



# 9 EASY STEPS TO INCREASE FOCUS AND ACHIEVE YOUR GOALS

What Most Self-Help  
Experts Forgot to Tell You

**ANGELA LIN**

<http://HappyAbundantFreedom.com/GoalsFocusEBook>

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A Short Message from Angela Lin:

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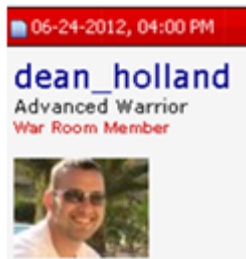
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## What Others Have Said About Angela Lin's Teachings and Trainings:



"Having worked with Angela, I can tell you this...this course is clear, concise and to the point: Do this, do that, get results. Well done Angela"

~ Dean Holland, Founder of Internet Profits Limited



"Started watching the bonus videos which I am finding absolutely GREAT!... They deal with things that so many of us have problems with...and Angela has done a really wonderful job of giving clear, precise instructions, links, ideas, strategies, etc... Angela is one smart young lady who I will add to my smallish list of exceptional marketers."

~ Miranda Rota, Owner of the marketing mother



Dylan A. Gallagher  
@dylangallagher

@socialmediahire is one bright person! If you want to talk with someone who has real experience (not just knowledge) make sure you connect

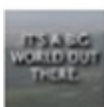
08:54 PM - 31 Jan 14



Den -Z 4 years ago  
you changed my life. seriously



4 Freedom 3 years ago  
WOW 3.7 !! Awesome work!!! I am totally following all your advice now! Im at University in Edmonton =D Thank you for your tips!!!!



naturegirl829 2 years ago  
You helped me a lot with this method. Thanks!

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## **INTRODUCTION**

Hi, my name is Angela Lin, creator of the Happy Abundant Freedom newsletter, blog, and podcast at <http://HappyAbundantFreedom.com> and the author of this eBook – designed to help you increase focus and achieve your goals faster.

First I want to congratulate you on downloading this eBook, and taking the first step towards transforming your life!

**I strongly suggest that you print this eBook out right now, and read it immediately.**

There are some very big ideas inside that'll explain to you why it seems like you try various strategies (taught by different experts) and still fail at improving your focus and reaching your goals. I'll share how you can use what you struggle with to actually help you achieve your goals faster.

You may be wondering how these strategies and action steps can help you to truly increase focus and achieve the goals you want in life faster – you're probably asking, "Can this actually help me?"

### **How These Strategies Turned Challenges in My Life into Success**

When I was growing up, maybe you can relate to what my life was like...

- **Shy Personality**
- **Poor Health** = Emergency Rooms + Hospital Stays - My chronic asthma resulted in me being sent to the emergency room a few times and hospital stays were often as I was constantly sick
- **Parents that Fought a Lot & Divorced** - My parents loved me but fought a lot with each other, which eventually resulted in a divorce (and with my parents still saying bad things about each other to me for a few years after the divorce).
- **Average Grades** - My grades were average in my class and at one point my dad thought that if I can just find a good guy to marry, it'd be fine as I wasn't doing that well in school.
- **Lower Income Family** – we went from comfortable living to living on second-hand furniture and often getting second-hand clothes from the thrift shop when we moved from Taiwan to Canada as the cost of living in Canada is at least 3 or 4 times higher than Taiwan. And our main income for our family while growing up in Canada is from my dad who was working in Taiwan.

## WHAT STARTED MY CHANGE?

My mom forced me to compete in Chinese speech competitions which got me to be more open for [overcoming my shyness and insecurities](#); and [confident in myself](#). It was not without its struggles though – I remember one time where I forgot my words...and had 100 people look up at me while I couldn't say anything into the microphone for 10 seconds...my mom was sitting in the front row, pointing up at me and slightly laughing, while talking to her friend about how I forgot my words).

When I was a teenager, my parents started to fight even more (they weren't divorced at this point yet). One of the main things that they fought about was money. So I wanted to see what I can do to [become rich](#) to help them stop fighting about money. I started to read books on reaching [financial abundance](#). In addition, I knew that successful people were often rich, so I also started to read self-help books to see how I can become successful.

The books taught me that I had to become positive, set goals, take action and various strategies used by the successful and rich people (that I had to learn through many years of reading). **Some of the strategies were quite different and opposite of what my parents and teachers have taught me** – but because these books were written by people who seem to be more successful and definitely richer than my parents, I decided to follow their strategies instead.

## MY GOALS

Based on my studying of how to become rich and successful, my goals as a teenager were:

1. Have better health – I didn't want to be constantly fighting allergies and asthma attacks
2. Have more happiness in my life – how can I make myself and others happier so that I can deal with the negative things in life
3. Own my own rental property when I become an adult and invest in stocks
4. Have my [own business](#).

These were quite vague but at least it was a start.

## MORE FAILURES...

I knew that the way to make it rich is to invest and become a business owner. So I attempted to do both in university. Instead of my longer term investments in stable companies that I had experience and knowledge of investing in (as a teenager with money that I saved from part-time jobs), I decided that day trading would make



money for me faster...and commodities provide greater rewards (along with greater risk) as well as to double my chances of rewards by taking the 2x leveraged ETF based on oil and gas commodities.

For the next 2 years...I proceeded to make great returns (at first)...but eventually I gave it all back...and everyday that the markets were open, I was quite stressed out...

