

A Path to Self-Fulfillment

7-step process for the
successive realization of your
deepest desires



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Welcome to Week 1

Welcome to the first week of this 8-week book study course on "The Science of Getting Rich for Women." You will have received a free copy of my e-book and, before starting this course, please make sure you have **read the whole book at least once**.

This is a simple and powerful process to follow, which incorporates my take-aways from all the personal development material I've studied over the last 30 years. I believe that we feel self-fulfilled when we have a satisfying and worthwhile life, and when we have realized our deepest desires, our BIG dreams.

Here is a **sneak preview of the different steps:**

- Week 1 Introduction
- Week 2 Step 1: "I am a spiritual being"
- Week 3 Step 2: "My thoughts are creative"
- Week 4 Step 3: "My purpose harmonizes with All"
- Week 5 Step 4: "I am grateful and I have faith"
- Week 6 Step 5: Creative Visualization
- Week 7 Step 6: Effective Action
- Week 8 Step 7: Successive Realization

Enjoy the process, have fun growing, and remember that when you want something, when you REALLY want something, the whole universe conspires to help you achieve it.

To the divine feminine in you!

Nicola



Introduction

During my training as a LifeSuccess Consultant, I was introduced to a concept relating to the Mind that completely shifted my way of thinking: the **Stickperson concept** showed me how, by using the power of my thoughts, I could attract the things I really wanted into my life.

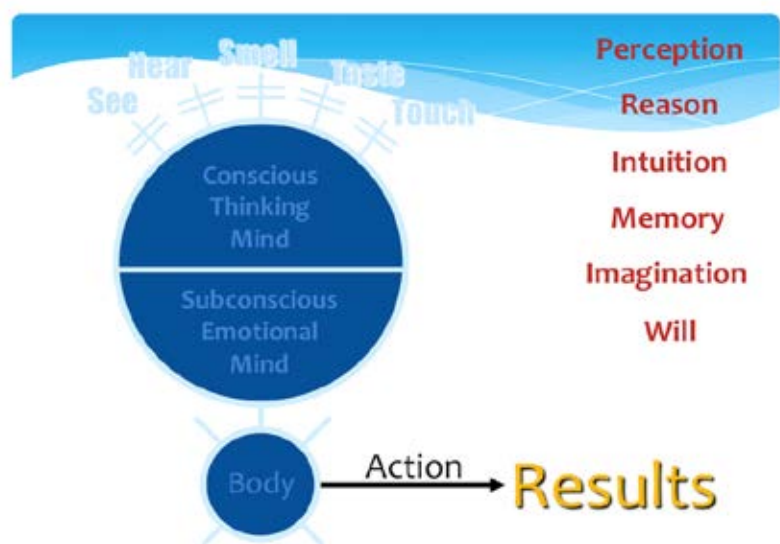
I'd been studying personal development material for many years and my understanding about the influence our thoughts have on our life had grown considerably during that time. But it was only when this concept was explained to me that everything I had been studying became crystal clear and this was because I now had a **visual understanding** of what the mind is and how it works.

It was the visual understanding that brought clarity to me and this is because we **think in pictures**. If I suggest you think of your car or your house, an image of it will flash onto the screen of your mind. However, if I ask you to think of your mind, you'll probably draw a blank (or think of your brain). Mind is, in fact, an activity and it is found in every cell of our being. So to help us understand how the mind works, we need a picture of it.

We call it the Stickperson and it shows us how the conscious and subconscious parts of the mind work, and how our body is in fact the instrument of the mind.

