

# WHAT IT TAKES TO MAKE IT

A Guide to Making Life  
Work for You



NICOLE GAUDER

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*A Guide to Making Life Work for You.*



**By: Nicole Gauder**

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What It Takes To Make It A Guide to Making Life Work for You

Published by Nicole Gauder

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WHAT IT TAKES TO MAKE IT A GUIDE TO MAKING LIFE WORK FOR YOU

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## **Dedication**

*This material is dedicated to all of you who know there's  
more to life and want to make life work for you.*

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# Table of Contents

**TABLE OF CONTENTS**

**INTRODUCTION**

**OVERTHINKING: A DREAM KILLER**

**STOP THE NEGATIVITY AND START EMPOWERING YOURSELF**

**TEST YOUR ABILITY TO TURN CHALLENGES INTO POSITIVE CHANGE**

**WHAT'S STOPPING YOU?**

**REDUCE THE CONFUSION THAT COMES WITH OVERTHINKING**

**USE THE POWER OF YOUR SUBCONSCIOUS MIND TO DEFEAT MENTAL CHAOS**

**STRESS MANAGEMENT**

**WHERE ATTENTION GOES ENERGY FLOWS**

**A KEY FACTOR IN MAKING LIFE WORK FOR YOU**

**REMOVE THE SUFFERING ALONG YOUR JOURNEY**

**YOUR NEXT STEPS**

**ABOUT THE AUTHOR**



## Introduction

You may be asking “well, what does it mean to “make it?” The answer to that is subjective and something only you can answer. What does it mean to you to make it? What do you need to be, do, or have to be content and feel fulfilled?

There are different steps to making it. First, you have to conquer your mind and all the false beliefs that are making you believe that you can’t make it. Once you have conquered the mind, the next step is to work with your energy to align with your desire. Once ready you can level-up to the next stage of putting a stop to the suffering that comes with life’s struggles while making life work for you.

Once you ascend through all stages towards making it, you will have a new outlook on life and how to maneuver along life’s journey to take your life to the next level with your vision of what it means to make it. Throughout this guide, you will be brought to a deeper understanding of what it takes to make it. The only one who can make or break your life is you. With the right awareness, the journey doesn’t have to be a struggle. You can be, do, or have anything you choose. The key is to know how. You have most likely heard that you can be, do, or have anything you want before, and like me, maybe you have even been misled by watered-down teachings in the past, telling you that you can have anything you want by just thinking about it. While thought does play a big part in making your life work for you, other factors also play a part, one major one being your energy.

Everything is made up of energy, including our thoughts and feelings, and when it is understood how to manipulate and apply that energy to “make it”, you begin to make life work for you and not against you. However, before working with your energy, it is vital for you to overcome any chaos the mind is causing in your life. As powerful beings, as we are, many of us are still being held prisoner by our minds. With a chaotic mind, it is very difficult to tap into the energy needed to start to make life work for you. When non-beneficial thinking is involved,

darkness sets in, and fulfillment feels like a thing of the past. The darkness I speak of is the mind concepts that start to come into play, such as overthinking, doubt, fear, anxiety, worry, and many other negative thoughts and feelings that begin to surface when you try and take a step in the right direction for your life. Given enough momentum these negative thoughts and feelings become habitual, and life begins to unfold by default leaving no room for you to make life work for you the way you want it to.

Ever wonder why there can be two people with the same experience, and qualifications doing the same job, yet one person seems to always have life working in their favor? They seem to have good things flow to them effortlessly and are always happy. While the other person seems to struggle with the same tasks, and they are not so cheery. The difference between the two is mindset. The successful person understands three steps of how to make it and does not let the mind interfere with their energy when creating their success. Once you can get a handle on your mind, you are well on your way to deliberately creating life the way you want.

Until I figured out not only the three steps of the journey but also applied them, my life felt like a mess. It seemed like everything showing up in my experience was something to make me feel victimized, to drag me down or to make me upset and this was an ongoing ring of mental torment and struggle. It felt like life was working against me and there was no way out! Come to find through my own ignorance and detrimental mindset, I was being a prisoner of my mind and becoming my own worst enemy. All the negative thoughts and upset feelings were the ego's illusions trying to hold me back from making it. Holding me down in the darkness hindering me from the ability to make life work for me. I was having life work against me by creating my reality by default through all the mental chaos and the struggle that the ego had lured me into. My energy was on edge and so was my life. Something had to change! When stress rides at an all-time high, sometimes your "inner cup" overflows and when enough is enough and you've had it up to here with the B.S you have no choice but to make deliberate change. Eventually, I was so exhausted that I had to change the hard way by being dragged through life for a while before I got the hang of making life work for me. My Way!

I don't want anyone to face the struggle that comes with the challenges of life, especially if they don't understand how to make life work for them. This is where this journey has derived from. My test has become my testament, here for others not to struggle through their same

everyday experiences. Anyone can make it. It all has to do with how you approach life and if you reach out and grab what you want, including your goals, dreams, and aspirations.

Throughout the following pages, you will discover more about the stages of the journey of making life work for you. “What It Takes to Make It” is a guide to help you overcome the mind’s illusions that are holding you back and to give you an idea of how to use your energy to benefit your life. The book is not an overnight solution to your problems, however with the right awareness it can assist you in solving your problems minus the stress and struggle.

Are you ready to discover what it takes to make it? Keep Reading.



# STEP 1

## **Working to Overcome Your Mental Chaos**

This is the most important step of the journey for you to conquer before being successful with moving on to the next steps of the journey by working with your energy and overcoming the suffering that comes along the way.





## Overthinking: A Dream Killer

### *Is overthinking sabotaging your life?*

Your thoughts can make you, but they can also break you. The mind can be a busy place and it's important to learn how to deal with any toxic thoughts of negativity that are holding you back and having you feel stuck in life as if you are not making it. Overthinking can be a dream killer if you don't put a stop to it.

Thoughts will always be present, and they play a big part as you interpret something and choose how you will perceive it. Thoughts determine how you will experience your reality and if you let it impact you negatively or positively. Sadly, with all the negative programming around, it is challenging to stay positive at times. If you do not overcome the ego's tendency to feed you false illusions of the mind, it tends to drift into negativity. This is where darkness will begin to set in with its illusions such as doubt, fear, worry, anxiety, etc.

Unless you have trained your mind to focus on the positive side of life, the mind tends to drift to the negative side of things, this adds to the negative momentum your thoughts are taking. By adding negative momentum, you attract more thoughts of the same nature to continue to have you believing in the illusion which continues the cycle of all the negative feelings such as doubt, worry, etc. This is where overthinking comes into play. Once overthinking is involved, it is very challenging to gain mental clarity to focus on your goals and desires while making life work for you. If you've ever struggled with the burden of overthinking, you know how difficult it can be to control your thoughts and bring your mind to a calm state once it starts racing with a million ideas.

