

**Using Affirmations For Positive Change**

# **Using Affirmations For Positive Change**

**By Dennis Becker and Rachel Rofe**

# Using Affirmations For Positive Change

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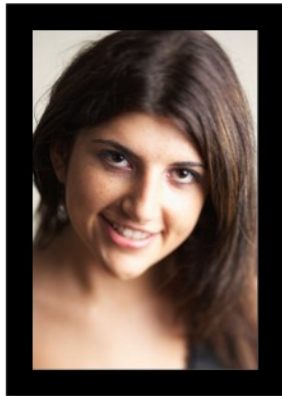
## About Us:



**Dennis Becker** began his Internet marketing career in 1998 by selling on eBay while still running a full time retail business. Beginning in 2002, he became interested in Internet marketing, and spent 3 years trying virtually everything with dismal results.

One day, frustrated and beat, but unwilling to quit, he devised a new strategy to simplify the entire process, starting with a mindset makeover. That strategy changed his life, and he wrote about it in the classic "5 Bucks a Day" book, available at Amazon, or through a link in the resources section.

He also opened an "Insiders Club" in 2007 to help more experienced Internet marketers achieve their first \$1000/day of profits by following proven, sometimes little-appreciated, business models to receive amazing results.



**Rachel Rofo** has been a full time Internet Marketer since June 2006, and has been on the Internet for over a decade.

Although she's dabbled in many fields, she's mostly known as a membership site expert, copywriter to the "Internet Stars", and offline business expert.

She dedicates her time to learning as much as possible, both in Internet Marketing and in life. She joined the staff of Earn1KaDay in 2010.

You can read more about her on her blog at <http://www.RachelRofo.com>.

# Using Affirmations For Positive Change

## Using Affirmations (The Right Way) for Positive Change

Affirmations are one of the most popular personal development tools, but they can also be one of the least effective, simply because most people aren't shown the correct way to use them.

One of the most common misconceptions about affirmations is that they act as "magical incantations" that will transform your life circumstances.

Want to earn more money? Recite an affirmation that you are a millionaire, and \*poof!\* you are wealthy.

Want to regain your youthful figure? Keep saying that you weigh \_\_\_\_\_ pounds and certainly your body will transform before your very eyes.

Unfortunately, you and countless others have learned the hard way that it's just not that easy.

Most of the "ready-made" affirmation examples you see in books and online use strong wording and make bold claims that differ dramatically from your current experience:

- *I am healthy, wealthy and happy.*
- *I have endless energy and vitality.*
- *Money flows easily to me.*
- *I am fit, strong and confident.*
- *I am in a committed, healthy relationship.*

The problem is that your subconscious mind will resist statements like these if they aren't true. They don't fit into your existing belief system, therefore you cannot internalize them – not as they currently are, anyway.

That's why simply saying that you are wealthy won't make you wealthy, and why saying you weigh \_\_\_\_\_ pounds won't shrink your body.

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So, does that mean affirmations don't work?

Not at all! They work beautifully – if you use them in the right way. I am going to walk you through an easy process for creating powerful affirmations that DO work, and work quickly.

First, let's explore the true purpose of affirmations.

## The True Purpose of an Affirmation

Believe it or not, the words in an affirmation have no power to change anything in your life. Like I said, affirmations are not magical incantations, and you may be surprised to learn that the purpose of an affirmation is NOT to change anything outside of yourself.

Yes, your ultimate goal is to create better circumstances in one or more areas of your life, but that's not the first thing that needs to happen.

Instead, the true purpose of an affirmation is to change the way you FEEL about a given topic.

When you feel differently about something, you will start to think and believe differently about it. And when you think, feel and believe differently, you will take different actions – and therefore you will change the results you receive.

Many people don't grasp the importance of this concept, so they create affirmations that focus more on their outer conditions rather than how they feel. As a result, they don't change their beliefs, their actions don't change, and their circumstances don't change either.

With this in mind, think back to those example affirmations I just shared.

