



The 5 Steps to Making Changes

That Last...

...for the long term!

Rose Todd

5 Ways to Make Changes that Last

You and the Law of Attraction

The Law of Attraction

Before I give you the tools you can use to make sure the changes you make when you're excited and enthusiastic about create your new goal really last, I'd like to refresh your memory about how the Law of Attraction works.



Understanding *what* the Law of Attraction is and how it works are key. For me, everything is about understanding. When you truly understand it easier to make changes that you can make part of your daily routine, so they soon become a habit and you'll do them without thinking.

There are so many misconceptions about the 'poor ol' Law of Attraction'. It is just (and I don't mean to belittle it, for it is a mighty and powerful Law) it is just a natural Law doing what it does. It has no power of you. It cannot make judgements on whether you 'deserve' what you want or not.

This magnificent Law works 24/7, just like gravity, and it is constant. This means that it always works the way it works and as I say, it makes no judgements.

It works on the principle of like attracts like. This means it attracts similar things together. And it always, and only ever, **responds** to you. You know about like attracting like – think of your closet friend. We all like to be with like-minded people. We like to be with people who are similar to us. That's the Law of Attraction at work.

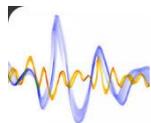
Responding to you.

What is the Law of Attraction responding to? If you've read, heard or watched anything on the Law of Attraction, you know it is responding to your thoughts. Every thought you think has a feeling attached. Our emotions are the creative power.

We are emotional beings, and everything we want, we want for one reason only and that is because we believe that we'll feel happier when we have it.



Some authors don't mention that our thoughts create a resonance: a frequency of vibration,



but every thought and feeling – that is every single thought you think and emotion you feel creates a vibration – and the Law of Attraction responds to that vibration.

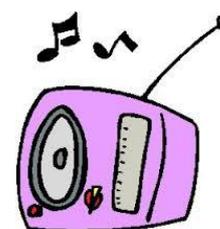
I read on one site that some thoughts don't matter – indicating that the Law of Attraction didn't respond to all your thoughts. The Law of Attraction is a natural law and it works as it always works and responds to every single thought.

Radio transmitter



You are like a walking radio transmitter, transmitting your vibrations: your thoughts and feelings out into the universe. Now, the Law of Attraction swings into action and starts collecting similar vibrations together in clumps.

As well as being a transmitter, you are also a walking radio (or you could call yourself a mobile phone). If you want to hear a particular programme you tune your radio to that station: say Radio 2. While your radio is tuned to Radio 2, you can only receive Radio 2. You can't receive Classic FM! That is on a different frequency.



If you want to listen to Classic FM for a while, you have to retune your radio to that frequency.

The radio transmitter and radio work on matching similar vibrations. The Law of Attraction responds to you, matching similar vibrations.

What does this mean in our day to day lives?

I'm sure you'll get the hang of it – just answer these questions.

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If you are unhappy – can you expect to receive happiness?

If you're anxious and worried, can you expect to receive security?

If you're feeling lonely – can you expect to meet new friends?

If you focus on the problem, can you expect to receive the answer?



No is the answer to every question.

Why – because the Law of Attraction brings similar vibrations together (that's the



'attraction' part) it can only send you more of what you're thinking and feeling. Many people say you're attracting things into your life. This is not strictly true. You create the thoughts and the feeling which create a vibration and then similar vibrations are attracted to yours – and that's the 'magnet' bit. You are the creator, not the 'attractor' of your life.

Even from the little I've told you, I hope you realise that everything has to do with you and that the Law of Attraction is just the delivery van. Again, I don't mean to belittle the power of this magnificent law, it responds to each of us individually, and it is by this process we create our lives.



And if you want a better life (and we all do) then you are the one that has to change – and maintain the changes – and this is really the part that trips us all up.

It's easy to start new projects when you've filled with hope and enthusiasm. But we are impatient. We live in an 'instant' world where everything is about 'getting it now and getting it fast' and so when we want we want does appear quickly, we get disappointed and very discouraged – and in come the negative feelings that keep our lovely manifestations at bay.

So I thought I'd give you a helping hand. Here are 5 ways to maintain the changes you make.

5 Ways to Make Changes that Last.

1. **Make a choice.** That sounds simple doesn't it?

Is the glass half full or is it half empty? Are you an optimist or a pessimist? And I don't mean just every now and then - which one seems to be your basic nature? If you're a pessimist at heart, do you know you've got a choice? You really do have a choice about everything – especially about what you think. Even the optimists amongst us have down days – but we always have a choice.

I have a friend who says 'there are only two options: be happy or unhappy. And being unhappy is not really an option'.

My friend told me this story about Harry.

Harry was a very happy man; always cheerful and positive. It seemed as if nothing ever got him down.

When asked how he was able to be so happy he said 'when I wake up every morning, I say: OK



Harry, you've got two choices today. You can choose to be in a good mood or a bad one. If something bad happens, you can then choose to be a victim or to learn from the experience. And so every morning I choose to be in a good mood and learn from life."

A really simple philosophy. Try it.

You can choose to feel good or grumpy. Next time you're grumpy, stop and ask yourself if you really want to receive what the universe is sending you while you're grumpy?