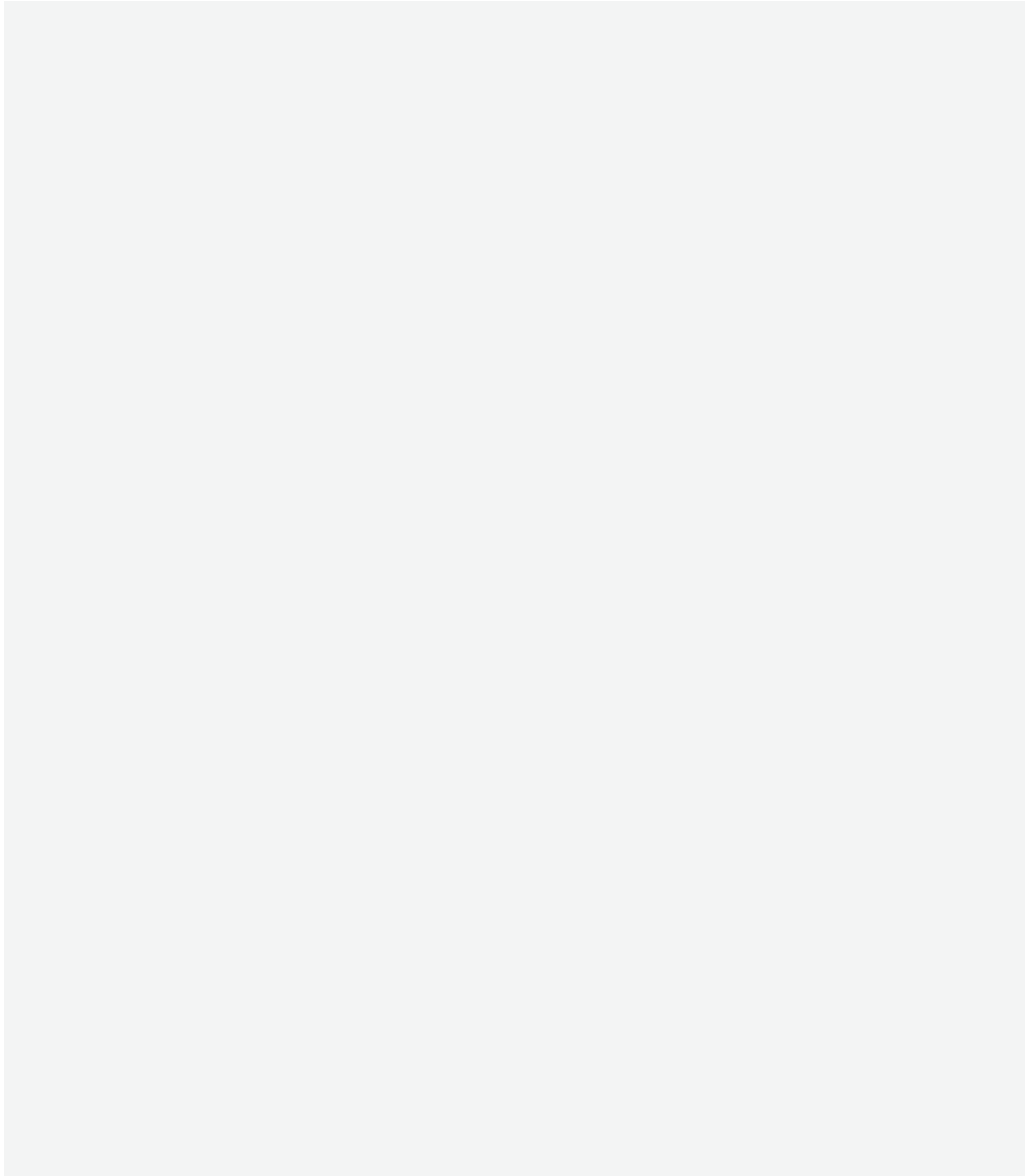
For a summary of the concept, please visit this [page](#) on my website.

Please don't skip this part as this concept plays an important role for the overall understanding of this material.



