
**THE
POWER
OF
TAKING
ACTION**

Ben Blanc

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INTRODUCTION

What is a 7-letter word that a young kid is able to spell, and people of all ages are trying to achieve?

SUCCESS.

Everybody wants to succeed. Nobody in the right mindset genuinely dedicates his or her life to failures. When somebody fails, there will minimally be a pinch of sadness and disappointment. Have you ever failed in something you tried so hard to make it work, yet feel completely happy about it? Even if you could force a smile out on your face, deep down in your heart, there is an emotional baggage that you have to dispose of.

On the contrary, when people succeed, they jump for joy, fills the room with laughter, and calls for a celebration.

Sometimes, they shed tears for joy. You won't really see anyone break down into depression when they accomplish something.

There are many definitions of success. To me, success is the ability to achieve something you have to put in the extra effort and work for. It could be a loving relationship between you and your partner, a happy family, a nice and lean body, career, business or others. All these requires consistent **EFFORT**.

You cannot have a loving relationship if neither you nor your partner is putting in the effort to compromise and understand one another. You cannot have a happy family if you do not take time out to spend with your kids, understand their needs and concerns, or take them out to play. You cannot have a nice and lean body, if all you do is to laze at home, turn on your Netflix and binge on snacks.

You cannot have a successful career if you choose to go to work late, not submit your projects on time, and barely meet the expectations of your superiors. You cannot have a booming business if you do not go out there and grind daily, do your own market research, create a unique selling point, acquire your first few customers and serving them to the best of your abilities. All of these are IMPOSSIBLE, if you do not put in the EFFORT.

Lately, law of attraction has been studied in greater detail and re-introduced to the world. In basic terms, **all thoughts turn into things eventually**. Here's the bigger question, is the law of attraction itself enough to be successful? Can people really manifest what they want just by changing the way they think?

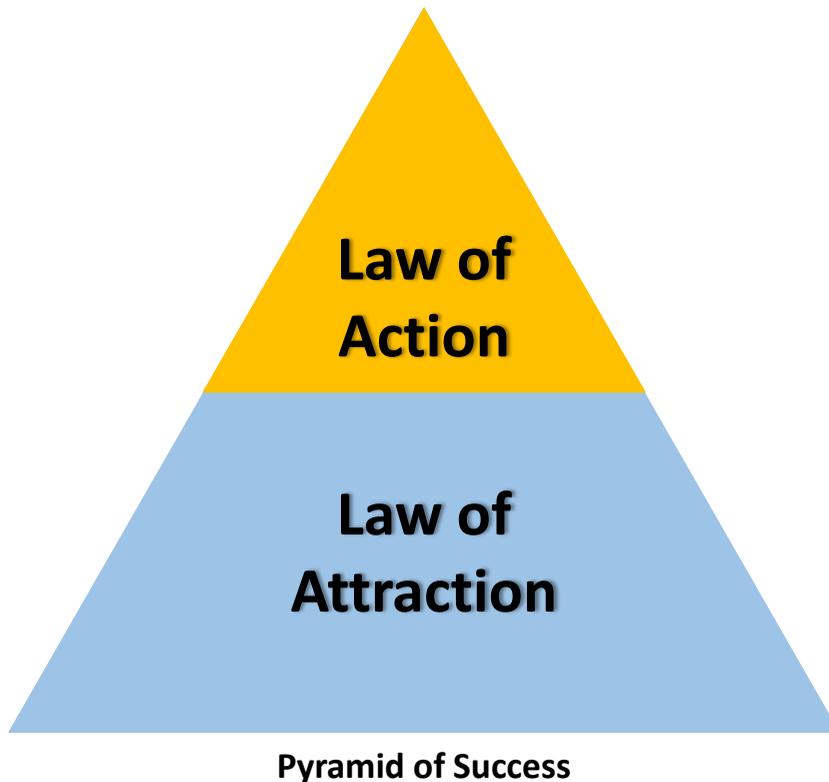
PYRAMID OF SUCCESS

The Pyramid of Success is a hierarchical structure which I took reference from Maslow's Hierarchy of Needs, a motivational theory in psychology comprising a five-tier model of human needs, often depicted as hierarchical levels within a pyramid. The bottom most level has to be satisfied first before progressing to the next tier. For example, the psychological needs of an individual has to be fulfilled before he or she can attend to the safety needs.



Maslow's Hierarchy of Needs

So, what is the Pyramid of Success? It is a two-tiered structure which comprises of the law of attraction and the law of action.



Taking a similar approach to Maslow's Hierarchy of Needs, for an individual to be successful, he or she must first practice the law of attraction, align his mindset and be on the right frequency. In most cases, people believe that it is enough to help them manifest and become successful. But that is not, or never the case. Because if it was.. Then what

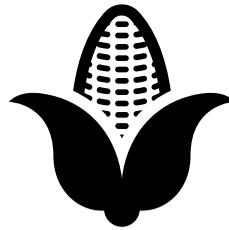
is the education system for? Why didn't our teachers just teach us how to master the law of attraction and wait for success to find their way to us? However, we cannot disregard the fact that some people are "luckier" than others. Perhaps, they managed to successfully manifest wealth by striking a lottery, or winning in a casino, but luck runs out eventually.

There is a 4-word Chinese idiom called “守株待兔” that literally means to wait for a rabbit by a stump. This idiom originated from the story of a farmer who witnessed a rabbit bump into a tree stump and die.



Being extremely satisfied with the free meal, he thought of an idea of waiting near the tree stump for more rabbits to kill themselves that way, so that he would be able to

collect the rabbits and not have to work. Hence, the farmer sat there and kept on waiting and neglected his crops.. But such an incident never occurred again. His crops then withered and he was left with nothing to eat and eventually starved to death!



In the short story, there are a couple of takeaways.

- 1) The farmer practiced law of attraction and asked for his belly to be filled daily.
- 2) The rabbit that bumped into the tree was the farmer's "luck".
- 3) The farmer ran out of luck, and because he believed that the law of attraction will give him whatever he asked for, he neglected the law of action, which resulted in his plight.

I am a practitioner of the law of attraction, but the law of attraction itself is NOT enough to become successful. There is another law that works together with the law of attraction. In fact, the **law of attraction won't work without it**. That law, is the law of action.

LAW OF ATTRACTION

So what exactly is the law of attraction? What is this powerful tool that everybody is talking about? What does it take for someone to master it? Why does it work for some and not work for others?

Concept

Like attracts like.

Thoughts become things.

Thoughts have to be persistent.

Thoughts have a frequency.

The law of attraction does not compute words of negation.

It is impossible to feel bad and at the same time have good thoughts.

Reflection

Pause for a moment and think about the person you have become today, the past accomplishments that you had, and the failures that you had gone through. Do you think they happened because of fate? Or because of your thoughts at different points in your life's journey?

Recall the days back in school where you were preparing for an examination. What were your thoughts telling you? Were you confident of doing well, or flunk your papers? When the results were released, were your results as expected?



Your life now is a reflection of your past thoughts. That includes all the great things, and all the things you consider not so great. But knowing how law of attraction works will grant you the power to change anything.

Secret

The “Secret” is the law of attraction.

The law of attraction states that “*thoughts become things.*”

Everything that is coming into your life you are attracting into your life, and it is attracted to you by virtue of the thing you’re holding in your mind. It’s what you’re thinking.

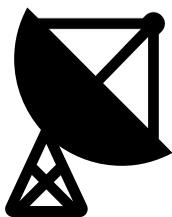
Thoughts are magnetic, and *thoughts have a frequency.*

Think of yourself as the source. You send thoughts out into the Universe, and these thoughts magnetically attract all like things that are in the same frequency. Ultimately, everything sent out returns back to the source. You.

Think of it as tuning in to a radio channel while driving on the road. Radio stations falls within a range of frequency.

To select a particular radio channel, we have to tune in to a frequency that falls within the range. If we want to listen to another radio channel, we have to tune in to another frequency.

The first radio station that we tune into is what your current thoughts are about. Do you like it? Do you like what you're going through in life now? If you don't, change it. Change your thoughts like how you would change a radio station if you didn't like a particular DJ. Change your thoughts to exactly what you wish to manifest.



If it is money that you want, think about what it feels like to be rich, and believe that you will be rich. If it is family that you want, think about what it feels like to have your partner and kids running to greet you when you come

home from work every day. If it is health that you want, think of how wonderful life would be if you had no health problems, how you would still be able to tour the world, or trek the mountains to enjoy a scenic view at an old age. This is why it is important to remember that, *“like attracts like.”*

```
like      attracts      like
 like     attracts  like
  like    attracts  like
   like   attracts  like
    like  attracts  like
     like attracts  like
      like attracts like
       likeattractslike
        likattractlike
         liketracklike
          lakeraike
           aikaaike
```

If you think about happy thoughts, happy things will happen.

If you think about unhappy thoughts, unhappy things will happen.

If you think about angry thoughts, you will end up being more angry.

Focus & Feelings

Here comes the next question,

“How do we know what we are thinking?”

First and foremost, thoughts have to be *persistent*. Nothing can come into your experience unless you summon it through persistent thoughts. There is no point having a good thought for just a few minutes and then dump it somewhere as though it never existed. Nothing will happen. It is similar to a playful kid, in the heat of a moment, telling his parents that he is going to focus for the upcoming exam, fishes out his textbooks to study, but the next day, he goes back to play computer games. How do you think the kid will fare in his exams? **Focus is key.** To manifest something, you have to think of it every single day. You have to *believe* that it's going to happen. You may not know how it is going to happen. You just know it is

going to, and the Universe will make it happen.

As humans, we naturally have hundreds and thousands of thoughts going on in our heads. Is there a technique for us to know what we are thinking?

Feelings.

Feelings are shortcuts you can use for you to know what you're thinking. No one can tell you whether you are feeling good or bad, because you're the only one who knows how you are feeling at any point in time. Can you imagine asking your friend, "How am I feeling?"

It is important to note that *it is impossible to feel bad and at the same time be having good thoughts*. That would defy the law of attraction, because your thoughts cause your feelings. If you are feeling bad, it is because you are thinking thoughts that are making you feel bad.

“You have two sets of feelings: good feelings and bad feelings. And you know the difference between the two because one makes you feel good, and the other makes you feel bad.” - Lisa Nicholas

Constantly keep check with yourself. Ask yourself the same question throughout the day, “How am I feeling?” If you’re feeling good, you are on the frequency to receive good things. If you’re feeling bad, the law of attraction will respond with things that will make you feel worse. Your thoughts determine your frequency, and your feelings tell you immediately what frequency you are on.

With the knowledge of the Secret, we have all learnt that whatever we think persistently, we will receive. Our life is a mirror of the dominant thoughts we think. Being humans, we possess the ability to choose our thoughts, granting us the power to intentionally think and create our entire life with our minds.

The Creative Process

The Creative Process is a simple guideline extracted from “The Secret”. This process helps you create what you want in three steps. These are three basic steps that you must follow while practicing the law of attraction. It is what you must go through to manifest what you want.

1) Ask

The first step is to ask, however, certain conditions must be met. Before you make a command to the Universe, you must be sure of what you want. If you are unclear, you will be sending out a mixed frequency and the Universe will respond by giving you mixed results. Remember, *like attracts like*. So sit yourself down and jot down all your thoughts on a piece of paper and figure out what is it that you really want.

Also, just ask ONCE! It is like placing an order with the Universe, just like how you would if you were to order a pizza delivery. You don't place an order and then doubt the order has been received and then place it over and over again, do you?

So.. Clear your mind and ASK, once.

2) Believe

“Anyone that has ever accomplished anything, did not know how they were going to do it. They only knew they were going to do it.” – Bob Proctor

To put it bluntly, this step requires you to live in denial. It requires you to believe that you have received and you must have complete utter faith. You must act, speak, and think, as though you are receiving it now, because the Universe is a mirror, and the law of attraction is mirroring

back to you your dominant thoughts. You have to emit the frequency of having received it. The law of attraction, in return, will powerfully move all circumstances, people, and events, for you to receive.

Your job is to believe that whatever you asked for, will happen. The part on how it will happen is the Universe's job. So.. You don't have to do extra work! That is the beauty of the law of attraction.

3) Feel

After you have asked and believed, the last step is to feel good. Immerse yourself in wonderful thoughts of how your life will change when you have successfully manifested your desires. When you feel good, you are putting yourself on the frequency of receiving. If you asked for a happy family, feel the sense of warmth and love flooding in your chest, the feeling of happiness when your family gathers

around the dining table to celebrate events such as Thanksgiving, or Christmas, hearing sounds of laughter from the kids as they open their presents.. And they come running to you, giving you a hug and a kiss because they are thankful for their gifts. It feels wonderful, doesn't it?

The law of attraction is a hard skill to master, but it will be worth it. **“Ctrl + Left click”** the image below to watch a video that teaches you how to instantly manifest REAL spendable money, abundance and pure bliss in under 24 hours!



If you have been trying your best to dabble into manifestation and the law of attraction by spending hours reading self-help books, watching videos of famous “spiritual gurus” online, or paying money to enroll in personal development programs, hoping that your life will be better off but nothing has worked out so far, its probably because you are locked in this “mind prison” that is preventing you from tapping into the power of the Universe.

There are always solutions to problems. Here are magical tracks that you can listen to every day to unlock your “mind prison”! **“Ctrl + Left click”** the images below!



The Missing Piece

After learning about the Secret and its manifestation techniques, it is still common to hear complaints about the law of attraction being a sham. It is frustrating, I get it, especially when you put so much effort into digesting and practicing the concepts of law of attraction. Why is this happening? What am I doing wrong that others are doing right? Why is the person next to be able to manifest his desires but not me? What is the missing piece?

Being a practitioner of law of attraction myself, I have bumped into several failures as well. It is inevitable. Just like any other mission or task, things are almost never smooth sailing. We are bound to bump into obstacles along the way that challenges our determination and will to succeed. Will you crumble and succumb to challenges, or will you embrace them and face the problems, get over it, and move on? Here are some of the tips that I

personally came up with after countless times of failures..

1) Manage your expectations

People tend to get a little too excited when they start practicing the law of attraction, and it's understandable. Having read so many success stories of others being able to get what they asked for, humans have the tendency to expect the same, and sometimes, greed takes over. They start asking for big ticket items while setting an unreasonable time frame. For example, "I want to have one million dollars by the end of this week." Perhaps if you are lucky, that might become a reality, but in most cases, it's not going to happen. You cannot, and must not, rush the Universe to make something happen.

Before you were able to walk, you had to first learn how to crawl. There must be a gradual build up in every aspect of life, including the law of attraction. You do not

expect to sit for a car driving test and nail it before attending any car driving lessons, right? Empires are not built within a day. Michael Phelps did not win 8 gold medals at the Beijing 2008 Olympic Games out of the blue.

Patience and consistent practice is crucial when it comes to law of attraction. Instead of asking for a “main course”, try asking for the “appetizer” first. This allows you to slowly build up your confidence when you start noticing that your “appetizers” are being fulfilled. Avoid the disappointment and losing faith in the law of attraction just because you were greedy. Instead of setting an unreasonable timeline, completely eliminate the timeline and just *believe* (*The Creative Process – Step 2*) that it will happen!

2) The Vibrational Level

Everyone attracts their dominant thoughts, emotions and vibrations.

You may think about something you want and you may be passionate about wanting it, but if you are vibrating at a level of doubt or scarcity, then you will attract the opposite of what you want. You will attract more scarcity.

People who manifest everything they want and live an amazing life are aligned at all three levels of the mind. The conscious, sub-conscious and **VIBRATIONAL** mind.

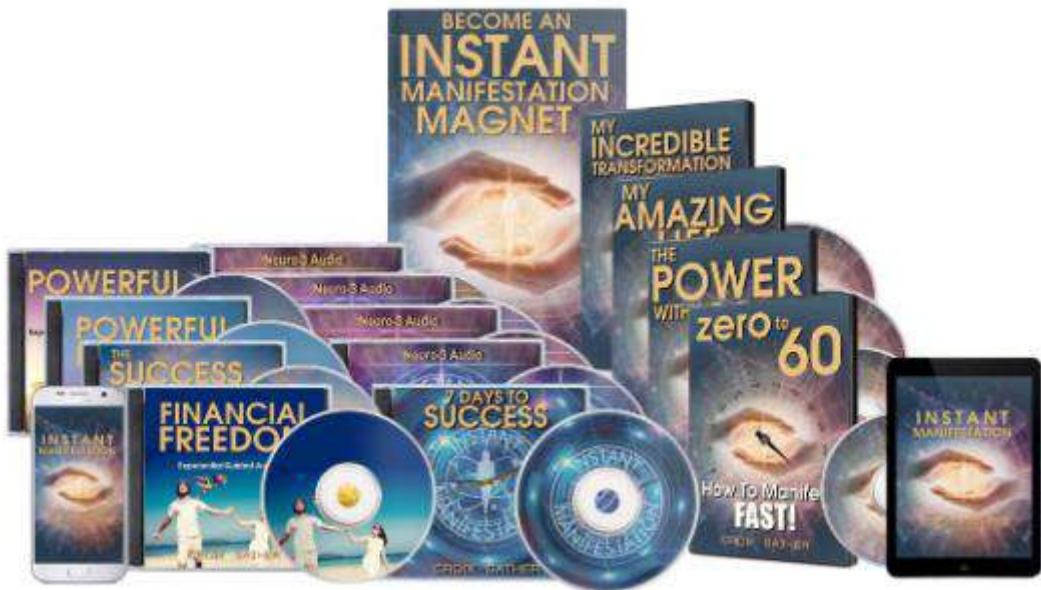
This means their thoughts, emotions and vibrations are all in sync. This puts you on the fast track to attracting and manifesting the things you want.

The Vibrational Mind is where the real magic happens: If the conscious mind is the top of the iceberg, and the SUB-conscious mind is the iceberg below the water, then the water is the Vibrational Mind.

Apart from focusing on what you want and not “the

wanting” of it, and imagining what it feels like having what you desire to manifest, the final step is to align your vibrational mind with the gifts the universe has waiting for you.

This video by Croix Sather, an American author and inspirational speaker, will explain to you how to stop attracting problems and start attracting abundance and solutions by aligning all three levels of your mind. **“Ctrl + Left click”** the image below to check it out!



3) Action!

The law of attraction sounds fascinating, sometimes it sounds too good to be true. Is it possible to achieve whatever your dominant thoughts are, without working for it? If you are asking the Universe for wealth, do you think it is possible to get rich if you were to laze at home every day and do literally nothing?

Recall the farmer and rabbit story that I shared earlier in this book. Yes, some people can get lucky and experience the blessings of the Universe without putting in any effort. There may be cases of individuals striking the lottery just days after they asked to be rich. There may even be cases of individuals getting rich without putting in any effort.

But luck runs out.

Why put yourself at the mercy of luck, when you can

control the amount of effort you choose to put in and work for what you asked for?

The Pyramid of Success states that to be successful, you must first master the law of attraction, and then supplement it with the law of action.

Yes, **action**.

LAW OF ACTION

Many people fail to realize that there is another law that works together with the law of attraction. In fact, the law of attraction will **never work without it**. You have to use them both *together*.

