple's counseling. An objective third-party can usually help us understand our actions and how to improve them. Finally, if your husband or wife refuses any of these actions, do the

steps in this book without them and you will receive clarity on how to proceed as you go.

With any of these partners, it is possible to build your dream life. It is possible to discover the magic you used to believe in. It is possible to build your relationship into something wonderful and fulfilling. All you need is faith, dedication, and the will to succeed.

The next page will be Day One of your Ten Day Plan. This plan will change your life if you follow it. As in any change, it will not always be easy, it will not always be fun, but it will be greatly rewarding.

If you are not really ready to make a change in your life and to start creating the dreams you have always held, please stop reading at this point. We will forget about our little bargain struck in the preface and you can go about your life as it was before. There is nothing wrong with your life. There is nothing evil or pathetic about how you live, unless you feel it is so. If you are happy where you are, there is very little I can offer you. If, however, you find yourself wanting more than what you have, and you are willing to put in the effort over the next ten days to begin your incredible journey, turn the page...



## **Day 1: Discover How You are Spending Your Life**

Go to any large bookstore in your area and you will see a good selection of time management books. If you search “time management” on Amazon.com, you will find 98,876 entries in the Books section alone. To me, that’s a little much for something that doesn’t really exist.

You see, time management is a huge misnomer. We don’t manage time. Time isn’t at our command. We cannot cause time to speed up, slow down, take a break, or work harder. You might as well try to manage a mountain.

Let me ask you something: have you ever wished you had more time? I know I have. The truth of the matter is, none of us has “more time.” Time is the great equalizer. It is also a fictional concept.

We have all heard that humans are the only creatures with a concept of time. The fact is, we’ve made up an idea of time to gloss over what we really have. All we really have is life. That’s it. Whenever you “spend time,” you really spend life. Time is just a word we use to talk about incremental moments of life.

Seems a little mystical and metaphysical, right? Let me put this to you as a question instead. “Where do you spend your time and where do you spend your life?” Think about that. Does it now make a little more sense? If someone approached you and asked “Where do you spend your time?” you would most likely tell them where you spend the majority of your days. If they then asked you “Where do you spend your life?” your initial instinct would be to repeat your first answer.

So, today’s task has two purposes. The first is to help you discover how you are spending your life on a daily basis. The sad fact is most people do not really have a good understanding of how they spend their lives. We hear expressions like “Where does the time go?” and “I feel like I’m always running short on time.” The real truth is

we all have exactly the same amount of life in any given day to use. The first difference between those who live their dream lives and those who do not is simply an awareness of how they spend their lives.

So, how do you discover how you spend your life? There's actually an extremely simple method. It's so simple you may be inclined to shrug it off as being too simple, too low-tech, or not innovative enough. If you walk into any office supply store with electronics, you will see dozens of really neat time management devices. They will have LED backlighting and nice displays, calendars, appointment trackers—you name it. They will come with really neat price tags as well. And they should. People put a lot of hard work into those devices because the public demanded gadgets that would help them manage their time. The manufacturers of those products deserve to be rewarded based on how popular and effective their products are. If you don't want to run down to the store, look up "time management" in either the Android or Apple app store. You will find lots of nice apps designed to help you with this.

I don't recommend for you to buy or download any of these. I have used quite a few, and they did help me feel more in control of my time for a while. They also helped me miss the big picture of what I wanted in life by constantly keeping me following tasks I set for myself. I didn't really pay attention to what the task was. I assumed if it was in my time management program, I needed to do it. Any time that wasn't in my time management program was "free time."

All you need for Day 1 is a pen or pencil, and some form of notepad. That's it. It doesn't matter what kind of pen. You can use felt, ball point, or fountain pens. I leave this choice in your capable hands. The notepad is also negotiable, but I will insist that it doesn't have other things already on it. Please use something that is clear of previous schedules, lists, or notes. This is important.

Your task for Day 1 is to write down every single thing you do. That's it. It sounds easy, but this will require some personal discipline on your part because you have probably never done this.

This doesn't have to be a detailed list. What you want to write down is when you start and stop doing things. For instance, if you find yourself getting out of bed at 6:12,

write that down. When you finish getting ready for work, write that down. Things can overlap. If you turn on the TV while getting ready for work and eating breakfast, write down when you turn on and turn off the television. Topics can also be broad. When you leave for work at 7:30 you don't have to write down anything else pertaining to your working day. This is not about how good you are at your job. If you stop off for coffee on the way to work, make that a separate line.

It is vitally important you don't make any judgments on how you are currently spending your life, or change the day's activities to make the list work! Today is just a day for observation and understanding. No one will see this list but you, so being completely honest with yourself is a crucial factor in creating the life you've dreamed of.

Here is an example of a typical list:

*Got out of bed 6:13*

*Got ready for work 6:15-7:10*

*Turned on TV news while dressing 6:40-7:20*

*Read the morning paper 7:20-7:30*

*Left for work 7:30*

*Stopped at local coffee shop for breakfast 7:52-8:20*

*Left work to return home 5:47*

*Returned home at 6:18*

*Talked to kids 6:20-7:10*

*Turned TV on for news 6:30*

*Dinner in living room with family 6:55-7:20*

*Watched TV with family 7:00-9:00*

*Put kids to bed 9:00-9:25*

*Talked to spouse in living room while watching TV 9:26-11:30*

*Prepared for bed 11:30-11:42*

*Crawled into bed 11:43*

That's it. That is a typical day for most of us. There is nothing wrong with the day you've just read. You may find yours looks similar to this, or it may look nothing like it at all. That is okay. The first point of this exercise is just to make you aware of how you are spending your life right now.

The second and ultimately more important lesson is for you to realize what you are spending is your LIFE. Life is nothing more than the sum total of days and moments you have on this earth. The way you have spent your life up until now has given you the life you have. This is neither good nor bad. It just is.

Spend the day observing and chronicling your life. You might be surprised at what you discover...

## **Day 2: Realize What Your Next Dream Really Is**

This is the day which will seem really easy until you actually get into it. Then, you will discover it is one of the most difficult days you will have on this journey. You see, as I mentioned in the preface, we're taught at a very young age to stop dreaming. Most of us wanted to be good, responsible children, so we followed our parents' wishes and began to face the "real" world. This means we haven't really allowed ourselves to dream since we were kids.

You have heard the expression "It's like riding a bicycle." This statement implies riding a bicycle is something so ingrained in us from childhood, a person only needs to hop on one and they will remember the correct motions and processes, as if they had never stopped riding. I had the rather unpleasant experience of disproving this statement a short time ago.

In the spring of 2011, I began dating a beautiful girl from Turkey named Cigdem (pronounced Cheedum). Cigdem had moved to Nashville about a year earlier to improve her English. We met at a conversation group she attended to practice her English, where I was a volunteer. Long story short, I somehow convinced her I was a worthy way to spend her life while in America.

One of Cigdem's desires was for us to get bikes to ride during the spring and summer months. Back in Turkey, she had ridden her bike with her twin sister everywhere, and she really missed the activity. I decided to attempt to make this happen. While visiting an outdoorsy friend of mine in order to find out more about bike shopping, she offered to let me take her bike for a short ride. Short is an appropriate word for that experiment.

I fell off . . . several times. I had ridden a bike quite a lot as a child, often doing small stunts and tricks with my younger brother. I remember being pretty good at it. Even so, that was not a very good refresher to riding a bike. One scraped knee and a bruised ego later, I returned the bike to my friend and went home to watch a movie. I

found I had never lost the skill of watching movies. That activity was acceptable and practiced at all points of my life.

This experience taught me that simply because I used to do something a lot doesn't mean I can instantly pick it up and be as good as I remember myself being.

You may find yourself in a similar situation with realizing what your next dream really is.

It has more than likely been a while since you have had a dream you truly believed you could accomplish. I'm sure you have desires. I'm sure you have things you fantasize about when you have a few minutes with nothing to do. But an actual, magical, amazing dream? When is the last time you had one of those?

Finding a dream is simple, but not easy. You will find many articles, books, and audiotapes on goal setting. I have used quite a few of these and found them to be very useful. Unlike the time management programs mentioned in the last chapter, setting down goals has helped me increase my effectiveness in immeasurable ways. I count myself very fortunate to have found great teachers in this area.

What I will suggest for you on Day 2 is very simple. You will need three pieces of paper and a pen or pencil. This will take roughly one hour of your morning and thirty minutes of your evening.

In the morning, start by clearing off a small workspace. The area should be someplace quiet where you will not be disturbed for the entire hour. This is a very personal experience, so if you are going through this process with your partner, please do this activity in separate rooms.

Once your workspace is cleared away, place your first sheet on the table and write at the top of the page "What do I really want out of my life?" Set a timer for 30 minutes, put on some relaxing music without words (I find classical pieces work best for me) and begin making a numbered list of everything that comes to mind. At this point, don't try to prioritize or decide if any of the dreams and goals you put down are unrealistic or silly. Write down EVERY SINGLE THING that comes to mind in a numbered list! The purpose is just to get your dream feelings aroused again. If you're in your fifties and want to be an action movie star, write that down. If you're 5'2" and

want to play in the NBA, write that down. When I did this, I wrote down Paladin. I still think it would be pretty awesome to be a Paladin.

It is important you stay on this task for the full 30 minutes. Your dreams and fantasies will come in fits and spurts. Don't assume just because you can't think of a new dream at 22 minutes doesn't mean you won't receive some great ideas at 27 minutes. I've often found my best goals and ideas at the end of these 30 minutes.

When your timer goes off, take a five minute break. Try not to chat with anyone or do anything active. Rest your mind. If the weather is agreeable, take a short walk. Breathe in some fresh air and enjoy the beginning of your day. After five minutes, return to your workspace. Set your timer for 30 more minutes.

At this point, you will begin to eliminate dreams that aren't really important to you. A crucial note here: do not eliminate any dreams based on what you feel is achievable or realistic. You are capable of ANYTHING, provided you want it badly enough. Take the next 30 minutes to mark out all but three to five dreams that you really want for your life. Take your time. 30 minutes is more than enough for this task, so start with the easy dreams first and whittle your way down to the top three to five. Please, use the entire 30 minutes. If you get down to five dreams with ten minutes left, try to get down to three.

