

Gratitude & Success Journal

**EASY
3 - STEP
FORMULA**

**EASY
7 - STEP
FORMULA**

**Quick & Easy Daily Practices
for
Accelerated and Profound Results**

30 Day Accelerator Series

**Treasure Mapping Your Way to Success
for
Relationships, Career, Health, & Wealth.**

Guided Gratitude & Success Journal for Accelerated & Profound Results

30 Day Accelerator Series™

Cover Photo : Thank you to Zenya Isaychew. <http://zenya.ru/>

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About Barbara Pellegrino Leading Vision Board Expert Business and Life Coach



Are You ready to live YOUR dreams, right now?

To get unstuck, gain absolute clarity and move forward harmoniously?

Are you willing to move beyond those moments of quiet desperation, frustration and heartache, to test new ideas and use tools that can **fast track your dreams into reality!**

Are you willing to discover your purpose, and find passion in your life?

Yes? ...Then you are in the right place to

Create your Vision Board and start living your dream life today!

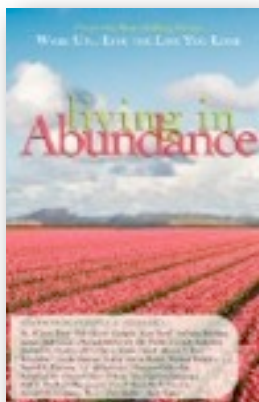
Barbara Pellegrino is a renowned Vision Board Success Trainer, Executive, Mentor, Business and Life Coach. PCC. CEC.

Barbara is a leading authority on Vision boards. A certified NLP (neuro linguistic programming) facilitator & trainer. Certified Core Energy, Transformational life and career coach and a master practitioner in Energy Leadership.™

Published author with Dr. Wayne Dyer, Anthony Robbins, and Dr. Michael Beckwith in "*Living in Abundance*" and with Dr. Towanna Freeman in

"*Purposeful Action - 7 Steps to Fulfillment.*"

(available at www.amazon.com)



Barbara will guide you in creating your dreams. Helping you to dissolve blocks and limiting beliefs and enjoy a life of abundance and joy!

Read more about Barbara:

<http://www.visionarylifecoach.org/Coaching/AboutBarbaraPellegrino.html>



“Learning to work with thoughts in quantum ways
- beyond simple positive thinking -
awakens for us a whole new life of
power and opportunity.”

John Kehoe.

excerpt from

*“Quantum Warrior -
the future of the mind. “*

www.learnmindpower.com

Having an Attitude of Gratitude and Practicing Guided Gratitude Can Lead To:

- An increased sense of Wellbeing
- Better Health
- Increased Happiness
- Sense of Peacefulness and Joy
- Help you to “*stop and smell the roses*”
- Improve Relationships
- Increase Prosperity and Abundance
- Help Life Flow More Easily
- Attract the Miraculous

Dedication:

To YOU, my wonderful clients and students, some who have worked with the original *30 Day Goal Accelerator*, and then the *30 Day Money Accelerator*, and constantly achieved amazing results. This is the next in the series! Thank you for your patience and for demonstrating that these powerful practices work!

To my Mum, a living miracle, and holocaust survivor, who is always grateful and appreciative. Who started me on this path and continues to unconditionally support my mission and vision, and who recently said to me... *"Life is too serious to be taken seriously"*

To my Husband who is the reason I have spread the teaching through out the world - if it can happen for me in - It can absolutely happen for you!

To John Kehoe, thank you for creating and teaching your Mind Power course, for over 30 years. Your course is the starting point for my passion and where my personal development journey began. Thank you for your brilliance and continued support.

...and now, follow the format, use this book to journal and complete the daily practices so that you will develop an even deeper level of gratitude and appreciation. You will be amazed at the results you will achieve.

Please email me with questions or comments: barbara@visionboards.net
I love hearing about your achievements and celebrating with YOU!

Thank you for beginning these practices and creating a new and positive habit.
Congratulations on your continued accomplishments and increasing success!

Enjoy! Love,
Barbara

Always... Celebrating YOUR Success!

Helping Busy Entrepreneurs Quickly Achieve their Dreams...

www.visionarylifecoach.org

<http://www.visionboardsupport.com>

Barbara Pellegrino

Vision Board Success Trainer, Transformational Life Coach, PCC, CPC, CEC

Master Practitioner Energy Leadership™

DSWA Coach Excellence Faculty, NLP Facilitator,

Accelerated Learning Trainer, Speaker, Author.

What Others Are Saying...