It is absurd thinking that all you have to do is to think of something you want and see it magically appear in your life.. That is just wishful thinking. If it really were the case, everyone would be living amazing lives by now, wouldn't they?

The law that works in conjunction with the law of attraction, is the law of action. With reference to the Pyramid of Success, the law of attraction helps you set the foundation right.

The 'asking' is to kickstart the manifestation process, to be

clear of what you want, or placing the order with the Universe.

The 'believing and feeling' is to align yourself with what you have asked for. When feelings are included, it sets you on the right frequency and vibrational level, which paves the way for you to attract it.

But all these are just part of the foundation work, they are just to help you prepare for what you want. It's similar to putting your key in the ignition of the car and turning it to get the engine running. If you stop here, your car will never move, because there is nothing pressing on the accelerator.

Action, is putting your foot down on the accelerator. It is to get things **MOVING**.

Support

How does the law of attraction support law of action?

When you want to manifest something, you ask the Universe for it. But the Universe is not a physical entity. It is unable to grant you your request physically. Instead, it responds through other forms such as signs, signals, and hunches to lead you to what you want. It works *through us*.

Taking action is simply doing something that aligns and supports the words you speak, the thoughts you think and the feelings you have in relation to your desire.

If you have asked the Universe for a good health, enrolling yourself to a yoga class, or signing up for a gym membership is the action that is needed.

If you have asked for an abundance in wealth, buying a

lottery ticket, sacrificing your rest time after your full-time job to start up a side business, are actions that are needed.

If you have asked for a loving relationship with your spouse, giving up your alone time, buying little gifts, cooking a simple meal, are actions that you can take to achieve it.

When you take action, you are giving the Universe no choice but you respond to what you want.

When you're focused and taking determined steps to get what you want, you will begin to attract the things you need to bring you to take you closer to your goal. That's the law of attraction working with the law of action.

If ever, you get a strong feeling or urge to call someone, to go somewhere, or to do something, it's happening for a reason. NEVER brush them off and think that they are

unimportant or they are just distractions that has no value. The person you call, or the place you visit, might just turn out to be the key ingredients that will help you with your manifestation!

In summary,

**The
Universe
Only
Moves
When
You
Do.**

PROCRASTINATION

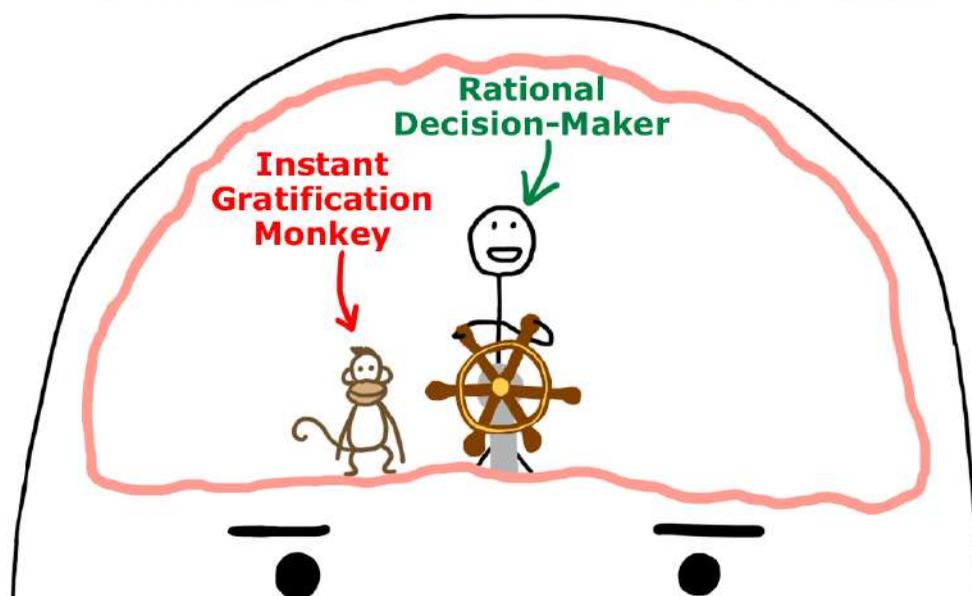
As humans, whenever an action is required, there is always a tendency to procrastinate. Why do we procrastinate?

What is really going on in our brains when we procrastinate? Is there a way to stop it?

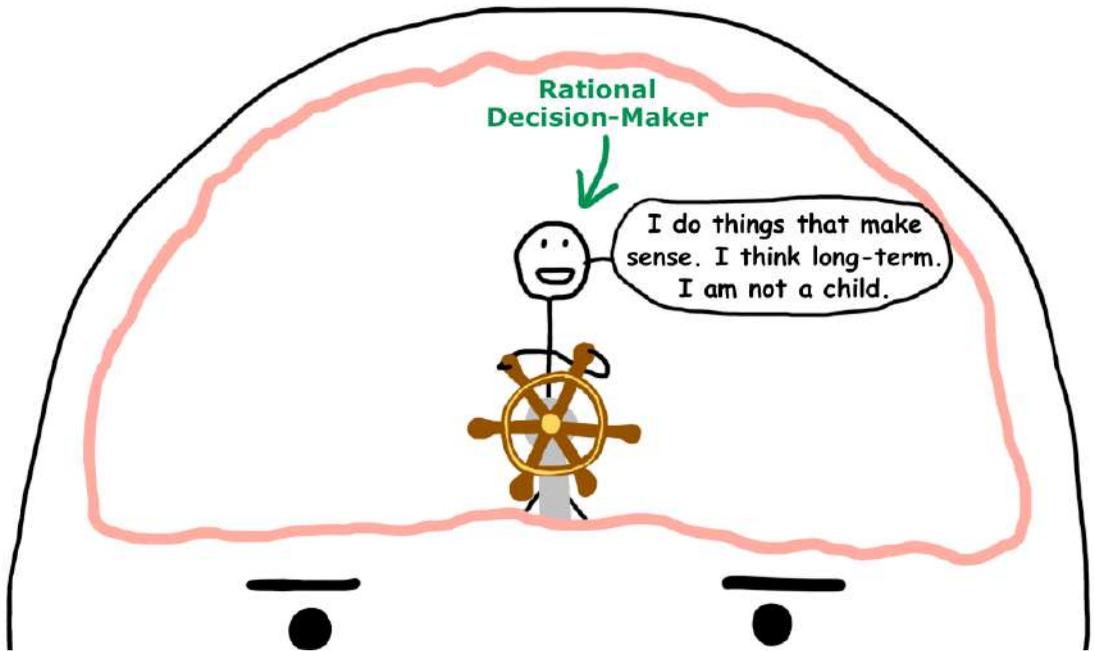
Brain Activity

Here is an extract of Tim Urban's "Inside the mind of a master procrastinator" on TED.

Procrastinator's Brain



Non-Procrastinator's Brain



In his presentation, every human brain has a

- 1) Steering wheel
- 2) Rational Decision-Maker
- 3) Instant Gratification Monkey

In ideal circumstances, the rational decision-maker takes control of the steering wheel and focuses on the tasks he or she has to accomplish. For example, if you have a project that has to be completed within one year, a non-

procrastinator will put in an hour of work daily for the initial four months, two hours of work daily for the next four months, and three hours of work daily for the final four months.

But.. The instant gratification monkey does not allow that to happen. He comes in every now and then, takes control of the wheel, and distracts an individual from staying focused. While working on the project, the instant gratification monkey jumps in and tells the brain “Let’s watch Netflix for an hour!” An hour becomes two.. two becomes three.. and so forth.

Sometimes, the instant gratification monkey becomes the permanent captain of the ship, constantly distracting the individual from working towards his or her goals, and ultimately, developing an unhealthy habit.

STOPPAGE

How do we stop procrastinating? How do we get rid of the instant gratification monkey?

Motivation.

The only reason why you will procrastinate and allow yourself to be distracted, is because you are not motivated enough to stay focused and get the things done.

Achieving a goal is never a gradual upslope. There will definitely be ups and downs, days where you bump into an obstacle and feel like giving up, or days where you just feel like procrastinating and having fun. What matters most is how you motivate yourself, pick yourself up and continue climbing after every failure or distraction.

The key is to ***stay motivated.***

80 MOTIVATIONAL QUOTES

Successful people don't become that way overnight. What most people see at a glance—happiness, wealth, a great career, purpose—is the result of hard work and hustle over time.

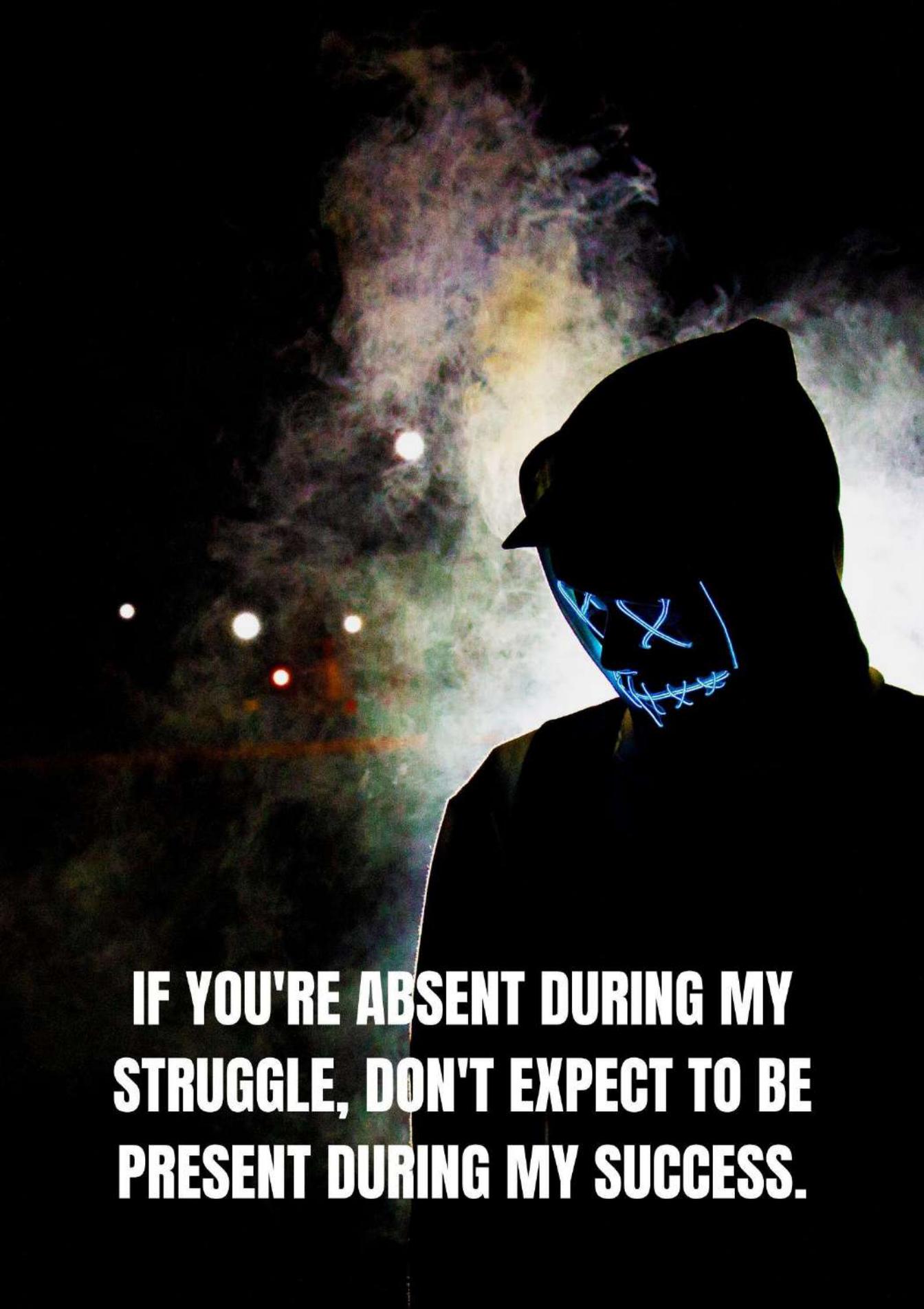
To be successful, you have to use each day as an opportunity to improve, to be better, to get a little bit closer to your goals. It might sound like a lot of work—and with a busy schedule, next to impossible. But the best part is, the more you accomplish, the more you'll want to do, the higher you'll want to reach. So as long as you have the hunger for success, you will always have the power within you to achieve it.

Motivational quotes can be used to get you in the right mindset to tackle whatever obstacles lie ahead, reframe negative thoughts during tough times and change your attitude so you feel refreshed and motivated.

Whether you're hoping to achieve success at work, home, or life in general, establishing the right intentions can help you stay positive and optimistic during the challenges fate can throw your way.

If you're short on time, there's no need to dig through your favorite books for a little pick-me-up. I have handpicked **80 inspirational quotes for life and success** to help you get where you want to go.

Enjoy!

A person wearing a black hoodie and a glowing blue mask with a stitched mouth, standing in a dark environment with colorful smoke and lights in the background.

**IF YOU'RE ABSENT DURING MY
STRUGGLE, DON'T EXPECT TO BE
PRESENT DURING MY SUCCESS.**



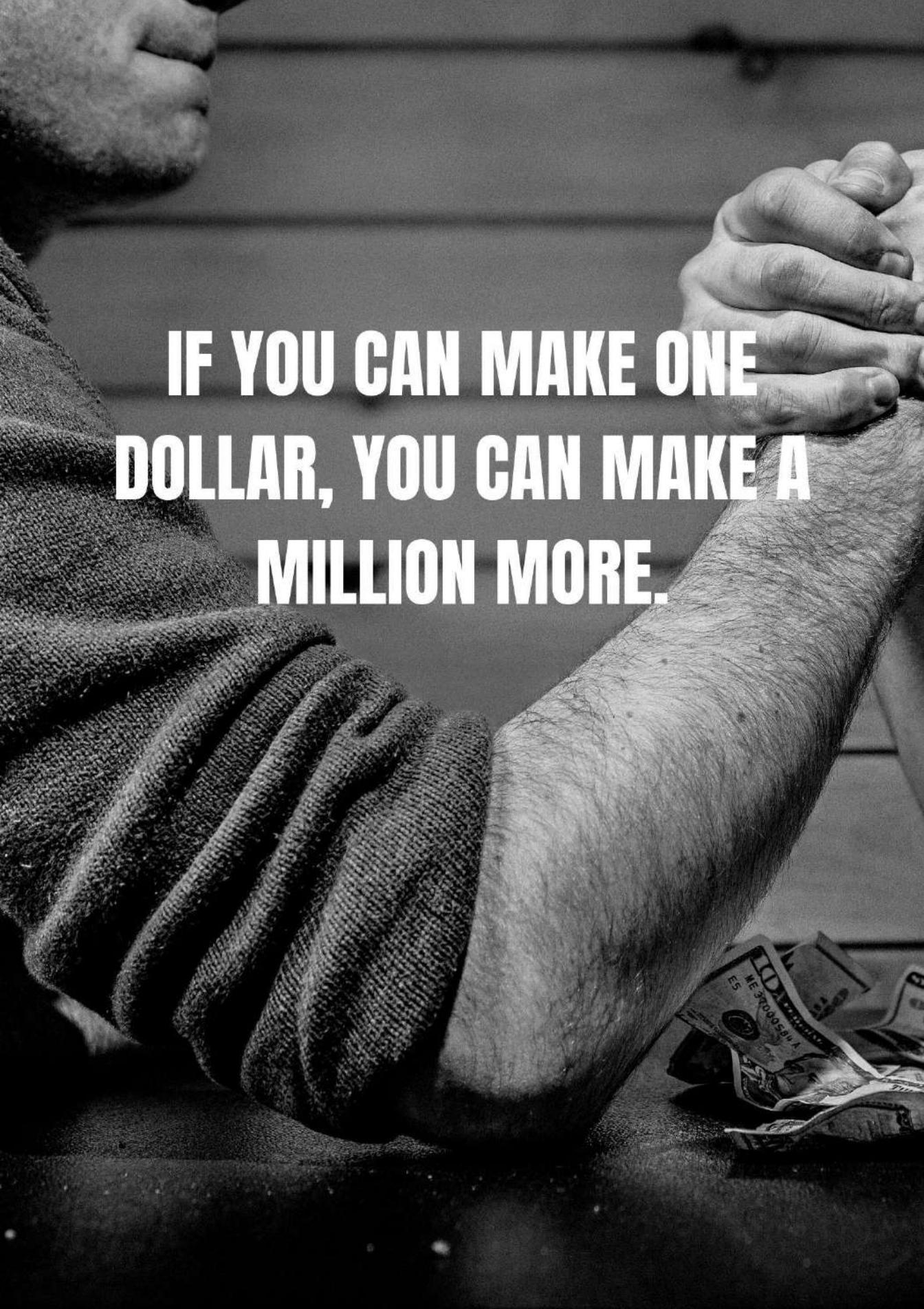
**ONE DAY YOU
WILL FINALLY BE
ABLE TO SAY
"I MADE IT."**

**IF YOU WANT TO GROW,
YOU NEED TO LET SOME
PEOPLE GO.**





**NO ONE IS ALWAYS BUSY. IT'S
ALL ABOUT PRIORITIES. YOU WILL
ALWAYS FIND TIME FOR THE
PEOPLE IMPORTANT TO YOU.**



**IF YOU CAN MAKE ONE
DOLLAR, YOU CAN MAKE A
MILLION MORE.**

**DON'T BE AFRAID OF LOSING
PEOPLE. BE AFRAID OF
LOSING YOURSELF TRYING
TO PLEASE EVERYONE.**

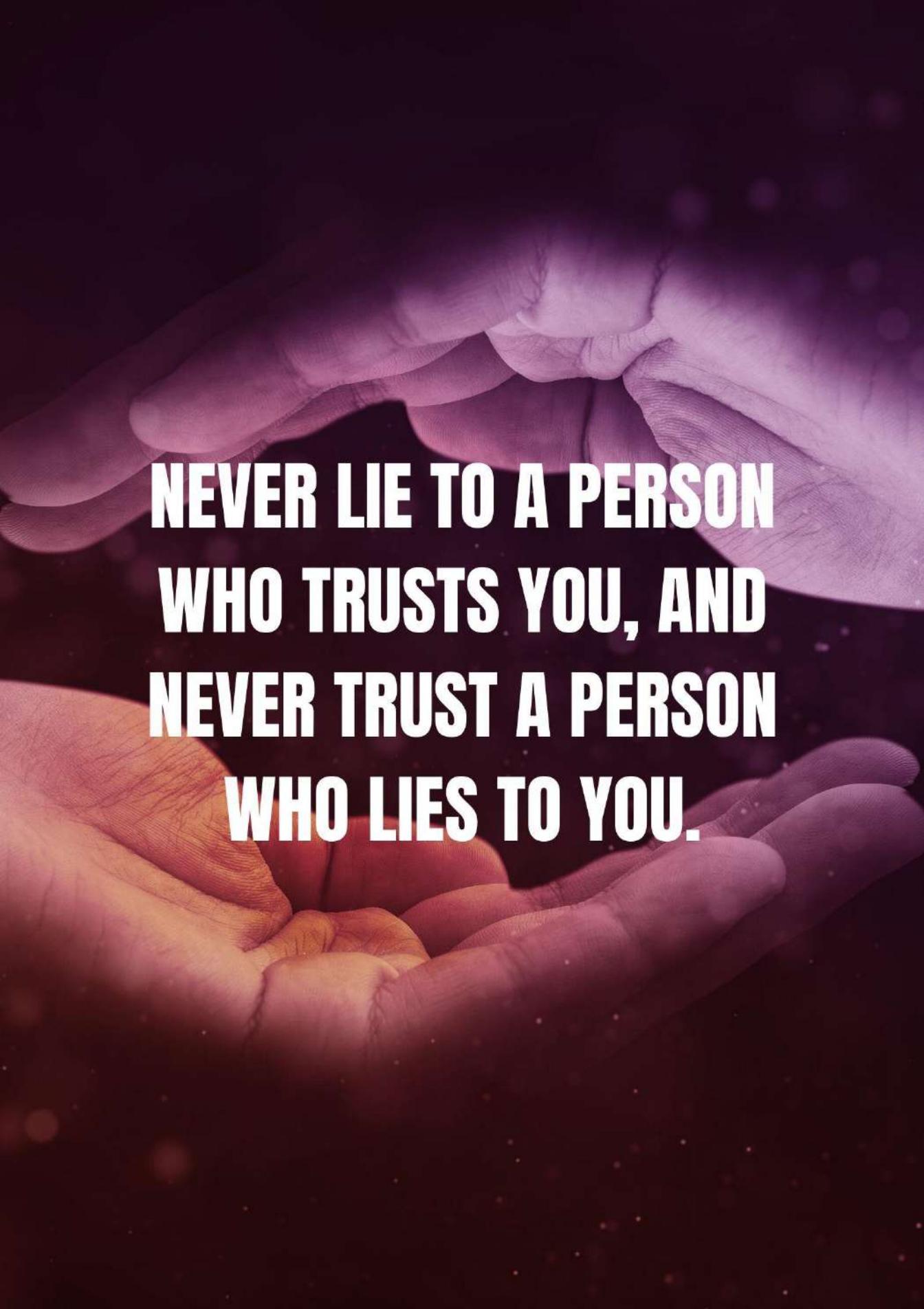


**I DON'T REGRET THE THINGS
I'VE DONE. I REGRET THE
THINGS I DIDN'T DO WHEN I
HAD THE CHANCE.**



A motivational poster featuring a sunset over the ocean. Two people are silhouetted against the bright sun, which is low on the horizon. The sun's light creates a lens flare and is reflected in the rippling water in the foreground. The overall color palette is warm, with oranges, yellows, and blues. The text is centered and written in a bold, white, sans-serif font.