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Do those make you feel differently about money, health or relationships?

More likely, you don't feel much of anything at all when you read them.

That's because they don't get to the heart of what you really want, which is to FEEL differently about that aspect of your life.

Take a moment right now and jot down a few key words about how you would like to feel regarding the main areas of your life:

- Health and well-being
- Spirituality
- Relationships
- Money
- Career
- Overall quality of life

Do you yearn for a greater sense of peace, happiness, security, freedom, fun, passion, ease, or meaning? If you could create anything you wanted in these areas, what would you create? What is important to you? Which negative habits and qualities would you like to release?

### Creating Effective Affirmations

Now that you have a better idea of your goals in the key areas of your life, it's time to explore just what makes an affirmation effective.

Read the following affirmation and consider how it makes you feel:

- *I achieve my goals easily and quickly.*

If you are like most people, you probably feel some resistance to that statement. Most of us do not achieve goals easily or quickly – more often it's a long, strenuous journey to success.

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Even if you didn't experience a feeling of resistance to the affirmation, you may have felt detached or impassive when you read it, like it just doesn't have any meaning for you.

Based on the concepts we've covered so far, would you say that this is an effective affirmation?

Perhaps if a person had experience in achieving goals quickly and easily, they might be open to an affirmation like that; but for the majority of "average" people the answer would be no.

How about this alternative wording:

- *I am capable of achieving my goals easily and quickly.*

That one feels a little better, doesn't it? You aren't saying that you always achieve your goals easily and quickly, but you are affirming you are at least capable of doing so. This affirmation may feel a little better, but it can still be improved.

- *I am eager to achieve my goals easily and quickly.*

That one feels better; a little more upbeat and inspiring, right? Maybe it even triggers a little glimmer of hope that it's possible to achieve your goals quickly and easily? How about this one:

- *I am ready to achieve my goals easily and quickly.*

Notice one important thing about these examples – all I am doing is inserting **emotionally-charged** words into the original affirmation! Capable, eager, ready . . . these words simply trigger your emotions so that the statement makes you feel better about your goals.

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Do you think that feeling better about your goals will bump up your level of motivation and determination?

Do you think that being eager and ready to move forward might inspire more focused action and persistent effort over time? Absolutely!

Remember, the true power of an affirmation is that it makes you feel differently, form better beliefs, and take more productive actions. Now you can see how this works in our examples.

Next we'll go over the exact steps you should take when writing your own powerful affirmations:

## **Step One: Identify the Goal**

First, you need to be very clear about what you want. Not the outer goal; but the inner goal of how you want to FEEL. Focus on the essence of the feeling you are aiming for. For example, you want to feel confident, strong, empowered, happy, uplifted, free, inspired, loved, proud, secure, and so on.

If you were creating an affirmation to help you lose weight, your goal would probably be to feel proud of your body, light, happy, confident, or craving-free. Ideally you will want to focus on just ONE essence per affirmation rather than trying to cram a bunch of different goals into one.

Let's say that your main goal is to overcome feelings of self-loathing and start loving your body. The essence you are going for is self-acceptance. You could call it different names but it really comes down to being able to accept your body rather than hating it.

## **Step Two: Lay the Foundation**

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Now create the basic affirmation, which is simply the new “truth” you wish to experience. Using the weight loss example above, your new affirmation might be:

- *I completely love and accept my body.*

But remember, if you don't feel so good about your body, that statement is going to trigger a strong feeling of resistance, disbelief, and maybe even anger. You just won't believe it's true because it ISN'T true (yet).

That's okay – we're just laying the foundation before we move on to the next step.

### Step Three: Soften Rough Edges

Right now your affirmation doesn't feel good to you – it just brings up some unpleasant thoughts and feelings and does nothing to shift your beliefs about your body. However, there are many ways we can “soften” it a bit and make it feel better. For example, adding the word “**choose**”.