After your timer goes off, write the three to five remaining dreams on the second sheet of paper. At the top, write in large, bold letters "WHAT DREAM COULD I ACCOMPLISH THAT WILL MOST DRASTICALLY CHANGE MY LIFE FOR THE BETTER?" Throw away the first sheet of paper and leave the second page sitting on your workspace. You will use the second page later tonight.

Go about your day and think about that big, bold sentence you wrote down.

When you return home in the evening, your mind should have focused in on one, or possibly two things. At this point, you need to choose one. Jesus spoke the truth when he said "Man cannot serve two masters." You can achieve all of your dreams, but only one at a time. A divided mind is a weak mind. Set your timer again to 30 minutes.

On your third sheet, write down in large letters that are easily readable from a distance, your next dream. Stare at it. Fix every word into your mind. It doesn't matter

what the dream is at this point; you truly want this dream and you CAN realize it. As you stare at the words on the page, the only question going through your head should be “when?” There is no “if.” There is no “try.” Any word that suggests you might not achieve this dream is a failure word and will ruin your chances of achieving your dream. Simply think “When do I want this to be a physical reality?”

When you have that date, write it down in big, bold numbers under the dream. Throw away your second sheet and place the third sheet in an area you will pass several times a day. I recommend an office, but the place is not important. Being able to see it is the most important part.

That’s it for Day 2. Spend as much of your spare time as you can visualizing what life is like now that you have achieved your dream. Always think and speak of your dream as something which has already happened, not something you are working toward. Believing it is already real is the way to make something real. We will talk more about this phenomenon in later chapters.

Go to bed thinking about how wonderful your life is now that you are living your dream. Believe it or not, you just took a huge step toward living your Magic Life.

### Day 3: Replace Your Habits

So, you have now realized what your next dream is. This dream is achievable, no matter how lofty or far off it may seem. If anyone else in the world has done what your dream is, so can you. If nobody else in the world has accomplished what your dream is, that means you can be the first. We do not live in a limited universe. Everything is possible.

Now, the hard question: what have you been doing with your life that has kept your dream from becoming a reality?

This is the crux of the matter. Circumstances and luck are never the issue. Please, do yourself a favor and remove those concepts from your mind. People who live their dreams grow up in all sorts of different environments. People who go through life barely getting by and generally unsatisfied are born in all sorts of environments. Your circumstances are not why you are where you are. Throw that idea out of your mind forever, and replace it with this one: *My life is the direct result of the thoughts I have carried and the habits I have formed—nothing more, nothing less.*

Next, let's talk about luck. When we say someone is "lucky" what we are really saying is that we have no idea how that person achieved success. Often, we see the end result of someone's efforts unleashed with wild success and we think, "Man, I wish I was as lucky as him!" Get that thought out of your head! That person was not lucky. There is an extremely high probability the person you are thinking of as lucky has worked very hard for a large portion of time to achieve their dreams. If you are really enamored with the word "luck" I will give you a formula for luck you can reasonably use to enhance your life:  $P + (O + F) = L$

Preparation + (Opportunity + Faith) = Luck

That's it. When a person has done the preparation needed to take himself or herself to a certain level, often an opportunity will arise. If the person then has the

FAITH to take hold of that opportunity, magic happens. The rest of us usually only hear about it after the magic happens.

One of my favorite examples of this is Tom Brady. When we look at Tom Brady now, we see a poised, athletic, extremely talented quarterback. I mean, the guy has it all. He's a multi-millionaire. He's a celebrity all over America. He's married to Brazilian supermodel Gisele. If anyone is living a dream, it's Tom Brady.

But talented is the last thing you would call Tom Brady when it comes to football. For the vast majority of his life, he had been the second-, third-, and sometimes even fourth-string quarterback. He was called "beanpole" because of his small size. He was criticized for his lack of speed and poor footwork. The only positive thing coaches had to say about Tom Brady was that he was an excellent worker and a great team player. He had leadership qualities, but very little athleticism.

It would have been very easy for Tom Brady to play college football and settle into a regular career. He had the intelligence and natural skill set to make an excellent businessman. Many people like Tom Brady do just that. He chose not to. He chose to follow his dream. He focused all of his attention into his dream of being a great NFL quarterback. While others were relaxing and partying, he was training. When other students went to the beach for Spring Break, he went to football camps to work on his game. He never took his eye off of his dream, and now that dream is a reality.

What made Tom Brady arguably the greatest quarterback of his generation was not talent, luck, circumstances, or opportunities. What made the difference were the habits Tom Brady developed for himself.

If you want to reach your dream, you will need to form habits that help you grow as a person. You also need to eliminate ALL the habits holding you back.

So, what are some of the habits holding you back?

Take a look at your sheet from Day 1. How are you spending your life? Is the word television anywhere on the page? If it is, you would be a very normal person. The average American watches 28 hours of television a week. It is no mystery people don't have the time to pursue their dreams; they've put a second job in their living room.

This is a point I feel very strongly about: stop watching TV. I am not saying reduce your time watching TV. I'm not saying pick five shows you love and only watch them. I'm saying STOP! There's a reason television has been called the idiot box and the boob tube. It literally makes you dumber.

If you don't believe me, ask yourself this question: when was the last time you got up from watching TV for a few hours and thought to yourself "I feel great! I can't wait to go tackle that project I've been thinking about!"? I'm inclined to think you will have a hard time remembering such an occasion. More than likely, you got up feeling groggy, or possibly hungry, but not very motivated. There have been countless studies all pointing to the negative effects of television on adults and children. The scary thing is, it has been found what we're watching doesn't have as much effect on us as the simple act of watching. When you watch TV, your mind goes into a very relaxed state and you have very few thoughts of your own. You begin to very passively process information that comes to you. That's why we sometimes refer to the activity as "vegging out." Do you want to be a vegetable?

Do yourself a favor and Google "life without television." You will find hundreds of articles from people who have given up television. You will also find they all speak about the extremely positive effects on their lives and families. This may seem like a scary, extreme act, but in reality it's really removing a slow-acting mental poison from your home.

If you're not really sure and you don't want to put the TV in a closet, give it up until you finish this 10-day program. Tape a sign to the front of every television screen in your house with the date you will finish this process on it. Remind yourself it's only temporary and you're just seeing if this makes a difference for you. See what a week is like without television. What have you got to lose?

The second habit that can hold you back is the news. Whether you get your news from the television, internet, radio, or the newspaper, it is not good for you. The news we are watching is almost completely negative. There was a great article in Psychology Today about the negative effects the news media has on people. In three separate studies, conclusive evidence was found supporting the idea that a person who spends

time “informing themselves” through the news media will be more anxious, fearful, and depressed. Are those the emotions you want in your life?

You may be asking “But shouldn’t I be aware of what’s going on in the world? Shouldn’t I know about current events?” My answer is, unless you are in a business that is directly involved in those events, no! The late Stephen Covey in his amazing book *The 7 Habits of Highly Effective People* discusses a concept called the Circle of Influence vs. The Circle of Concern. In a nutshell, the Circle of Influence is all the things you have some level of influence on. You can influence your lifestyle. You can influence your financial situation. You can influence your friends and family. You can influence your personal health and well-being. The Circle of Concern is made up of things which may concern you but which you have no real influence over. The U.S. financial deficit, people cheating welfare, the war in Iraq, child labor in China, and a variety of other topics covered in the news are all beyond your level of influence. Highly effective people go to work within their Circle of Influence. When they do this, they become calmer, healthier, and able to accomplish a great deal more. They also begin to expand their influence. They move from being influential in their family to being influential in their neighborhoods. From being influential in their neighborhoods, they move to being influential in their cities. They continue to become more influential and can eventually have an effect on the things in the news. By contrast, people who focus on their Circle of Concern become anxious, cynical, suspicious, and often feel as if they are at the mercy of outside forces. When this happens, they become less influential over time, eventually becoming a source of loneliness and bitterness that no one is positively influenced by. Ask yourself, “can I really do anything about what’s going on in the news?” If the answer is yes, begin to do something about it. If the answer is no, stop learning about it. You cannot help others until you help yourself.

Your mind is constantly learning. You cannot stop it. You cannot tell it what to remember and what to forget. Your mind has a mind of its own. The only thing you can control is what you feed your mind. If you feed your mind negative things, you will have a negative mind. Television and the news are negative.

So, you are giving up television and the news. You should find yourself with a few extra hours of free time in the day. That’s good. To achieve your dream, you will

need this time. To achieve your dream, you will need to use this time to develop your own good habits.

The first habit to develop is the feeding of the mind. Your mind and your brain are different. I am not speaking about Omega-3s and other supplements to give you good brain health. I'm talking about the mind and the thoughts which come out of it. Your thoughts and your habits form a cycle. If you develop good habits, you will have good thoughts. If you have good thoughts, you will develop good habits. These two always work together.

Find a good, non-fiction, educational book and read it every day for two to three hours. This may seem like a lot, and will be difficult at first, but this discipline will pay off huge dividends on cashing in your dream. You should re-read this same book every day until you have memorized it. Too many times, we read a great book, learn a few things and put the book down forever. This is a waste of the book's resources and our own potential.

When I decided to change my life, I read *The Science of Getting Rich* by Wallace D. Wattles (you can get a free copy of this book at [www.magiclifenet.com/e-books/](http://www.magiclifenet.com/e-books/)) EVERY day. The entire book took me roughly two and a half hours each day. Some days I really enjoyed reading it. Some days I had to force myself through it. Still, at the end of thirty days, my mind was drastically changed. I began to realize I am valuable. I understood my life was the result of my actions, which were the results of my thoughts. I started to exercise more. I became more aware of my spending habits. I worked harder on my projects. I enjoyed life a lot more. That didn't happen in the first week, but it happened in less than a month.

That was the book I chose. Some other recommendations I have are:

*Secrets of the Millionaire Mind* by T. Harv Eker

*Master Key System* by Charles F. Haanel ([www.magiclifenet.com/e-books/](http://www.magiclifenet.com/e-books/))

*As a Man Thinketh* by James Allen ([www.magiclifenet.com/ebooks/](http://www.magiclifenet.com/ebooks/))

*The Power of Positive Thinking* by Dr. Norman Vincent Peale

*Think and Grow Rich* by Napoleon Hill

*How to Stop Worrying and Start Living* by Dale Carnegie

*The Magic of Thinking Big* by David J. Schwartz

I've included three of the most influential books in my life on the Magic Life Network website for free so you won't have to invest any money at this point, only time and effort.

