

**17 Things that can
Stop You Dead in Your Tracks
from Creating Lifetime Wealth**

*(and what **you** can do about it)*

by Veronica Lim

www.GetWhatYouReallyWant.com

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Another Manual by Veronica Lim:

“Get What You Really Want in Just 12 Minutes a Day”

“What a beautiful vision I have created for myself. I didn't know I had it in me to create something so real and that I could see so clearly. I have just visualized a way to match up a need to earn cash and still doing something I love. This was a very worthwhile exercise.”
– K Barrow, Edinburgh, Scotland

“Veronica helped me focus on my vision, work out what it was I truly wanted from my business and to change to ‘letting it happen’. I now attract opportunities and notice them coming to me rather than feel the need to search out every one. I also feel relaxed about my business, and have focus on the direction I REALLY want it to take, not what I thought I wanted. I now get better results.” – S Clarke, London, UK

“Get What You Really Want in Just 12 Minutes a Day” is a day-by-day intensive yet simple system that you can apply immediately to get fast results. It will launch you quickly towards achieving what you really want.

You will learn how to:

- ✓ Build a clear and inspiring vision of what you really want
- ✓ Practice unlimited thinking
- ✓ Identify your internal resistances and reprogram your mind for greater success
- ✓ Readily identify your goals - no more unwanted goals!
- ✓ Keep your vision and goals alive and integrate them into your daily life
- ✓ Plan on a daily basis to keep you in action
- ✓and more

“I enjoyed working through the Guidebook. It's easy to follow with nice “bite-sized chunks” so it was easy to take it in and I feel that I am making progress.” – M Banks, London, UK

“”Firstly I would like to say thank you. I am thoroughly enjoying this. I benefited greatly from attending the Millionaire Thinking seminar and by working through the Guidebook it is helping me to stay focused and gain clarity in some areas that were a bit foggy. I have already given thought to the people in my life who would benefit from this Guidebook. My orders are already mounting.” – C Clarke, London, UK

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Introduction

Hello and welcome.

I hope that you will enjoy this e-book and find at least one strategy in here that will be of good value to you. Please share this e-book freely with others whom you feel may enjoy it also.

If you received this e-book from having signed up for the Millionaire Thinking e-Journal, thank you for subscribing.

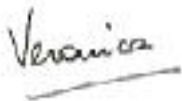
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I would also love to receive your feedback and comments, so please do contact me at veronica@millionairethinking.com.

Until then.

Have a great day.

A handwritten signature in cursive script that reads "Veronica". The signature is written in dark ink and is underlined with a single horizontal line.

one

Waiting for perfection/perfect conditions

Procrastination is the result of waiting for perfection or perfect conditions.

The world is an abundant place. There will always be more ideas, new products, new books, additional information, enhanced services and so on. It is easy to think, "I'll just do one more piece of research, read one more book on the subject, or do one more degree" and put off until tomorrow what you would ideally like to do today. The truth is the more you know, the more there is to know.

Perfect conditions exist in your world NOW, but it is up to you to feel that you are good enough now to move forward with what you want. Only you can make that happen.

Often, it takes courage, to simply say, "What I have right now is good enough. There will always be room for improvement. My product/service will evolve as I evolve. For now, what I have is great and I will go ahead with it right now."

If you were to wait for perfect conditions, what would those be? There is always something that we can pick out as not yet being perfect. The thing to know is that our level of belief is often just one step behind our desire. In other words, it will always feel a little bit scary when we want and go to do something new. Your perfect conditions exist now.

Take courage, and just go for what you want.

What one step can you take today to make progress towards what you want?

quote

"Do what you can, with what you have, where you are." - Theodore Roosevelt

"In three words I can sum up everything I've learned about life: it goes on." - Robert Frost

two

Avoiding disappointment

Most of us don't like the feeling of disappointment, because, let's admit it, it doesn't feel very good at all!

However, many people do not understand what the less-than-good feeling really means. Our feelings are actually an incredible internal guidance system.

When we feel lousy, as in the case of disappointment, what we are doing in that moment is focusing on the lack of something. We wanted something, and now we haven't got it. The continued focus on the "I haven't got it" perpetuates that less-than-good feeling.