"I like this journalling process you have created for us. Easy and straight-forward! No need for analysis. Just a simple list I can accomplish. It can easily be done in 20 minutes or less, I get a real lift when I do it! "

*- Jessica Manley
<http://enchantedrant.wordpress.com>*

"I love this gratitude journaling approach as it truly engages you in a process to dig deep and find joy & meaning in your life!"

*- Deborah Jackson
National Sales Director, Canada*

"Barbara, Audrey and I started the Prosperity Journal and within the 1st two days, we both had offers for our new homes - we closed escrow and are now are two new homeowners! Thank you!!!"

*- Dr. Cynthia. D.C.,
Honolulu, Hawaii*

"I love working with your the 30 Day Money Accelerator. I have done it twice now and even though I only fit it in Monday's, Wednesday's and Friday's, I am still seeing fabulous results. In 2010 my business was up \$13,000 and in 2011 another \$7,000 on top of that and another \$8,000 in 2012!."

*- Carmelle, Holistic Beauty
<http://www.beautysanctuarydayspa.com.au/>*

"Your 30 Day Money Accelerator is terrific! It provides such great structure with variety to keep me so interested and excited"

*- Jeff Tho, 2008 Australian National Champion,
Men's Singles Badminton Australia*

*"Barbara is an awesome coach and spiritual leader who has guided me during some very challenging times in my life. She is great teacher and is passionate about helping others achieve their true potential." Service Category: Business Consultant
Year first hired: 2010 Top Qualities: Great Results, High Integrity, Creative."*

*- Patrick Correya
Vice President Business Development at Udaya Group
Melbourne Area, Australia Financial Services*

"The fulfillment of a dream takes clarity and direction. Barbara has helped me fine tune my goals, thus enabling me to achieve fabulous results! Barbara You are my magic wand."

*- Michele Henry,
Proprietor www.teaat1024.net, Honolulu. HI*

Some questions for you to consider before we begin this wonderful journey together...

1. What inspired you to purchase this journal?
2. What would you like to achieve by doing the practices as outlined in this book?
3. What will encourage you to actually complete the full 30 days of this Guided Gratitude Journal?
4. An agreement I make with myself to complete this journal.

I agree to complete this journal

Signed _____ Date _____

Visit www.visionboards.net today and register for your
Essential Tips and *Bonus gifts!*

Visit www.visionarylifecoach.org for coaching support.

Visit www.30dayaccelerator.com for the Money Mindset pack.

Introduction:

Welcome to Your Guided Gratitude & Success Journal for Accelerated & Profound Results

Why I created this journal:

- 1: **People get GREAT results** when they actually do this work regularly, (hopefully daily or 3 times per week) and as many have demonstrated with the previous two 30 Day Accelerators: 1. Goals and 2. Money Mindset.

- 2: I have found that although people do a gratitude practice by having an “*attitude of gratitude*”, many don’t necessarily manifest any better than before. I have discovered the missing pieces and have included them; i) the written focus and ii) acknowledgment. This will be explained more as you journey through this Journal.

3. Journaling is a powerful manifesting process, in addition to you enjoying your VisionBoard - and visualizing what you want. It is easy and it adds another dimension to your manifesting practices. Yes, the art of manifesting, is a practice and a discipline. It is not something that happens by luck or by chance. You manifest your life according to your energy, your vibrational tone.

We live in a reality that when broken down to the smallest particles... molecules and atoms, we find that nothing is actually solid. It is all energy, vibrating at different frequencies.

There are many books written about Quantum Physics and the structure of our reality, some of which I have mentioned in the *reading list* at the back of this journal. For the purpose of this Guided Gratitude and Success Journal, we will not delve into that area any deeper than necessary. We will just work with this principle, that everything is energy, and reality unfolds according to each persons “personal vibration” and “personal resonance.”

This Guided Gratitude and Success journal is for you to intentionally raise your vibrational energy and resonance. Who do you know that has charisma? What do you feel from them? You probably sense their energy and feel uplifted in their presence.

Practice and follow the daily practices in order to create new habits in your thinking and your actions. Notice how your feeling tones and your personal resonance begin to improve. A light will start to shine from within, which is a

quality of charisma and you will feel more powerful energy from within and attract a profound, successful and amazing life.

Deepak Chopra has described 7 spiritual laws to success in his renowned book

“The Seven Spiritual Laws of Success.”

<http://www.youtube.com/watch?v=FiFYixP9yNc>

<http://www.youtube.com/watch?v=jLjVOvZufNM>

In this journal we are mainly focusing on the Law of Karma,

Spiritual Law 3. The Law of Cause and Effect

*“Every action generates a force of energy
that returns to us in like kind . . . what we sow is what we reap.”*

Format:

Write daily in this journal. We begin with a few practices and then add a few more as you ease into the new habit of journaling. You will be building up to 7 varied practices each day (which will incorporate some of the other universal laws and principles) and each week we will have a different focus.