There is no best book. Each of us is looking for a different dream. The books above will develop your mind to think in ways that will help you achieve your dreams.

Your mind is your most powerful tool. Much like any tool, it does you no good unless you learn how to use it. You would not give a child a hand saw, hammer, nails, and a stack of wood and tell him to make a desk for you. You know the child doesn't have the knowledge to do it. Still, if you were to have the child taught how to use the tools, it is reasonable to expect the child could learn how to build the desk. Your mind is the tool; your dream is the desk. These books are your lessons. Pick one, and read it every day until you have the book memorized. After my first thirty days, I still read *The Science of Getting Rich*. I have learned a lot, but the book isn't memorized yet. I'm still learning from the re-readings. You will find the same for yourself.

The second habit is to plan out your days. There is an old adage "If you don't plan your life, someone else will." This is absolutely true. No amount of positive thinking will be helpful if you don't move every day toward your dream in some way. My advice is old and simple.

Andrew Carnegie once asked Ivy Ledbetter Lee to help him be more productive. After thinking it over, Ivy Lee told Carnegie that every night before he went to bed he should write down the six most important things he needed to do the next day. He then advised Mr. Carnegie to number them in order of importance. As Carnegie began his day, he was to pull out his list, start on number 1 and do it until it was complete. Then he was to move on to number 2 and so on, until the list was completed. When he had completed the list, Andrew Carnegie was free to do whatever he felt he should do. If he had items left on the list at the end of the day, he would not worry about it. After all, he would not have been able to get them done with any system. If he still needed to do them tomorrow, he would put them on the list in the number of their importance. Ivy Lee told Andrew Carnegie to try this and pay him whatever he thought the idea was

worth. A few weeks later, Andrew Carnegie sent him a check for \$25,000, which in today's terms would be worth several hundred thousand dollars.

Andrew Carnegie was the richest man on Earth during his lifetime. If this system worked for him, why would you use anything else?

Another habit to cultivate is to carry around an "idea pad." This is a small notepad that will easily fit in your pocket. Everyone has great ideas. The difference between successful people and the rest of us is most of us forget them, while a select few write them down and go to work on them. Be a part of that select few. You never know when inspiration will spark an idea in your head, so always have the notepad handy. I carry two at all times: one for new ideas, and the other for chapter ideas and stories for books I'm writing.

Remember the formula for luck:  $P + (O + F)$ . These habits are the P for that formula. Develop these habits, and you will achieve your dream. There is a scientific formula for success, and if you follow the formula, you will be successful. It's as certain as  $2 + 2 = 4$ . There can be no other outcome.

In the beginning, replacing the old habits with new will be a little uncomfortable. You will want to watch your favorite TV shows. The kids will complain that they want TV. Your spouse may complain about it. You will feel bored reading the same book over and over. You might feel a little self-conscious about pulling out your idea pad when inspiration strikes. Stay the course. In a very short while, usually less than a month, you will see remarkable and wonderful changes in your life.

Believe it or not, you are beginning to live your dream.

## Day 4: Develop a Deep Sense of Gratitude

If there is one day out of these ten which has the potential to make you completely happy all by itself, it is this day. If you could do nothing else in this book except the task given to you today, your life would improve dramatically. Your life may not become magical. You might not achieve the dream you set down for yourself on Day 2. Even so, you would be an instantly happier person.

What is it that truly makes us happy? I believe happiness comes down to two things: constantly working toward a goal that is important to you and being grateful for the many wonderful things you already have in your life.

Cultivating gratitude is not a new concept. Every religion in existence teaches us that to be grateful for what we have is a great quality to attain. Buddha taught: “A noble person is mindful and thankful for the favors he receives from others.” In the Hindu religion, people are advised to have this attitude: “. . . whatever I am offered in devotion with a pure heart – a leaf, a flower, a fruit, or water – I accept with joy.”

I personally am a Christian, so I take my most significant advice on this subject from the words of the Bible as it tells me, “In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” You may notice the words “every” and “thing” are separated. I don’t know if this has something to do with the many translations through the years or not, but to me, it drives home a very good point. I work very hard to remember to give thanks for every SINGLE thing.

When you are developing a sense of gratitude, it is important not to give large, all-encompassing statements that cover a range of categories. I never sit down and say, “Thank you God for my wonderful life.” Life in and of itself is wonderful, so that’s a given. That would be the equivalent of your spouse telling you “I’m so happy you are a nice person.” Do you want to hear something so vague that it really doesn’t say anything about your character or about what your lover really feels about you?

I imagine you would much prefer to hear something specific like, “I love it when you cook for me. The food is always delicious and I can really tell you love me by how much care you put into each meal. Thank you.” That is specific. That tells you something you are doing which makes your spouse happy and appreciative. What usually happens when you are told something like this? I’m not sure about you, but I usually want to cook more. Most of us, whenever we are shown genuine appreciation for something, will do more of that act for the person who appreciates us. It’s common sense most people seem to forget.

Developing this habit in my personal life has been the turning point of my existence. I used to spend most of my time complaining about things because they were not perfect in my eyes. When I was in a relationship that was 80% satisfying, I focused on the 20% my partner “needed to change.” Now, I’m in the best relationship I have ever had, and I believe a big part is that I constantly tell my fiancée how wonderful and amazing she is. She is by no means perfect and there are times when I become upset with her, but I find when I think about all the great things she does for me out of love, the anger goes away quickly and I myself become willing and happy to work out whatever issues we are experiencing at the time. I’ll tell you later in this chapter some specific things I do and that you can do to cultivate this gratitude in yourself. For now, understand the principle: cultivating gratitude will get you more of the things you are grateful for, and less of the things you would rather not have in your life.

I believe we are spiritual beings created in the image of God. I know we’ve all heard this concept and we have different ideas on what this means specifically. I am not here to tell you how you should believe, but this is my personal view. God created us in His image, so it stands to reason all of the emotions and characteristics we display as humans are the same emotions God has. The difference between the two of us is that God is in complete and perfect control of His emotions. He doesn’t make errors in judgment or say things He regrets. We do. Even so, we are taught over and over again how God wants us to treat people. The easiest and best way to treat people is also the simplest: treat others the way you want to be treated. Despite all the many wonderful books on the subject of human relations, this one little rule could solve 95% of the world’s problems.

If we are made in God's image, and He carries the same emotions He gave us, wouldn't it stand to reason that he enjoys being appreciated too? If telling your spouse how much you appreciate something causes them to happily perform that act more often, why would you treat God any differently? He wants to be thanked for His efforts. He wants to feel appreciated for the many wonderful things He brings into your life. And when you begin to thank Him often and sincerely, He will give you more of the things you are thankful for.

The second benefit you will receive from cultivating gratitude is that you will become much happier with your existing situation. Your own focus will move away from what is bad in life to what is very good and beautiful. The spouse you find gets on your nerves will start to be the funny and charming person you married. The kids who never seem to do anything right will begin to remind you of how you were at that age and you will laugh at what your parents must have thought. Your car that seems old and unappealing will become the friend who makes sure you can travel about freely.

No matter how much money you have, how attractive your partner is, what kind of body you possess, or how famous you may be, none of these things will make you happy in and of themselves. Being grateful for having them will. There is only one way to be happy and that is to be grateful for what is already in your life. If you started on this journey with me so you can get to a "place" to be happy, you will never get there. Happiness is not a destination. It is not a goal. Happiness comes in the pursuit of your dreams and in gratitude for what you have currently, along with being grateful for the gifts you have yet to receive.

So, how do you cultivate and develop your sense of gratitude? I have used a very simple process. I suppose at this point in your reading, you have realized I try to keep things simple. I believe life is not complicated unless we make it so. If you find something that is simple for you to do, and you do it often, you will become very good or even great at that particular practice. Once you become great at any practice, your life will open up in immeasurable ways. Cultivating gratitude is no different.

Remember that notepad you carried around with you on Day 1? On another sheet of that pad, spend the day writing down everything you can possibly think of to be grateful for. I mean EVERY SINGLE THING. Do you have a working toothbrush? Be

grateful and write that down. Do your pants still fit? Write that down. Do you have the ability to make a list of things to be grateful for? There's another one. Nothing is too small or trivial for your gratitude list. By the end of the day, you should have dozens of items on your list to be grateful for. This exercise will be a tremendous step forward in developing your gratitude. Simply being aware of all the many blessing you receive on a day to day basis will create a deep sense of peace in your mind and soul.

One cautionary note: do not compare your life to ANYONE else when you count your blessings. Do not write things down like, "I'm grateful I can eat a nice lunch while others have to do without." There are people in the world who suffer, but you focusing on them or comparing yourself to them doesn't help either of you. If you pass a man on the street asking for money and you feel compelled to give him some, do it. Be grateful you have money to give, but do not be grateful you are better off than that person. Gratitude is only what you are thankful for in your life, without comparison to anyone else. Every person you meet has something to be grateful for. Many of them don't realize it. Please, don't be part of that group.

Avoid cynics like the plague. If there is a gossip at work or a constant complainer, get away from them. Pretend you are busy, or better yet, be productive on something else, but do not engage in conversations with these people. They will not only have very little sense of gratitude; they may become resentful of you developing yours. Your life is wonderful and blessed. All you need to do is begin to consciously recognize this fact.

If this seems a little silly to you, I have a question for you: how often do you find yourself counting your blessings and saying thanks to God or the Universe or the One Being or whatever you wish to call it? If the answer is something along the lines of "not often," or worse, "I don't really have anything to be thankful for," then it is small wonder this concept seems silly to you. You are not seeing the results of it yet.

I close this chapter with a challenge to you, whether you are skeptical or excited about today. Do this activity every day for the rest of this journey. Find things to be grateful for in all situations. I promise, by the end of the week, your entire outlook on life will be dramatically improved. You'll find you are much closer to living the Magic Life than you thought.



## **Day 5: Create Your Morning and Evening Rituals**

I first came across the idea of rituals from a short YouTube video I watched of Anthony Robbins. For those of you who have never read or watched Tony Robbins, I would recommend you Google him today. He is a man who has created his dream life.