I ENDED UP LOSING \$19,000 in 2 Years and Being Constantly Stressed from Day Trading...( my health and happiness also suffered because of it)

To add on top of that, I tried to start a business in 2008 teaching people [study skills](#) as I was on the Dean's List consistently and being in the top 10% of my class so I wanted to help more students study less and get better grades. I spent 6 months writing an eBook that only sold 1 copy in the entire year...

[My YouTube study skills videos](#) had comments like:



I also spent \$4,000+ trying to learn investing in real estate and stocks – and didn't reach my goals at all from these trainings.

**I WAS UNHAPPY AND ALSO LOST MORE THAN \$23,000...THIS HAS TO STOP...**

So now I lost a lot of money in the stock market and courses that didn't give me results – and decided this has just got to stop.

I decided to re-focus my efforts on strategies that I've learned in the past from successful people...and to learn from experts who were knowledgeable in [creating businesses](#), [building wealth](#), and higher performance at achieving goals.

There were also various strategies that I tried out for myself to see what would happen if I did something different than what's commonly recommended by most experts.

And EVEN THOUGH I WAS WORKING A FULL-TIME JOB THAT OFTEN REQUIRED 60+ HOURS a WEEK (sometimes even 80 hours a week!), I DECIDED TO BE DEDICATED TO ACHIEVING MY GOALS for improving my performance, creating a business, and investing – so I spent 3 years (while working often at 60 hours/week at my full time accounting + getting my accounting designation) and \$8,500+ for training and learning everything I can on how to achieve my goals faster.

### **SUCSESSES NOW...**

I had gone back to longer term investments of stable companies, which allowed me to make a double digit return in the past year and also had borrowed other people's money for the down payment to invest in 3 houses for rental properties.

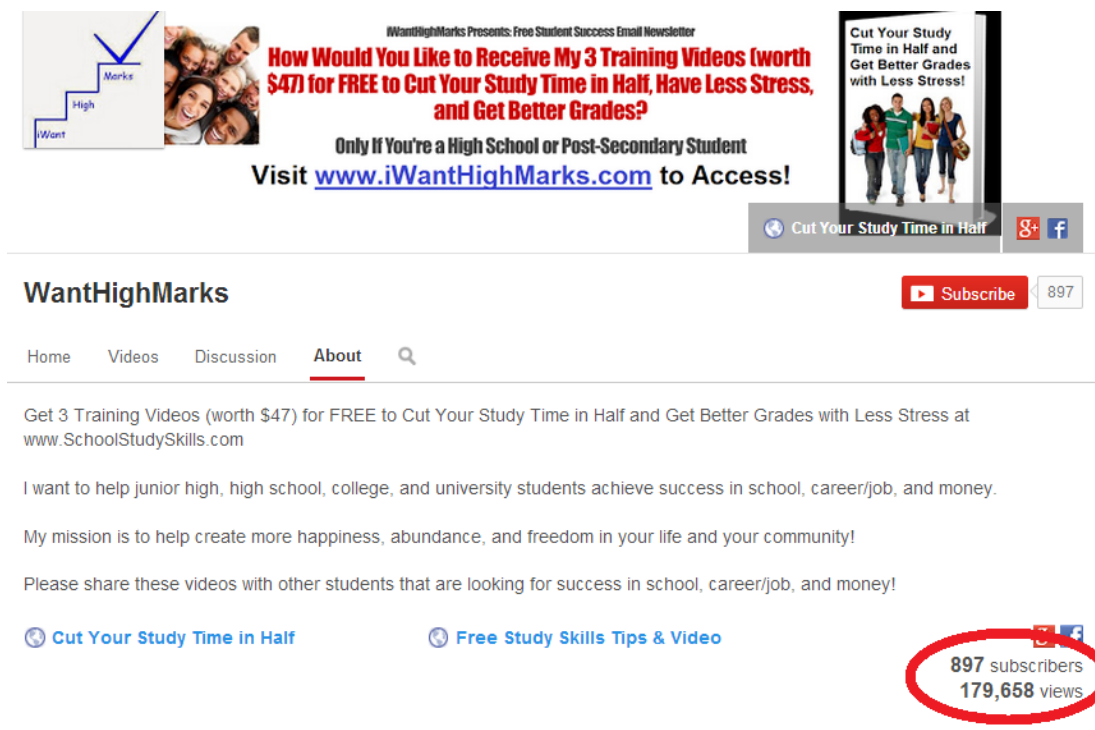
One of my new goals after the 3 years was to leave my job once I got my accounting designation in 2013. To other people, it may have seemed like a good job as I was working for one of the top 4 accounting firms in the world and in one more year, I would've had the chance to become a Manager. I enjoyed the people that I worked with but strongly disliked the work. I was working too much in a lifestyle that I didn't want and the income was not that good...so I wanted out...

Within a month of quitting, I got a new job where my work hours were much better, I actually enjoy the responsibilities that come with my job as it suited my personality better and it was a much higher position, with a 50% increase in my annual income as compared to the previous job and 1 more week of time off!

My physical health was also much better as I wasn't constantly stressed out and I had focused on eating better as well as exercising more so that I lost fat. This also gave me better energy throughout the day!