**YOU CAN'T DO EPIC SHIT
WITH BASIC PEOPLE.**

The image features two hands, one positioned above the other, with the fingers of the upper hand gently grasping the wrist of the lower hand. The hands are set against a dark, textured background with a subtle bokeh effect. The text is centered over the hands in a bold, white, sans-serif font.

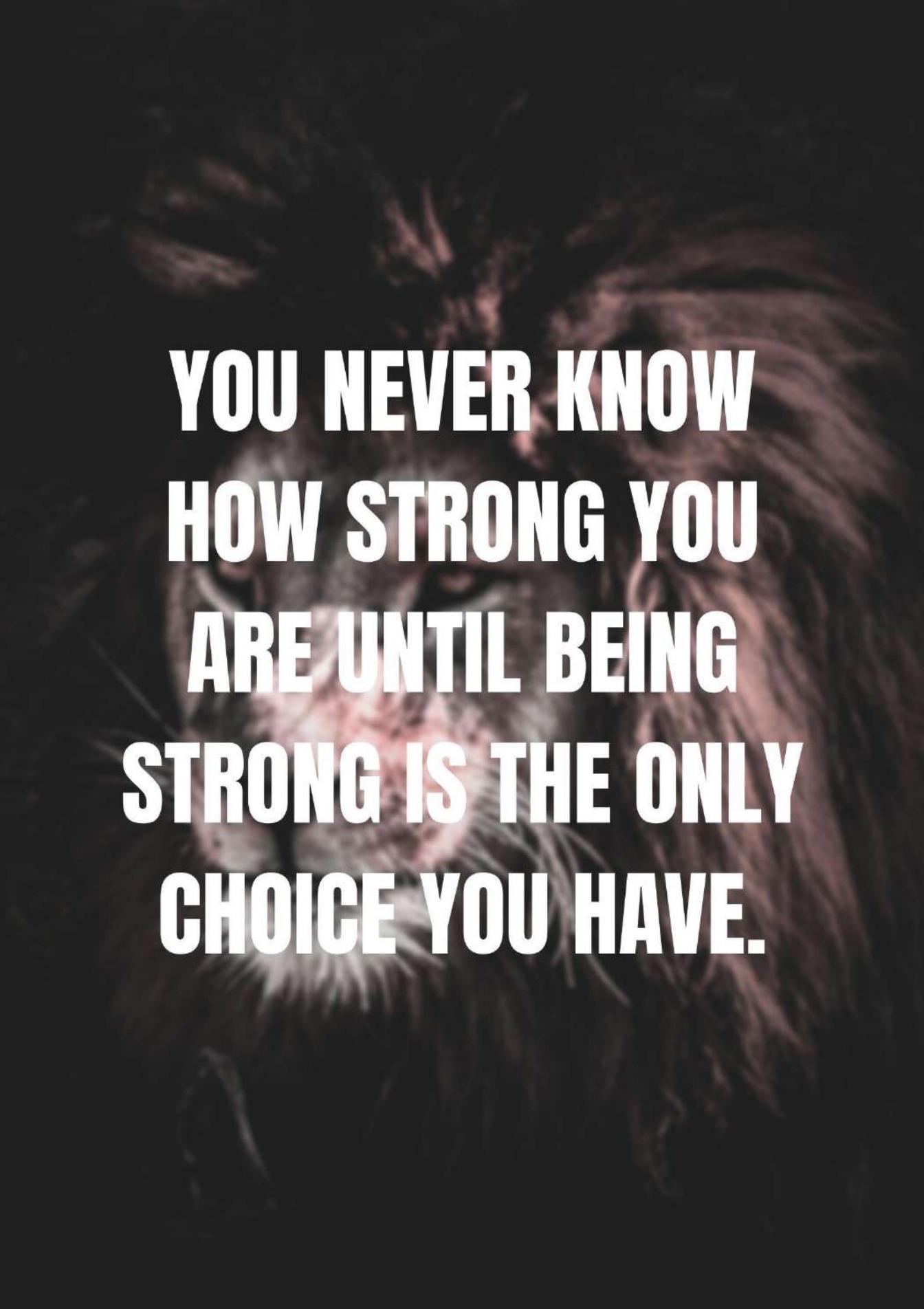
**NEVER LIE TO A PERSON
WHO TRUSTS YOU, AND
NEVER TRUST A PERSON
WHO LIES TO YOU.**



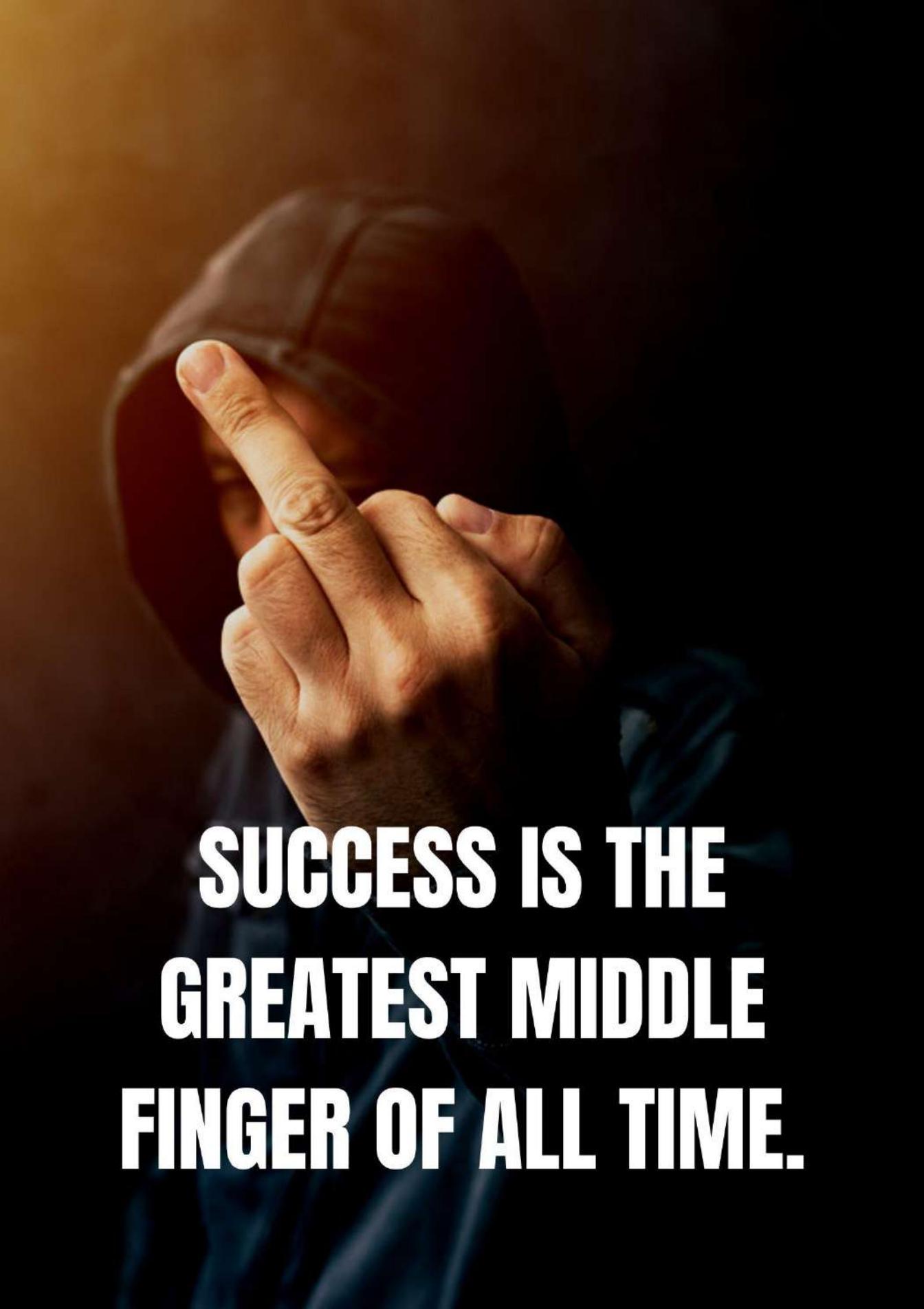
**BELIEVE IN YOURSELF
AND YOU WILL BE
UNSTOPPABLE.**

**YOU DON'T HAVE
TO BE GREAT AT
THE START, BUT
YOU HAVE TO
START TO BE
GREAT.**





**YOU NEVER KNOW
HOW STRONG YOU
ARE UNTIL BEING
STRONG IS THE ONLY
CHOICE YOU HAVE.**

A person wearing a dark hoodie is shown from the chest up, making a middle finger gesture with their right hand. The background is dark and out of focus, with a warm light source on the left side. The text is overlaid in the lower half of the image.

**SUCCESS IS THE
GREATEST MIDDLE
FINGER OF ALL TIME.**



**THANKS TO THE PEOPLE
WHO WALKED INTO MY LIFE
AND MADE IT BETTER.**

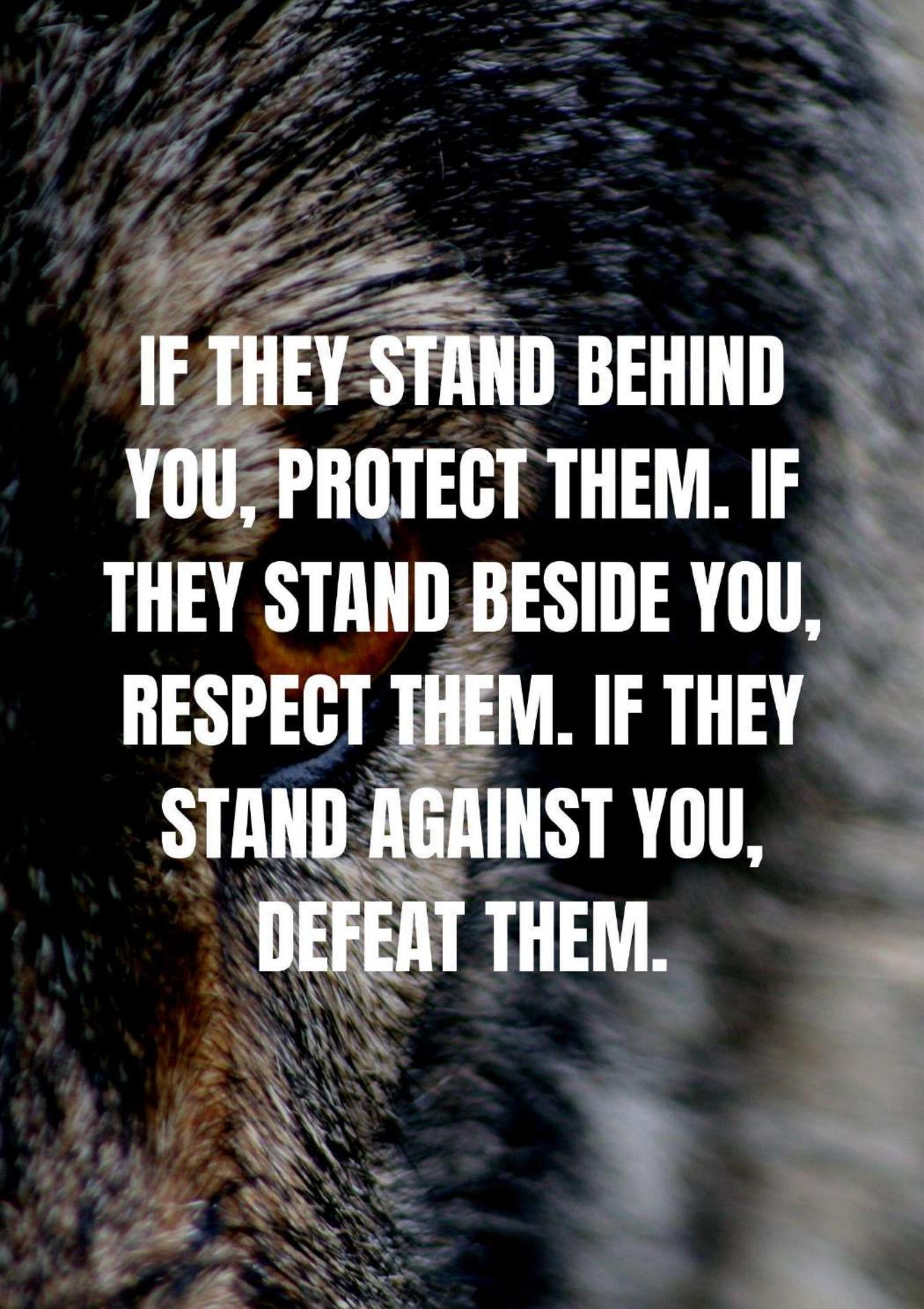
**THANKS TO THE PEOPLE
WHO WALKED OUT OF MY
LIFE AND MADE IT
AMAZING.**



**HATERS WILL
BROADCAST YOUR
FAILURES BUT
WHISPER YOUR
SUCCESS.**



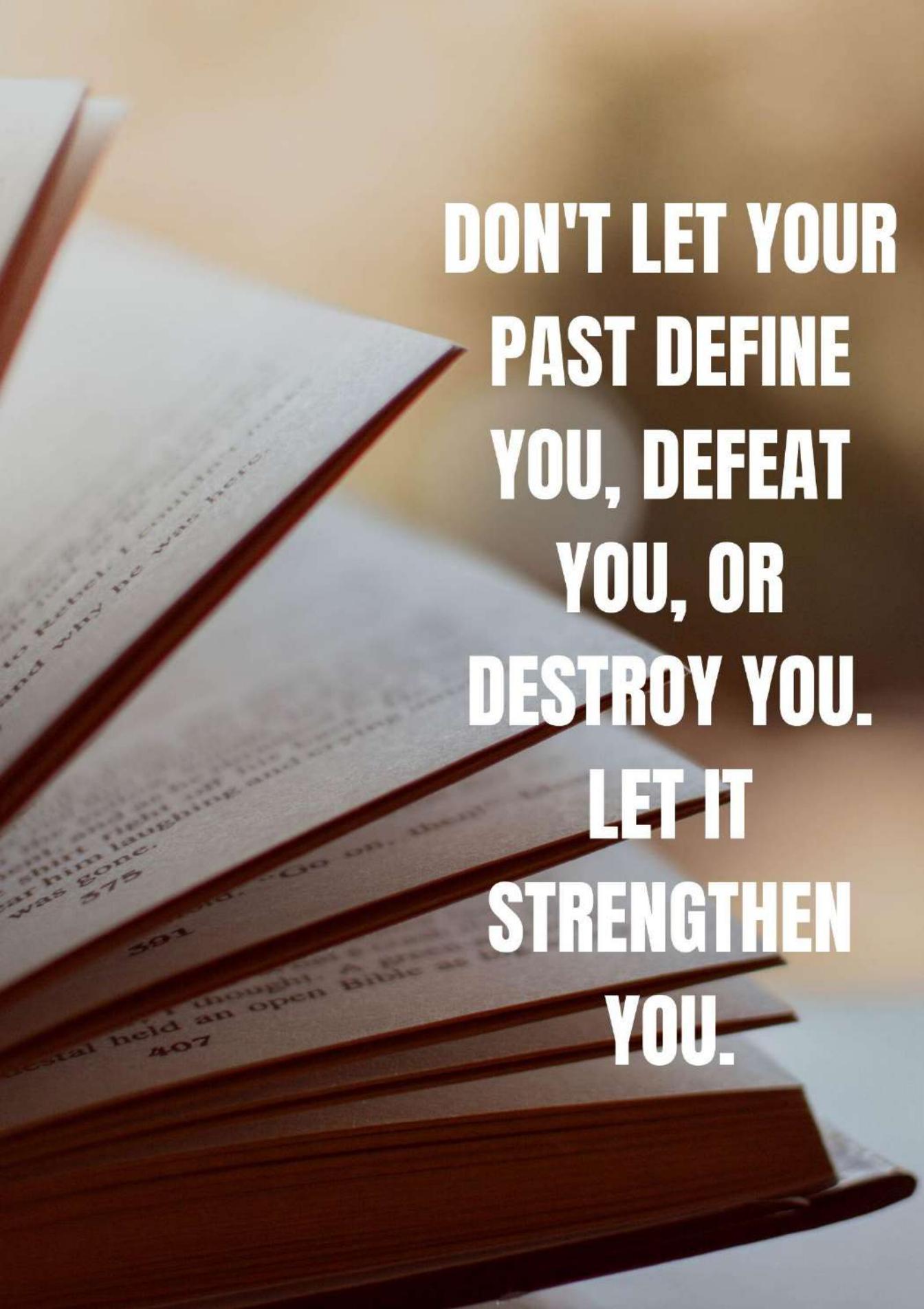
**I HEARD YOU TRIED TO FIND
ME IN SOMEONE ELSE.
GOOD LUCK.**

A close-up, high-contrast photograph of a sloth's face, focusing on its eye and the texture of its fur. The sloth's eye is a striking orange-brown color, looking directly at the viewer. The fur is dark brown and black, with individual strands clearly visible. The lighting is dramatic, highlighting the texture of the fur and the intensity of the eye.