Tony Robbins spoke about how he could look at a person and know exactly what that person's rituals were. He could tell if they ate right, if they exercised, if they watched too much TV, if they were being productive. He states he can do this because we all have rituals we follow every day which have led to who we are now.

This is a powerful truth. As I've said in this book before, we are the sum total of our thoughts and actions. Today, we're going to create some rituals to help you succeed in achieving your Magic Life.

Rituals are not the same things as habits. Both are important and both will determine how successful you are, but they work on different areas. Habits are the things we do that we don't even need to think about, or at least not much. Someone who eats breakfast every morning doesn't have to put much thought into eating breakfast in the morning. Someone who constantly uses the word "like" in every sentence doesn't consciously add the word into their speech. It's just a habit.

I bite my nails. I know it's a terrible habit. I've done it since I was a child and I have never taken the time or the effort to break this habit. When I bite my nails, I don't think about it, I just start biting. We all have these habits. Day 3 was about changing the habits that hold you back into habits which will enable you to grow. The key to a habit is doing something so often you don't need to think about it.

Rituals are different. Rituals are a planned approach to a particular activity you will do every day, regardless of your circumstance. Rituals are sacred and not to be compromised for any non-life threatening emergencies. If your wife is having the baby at the moment, skip your ritual. Otherwise, do these every day, holidays and weekends included.

Why are rituals so important? If you break things down logically, the importance of a healthy ritual makes perfect sense. The way we begin our day is usually how we will continue throughout the day. If we begin the day off with energy, we have energy throughout the day. If we begin the day off positively, we will usually stay fairly positive. The world just seems to fall into place, except for maybe a few bumps here and there. The reverse is true. If you sludge yourself out of bed, stare at the coffee pot while you wait for it to do its thing, rush to get dressed after your cup of coffee, and then try to beat traffic to make it to work on time, there's a fairly large chance you will not have a good day.

How you prepare for bed has a huge effect on how you sleep. In college, I always slept with the television on. I felt the background noise helped me sleep. I was also a self-diagnosed insomniac who only got about three hours of sleep a night. Whenever I closed my eyes, my mind would just keep spinning thoughts and I could never sleep. It never occurred to me that perhaps the constant noise of the television was keeping my mind from calming naturally. The point is, if you go to bed still wired and stressed from the day's events, you will have trouble sleeping. If you have trouble sleeping, you will wake up groggy and in a poor mood. Spend your day groggy and in a poor mood and you will have a stressful day. If you then try to go to bed with all that stress still on your mind, you will not be able to sleep. Some people repeat this pattern for years.

Lack of sleep is a well-known problem in America. There are an estimated 60 million Americans who report sleeping problems, ranging from severe insomnia to generally not sleeping more than six hours a night. This has created a huge amount of stress and health problems. If you're reading this book, there is a one in five chance that you have trouble sleeping. If this is you, chances are you are usually tired, stressed, or depressed. There is a way out of this pattern that doesn't involve any pills, special pillows, or expensive equipment. At no point in this reading will I advocate a product or service which you will need to purchase, aside from the notepads, pens, and good books I mentioned earlier. The only thing I'm selling is the dream life you've always wanted. There's no product you can buy to achieve that, but I will walk you through the process.

Let's work together here so you can have more positive days and more sleep filled nights.

When it comes to rituals, everyone will have a slightly different approach. I will lay out the basic requirements of morning rituals followed by the exact ritual I follow. You do not have to follow my ritual. Find something that works for you and commit to do it daily, even on Sundays. I promise, this is not work and will not compromise any religious days of rest. This will leave you more rested than anything else you do.

The first component of a successful morning ritual is to spring into action with positive emotion. As soon as your alarm goes off, get out of the bed. I don't mean sit up and stretch. I don't mean hit snooze. I mean get out of the bed. Do you have a cold floor? Good! That will help you wake up. Does your spouse become very cranky in the morning? That's a good reason to get out of bed and go to another room. Get up immediately and start thinking and saying positive thoughts.

Do not, under any circumstances, sit or lay down anywhere. Your body has just spent eight hours being sedentary. Just as any object at rest tends to stay at rest unless acted upon by an outside force, your body naturally wants to lie back down. You have to create that outside force. Dance around your living room, splash water on your face, shadow box and pretend you're in the UFC. It doesn't really matter as long as you are moving a lot.

As you slept, your body used up quite a lot of energy and water. You are basically suffering from slight dehydration as soon as your eyes open. This is why many people can't eat as soon as they wake up. The best way to counteract this is to drink a full eight ounces of water and to move around. If you are used to drinking coffee in the morning, give it up. That caffeine is doing nothing more than dehydrating your body and making you jittery. Trust me, by the time we finish your morning ritual, you will have more energy than all of your Starbuck's buddies. I'm not telling you to never drink coffee. I'm telling you to break the habit of getting coffee into your system first thing in the morning. Your body needs to flush out the junk from the night before—not to have more piled onto it. Drinking water along with rapid movement will help your body to quickly flush itself and begin to feel better.

While doing all these activities, tell yourself the most positive and uplifting things you can think of. Bible verses such as, “This is the day the Lord has made; I will rejoice and be glad in it!” are great. You should talk to yourself as if you were a fighter’s coach and your man is about to step into the ring. Say all the great things about yourself you want other people to say about you when you’re not around. Be positive. Spend at least five minutes moving, drinking water, and talking yourself up. Even if you don’t believe what you are saying at the moment, keep on. Soon, your subconscious will start to believe it and your life will become much better as a result.

Next, spend ten minutes in quiet meditation, thinking about all the things you are grateful for. When I say meditation, I am not referring to some mystical, transcending experience where you will leave your body and float on a higher plane. I’ve meditated for years and never had an out of body experience. All I’m referring to is sitting quietly and thinking to yourself of all the things you have to be grateful for. You should be able to think of quite a few if you went through yesterday’s task faithfully. Put on some ambient sounds that will run roughly ten minutes. Your body should be awake enough that you won’t fall back asleep, but you shouldn’t lie back down. Sit comfortably and keep your head up. Ten minutes in the morning considering all you have to be thankful for will do wonders when it comes to enjoying your day.

The third piece of your morning ritual is exercise. This should come as no surprise. Everyone knows exercise in the morning is a hallmark of successful and healthy people. Why is it so important to do this in the morning instead of later in the day? Simply because we are much more likely to exercise in the morning than we are at the end of our day. During the day, we become busy, projects take longer than anticipated, and emergencies come up. In the morning, we haven’t been called upon to deal with these situations yet, so our full attention can be upon ourselves. Taking care of your body will go a long way toward creating your dream life. No dream is pleasing if you are too sick or fat to enjoy it.

If you are currently in poor health, that does not exempt you from this part of the ritual. Regardless of how bad your health is, you can do something. A walk around the neighborhood is good enough to get anybody going. A gentle swim at the local pool is also an excellent morning activity. Neither of these will require you to be in any sort of

healthy condition to get started, but both will lead you to that condition. Once you start this ritual morning exercise, you will find yourself able to do more and more, and your health will rapidly improve.

Exercise for at least thirty minutes to an hour. Unless your dream involves something physical, like becoming a professional athlete, working out for more than an hour a day can become counter-productive. Spending three hours a day in the gym probably means you are sacrificing sixty five hours a month you could be focusing on your dream.

After you are done exercising, take five minutes to read your dream over and over. Fix the words into your mind so they are at the forefront of your thoughts. Your body should be in a peak state from the exercise, so there is no better time to focus on your dream. When you have read it over and over for five minutes, you have completed your morning ritual and you are ready to begin your day.

My morning ritual is very simple. I begin by drinking half a 20 oz. bottle of water I leave on my desk the night before. I find it easier to drink water at room temperature first thing in the morning, but that's just a personal preference. Then, I turn on the computer to watch a six-minute YouTube video of positive affirmations. While watching, I jump in place as if I were jumping rope until my calves begin to burn, at which time I switch to running in place. I'm usually sweating mildly at the end of the video. I switch over to a ten minute video of rainfall noise and sit cross-legged with my back against the wall. I thank God for every blessing I can think of. When the rain noise stops, I know it's been ten minutes. At this point, I alternate my exercises. I will either go outside to jog for thirty minutes, or I will do thirty minutes of stomach and arm exercises. I'm not a huge exercise buff, but I know my body is an important aspect of my life, so I honor it daily. When I finish, I stare at my dream on the wall above my computer for five minutes. I take my morning shower, walk my dog, then I write a small email to my love. It isn't much, but every day I sit down at my computer and think of one specific thing that I love about her, then I write her an email telling her about it. She appreciates this, but more importantly, it keeps me appreciating her.

After a few days of this morning ritual, you will find yourself in a much more productive and positive world than before you started.

As for the evening ritual, things are a little simpler. The purpose of the evening ritual is to get you wound down enough to enjoy positive, refreshing sleep. I find meditation is a great tool for this.

There isn't much to the evening ritual, so I'm going to tell you what I do and you can put together your own ritual based on what you feel works for you. Don't overthink the evening ritual too much.

I begin by writing down the six things I need to do the next day. I've already completed my reading for the day and I have been focusing on my dream, so I can choose these six items based on my dream. After writing down my list, I will again play the rainfall noise from that morning, only this time I will lie down on my bed. I spend the ten minutes first forgiving anyone who did something to upset me during the day. I then forgive myself for any wrong I committed during the day. Finally, I thank God again for every good thing I can think of from the day.

When the rain stops, I open my eyes and sit against the head of the bed. I like to read two pages of the Bible every night, so I do this now. After finishing my reading, I put on a final YouTube video. This last video is always a guided meditation. I find that if I follow the guided meditation while lying down, my ability to visualize improves. I usually fall asleep before the guided meditation is finished, but that is okay; my computer has a sleep timer. Since I began this practice, I have not had a single night of troubled sleep.

This ritual is sacred to me. I work very hard to go to bed and to wake up at the same time every day, whether it is the weekend or not. Your body cannot tell what day it is, so changing your sleep pattern only hurts you; sleeping in on Saturdays is not a good decision. If I have to leave earlier than normal for some reason, I will go to bed early the night before and wake up in time to complete my ritual.