Stickperson Concept

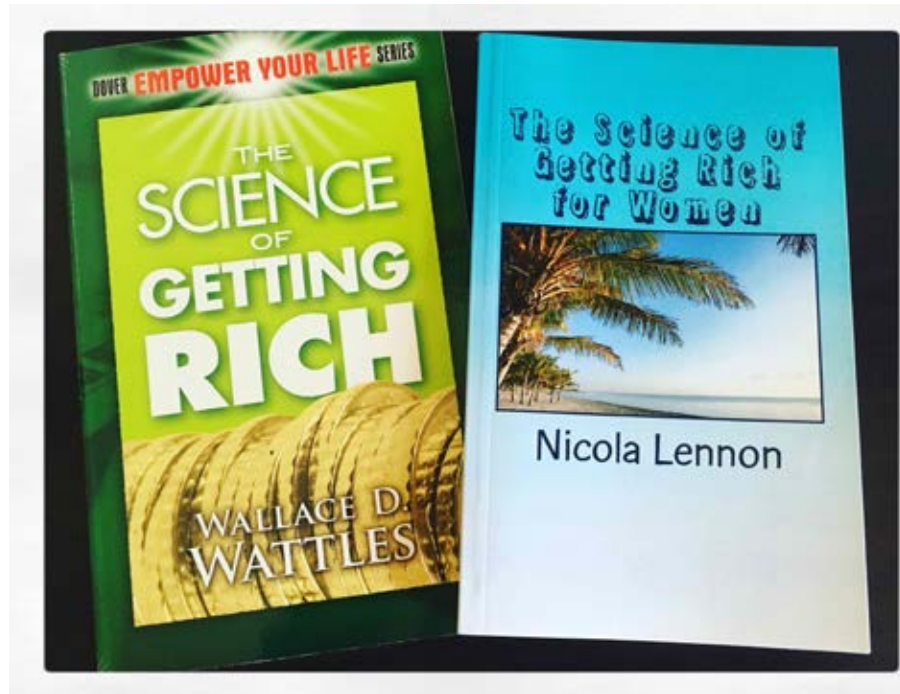
Use the space below to practice drawing the Stickperson indicating the different parts and their functions.



Repetition and Focus

On three different occasions in "The Science of Getting Rich for Women," the author insists upon the importance of reading this book over and over again, and only reading this book until we have become rich.

REPETITION and **FOCUS** are two important points that I'm going to invite you to reflect upon and work on this week.



In chapter 4 (p.27), you are encouraged to: *Read these statements over and over again. Fix every word upon your memory, and meditate upon them until you firmly believe what they say.*

In chapter 10 (p.60), you are invited to: *Read this book every day, keep it with you, commit it to memory, and do not think about other "systems" and theories.*

In chapter 16 (p.91), you are reminded to: *Study this book. Make it your constant companion until you have mastered all the ideas contained in it.*

SO WHY IS IT THAT REPETITION AND FOCUS ARE SO IMPORTANT?

You may have heard the expression "repetition is the mother of all learning" and this is a fundamental truth. If you think about it, you will realize that it is through repetition that you have developed the habits you have today.

Repetition is responsible for how you have been conditioned by the beliefs of the people who raised you.

Repetition

Repetition is very important if you want to change your conditioning about wealth. Our negative beliefs surrounding money, which we learned when we were children, came about because of repetition: we heard our parents and others in our environment repeat the same ideas and opinions over and over again.

For example, you may have heard the common expressions and phrases "Money doesn't grow on trees," or "Money isn't everything," or even "There's not enough to go around." You may have watched your parents struggle with money or fight over it. They may have gotten angry with you if you wasted it by spending it on things they considered frivolous. Realize that these are their beliefs that you have inherited and that you can change them.

To replace negative beliefs about money with positive ones, we must use the same method: **REPETITION**, this time filling our mind with positive ideas and beliefs about wealth.

At one point, you may find it necessary to refrain from listening to the news as you begin to re-condition your mind to focus on the positive.

On the next page, there is an exercise you can do to help you begin to re-train your mind for abundance.