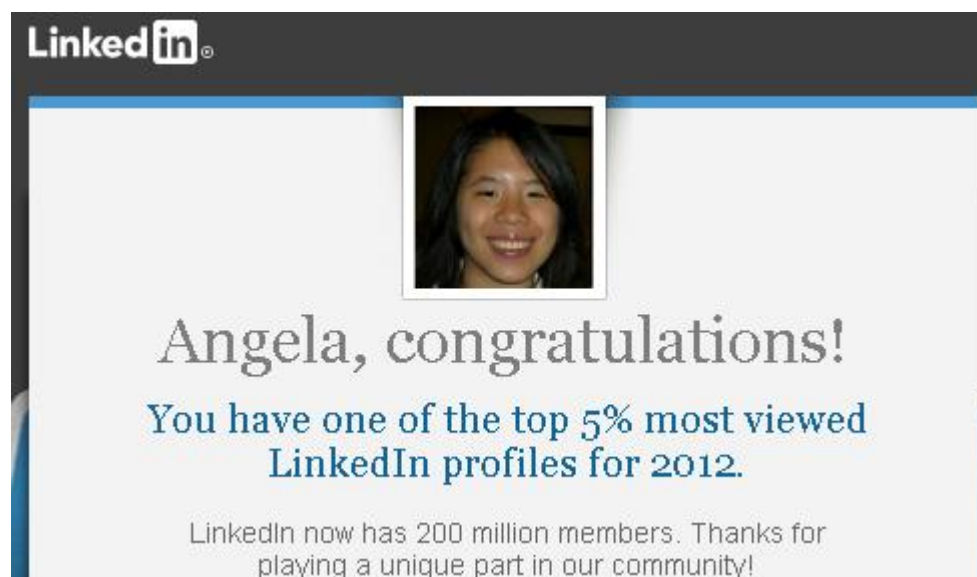


I was able to bring more happiness to people around the world...



The image shows a promotional banner for 'WantHighMarks' and a screenshot of its YouTube channel page. The banner at the top features a logo with a blue arrow pointing up and the text 'iWant High Marks', a group photo of smiling students, and a text box that reads: 'WantHighMarks Presents: Free Student Success Email Newsletter. How Would You Like to Receive My 3 Training Videos (worth \$47) for FREE to Cut Your Study Time in Half, Have Less Stress, and Get Better Grades? Only If You're a High School or Post-Secondary Student. Visit [www.iWantHighMarks.com](http://www.iWantHighMarks.com) to Access!'. To the right of the banner is a video thumbnail titled 'Cut Your Study Time in Half and Get Better Grades with Less Stress!'. Below the banner is the YouTube channel page for 'WantHighMarks'. It includes a 'Subscribe' button with '897' subscribers, navigation tabs for 'Home', 'Videos', 'Discussion', and 'About', and a search icon. The channel description states: 'Get 3 Training Videos (worth \$47) for FREE to Cut Your Study Time in Half and Get Better Grades with Less Stress at [www.SchoolStudySkills.com](http://www.SchoolStudySkills.com). I want to help junior high, high school, college, and university students achieve success in school, career/job, and money. My mission is to help create more happiness, abundance, and freedom in your life and your community! Please share these videos with other students that are looking for success in school, career/job, and money!'. Below the description are two video links: 'Cut Your Study Time in Half' and 'Free Study Skills Tips & Video'. In the bottom right corner, a red circle highlights the subscriber and view counts: '897 subscribers' and '179,658 views'.

I had my own business where I enjoyed helping people with growing their businesses...



This has allowed me to help my clients to build their online presence through YouTube and [LinkedIn](https://www.linkedin.com) for increasing the number of prospects and sales they have. Two of my LinkedIn clients were able to achieve 20%+ response rate from top level executives that they've never contacted before with my strategy within just a week.



In the past year, I got to meet some amazing people:

Left: Jack Canfield, Co-Creator of Chicken Soup of the Soul and Best Selling Author of the Success Principles.

Right: Les Brown, Top 5 Outstanding Speakers in the World as voted by Toastmaster International



On top of this, I had the time and opportunity to share with people on how to create more happiness, abundance, and freedom in their life and their community. SO I WOKE UP EACH DAY EXCITED AND HAPPY...

And I was able to achieve all this mainly because of the strategies that I wanted to share with you in this eBook.

### **Why Are These “UnCommon Strategies” Being Shared?**

I knew that successful people were different because they thought differently than the majority.

**Why is it that the self-help industry is an 11 Billion Dollar Industry – yet most people still didn’t achieve their goals and successes they want?**

I decided to think of the REAL reasons why people fail at achieving their goals, procrastinate, lack focus, don’t take action, have low self-confidence, a fear of failure (or success), and other reasons that’s preventing them from reaching their goals.

This required me to dig deep...and to see **what do the successful people who focus and achieve their goals do that’s DIFFERENT (maybe even OPPOSITE) from what many of the self-help experts teach about focusing and achieving goals?**

Once I researched into why some of the strategies that I or other people have used to succeed are different from what most experts teach...I wanted to share this information with as many people who can benefit from achieving their goals faster as possible.

## **Time is Running Out, But You Can Still Achieve Your Goals and Dreams**

Ultimately, you want to:

1. Set the right goals that will move you faster in the direction of the life you want
2. Focus and take consistent action each day to move you towards your goals
3. Have a support group of people who'll cheer you on and encourage you to get up after failures & challenges
4. Overcome failures and challenges on your journey of reaching your goals
5. Enjoy your results after achieving your goals.