This is where proper awareness comes in. Understand that you do not have to agree with every concept that comes to mind. You can simply be aware of the thought without attaching a meaning to it. It is once you attach meaning to it through overthinking about it, that you attach yourself to the thought and feelings which proceed. If you do you fall into the same trap of the

ego which tricks you into thinking on the negative side, don't try to stop your thoughts completely. They will continue to flow and what you resist persists. As mentioned above, just let them flow, don't subscribe to them, and watch how quickly they pass and most likely disappear. Something cannot dwell in the mind that you do not give attention to.

Life does not have to rush by with indecisiveness, you can learn to deliberately choose your thoughts which will deliberately bring on emotions to match the thoughts you are putting out. Since everything is energy, including your thoughts and feelings, you have the power to manipulate your thought energy to benefit yourself rather than sabotage yourself by default by allowing thoughts to enter your mind and stay there running over and over with no clarity around the topic.

### **Questions to ponder on if overthinking is sabotaging your life.**

- *How is overthinking sabotaging my life?*
- *What are the possible long-term effects if I cannot overcome my overthinking?*
- *What are some things I can do to work at overcoming my mental chaos?*
- *How will I reward myself when I avoid overthinking? (Check off all that apply)*

Give myself a day to do whatever makes my heart smile.

Write down my success of stopping my mental chaos and how I feel about it.

Share my progress with someone close to me that I trust.

Treat myself to my favorite thing.

Other:

The mind is great at producing negative thoughts that are detrimental if you are an overthinker. Your dreams don't have to be killed just because you have an overactive mind. Remember, you are in control of your mind, not the other way around. Stick around, in the next chapter you will learn how to put a stop to the negativity that tries to creep into your mind.



# Stop the Negativity and Start Empowering Yourself

## *Is negativity holding you back from making it?*

Negativity sabotages success! Why allow your mind something you have the power to be in control of, to sabotage you from making life work for you? Problematic thinking does not have to impact you negatively. You have the power to be peaceful through the mind chaos while you allow the negative thoughts to come and pass. Be the observer of the thoughts, don't claim them. This is one way to begin to overcome the mental chaos negativity brings on.

When negativity tries to creep in and stress you out, stop, reflect, and ask yourself:

- What am I perceiving as negative?
- Why am I making this negative?
- How can I perceive this more beneficially?

Having a guided thought pattern through asking the right questions helps gain clarity when the mind tries to take over. React and make something negative instead of pausing and pondering on the right guided thought pattern and responding accordingly. The questions above will assist you with building a positive outlook by gaining clarity on where the negativity is trying to creep in.

When something triggers you negatively, if you allow the mind to react in the same way it always has, and if that happens to be negative most times, this will lead to continual negative thought patterns, followed by miserable feelings. Leaving you in a cycle of negativity. However, you have the power of choice as to how you let negative thoughts affect you. It's all in how you choose to perceive the thought and act on it. If you continue to react as you have in the past, negativity will most likely continue to be a part of your experience; however, if you take a step back and reflect on the right way of thinking and on questions such as the ones suggested above, you can change the way you reacted in the past by choosing to respond differently and not have the negativity impact you as it usually would. This is how you empower yourself to stop the negativity of the mind that is trying to sabotage life working in your favor. Switch up the

habitual negative perception and chose to perceive your thoughts in a new way if negativity keeps creeping into your mental state. Where attention goes energy flows, therefore whatever you give your attention to is what will grow and manifest. More about that later. However, you want to try and keep beneficial thoughts in your mind rather than negative ones that hinder your success.

Before I realized the power of my mind through the power of choice, negativity played a big role in my hindrance to making it. Over a decade ago many people would tell me I should write a book because I have lots to teach and have made a powerful impact in their lives. First, my habitual negative thought process shot out thoughts such as “I can’t write a book!” There are so many professional authors out there who teach what I do, and they got it covered!” No one will read a book I write! “No way!” Second came the overthinking with all the wrong questions and negative self-sabotage. Examples of the questions to pop up in the mind were “why would anyone ever read what I write?” “What if no one likes my content?” “What if I get bad reviews?” “What if I fail?” Then lastly was that I would go onto thinking about how horrible the failure would feel if my book did not sell or do well, and how life would be so bad, etc. The mind had already prefabricated a negative outcome and I had talked myself out of possibly making it as an author within two minutes of negative thinking. I wish now, a decade later and four books in, that I had listened to the people who had faith in me and not my negative habitual mindset.

Once I started deliberately guiding my thoughts in the right direction and asking the right questions, such as the ones above, my life took a turn for the better. Negativity was a thing of the past that I had control of and the power of choice as to if I let anything impact me negatively. Once I got clarity and regained faith in myself, books just started to flow themselves and here I am happy and content with my position in life today. Working on my mental alignment so nothing has the power to keep me down negatively or stop me from making life work for me. The journey so far has been thrilling. That is why I share this wisdom with you There is no reason you cannot make life work for you too.

Negative thinking is a choice. Now I am not saying it is easy to overcome the negativity that stems from the ego, however with the right awareness you have the ability to empower yourself with a more positive paradigm which will in turn bring on positive feelings, which will change the cycle from what you used to know as negative to one of positivity and empowerment.

Keep reading to discover how to change a negative into a positive so challenges do not break you.



## Test Your Ability to Turn Challenges into Positive Change

### *What if you were able to turn your challenges into positive change?*

Positive change is something many of us search for but something many have difficulty achieving. Often someone thinks they want positive change, but when they discover the work that is needed to be put in to gain the change they seek, they give up on trying. The negativity of the mind contributes to why many people are unable to change. This is not uncommon. People limit themselves by default by thinking the same negative habitual ideas when faced with a challenge. They immediately fold and get overwhelmed, refusing to even attempt to achieve their aim. When you have a program running in your thoughts, this is natural. As soon as something feels difficult, as long as you are caught in your mind's training, you will always react in the same manner you always have. Change can only occur if you strive to do things differently this time, and change is required to respond differently to obstacles in order to turn them into a positive and helpful experience for you. Is there something stopping you from overcoming your challenges? You are the only thinker in your mind. You do not need to allow the challenges of life to impact you negatively. You have the power to choose how you perceive the challenge at hand. Over the years of coaching, one thing that I have learned is that fear of the unknown is one of the most common reasons people do not choose to face their challenges and have a negative outlook when life gets a bit “shaky”. How do you perceive and handle challenges in your life? Everything is a choice. You can choose to take anything that pushes you past your comfort zone and use it as a steppingstone to become stronger and wiser, depending on how you choose to handle the challenge. Don't forget the power of your perception which you learned about in the last chapter. This is similar. If you continue to allow challenges to beat you, how will you grow? What will you learn from the trial? How will you make the test your testament?

Let's take a look at a typical challenge that many of us confront in life. You and someone close to your heart have a fallout. They have lied and manipulated those around you to believe

negatively about you, and they continue to try and drag you down whatever chance they get. You find that since the fallout things have been different and distant. It feels awkward and all the mind focuses on is the challenge of the fallout and how it makes you feel bad. In this case, let's say the fallout was huge and there is no going back. Of course, this tugs at the heart strings, and you feel alone and that you lost someone close to you. The situation is the situation, the challenge comes from how your mind is perceiving the situation. Instead of focusing on the distance and the disappointment, which is trying to creep into your emotional realm, what if you looked at the situation another way? Yes, you may have lost someone close to you, yet what if they were not the best influence on your life and you did not see it? What if by you detaching from this person, you have a chance at being a better person? What if this is a new beginning for you? Instead of focusing on the negative which can be taken from the situation why not try focusing on empowering thoughts rather than those that hurt and bring emotional pain? Which with enough momentum will eventually bring on more situations to make you feel hurt. A positive mental attitude is a very powerful skill.