**IF THEY STAND BEHIND
YOU, PROTECT THEM. IF
THEY STAND BESIDE YOU,
RESPECT THEM. IF THEY
STAND AGAINST YOU,
DEFEAT THEM.**



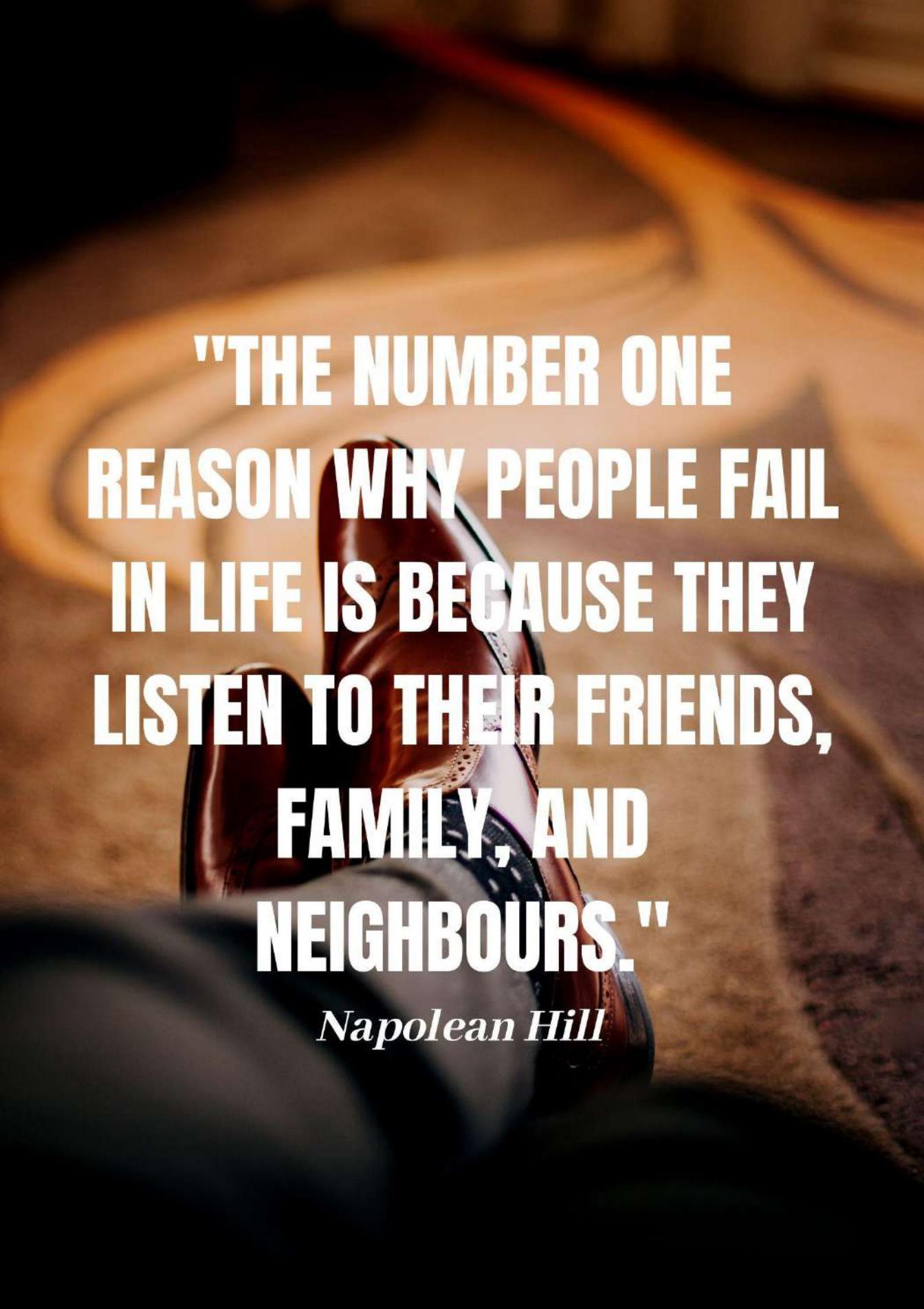
**ONE DAY YOU
WILL WAKE UP &
THERE WON'T BE
ANY MORE TIME
TO DO THE
THINGS YOU'VE
ALWAYS WANTED
TO DO. DO IT
NOW.**

A stack of several books is shown, with the pages of the top book slightly open. The books are bound in a dark brown or reddish-brown cover. The background is a soft, warm, out-of-focus light. Overlaid on the right side of the image is a motivational quote in large, bold, white, sans-serif capital letters.

**DON'T LET YOUR
PAST DEFINE
YOU, DEFEAT
YOU, OR
DESTROY YOU.
LET IT
STRENGTHEN
YOU.**



**YOU'RE GONNA
PISS OFF A LOT
OF PEOPLE
WHEN YOU
START DOING
WHAT'S BEST
FOR YOU.**

A pair of brown leather shoes is shown from a top-down perspective, resting on a wooden floor. The shoes are positioned centrally, with the text overlaid on them. The lighting is warm, highlighting the texture of the leather and the grain of the wood.

**"THE NUMBER ONE
REASON WHY PEOPLE FAIL
IN LIFE IS BECAUSE THEY
LISTEN TO THEIR FRIENDS,
FAMILY, AND
NEIGHBOURS."**

Napolean Hill

A man with a beard, wearing a dark suit, white shirt, and dark tie, is riding a red BMW motorcycle. He is wearing tan leather riding gloves. The motorcycle's fuel tank is visible, featuring the BMW logo. The background is a solid light green color.

**DO NOT LOWER YOUR
STANDARD TO "KEEP"
PEOPLE AROUND YOU.
MAKE THEM MEET YOU AT
YOUR LEVEL. SELF-
RESPECT IS POWER.**

**"IF SOMEONE CORRECTS
YOU, AND YOU FEEL
OFFENDED, THEN YOU
HAVE AN EGO
PROBLEM."**

Matthew Macconaughey





**I AM BECOMING
THE PERSON I
SHOULD HAVE BEEN
A LONG TIME AGO.**

A man with a dark beard and long hair, wearing a light blue button-down shirt, is shown in a close-up, looking down and to the left with a thoughtful expression. He is wearing a gold-toned watch with a white dial and blue accents on his left wrist. The background is dark and out of focus.

**ONE DAY YOU'RE
GOING TO CALL ME
AND GET A REPLY
FROM MY
ASSISTANT.**

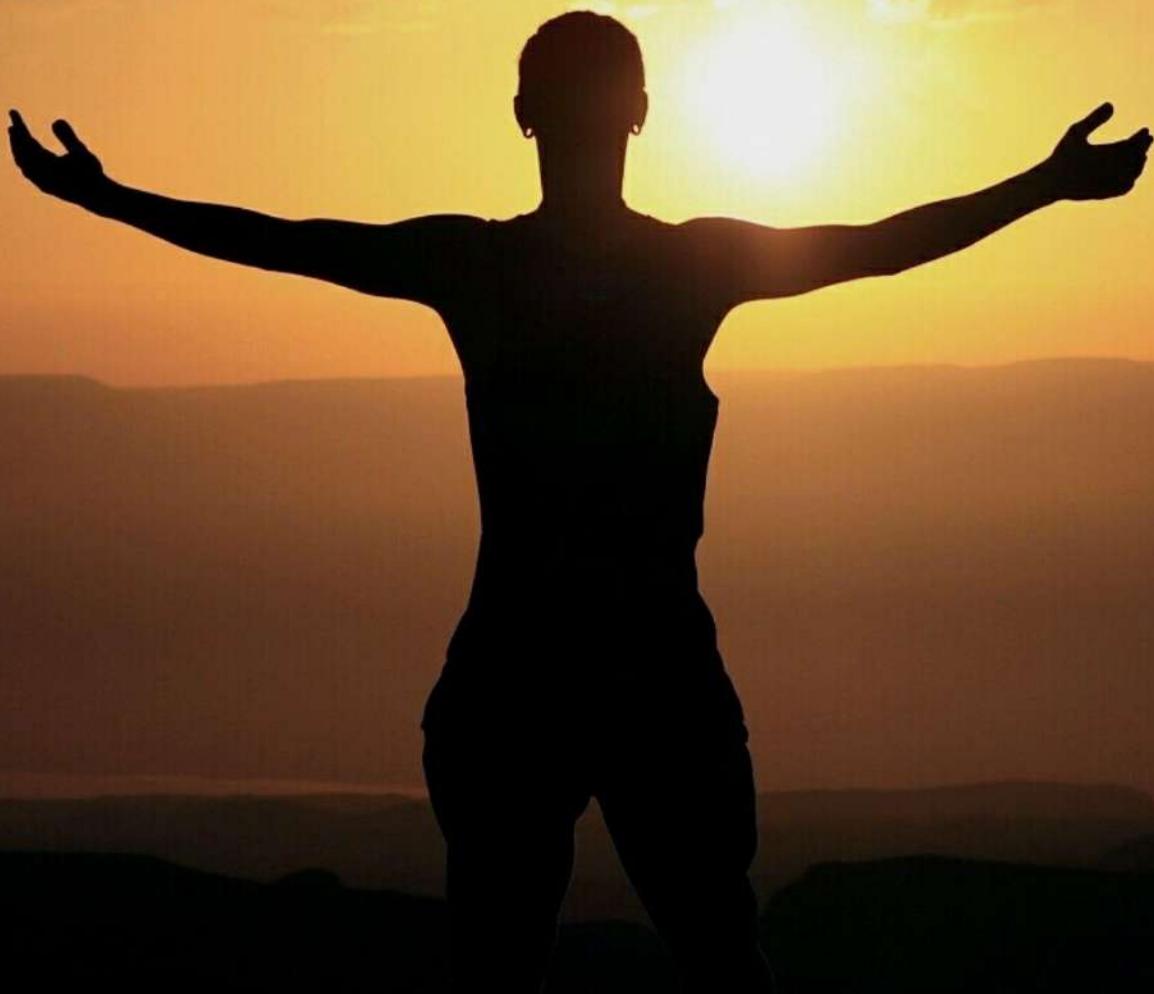


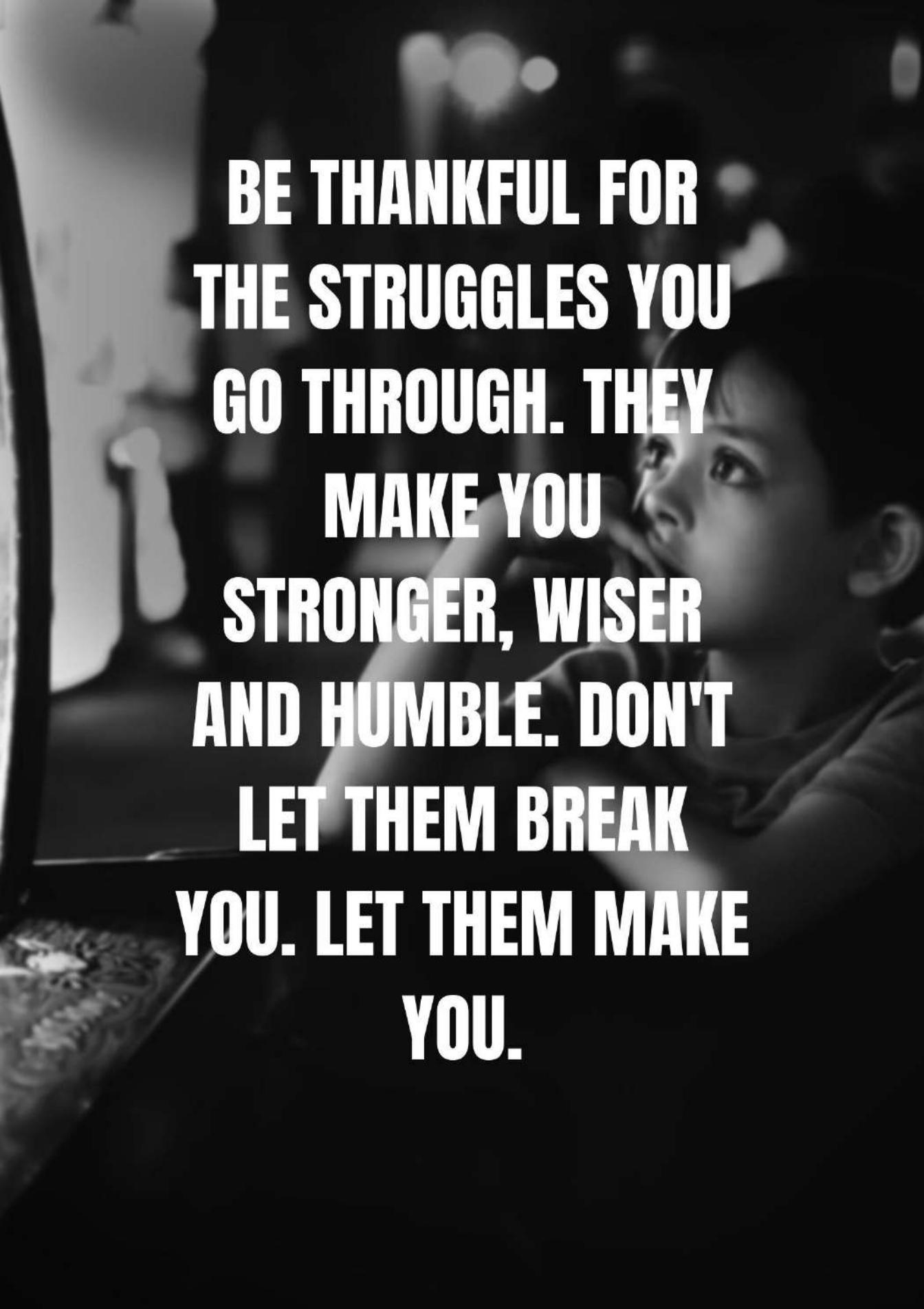
**THEY LAUGH AT ME BECAUSE
I'M DIFFERENT. I LAUGH AT
THEM BECAUSE THEY'RE ALL
THE SAME.**



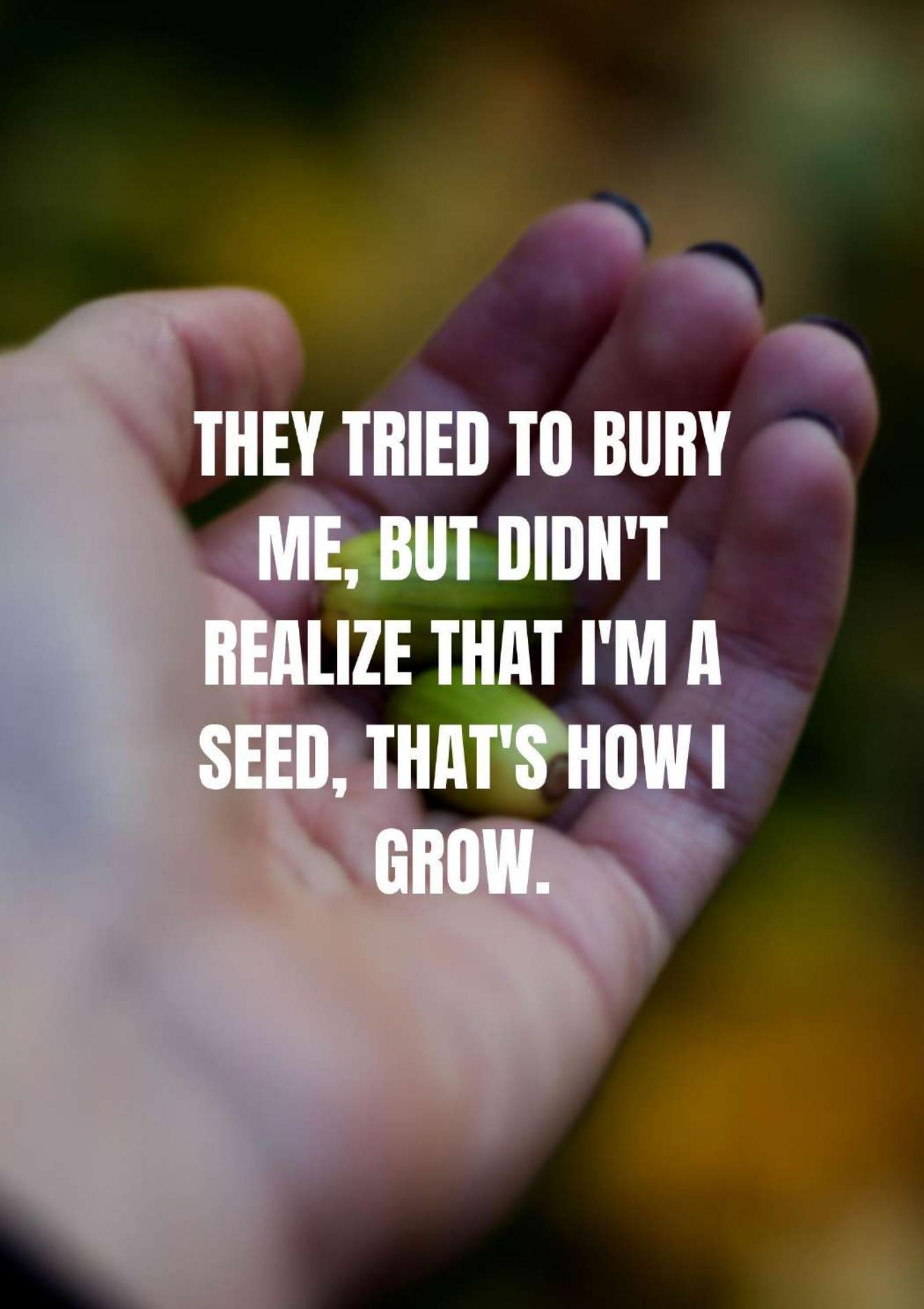
**ONE OF THE
MOST
POWERFUL
THINGS YOU
CAN DO, IS TO
LET GO OF
WHAT OTHERS
THINK OF YOU.**

**SET GOALS SO BIG
THEY LAUGH. THEN
CRUSH THEM WHILE
THEY WATCH.**



A black and white photograph of a young child looking out a window. The child is in profile, looking towards the left. The background is dark and blurry, suggesting an indoor setting with a window. Overlaid on the image is a motivational quote in white, bold, sans-serif capital letters.