The feeling of disappointment or any other less-than-good feeling is saying, "Hey! You've just focused on your not having something that you want. Now, change your focus and think about what you want. Perhaps you might even choose to look for some other ways in which you could achieve what you want. Then take action towards that and trust. As soon as you do that, this less-than-good feeling will disappear and you will feel good again, just knowing that you are continuing to make progress and anticipating the arrival of whatever it is that you want."

What one step can you take today to make progress towards what you want?

quote

"When we think positively, we risk disappointment. When we don't, we ensure it." – Lana Limpert

three

Not creating a deliberate and inspiring vision

Everyone has some kind of vision for themselves. We create mini-visions all the time. Every time we get an idea, we create a mini-vision. When we think about what to wear, we create a mini-vision. That is how our minds work.

The question therefore is whether or not you have consciously and deliberately created a vision for what you want and one that inspires you.

Our minds are amazingly powerful. When we have a clear vision which inspires and generates strong positive emotion, our minds go to work. In the background, it thinks up ideas and conspires to bring our vision into reality. Remember when you had a brilliant idea just “out of the blue”?

The more detail and clarity we can give our minds, the better our chances of getting what we want. If we don't create a clear and inspiring vision, we'll have to settle for what turns up!

Often, the challenge of money gets in the way. Perhaps you cannot see how you can achieve your vision because you feel that you do not have the money to support you in doing that. It is a case of balancing the two; the aspect of earning enough to keep you comfortable, and the aspect of keeping your focus on your vision. However you balance it out, don't give up on the vision of the dream! When we think we can't achieve something, we don't.

What if you kept your dream alive and thriving and somehow it came true? Give it a chance.

What one step can you take today to make progress towards what you want?

quote

“Whether you think you can or you can't, you're right” – Henry Ford

“The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it - as long as you really believe 100 percent.” - Arnold Schwarzenegger

four

Trying to do it all by yourself

Somehow, at some stage in our growing up, we have been taught that we must do things all by ourselves. Perhaps it came from school, when getting help from a friend was seen as cheating, or we were told off for asking a question of the person sitting next to us in class. Wherever it came from, many people think that to ask for help is a sign of weakness. Sometimes being offered help feels just as awkward.

A maxim that I live by and share with all my clients and in my seminars is, “You have to A-S-K in order to G-E-T”. The worst that can happen is a “no”.....and what if you actually got a “yes”?!

No man is an island. We cannot be truly successful without other people. Whilst the term “self-made millionaire” is a useful term, it is in actual fact a misnomer. We all need other people to buy our product or service, or to tell others about it, or to help us get it to market – whether they are a supplier, member of staff, or customer. We cannot do it completely all by ourselves.

Further, by helping other people, we help ourselves. When we add value for the other person, we add value for ourselves. We therefore want to approach asking someone for help by first understanding what is in it for them. As Stephen Covey wrote in the 7 Habits of Highly Effective People, “Seek first to understand and then be understood”.

What goes around comes around. What we put out we get back. And when we get it back, things can show up in the least expected of ways. Be open to receiving it graciously.

What stops you from asking for help and giving the other person the pleasure of helping? We often recognise the joy of giving. Remember also to take joy from allowing the other person the pleasure of giving to you.

What one step can you take today to make progress towards what you want?

quote

“It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself.” - Ralph Waldo Emerson

“All of us, at certain moments of our lives, need to take advice and to receive help from other people.” - Alexis Carrel, Reflections on Life

five

Failing to stay focused

Have you ever noticed that whenever you make note of something and focus on it, it suddenly seems to be “everywhere”? Try it out and see. Pick a particular topic and focus on it for a few minutes. Perhaps talk with a friend about it or read about it for a while. Then look out for how many times during the rest of the day or the next few days you spot the same topic over and over again. An example of this is when we have decided to buy a new car. Once we have determined the brand and model of car to buy, we begin to see that same brand and model of car with an increased frequency than before.

When we stay focused on what we want, we continually generate new ideas which contribute to it. We also attract people, information, events and circumstances which can help us achieve what we want. This is the Law of Attraction at work. It works unceasingly, like the Law of Gravity, even in our ignorance of it.