And the good news is that you *still* have time. But I promise you that the opportunity for you to achieve your goals and dreams won't last forever.

Now let's look at a few obstacles that currently stand in your way...

## **Obstacles to Focusing and Achieving Your Goals and Dreams...and How to Overcome Them...**

By exposing and eliminating these problems, you'll be able to consistently achieve your goals faster (and easier) than you ever thought possible. These are the same solutions that the super-successful people in different areas of life understand and operate on.

## **How to Eliminate the 2 Root Causes of Your Procrastination, Lack of Focus and Action, Fear of Failure/Success, and Low Self Confidence ...**

This section will be similar to seeing the doctor to help you improve your problems. You'll see the symptoms, the root cause, and an overview of the solution.

### **Symptoms to Obstacle #1:**

- Procrastination
- Not Taking Action
- Lack of Focus - you like doing many things at once since it gives you the feeling of being busy (as it seems like you're needed by people)
- Fear of Failure - Scared that your life may be worse if you failed to achieve your goals; others may not like you anymore because you failed
- Fear of Success - Scared of what you'll become after you succeed (like the rich or successful people that you've seen in media whom you or your loved ones don't like) or how people will want to use you simply because of your success

- Lack of Commitment to Your Goal
- Have Difficulties Making Decisions on What to Do
- Don't Want to Step Out of Your Comfort Zone or Take Risks
- Failing to Plan
- Perfectionist
- Trying to Do Things Alone without Support

### **Root Cause for Obstacle #1: *Scared of What Others Think of You***

You're scared of others not liking you or changes to negatively affect your relationships with friends or loved ones based on your journey to achieve your goal, and if you were successful or unsuccessful at reaching your goal.

Right now, you know that if you don't do anything – at least life will be the same – it won't get better. But it also won't get worse.

When you start going towards your goal – you don't know what's going to happen. This sense of unknown scares us and our basic instinct is to keep ourselves safe by thinking of the worst (so that we can plan how to deal with it).

We tend to think of the worst scenario as a way to survive – it's ingrained in our DNA.

So we start to think of worst case scenarios such as:

If I failed to achieve my goal...

- My life would be worse than it is right now as I'll lose money, resources, time
- My happiness will dramatically decrease
- My friends/loved ones may not like me as much as I've disappointed them
- I'll lose the trust and confidence of those people who are close to me
- People will see me as a failure and have a negative attitude towards me
- My coach/person who's holding me accountable will be disappointed in me

And even if I succeed in achieving my goals...

- I'm scared of what I'll become after I succeed (like the rich or successful people that I've seen in real life or in the media whom my loved ones don't like)
- I'll have bigger responsibilities and higher expectations that people give to me – adding on to my pressure to get others to like me
- I may still not be happy after I've achieved my goal – so my relationship with friends, loved ones, others still won't improve.

So you avoid taking action towards achieving your goals.

You procrastinate.

You have difficulties making decisions on what to do next.

You don't want to step out of your comfort zone or take risks.

You lack commitment to your goal and give up when you come across an obstacle.

You also can't focus as you think of new things to do that you think will make others like you more. Like I said – you can't help it – it's human nature to think of the worst case scenarios to protect ourselves.

So what to do?

First – we need to recognize that we're no longer in the age where our actual livelihood will be affected if the worst case scenario does happen.

Even if you failed miserably and didn't achieve your goals so you went bankrupt, lost a lot of time and effort – you can still recover. It's not like in the prehistoric ages, where one failure in not reaching the goal of finding food or shelter will literally cause death. Your mind needs to recognize this at first.

So instead of thinking of the worst case scenario – why don't we try thinking of positive outcomes instead?

- Could my relationship with my friends and loved ones improve?
- Could more people like me because of what I will achieve?
- Could I learn from my mistake so that I can know what not to do and figure out a better way to reach success faster?

Sometimes, based on your failure/success when you try to go towards your goal – there is the chance that your friends, loved ones, or others may not like you as much (as compared to when you were still the same and not going towards your goals).

Here's a question for you...

You may have friends that like you less...maybe they even start to get envious of your success or don't want to be around you since you failed at something...

Your family may like you less since you failed at achieving your goal; or turned into a different person on your path to achieving your goal...

**BUT...OUT OF 6,000,000,000+ PEOPLE IN THIS WORLD...**

**WILL YOU BE ABLE TO FIND OTHER PEOPLE THAT'LL LIKE YOU?**

If you don't think that you can...I really can't do much to help you...I'm sorry you wasted your time in reading this eBook...

6 BILLION PEOPLE!!! And you can't find some new people that will support you or be happy for you even if you failed at achieving your goal – or to support you for your journey on achieving your goal?

## **People Achieving Goals:**



When I told people about my goals and what I want to do – some people didn't support what I wanted to do.

This included my mom for some of my goals.

My mom who I love dearly and have a close relationship with.

**My mom literally told me that I won't reach my goals – who am I to achieve those goals? Those goals are meant for people who are smarter, have more money, have more connections...**

**So what did I do?**

Go find other people that liked my goal and were supportive of my goals!

And even when I failed, I found people who would be cheerleaders to challenge me to get back again and learn from my mistakes.