- *I choose to love and accept my body.*

Adding that little word helped, didn't it? But some people still might struggle with the affirmation even in its altered form. How about adding “**okay**”:

- *It's okay to love and accept my body.*

Ah, that one is better! You aren't saying that you DO love and accept your body; just that it's okay to do so. Even though we're taking a roundabout route to the main goal, you can still feel a stronger sense of acceptance about your body, right?

If you were to recite this affirmation regularly for a few days, do you think you would start to feel more accepting of your body? Probably so!

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Another way to soften the rough edges is to add an element of **“will”**:

- *I am willing to love and accept my body.*

If that one still feels a bit too unbelievable, you could add **“learn”**:

- *I am willing to learn how to love and accept my body. (or)*
- *I am learning how to love and accept my body.*

Softening the edges just means choosing words that are a bit more relaxed so that you have an easier time believing in the concept. Most often this is a temporary measure because after saying the softer version for a few days to a few weeks, you will be able to step up to the stronger version.

For example, starting with, *“It’s okay to love and accept my body”* can easily lead to *“I choose to love and accept my body,”* and then straight to *“I completely love and accept my body.”* This is an effective way to gradually improve your beliefs and feelings on any subject.

### How to Tell if an Affirmation Will Work

You can probably guess what comes next. You can tell that an affirmation will work by the way it makes you feel when you say it. If it makes you feel good in any way (positive, uplifted, inspired, motivated, enthusiastic, optimistic) then it’s going to be effective.

If it makes you feel negative in any way, it’s not going to work like you intend until you tweak it further. In particular, be on the lookout for any of these feelings when you recite your affirmation:

#### **Doubt**

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If you feel a twinge of doubt or disbelief when you say an affirmation, it's not going to be effective because that's a sure sign that the affirmation conflicts with your existing belief structure. By nature your mind is programmed to resist anything that conflicts with your beliefs.

## **Discomfort**

You may also feel a sense of discomfort when saying an affirmation; and this usually happens when you feel as if you are "lying". Again, this is because your existing beliefs directly contradict the affirmation and you cannot accept it as true.

## **Anxiety**

If you feel anxious when you state an affirmation, there could be two things going on. First, you may feel more intense discomfort as described above; a sense that you are "lying" and you don't feel good about it.

Another possibility is that the goal itself makes you feel anxious. For example, saying an affirmation like, "I allow great abundance to come to me" might create a sense of anxiety if you have fears about having too much money.

If you don't believe you deserve to be financially successful, or if you worry that people would constantly bother you for money . . . these fears might make you resist the achievement of your goal, which would make you feel anxious when reciting the affirmation that you have plenty of money.

In that case, the only way to get rid of the anxiety is to work through the fear and release it.

## **Pessimism**

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Pessimism is also an indication that you don't believe the affirmation to be true – but it's even stronger than doubt and it may also indicate other issues that need to be cleared.

For example, you may have an existing belief that you'll never succeed at anything. Not surprisingly, reciting an affirmation that conflicts with this belief may make you feel annoyed or even downright angry, which can come through as pessimism.

In that case, you would need to improve your limiting belief before the affirmation would work for you. Interestingly, you could use another affirmation to start breaking down that inner resistance to success!

Then as you start to feel more optimistic about success, you would find that other affirmations are easier to internalize.

### Neutrality

It's also possible that you will feel nothing at all when reciting an affirmation. This is usually an indication that the affirmation is not targeted enough regarding what you really want.

For example, you may think that you need to build up your level of self-acceptance, when in fact you often feel self-conscious and would benefit more from an affirmation geared toward confidence and empowerment.

Or you may think you just want a better job, but deep inside you are really craving a stronger sense of security and stability.

These may seem like small differences, but remember that affirmations are meant to connect you with the specific "essence" of something you want, and if you don't use the right words you will end up missing the target and not getting the results you hoped for.

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The good news is that even when you can tell an affirmation isn't going to be effective, you can still keep tweaking it as much as you like until it does work. And you won't have to waste days or weeks trying to figure out whether it will work for you; you can tell within moments after saying it.