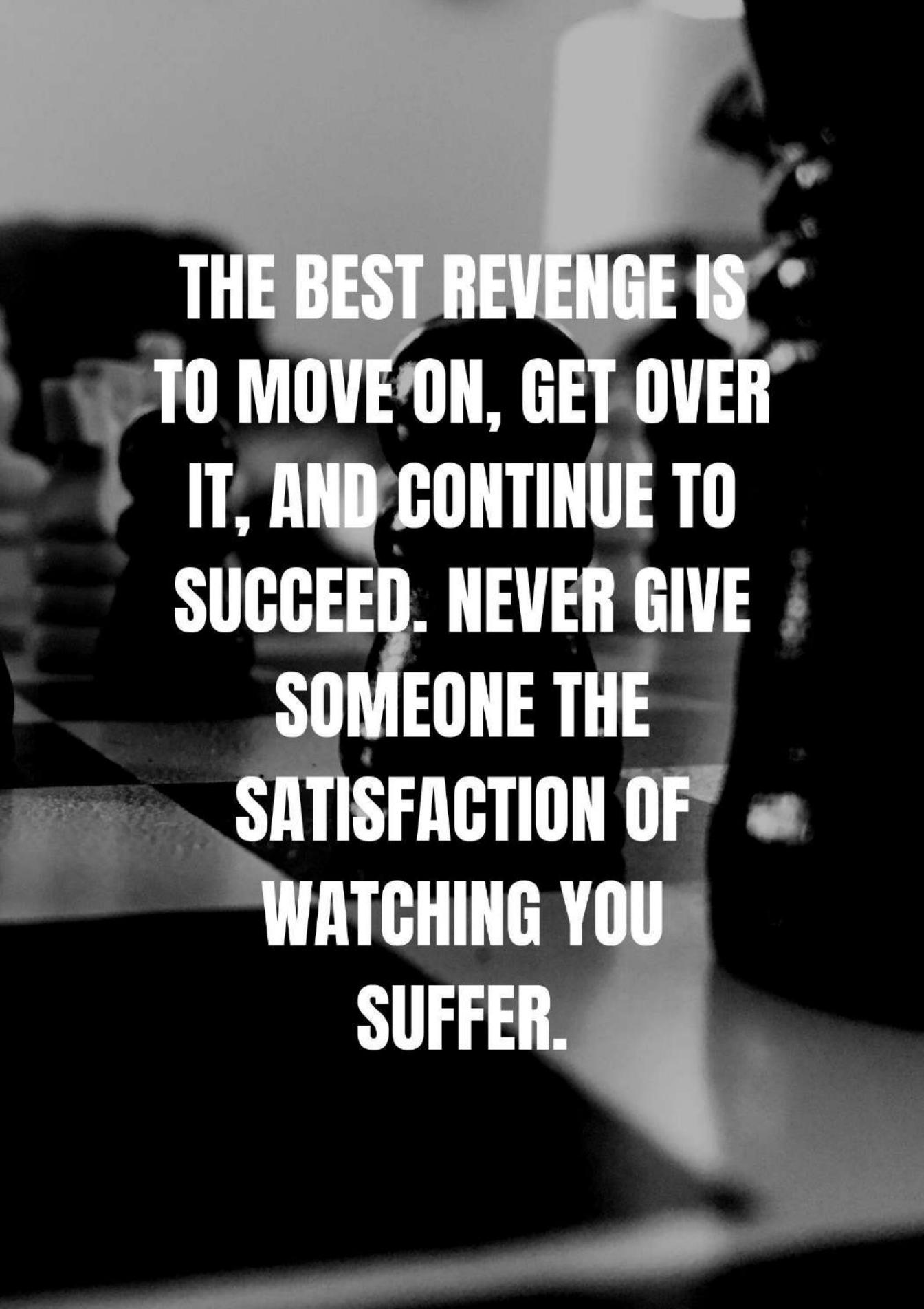
**BE THANKFUL FOR
THE STRUGGLES YOU
GO THROUGH. THEY
MAKE YOU
STRONGER, WISER
AND HUMBLE. DON'T
LET THEM BREAK
YOU. LET THEM MAKE
YOU.**

A close-up photograph of a person's hand holding a small, green seedling with two leaves. The background is a soft, out-of-focus green. Overlaid on the image is a quote in white, bold, sans-serif capital letters.

**THEY TRIED TO BURY
ME, BUT DIDN'T
REALIZE THAT I'M A
SEED, THAT'S HOW I
GROW.**

A black and white photograph of a muscular man from the waist up, shirtless, wearing jeans. He is holding a dumbbell in his right hand, performing a bicep curl. The lighting is dramatic, highlighting his muscles. The background is dark. Overlaid on the image is a motivational quote in large, bold, white, sans-serif capital letters.

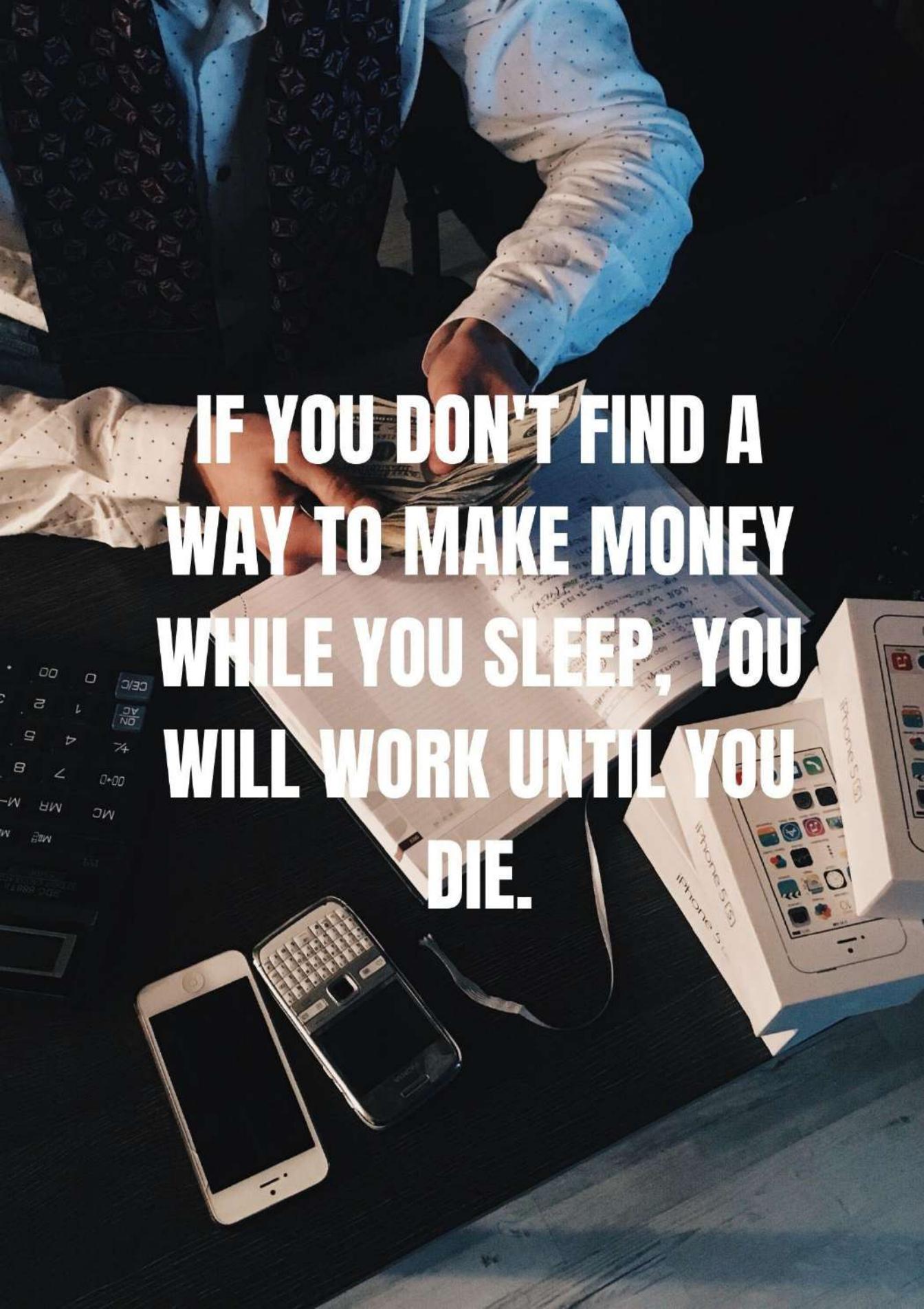
**PUSH HARDER
THAN
YESTERDAY IF
YOU WANT A
DIFFERENT
TOMORROW.**



**THE BEST REVENGE IS
TO MOVE ON, GET OVER
IT, AND CONTINUE TO
SUCCEED. NEVER GIVE
SOMEONE THE
SATISFACTION OF
WATCHING YOU
SUFFER.**

**SOMETIMES
IT'S NOT
ABOUT WHO
HAS THE
MOST
TALENT, BUT
ABOUT
WHO'S
HUNGRIER.**





**IF YOU DON'T FIND A
WAY TO MAKE MONEY
WHILE YOU SLEEP, YOU
WILL WORK UNTIL YOU
DIE.**



**HE THINKS I GAVE HIM
MY NUMBER. IT WAS
MY BANK BALANCE.**

**IF YOU WANT SOMETHING
YOU'VE NEVER HAD THEN YOU'VE
GOT TO DO SOMETHING YOU'VE
NEVER DONE.**

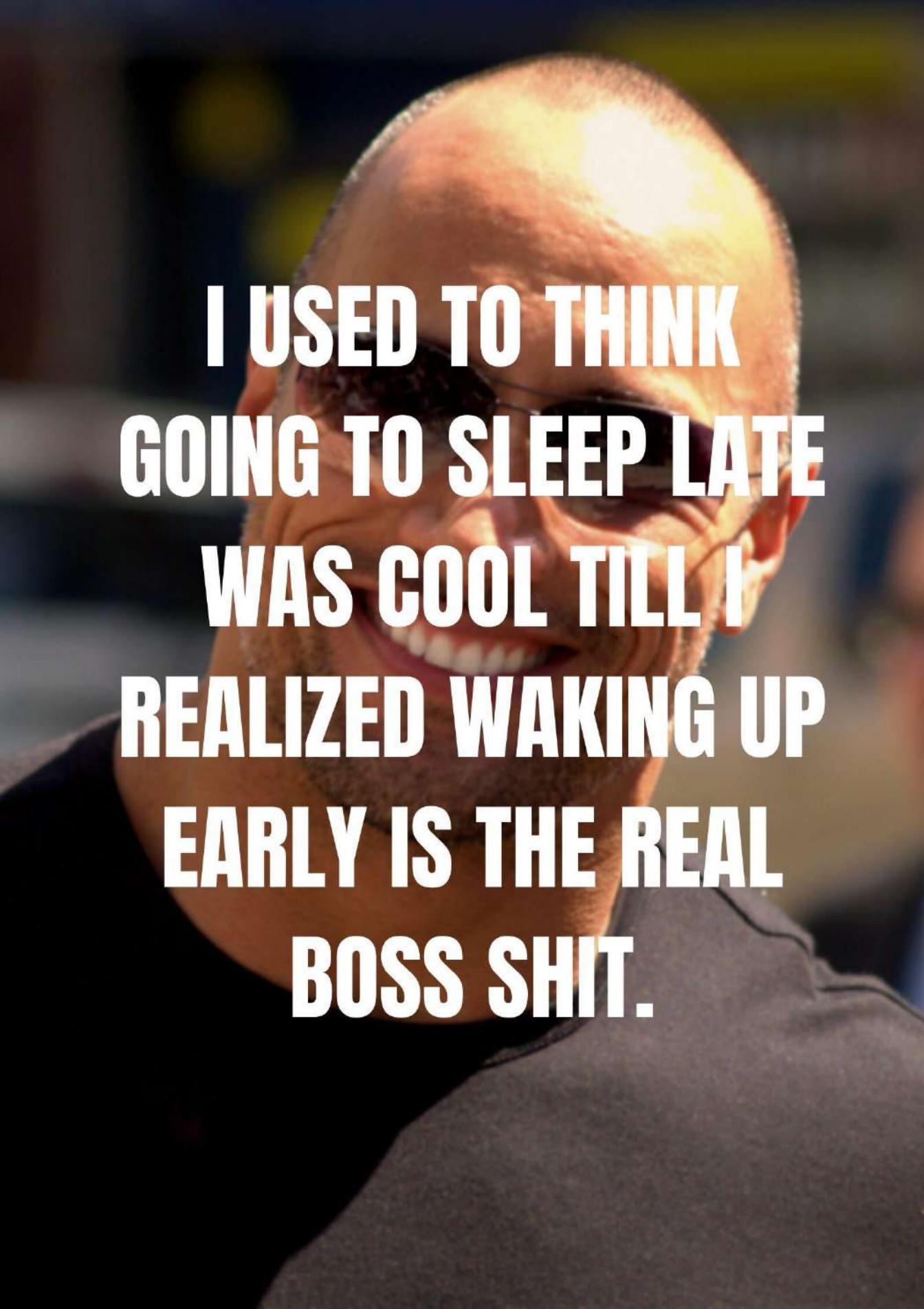




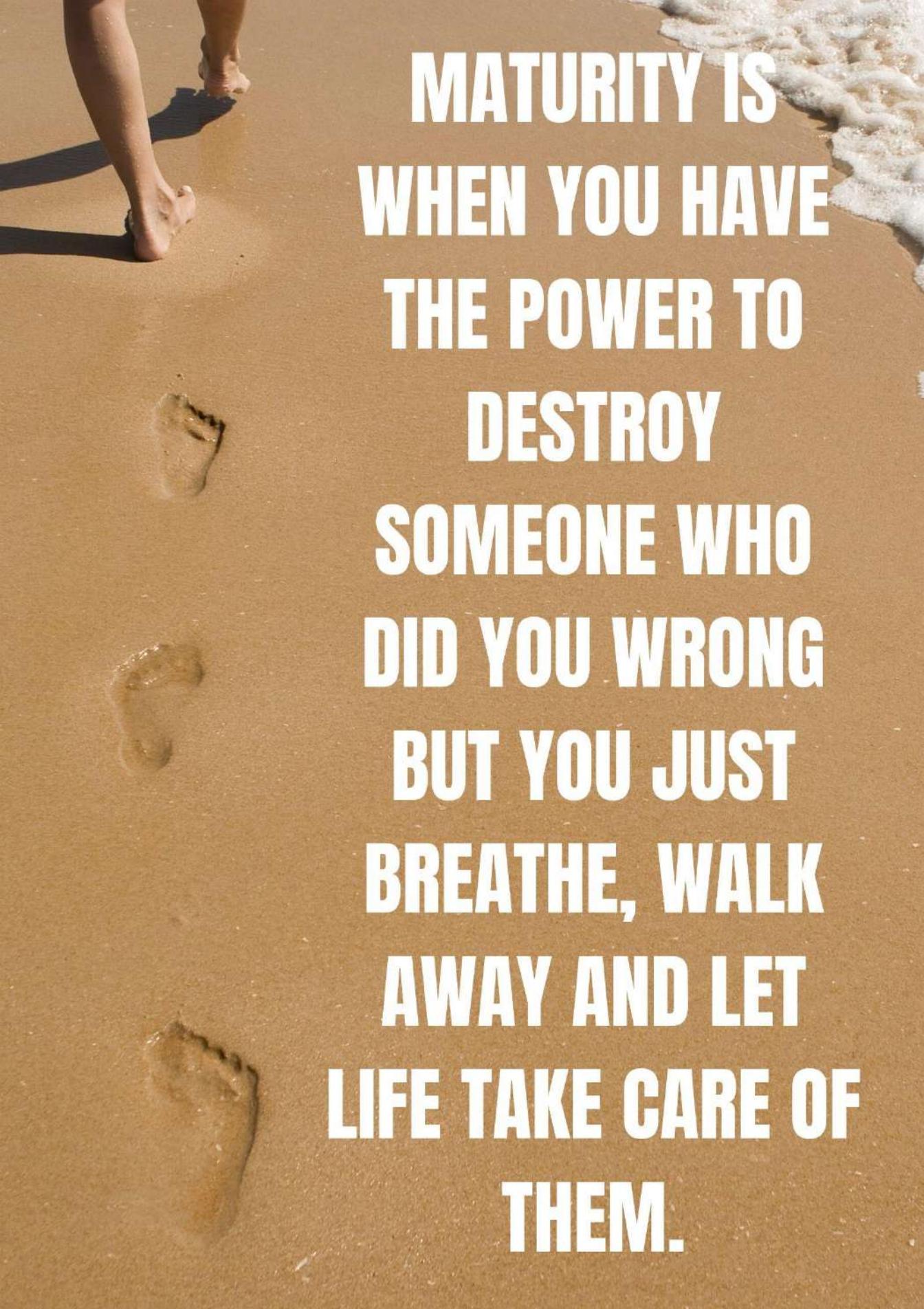
**If you're not CHALLENGED
by it, chances are you
won't be CHANGED by it.**