The key thing to understand and practice is that you want to stay focused on what you want, and the positive aspects of it.

If you have any doubting thoughts about whether or not you can get what you want, acknowledge those doubts and then ask yourself what thought you can begin to focus on instead, which will allay those doubts. Then re-focus.

Having a plan will help you to stay focused and to make progress. Often there will be elements of the plan which you can't complete – sometimes we just don't know how we're going to achieve something. Instead of worrying about it, delegate it specifically to your mind to think about. Then get on with the elements which you can do whilst waiting for the other pieces to fall into place.

Not having a focus and a plan is like planning to fail. So have a plan and stay focused.

What one step can you take today to make progress towards what you want?

quote

“The majority of men meet with failure because of their lack of persistence in creating new plans to take the place of those which fail.” - Napoleon Hill

six

Lack of long-term perspective

Over the past twenty to thirty years, our world has moved at a faster and faster pace. I am sure it must have started with the fax. What with fast-food, e-mail and quick and easy Internet access, we are now so used to expecting and wanting instant results.

We have also learnt to be so totally focused on the outcome that we have often forgotten about the journey of getting there.

When I was first learning to ski, it annoyed me to have to go through the learning process. Yet today, I can look back and laugh at some of the amusing experiences I had. If I had appreciated the learning process better then, I know that I would have had an even more enjoyable time. However, the frustration that I felt definitely helped to confirm that wanting to ski was something I clearly wanted! (See Two - Avoiding disappointment)

Our ideas and desires take time to germinate and grow. Sometimes, we also need to gain more clarity on what it is that we truly want. One of my mentors once shared with me that it is far easier to think things through and give it time, than to rush it and have to undo what I had done in the first place. Instead of launching immediately into action because you are impatient to see immediate results, spend a significant amount of time up front getting clarity and planning. Then, take action.

We must learn to be like a gardener who plants the seeds and then feeds and waters them in full faith that in time, the seeds will sprout and grow to yield flowers and fruits. When I was a young child, it fascinated me when I was told that the mango tree in our back garden would take ten years from planting before it would bear any fruit. Things need not necessarily take ten years before fruition, but we must learn to have patience and trust, leaving the seeds to do their thing, whilst we do ours by nurturing them.

Learn to enjoy the process and the journey and the waiting won't seem as long.

What one step can you take today to make progress towards what you want?

quote

“It is good to have an end to journey toward, but it is the journey that matters in the end.” - Ursula K. LeGuin

“With time and patience the mulberry leaf becomes a silk gown.” – Chinese Proverb

seven

Not choosing with whom you spend your time

If we want to raise our standards and take ourselves to the next level, we must choose the company that we keep. If we surround ourselves with negative people, we will get pulled down to that same level of negativity. However, when you surround yourself with positive people who are focused on what they want, you grow and you keep yourself inspired to expand to your full potential.

Think about the people with whom you regularly spend your time. How positive and supportive are they of you and your ideas? How much do they inspire you?

If a score of 10 represents people who inspire, encourage and support, and a score of 1 means people who are negative and limited in their thinking, how might you change the balance so that you spend as much time as you can with those people (as well as new friends and associates) whom you would score 7 and above?

Sometimes, you may find that there are people may try to discourage you from pursuing what you really want. Often, these can be family members and friends. Although they may have your best interests at heart, they may not realise that they are not being supportive of you. The easy solution is not to share as much of your dreams and visions with them, whilst you are in the planning stages. Simply share with them when you have got there!

What one step can you take today to make progress towards what you want?

quote

“The problems of the world cannot possibly be solved by skeptics or cynics whose horizons are limited by obvious realities. We need men and women who can dream of things that never were.” –

John F. Kennedy

“Keep away from people who try to belittle your ambitions. People always do that, but the really great make you feel that you, too, can become great.” –
Mark Twain

eight

Doing the same thing as everyone else

You've probably heard of the phrase, "There is safety in numbers". Indeed, this is the way that most people play the game of life – sticking to what (they think) they know, playing safe and doing the same thing as everyone else.