The themes in this journal are:

Health, Wealth, Relationships, Skills and Talents, Future Gratitudes, Past Gratitudes, Miracles Log and Changes.

The primary focus and theme through out this journal is
Gratitude, Appreciation and Acknowledgement.

Thank you for coming along on this journey and
enjoy *“doing... the doing”*

“By acknowledging what you are grateful for in your journal, you'll become a deliberate attractor of positive vibrations. Appreciation, gratitude and love are the highest forms of vibration”- Michael Losier on Oprah.

Read more: <http://www.oprah.com/spirit/The-Power-of-Gratitude#ixzz2XBPgFEKU>

*“Sometimes your greatest asset is simply your
ability to stay with it longer than anyone else.”*
— Brian Tracy:

How & Why it Works!

*“What you think about and thank about, you bring about.”
Dr. John Demartini.*

Having an attitude of gratitude is a powerful way to utilize the law of attraction, and bring to you more of what you can be grateful for.

Gratitude helps with the *“I have vibration.”* Be grateful for what you already have. and imagine how grateful and thankful you will be when your dreams do come true (in miraculous ways).

“For those who have, more will be given... for those who have not even what they have will be taken away” - Bible xxx

Wallace Wattles, in his book, *“The Science of Getting Rich”* says that the Universe is made up of cause and effect, action and reaction, simply put, what ever action you take there is an equal and opposite reaction. So if you give out thankfulness, the universe has to respond with an equal and opposite force of giving you more of what you are thankful for.

Whatever you have now, was once a thought or maybe a dream that has come true.

*“Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things you only hoped for.” Epicurus
Greek philosopher (341 BC - 270 BC)*

Develop the “attitude of gratitude” for powerful manifestation.

Your reticular activating system will help you see more and more things to be grateful for.

Your reticular activating system is the part of your brain that helps you pay attention to what is important in life and to ignore or block out what is not important. Even in a noisy party environment people will be able to hear their own name across the room. A mother can hear her own child's cry even when there are other sounds drowning out the noise. When people purchase a new car, all of a sudden they see the same car everywhere!

And when something is not important to you, or you haven't focused on it, it could be standing right next to you and you would most likely miss it.

This is why developing a daily habit of focused gratitude helps and supports your neurology. As you focus and repeat the daily practices, your reticular activating system will begin to be (re)programmed to alert you when something similar or like is nearby, so that you may pay attention to it. Like attracts like! And your brain will start to search out potential matches for what you focus on.

You can also work with your Vision Board whilst using this journal to help you condition and focus your conscious mind, and reprogram your subconscious mind.

If you don't yet have a Vision board please create one using my 7 easy steps guide. If you would like vision board guidance or coaching please email me.: barbara@visionboards.net

Now that you purchased this program, don't let it sit on the shelf collecting dust!

Your own mind is the part that may need the most convincing as it doesn't like change and it doesn't like discipline. The conscious mind is very restless and turbulent and doesn't like to remain focused for very long. As great athletes know, training is what is required to develop muscle - and discipline is needed to actually do the training. Please be aware of this natural tendency and make it a priority to **carve out time in your day** to do these practices.

Give yourself time to enjoy (and do) these practices. **Beware of any tendency towards procrastination** – when you think you are too busy. It's just a trick of the conscious mind, to keep you “safe” and maintain the “*Status Quo*.” It is best if you can do these pages consistently for 30 days.

NO EXCUSES!

NO EXCUSES *half sheets for on the run...* **If you** are really pressed for time, then use the No Excuses half sheet pages on your busiest days. **Consistency is far more powerful** than intense sporadic sessions. (No excuses pages, should take no longer than **5 minutes**)

If you could live the life of your dreams, would it be worth the effort of a few minutes every day to give thanks in advance?

***“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation”
-Brian Tracy***

Coaching for Success!

Do you remember the film, *Chariots of Fire*? The main character, Harold Abram was already an excellent athlete but he hired a coach to get those few extra steps to win him the Olympic gold medal. He knew that medal was his, “*I can see it there, waiting for me.*” even though already highly skilled and he believed he would win, he still took **action in reality** to improve and fine tune his skills and achieve his dream. **Coaching for sport is now absolutely normal, back then it was unusual. Life and executive coaching are now also the norm.**

Luck, Coincidences & Miracles?

As you diligently do the daily practices, circumstances, people or events may appear by coincidence, as if by *magic*. Notice them, appreciate them, acknowledge them! Don't let them pass! Your mind may try to trick you into thinking it is just luck, but it is your subconscious mind driving you to your imagined destination.