**NEVER TOO YOUNG TO
BUILD AN EMPIRE.
NEVER TOO OLD TO
CHASE A DREAM.**

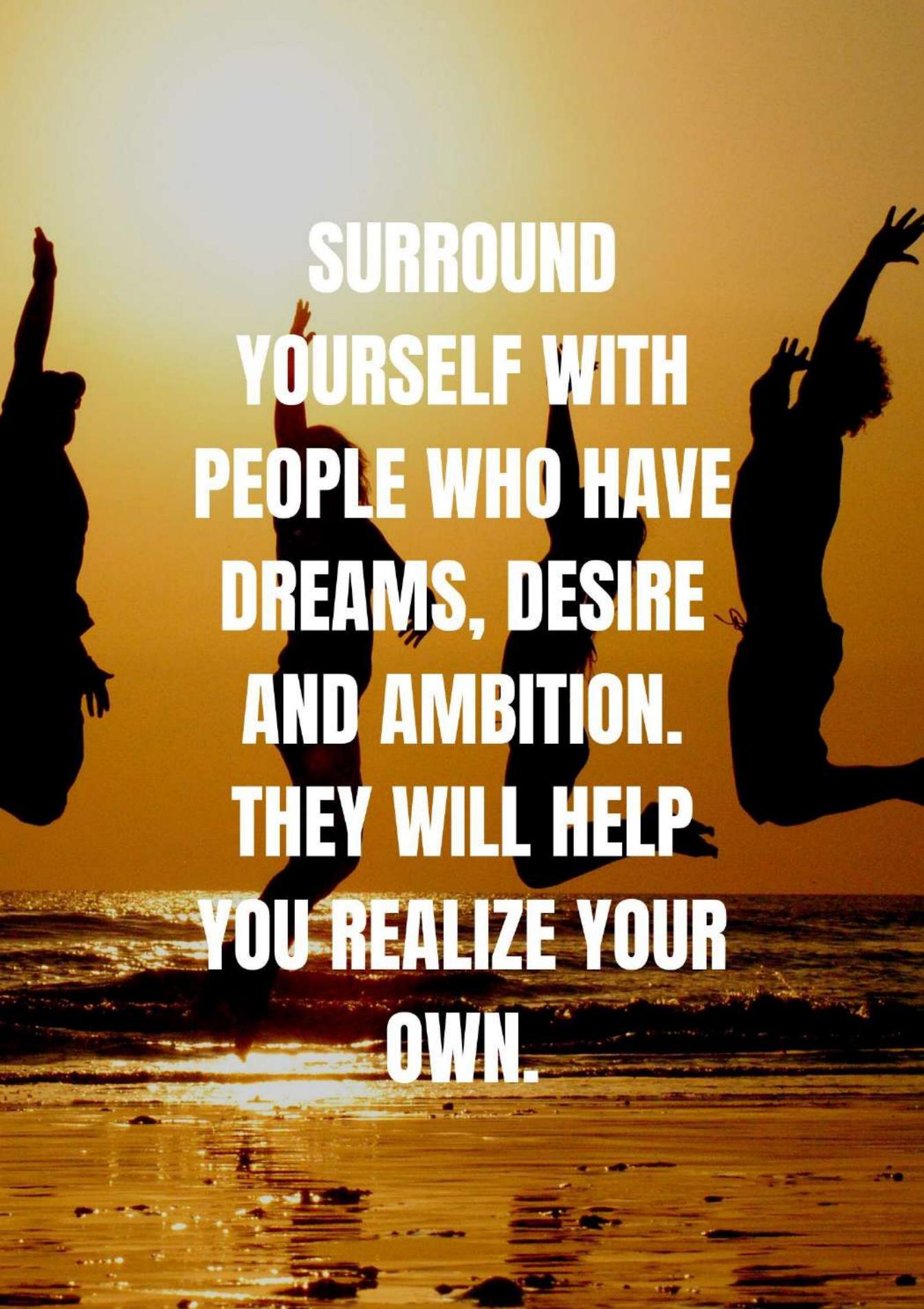




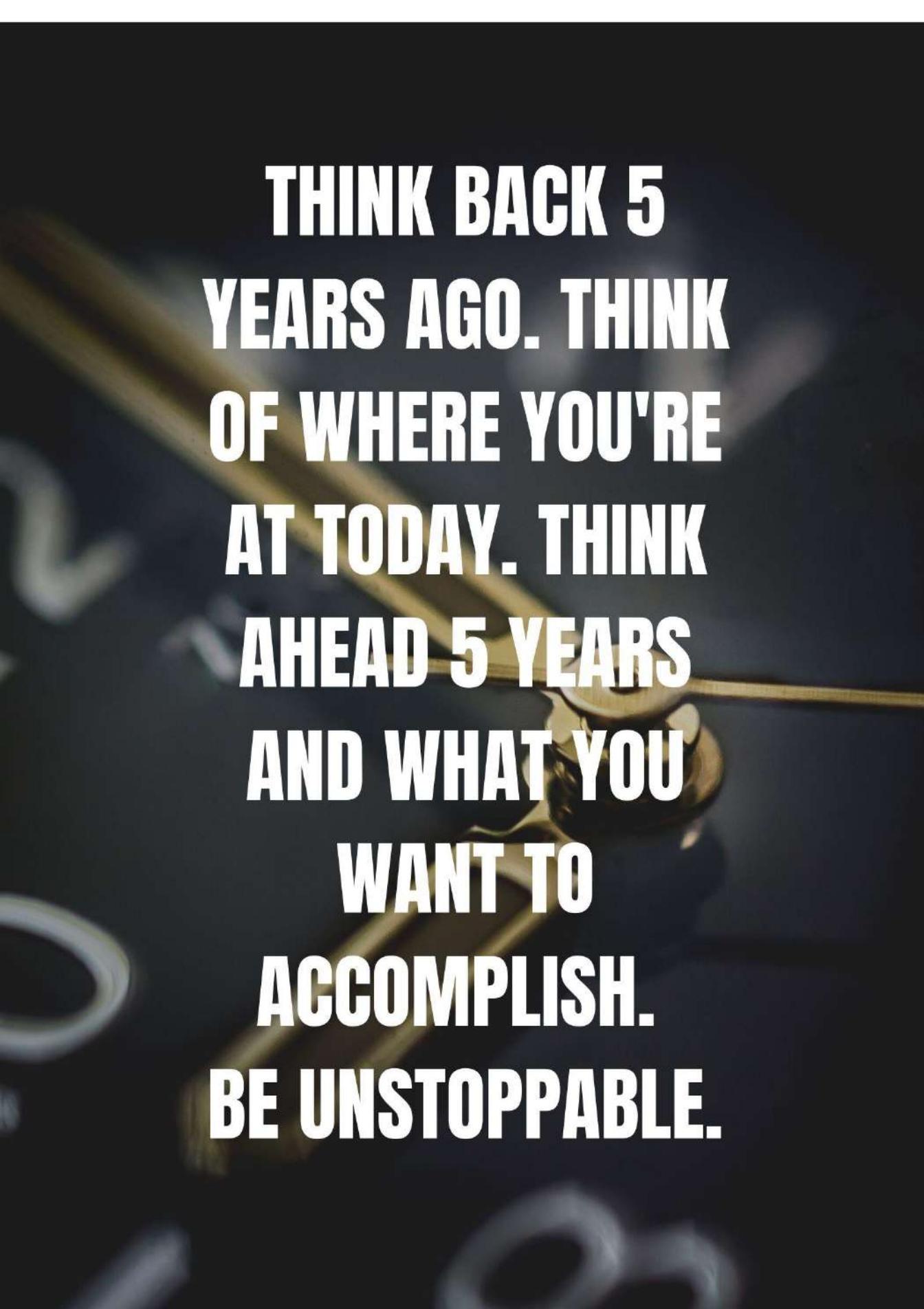
**I USED TO THINK
GOING TO SLEEP LATE
WAS COOL TILL I
REALIZED WAKING UP
EARLY IS THE REAL
BOSS SHIT.**



**MATURITY IS
WHEN YOU HAVE
THE POWER TO
DESTROY
SOMEONE WHO
DID YOU WRONG
BUT YOU JUST
BREATHE, WALK
AWAY AND LET
LIFE TAKE CARE OF
THEM.**

The image features a warm, golden sunset over a beach. In the foreground, the silhouettes of four people are captured mid-jump, their arms raised in a gesture of joy or triumph. The background shows the ocean with gentle waves and the sun low on the horizon, creating a shimmering reflection on the water. The overall mood is one of inspiration and positivity.

**SURROUND
YOURSELF WITH
PEOPLE WHO HAVE
DREAMS, DESIRE
AND AMBITION.
THEY WILL HELP
YOU REALIZE YOUR
OWN.**



**THINK BACK 5
YEARS AGO. THINK
OF WHERE YOU'RE
AT TODAY. THINK
AHEAD 5 YEARS
AND WHAT YOU
WANT TO
ACCOMPLISH.
BE UNSTOPPABLE.**

**NEVER FORGET WHO
WAS THERE WITH YOU
FROM THE START.**



**DON'T WORK 8 HOURS
FOR A COMPANY THEN
GO HOME & NOT WORK
ON YOUR GOALS.**



**YOU'RE NOT TIRED.
YOU'RE UNINSPIRED.**



**IF YOU HAD A
BAD DAY TODAY,
DO YOUR BEST TO
ROCK THAT SHIT
TOMORROW. LIFE
IS TOO SHORT
FOR TWO DAYS
OF BULLSHIT IN A
ROW.**



**IF YOU DON'T LIKE
WHERE YOU ARE,**

MOVE.

YOU'RE NOT A

TREE.

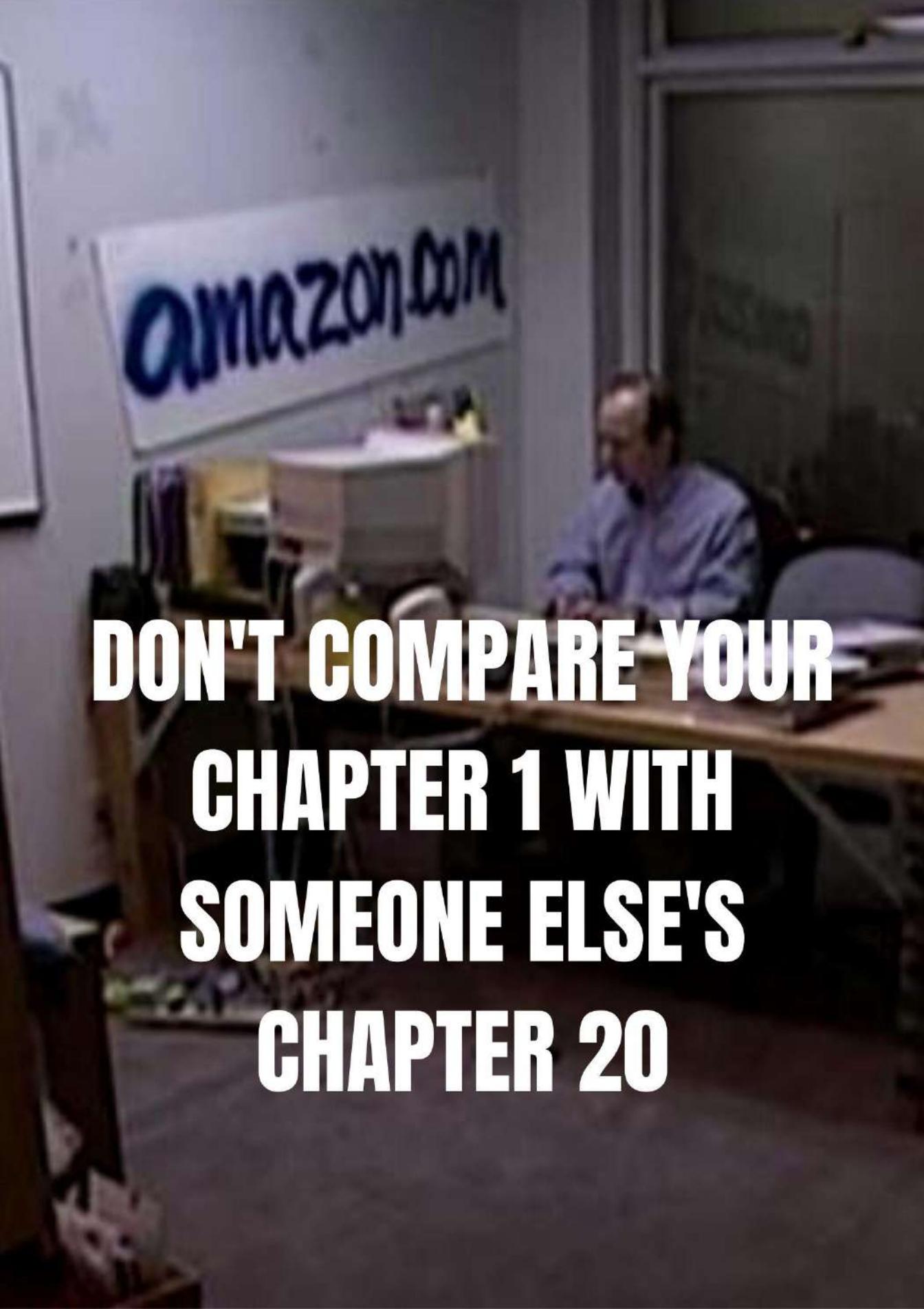


A man with dark hair and a mustache, wearing a red blazer over a striped shirt, is looking down at a smartphone in his hands. He is standing against a plain, light-colored wall. The image is overlaid with large, bold, white text.

**YOU WEREN'T
BORN TO JUST
PAY BILLS AND
DIE.**

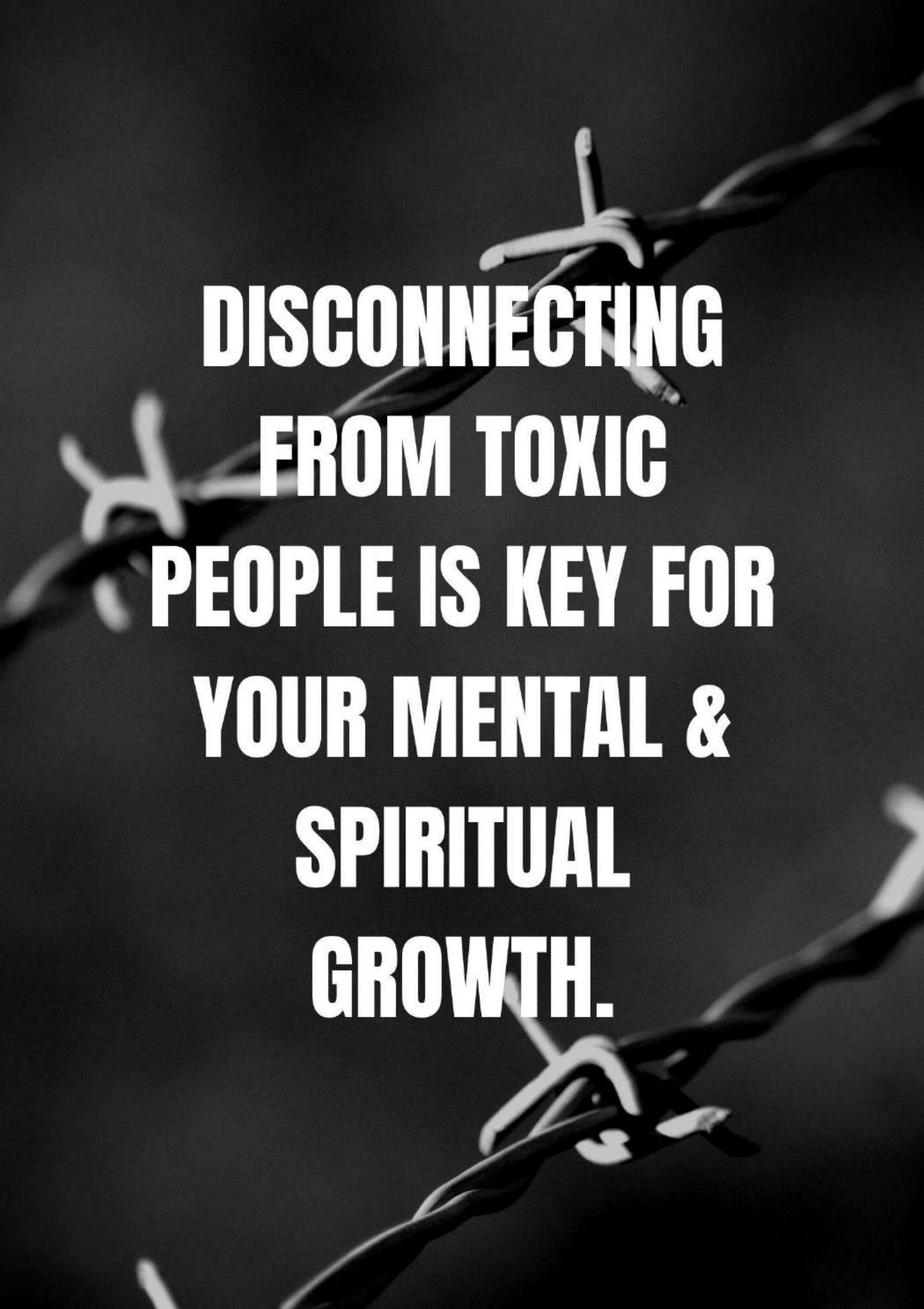
**I USED TO CARE
ABOUT WHAT
PEOPLE THOUGHT
ABOUT ME, UNTIL
ONE DAY I TRIED TO
PAY MY BILLS WITH
THEIR OPINIONS.**



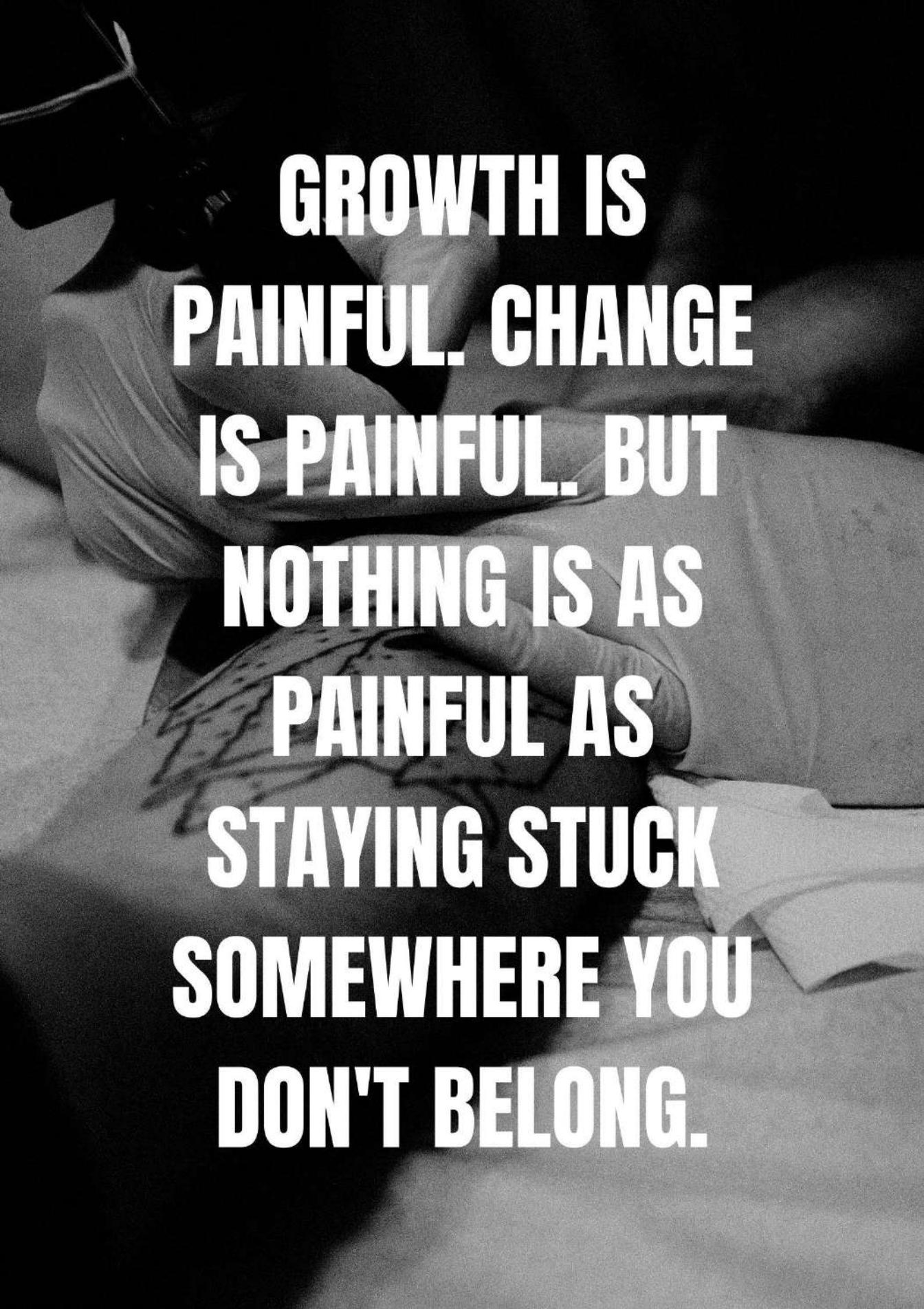
A man in a blue shirt is sitting at a desk in an office, looking down at his work. On the wall behind him is a sign that says "amazon.com" in blue, hand-drawn letters. The office appears to be a startup or a small business, with various items on the desk and shelves.