Yet, if you look to the people who are seen to be as the most outstanding individuals in their respective fields, you will notice that there was something different about them. They were all brave enough to stand up for themselves and do what they felt was the thing to do, regardless of what the masses said or did. They believed in themselves. By the same token, the innovative and money-making ideas are often those which buck the trend.

Fred Smith, the founder of FedEx, came up with the FedEx business idea when he was at Yale. He was told that his idea would never work. The employee at 3M conceived the idea of the Post-It note from a batch of glue that had gone wrong. These people did something different. They bucked the trend and stood by their own belief.

Similarly, in 2001, in a year that brought widespread layoffs in the US technology sector, a company called SAS Institute maintained full employment. In fact, they significantly expanded their sales force. In an industry where average staff turnover is well over 20%, SAS has a staff turnover of less than 5%. Starbucks does the same thing. It opened up in Vienna, where others said that it would never work because of the Viennese being such connoisseurs of coffee. Starbucks bucked the trend, on the basis that there is room for variety and for all.

What one step can you take today to make progress towards what you want?

quote

"The man who wants to lead the orchestra must turn his back on the crowd" - James Crook

nine

Working too hard and not having fun

Most people have the belief that in order to get what they want, they must work hard. This is only the case if you believe it to be so. In fact, whilst many very successful people do put in effort into their work, it actually feels effortless! This comes from having a burning desire, a strong focus on a vision that inspires, and doing what they love.

Bill Gates gave up his role as Chief Executive of Microsoft, to be Chief Software Officer, because this is what he loves and is good at. Most highly successful people so enjoy what they do that they continue “working” well past the official age of retirement.

Think about a time when you were enjoying yourself – did it feel like hard work or did it feel effortless? When you do what you love and enjoy, time passes by quickly and “working” long hours is not an issue at all.

Highly successful also people have a passion for what they do, and their passion infuses other with enthusiasm. The result is that many people want to work and support them, making the task at hand even easier.

How we think and feel carries with it a vibrational frequency. You already know this instinctively. For example, you might say, “I feel on top of the world”, or “I feel down in the dumps”, or “I could feel the vibes in the room”, or “We just weren’t on the same wavelength”, or “I’ve just had a brainwave”. Like a radio station, we broadcast and receive these frequencies through our thoughts and feelings. Then, by the Law of Attraction, we attract to ourselves people, events, information and circumstances which are in vibrational harmony with what we are thinking and feeling.

The harder we strive, the lower our vibration, and when we work too hard, we stifle that very creativity that makes our lives easier, and it’s as if we close the door on ourselves, blocking all the good results coming our way. Having fun is absolutely essential! It has a high vibrational frequency. And don’t you feel so much more able to handle the day when you feel this way?

How can you make your work more enjoyable? How can you relax more and stop working so hard?

What one step can you take today to make progress towards what you want?

quote

“I never did a day’s work in my life. It was all fun.” - Thomas A. Edison

ten

Not having a burning desire

Napoleon Hill talks about this in his book “Think & Grow Rich”. This book is a classic, and has evidently created more millionaires than any other book.

We are often inundated with our everyday routine that we don't make the space to relax sufficiently to get in touch with what it is that we really want. We don't spend enough time dreaming about what we want to fan the flames of that initial spark until it is burning ardently within us.

What do you want with so much earnestness that you can almost feel it as real here right now?

Frequently, we get to the point of wanting something. We feel the desire but then it is followed quickly by a sense of disappointment or frustration as we realise that we don't actually have it now. We give up on the desire because we don't like that feeling. Or we may find self-doubt creeping in. Sometimes, we don't keep a long-term view and we get impatient. We may give it a go, and then give up before it has a chance to get here!

Fuel, fuel and fuel your desire until it burns brightly. Enjoy the dream and the desire, and relax and trust that it will come your way, as long as you keep the inspiration alive. Persist, and hold the expectation of having what you want become real for you.

What one step can you take today to make progress towards what you want?

quote

“Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded genius is almost a proverb.

Education

will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan 'press on' has solved and always will solve the problems of the human race.” - Calvin Coolidge

“All that spirits desire, spirits attain.” - Kahlil Gibran

eleven

Not making clear decisions

Many people express a wish for something, but they never take the next step – making the decision that they will have it.