Of course you don't. Be aware of how you feel and make a conscious choice to be happy and to learn from the experiences of life.

2. Be consistent.

They say that Rome wasn't built in a day. Most houses are not built in a day either. It's a long process of putting one brick in line with another: one brick on top of another – and in a reasonable amount of time, you'll have built a house – or perhaps Rome.



A baby doesn't learn to walk in a day. It first crawls and pulls itself up with the furniture. Then it tries to balance and puts a foot forward and sits down again fast. It takes weeks for a baby to learn how to walk.

If you decide you want to lose weight – to start with you put on weight slowly, over time – and to lose weight, you do so, by monitoring your food and exercise and slowly, over time you lose weight.

Now, I have some sad news for you – there is no fairy godmother or Genii who is going to wave their wand or give you a lamp to rub! It's a great pity, but your life is not going to change overnight, any more that sweet corn will grow from a seed to producing a corn for you to eat, overnight.



I heard a lovely saying 'it takes ten years to become an overnight success'.

It's going to take you time to build Rome (get a new house; a new job or find a new relationship). It's going to take time and during that time, you have to hold the vibration of how you'll feel when you have your dream.

Every time you notice that what you want is missing from your life, it's the same as putting up your hand and shouting **Stop** to the universe: it is the same as retuning your radio to a station you don't like and then shouting at the radio for broadcasting music you don't like.

You have to be consistent in your thoughts and feelings, and the way to do it, is to be aware of how you're feeling throughout the day, and to be content with the small steps forward you're taking each day. Notice the small good and happy things coming to you and be grateful – say thank you to the Universe.

Small miracles are everywhere and many small miracles make up a big one!

3. Affirmations

Affirmations are a very important part of help you change your thoughts and feelings. It's the same theory as 'taking baby steps' – it's part of making changes, slowly and steadily, so you can become the 'new you' – the 'you' that is living your dream.

However, like the 'poor ol' Law of Attraction', affirmations have received bad press. And again I feel that is because both are not properly understood.

Let me just recap in a couple of simple sentences. The law of attraction responds to you and your thoughts and feelings and sends you more things that reflect your thoughts and feelings. Your life is a reflection of how you feel. Again, simply put, the outer is a reflection of the inner. Every technique, every tools that anyone gives you is only to help you make changes to your thought patterns.



Like the toddler takes one tiny step at a time until they get the hang of it, we start out by taking tiny steps and our affirmations are those steps, and they help keep us steady.



Affirmations are phrase that can guide your thoughts where you want them to go and they conjure up good feeling emotions. Here are some to give you the idea.

I AM a confident and competent person and I can easily achieve my goals.

I HAVE abundant energy and am filled with vitality. I have a sense of well-being.

I HAVE loving relationships

I AM financially abundant. Money flows to me from expected and unexpected sources.

Play with your affirmations: make up your own to fit your circumstances. Have fun with them. And give them time. They can be a life line when you're gloomy. I had a short and simple affirmation, which was my salvation when I went through the 'dark night of the soul'.

Use affirmations. They are a very powerful way to help you make changes that last.

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4. Act as if.....

I'm sure you heard this before too. 'Act as if....' If you want to create winning the lottery, don't 'act as if' by spending thousands of pounds before you get the money in your hand!



'Act as if' you are already living your dream. Pretend! Feelings are the creative power behind our thoughts. Pretend and day-dream so you can conjure up the feelings. The question is 'how will you feel when you have your dream?'

Happy? Of course. Will your dream bring you freedom and independence? Will it make you feel more secure?

One of the most important things about Creating and manifesting - manifestation is just the end result of creation; creation is the most important part of this process, and so little attention is given to it - is how you feel about your dream.

So what 'act as if' means – go about your day feeling as if you already have what you want - whatever you do during the day, feel happy; feel free and feel secure.

Be aware of how you feel, guiding your thoughts to happier places, will help your new changes to become habits and keep your vibrations high – and the Law of Attraction will respond!

5. Believe it! Expect it

You may not get what you want in life, but you will always, always get what you believe and expect. Expectation is a very powerful emotion and is tied to your beliefs about yourself and your life.

If you don't believe that you can achieve your goal – you won't. If you believe you can get there – you will. Think of the story of the little train climbing the hill 'I think I can. I think I can'. And he did!!



If your dream is more like a Disneyland fantasy and you need your fairy godmother to bring her wand, then your dream will stay a fantasy.

However, if you dream the same dream and realise that just because it is far beyond you in the future, doesn't mean you can't get there one way. Recognising that there is going to be many steps between here and there is vital.



If your dream is a 10 year plan, break it down into chunks: 5 years, 3 years and what do you want to achieve by the end of the year. Now it doesn't seem so far out of your reach.

Now you can believe it! Now you can expect your dream to come to true.



To create the life you want, you have to 'live it' – or rather 'feel it' first. Then you're consistently putting out a high-feeling vibration, the Universe will deliver some high-feeling experiences!

Be consistent. Make small changes and make sure they've become a habit before you make another change.



I hope that this information has helped you – if you feel you would like more help, please feel free to contact me via my website, or feel free to book a mentoring or coaching session with me – I'd love to see if I can help you.

Rose.