Whatever the situation, you have control over how it affects you. This doesn't mean you won't feel triggered along the way or that challenges will cease to exist in your life, however, it does mean that these types of life challenges can appear in your experience, and you do not have to let them affect you negatively. You have the power of choice. Although it's not easy at times!

Let's say someone cuts you off in traffic and almost causes an accident, you may want to retaliate and get revenge by cutting them off or maybe driving up to their window and giving a bad look, or worse, and in the past, you may have reacted and handled the matter in this manner. However, in the present moment, with the right awareness, you can choose to respond differently. The situation can be the same with the person who cut you off, but you can take a step back, and think before acting, therefore responding deliberately the way you choose without reacting the same aggressive way in the past. Now that may still be to cut the person off (which I am not condoning), but at least you had a chance to defuse and think things through first to give yourself a chance to respond differently from the past. This is where your power lies.

Unfortunately, the ego seems automatic and often kicks in with its negative reactions leading in this case to revenge. However, by responding, you may discover a strength inside of you that you



were unaware of and be able to not react in retaliation and even preserve your peace while not allowing the aggressor's negative energy to impact or affect your energy in a negative way.

Above are just two examples of common challenges people face along their life journey. Challenges come in many shapes and forms. Depending on how you perceive your experience is what will make it negative or positive for you. The key is to have tools that you can reach for when trying to gain a fresh perspective on the situation at hand before it impacts you negatively. By focusing positively, you help empower yourself to calm the mind for positive change to occur.

Below are some questions to help you shift your focus more positively when challenges try to get the best of you.

*How can I choose to perceive this situation differently than I would in the past?*

*Does this situation have a positive aspect?*

*How can doing things differently this time around help me to grow?*

When faced with life's obstacles, having the appropriate mindset allows you to become neutral and not be influenced by the negativity around you. How do you choose to face challenges when they arise in your life? Will you be a victim of reaction, or will you empower yourself by choosing to take a step back and respond to life's challenges? Although the shift from reaction to response may not happen overnight, with enough deliberate effort, you can change how challenges impact you and even have each one become a steppingstone that you can grow better, stronger, and wiser from. Many people find it difficult to adapt to change. Fear of the unknown and of experiencing something different than what they are accustomed to prevents people from experiencing the good change and growth that could result from the lesson gained and applied from the seemingly negative experience. If you are still unsure about your potential to succeed, the next chapter will assist you in determining what is preventing you from making life work for you.



## What's Stopping You?

### *What makes you think you haven't made it?*

The detriment of overthinking has already been covered in the first chapter; however, I bring it back up because it's one of the main factors to stop people from making it or thinking they made it. Whether overthinking is holding you back with thoughts such as "I could never...", "I'm not good enough", "I'm going to fail", or, if overthinking is putting a veil over you knowing that you have made it with thoughts such as "I still need to...", "I'm so close", "If only such and such could happen so I could make it big" etc. Both types of overthinking are crucial to making it and or knowing you have made it.

Remember what it means to "make it" is subjective and totally up to you. The way you think about your success along your journey of making life work for you is what may be stopping you from making it. Not only does overthinking play a huge role in stopping people from making it, but overthinking also comes with a lot of negative thoughts! That is a dangerous combination. It's difficult to focus on positivity when there is so much negativity being fed to the brain daily. If you are one to watch the news you are aware of the negative impact it has. Think about the ads when you are watching your favorite tv show. They are always presenting and focusing on a problem first. Naturally, because they are selling a solution, however, we live in a society where negative influences are all over. The focus tends to lean toward the negative leaving little room to be free of the mind's chaos.

The mind chaos I speak of is all the mental chatter going on a mile a minute in the mind. Think about your self-talk. Is it inspiring and empowering or is your self-talk degrading and belittling? Do you think thoughts such as "I am wonderful just the way I Am!" or thoughts such as "I suck and will never amount to anything." Your mind chatter is important when it comes to what's stopping you from making it. How you speak to and believe in yourself is part of the equation when building a strong foundation for your goals and dreams. The key is to keep your

mind chatter calm and if you cannot keep it calm try to at least deliberately make an effort to fill it with positive affirmations rather than negative insults towards yourself. The more you strengthen your mental attitude to empower yourself, the more successful you will be in making life work for you.

With enough negative mental clutter and momentum, you will find your experience begins to become negative. This is because beliefs form through repetition in thinking the same thoughts. Whatever you focus on enough will eventually become your reality. If you continually think negative thoughts, you will continue to attract negativity into your life. This also goes for if you are continually thinking positive empowering thoughts, you will reap more things in your life to feel empowered and happy with.

In chapter two I briefly touched on some of the negative habitual thoughts that I had which held me back from my success as an author. These habitual thoughts became my beliefs and held me back from writing my first book for almost a decade. I was unintentionally stopping myself from making it by constantly reassuring myself that I would fail with thoughts such as “I can’t be an author”, “no one would read a book if I wrote it” etc. Since I believed these illusions of the mind, it wasn’t until a decade later that I was able to overcome and replace my beliefs with more empowering habitual thoughts which became my new beneficial belief system leading me to the happy, content life I live today. However, there are days when the mind jumps in with thoughts such as “what if I wrote my book sooner?” And all the “should have”, “could have”, “would have” jargon begins to creep in. These are thoughts I still work to overcome until this day. When those negative thoughts try and arise, I also think “what if I still had not moved forward with following my dream?”, I wouldn’t have any books written or published. Therefore, the latter thought of if I waited longer outweighs the thought or regret of not writing my first book sooner and I do not let the negativity of the mind take over. I replace the soon-to-be false belief with a thought that is more beneficial and makes me feel better. Once I got the hang of uprooting my false beliefs and replacing them with something more beneficial, negativity was something I worked to overcome leaving it as something beneficial for my growth, no matter what the situation. You have the same ability to deliberately guide your thoughts in an empowering way for you. This way nothing can stop you from making it other than your mindset.

Without getting over my false beliefs and all the negative mind chatter, I would never have written any books to begin with or dared to pursue any other dreams and live in my truth. I would have held myself back forever if I did not figure out that I was sabotaging my success through my false beliefs. Keep reading to discover if you are sabotaging your success.



# Reduce the Confusion that Comes with Overthinking

## *Are you your own worst enemy?*

Stress is one of the main feelings to emerge from overthinking. When stress becomes involved, it is one of the top hindrances to making life work for you. Stress is also a dream killer which comes with lots of confusion and chaos along the way. When you are confused and overwhelmed with a chaotic mind the path to making it seems like a far way off. In a way it is. As you know by reading this far the confusion of the mind will hinder your progress when working at making it in life. If you're feeling stressed and overwhelmed by all the thoughts racing through your mind, it's time to reduce the chaos and obtain clarity about making life work in your favour.