Exercise

HOW TO OVERCOME LIMITING BELIEFS ABOUT MONEY

Without thinking, but with the first word that comes to mind, spontaneously respond to the following question by circling your answer:

Would you like to be rich? YES / NO

Your spontaneous answer will give you some idea as to where you are in relation to money and how comfortable you feel about the idea of having plenty of it. Remember that before you can get to *where you want to be* in any area of your life, you first need to know *where you are now*.

Next, spend some time writing down your answers to the following questions:

(1) What are some of the beliefs and opinions you heard about money when you were growing up? How did your parents talk about money, handle money?

(2) What are your beliefs about money today? How do you talk about money, handle your money?

Exercise

Once you've answered these questions, you should have an idea of what type of conditioning you have around money. See if something pops out and that you feel is a real block as regards money.

Then follow this **SIMPLE TECHNIQUE**, which is designed to help you replace your limiting belief with an empowering one:

- Pick one of the **limiting beliefs** about money that **you would like to change** and ask yourself **how does this belief limit you**.

For example, "I'm just not good with money. As soon as I earn money I spend it all and struggle to save any."

- Decide how you would **prefer** the situation to be instead.

For example, "I would like to see clearly what my monthly expenses are, cut down on random spending, and be able to save a certain percentage of my income every month."

- Create an **empowering statement** that affirms your new belief about money.

For example, "I am a good money manager. I am learning more about managing my money wisely every day and putting it into practice."