When I first started out in my goal of helping high school and post-secondary students around the world get better grades while studying less – there were definitely people that didn't support me achieving my goal. For example, one of the comments on my early YouTube videos included:



It did make me feel quite bad and dramatically lowered my self-confidence when I first read these comments.

I was thinking, “People Don’t Like ME!”

But then, I realized that everyone is entitled to their opinions.

There’s other people that I don’t always agree with or like, but would they really care that I don’t like them that much? Probably not because they still have lots of other people who like them and support them.

So I realized that perhaps 2 people don’t like my goal and my message – but there’s still more than 6,000,000,000 people in this world that I can reach, whereby some of them will like me and support my goal!

And guess what? Even though there were these comments about how bad I was...my message was still able to get through to the people that liked and supported my goal:



If I look at the stats, people that don't like me is the minority for the same video

### Study Skills for Students Time Management Part 1 - Prioritizing



### **SOLUTION to OBSTACLE #1:**

Find people who'll support you in your goal – who'll cheer you on when you face challenges and temporary failures.

You just need to start by having one person to support you in your goal – because that means that you have you start! You'll be able to increase your interactions with other people who'll support you since that initial person will know other people who have similar beliefs.

And then those people will know more people that have similar beliefs and may also support you in your achievement of your goal.

So this is how you spread your awareness...

My study skills videos took quite a bit of time to gain momentum...at first it was only 5 subscribers and maybe 300+ views on my videos...but slowly and steadily, it grew – where today, as of this writing, my YouTube channel (<http://YouTube.com/iWantHighMarks> ) has more than 890+ subscribers and 179,500+ views worldwide!

So go and find just 1 person who believes in your goal and supports your effort in achieving it!

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Let's say that you now understand you will find somebody (out of 6 BILLION people) who'll support your goals so that you can feel liked by others...

Now let's talk about the next obstacle standing in your way to achieve your goals...

## **Symptoms to Obstacle #2:**

- Fear of Failure
- Fear of Success - Scared of increased responsibilities and expectations that others have for you – and not knowing what to do next to reach higher levels of success
- Not Taking Action
- Feel like there's Constant Information Overload
- Perfectionist
- Lack of Focus – too many goals/ things you want to accomplish or multi-tasks
- Lack of Self-confidence

## **Root Cause of Obstacle #2: *Comparing Yourself to Others and Not Feeling Good Enough***

If you've heard of the theory "Survival of the Fittest" – we often misinterpret that the wrong way. We internalize it and begin to compare ourselves to others since we think that it'll affect our ability to survive...

If the other person's better than me – that means they're more "fit" to survive in this world – so I'm not good enough.

Why should I even try to achieve my goals? The bigger and better people will achieve my goals faster and easier...meaning by the time I reach my goals...the rewards that I thought would be there as a result of achieving my goals WOULD BE GONE....

**If you've felt that or are currently feeling this sense that "I don't think I can achieve my goals because of:**

- Not enough experience, knowledge, or skills
- Not enough money or resources
- Not enough people connections
- Not enough \_\_\_\_\_ (fill in the blank)

Chances are – what's really stopping you is this sense of "I'm not good enough."

The only way that you knew that you're not good enough is if you had something that you compared yourself to...where you decided you were:

**GOOD ENOUGH**

**vs.**

**NOT GOOD ENOUGH**

And that benchmark that you used to determine if you were good enough or not good enough is usually:

## COMPARING YOUR RESULTS TO OTHERS - IT'S LIKE COMPARING APPLES TO ORANGES!

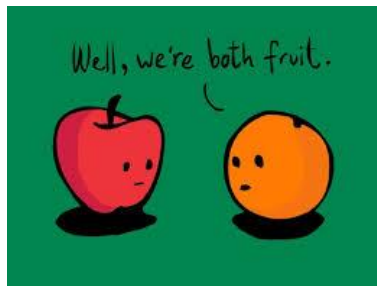
Let me give you an example to show you what I mean.

You go to the grocery store and want to buy an apple.

You're trying to see which one is the better apple to buy.

Then you see an orange – and you know that it's a fruit as well.

So do you figure out if an apple is better by comparing it to another orange?!



Probably not...

You would compare the apple to another apple to determine which one's better.

When you compare yourself to others...Yes, that person that you're comparing to is human just like you (similar to how apples and oranges are both fruits)...but you're not making the same comparison as your genes are different (so your natural abilities are different).

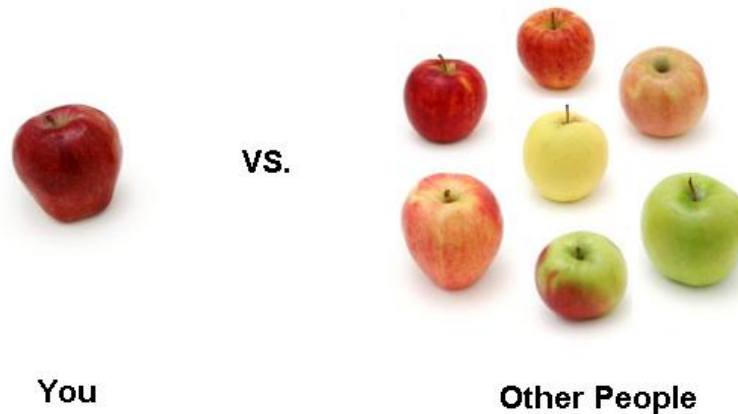
And even if you're comparing an apple to another apple...even they may have had different growing situations ...