One way to stop the confusion that comes with overthinking is to let your thoughts come and go. Be the observer. You do not have to subscribe to all the thoughts that enter your mind. Where attention goes, energy flows. The more you focus on the negative thoughts that pop up, the more negative you will begin to feel. You don't have to be your own worst enemy by overthinking. Below are a few methods you can turn to for clarity through the stress, confusion, and chaos brought on by overthinking.

## **Relaxation**

Reaching for relaxing thoughts and doing things that provide relaxation is very important to staying in your power and not allowing negative thinking leading to stress to take over your life. If you enjoy music, music has some of the highest vibrations and frequencies which can assist in elevating your paradigm and mood. On the contrary, it is also very beneficial to be silent in meditation. When I say meditation, I am not speaking about your thought process, but your

being. Focus on your being and watch the thoughts as they come and go. As long as you do not subscribe to your thoughts, they will leave as quickly as they came. Thoughts only linger in your mind if you continue to give them attention. Don't forget that where attention goes energy flows. Strip your thoughts of that attention and watch how fast you begin to overcome the mind and its confused chaos.

## **Motivation**

When you are motivated, you're going to make things happen. Without feeling motivated your mind is left to be stuck in a slump of overthinking. You can use your stress to motivate you to change your outlook and work on focusing on how you could perceive the situation more positively. When it comes to being motivated do not count on others to motivate or keep you motivated. Many people cannot motivate themselves let alone help you with your motivation. Through the right thought process, you can deliberately shape the way your reality begins to take form. Leaving you feeling fulfilled minus the confusion and stress that like to stem from the mind's illusions. Motivating yourself may not come right away, this may take time depending on how much of a hold your mind has on you through your habitual thoughts which with enough momentum become your beliefs. It is these beliefs that are part of shaping your reality.

## **Laughter**

Laughter is stress relief and can help to reduce the chaos of the mind brought on by a cluttered mind. Laughter makes you feel good and is of high energy which will help you shift your mood that is brought on by false beliefs that exist which are stopping you from making life work for you. When you laugh you release negative pent-up energy such as frustration, confusion, stress, etc. If you like to watch movies, you could watch your favorite comedy movie or a new comedy. If you are more of a social type, what about a local comedy club? If you choose not to do anything, simply think of a situation where the outcome made you laugh and feel good. Visualizing something funny will work just as well as doing something to make you laugh. The key is to laugh and elevate your energy and mood.

## **Visualization**

When visualizing to relieve confusion and stress it is important to look at the bigger picture. How are you going to get yourself into a state of joy? Picture your mind as a blank screen. Create a mental picture of how you will reduce the confusion and replace it with clarity and confidence. You conjure power when you visualize. When you are laser-focused on what you are visualizing, you create a picture of what you want to see appear in your life. When you see yourself in clarity moving forward free from the confusion, you can begin to implement steps to make your visualization a reality. You can create a mental picture on the screen of your mind of an area where you feel at peace. Somewhere where you experience silence, and everything is calm. See yourself anywhere that will break your focus from the negativity that overthinking is stirring up.

Although above are only a few techniques you can turn to for guidance to reduce the confusion that comes with overthinking, they are powerful and work if you choose to implement them in your journey of making it. When you focus on and give into the confusion that overthinking brings on, you are living by default, allowing the negative thoughts to be the dominant thoughts and eventually become the beliefs that shape your reality. Be sure to deliberately focus the power of your mind in a beneficial direction for you. You no longer have to live by default. Keep in mind, you control your mind, it does not control you, even though it may feel like it at times.

Are you your own worst enemy now that you know what you do as a result of reading this chapter? If you are it's okay, in the next chapter you will learn the power of your subconscious mind to take back control of your life.



## Use The Power of Your Subconscious Mind to Defeat Mental Chaos

### *Are you harnessing the power of your subconscious mind?*

The mind is a very complex thing. The parts that we will focus on are the conscious mind and the subconscious mind. The conscious mind is at the forefront which runs the show if you allow it to. The conscious mind is where all thoughts are filtered through and either accepted or rejected. The thoughts that are accepted will imprint on the subconscious mind this is where they become your truth and manifest your reality. This is why it is important to deliberately choose thoughts that are beneficial to you and work at rejecting the negative low vibrational thoughts.

### **The Subconscious Mind is Where Manifestation Begins**

Since the subconscious mind is where manifestation starts, it plays a huge role in making life work for you. Once you choose to accept thoughts that benefit and empower you, you will align with life so you will experience things that will be beneficial and empower you. As mentioned in previous chapters you can be your best friend or your own worst enemy depending on what thoughts you let creep into your subconscious mind. You can use your conscious mind to detach from any thought which makes you feel bad and to only allow the empowering thoughts to imprint on your subconscious mind and in your life experience. One of the best things I did in my life was learned to use the power of the subconscious mind deliberately to make life work in my favor. And you don't have to believe me, try it for yourself. Observe, eliminate, and replace any negative self-talk with more empowering self-talk. Be aware of your thoughts and work at only letting the happy, positive ones through. This may take some time, yet you have the ability to maneuver your mind to create your desired outcome.



## **Using the Subconscious Mind to Defuse Negativity**

The subconscious mind can also be used to defuse negative feelings such as stress, frustration, anxiety, etc. You can focus your attention on something that makes you feel at peace. That may be sitting on a beach, feeling the fresh air and smelling the aroma of the sea. Or your peaceful mind retreat could be in nature in a log cabin cozy by the fire reading an enticing book.

Whatever it might be you have the power to experience how it would feel to be there and at peace. The more detailed you can get the better. What do you smell? What do you feel? Is it day or evening? Etc. There are no right thoughts here, just whatever works for you. Whatever makes you feel happiest and at peace. When you focus on thoughts that bring you happiness, you shift your vibrational alignment to feel good. You have the power of choice. You can choose to feel good and work at being positive or you can choose to dwell in the negative and have it hold you back from making it. Deliberately planting empowering thoughts that will help you grow is key and you can think and feel your way out of any problematic situations. If you feel your life is spinning out of control, or you feel stress to any degree, you no longer have to live by default letting external factors impact you negatively. This is hindering your ability to make life work for you and holding you back from making it. Start deliberately creating your thoughts which will in turn invoke certain feelings depending on your thoughts. Whether this is good or bad is up to you. You have always had the power to deliberately create the life of your choosing. The power has been within you all along. If you don't like the outcome of your life and where it is headed, its time to remove the negative veil of illusion and overcome the chaos of the mind so you can live the life you desire and deserve.