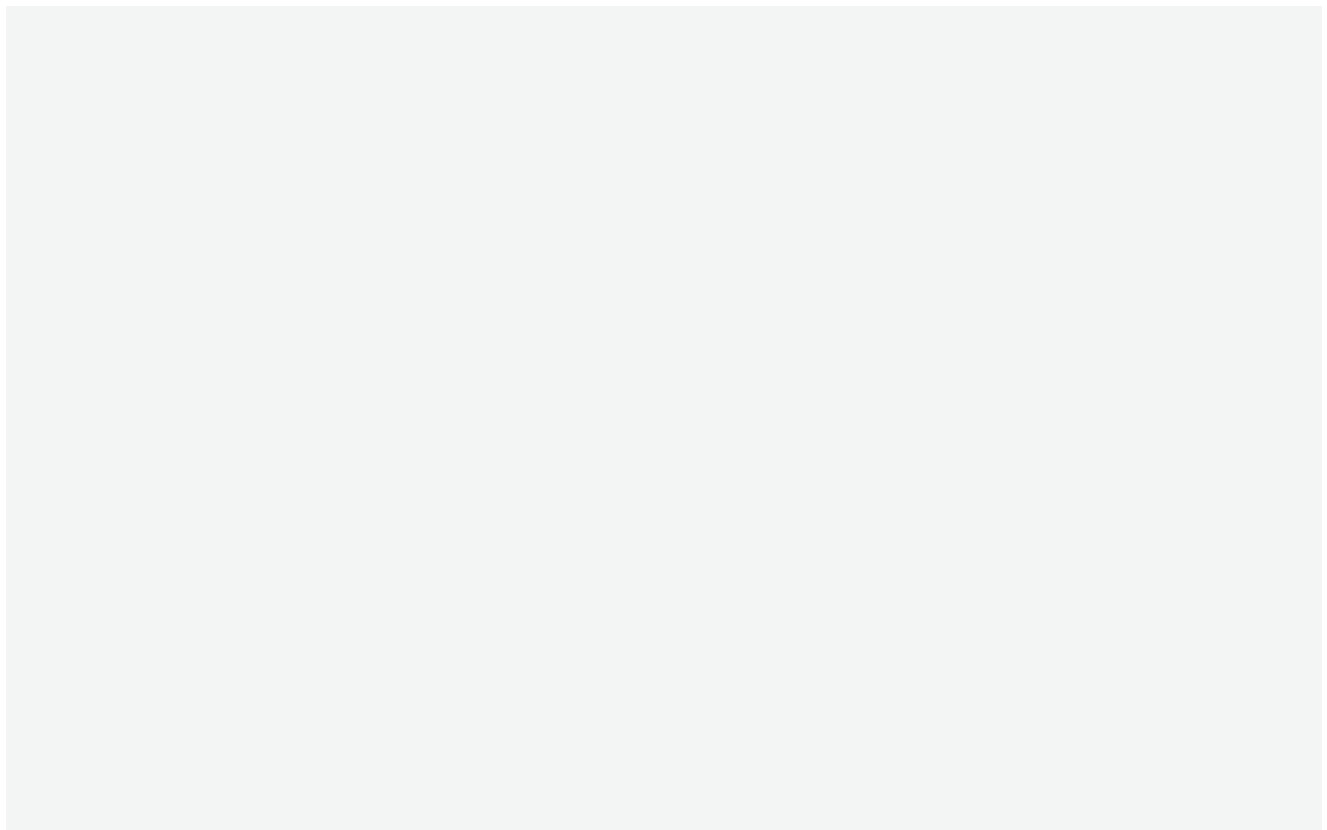
Exercise

In order to change your old belief pattern, it will now be necessary to set up a daily practice to **repeat the empowering statement over and over again** until it becomes firmly fixed in your subconscious mind and moves you into action to bring about the positive change you desire.

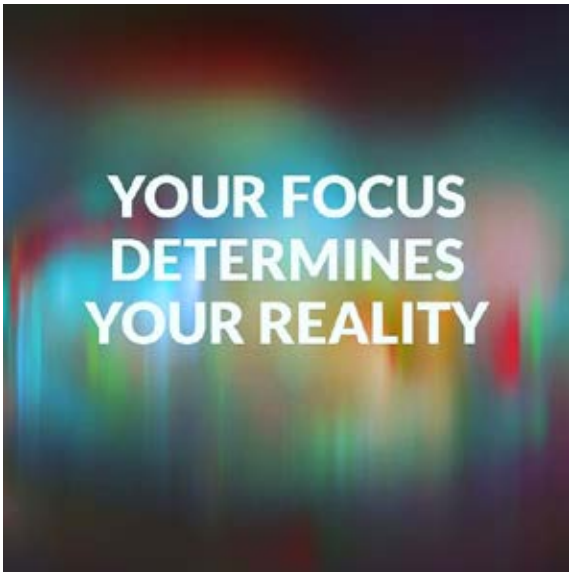
You can use this technique to help you overcome any limiting belief.

It is through *constant spaced repetition* of affirmations that we can begin to replace old negative conditioning. **Do this several times a day for at least 30-90 days.**

Use the space below to journal about your feelings after doing this exercise.



Focus



Focus is directed attention or interest. What you **pay attention** to grows and expands. So **focus on what you want to create**, not on getting rid of what you don't want.

When you make improving one area of your life a priority, it is important to focus primarily on that topic above and beyond all other topics. When your mind is thinking about a number of different things, your energy is dispersed and your power of attraction is weakened.

Imagine deciding to learn French today, to take up Spanish classes next week and to sign up for German lessons next month. You might develop a certain proficiency in each of these languages, but you would have difficulty mastering any of them. This is because your focus is diluted. If you want to master something, you must give it your undivided attention for a specific period of time.

When you concentrate on one thing at a time, you add intensity to what you are giving your attention to and, as a result, you attract it more quickly into your life.

In Step 5, I will give you an exercise that will help you improve your concentration and focus. For the moment, simply commit to giving your full attention to the study of "The Science of Getting Rich for Women" for at least 8 weeks. It will strengthen your desire for a wealthy and fulfilling life. And this, in turn, will result in the speedier manifestation of this desire.

At the end of Step 2, you will be invited to make a binding commitment to study this material until this way of thinking becomes a habit and manifesting your dream life becomes second nature.

Assignment for Week 2

READ CHAPTERS 1 TO 3 OF "THE SCIENCE OF GETTING RICH FOR WOMEN"

"No more effort is required to aim high in life, to demand abundance and prosperity, than is required to accept misery and poverty."
Napoleon Hill