amazon.com

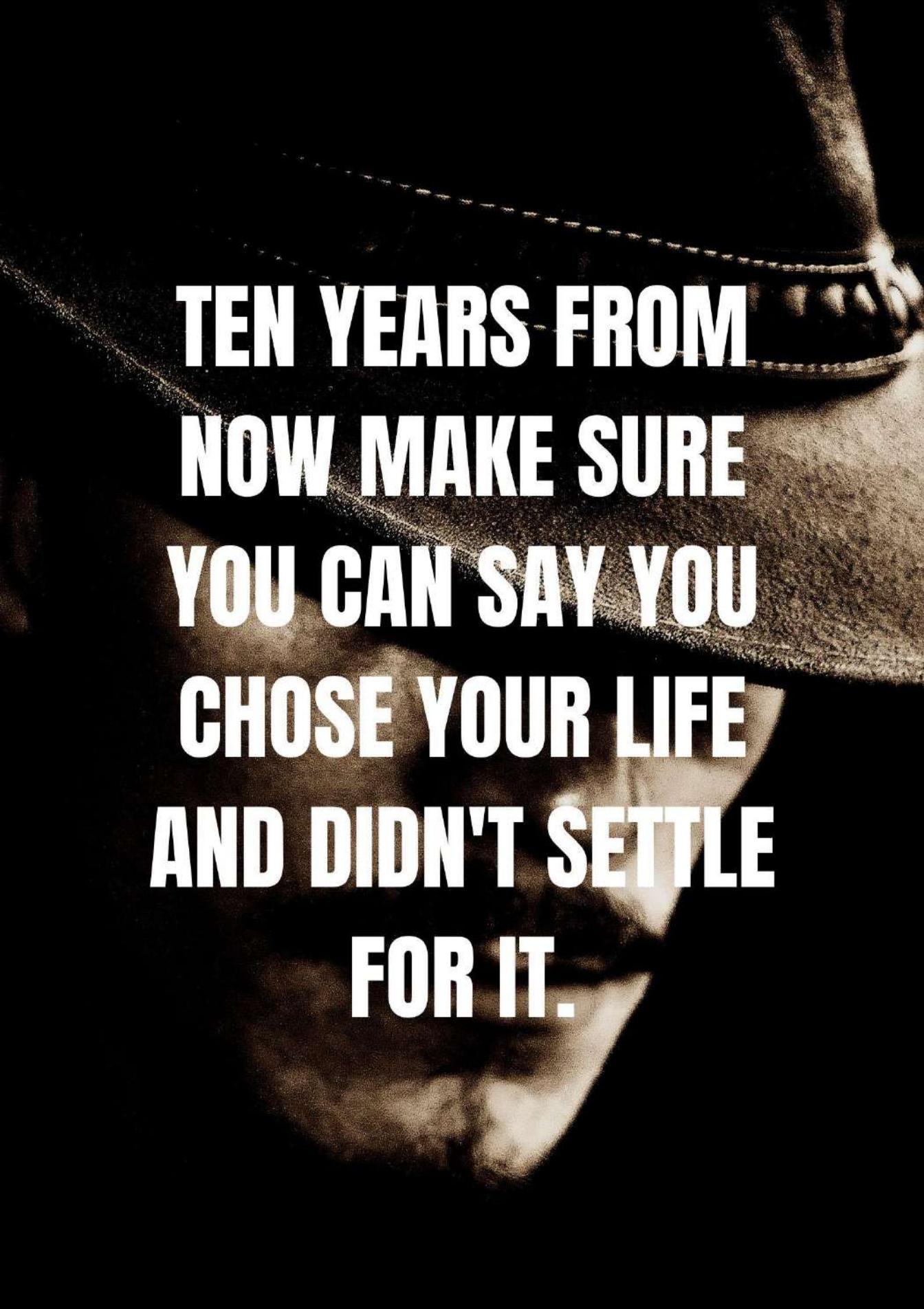
**DON'T COMPARE YOUR
CHAPTER 1 WITH
SOMEONE ELSE'S
CHAPTER 20**



**DISCONNECTING
FROM TOXIC
PEOPLE IS KEY FOR
YOUR MENTAL &
SPIRITUAL
GROWTH.**



**GROWTH IS
PAINFUL. CHANGE
IS PAINFUL. BUT
NOTHING IS AS
PAINFUL AS
STAYING STUCK
SOMEWHERE YOU
DON'T BELONG.**



**TEN YEARS FROM
NOW MAKE SURE
YOU CAN SAY YOU
CHOSE YOUR LIFE
AND DIDN'T SETTLE
FOR IT.**



**I TOLD MYSELF..
"ONE DAY, THESE 5
AM'S WILL MAKE
YOU A LEGEND."**

**A GOAL WITHOUT A
DEADLINE IS JUST
A DREAM.**

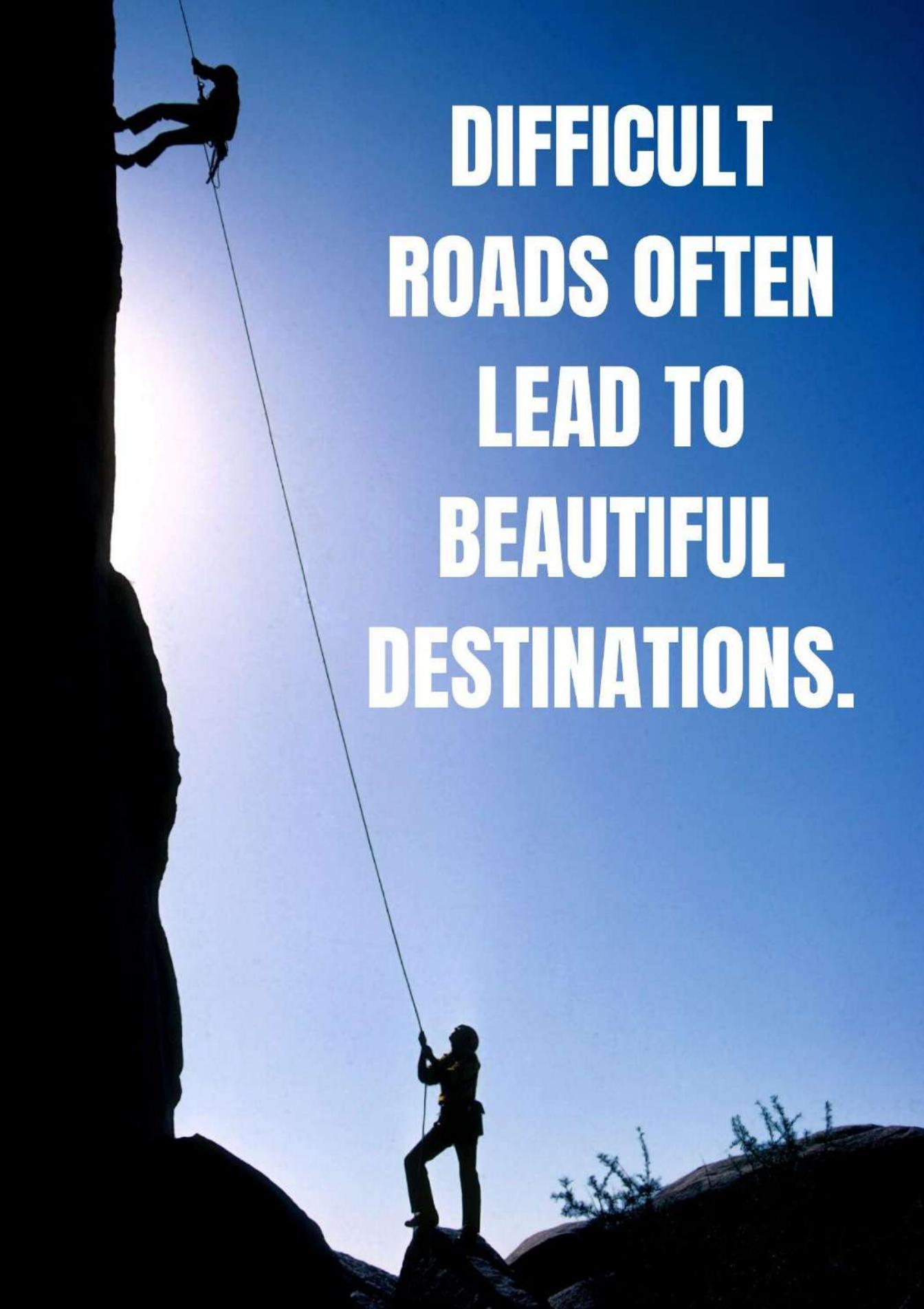


A close-up, profile view of a Black man with a beard and mustache, wearing dark sunglasses and a dark suit jacket over a white shirt. He is looking downwards and to the right. The background is a solid, dark red color.

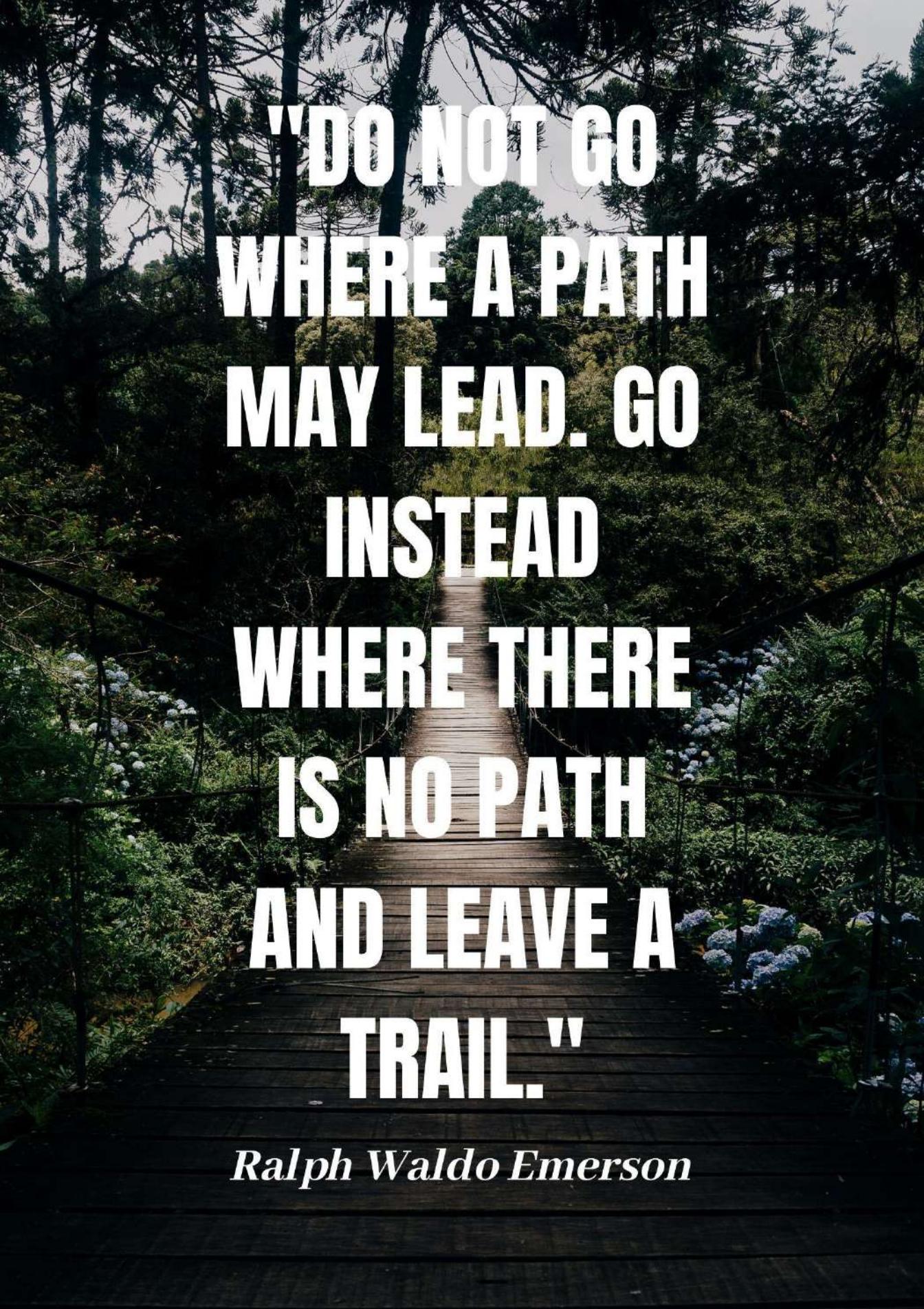
**RULE #1 -
FUCK WHAT
THEY THINK.**



**BECOME
SOMEBODY
NOBODY
THOUGHT YOU
COULD BE.**

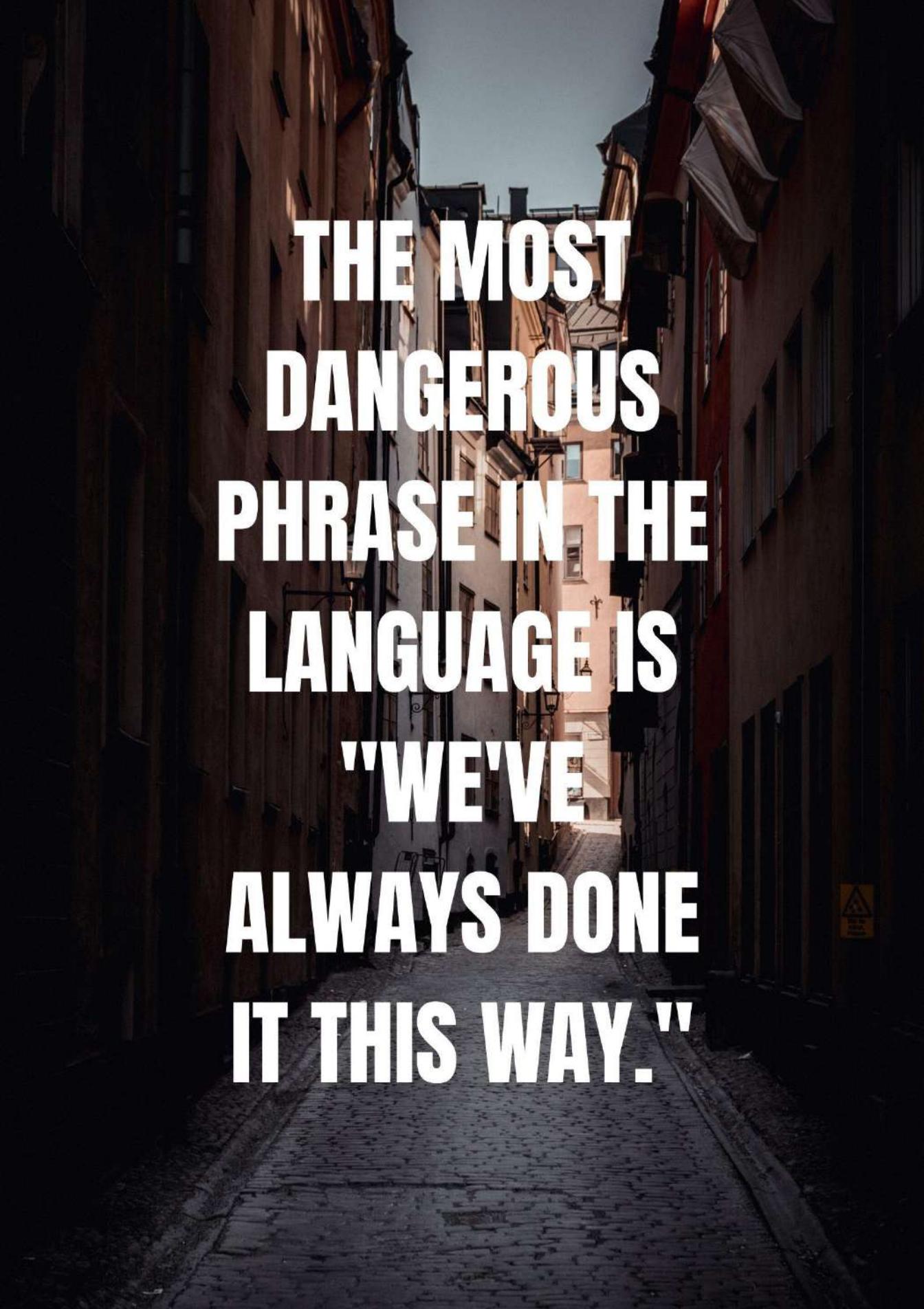
A person is rappelling down a dark, vertical cliff face on the left side of the image. The person is silhouetted against a bright, clear blue sky. A rope extends from the top of the cliff down to another person standing on a rock ledge at the bottom center. The overall scene is one of adventure and challenge.