## **Limiting Beliefs and The Subconscious Mind.**

Keep in mind the power of your self-beliefs and any false limiting beliefs that you are harboring that are stopping you from making it need to be rejected and replaced before you can begin to deliberately create the life of your choosing. We are not born with limiting beliefs they are something we acquire along the way. What if you could not fail? What would you do if you believed you could accomplish anything? How would you feel? Once positive self-belief is created, you empower yourself energetically to accomplish anything you want. To start uprooting these limiting beliefs reflect on any limiting beliefs you may have. Work at rejecting

them and throwing them out. They are stale and are holding you back. Question if this limiting belief is legitimate, if it is, ask where did it come from? What evidence do you have that it is true? By asking the right questions you can work your way out of false beliefs and into new beliefs that benefit your journey of making it. The beliefs you have about yourself must be focused on what you wish to become or achieve. This is what I mean when I say to deliberately create your reality through the thoughts you choose to let enter your subconscious mind where they, with enough momentum will begin to form. A strong belief in yourself is the start of a sure way to making it. Think about how it would feel and how you would think and act with high self-confidence.

Work with your subconscious mind to build your self-belief and watch how life starts unfolding for you. Here is an undeniable way to prove to yourself the power of your mind so you can begin using it to your benefit to empower you along your journey of making life work for you.

Here is [evidence of the power of your subconscious mind and how you can use it to your advantage.](#)

Stay with me; next, we'll go through stress management so you can focus on making life work for you without the extra chaos that the mind likes to throw in.



## Stress Management

### *Is stress hindering your success?*

Stressful situations are inevitable. How you choose to handle those situations is what will empower you to move forward without the stress impacting you negatively. With all the chaos in the world today it is hard to perceive outcomes positively. According to Mental Health America, 19.86% of Americans—or close to 50 million people—had to deal with stress in 2022. Anyone can experience stress at any time. Long-term stress might make it harder for you to manage your life. Stress can cause serious health problems like heart disease and heart attacks if you fail to manage it or get rid of it completely. According to the American Psychological Association, chronic stress can increase the risk of hypertension, heart attack, or stroke. Chronic stress, defined as prolonged exposure to stressors, can have long-term effects on the body. The autonomic nervous system causes wear and tear on the body as it continues to generate bodily reactions. What is troubling is not so much what chronic stress does to the nervous system as it is what continual activation of the nervous system does to other body systems. Stress is a hindrance in you making life work for you. Stress can actually make life work against you rather than for you, so it is important to work on getting rid of any stress which is taking up space in your energetic realm.

Successfully dealing with stress generates a certain level of satisfaction, let alone can save your life depending on how high your stress levels are. The key is to have a preset plan in place to be able to face and overcome the stress that tries to hinder your success. While many situations might be beyond your control, as mentioned throughout this book you have the power of choice on how you approach a stressful situation. You can choose to react the same as you would have in the past or you can choose to take back your power and respond accordingly. Choose how you perceive stressful situations. What you think about a situation has the most impact on you and how you will deal with the situation ahead. Will you be a victim, and feel bad,

or will you take action and do what you can to make it better to empower yourself so you can grow from the situation and not have it hinder your success?

If you are wondering what I mean when I say the key is to have a preset plan when stress creeps in, it means to have tools you can turn to for guidance and to keep the peace as much as possible. One thing you can do when dealing with something that stresses you out is to relax and defuse your body's response. It is this stress response that starts to activate confusion in the cells of your body which can eventually lead to illness and other serious ailments. Although it is challenging to exert direct control over many aspects of your physical stress response, try to take control of your mind and deliberately direct your thoughts to benefit and empower you. Breathing will help in accomplishing this. Breathing can also help to decrease your heart rate and blood pressure when you get stressed and frustrated etc. A few other methods you can add to your preset plan when stress creeps in are...

**Finding a Tranquil Place and Taking Slow, Deep Breaths.** Take a slow, deep breath, hold it for a second or two, then release it slowly. This technique can do wonders for calming your mind and energy. Keep focusing on your breath. Keep focusing on the awareness beyond.

**Mind Your Mindfulness.** Mindfulness has been around for thousands of years. The goal is to focus on the task at hand. If you are washing the dishes keep your focus on the dishes, not your work, what you will eat for dinner, how you will meet your deadline at work, etc. When other thoughts start entering your mind, overthinking can set in, which brings with it stress, frustration, doubt, worry, and all negative feelings that accompany the habit of overthinking. Don't go down this road. Stay focused on the task at hand.

**Ground Yourself in the Present Moment.** Stress cannot be experienced in the present moment. When you feel stressed, you are stressing about either the past or the future. You are either getting upset about something that is passed and over or worrying about something that has not happened. Stress is a concept derived from the mind. You have the power to calm your mind.

**Take Care of Yourself.** Too many people minimize the importance of self-care. Things such as getting enough sleep to be able to recharge your energies to feel revitalized. What about an adequate diet? Would your future self thank you for your eating habits today? Sleep and diet both account for helping lower stress levels. Other than sleep and diet, find some activities that you enjoy regularly. These include things that make you happy and at peace. Maybe reading a book in a quiet corner is your thing, or maybe a nice warm bath. If you are more active, what about taking up a sport you love? Find a new hobby that engages your mind. Learning something new will help to keep your mind engaged.

**Practice Proactivity.** It is much more difficult to get your stress levels under control after the stress has had time to rise and take control of your mentality and feelings. Be proactive and be aware of when stress starts to creep in. This gives you a chance to defuse it before it unravels and defuses you. Pay attention to your body and mind. When you start to become stressed take the appropriate steps to bring it down. This is where your preset plan comes into play. There are no wrong choices to add to your present plan as long as they are things to make you feel happy and peaceful.

[To help you manage your stress, here is a Stress Management Self Care Work Sheet](#)

With the proper awareness, you have the power and ability to regulate your stress. Once you've mastered stress and mental chaos, you're ready to move on to the next phase in making life work for you, which is aligning your energy with what you want to attract into your life.

A rectangular frame containing a background image of star trails in a dark night sky, transitioning to a bright orange and yellow sunset or sunrise over a dark horizon. The text is overlaid on this image.

## **STEP 2**

### **Working With Your Energy to Make Life Work for You**

This step is fairly simple when you have overcome the mental chaos and overcome and/or eliminated the stress from your mind and life experience.



## Where Attention Goes Energy Flows

### *Are you energetically aligned to make life work for you and not against you?*

Having read this far you are likely aware that where your attention goes energy flows. So, whatever you are focusing your attention on is what you are opening up and giving your energy to. What would it feel like to have made it? Really feel as if you have already made it, whatever that means to you. If you do this correctly you will most likely feel-good feelings. It is these good feelings that are the energy you are putting out as emotion. Emotion is energy in motion. It is this energy in motion that the universe picks up on and sends back to you in like circumstances, and experiences. Those of you who are familiar with this type of energy work understand that the law of attraction must be applied since it is the surrounding aspect that allows all of this energy work to align with what you desire. The general public first became aware of this magnificent law in the early twentieth century, thanks to the diligence, fortitude, integrity, and grace of writers such as James Allen (1864-1912), Napoleon Hill (1883-1970), and Charles Haanel (1866-1949).