If it doesn't trigger some kind of positive feeling within you, you are not done tweaking yet. Couldn't be any simpler, right?

### How Often to Recite Affirmations

In order to be effective, affirmations really need to be recited MANY times each day. Most people say affirmations perhaps once or twice a day, and they don't realize that they aren't being nearly proactive enough to create substantial change.

Remember that an affirmation is supposed to shift how you think, feel and believe about a certain subject. If you put forth tiny, gradual efforts, you will receive tiny, gradual results. Big, powerful efforts yield big, powerful results!

I always recommend that people sleep, eat, and LIVE their affirmation. Say it hundreds of times a day. Make a song out of it and sing it while you're driving, cleaning, walking the dog, shopping, working, or doing anything else. Make it a constant fixture in your mental processes.

Say it a dozen or more times when you first wake up in the morning, a dozen or more times before you go to sleep at night, and MANY dozens of times throughout the entire day.

Don't worry – you won't have to do this forever; just until the new "truth" starts to sink into your mind and take root there. This could take anywhere from a few days to a few months, but most situations will show improvement within a couple of weeks at most. Only long-standing, chronic habits may take longer to clear up.

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If you find that you have trouble remembering to recite your affirmation all day, you can stick little notes all around your house, vehicle and work space to remind you.

You can also choose a piece of jewelry or another item that you can carry with you, and designate it as your "affirmation reminder". Every time you look at or touch the item, it's your cue to state the affirmation a few times.

Another good reminder is to choose a common word like "the" or "and" – and every time you hear or see that word throughout the day, take it as a cue to recite your affirmation.

Within a few days of nearly constant repetition you should have a much easier time remembering, but in the meantime these little "cues" can help a lot.

### The Best Way to Recite Affirmations

Did you know that there are ways of saying affirmations that make them immensely more powerful? Most people say affirmations flatly, like they are reading a newspaper article. Not surprisingly, they don't get great results from affirmations!

Instead, try injecting a bit of these into your affirmations:

#### **Passion**

Feelings of passion are incredibly uplifting and motivating, and they can give a strong boost to your affirmations and help them sink into your mind much faster.

Notice the difference between these affirmations:

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- "I truly love and accept my body."
- **"I TRULY love and accept my body!"**

Can you feel a difference in the emotional impact those two statements have?

Needless to say, injecting a strong dose of passion into your affirmations can double, triple, even quadruple their effectiveness – and dramatically increase the results you get from them.

### Power

The same thing goes for power. The more empowered you feel when reciting your affirmations, the more effective they are going to be. Notice the difference between the following two affirmations:

- "I am open to the flow of abundance now."
- **"I AM open to the flow of ABUNDANCE NOW."**

This makes the affirmation more like a command than just a positive statement of fact, and it's a great way to get over any feelings of uncertainty or doubt you may have. Just say your affirmation with strength and power in your voice (or even mentally) and you will quickly notice a sense of inner strength and determination rising up within you.

### Conviction

Conviction is similar to power but it's more about believing that your affirmation is true, and underscoring the fact that you believe it.

- "I am successful at everything I do."

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- **"I AM successful at everything I do."**

Period. Done. End of story! Can you sense the finality being expressed here?

When you say affirmations with a strong sense of conviction, you are asserting that they are the truth, period. This is powerful because you are using your conscious mind to impress a new "truth" into your subconscious mind. Repetition is necessary before it will stick, but it will eventually stick.

### **Faking It Is Okay!**

I should note that it's okay to fake your feelings of passion, power and conviction at first. In fact, you may have to do that if you don't feel very confident when you first start using affirmations.

By "faking it" I mean that even though there may be a little voice in the back of your mind saying, "Oh please, you know that's not true" you simply ignore it and act as if your affirmation were true anyway. You know it isn't true but you are choosing to act as if it IS true.

Believe me, you won't be acting for long if you keep up with these techniques – they really work in helping to shift your mindset so you feel much more empowered and optimistic about changing any unsatisfactory circumstances in your life.