The psychiatrist Carl Jung coined the term “synchronicity” to describe these “meaningful coincidences”; where two or more *unrelated* events occur in a meaningful manner.

You may now start to find that you are more often in the right place at the right time.

Another term is “*serendipity*” - luck, or good fortune, in finding something good accidentally. (definition - *Webster's New World Dictionary*)

“When you work diligently in your inner world, the outer world becomes easy.”
Barbara Pellegrino

You cannot always plan how the universe will bring you your goals, many teachers say that is the universe's job. Your job is to **focus** on what you want, be grateful for what you have, prepare yourself and be ready and **willing to receive** more and better when it shows up.

Doing these practices daily helps your reticular activating system (the part of your brain that acts like a spam filter on your computer) to be open, focused and seek out the right circumstances, people and events to guide you to your goals and dreams in the shortest possible time.

Thank you so much for beginning this fabulous journey with me!

When you carve out the time to journal and write a gratitude list, the law of attraction "kicks in" and the universe will bring to you more and more good things in the form of ... wonderful experiences, amazing people and fabulous events.

As you continue to focus on Gratitude and Success more will automatically come to you.

As you know *"like attracts like"* and *"success breeds success"*

These are not cliché's, they are well known and universally accepted thoughts and concepts that have been taught by many masters through the ages.

It is a well known psychological principle that what you focus on expands into your awareness, your brain creates new neural networks and more of what you focus on then manifests into your life.

As you practice the journaling it will become a daily habit and you will find more synchronicity and miracles in daily life.

Congratulations and Welcome again...

and now let's begin!

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

- Melody Beattie

DAY: 1 Practices

Date : _____

1. List 5-7 people, things or events that you are grateful for today.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

2. Write next to each one, a few words or a sentence about **WHY you are grateful** for these people and things ...and notice how it feels? (use extra paper if you wish)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

3. What is the best thing that happened to you today (or yesterday)?

Have a great day!
Thank you for taking the time today, to invest in your better and brighter future!

DAY: 2 Discussion

Gratitude and Success go hand in hand!

And when you spend a few minutes every day in meditation and contemplation your energy and mindset changes. The problems start to melt away and you often feel clear, strong and passionate about life.

When you carve out the time to journal and write a gratitude list, the law of attraction "kicks in" and the universe will bring you more and more good things in the form of ... experiences, people, material things and circumstances.

As you continue to focus on Gratitude and Success more will automatically come to you.

You have probably heard *"success breeds success."* What does that mean, exactly?

As you know we live in a vibrational universe... and we experience our lives at the level of our predominant thoughts and feelings. We are like radio towers always putting out a frequency and we attract the things to us that are a vibrational match. Just like a radio station is tuned to a certain frequency, so are we. You can't get classical music on a rock station. Just the same as we can't attract positive uplifting experiences when we are feeling down, low in energy and "bummed out."

Therefore to lift our energy, to deliberately attract more success, it is important that we acknowledge our previous success.

Spend time listing and contemplating the success you have achieved in your life, even if on some days, it's only... "I got out of bed and made a cup of tea today."

Acknowledging your success, will help your subconscious mind lead you to more and more success.

*"To those who have, more will be given, to those who have not, even that which they have will be taken away." - Bible ******

The more you work with your gratitude and success vibration,
the more you will "have" and the more success you will experience. Celebrate today!



This or something better manifests for me now, for the highest good of all concerned.

Acknowledgment Technique - By John Kehoe

There is an old adage that says *'nothing succeeds like success,'* and this is an accurate saying, based upon fact. A success vibration acts like a magnet that attracts success and opportunities to you. When you 'think' successful and feel successful you will act accordingly, and therefore find it easy to achieve whatever goals you set for yourself.

So for those of you who are already successful, you have momentum on your side and the law of attraction already working for you. You are forever attracting to you conditions and circumstances according to your predominant thoughts, which in this case are success-oriented. Your success vibration is a great asset to you.

Those of you who are struggling and not yet successful, don't despair; you too can create the same success vibration using the mind power technique of "acknowledging."

The acknowledging technique begins with simply finding areas of your life where you are already successful, and then using these aspects to build a success vibration for yourself. Unfortunately most of us are quicker to see our own failures and shortcomings than we are to acknowledge our achievements and successes. To create a success vibration you must change this habit and become success-focused.

Examine your personal qualities and present situation and find things to feel successful about. Can't find anything? Look again. Are you a loving parent? Are you a good friend to someone? Do you have skills? Are you positive? Do people enjoy your company? Are you generous? Do you dress well? Are you a safe driver? You are not limited to the narrow definition of success as someone who is rich, famous and good-looking. These other aspects I mention are equally important in life. The key is to think and feel successful now in your life. This is what creates a success vibration.