In order for you to live your dream life, you will need discipline. If you are not able to control the first and last hours of your days, you will not be able to achieve your dreams. More than just helping to begin our day correctly and to relax when it is time for sleep, our rituals help us develop this discipline and self-control. If you can learn to follow a healthy ritual, the rest of your life will become much easier.



## Day 6: Go Live a Little of Your Dream

Before you begin today's task, I need to ask you something: have you picked up a good book and began the habit of reading that book two to three hours a day? If you have, you should already be feeling a shift in your mindset which will make today greatly enjoyable. If you have not, do not do anything else until you have started that. In fact, put a pause on your journey and spend the next three days developing this reading habit. I am giving you three free books at [www.magiclifeframework.com/e-books/](http://www.magiclifeframework.com/e-books/) so you can develop this habit without costing you a single penny; why not use them?

The simple fact is, if you are not willing to expand your mind by daily reading of healthy material, the chances of you being able to achieve your dream are very small. You lack the discipline necessary to follow through on your tasks. Without discipline, everything will constantly fall apart for you. So, again, if you haven't started the reading habit, take the next three days to develop this practice. Remember, continue your morning and evening rituals as well, and when you come back to Day 6, you will feel very ready for this.

Now, assuming you have been reading two to three hours a day and practicing your healthy rituals, today will be a great opportunity for you, as well as a lot of fun.

Often when we think of our Magic Life we think about it as being someplace "out there." We view our dreams as something only other, super-special people have. When we think this way we are giving up on ourselves before we have even started. It's almost like we take the sage advice of Homer Simpson: "If you never try, you can never fail." Technically, this is true, but the reality is if you never try, you have already failed.

Today is the day of "I can have this!" This is the phrase you will need to repeat over and over as you go about today's task. There is nothing in this world that is possessed by someone else which you could not also have. "Also" is the operative word. Do not believe you have to compete with anyone else to get something. That mentality falls under the range of a "scarcity mindset."

People fall into two viewpoints on the amount of resources available at any given time. They either have a “scarcity” mindset or an “abundance” mindset. When someone believes resources are scarce, they will hoard and guard their possessions. That person will also believe if someone else has something that he or she wants, the only way to get it is to somehow take it from the other person. “Scarcity” people never have enough time, money, love, possessions, or any other resources. They are constantly stressed and upset with conditions as they are.

The “abundance” group has the opposite viewpoint of the world’s resources. They feel there is always enough to go around. Sharing or giving things to others is natural to them because they believe it will all be able to come back to them. There is no need to hoard or be jealous because anything you want is available in the world; you just have to understand how to get it. “Abundance” people are naturally calmer, less stressed, happier, and generally easier to get along with.

Most people are raised and still fall into a “scarcity” mindset. If you grew up in a home without much money, chances are you were told “we can’t afford that” quite a lot. That message is still running around your subconscious. The idea that there isn’t enough money or time in your life will always leave you feeling there isn’t enough money and time, regardless of how much you have of either of these.

One of the greatest benefits of Day 4 and the act of cultivating gratitude is that it will naturally lead to an abundance mentality. You will begin to see the world has so much to offer at any given time and you never should worry about not having “enough.” “Enough” is a concept that changes from one person to the next. Even the same person can have a different idea of what is “enough” from one day to the next. There is no set amount of anything you need. Also, there is no set limit to what you have at your disposal.

Have you ever wondered about those stories of rich people losing all of their money and bouncing back to being richer than before? I used to think the former wealthy person used connections and borrowed money from old friends to bounce back. While there may be some of these things involved, I’ve learned the reason the wealthy bounce back is because they understand there is always wealth to be made. They have

developed an abundance mentality. That is why the rich tend to get richer and the poor tend to stay poor.

When you are going through your day, keep telling yourself “I CAN have this.” If you are doing this with your partner, tell him or her. Reinforcing these words and thoughts to each other is very powerful. Understand that whatever you see and desire, you can have if you will pursue your dream. If it matters enough to you, it is achievable.

Today, go out and do a little of what your stated dream is. If your dream is to live in a large, beautiful house, get in your car and drive to the wealthiest neighborhood in your city. Spend some time looking at all the beautiful homes and whenever you see one that you like say “I can have this.” Spend several hours doing this. Picture yourself pulling up into the driveway. Visualize what the entranceway looks like whenever you walk into your home. See your family playing in the yard. If possible, go online and try to find an open house in that area to view. This activity is completely free and gives you a great opportunity to see how some people in your city live. Remember, if someone else in your city can live there, so can you. The person selling that house is no more special, talented, or intelligent than you are. They have just worked a little harder and with more focus on their dream.

If you have a desire to travel and explore new places, obviously you can't take a single day and fly off to Africa. Still, I would imagine there are a large number of areas within a few hours' drive you have never taken the time to enjoy. If you live in a major city such as New York or Chicago, there are quite probably ethnic neighborhoods close by. If you want to spend some time traveling Russia, spend the day walking around Little Russia. Buy a small pocket dictionary to translate the signs you see. Try to strike up a conversation with a local who doesn't seem to speak your language very well. Pretend you are actually in that country and see how you like it.

As you are going about this day, take lots and lots of pictures. Bring your family's best camera fully charged and take every picture you think you would like. Your memory is a great tool, but having something tangible to view later will help you stay focused while you work toward your Magic Life.

Whatever your dream is, take some time to go out and experience a little piece of it. I recommend doing this once a week, but if that isn't possible, do it at least once a month. Keeping yourself motivated to achieve your dream is crucial to making that dream a reality. Just remember, you can and will achieve this, without taking anything away from anyone else. This is an abundant world with plenty of resources for everyone.

Take the best and most inspiring pictures from your day and print them out. Tape them up on the walls of your home, starting with the areas you walk through most frequently. There have been many studies that show simply by looking frequently at a picture, people are able to achieve more goals. It's not superstition that causes Olympic hopefuls to stare at pictures of gold medals while they train; it's science. Use that to your advantage and you will achieve your dream.

The last note on today's task: have fun. This is not to be work. This should be something you love doing. If you spend all day looking at houses and you feel cranky and unhappy, there's a strong chance the dream you've chosen isn't what you really want. If this happens, go back to Day 2 and start over. Sometimes we discover what we thought we wanted isn't what we really want. That's okay. You can get another dream that makes you truly happy. Perhaps instead of living in a huge house, you find yourself enjoying the park. In this case, it may be better for you to travel outside the city and see if you enjoy looking at land and properties surrounded by natural beauty. Follow the dream you love, not the one you think you are supposed to want.

I have a friend who is the exact opposite of me in personality. Where I am very driven and goal oriented, he's very relaxed and easy-going. My dream is to travel and always have new experiences. The idea of being comfortable scares me a little. His dream is to have a peaceful life and a happy family.

We are both living our dreams. I spend my days traveling around the world, meeting many new people and experiencing lots of exciting events. He has purchased a nice house on three acres of land in a rural community. He spends his free time with his wife and young son. He often takes walks around a small pond in his back yard with his dogs. He loves his life and I love mine.

Your dreams are unique to you because you are unique. I refrain from using the word special because that would suggest some of us have greater ability and promise than others. I don't believe that. You are unique and so is everybody else. You can be wildly happy and successful, and so can everybody else. The only thing that makes someone "special" is how they use their own unique talents and mind.

Always keep in mind: No one is special. Everyone is special.

## Day 7: Spend Life with the Ones You Love Most

You should be feeling pretty good after yesterday. Spending the day living a little piece of our dream has a tendency to make us want to do it again and again. It's almost like taking a bite of our favorite food; we never want to stop after one bite.

It's important to remember having a Magic Life does not happen alone. We all know the classic story *A Christmas Carol*. Ebenezer Scrooge is the richest man in his city. He has a huge house, a thriving business, and more money than he knows what to do with. He's also miserable. Every night he walks home alone. He goes into an empty house. He crawls into an empty bed. He wakes up to an empty life. His employee Bob Cratchit is the exact opposite of Mr. Scrooge. He is very poor. He has a small house. He is never really alone because he has a wife and a hoard of children. Still, we have the impression he is much happier than Ebenezer Scrooge.

Most people read this story and walk away with the idea money can't buy happiness. While this is a true belief, it is a terrible reason to not strive to have a high income or standard of living. The Cratchit's were not really having the best Christmas until the rich, newly reformed Ebenezer Scrooge came by with a huge turkey and lots of presents.

The happiest person throughout the story is Scrooge's nephew Freddy. Fred is pretty well off. He's not talked heavily about, but we do see he lives in a nice house and has many friends and loved ones. He's constantly in a good mood, which grates on the nerves of his pessimistic uncle. If I had to pick a character to be in *A Christmas Carol* it would be Freddy.

When I read this story, the moral I glean is not that it is wrong or evil to strive for wealth. If your dream involves earning a lot of money, go for it. Money is neither good nor bad. It is just a tool for a person to use as they will. You can be happy with money. You can be sad without money. The idea of money and happiness being mutually exclusive is one of the most dangerous ideas a person can have. If you believe having money will change you in a negative way, you will always be poor. I know some

people with very little money who are quite happy. I also know people with very little money who are constantly stressed about that fact. That isn't happiness.

The moral I glean from this story is that money is no good if it costs you all of your relationships. As we see Scrooge working as a young man, he is very happy. He is engaged to a beautiful girl named Belle. He works for a very rich man named Mr. Fezziwig. Mr. Fezziwig was everything Ebenezer Scrooge should have been. He was very wealthy and very happy at the same time. He had a wife he was very pleased with and lots of friends. He also threw a huge party every year at Christmas. Mr. Fezziwig was one of the richest and most beloved members of his community. The only difference between Mr. Fezziwig and Mr. Scrooge was in the way they viewed relationships. Mr. Fezziwig believed relationships were more important than money. Mr. Scrooge believed the opposite, until he had his terrifying night of visits from ghosts. The truth of *A Christmas Carol* is that the people we love are what make life worth living.

In order to achieve your dream life, you will need to summon a large amount of focus and dedication to the table. Your Magic Life won't materialize out of thin air and it won't appear without a lot of effort on your part. If you expect this process to be constantly easy, you are mistaken. If it was so easy, everyone would be doing it and you wouldn't be reading this book. No, you will need to put a lot into this to get the dream out. The achievement of your dream will need to become your sole objective until it is completed.