### **How Long Will Affirmations Take to Work?**

Believe it or not, if you use the techniques in this guide, it shouldn't take long for you to start seeing positive changes – maybe a month at most, but more likely within a couple of weeks.

First, before you see any outer changes you will notice inner changes taking place. You will feel better and notice that you don't have such a hard time

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believing your affirmations are true. This is a sign that you are starting to change your beliefs!

Shortly afterward is when physical changes will take place, especially as you feel more confident about stepping out of your comfort zone and taking action. There are possible delays that can happen, and we will cover those in the "Challenges in Using Affirmations" section coming up.

### Other Ways to Use Affirmations

Besides verbally reciting affirmations hundreds of times a day, you can also have a bit of fun with them and boost their effectiveness even more.

Here are a few ideas:

#### **Write Them Down**

Writing your affirmations is incredibly powerful because you have to spend more time focused on them than you would just by speaking them aloud or mentally reciting them.

For example, "I am ready to meet the love of my life." Imagine writing this statement over and over again, 40 or 50 times in one sitting. How strongly do you think that affirmation would sink into your mind? Pretty strongly!

#### **Meditate and Visualize Them**

Rather than just speaking and writing affirmations, you can spend more time on them by devoting 10 or 15 minutes to seeing them in your mind – that means seeing the words as well as seeing the "pictures" of how your life will change when the affirmation becomes truth.

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## Paint or Draw Them

Speaking of pictures . . . painting or drawing your affirmations is a great way to add more power to them because you help the messages sink in more easily when you access the creative, non-logical side of your brain.

It doesn't matter if you're not a professional artist; your pictures don't have to be perfect. You can even use finger-paints or crayons if you want to! The important thing is to have fun creating them and pour a lot of passion and enthusiasm into the creative process.

## Carry Them with You

When you get done writing, drawing or painting your affirmations, carry them with you. Fold them up and stick them in your wallet or purse as a constant reminder of what you are striving toward. Whenever possible, take them out and look at them to reignite your motivation.

## Common Challenges in Using Affirmations

We've covered a lot of ground on the various techniques you can use to create powerful, effective affirmations, but there are also a few challenges you may encounter along the way.

### Challenge #1 – Trying to Accomplish Too Much, Too Fast

Affirmations are extremely helpful in dismantling limiting beliefs and forming more empowering beliefs, but if you try to take on too much at once you will likely end up feeling frustrated and getting nowhere.

This is where the gradual step-up technique we covered comes in handy. Rather than trying to leap straight from a belief that says, "I have no money" to a belief that says, "I am a millionaire" – start smaller.

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Remember that many of your existing beliefs are very old, very well-established thought patterns and it may take time to change them. Your odds of success are much greater if you baby-step your way to your goals rather than trying to take one giant leap from here to there.

### **Challenge #2 – Trying to Believe the Unbelievable**

Some affirmations won't work because they are just too unbelievable and you can't wrap your mind around them.

For example, if you currently earn \$20,000 per year, you wouldn't want to create an affirmation that says "I earn \$1,000,000 per year" because that's just too far outside the realm of your existing reality.

If you tried repeating an affirmation like that, all you would do is trigger limiting beliefs like these: "I could never find a job to pay me that much money. I don't have the education or experience. Only CEOs earn that kind of money."

Instead, try the step-up technique here too. Rather than aiming for a massive goal, try affirming that you can double your current income, or choose a goal that's just slightly larger than your existing reality, like earning an extra \$10,000 next year.

You can always keep stepping it up and up and up as you go along!

### **Challenge #3 – Inconsistent Effort**

I said it earlier and I'll say it again; you have to be consistent and proactive with affirmations to make them work! Forming new habits can be difficult, but do whatever you can to be consistent with your efforts.

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If you can, set aside some time at the same time each day to work on your affirmations. First thing in the morning, last thing before you go to sleep, during your lunch break – whenever you can fit it in the time, do it.

But be very consistent with it or you will be likely to lose interest because you aren't seeing any results.