When we don't make clear decisions, we are effectively making decisions by default. We will then have to settle for decisions that other people may make for us. Making clear decisions gives us direction and purpose.

Not making a clear decision results in procrastination. The underlying reason for not making a clear decision is a sense of uncertainty, and not making a clear decision only perpetuates this. There are times when a decision can and should be delayed – perhaps in the face of missing information. However, once you have the information that you need, decide. Your ability to be decisive grows with practice.

Highly successful people make decisions quickly and change their minds slowly.

If you find it a challenge to decide, what stops you? What is the worst thing that could possibly happen if you make a clear decision now?

What one step can you take today to make progress towards what you want?

quote

“We can try to avoid making choices by doing nothing, but even that is a decision.” - Gary Collins

“When making a decision of minor importance, I have always found it advantageous to consider all the pros and cons. In vital matters, however, such as the choice of a mate or a profession, the decision should come from the unconscious, from somewhere within ourselves. In the important decisions of personal life, we should be governed, I think, by the deep inner needs of our nature.” - Sigmund Freud

twelve

Thinking competitively from the wrong perspective

Competition is a healthy thing which can spur us on to raise and maintain our standards. It can be very effectively used as a benchmark to aspire to. However, thinking too competitively can be more of a hindrance than a help.

The world is an abundant place – full of ideas and opportunities. When we think too competitively, we become fearful. We become afraid to share our ideas, to share our revenue streams, to share credit, to refer a competitor or to endorse other people's products or services. Yet these things can be the very opportunities that we want and are looking for.

Sharing ideas can generate better ideas, sharing revenue streams can create an even larger revenue stream, sharing credit can help you build relationships with customers or clients, referring a competitor can build respect and a mutual arrangement, whilst endorsing another person's products can lead to a lucrative profit-sharing program. There are countless other ways.

Today's business strategies are about collaboration, joint ventures and strategic alliances. It's no longer about grabbing 100% of a pot, but working with others to create a much bigger pot to share.

What one step can you take today to make progress towards what you want?

quote

"No one can sincerely try to help another without helping himself."
- Charles Dudley Warner

"It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself." - Ralph Waldo Emerson

thirteen

Not creating a system that works

Having a system enables you to save time, energy, money and stress! Once you have a system in place, things become easy and results are easy to achieve. The key is to find the right system for you.

We are often impatient in our desire to achieve what we want. Consequently, we can rush to try and get things into place without properly thinking things through or building a strong foundation for the future. Building a strong foundation takes time and focus, and in the early stages may seem slow. Remember that this is an investment for the future.

Just as in buildings, we don't actually see the foundations but we know that the stronger the foundations, the more robust the building and the taller it can be. The same holds true for you. The foundation of your success lies firstly in creating a clear and inspiring vision of what you want, and then having a system which will get you there.

Start. Put your system together to handle the small things first. Then expand on that. In order to create a successful business generating millions of sales, you must first be able to handle a smaller level of turnover. A great system is one which can be duplicated over and over again, becoming more and more efficient each time. Just as you wouldn't expect a toddler to run before he/she can walk, build a good foundation for your system and build it strong.

What one step can you take today to make progress towards what you want?

quote

“A complex system that works is invariably found to have evolved from a simple system that worked.” - John Gall

fourteen

Not believing in yourself

A lack of self-belief is probably one the most important elements that can stop you dead in your tracks from creating lifetime wealth. With a lack of self-belief, making decisions becomes difficult, taking action becomes filled with fear, not knowing who to listen to becomes a challenge, convincing other people that you have something of value becomes difficult, finding money for funding becomes difficult... and it keeps you thinking small.

Besides, it doesn't feel good.

Building self-belief comes from moving outside of your comfort zone, at least a little bit every day. It also comes from acknowledging yourself for everything that you achieve no matter how small...without qualification! When someone says, "You did a good job" do you find your response along the lines of, "Oh, it's just my job" or "Well, it was easy, anyone could have done it"? That's qualifying.