When we place so much focus on one goal, it becomes very easy for us to lose sight of what is really the most important thing in our life: our loved ones. We have many clichés to describe this. We say "It's lonely at the top" and "No man is an island." Even though we know this, we often forget when we get into the thick of our work.

Day 7 is to help you remember the "who" of your dream.

I love traveling. I love spending time in strange places and constantly meeting new people. I love all the new foods I get to enjoy and the funny and sometimes scary experiences I have. The only thing I love more is that I get to enjoy them with the love of my life. She is a great companion on my travels. She gives me a sense of always

being “home,” which is vitally important when you live out of a suitcase for a while. Without her, my travels would not be the same.

Who do you love the most? Are you married? Do you have children? Who are your closest family and friends? Whoever they are, this is a day to spend with them, doing something you love to do together. Pack up whatever gear is necessary and have a great day. Take your family on an overnight camping trip. Spend the day with your spouse antiquing. Take your kids to the zoo. You don’t have to do anything extravagant; just do something together.

A word of caution: do something active. If your loved ones want to sit at home and watch a ballgame, do something else. If they insist on catching the sporting event, get tickets to go to the next game as a compromise. Do not, under any circumstances, spend the day doing something passive with each other. This is not bonding and it will not deepen your relationships. You don’t have to leave your house if you have an activity you love to do at home. A day spent gardening is a great way to enjoy company together. Playing catch in the back yard has been a way fathers have connected with children for over one hundred years. The only real rules I have for this day are to keep it active and keep technology to a minimum. Put away the smartphones and avoid updating your status on Facebook and Twitter. Those things can wait. Spend time with your real “friends” and don’t worry about your digital ones. They will be there when you get back. If possible, I recommend leaving the phones in the car while you are out and about. The chances of there being an emergency while you are spending the day with your loved ones is very slim, and even if there is, the people calling you will figure out how to handle it until you get back. This is your day and your time to enjoy the most important people in your life, away from all the distractions.

If you are not married, this day is still very important. Go hang out with friends or family. If you feel you really have no friends or family, get some. Pick an activity that you are interested in and meet some people. When I lived in Nashville, I found a group of “foodies” on Meetup.com. I was interested in trying out new restaurants and making friends and so were the people in the group. If you want to meet new people with similar interests, that is a great website to start with. It is an online community of

people in your area broken down into their own particular interests. You will find groups covering everything from Aerospace to Zoology.

Whoever it is, spend the day with the person or people you love most in the world. All of our dreams will require the help of others. Being able to enjoy spending time with our loved ones is crucial to living a happy life. Jesus taught, “What does it profit a man if he gains the whole world and loses his soul?” Continue to follow your dream, but don’t forget that our relationships are really what matter to us in the long run. No matter what you accomplish in life, if you don’t develop close relationships with positive people, you will never be happy.

A note for those of you who are travelers and wanderers: there is a big difference between a happy traveler and a depressed loner. Most people I have met who love travel and always explore new places have many great friendships. Whenever they find a new friend in a different part of the world, they appreciate and cultivate that friendship. I have friends in my hometown and in countries across the world. It’s not always easy to talk to them frequently, but it is good to be able to call someone and say, “Hey, I’ll be in your country next month. Want to get together?” and have them say yes. These friendships can be very rewarding. I would not want to travel the world without friends and I certainly wouldn’t want to come home every night to a huge house by myself.

You can pursue your dream with all of your heart; just follow the path of Mr. Fezziwig and not Ebenezer Scrooge. Remember that other people are what make life fun, and always cultivate healthy relationships. That way, you will always have better visitors than ghosts for Christmas.

## **Day 8: Decide Which Relationships are Worth Keeping**

You've had two days of fun. Following the instructions in this book, you have experienced a little taste of your dream life. You have also had the chance to reconnect and spend time with the people in the world you love the most. I truly hope you have enjoyed every moment.

Today will not be quite as easy or fun as Days 6 and 7.

Today, you will have to make a choice and come to an understanding with yourself. You will need to realize that not everyone you are friends with and care about will come with you when you achieve your Magic Life. In fact, there are people in your life right now that will hold you back from ever getting there.

Charlie "Tremendous" Jones once remarked "You will be the same person in five years as you are today except for the people you meet and the books you read." You cannot grow as a person unless you surround yourself with people who are also growing.

This is a hard pill for a lot of people to swallow. It is not a new concept. We have all heard "birds of a feather flock together" and "you can't soar like an eagle when you are surrounded by turkeys." I find the analogy about turkeys to be sadly and frighteningly accurate. Turkeys can fly. They will fly for short distances and sometimes at speeds up to 55 mph. That's a pretty fast Thanksgiving dinner to catch! That is roughly the top speed of most eagle breeds in flight, not counting dives which are accelerated by gravity. So, in a short distance race a turkey could theoretically beat an eagle. While I would love to see that, it will never happen. That's because turkeys will not stay in flight long enough to develop the muscles necessary to reach the heights eagles enjoy all the time.

Does the analogy start to make sense? Many people are potential eagles who choose to remain turkeys. They stay low to the ground, fly no more than they have to, and eventually become fat enough for someone else to get a meal from. A few will decide they want more and will keep trying to fly. These few will become eagles.

In order for you to reach your dream, you will need to surround yourself with only eagles. Only an eagle that is also soaring can help you rise to new heights. The turkeys in your life cannot help you because they have not been to those heights. If they happened to make it there, they became nervous and settled back down on the comfortable ground. You don't want to live on the ground. Things are much more exciting in the sky.

Who are the turkeys in your life? They are usually very easy to spot and only come in a handful of breeds.

The most common are the "won't works." These are the people that will tell you any idea you have is bound to fail. They carry the belief "if it was really a good idea, someone else would have already invented it." They will encourage you to give up before you even start because there is really only a very slim chance you will succeed anyway.

The second group are the "been there; it's scary." These people tried something brave once and failed. Maybe they didn't really put in all they had. Maybe they were getting close to success and gave up too soon. It is hard to say; for some reason, their attempt didn't work out. Instead of getting back up and going after what they wanted, they decided being comfortable was better than being scared.

Last, there are the "things are good here" people. They will usually be the nicest of the breeds of turkeys. In fact, they will be very easy to get along with. You will find them helping you at the grocery store, offering to babysit your children, even doing you favors from time to time without expecting anything in return. They are great people. They will also hold you back. These are the turkeys that have accepted life as a turkey and are happy to graze until it is time to leave this world. They don't ask for much, expect much, or want much. They also don't understand why someone else would be dissatisfied with their lifestyle and view any sort of advancement desires as "being greedy."

All of these types of people will be in your daily life. You will see them at work, social activities, sporting events, and even church. There is no way I have found to avoid them completely. You even have quite a few in your family. The turkeys will

constantly give you advice, solicited and unsolicited. They will tell you all about so and so who failed when he tried what you are doing and Uncle Whosit who had a business he loved go under and now he lives in the nursing home. They don't tell you this to be mean; they genuinely feel they are helping you. To them, getting much further than the ground you are standing on is a very scary thing. Sure, eventually Death will come with his rifle and take your life on the ground, but at least it won't be for a while. Who knows what will happen past the treetops?

The fact is there are a lot more turkeys in the world than there are eagles. If you want to find a turkey, it's easy. Go outside for fifteen minutes and you will meet dozens of them. Eagles are a much rarer breed. You will have to work hard to be able to even see their flight patterns. Then, you will have to keep flying against the gravitational pull to reach a level where the eagle can hear you calling. After all this, the eagle will usually just say "I got here by following this flight pattern. C'mon!" The eagle will make it sound easy because, to them, it is easy. They have learned how to fly at that height and can do it without much effort. They have already built their flight muscles.

The only way you will get to be around eagles is if you start to build the muscles necessary to reach their heights. You can only do that if you begin to work a little harder than the turkeys surrounding you.

Without any more analogies, I will explain in simple terms how to accomplish this. Sit down at your workstation and write down the name of every person you know on a sheet of paper. Take about thirty minutes to do this. You will not be selling anything to the people on this list or trying to recruit them into any business, so please don't try to categorize anyone. Just put down their names. On a second sheet, write down the words "negative, sour, depressed, frightened, nervous, gossipy, sarcastic, angry, lazy, victimized, a know-it-all, or needy." After you have completed both sheets, begin at the top name on your list and ask yourself "is \_\_\_\_ negative? Is \_\_\_\_ sour?" until you have gotten through the entire list on page two. The moment you answer yes to any of these qualities, put a single line through their name. Nothing crazy is needed, just a small single line right through their name.

When you finish your list, write down on a third sheet of paper the words "positive, encouraging, curious, ambitious, adventurous, confident, and happy." Go

through the remainder of your list and ask yourself “is \_\_\_\_ positive?” and so on until you complete the list of words. The moment you answer “no” or hesitate on any of these qualities, put a line through that person’s name as well. The people that have NONE of the qualities on page two and ALL of the qualities on page three are your eagles. Anyone who isn’t an eagle should be avoided and anyone who is an eagle should be brought closer to you.

There are no exceptions here. Friends and family alike need to be run through this process. If your own mother is a turkey, limit the amount of time you spend with her. Our families always love us, but they don’t always help us. Your mom is just like anyone else and can have her own personal troubles. You cannot help her and yourself at the same time.

When I was in the army, I was trained in the event of a chemical attack to ensure I had all of my gear in place and was protected before I even considered helping out my comrades. This was not for selfish reasons. People in the military understand that if you try to help someone else before you are fully taken care of, you both die.

Your life is the same way. If you want to help the people in your life who are holding you back, break away from them and become all you can be. Then, when they are asking you how you did it, show them the way. You cannot guide where you have not been and you cannot lead a herd of people with no desire to follow.

Get away from the negative people in your life. Find and surround yourself with people who are going places. Your friends don’t all have to be rich. They don’t all have to have the same interests. The only things they need to have in common is that they make it through the two sheets of characteristics and they are pursuing their dreams. If your best friend is dirt poor but lives an exciting life that makes her happy all the time, keep her. She’s living her dream. If your other best friend makes six figures, lives in a huge house with a gorgeous wife, yet he constantly complains about the stress he’s under, get rid of him! He is living someone else’s dream and will expect you to do the same.