### **Challenge #4 – Expecting Too Much, Too Soon**

It would be great if you could say an affirmation a few times and have everything around you transform as if by magic . . . but we both know that's not going to happen. Even if you aren't expecting miracles, it's important to be realistic about just how much you can expect from an affirmation.

Remember that the affirmation itself can only improve your beliefs and make you feel motivated – it will not take the action steps for you.

If you are using affirmations correctly, you should notice that you first start feeling better about the subject, then your belief about it starts shifting to a better place, and then you'll start noticing more and more opportunities that can help you achieve your goal. This happens simply because you are becoming more receptive to the opportunities because you aren't in a closed, pessimistic state of mind any longer.

When opportunities arise, you will know how much the affirmation has improved your state of mind by how willing you are to take action on them. If you find yourself hanging back, feeling hesitant or anxious, then you still need to keep using the affirmation because you don't yet have a rock-solid belief in it.

Simply keep working at it until you feel that old anxiety fade away, and when the next opportunity comes along, jump at it!

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## Sample Affirmations

Below are some sample affirmations you can use as they are or as a foundation for creating your own personalized affirmations:

### Affirmations for Love

- I allow myself to be loved.
- I am ready to meet my soulmate.
- I am willing to open my heart and trust.
- I believe that my true love is out there.
- I am attractive and lovable.
- I deserve a loving, committed relationship.
- My true love will arrive with perfect timing.

### Affirmations for Money

- I welcome great abundance into my life.
- I allow money to flow easily to me.
- I am ready for an easier lifestyle.
- I trust that I can easily create more income.
- My income keeps growing daily.
- I deserve to have an abundant life.
- I deserve everything good I desire.

### Affirmations for Good Health

### Affirmations for Weight Loss

- I am getting slimmer day by day.
- I easily make wise food choices.
- I intuitively know what's best for my body.
- My body processes all foods efficiently.
- My metabolism is improving daily.
- I feel light and attractive.
- I am ready to release excess weight now.

### Affirmations for Stress Relief

- I easily release tension and anxiety.
- All is well in my world right now.
- It's okay to let go of things I can't control.
- I give myself permission to relax.
- I choose to feel peaceful and centered.
- Frustration and anger fade away easily.
- I choose to be happy and carefree.

### Affirmations for Success

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- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• I am willing to return to perfect health.</li><li>• My body knows how to heal itself.</li><li>• Each day I get stronger and healthier.</li><li>• I love feeling strong and vibrant!</li><li>• I allow my body to heal now.</li><li>• I am filled with energy and vitality.</li><li>• My body is humming with well-being.</li></ul> | <ul style="list-style-type: none"><li>• Endless opportunities are available to me.</li><li>• I can achieve any level of success I desire.</li><li>• I believe in my ability to achieve any goal.</li><li>• I easily form productive new habits.</li><li>• I am fully committed to reaching my goals.</li><li>• My skills and talents continue to evolve.</li><li>• My confidence and self-belief grow daily.</li></ul> |
|--|--|

## Using Affirmations For Positive Change

### Conclusion: Use Affirmations with Care

I often refer to affirmations as “power tools” because they can transform your life like few other development techniques can. But like all power tools, they must be used correctly to get the intended result. Use them incorrectly and you could end up with results you didn’t intend or want – or worse, results that displease you more than your original circumstances did.

One of the greatest things about affirmations is that they can easily be altered and personalized to fit your own goals. If the examples I used in this guide don’t resonate with you, keep tweaking them until they do.

Remember that the true power of an affirmation lies in how it makes you feel. If you can feel yourself leaning in a positive direction when you say an affirmation, even if it’s a subtle shift, you are on the right track!

Even better, your mastery of using affirmations effectively will continue to grow the more you work with them. You’ll be able to “feel” when an affirmation is right for you, and being sure your affirmations are tightly focused like this will allow you to exert less effort but still achieve great results.