Apple #1: Plenty of sunshine, regular watering, & great soil to help it grow.

Apple #2: Limited sunshine, barely any water, and the soil was quite poor.

Do you think the 2 apples would've grown to have the same quality and end result? Probably not.

So why do you do these comparisons between someone who has different natural abilities and life experiences to yourself?



**YOU SHOULD ONLY COMPARE YOURSELF TO THE OTHER PERSON ONLY IF YOU HAVE THE SAME GENES AND THE SAME EXPERIENCES IN LIFE** (which determines how successful/unsuccessful you are at achieving your goals)

**I don't know about you...but I haven't found that person so far in life...EXCEPT MYSELF...**

**And that's why you should STOP COMPARING YOURSELF TO OTHERS AND FEELING LIKE YOU'RE NOT GOOD ENOUGH ...**

So who should you compare yourself to? Hold your laptop/mobile device up in the mirror to read the message below:

**ONLY COMPARE YOURSELF TO YOURSELF**

That's right – the other reason why I want you to look in the mirror is to remind yourself that the person looking back at you is the only person that you should be comparing yourself to for whether you're good enough or not. If you did better than your previous results – you're good enough. As simple as that.

**IT'S NOT YOUR FAULT IF YOU'VE BEEN COMPARING YOURSELF TO OTHERS**

Do you ask yourself – “Why Am I Not as Good as the Other Person?”

It's not just you - I made this mistake too.

Growing up, our parents and teachers may have compared us to other kids in our class or neighborhood, or their friends' kids. So we learned to compare ourselves to others.

Other kids also didn't help as they compared in terms of who they want to sit with in class, at lunch, and who to play with...it seems like many days, we're being forced to compare just because other people that we learned from was doing it!

When I attended elementary in Taiwan, the funny thing about our school system was you knew exactly where you were in terms of grades for your class. For example, when I moved to Canada in Grade 4, I knew that I was in 14th place out of my class. And sometimes parents would say to their friends or people they met, "Oh wow your child in the Top 3 in the class? That's amazing! Such a good kid you have. Ours is only 14th place."

At this point, I'd ask myself, "What's the point of trying?" I may never get to 1st place, there's already 13 people ahead of me!

## **SOLUTION to OBSTACLE #2 - WHAT'S THE RIGHT QUESTION TO ASK?**

*"How Do I Compare Against Myself? Did I Do Better than Before?"*

An amazing thing happened when I moved to Canada. I remember being surprised when I got my first report card in Grade 4...what do you mean there's no rank? How can I know how good I am then? Am I good enough?!

Hmm...it only shows what grade I got...I can't see other people's grades unless I ask them and they tell me. Guess I'm forced to compare only to myself because other students may not tell me their grades...

Because I could only compare to myself, I wanted to see if perhaps I can do better. And I did...even though I had to learn a new language when I moved to Canada...I was able to take advanced classes and graduate my high school with honour roll!

My willingness to compare only to myself so that I improved in my grades and extra-curricular activities *allowed me to get a full scholarship to university!*

In addition, I was also able to graduate in the Top 10% of our Business Faculty in university. And I've taught other students how to study faster while getting good grades with 179,500+ views on my YouTube videos. All this from a new immigrant who was 14th place out of the 30 people class...

So ask yourself "How Do I Compare Against Myself? Did I Do Better than Before?"

Then, simply focus on improving against yourself.

To do something better than the last time you did it.

That's how you'll advance towards your goals as well.



**When I finally realized the error of my ways of being scared of not finding others who'll like me and constantly comparing myself to others while feeling that I'm not good enough...** it was like I finally saw the light through the dark cloud of negativity that held me back from achieving my goals.

And immediately, my health, happiness, income, and career improved. My life changed for the better.

It made such a profound difference for me that I knew I needed to share this with others!

Furthermore, I knew that people are searching desperately for a solution to help them achieve their goals faster.

They knew the problems that they were struggling with but couldn't quite figure out the deep reasons why those problems keep on occurring regardless of which area in their life that they were trying to achieve goals in.

## **WHY THE EXPERTS ON FOCUS AND ACHIEVING YOUR GOALS FASTER ARE WRONG...**

Don't get me wrong, I realize that the information many experts teach for focusing and achieving your goals are useful.

However, we've often heard the same advice before and we've tried the same strategies over and over again (are you sick of hearing the SMART acronym for goal setting yet?)

But we're still not getting the results that the experts had said we would get for focusing and achieving our goals if we simply followed their advice.

## **MY DECISION TO TURN EXPERT'S STRATEGIES UPSIDE DOWN...**

In the following pages, I'll be covering 7 strategies that go against what most experts teach you.

These strategies that I'm sharing with you will help you use what you're struggling with to help you achieve your goals faster.

Section 1: Goal Setting

Section 2: How to Take Action to Achieve Your Goals

Section 3: How to Focus and Have Great People to Support You While Reaching Your Goals

I'll share with you what the other experts usually teach (what you've usually heard), an overview of what my "Opposite of Most Experts" strategy is, and action steps to help you carry this strategy out.

Sounds Good? Alright, let's start with Section 1 in Goal Setting.