After you have gotten rid of the people who are holding you back, you will find you have more time for people that will help you achieve your dream. You will meet

people that are also going places and you can benefit from each other's knowledge and experience. They will help you fill the gaps in your game and encourage you to keep going. Everyone has need of help from time to time, and you could be the best person to help them.

Again, this will not be instant or easy. If you have a weekly get together with your buddies at the local bar in which you spend your night talking about work problems and sports, they will not react well when you stop coming. They will be angry. You will be asked if you are "too good" for your old friends. This decision has nothing to do with being too good. You are working to be the best you can be and to achieve your dreams. The only effective response I've found to nullify the situation is, "I just feel that I could be doing something more with my life than hanging out here every week. I'm working on some really cool projects right now that are taking a lot of my time. You feel like ditching the bar and helping me on the project?" That last question seemed to shut up 90% of my "friends." Most of them had no interest in helping me get better. They just wanted a fun guy to hang out with and listen to their problems. I wish them the best, but I won't allow myself to be caught in that spiral.

You shouldn't either. You have too much potential and too much life left to spend it with people who are holding you back. There are grumpy old people in nursing homes. We don't naturally reach an age where life makes sense and we are happy all the time. We have to choose that life for ourselves and the only way to choose it is to get rid of people and things holding you back and to replace them with people and things which help you grow.

To paraphrase Mr. Jones again, we are the books we read and the people we associate with. If your friend isn't someone you genuinely admire and want to be like, cut him or her off from your life. Much like pulling a bandage, it will sting for a little while and then you will feel better for the rest of your life.

## Day 9: Determine if Your Dream is Worth the Effort

I know yesterday was a difficult day for you in many respects. Letting go of relationships is never easy even when we know we will be much better off without that person influencing our lives. There is a reason we have the expression “growing pains.” Often it hurts in unexpected ways to grow. Still, it hurts much worse when you stop growing. At that point, you’ve started dying.

The past nine days have probably been a drastic change for you. Developing habits which were not there before and getting rid of old ones is not an enjoyable process at first. You will need time and discipline for these habits to become automatic. These habits will eventually become your default mode and you will be wildly successful with what seems to be little effort. That is coming sooner than you think, but it is not immediate. You will need to keep pressing on consciously for a few months to reach this point.

You might miss watching television or sports. For many of us, sitting down to our favorite shows is a pastime we have enjoyed since childhood. It seems almost unnatural to stop doing it. I can remember being so excited to wake up every Saturday morning at eight o’clock to watch *X-men* cartoons. I remember how much I enjoyed the FOX series *24* when it was on the air. To be honest, Jack Bauer is still kind of my hero. He’s not a Paladin, but he’s still pretty awesome. Even so, I will not be able to reach my dreams if I spend my time watching other people’s fantasies. The X-men aren’t real and neither is Jack Bauer. Even if they were, they really wouldn’t be the type of people available to help me reach my dream.

Reading the same book over and over might be getting boring at this point. If you were not much of a reader before starting this process, you probably are having a hard time sitting down for two to three hours a day and forcing yourself to read. You may not have the highest attention span for anything that isn’t extremely visual, such as a movie or video game. We are so inundated with technology in our lives that anything

less than instant entertainment will seem tedious, slow, and perhaps a waste of time. Thinking this way will lead to a life of mediocrity and ultimately boredom. Still, in the short term it is much easier not to read this much or to keep changing the books we read to keep ourselves entertained. I recommend you fight this impulse and read the same book over and over for at least thirty days. If you feel you need to read it again after thirty days, continue. Otherwise, pick up another book to read for thirty days. You will read fewer books this way and you will still gain greater insight and wisdom than if you read three books a week.

You will not always feel like waking up in time to do your morning ritual. There will be days where you want to hit the snooze button and spend every last second in bed you can. This is natural and ultimately dangerous. The morning ritual is a huge determiner of how successful you will be during the entire day. That one hour in the morning will make or break your life. Some days you won't feel like exercising. Some days you won't begin your day feeling grateful. Even so, go through your morning ritual. By the time you finish you will have rekindled your feelings of gratitude and you will be happy that you exercised. Within three months of following this discipline your life will be dramatically different.

The evening ritual is no different. Sometimes you will be so exhausted at the end of the day you will want nothing more than to go straight to bed. Sometimes you will get home late and feel you need every second of sleep you can get. Even so, do your ritual. It isn't always how much sleep you get but how WELL you sleep that makes the difference. Your evening ritual will ensure you maximize the time you have to rest your body and mind. This will give you much more energy the next day than an extra thirty minutes of restless sleep.

You might be missing the idea of hanging out with the friends you determined were not good for you. They may be a negative influence, but they have been a part of your life for a long time. They may have helped you out during some rough patches and you feel obligated to stay with them in case they need you. If they come to you in need, you do not have to turn them away if you are in a position to help. Always remember

loyalty and kindness. But you should still cut ties with them and find uplifting and inspiring friendships. This will help you achieve your dreams and will ultimately provide you with deeper friendships than what you had before. There is no shortage of good people in the world and a few will even keep striving to be the best they can be. Become the best you can be and hang around those who are also becoming their best.

All of these require one element that most of us don't like to hear: sacrifice. Sacrifice is required for any great endeavor in our lives. Whether you go for your dream or choose to remain who and where you are, you will be required to sacrifice. You can sacrifice your current friends and habits and achieve your dream or you can sacrifice your dream and keep your current friends and habits. You can't do both. From this point on, every single decision you make will have to go through one qualifying question: "does this move me closer to my dream or further away?" There is no neutral ground here. You cannot stand still; every action will take you closer to your dream or move you away from it. If you want to achieve your dream you will need to take a lot of steps toward it and very few away. This is not always easy and sometimes can be quite challenging.

One of my favorite authors and speakers is the late Jim Rohn. I heard a quote from him a few years ago that struck me to my core: "We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons." Jim Rohn taught that doing small acts of discipline every day would be uncomfortable for a time until you get used to them. However, if you avoid these small acts of discipline you will one day look back on your life and feel remorseful for all you could have accomplished and didn't even try.

So, is your dream worth it? This is decision time. You have made it to the very end of this journey with me. You have seen the effects of one week without television and of reading a healthy book. You know who you need to gather around you to reach your Magic Life and who you need to cut off from your life. You know you will need to do things that are sometimes uncomfortable or undesirable in order to get results. Is it worth it?

Take a look at your dream today. Study it some more and ask yourself, “am I willing to give up what my life was like before in order to have this dream?”

If the answer is no, you don't need to feel bad about it. This may mean you were perfectly happy with the way your life was and you don't need to change. If someone else thinks you are a turkey, it doesn't matter. You are the only one who knows what makes you truly happy. Go ahead and stop reading this book. The next two chapters have nothing to offer you and I don't want you to waste your time. Live your life and be happy. I sincerely wish you the best.

If the answer is “yes” get ready for tomorrow. Understand right now that you will have to feel the pain of discipline on a daily basis for the next few months or even years. Dreams don't happen overnight and they don't come automatically. Great sacrifice is required. Your life is currently filled with the people, thoughts, and habits you have developed over the years and you will have to let a great deal of these go in order to receive new people, thoughts, and habits into your life. A closed fist cannot receive a gift. Open your hands and let the past that is holding you back go so you can receive the life that is coming to you. It will be an incredible gift.

## Day 10: Take a Leap of Faith

Faith is a word we toss around a lot. We say things like “I have faith in you” and “he is a faithful companion” or even “put your faith in the Lord.” We seem to feel like this word has multiple meanings. Our religious views are called our “faith.” The belief that something will or won’t occur is referred to as “faith.” We call the idea of self-confidence “inner-faith.” The word means a lot of things to a lot of people. I have my own idea of what it means and I will share it with you here. You don’t have to agree with my understanding to be able to use this day’s task, but you will need to complete today’s task to reach your dream.

I was once told by a very wise old man “faith” wasn’t something you had; “faith” was something you did when you didn’t know what would happen. He taught me true faith was being able to step out into unfamiliar waters and know everything will work out okay.

People can talk about faith all day long and not have an ounce of true belief in their words. The way to spot the difference is in their actions. The faithful are the people who are taking risks.

When I think of faith, I think of an Old Testament story that doesn’t receive much attention today. This event occurred a few years after the Israelites had escaped from Egypt and were preparing to enter the Promised Land. God instructed Moses to choose twelve leaders from the Israelites to enter the Promised Land and report back to the people what they saw. The twelve spies remained in the Promised Land for forty days before returning. The first ten to return told horrific stories. The land itself was beautiful, but there were huge people who lived in the region and all of the towns were heavily fortified. There was absolutely no way the Israelites could overcome the odds and thrive in this land.

The last two spies to return were Joshua and Caleb. They had seen the same Promised Land, but they held a different mindset. They simply felt if God had promised them this land, the way would be opened before them. They didn’t have to figure out

everything before invading; they just needed to invade. Why worry about the details for now?

Because of their lack of faith, all of the men over twenty were forbidden from entering the Promised Land and spent the next forty years wandering the desert until they died of exhaustion and old age. Only then were the younger generation allowed to enter the Promised Land. Joshua and Caleb led the charge and before long they were able to take possession of the Promised Land. Despite all of the obstacles waiting for them, they pressed on in faith.

Notice that the story doesn't say Joshua and Caleb prayed for years and the people living in those fortified cities just left. Action was required. I hold the belief that when we move forward in faith God will create ways for us to march ahead. He may open the path, but we have to walk it without knowing all the twists and turns ahead of time.

How does this apply to us in our daily lives? The simple truth is you cannot achieve your dream if you are only giving a safe, half-hearted effort. If you really want to live in a wonderful way you will have to act in ways that seem strange to most people. If you have chosen *Think and Grow Rich* as your book to read, you have probably come across the chapter on MASSIVE ACTION. Napoleon Hill states that without drastic measures you will never have drastic results. Remember yesterday when you decided you would make all of your decisions based on the qualifying question "does this bring me closer or further away from my dream?" Now it is time to apply that question to your life.

Does your job line up with your dream? I held the dream to travel and write for a long time. I wanted to see new places and live all the life I was capable of before I moved on to the next world. Even so, I worked at various sales jobs so I could buy a house and a nice car and live a comfortable life. These things aren't bad in and of themselves. For some people, this is their dream. But for me, I always felt a little dissatisfied. I always felt I wasn't doing what I should be doing. Does this sound familiar to you? If so, the next paragraph may be quite scary.

