

# 10 Steps to Creating My Perfect Life

1. I make a list of what I may want to do with my future, what I want to have, what I want to be, and the kind of person I want to be.

\* I brainstorm, and let my imagination run free. I follow my heart and listen closely to my feelings. \*

2. I create a picture in my mind. I picture myself already working in the career I am meant for. \* I relax, I observe myself, as if I am watching myself in a movie.

*“You must find a place inside yourself where nothing is impossible.”*  
Dr. Deepak Chopra

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3. I See myself doing this work now. It is perfect for me!  
\* How do I feel? How am I dressed? Where am I living?
  
4. I think of it in the present, I think from it rather than of it  
\* It already exists. \*
  
5. I picture myself calm and relaxed, accomplishing much without strain or excessive effort.  
\* I am the observer of these scenes! \*
  
6. I am taking practical steps, accomplishing my goals. I am achieving them.
  
7. I am feeling so fulfilled!

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8. I'm receiving the rewards I have earned.

\* I am earning \$ \_\_\_\_\_ a year.

\* My home is  
\_\_\_\_\_

I CONGRATULATE myself NOW!

9. I create a vision board for myself.

\* I cut out pictures, and phrases from magazines or other places which describe and display my vision and attach them to my vision board.

\* I place my vision board where I see it every day.

10. I write out my vision in a sentence or two. I add it to my vision board.

I read and mentally rehearse my vision several times

**\* EVERY DAY\*.**

I record it on my phone. I do not share my vision widely.

I keep my vision to myself minimizing negative outer influence.

**\*I modify my vision as I need to \***

I go to [www.smoothtransitions4.com](http://www.smoothtransitions4.com) (ST4T) video channel:  
10 Steps to Creating My Perfect Life/ Goal Setting/ Time Management

***“Man is made by his belief. As he believes, so he is.”***

Johann Wolfgang von Goethe

**Dr. Wayne W Dyer**  
**Best-Selling Author, Highly Successful World-Renowned Motivational Speaker**  
**And Spiritual Teacher**

**Dyer's Dozen**  
**Twelve Steps to Connect with Intention**

1. **Want more for others than you want for yourself.**
2. **Think from the end.**  
**Begin to see yourself surrounded by people and the events, and things that you would like to have.**
3. **Be an appreciator of your life.**  
**Look for what is valuable rather than worthless.**
4. **Stay in rapport with Source Energy.**  
**Your job is to be in a state of harmony.**
5. **Resistance: Every thought you have that is other than that which you emanated from is resistance.**
6. **Contemplate yourself as surrounded by the conditions which you want to produce.**
7. **Understand the art of allowing.**  
**Allowing means taking the path of least resistance.**
8. **Practice radical humility.**
9. **Be in a constant state of gratitude.**  
**Be grateful for everything that shows up in your life.**
10. **You can never resolve a problem by condemning it.**
11. **Play the match game.**  
**Always ask yourself, "Am I matched up with the field of intention"?**
12. **Meditate!**  
**Make it a practice in your life. Meditation is essential because it is your way of staying connected to source.**