## Other Experts: SMART Goal Setting - Have a Realistic/Attainable Goal

### My Strategy #1: Set a BIG (Potentially Unrealistic/Unattainable) Goal

There's 3 main reasons why you should have a big goal:

1. You'll reach that life that you truly want much faster
2. You'll be able to get over your obstacles easier
3. You'll be more likely to get people to help you achieve a big goal

**First, you'll reach that life that you truly want to reach much faster.** So let's say that you want to be in better physical shape to lose weight and gain muscles. And you barely exercised prior to you deciding on this. So you tell yourself, my goal is to exercise for an hour once a week.

Great! This is definitely realistic and attainable for you.

Now, imagine if you made that goal much bigger (potentially unrealistic and unattainable), so instead of your goal to exercise for an hour once a week, you made that goal three times bigger!

So, now your Bigger Goal is to exercise for an hour three times a week.

Let's compare the results.

Imagine if you exercised three times a week compared to once a week, then, likely, you'll have tripled your rate at reaching your goal – so you would reach that body and health more quickly in your life.

And let's say, you got lazy, and you decided to not exercise as much.

Well, when you think of your goal of exercising for an hour once a week, you may be lazy and think, alright, I'm just going to exercise for a third of it, so 20 minutes this week.

Now, the thing is, if you have your big goal of exercising for an hour three times a week, you may be lazy and think, alright, I'm just going to exercise for a third of it. So that means, you'll exercise for an hour this week.

Compare the 20 minutes to an hour – you see you're still getting better results. And the way that our mind perceives things is based on relativity – so if you set your benchmark higher, even if you were to underperform, you'll still be better off than when you set your goal lower.

## **Second, you'll be able to get over your obstacles with your mindset.**

If you have a really big goal – that means you know that when you achieve that goal, how happy you'll be and what a dramatic impact it'll make to your life.

The key is to realize how big of a difference it'll make to your happiness and impact on your life when you achieve that goal.

I want you to imagine and visualize what your life is like once you've achieved that goal. How much happier would you be? How would your self-confidence be? What would be that lifestyle that you're living?

The reason I wanted you to focus on that is because many people may know to set big goals, but they don't end up taking the necessary steps to achieve their goals because they gave up in the face of challenges. And the reason they gave up, was because they didn't truly feel how much happier they would be once they achieved their goal.

If you imagined and visualized your much higher level of happiness after achieving that goal, you'll be more likely to stick to your goal and continue towards it when you come across obstacles – since you know what a big reward it'll be at the end when you achieve your goal.

## **Third, you'll be more likely to get people to help you achieve a big goal.**

When you have a big goal, other people are more likely to cheer you on. The reason is because perhaps they don't have a big goal themselves, so they can live vicariously through you – so any step that you're taking which is getting you closer to your big goal, and they cheer you on, they'll feel like they're making progress towards the big goal too!

People are attracted to big challenges – you see, what's making headlines these days are usually something very special – very big and newsworthy. So, by observing the psychology of what sells in news, you'll know that people's attention are more likely to be drawn to it.

That's why shows like "The Biggest Loser" is so popular – it's a big challenge for these people! And for others to pay attention to!

So when you draw more people's attention to your big goal, out of those people, you are more likely to find the people that can help you reach your goal faster! Think about it this way, if you have a normal average goal – maybe it'll only catch the attention of 10 people. Alright, and let's say you have a really big goal and it gets the attention of 100 people. So let's say each of those people who's attention you've

caught knows 2 people in their connections that may be able to help you reach your goal. That means you have 20 potential people to help you with your normal sized goal; and 200 potential people to help you with your big goal. So, out of those people, do you think getting a “Yes” for someone to help you in reaching your goal is higher in 20 people or 200 people? Probably out of 200 people.

That means, if you are able to have more people to help you reach your goal, then you’ll also be more likely to achieve it faster since perhaps they can help you with their experiences, if they’ve already done it, or resources, etc.

And when you succeed in reaching your big goal – they will feel proud that they were part of a movement towards something great! It’ll be their confidence booster too!

And going back to relativity, when you have a big goal and people see how far away you are from it, they’re more likely to help as compared to your normal goal. So let’s say you saw some people fundraising at an event, and their goal was to raise \$1,000 – you may think – that’s ok, they’ll probably get the fundraising they need



from other people. But if you saw another group of fundraisers, for the exact same cause, but their goal is to fundraise \$20,000. Both groups are getting the same number of people walking by who can donate to their cause – well, that’s significantly more than \$1,000 and they are pretty far away from it right now. Well, alright they seem like they need more help to reach their big goal – so you may be more likely to give to the \$20,000 to help them out.

And at the end of the day, they may not have reached their \$20,000 –but they probably raised more than \$1,000!

### **In Case You Are Scared that Your Big Goal is Truly Unrealistic/Unattainable...**

#### **Think again...**

Remember this little invention known as the “PHONE” in 1876 by Alexander Graham Bell?

People didn’t think it was realistic and that it was attainable... to be able to talk through a device to people and immediately communicate with them instead of having to go through days/months of waiting for the mail...

Or remember the Wright Brothers and their little invention known as the “AIRPLANE” in 1903?

Prior to them inventing the airplane – most people didn't think that flying for humans were possible...

What about the Internet?

