

The Carpet Cleaning College



Carpet Cleaning Success For Newbies

www.carpetcleaningcollege.org

Your New Business Launch in 30 Days

Exercise 3

Find somewhere quiet where you can just close your eyes and relax. If that isn't right now, then come back to this in a short while okay? Stop now until you are in a place where you can totally relax.

Hello! Welcome back! Get comfortable, read the following passage, then close your eyes, relax, and re-play the passage in your mind.

START:

"I want you to go to the control room in your brain and have a look round at all the buttons, switches and dials. Find the dial that says "Wealth Thermostat" on it and see where the needle is pointing now. How wealthy do you feel right now?

This shows you how much money you currently feel you are worth.

Now turn crank that dial up a bit and imagine what your life will be like if this was your new "normal earnings" setting. What would you be wearing? How would you live, and *where* would you live? What would you drive? Take the time to imagine that new life.

Now, turn the dial up, just a little more, and imagine what your life would look like now. Become that person living the life at that dial setting, feel what being that person feels like, feel what it would be like to live your life with your wealth thermostat turned up to that level constantly.

After about 2-3 minutes of living as your dream person, go back to your "Wealth Thermostat" in your brain and turn it back down again, ensuring it is left just a little higher than it was before you started.

END

Do this mental exercise every single day for the next 3 months, whenever you can grab 5 minutes of quiet, focused time, and you will be amazed at how creative the brain can become to accommodate your new "Wealth Thermostat" settings.

This exercise totally transformed my life and is based on Paul McKenna's self hypnosis CD "I Can Make Your Rich." This is a truly

brilliant CD and worked wonders on building up my own self-worth to where it is today. Try it!