In fact, your affirmations will continue to grow and evolve with you. The more work you do on your personal and professional growth, and the more control you gain over your self-talk, the less you will need to do the “stepping-up” technique we described at the beginning of this guide. You simply won’t feel the need to “soften” your affirmations to make them more believable. Instead, you will easily remain open to big goals and believe they are possible for you.

As your initial affirmations start to come true, be sure to keep expanding them to be bigger and better! Don’t settle for just “good” results – keep going after GREAT results in every area of your life. Make long lists of

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everything you wish to accomplish, and then steadily and surely change the way you think about those areas of your life.

As you change your thoughts, beliefs, feelings, and actions for the better – the circumstances of your life must also change for the better. Once you understand the reliability of this approach, you should find yourself feeling very motivated and inspired because that means virtually ANYTHING is possible for you.

Every goal is achieved the same way; step by step.

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### Want More? Here Are Some Resources:

[Earn1KaDay](#) – the Internet marketer's Insiders Club where we share tips, tactics, success strategies, and disseminate cutting edge information about 12 different business models.

[5 Bucks a Day](#) – This is how Earn1KADay was born. Learn the techniques that, inspired by a 5-dollar bill, took my Internet marketing income from \$30 a day to \$700 a day in less than a year.

[Action Enforcer](#) – This desktop application that will bring you more focus and let you get more done in less time than you ever imagined.

[E1KAD.com](#) – A comprehensive list of all of our products.

### Article Marketing

[7 Minute Article Secrets](#) – How to write any article in 7 minutes or less.

[Article Marketing 365](#) – Learn techniques that will bring you yearlong article traffic.

[Article Profit Formula](#) – Learn the formula that John Taylor uses to make each article he uses worth \$28 (or more).

### Copywriting

[Copy Cheats](#) – This takes “best of the best” copywriting lessons and puts them all in one page. Your copywriting skills will absolutely get a lot better after going through this report.

[Ultimate Copywriting Handbook](#) - How to write irresistible, persuasive and engaging sales copy so that you can make more sales for your products and services.

### Freelance Work

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[Freelance Profit Method](#) – Discover 23 different ways you can earn money as a freelance writer.

## List Building

[List Building Renegade](#) - How to generate massive email lists of targeted, hungry buyers.

## Offline Marketing

[Easy Autoresponder Cash](#) – Learn how to set up easy autoresponder sequences for offline customers. Rachel knows one guy who has over 1,000 businesses paying him \$250 a month for this type of service.

[Get Them Online](#) – Learn how to find offline businesses that want to work with you, how to approach them, and the types of services to offer. There are phone scripts and contracts included in this report.

[Make \\$10K In A Weekend](#) – Learn how to give weekend seminars to offline businesses (which can be outsourced to others) and charge \$997 per attendee. We teach you how to get clients (can be outsourced for free), the exact scripts to use at the seminars (written verbatim for you), and a lot more.

## Outsourcing

[Craigslisr Outsourcing Secrets](#) - How to Expand Your Business Growth by Outsourcing Your Tedious Tasks to Freelancers From Craigslisr

## Product Creation

[Conversion Profits](#) – How to make the most profits from any customer that comes to your page. This includes converting your advertisements, sales letter, and any message the customer will see. You get resale and private label rights with this.

[Pricing For Big Profits](#) – Discover how to price your products to offer the most value and also bring in the most money. Most gurus would NOT tell you this stuff.

## Using Affirmations For Positive Change

[Thrifty Marketers Product Launch](#) – How to earn a lot of money, very quickly, without going through the laborious process of doing an entire product launch.

### Social Media

[Facebook Fan Page Cash](#) - Learn how to set up and leverage your own Facebook Fan Pages

### Becoming Successful

[Anatomy of a Success: Interview With James Schramko](#) – James is on target to do 8 figures this year – and he's breaking down all his secrets.

[IM Quick Start Strategy](#) - Jason Fladlien talks about the mistakes he made that he thinks cost him 150K in 2009. He'll help you avoid those mistakes.

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