You can also look to your past and acknowledge yourself for past achievements. "But that's the past," you might argue. It doesn't matter; you can use anything past or present to make yourself feel successful. Make yourself an acknowledging list—ten or fifteen things that cause you to feel successful. Spend five minutes every day reading it over and acknowledging yourself, feeling successful. What you focus on you attract, so start focusing on success.

An acknowledging list can be either general or specific. For example, let's say you're going to a job interview for a sales position. You might make a specific acknowledging list that highlights the positive qualities you have which will help you succeed in such a position, such as: I'm a good communicator, I have great people skills, I'm organized, and so on. By focusing on this list you are building a success vibration. The same principle works whether you're closing a million dollar deal or getting an entry-level job or finding that perfect partner. Create a success vibration and you will attract success. What are you waiting for? Get started today.

John Kehoe is the author of the #1 bestseller *Mind Power into the 21st Century*. For more information log on to <http://www.learnmindpower.com>

and now lets continue...

DAY: 2 Practices

Date : _____

1. List 5-7 SUCCESES, from any where or anytime in your life.

1.

2.

3.

4.

5.

6.

7.

2. Write a few words or a sentence for each one and describe how you celebrated these successes?

1.

2.

3.

4.

5.

6.

7.

3. Affirmation for the day: **Life is good ...enjoy it!**

How many times can you say this affirmation?

Have a great day!
Thank you for taking the time today, to invest in your better and brighter future!

DAY: 3 Discussion

"Feelings are thoughts moving through the body" - Louise Hay

How are you feeling today?

Although this journaling process is designed to give you a lift, many people may feel a sense of exhilaration, and a few may feel a little despondent after recalling their successes and how they may have (or not) celebrated.

WHY?

As you sit down, and take the time to contemplate and write, it is often easier to list the things you are grateful for. Having a feeling of gratitude can spread throughout the body and give you a warm feeling inside, a sense of peace, an overall calmness, a great sense of excitement or a feeling of oneness with "all that is".

We naturally feel happy when we are grateful.

On the other side, we are generally not conditioned to "brag" or talk about what we did well. We are told to be humble and any "self acknowledgement or validation" is often received with judgement, ridicule or nasty comments, such as;

"You are too big for your boots!"

"So you think you are better than everyone else?"

"You should be humble, there are people who are worse off. "

"You will make people jealous..."

Sound familiar?

It feels awful doesn't it ?

It is quite rare to feel supported these days, when we share any type of "self acknowledgement."

AND THAT IS WRONG!

Because it messes up our self esteem, challenges our worthiness and really screws up the law of Attraction. Find yourself a buddy, someone who will celebrate YOU and all your achievements. Or become your own cheering squad!

"If I am not for me who will be?"- Hillel

There is another part to this ... And that is... sometimes, we remember a successful time in our lives and then we also remember what went wrong soon after. It is like an automatic trigger an unconscious but very real reaction. Life is often a roller coaster, there are ups and downs and as we journey forward and learn and evolve, we learn to enjoy the ride. And with the new skills you are learning in this Gratitude and Success Accelerator there doesn't have to be a roller coaster.

You can go from Success to Success and gratefully celebrate each step of your journey.

If you are experiencing an “autopilot trigger” I can share with you much, much more on this topic at another time and offer you expert coaching to help you move through these unconscious programs and unhook the instant painful feelings.

If you wish to explore this further please let me know and I can help
"set you up for success"
with some personal coaching around this topic.

In the meantime...

DO these journal pages, and choose to feel good. If old bad feelings rise up, allow them to pass through and then **think GOOD thoughts**. Say some positive affirmations, and focus on the good in your life, **at this present moment**.

Like Louise Hay said, in the aforementioned quote, feelings are just thoughts moving through our bodies... Think about and focus on what is good and the feelings of gratitude.... and allow those to flow through each and every cell.

As you know we live in a vibrational universe... and we experience our lives at the level of our predominant thoughts and feelings.

Today is again, a day of Gratitude and Appreciation, which will help you naturally feel lighter, buoyant and happy.

Practice makes PERMANENT!

John Demartini said -

***"What you think about and thank about
- you bring about!"***

and now lets continue...

DAY: 3 Practices

Date : _____

1. List 5-7 Gratuities! People, things or events that you appreciate (are grateful) for. They can be from any time in your life.

1.

2.

3.

4.

5.

6.

7.

2. Write next to each one, a few words or a sentence Why are you grateful for these?

1.

2.

3.

4.

5.

6.

7.

3. What am I celebrating today?

Have a great day!

Thank you for taking the time to invest in your better and brighter future!

DAY: 4 Discussion

How do you feel?