**DIFFICULT
ROADS OFTEN
LEAD TO
BEAUTIFUL
DESTINATIONS.**

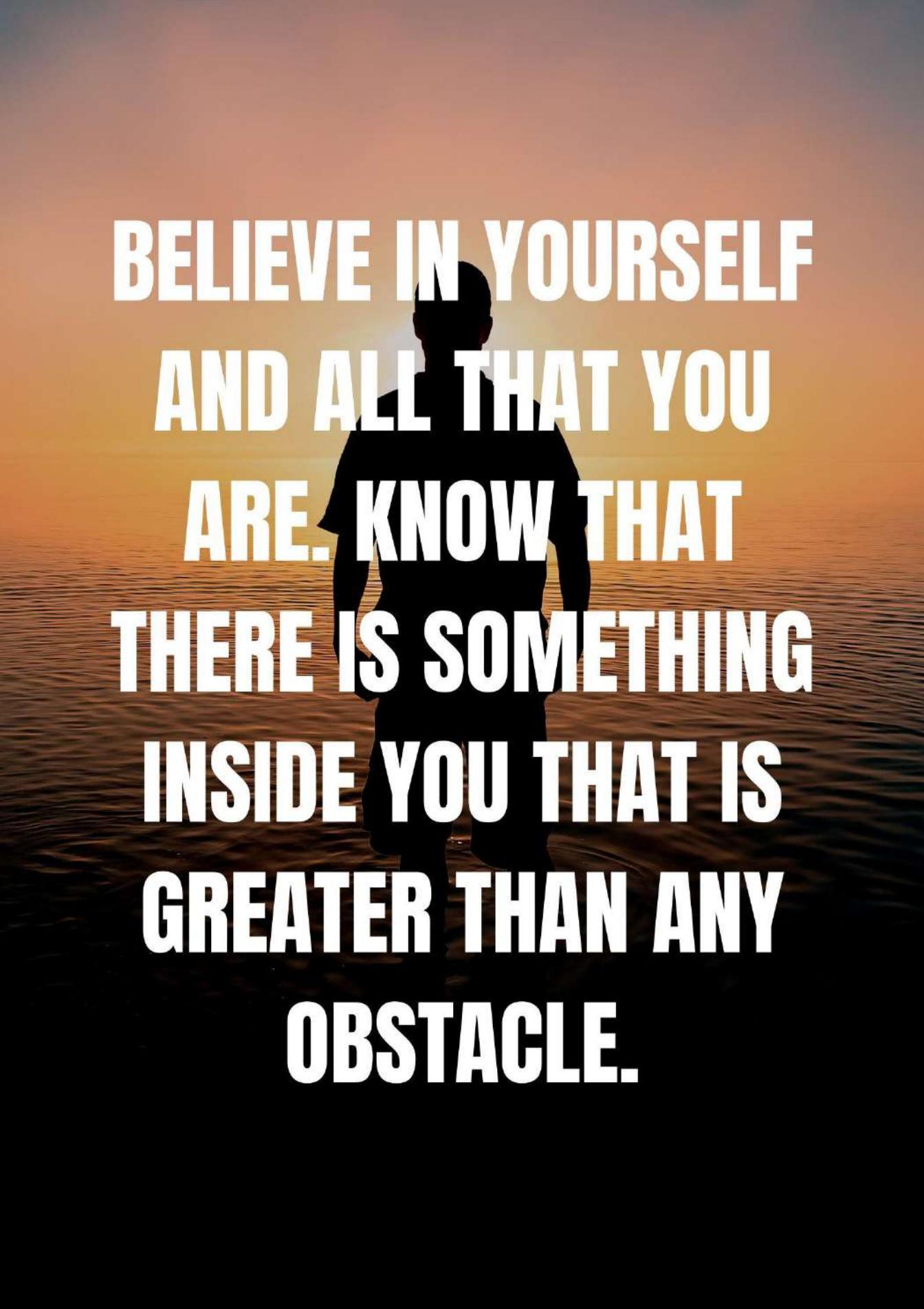
A wooden suspension bridge with a metal railing spans across a lush green forest. The bridge is made of wooden planks and is surrounded by dense foliage, including tall pine trees and flowering plants. The scene is captured from a low angle, looking down the length of the bridge towards the background. The lighting is soft, suggesting a misty or overcast day.

**"DO NOT GO
WHERE A PATH
MAY LEAD. GO
INSTEAD
WHERE THERE
IS NO PATH
AND LEAVE A
TRAIL."**

Ralph Waldo Emerson



**THE MOST
DANGEROUS
PHRASE IN THE
LANGUAGE IS
"WE'VE
ALWAYS DONE
IT THIS WAY."**

A silhouette of a person standing on a beach, looking out at the ocean during a sunset. The sky is a gradient of orange and yellow, and the water is dark with gentle ripples. The person is centered in the frame, facing away from the camera.

**BELIEVE IN YOURSELF
AND ALL THAT YOU
ARE. KNOW THAT
THERE IS SOMETHING
INSIDE YOU THAT IS
GREATER THAN ANY
OBSTACLE.**



**IF YOU'RE NOT
WILLING TO CHANGE,
DON'T EXPECT YOUR
LIFE TO EITHER.**

REMEMBER

WHO

YOU

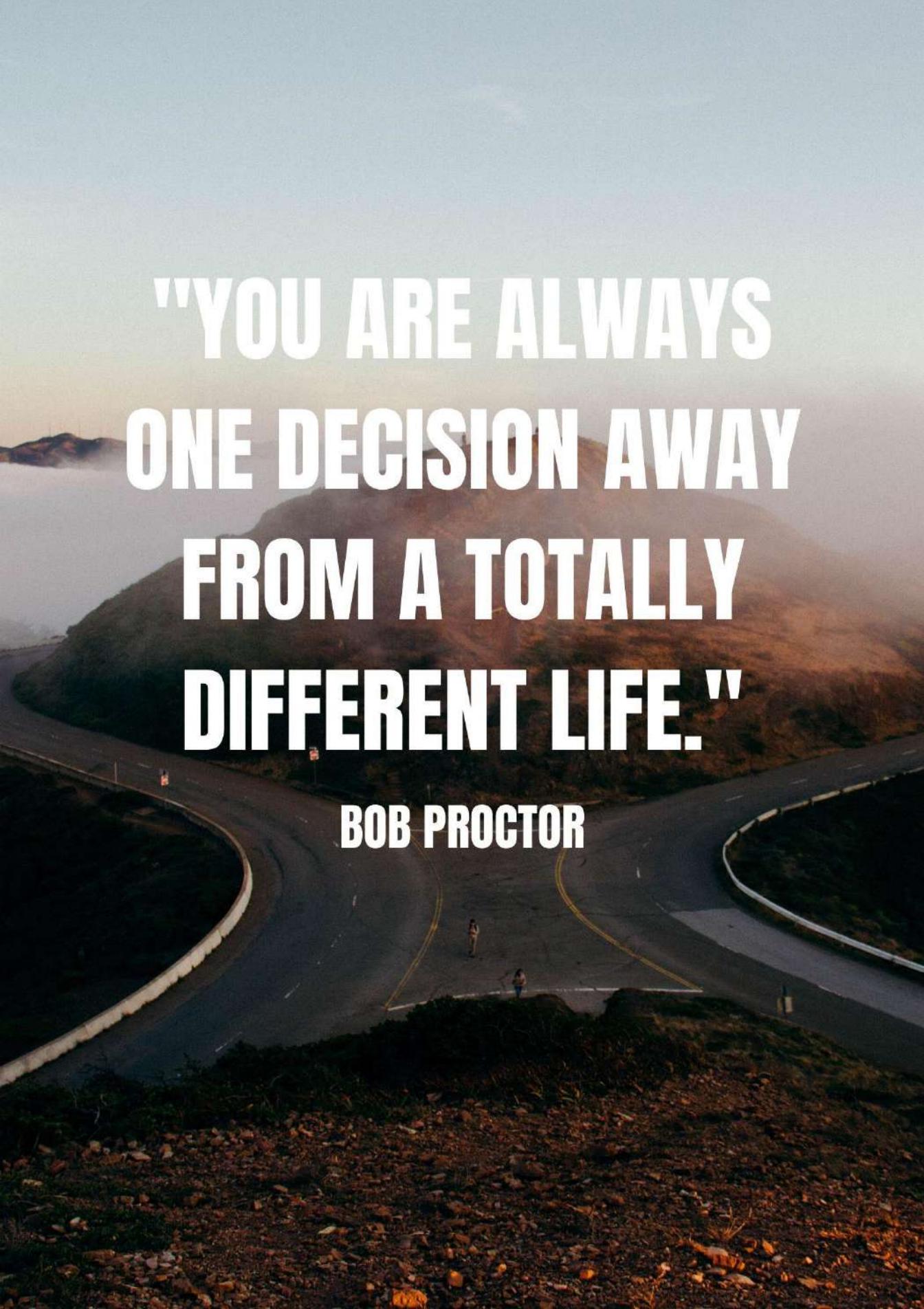
WANTED

TO BE.

**IF YOU WANT IT,
GO FOR IT.
TAKE A RISK.
DON'T ALWAYS
PLAY IT SAFE OR
YOU'LL DIE
WONDERING.**

A person is sitting on a wooden pier or dock, looking down with a somber expression. The background is a soft, golden sunset over a body of water. The text is overlaid in large, white, bold, sans-serif font.

**THE MOST COMMON
PHRASE PEOPLE WITH
REGRETS SAY,
"IF ONLY I..."**



**"YOU ARE ALWAYS
ONE DECISION AWAY
FROM A TOTALLY
DIFFERENT LIFE."**

BOB PROCTOR

90/10 RULE

**The 10% who make 90%
of the money do the things
that 90% of the other
people do not do.**



A man with short dark hair and a light beard is looking upwards and to the right. He is wearing a light blue denim shirt over a grey and white striped t-shirt, and khaki shorts. The background is a plain, dark grey color. Overlaid on the image is white, bold, sans-serif text that reads: "MEN IN SUITS LOOK REALLY SUCCESSFUL UNTIL... YOU FIND OUT THEY WORK FOR MEN IN SWEATS." The text is arranged in five lines, centered horizontally.

**MEN IN SUITS LOOK
REALLY SUCCESSFUL
UNTIL...
YOU FIND OUT THEY
WORK FOR MEN IN
SWEATS.**

**Don't fear
failure.**

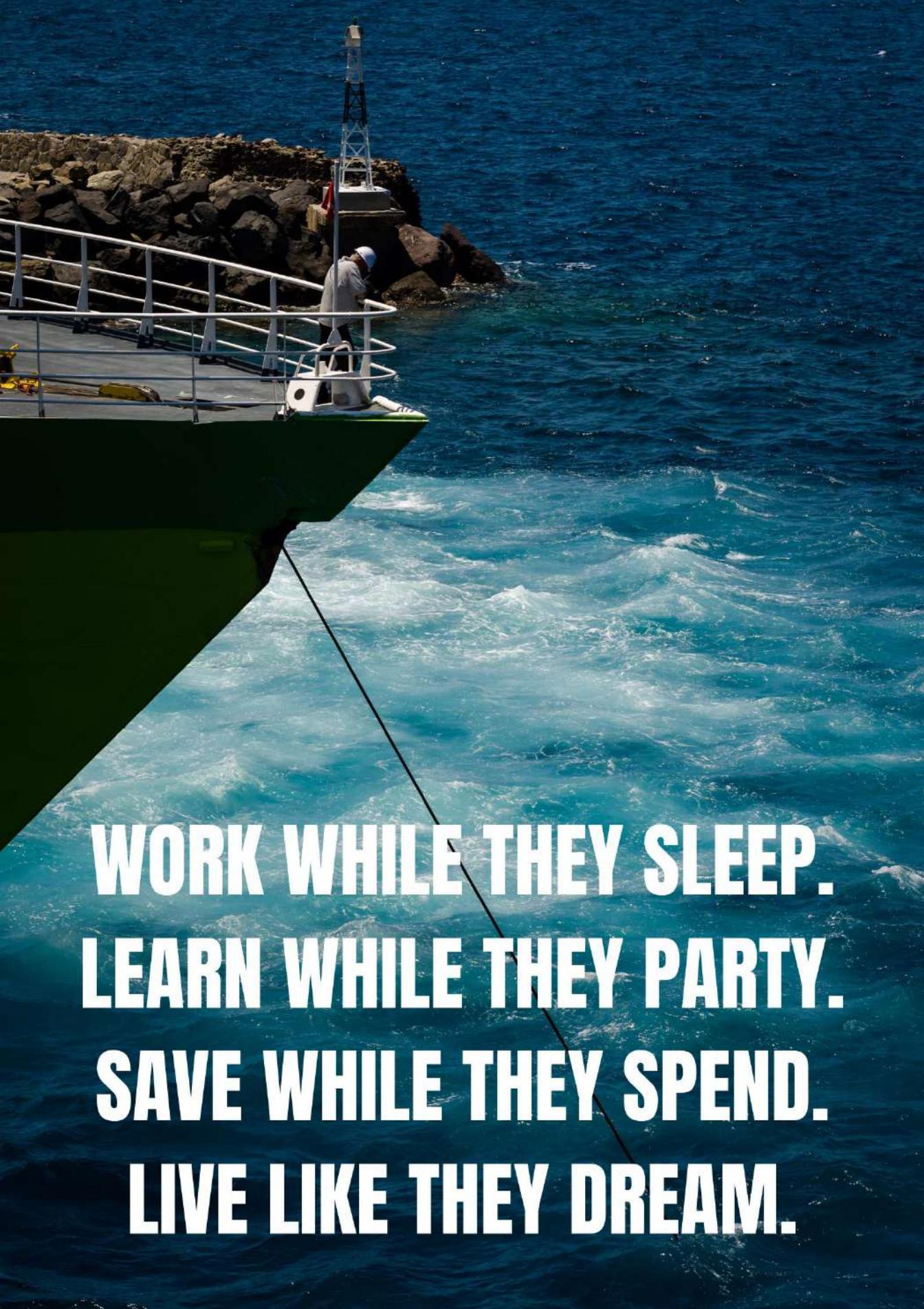
**Fear being in
the exact same
place next year as
you are today.**

**DO WHAT SCARES YOU
UNTIL IT DOESN'T**



A hand is shown in silhouette, holding a glowing, textured sphere. The background is a sunset or sunrise with a gradient from purple to orange. The text is overlaid on the image in a bold, white, sans-serif font.

**SOMETIMES THE BAD
THINGS THAT HAPPEN
IN OUR LIVES PUT US
DIRECTLY ON THE PATH
TO THE BEST THINGS
THAT WILL EVER
HAPPEN TO US.**



**WORK WHILE THEY SLEEP.
LEARN WHILE THEY PARTY.
SAVE WHILE THEY SPEND.
LIVE LIKE THEY DREAM.**



3 THINGS NEVER TO DO

- 1. BEG FOR ANYONE TO STAY IN YOUR LIFE**
- 2. BEG FOR ANYONE TO TALK TO YOU**
- 3. BEG FOR ANYONE'S ATTENTION**

**TODAY IS THE FIRST DAY OF THE REST OF
YOUR LIFE. SO DON'T DWELL ON PAST
MISTAKES THAT'LL GET YOU NOWHERE.
INSTEAD, FOCUS ON WHAT YOU CAN AND
WILL DO TODAY, TOMORROW, AND THE REST
OF YOUR LIFE, AND ALL THE GREAT THINGS
THAT WILL HAPPEN BECAUSE OF YOUR
ACTIONS.**



Start.

Start now.

Start where you are.

Start with all your insecurities.

Start with what you already know.

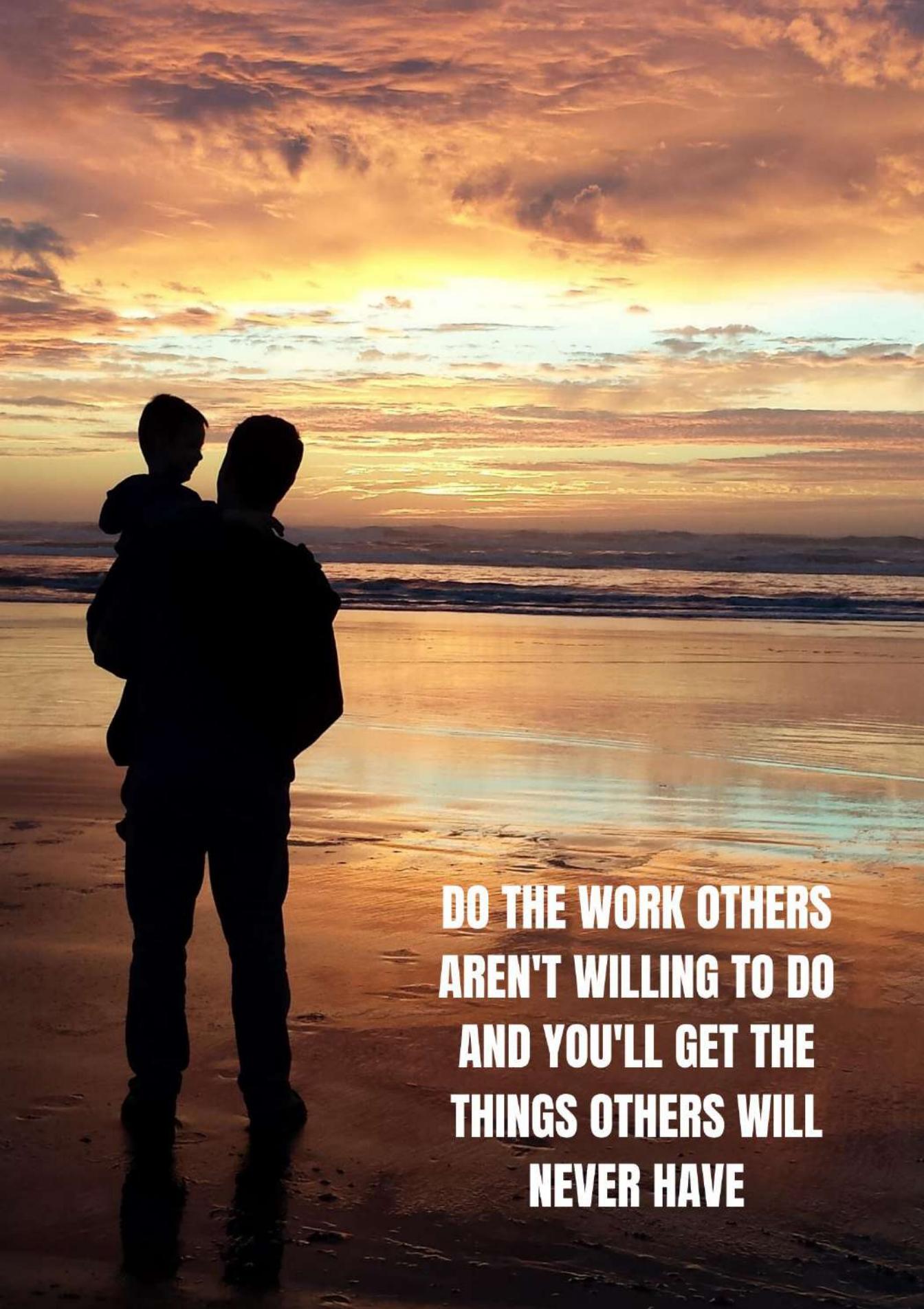
Start moving towards the goal.

Start and make mistakes.

Start small.

Start now.

Just start.



**DO THE WORK OTHERS
AREN'T WILLING TO DO
AND YOU'LL GET THE
THINGS OTHERS WILL
NEVER HAVE**

**"If you cannot do great things,
do small things in a great way."**

- Napoleon Hill

**I had to make you uncomfortable,
otherwise you never would have
moved.**

A close-up photograph of a person's hand reaching out of clear, rippling blue water. The hand is positioned in the lower-left foreground, with fingers slightly spread. The water is crystal clear, showing ripples and reflections of light. In the background, a range of dark, forested mountains stretches across the horizon under a clear, bright blue sky. The overall scene conveys a sense of freedom and connection with nature.

**DON'T LIVE THE SAME YEAR
75 TIMES AND CALL IT A LIFE**

**SOMEDAY IS
A DISEASE
THAT WILL
TAKE YOUR
DREAMS TO
THE GRAVE
WITH YOU**



**Growth is painful. Change
is painful. But nothing is
as painful as staying
stuck somewhere you
don't belong.**

CONCLUSION

Often times, we have so many great ideas in our mind, but we lack the necessary energy and motivation to implement all these visions. We simply cannot get started with doing what we need to do. It's a daily struggle, just like a vicious circle one simply cannot seem to escape.

For situations like this it is incredibly beneficial when you have quotes at hand that inspire you to make the most of your life. Many people underestimate the great motivational power that can be found within the lines of a few wisely chosen words, but just by reading a couple of them you will quickly gain new drive. These quotes will help you to get back up on your feet and to face the challenges of life with ambition and energy.

Remember, the law of attraction and law of action **MUST** work together. There are no exceptions!