You need to stop doing whatever you are doing that is keeping you from your dream and you need to stop doing it now. If your goal is to open up a business and you work in an office, leave the office and open up your business. If you want to be a painter but you spend your entire day filing paperwork, quit filing the paperwork and start painting. If you have always wanted to backpack across Europe but you can never get a break, take the break. There will never be another chance to get this moment back. Every day you wait is a day you waste.

Scary, right? We feel we need our jobs. We have bills to pay and people to provide for. We worry if we don't go to work we will lose everything. Somehow we have this idea that if we leave work we will wind up homeless and alone, living on the street and begging for quarters so we can eat. How would we face our families if we try something so crazy and fail?

The truth is there is no such thing as failure. Failure is simply a lesson you need to learn from. Motivational speaker Les Brown teaches "you will fail your way to success." Robert Kiyosaki once said "Nine out of ten businesses fail, so I came up with a foolproof plan; I created ten businesses." Both of these men, and countless others, have had their struggles. They have had set-backs and times that were difficult. Just like you. You will have struggles at your job. You will have struggles in your life whichever path you take. Why not have struggles that get you to where you want to be instead of where you are today? The only difference between average people and wildly successful people who live the life they choose is in what they chose to struggle against.

Ask yourself a question: do you know anybody who went into business for themselves, failed, and wound up homeless and alone? I am willing to bet the answer is no. You might know some people who went into a business venture, failed, and went back to their old lifestyle within a few years. You might also know someone who followed their dream and became very happy with the results. These people failed too. After they failed, they picked themselves up and tried again. There really is a very slim chance the disaster you fear will happen will ever come close to approaching reality. It's just what you've been told would happen by all the turkeys in your life. Remember, the sky is pretty scary when you are a turkey on the ground. It is also quite amazing when you become an eagle.

For those of you who are a little more analytical and do not want to put your faith in the idea “it will all work out,” I have some practical things for you to consider.

The average American spends roughly 45 hours each week at work, not counting commuting. Over the course of a month that’s about 200 hours given to your job. If you were to take all that time and devote it to nothing else except uncovering ways to make money doing what you love, do you believe you could come up with something within a month or two? If you have been carrying around the idea pad since Day 3, you probably already have some ideas which could be worthwhile. Spend 200 hours a month making them a reality.

It is easier to go to a job because someone else has told us how to make money. “If you will spend this many hours doing these tasks I will pay you this much money.” The job doesn’t care if you like it or not, it just needs to be done. Wouldn’t you rather spend your life doing something you love and taking the money that comes with it?

You need something to make an idea a reality: hunger. When we are full and comfortable, we have little motivation to go out and make things happen. When our backs are against the wall, we can accomplish amazing things. Think about every great person in history and you will find they all had to give up everything else to make their dream come true. They all had hardships and they all made it through those hardships.

Even when you don’t have a job you will need to work. If you plan on sitting at home and taking naps all day you should keep your job. You will need self-discipline and hard work to make it on your own. Creating ways to earn money on your own is difficult at first, just like any unfamiliar task. The difference is once you get used to making money from your ideas you can create raises with alarming frequency.

I talk about money a lot in this final day because it is what most people are afraid of. Many people worry that there will not be enough money to survive if they pursue their dream. The truth is when you pursue your dream hard enough, you figure out how to survive on the money you get. You are also much happier. If your dream requires very little money, you will probably not receive much, but you will figure out how to receive enough money to keep living your dream.

Take a leap of faith. If you are not quite comfortable doing something drastic, do something small. Just remember, the larger your leap of faith, the quicker you will achieve your dream. Sticking your toe in the water and inching yourself along until you are neck deep is a very long process when you are trying to learn to swim. Jumping into the pool and figuring it out will be a little scarier at first, but you will be swimming long before your hesitant pool buddies.

The day I quit my job and devoted myself to writing and traveling full time, I did not have a lot of money in the bank. I had a little, but not much. I had debts to pay and obligations to uphold. Even so, these have all somehow been taken care of. It will be the same with you. You will figure it out. If you keep pushing, things will start to fall into place. Keep fighting for your dream and have faith you will achieve it, and you will.

I would like to close this day with a quote from Henry David Thoreau; “If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours.”

Success unexpected in common hours sounds like a Magic Life to me.

## What Do I Do Now?

First and foremost, I would like to take this time to thank you for taking a chance. You are not taking a chance on me; you are taking a chance on yourself. The fact that you are reading this page suggests that you have made some changes in your life over the last ten days which you believe will cause beneficial results. I believe they will as well.

Continue to perform the steps covered in this book and you will see amazing changes in your life. You will soon find all of your dreams are not only possible, but are likely to happen during your lifetime. You will discover just how powerful you are as an individual. I am not referring to an arrogant belief that you can control other people; it is the calm and confident belief that you can control your own destiny. One of the world's greatest truths is that we are in charge of our lives. No one else can control how far you go and in what direction; it is completely up to you. You are not a victim of your circumstances; you are the creator of your circumstances. God is not working things in this world to hold you down; He is moving things to build you up. Everything you want in life can be achieved once you realize it is up to you to achieve it. Hold this belief in your thoughts constantly and there is no limit to what you can do.

### \*\*\*CALL TO ACTION\*\*\*

Now that you are on your way to living your Dream Life, you need to make some strong connections with others going after their dreams. The acronym TEAM stands for Together Everyone Achieves More and it is universally true. Going after your Dream on your own is possible, yet a very painful process. Some associates of mine and I realized this and have created a wonderful tool to help you in this process. Our website [magiclifefnetwork.com](http://magiclifefnetwork.com) is filled with other entrepreneurs dedicated to forming partnerships for mutual benefit. Join the network, or if you prefer, join another

entrepreneurial group. Just get out there and connect with people who can help you along the path.

A word of caution; whenever you contact a potential partner, focus on how you can help them instead of how they can help you. You will always receive more by giving first instead of seeking your own benefit.

I hope you have enjoyed this book. More than simple enjoyment, I hope you have been able to use the ideas presented to increase your own level of ambition and personal satisfaction. If you found this book worthwhile, please take a moment to leave your thoughts on Amazon.com. Many readers will check there to see if the book is worth their time and money, so if you feel this book is worth someone's time and money, please let the future reader know; I'm sure you want that person to have a magic life as well.

There are really only two times you will need to read this book again. The first is when you find yourself becoming discouraged in chasing your dream and losing your discipline. This book will serve to put you back on track and get you moving in the right direction. Should you stop performing the ongoing steps you began these past ten days, pick up this book again and let it help you rediscover your passion.

The second time you need to read this book is after you have achieved your first dream. That will actually be when the book is of the most value to you, because you will have a strong faith in what these steps can actually do for you.

Many people hold the mistaken belief that they will be happy when they achieve their dream. The truth is achieving a dream doesn't make you happy; pursuing a dream is what makes you happy. You will never "arrive" at the destination of happiness.

We have all heard the expression "money can't buy happiness." This is true and the wealthy understand this much better than the poor people who so often say it. There is a reason people like Mark Zuckerberg and Richard Branson continue to work after they become billionaires. They may have more than enough money to spend the rest of their lives flying around the world without anything to do, but they know that is a sure way to become miserable quickly. They continue to work because they have found what makes them happy and are able to make money doing it.

Life is not about money; life is about passion. If you are passionate about what you are doing in life, the money will always come. To the wealthy, money is simply a tool which gives them greater choices of projects to pursue and activities to try. They enjoy being rich because they now have more freedom than they did when they were not. That's it.

Go after your dream. Live your life with passion. And when you achieve that first dream, come back here and decide on another one. That is the real secret of your Magic Life.

Enjoy the journey,

Trent



## **Acknowledgments**

Writing a book is a lot like building a house; you can do it alone but it will be slow and probably fall in on you when you believe it's finished. I had a lot of help with this book and want to pay tribute to those individuals now.

First and foremost, Granny Becky, as mentioned in the beginning. I've always been a dreamer and most of my ideas haven't yielded what most people would call success. Granny Becky always reminded me that I learned from each attempt and that one day my dream would come true. Her encouragement kept me going strong through the roughest patches of my life. Thank you for that and I love you, Granny Becky.

There are a lot of others that I don't have space to mention, unless you wish to read another book of mine already, so I'll include some that specifically worked on this project with me.

Eric Wagner, my business mentor and friend, has been instrumental in changing my idea from a noble thought into a life changing tool for my readers.

Anya McKee, my editor, turned these rambling thoughts of mine into a coherent and complete book. They say behind every great novel is an editor who understood what the author was trying to say. I'm grateful for Anya's help and insight.

My fiancée Cigdem, who not only supported me during this writing process, but also inspired me to take a leap into the unknown and pursue my dreams. Without your love and support, I would not be close to the man I am today.

And finally, I feel a deep sense of gratitude to God. Writing this book was one of the most difficult and emotionally draining experiences of my life, with many setbacks and disappointments. Every time I felt a stumbling block in my path, within a short period of time a way past that block appeared. Too many miraculous events have occurred, along with connections I never dreamed of, for me to believe there wasn't Divine Intervention. I now know more than ever that I can walk forward in faith and everything will be taken care of.

I owe you my gratitude as well. Thank you for the honor of your time and respect. It is a gift I will always cherish.

Trent

### **About the Author**

My name is Trent Hand. I have been a student, soldier, salesman, and finally wanderer. After returning from Afghanistan in 2005, I enrolled at Middle Tennessee State University to pursue a degree in Public Relations. Suffering from a mild case of PTSD which led to a general disinterest in the people around me, I decided to leave school and join the work force. I began selling life insurance then moved on to cars, consumer electronics, Bose sound equipment, print media advertising for the Spanish Yellow Pages (I don't speak much Spanish), telecommunications, and finally high end Data Center equipment for Dell. During these seven years, I read hundreds of personal development books in order to improve myself. Reading these books has changed my life incredibly and I have written this book to help pass on some of those changes to you. In 2011 I met a beautiful girl from Turkey and a year later decided to quit my job and follow her back to her country. Since making that decision, my life has become truly amazing. I have been able to focus on my dreams and, using the process outlined in this book, create a life that is full of magic and success. I truly believe if I can do it, anyone can.

Enjoy the journey.