Build your self-belief in yourself today. Even if you already have a high level of self-belief, keep on building your foundation. As you grow, you will find new facets where you feel less confident, so keep on building, and finding those new facets which throw up a challenge for you.

It is when we remain completely within our comfort zones that we stop growing. When we encounter challenges, we are expanding and going somewhere. With a clear vision and steadfast focus, you can rest easy that that somewhere is where you want to get to.

What one step can you take today to make progress towards what you want?

quote

"You must do the things you think you cannot do." - Eleanor Roosevelt

"Don't be afraid to take a big step. You can't cross a chasm in two small jumps." - David Lloyd George

fifteen

Programming your mind negatively

Even though we may sometimes think that this is not the case, there is one thing over which we have 100% control. What and how we think.

We teach ourselves how and what to think, including what we think about ourselves. What someone else thinks of you is really none of your business. Yet we often place more emphasis on what someone else may say to us about our own capabilities. What makes them right and you wrong?

Most people don't think twice about taking a negative comment on board, yet they so easily dismiss the positive ones. They take criticism to heart, and leave praise and acknowledgement. They tell themselves off and beat themselves up. They spend little time to encourage themselves and remember the good things. They may try positive affirmations and give up on them because they feel like lies, yet they negatively affirm themselves regularly and consistently throughout the day.

Is this you?

What makes you believe that someone else is more right than you? What makes you believe that they are a better judge than you? What makes you think that the bad stuff is believable, while the good things aren't?

You do. So turn the table around and have them be in your favour. Stop programming yourself negatively and start affirming yourself in a positive way, starting now.

What one step can you take today to make progress towards what you want?

quote

"We have been taught to believe that negative equals realistic and positive equals unrealistic." - Susan Jeffers

"Fear is that little darkroom where negatives are developed." - Michael Pritchard

sixteen

Thinking that investing in yourself is a waste of time and money

Income rarely exceeds the person you are.

You are the source of your wealth. You are the real and lasting asset that you take with you wherever you go. Money, cars, and possessions may all be lost, but as the saying goes, "Wherever you go, there you are". You are your true wealth because all money comes from ideas and not the other way around.

It is not about being in the right place at the right time, but, being the right person in the right place at the right time. To have more than you currently have, you must become more than you currently are.

A Master is not someone who does not have any problems. Indeed a Master still does have challenges, but it is a question of level. What was once considered to be a big problem, is now a tiny glitch to the Master. Think about some of the biggest challenges and concerns you had when you were younger. As you look back on it now, you realise how relatively insignificant those challenges are. As you grow, your ability to create even bigger success also grows.

Invest in yourself. Spend time on personal development and growth, and allocate time for personal reflection. It is the best investment that you could ever make.

What one step can you take today to make progress towards what you want?

quote

"If we don't change, we don't grow. If we don't grow, we aren't really living." - Gail Sheehy

"The universe is full of magical things, patiently waiting for our wits to grow sharper." - Eden Phillpotts

seventeen

Lacking essential knowledge

The first step to creating lifetime wealth is knowing clearly what you want. Then start to study it and become an expert in it. Being an expert helps you command a premium, and build your own self-belief and confidence. It also helps you to make your own informed choices.

If you want to make money, study the acquisition of wealth. If you want to be outstanding, study outstanding people. If you want to be an excellent guitarist, study the guitar and other excellent guitarists. If you want to be an outstanding business-person, study outstanding business-people and their systems.

Once you have studied, then practice. This is essential. Many people gather knowledge and then fail to apply it. We get remunerated for our application of our knowledge, not for just having it.

Look out for all the different avenues through which you can build your knowledge and expertise. Your knowledge and expertise can come from reflecting on your own experiences, sharing and learning from others (for example, having a mentor or being part of a discussion group), books, listening to inspiring information, attending seminars, magazines and many more.

Never stop learning and expanding your own knowledge.

What one step can you take today to make progress towards what you want?

quote

“Knowledge of the self is the mother of all knowledge. So it is incumbent on me to know my self, to know it completely, to know its minutiae, its characteristics, its subtleties, and its very atoms.” -

Kahlil Gibran

“Live as if you were to die tomorrow. Learn as if you were to live forever.” -

Mahatma Gandhi

Notes