How do you feel right now? Different from when you started this Guided journaling practice? Notice the energy level you have now compared to before.... make a note of it and observe how life is or isn't different for you at this vibrational tone. These are simple and yet powerful exercises, don't underestimate them.

Repetition is the key to success!

Each time you do this work, it builds on the energy level of the previous day. If you can continue to do these exercises, each day or even if you can only manage to fit it in 3-4 times per week you cannot, "not see" changes in your energy levels. Your thinking will improve and that will impact your life in positive ways.

*"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."
- Melody Beattie*

Expanding your SUCCESS Vibration!

Today we begin a "Miracles log."

Today we move more into the SUCCESS Vibration. The last 3 days we alternated, Gratitude, Success, Gratitude. As you do these practices you automatically lift your vibrational tone to higher frequencies.

So today we are going Straight to the top by remembering and acknowledging the Miraculous!

Einstein said that there are two ways to live your life.

"One way is to believe that nothing is a miracle, the other way is to believe that everything as a miracle!"

Listing and journaling the wondrous and magical parts of your life.

Think back and remember a time that you received and incredible gift. A miracle occurred, something totally unexpected. Wayne Dyer calls these "satori" moments, when all is clear, you feel like you are almost in slow motion and life unfolds perfectly in that moment. You are in touch with pure spirit (and not the kind that comes in a bottle)

You have had these moments,

they are filled with wonder and awe. A time when you feel totally connected to "all that is."

A miracle can be considered as:

- * an unexpected gift
- * an act of kindness towards you
- * winning a prize
- * a coincidence bringing you good luck
- * a chance meeting that brought you a great friend, or business contact
- * meeting your life partner
- * the birth of a child
- * spontaneous recovery from an illness
- * viewing a sunrise, or sunset
- * climbing to the top of a mountain
- * achieving your dreams faster than anticipated

"We will only understand the miracle of life fully when we allow the unexpected to happen." - Paulo Coelho

Have a miraculous day!

and now lets continue...

This or something better manifests for me now, for the highest good of all concerned.

DAY: 4 Practices

Date : _____

1. List 3, 5 or more, Miracles. People, things or events that came to you unexpectedly and they helped or delighted you. They can be from any time in your life.

1.

2.

3.

4.

5.

6.

7.

2. For each write one, a few words or a sentence about what happened and how you felt in that moment, spend time contemplating by writing and remembering the details, allow it to resonate through every cell in your body.

1.

2.

3.

4.

5.

6.

7

3. Affirmation for the day: *“Miracle shall follow miracle, wonders will always be, Thank you for this perfect day!”* How many times can you say this affirmation?

Have a great day!

Thank you for taking the time to invest in your better and brighter future!

DAY: 5 Discussion

ASK for what you want

Your foundation is being laid, you are building energy and now it is time to ask for what you want and it will have a stronger resonance and "attraction vibration" than before.

Remember "*The Secret?*" It taught us that the basic 3 step formula for manifesting is: Ask, Believe and Receive.

And that may be true, but that is like giving a kid a car key and saying, here's the key, now drive! Maybe the child might need to **learn how** to drive before he or she can actually drive?

In principle "*ask, believe, receive*" works, **if you actually know what that means...** but in reality the if the person doesn't know HOW to drive, its not going to happen! Asking is easy, receiving is easy if you are ready, but what does believing mean?

Because you are working your way step by step, day by day, through this Guided Gratitude and Success Accelerator and using these easy and specific processes you are being trained in **HOW to work with energy and vibrational tone** which in turn helps your conscious and subconscious minds believe that what you want is possible, that you deserve it and are ready to receive it.

and now lets continue with...

DAY: 5 Practices

Date : _____

1. List a 1-5 or more, reasons you can be grateful for anything in your life.

1.

2.

3.

4.

2. List 1-5 successes that you enjoyed yesterday or anytime, whether they relate to your actual goal or not.

1.

2.

3.

4.

5.

Have a great day!

Thank you for taking the time to invest in your better and brighter future!

3. Ask. How can the Universe know what you want if you don't ASK?

Clearly state your **Intentions**. You will consciously create your day this way.

Ask for what you want, either for specific goals or in general, as a life overview. It is NOT what you ask for - it is **HOW YOU ASK** that is the power generator.

a) Write below what you want for today.

What I want today is ...

b) or you could use the Bob Proctor suggestion as seen in *"The Secret."*

Fill in the end of this sentence or preferably write it out in full, with what you want to happen as if it has already happened. It must be written in the present tense.

"I am so happy, excited and grateful now that

... Thank you Universe.