Wallace D. Wattles (1860-1911) was another free thinker pioneer. Wattles explains a profound truth in his excellent work "The Science of Getting Rich": "There is a thinking stuff from which all things are made, which, in its original state, permeates, penetrates, and fills the interspaces of the universe." A thought in this substance produces the thing that the thought envisioned." What a groundbreaking statement that was in 1910. Haanel began with a 24-part correspondence course, which has now been reduced into one volume titled "The Master Key System," a complete guide to successfully employing the Law of Attraction! This is allegedly the book that Bill Gates read before founding Microsoft! Napoleon Hill disclosed Andrew Carnegie's great Secret to the world when he wrote "Think & Grow Rich" in 1937 (though it had taken him 25 years to finish). In "As a Man Thinketh," written by James Allen in 1912, he says that the "mind is the master-weaver, both of the inner garment of character and the outer garment

of circumstance and that, as they have hitherto woven in ignorance and pain, they may now weave in enlightenment and happiness."

However, although the teachings have been in existence for thousands of years and have been publicly and easily accessible to the general public for nearly a century, the vast majority of people do not take the time to grasp the workings of what is perhaps the most powerful physical law in the Universe. You owe it to yourself to explore further into this enigma and understand all that you can about the laws that govern your life. When you properly understand the Law of Attraction and begin to align with it to your benefit, your life can shift in spectacular, unexpected, and limitless ways.

The law of attraction works by returning to you what you send out to it. Think of it in terms of energy. Through your energy (thoughts and feelings) you send out signals of certain vibrations and frequencies. It is these signals (your vibrational aura) that you send out which are returned to you in like matter. Everything is energy including us as spiritual beings having a human experience. You have the power to manipulate your energy to benefit your life condition to make life work for you. By using the power of your subconscious mind, you can deliberately think and feel your way to whatever you want. You are the co-creator of your life and can tap into Source to assist in creating your life the way you want it to be. The universe matches your "being". Your being is how you are vibrating energetically. This has to do with how you are feeling. Your feeling relates to how you are "being". Therefore, if you are trying to attract a new car and don't believe in your ability to have that new car, you will push it away from you since your belief is causing your energy to reflect that you don't have a car, therefore the universe will match the thought of lack of no car with continued lack with no car.

Some people struggle with making life work for them. They seem to have everything going wrong with them and cannot seem to find peace and happiness. Without experiencing the peace and happiness required, it is very difficult to start working with your energy and manifesting. These types of people don't realize that they are creating their life by default with all sorts of limiting beliefs, negative self-talk, a whole bunch of doubt, and a strong foundation of thinking there is no way out. Chances are these people have not learned to conquer the stress of their mind to be able to have a fair shot at working with their energy to experience a fresh, new, positive way of life.



In my experience when working with people to help them out of their mind's chaos who cannot seem to "get it right", they choose to complain and solidify things that went wrong for them. For example, they may not receive a phone call they were expecting, and their response would be something like "See I knew they would not call". Another example would be if something did not work out the way they wanted it to and they would react by saying something like "I told you it would not work out, nothing ever does for me". When you observe how they are letting their thoughts get the best of them, it is clear to see that they are being their own worst enemy by focusing their attention on negativity and staying stuck in their mental traps. Instead of trying to perceive a more positive outcome, they went straight to the negative, "see I knew they would not call" could be switched to something such as "They did not call, maybe something came up" or for the next negative comment they made "I told you it would not work out, nothing ever does for me" could be flipped to something like "it's okay it did not work out, maybe something better awaits.". By deliberately focusing on a more positive outlook, you align yourself with a positive outcome as supposed to continued negative let-downs. This is what it means to create your life by default rather than deliberately. The people I use as an example here had the power of choice as to how they thought about both outcomes but chose to focus negatively being a detriment to their ability to make life work for them. They are still being held back by a negative mindset. This is why it is crucial to conquer step one of overcoming the mind chaos to be able to have a smoother experience with energy work when working with the law of attraction.

Earlier in the book, there was a brief mention of visualisation. Visualisation is one technique that will help you manifest your life the way you want it. Remember whatever you deliberately put onto the screen of your mind is what will eventually, with enough momentum, begin to take form in your experience. Another common technique many people are aware of nowadays to help keep a positive alignment is to recite affirmations. I know to some people they are overused and overplayed, and this has turned some people off the thought of affirmations, yet I and many others can attest to the power of the use of positive empowering affirmations. The subconscious mind accepts whatever is planted in it if it is supported with enough power and conviction. What is the harm in deliberately planting positive empowering thoughts rather than accepting the negative low energy thoughts that drain you of your vital life energy? It is crucial to consciously direct your attention toward positive energy sources.

You have the power to deliberately work with your energy to make it beneficial to your life experience. A few things that can assist you with making life work for you through your attention and energy are:

**Setting Clear and Specific Goals** – By being clear minus any limited beliefs to hinder you, it helps to maintain neutral energy when aligning with your goals to attain them. When you approach attaining what you want with a neutral attitude, it helps to build a positive alignment with the confidence of the ability to achieve your desire, rather than a negative alignment that stems from the limiting beliefs which hinder your progress. If you cannot gain clarity and your limiting beliefs are still holding you back from achieving your goals, there are a few things you can consider.

*Think of your goal.*

- *Is this goal in alignment with your life vision/overall plan?*
- *Is the goal something you truly want or is it something you think you must be or should be doing?*
- *Can you start working towards and maintain momentum in attaining this goal?*
- *Do you have control over achieving it?*

Sometimes it just takes a fresh way to perceive the situation. The previous questions are only a few of many that you can ask yourself to gain clarity while reaching for your goals. Since energy goes where attention flows, the clearer you are about the positive outcome of your goal, the more momentum you give your goal for the ability to manifest.

[Here is a “Goal Setting Action Plan” for clarity around your goals.](#)

**Practicing Gratitude** – Gratitude is one of the highest vibrating energies and it helps a lot to get into a feeling of being grateful. Since the universe matches what you are “being” which is what you are feeling and what emotion (energy) you are giving out at the time of your request when you feel grateful you align with more things to flow into your experience to be grateful for. As you continue to feel grateful you continue to make life a grateful experience leaving you highly aligned with the goodness of life. When you align with the goodness of life, you enhance your alignment incredibly, which in turn allows positivity to flow to you in your experience more

often. This becomes a continuous cycle. That is how powerful you are! When you put out your energy you can deliberately attract to you whatever you want to experience.

**Using Affirmations** – Many people use affirmations as an add-on method when practicing a mental attitude of gratitude. When backed with firm conviction and beliefs, an affirmation can be a very powerful tool to get you in a positive alignment and keep you there. This cannot be done vaguely, or the use of affirmations will not work for you. The more attention you put on when focusing on empowering affirmations, the more momentum you give the affirmation recited to eventually become your reality. Working with affirmation allows you to deliberately direct your thoughts and feelings toward aligning with the affirmation. Some examples of empowering affirmations are as follows:

“I am strong and can handle anything life throws at me!”

“I overcome any challenge that crosses my path!”

“I have the power to achieve all my goals!”

“I am willing to see my own magnificence!”

“I am a powerful force!”

Now that you are aware of how important it is to align your energy to make life work for you how will you proceed to co-create your life experience? Keep reading to learn more about co-creation and a key factor to making it in life.



