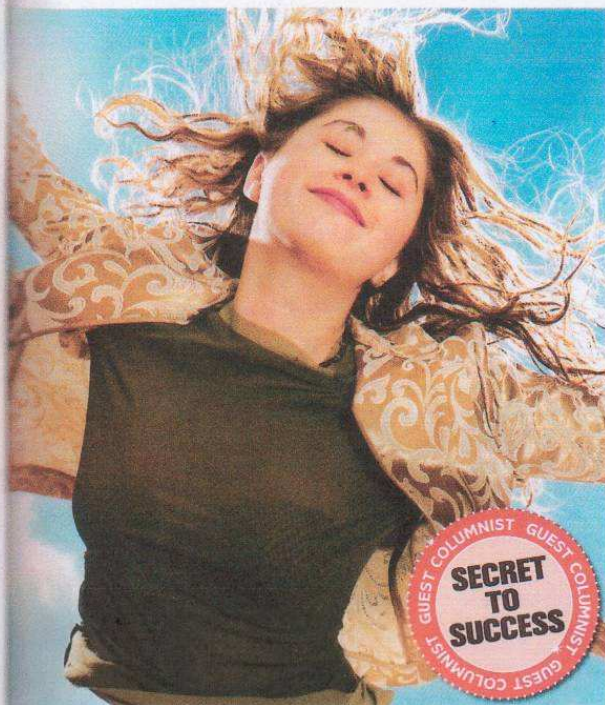


'YES, YES, YES'

IF YOU BELIEVE, REALLY BELIEVE, THE WORLD IS YOUR OYSTER



want to stretch out of your comfort zone. However, you don't want to stretch so far that you snap straight back again!

The same holds true if it's your desire to be slimmer. If you weigh 80kg, affirm: 'I now weigh 75kg and look and feel fabulous!' Then, when you believe it's possible and the weight begins to melt away, you can begin to focus on weighing 70kg, and then 65kg, and so on.

I call these 'baby steps' - they 'trick' your mind into believing, little by little, that you *can* and *will* transform your world.

The power of your mind is an incredible thing - you are now learning to harness that power to change yourself, cell by cell, from the inside out, so that you can ultimately design and live the life of your dreams.

Sandy is the creator of the Wildly Wealthy Women network. She's not an official ambassador of *The Secret*, however, for the past seven years she has been a leading teacher of the message of positive thinking. She was previously the Australian distributor of *The Secret DVD*.

Whatever you decide to affirm, you must be able to make yourself believe it on some level.

If you're bringing in \$2000 a month, don't jump to affirming you make \$20,000 a month - if you feel that it's not possible. Start by affirming: 'I now make

\$4000 a month; then, when you totally believe that with your heart and soul, you can raise the bar - increase the amount and continue to do so until you are affirming your ideal income.

Keep in mind, to change the way your life is, you want to change the way you think. You

ASK SANDY FOR ADVICE

Do you have a question about how to improve your life or boost your wealth? Write to Sandy at New Idea, Private Bag 9960, North Sydney, NSW 2059. And write and tell us about your Secret to Success.

Affirmations are easy, fun and a powerful way to re-create your life. I really love them. The secret to getting results is choosing an affirmation that is right for you. Here are some tips for getting the most out of your affirmations.

1 Write down your affirmations. Make them short and to the point so they're easy to remember.

2 Make your affirmations appropriate and detail your goals as if they are already attained.

3 Make your affirmations personal and in the first person. Always use 'I'.

4 State them in the present: 'I now' or 'I am', so your subconscious believes it has already happened.

5 Make your affirmations positive: 'I am', 'I do', 'I can', 'I always', rather than: 'I don't want to crave chocolate.' State what you want, never what you don't want.

6 Place your affirmations on a mirror or wall where you'll see them often.

7 Say your affirmations out loud and as often as you possibly can.

8 Mix strong, powerful and positive emotions with your affirmations.

9 When you're saying your affirmations, close your eyes and see the result as having been achieved: know you *can* achieve anything.

10 Repeat your affirmations over and over and over again. Repetition implants them in the subconscious.