After your request has been written, (read it out loud if you wish) and **say thank you** and feel a sense of relief that it's on its way (you can sigh, or exhale audibly). Imagine its already real for you for a few moments. Let go and allow new thoughts, ideas and inspiration to guide you in how to achieve these goals. These thoughts and ideas may come at anytime so be ready to remember them or to write them down.

*"Why do I get my best ideas in the shower?"
- Albert Einstein*

DAY: 6 Discussion

Today we add in another step: **Visualization!** *“Breathing life into your dreams.”*

Visualizing: Purposeful Daydreaming.

The way you visualize your "end result" makes all the difference as to how fast it will manifest into your reality. Imagining and feeling life as if your goal was already achieved is the key to success. Enlisting all your senses to really experience the fruition of your goal by using your vivid imagination. This is where having a Vision Board is helpful as it is the visual representation of your completed goals and dreams. Something tangible that you can see because it's a picture of the future you desire.

Using your imagination, enjoy a purposeful daydream. Create a movie in your mind to see, feel, taste, smell and touch everything that would be happening for you if your dreams were real for you right now. And again do this with a sense of relief as if you are remembering it rather than creating it.

Make the experience as real as possible, the subconscious mind doesn't know the difference between a real and vividly imagined event, so make it as real as you can by imagining; colors, feelings, sounds, textures, smells and tastes.

Imagine it in the present moment, not as some future event. If it helps to write these down before you do your visualization, go ahead in the space provided on the daily sheets.

What would your life look like?

Imagine the scenes, the outings, the buildings, the places, the offices,...lear jets? What would you see, **what and who** would you be looking at daily? Scenery, family, friends, staff members, huge audiences, a computer screen? What clothes are you wearing in this movie, how do you look? How would you celebrate this goal? Notice the colors, the shapes, the items surrounding you. Your bank account(s). Your house? Cruise ship? Business trips or vacationing around the world? Creating the movie of your “end result” should be easy to imagine and visualize, as parts of it are already on your vision board.

How would you be feeling?

Excited, a sense of relief? Happy, excited, proud relaxed, harmonious, peaceful, joyous, ecstatic? What feelings are associated with the accomplishment of your goals? **Tactile feelings:** Imagine what you would be touching, where you would be standing or what you would be sitting on? An executive chair, car, sofa, airplane, warm thermal waters, surf board, snow skis, chair lifts? A warm breeze or sunshine gently caressing your face?

What would you hear?

Imagine the sounds. People congratulating or thanking you? A cascading waterfall? Waves crashing on the sand? Sweet whispers in you ears? Laughter?

DAY: 6 Discussion cont.

Visualizing: Purposeful Daydreaming.

What would you smell and taste?

Once you have your goals are you dining somewhere special? Imagine the smell of the food and drinks you are enjoying. Can you imagine the fragrances, perfumes, colognes of the people you are with? Are there fragrant flowers to smell? New car, new furniture, fresh paint? The fresh outdoors?

Make the movie as real and detailed as you can.
You will find this will become easier as you practice it often.

*"You can't depend on your eyes when your imagination
is out of focus."*

-Mark Twain

and now lets continue with...

DAY: 6 Practices

Date : _____

1. Gratitude: List a minimum of 1-5 reasons you can be grateful in any area of life

1.

2.

3.

4.

5.

a) Why? Choose one and write a few lines why. This is for focus and contemplation, which builds energy.

b) How does it make you feel? This is for resonance and magnifying the good feelings of gratitude.

DAY: 6 Practices cont.

Date : _____

2. Success: Success breeds success, the more you acknowledge what you have already achieved, the more you will achieve (accomplish).

List 1-5 successes that you enjoyed yesterday or anytime, whether they relate to your actual current goal or not.

1.

2.

3.

4.

5.

3. Visualize and Feel: What it would be like to have your dream. The end result, as if its real, now today and focus on one specific goal or life area. Looking at Your Vision board would be a great asset for this exercise. Spend 3-5 minutes doing an imagination exercise. See, feel, hear, taste, smell and touch everything that would be happening for you if you had what you wanted right here and right now! Make is as real as you can, a movie in your mind, or words on a page.

"Imagination is everything. It is the preview of life's coming attractions." - Albert Einstein

This or something better manifests for me now, for the highest good of all concerned.

DAY: 6 Practices contd.

Date : _____

4. Ask: For what you want in any area of your life.

a) **Write** below what you want for today.

What I want today is ...

b) **or you could** use the Bob Proctor suggestion as seen in "*The Secret*."

Fill in the end of this sentence or preferably write it out in full, with what you want to happen as if it has already happened. It must be written in the present tense.

"I am so happy, excited and grateful now that

... Thank you Universe.