## A Key Factor in Making Life Work for You

### *Are you using your energy to your advantage?*

There are counterparts to making life work for you. One important counterpart needed before starting to utilize your energy to manifest your outcome is overcoming the mind and getting it on your side. Once you have gained control of the tricky mind; you will be ready for co-creation which is another counterpart that plays a part at the core of manifestation and making life work for you. Once you have overcome the mind and its chaos of limiting beliefs, and understand how to co-create, you are well on your way to making life work for you through deliberate creation. The process of deliberate creation entails using thoughts and emotions to make desires come true. It is an effective tool that enables us to mold our lives in accordance with our innermost aspirations and intentions. By deliberately creating, we actively contribute to the co-creation of our reality by aligning with the energy of the universe. We can access the vast power of the universe and actively participate in creating our future by directing our thoughts, emotions, and actions in the direction of what we want to manifest. Using the power of your mind and your feeling energy is a key factor in making life work for you.

Keep in mind the power of the subconscious mind and that you have the power of choice what types of thoughts you plant in your “mind garden.” Whatever you plant in your mind garden is what will begin to grow and manifest. This goes for good or bad. A positive attitude is a must when moving on to work with your energy to make life work.

Here are some simple yet effective strategies for developing a more positive attitude and, consequently, becoming a more powerful person.

- 1) Take decisive steps to live your life passionately. Don't simply get through the day but live it. Live it to the fullest as if it were your final day on the planet. Take advantage of every opportunity and enjoy each day with enthusiasm. Passion and a happy attitude

spread like wildfire. Others who share your enthusiasm for life and living will be drawn to you.

- 2) Take action rather than reacting. Don't wait for anything bad to happen before attempting to cope with it. Make something good happen by being proactive. You are solely responsible for the life you have, and you only have one, so don't waste it. Make your life the best it can be, one day at a time.
- 3) Believe that each moment, regardless of its consequence, is perfect. Things go wrong. That is an unavoidable truth of life. But that doesn't mean you have to let it hold you back. Even if things are awful at the time, good can come from them. Learn to allow yourself to learn from and be strengthened by the unpleasant things that happen in your life.
- 4) Always be thankful for what you have. Having appreciation will gain you more than never being satisfied, according to successful people. There's nothing wrong with having aspirations and goals in life, but don't forget to be grateful for what you already have. Positivity encourages positive behaviors. Positive energy is attracted by gratitude.
- 5) Believe that you have control over your fate. Nobody can take your dreams away from you but you. There is no limit to how much you can accomplish as long as you are still breathing. Life is not something that happens to you. What you make of it is up to you. And even doing nothing creates your life, so why not get engaged and create a life you desire and can enjoy?

Anyone who is truly successful, who enjoys their life, for the most part, has a good attitude. If you apply the following measures to maintain a positive mindset, you will align with the ability to make it in life.

Once you are happy with your mindset and comfortable in moving forward with working with your energy here are a few tips to help you with the attraction process when working at getting what you want.

- 1) Focus - How much attention do you devote to your desire? Even though you are swamped by your daily challenges, you must learn how to focus your mind correctly. The more you concentrate on your creation, the more energy it receives. Worry does not imply concentration. When you worry, you activate the law of attraction, which attracts more events that cause you to worry.
  
- 2) Gratitude - Appreciate where you are. Even though your life may appear to be challenging and/or unpleasant, you may learn to recognize all of the excellent things you now have. You cannot overcome a challenge that you resist. When you begin to look at your current situation with acceptance and thankfulness, you become more capable of shifting and making an empowering change in your life.
  
- 3) Embrace the New - Find as many stimulating things as you can. New activities expose you and your energies to new and exciting possibilities. You navigate through the same old style of thinking while you go about your daily routines. Have you ever observed that walking into your workplace may cause you to think in a certain way?

You expand as you move your awareness to what is new and enjoyable. Your breathing changes, your mind shifts, and your attraction accelerates. The outcomes are then more rapid and explosive. The mind and body function similarly to a battery; the more you feed it empowered thoughts and feelings, the more powerful it becomes. Are you content with the way your life is now unfolding? What are you willing to go through in order to completely comprehend the law of attraction and how you can make your energy work for you? You will discover how to stop suffering and make your life work for you in the following chapter. This is the last stage of the process necessary to succeed!



## STEP 3

Looking into where suffering originates  
from and removing it from the equation.

This step is one of the most beneficial things you can do for your life.



## Remove the Suffering Along Your Journey

### *Is suffering holding you back from your ideal life?*

Are you suffering along your journey of making life work in your favor? Does your mind always tend to drift to the negative and see the worst in things? If you are someone who feels stuck and stagnant, the good news is that, in the same way, you got yourself into this rut, is the same way you can get yourself out of this rut. You hold the power and have had the power to overcome and even put an end to your suffering all along. Have you unlocked your awareness of how to put an end to the suffering caused by illusions of the mind? If not read on to find out where you are going wrong and how you are attracting that suffering to you.

You may not like the next statement, but suffering is optional. The person, situation, and circumstance are all objective and are what they are. Suffering is subjective. The way you are perceiving all of these things is what leads to suffering. You are the one in charge of the suffering you experience in your life if any at all. Suffering is a concept of the mind. A strategy used to get over the mind and its illusions is grounding in the present moment.

The practice of staying present to our natural power and to that which is real is becoming conscious of what is so, to the Now, to the present. What is so, the Now has no meaning and exists outside of thought and language. As human beings, we tend to give meaning to everything, including other people, ourselves, and even life itself. It is in our meaning-making that we leave the present and create our life from the past, a life that can be filled with a great deal of anxiety, fear, and stress. What is so merely exists, and it is through the experience of the Now that we begin to live a life of power and freedom, a life and way of being liberated from our past.

Meditation is a strong tool for practicing staying present in the moment. Meditation allows one to experience a very profound state of relaxation, a condition that is incredibly restorative to both the mind and the body. During meditation, one's metabolism, including heart



rate and blood pressure, slows down. Consistent meditation practice will lessen anxiety and tension. Meditation training allows certain individuals to connect with their true Being. Others see it as a chance to reconnect with the Spirit within us. The subject-object difference inherent in language thought and meaning construction collapses in the persistent practice of meditation, allowing us access to the present, to the Now.

The following is a basic meditative exercise for practicing remaining present in the Now:

1. Find a comfortable, upright sitting position.
2. Leave your legs and arms open yet relaxed.
3. Allow your eyes to focus on a certain item. The chosen object could be a candle in a darkened room or any other item you choose.
4. Allow your muscles to slowly relax from the top of your head to the tips of your toes as you focus on the chosen object.
5. As you inhale, take three calm, deep breaths in through your nose. Hold each breath for four counts in your head. Exhale slowly through your mouth with each breath. After the three breaths, continue to breathe slowly.
6. Maintain your focus on the chosen object. When your mind wanders to a notion or thoughts, bring it back to your concentrated concentration on the chosen item slowly. Simply let go of any thoughts that come to mind. Do not attach to them. The ideas are from the past, they are stale. Maintain your focus on what is true.
7. Proceed with the practice for the allotted time, then go about your everyday activities. You can also choose to spend more time with this technique each day you practice.

