



THE WINNING SAGE

HOW HELENE HADSELL MANIFESTED A 50 YEAR WINNING STREAK

The Wish Craft Exercise

Life is full of distractions. We're often sidetracked from our desires by our environment, our daily chores, and the people around us.

And that's why having little reminders like notes on paper will help automatically program our subconscious mind to never keep its eye off the prize.

So just stay focused and keep pouring your energy into your desires.


How much do you really desire something? You know you are desiring something and that you are going to make it work because you keep thinking about it, ALL THE TIME, constantly, until it manifests.

The focus should keep you going - and don't EVER doubt that it will come true.

It may take time for you to manifest something for the first time, but every time you achieve success, it will build up your belief systems. The next time you try to manifest, it will come faster and faster and then you suddenly find that you can manifest anything rapidly. Not in weeks or months but in a matter of days or even hours!

This is when you will find that you are now an expert in "wish craft".

So let's get started with the 5 steps...



Step 2: Review your list and write 1, 5, 10 or 20 years next to each goal to indicate how long you will take to achieve them.

Step 3: Review your goals list again. Choose your TOP FIVE one-year goals. Write out the goal in the present tense (as if you have already achieved it). Write down WHY you **MUST** absolutely achieve this goal within the next 12 months! Write down how it makes you feel.

Goal 1:


Goal 2:



Goal 3:

Goal 4:

Goal 5:



Step 5: Visualize that all your goals have already been accomplished. How do you feel about it? Imagine your life, how you look, what your friends and family say, the comforts you enjoy, the adventures you've experience in vivid detail. Feel the joy of success so that you know that the journey is worth the effort.

Lock it in!

Instructions:

Find an "accountability buddy". Someone who wants for you what you want for yourself and vice versa. Take turns to do this exercise.

1. Take turns to share your Top 5 1-year goals with passions and enthusiasm. The person listening must shower the sharer with encouragement and enthusiasm to support him/her towards obtaining the goal.
2. Share with each other why it is an absolute must for you to achieve these goals.
3. Share with them what kind of person you are committed to becoming to achieve these goals.

Stomp on ANTs (Automatic Negative Responses)

Any time you catch yourself or your friends saying something negative instead of a solution, STOMP on it.

Write your top 5 goals on a piece of paper and stick it somewhere that you can always see.

Follow Up:

Repeat the exercise once in a while to make sure you stay on track of achieving your true hearth desires!