After your request has been written, (read it out loud if you wish) and **say thank you** and feel a sense of relief that it's on its way (you can sigh, or exhale audibly). Imagine its already real for you for a few moments. Let go and allow new thoughts, ideas and inspiration to guide you in how to achieve these goals. These thoughts and ideas may come at anytime so be ready to remember them or to write them down.

DAY: 7 Discussion

it is time for adding in deliberate FUN!!!!

Today, we are adding another new and fun practice.

Athletes don't begin a training program with heavy weights and hours of sweat. They start light and build as they grow their muscles, they take each training, a step at a time and a day at a time.

Incrementally, increasing the weight and the intensity as their muscles grow. This way the body and the mind ease into the training. You get used to the program and it becomes part of your daily activities. It helps to create a good habit. How many people do you know who start something and jump in feet first *"go the whole hog"*, become overwhelmed, burn out and drop out.

That is not what we want here! We want to ease into it. Enjoy the process, have time in between to recuperate and regenerate. Allow the neural pathways to develop and grow and establish themselves.

Are you ready?

Lets GROW!!!

You are training your mind to focus on what you want. You are becoming an athlete of the mind and learning how to master energy. Remember, repetition is the secret to success and the only way to create new habits and build momentum. Masters have 1,000's and 1,000's of hours of practice.

"Change your life today. Don't gamble on the future, act now, without delay." - Simone de Beauvoir:

and now lets continue with...

DAY: 7 Practices

Date : _____

1. Gratitude: Like attracts like. List a minimum of 1-5 reasons you can be grateful for anything in your life.

1.

2.

3.

4.

5.

2. Success: Success breeds success, the more you acknowledge what you have already achieved, in any area of life the more you will achieve. List 1-5 successes that you enjoyed yesterday or anytime.

1.

2.

3.

4.

5.

DAY: 7 Practices cont.

Date : _____

3. Visualize and Feel: What it would be like to have your dream. The end result, as if its real, now today and focus on one specific goal or life area. Looking at Your Visionboard would be a great asset for this exercise. Spend 3-5 minutes doing an imagination exercise. See, feel, hear, taste, smell and touch everything that would be happening for you if you had what you wanted right here and right now! Make is as real as you can, a movie in your mind, or words on a page.

"When you visualise, you materialise"

- Dennis Waitley

4. Have FUN 3 times - today!! Plan for it and do it! What pleases you?

What 3 things FUN can you you today.

1.

2.

3.

As we age, unless we have young children we forget how to have fun, how to be spontaneous. We find it harder and harder to laugh. We get so serious, worrying about the economy, our health, our relationships, our career etc, etc.

**This "FUN x 3" exercise is an important one
to add into your life.**

DAY: 7 Practices cont.

Date : _____

5. **Ask:** For what you want in any area of your life.

a) **Write** below what you want for today.

What I want today is ...

b) **or you could** use the Bob Proctor suggestion as seen in "*The Secret*."
Fill in the end of this sentence or preferably write it out in full, with what you want to happen as if it has already happened. It must be written in the present tense.

"I am so happy, excited and grateful now that

... Thank you Universe.

After your request has been written, (read it out loud if you wish) and **say thank you** and feel a sense of relief that it's on its way (you can sigh, or exhale audibly). Imagine its already real for you for a few moments. Let go and allow new thoughts, ideas and inspiration to guide you in how to achieve these goals. These thoughts and ideas may come at anytime so be ready to remember them or to write them down.

End Of Week: 1.

Congratulations!

How do you feel? Awesome?

How do you feel right now? Different from when you started this either a few days ago? Notice the energy level you have now compared to before.... make a note of it and observe how life is different for you at this vibrational tone. These are simple and yet powerful exercises, don't underestimate them.

Repetition is the key to success!

Each time you do this work, it builds on the energy level of the previous day. If you can continue to do these exercises, each day for 7-14 days and then continue for 30, you cannot, "*not see*" changes in your energy levels. Your thinking will improve and your life will also.

*"Your habits become your values, Your values become your destiny."
—Mahatma Gandhi*

Optional extra practice to celebrate the end of Week 1.

What (do) I LOVE about my life today? Please write a list, minimum of 5 (up to 10 or more).

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

a) How does it make you feel? Write a few words, reflect or meditate on these.

*" Your life is a reflection of your rituals"
-Tony Robbins*

Notes:

Notes:

Barbara Pellegrino - Product & Resources Catalogue

Vision Boards - Coaching - **Transforming Lives - One Vision at a Time**

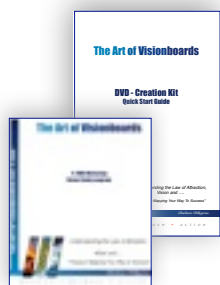
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