The ability to stay in the present moment, to enter the Now, can be improved by persistent meditation practice. This will necessitate incorporating the practice of meditation into one's daily routine. Consistent meditation practice will also develop the ability to stay more aware of what is occurring even when not actively engaged in the meditative process. It is only through committing to a daily meditation practice that one can begin to live more fully in the Now.

Once you get the hang of staying in the present moment, you can begin focusing on the awareness beyond. Be the observer of any thoughts that come and go. This way by simply observing and not attaching to these thoughts you do not give them your added energy and power. Focus on the power beyond. Think of your blood flow, it does not need your guidance to flow, this also goes for your breath. You do not have to consciously think of your breathing, in, out, in, out, in, out, in, out. Could you imagine the clutter that would add to the already chaotic mind? Something beyond controls both the flow of blood and breathing. The awareness I speak of is impersonal, it has no judgment, and it stays neutral no matter what the experience at hand. It is not until the illusions of the mind bring meaning to the experience that the experience becomes one of suffering or delight, whether it brings pain or joy. It's a matter of perception, all concepts of mind. This is what you want to be aware of when you become more skilled at meditating. After meditating on an object, work at ascending to the level of the impersonal self where all is neutral until the mind chimes in with its concepts. Once you can make yourself aware and align with the impersonal self backing your experience, you will have the ability to remove any suffering that the mind tries to have creep into your reality.

When you feel you are suffering, stop and ask yourself what is wrong in the present moment. The answer is nothing. Nothing is ever wrong in the present moment. Suffering originated in the mind and can be banished with the same mind with the right thinking and focus. Don't give your power to something which you have control of. All it takes is the right awareness to end the suffering in your life. Think of it this way, when it comes to the painful thoughts that make you suffer, chances are you would not let someone walk through your clean house creating a mess with their dirty shoes, so why allow dirty (painful) thoughts to enter your mind, roam around and create suffering? You have the power to direct your thoughts in a way to divert the suffering that the mind tries to start to enhance. Something I have noticed over the years of coaching is that there are people who are addicted to the negativity through having become comfortable with their suffering. This comfort zone allows the suffering to continue to manifest in their life. Don't block your blessings by staying in a comfort zone that is tearing you down and making you suffer, when it is in your power to have a smooth ride minus the suffering along this journey of making life work for you!



## Your Next Steps

Now that you are aware of three steps to help you make life work for you, you can begin to make life work for you! To recap the three steps, the first, and crucial one, is mental work, which is overcoming the tension and mental chaos it causes. Once you have overcome your mental chaos which is tedious yet very important in assisting you to move forward along your journey of making it, then comes step two which is working with your energy to deliberately align with your desire to have it form in your reality. Other than the few mentioned throughout these pages, many tools can be found online to help you with this step. Avoid allowing the negative effects of overthinking to interfere with your deliberate creation attempts. It might be difficult to immediately eradicate the years or even decades of programmed limiting beliefs that surface as you go through step one with the mental work. Let alone replace them with more beneficial beliefs for you.

Since a belief is simply a habitual thought, just as you habitually thought in a certain way to get where you are now, you can start to rewire your subconscious mind by introducing new ideas that will empower you rather than hold you back from advancing forward due to your outdated, unhelpful beliefs. In my experience with the past decade-plus of teaching people how to make life work for them, uprooting the limiting false beliefs is the part they faced the majority of their difficulty with. Do not feel bad or stagnant if you feel stuck at step one. Step one is where many people I have worked with spend the most time conquering their minds. From there, a big chunk of the battle is over and it's a smoother road depending on the effort put in on your part.

Now it's onto deliberate creation as the co-creator that you are. During this step is important you follow your inner guidance system and only align with thoughts and feelings that feel good and are beneficial to your end goal. Remember where attention goes energy flows. How do you choose to direct your energy? How will you align with your goals minus the resistance which

may still arise at this step depending on how much mental work was done and how deep you went with uprooting and replacing your false limiting beliefs? At this step, it is essential to have self-worth and self-confidence. To gauge your level of confidence, you can ask yourself the following questions:

- *How strong is your self-confidence or self-image?*
- *What are the areas, or situations, that you feel less confident in?*
- *Do you believe in your ability to succeed??*
- *What's missing from your life and how may you be blocking it from experiencing it in your reality?*
- *What inner critic messages might you be listening to and letting hold you back?*

The final step in the journey of making life work for you is to end the suffering which is a concept of mind that you have the power to conquer. Once all three steps are conquered and combined, you are in a great position to get in and stay in a positive alignment with life to have all good things attract to you since you have vibrationally aligned with the goodness from all that deliberate thinking and feeling your way towards your desire while eliminating the suffering along the way.

Never underestimate your power to make life work for you. With the right awareness, your life can shift in empowering ways you may not be able to imagine. I would have never imagined becoming an author. Through years of limiting false beliefs that I was denying, feeling the struggle, and suffering along the way, I could not even envision the idea, let alone feel good and positive about it. Thanks to not having the confidence needed in myself at the time, I stalled for over a decade to align with my power and manifest becoming an author I produced this content to prevent others from making the same error I did when I started to change my life to become everything that I wanted it to be, and the work was not difficult. I could have advanced much further in my life path had I not remained locked in my stagnant and stale thinking. I don't want your life journey to be placed on hold, as mine was before I learned how to consciously create my reality. Now that you are equipped with the right awareness of how to make life work for you, what will be your next step?

For guidance and to take your journey of making it even further, check out the Mental Health Series which goes in-depth with the topics in this guide and more. Equipped with tips, tools, and

techniques, each book is a step in the mental health journey designed to guide you through each stage of your journey of “making it” in more detail. Check out book one of the series titled [“Conquer Stress: The Overthinkers Guide to Peace and Happiness”](#) to begin working at overcoming your mental chaos today.

Thank you for taking the time to read my book. I am appreciative, and I hope you found it helpful. Please feel free to leave a review online. Your input is always appreciated, and it helps prospective readers decide whether the book is suitable for them in the future. May you always know your power and potential to be the powerful co-creator that you are! There is so much negativity in the world, time to take back your power and make your life as positive and empowered as you choose.



## About The Author



Nicole is a spiritual alignment specialist and author of the Mental Health Series. She has authored a series of books designed to empower individuals with the tools and support they need to navigate their personal struggles.

Drawing upon years of personal experience supporting individuals on their transformative journey towards inner harmony, the Mental Health Series helps to uncover the readers' inner strength and work towards creating powerful change.

Nicole finds solace and inspiration in the great outdoors, being surrounded by the beauty of nature, she is able to recharge and ground herself. While nature and animals hold a special place in Nicole's heart, her true passion lies in helping people overcome the mayhem of the mind, enabling them to live fulfilling and enriched lives.

Whether it's battling overthinking, managing stress, or finding inner peace, Nicole's written word serves as a guiding light, illuminating the path towards mental and spiritual wellbeing along with personal growth. You can connect with her online at [www.beintruth.com/nicole-gauder](http://www.beintruth.com/nicole-gauder)