To be able to access information across the world in milliseconds...

The list goes on for things that people thought were unrealistic and unattainable.

But guess what – these goals were still achieved!

If you give your mind a question such as “How to Achieve this Realistic/Attainable Goal” – your mind will focus on providing you with a solution to it.

If you give your mind a question on “How to Achieve Your Big Goal that's Possibly Unrealistic and Unattainable?” Your mind will still try its best to provide you with a solution to it. It's not going to give less effort simply because it thinks it's possibly unrealistic and unattainable. If you believe that you'll find the answer, then your mind will do everything it can to help you find it.

### **ACTION STEPS:**

What I want you to do is to take the goal that you have right now, where if you were to achieve it, it would make the biggest impact on your life in terms of your level of happiness, abundance, or freedom.

What is it?

I want you to concentrate on one since you'll be happier with achieving big goal than to just be distracted and having only half-completed your normal goals...

Now, I want you to take that and make it bigger!

Make that goal at least 3 times bigger!

And if you want to challenge yourself to reach success even faster – make it 10x bigger!

My original goal was to help 10,000 people to increase their happiness, abundance, and freedom. Well, I decided to make that 10x bigger – and so when I wake up each day, I'm even more likely to go towards my goal since I know that when I succeed, 100,000 people would've created more happiness, abundance and freedom in their lives instead of only the 10,000 people.

So make it 10x BIGGER! Don't worry – your mind will do its best to come up with a solution to help you achieve your goals



## Other Experts: Improve Your Weaknesses to Achieve Your Goals

### **My Strategy #2: STOP Trying To Improve Your Weaknesses if You Want to Achieve Your Goals**

Sometimes, our goals involve improving our weaknesses.

We'll set this goal because perhaps you had somebody tell you that you should focus on improving your weaknesses to ensure you're successful or a well-rounded person?

I want to challenge that belief.

Watch my Video Training for this strategy at:

<http://www.HappyAbundantFreedom.com/Day15-Stop-Improving-Your-Weakness>

**Think about it...let's say you improve your weakness in a certain area...**

**What has that weakness become now?**

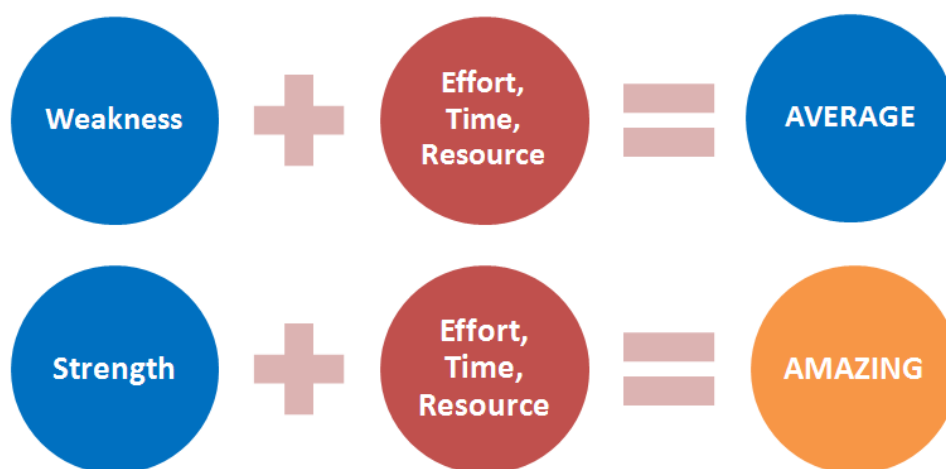
**Congratulations on turning yourself from weak into Average...**

That's right, after all of that effort to improve it, because it's a weakness area for you, so you need to try extra hard to improve upon it. So now you managed to get yourself to "average" after a lot of hard work.

My question is...if you want to be successful and live the dream life that you want...how do people describe successful people? Oh yeah, this successful person was average at most things, but better in these areas.

Or are successful people described as...this person is AMAZING and an expert in these areas! My guess? The second one.

Steve Jobs, who created Apple, wasn't focused on improving his weaknesses so that they can become average and for him to be a good story teller. No, he was an amazing story teller and knew how to introduce the Apple products to the market. That was his strength. And so, he focused on how to tell his stories even better each time to engage his audience. And you can see Apple's rapid growth!



Instead of focusing on improving your weaknesses to get to average - Focus on improving your strengths and for the areas where you're weak in, find others who are strong in those areas to help you.

So there's 2 parts to this. The first is to recognize that improving your strengths will allow you to be happier, more likely to achieve your goals, and then determining what your strengths are.

Why should you focus on your strengths? Well, it'll be much easier and faster for you to improve upon your strengths, since you were designed for this. It comes natural to you! You seem to understand the concepts much faster and easier to implement your learning to see improvements in your strengths.

For example, one of my strengths is creating systems and action plans. I enjoy setting up the overall planning and system for people to carry out the repetitive work once the system's set up.

I did a summer term in university for accounting data entry – essentially entering invoices into the accounting system. I was ok at it... My personality is not suitable for doing something repetitive continuously (like data entry)...in fact, I quite dislike it...so even if I could get faster at data entry, it's not something I enjoy nor really good at. As such, a goal for me was to get out of data entry and more into creating systems and action plans.

As I was being trained on the job of what to do for certain tasks, I started creating documentation of the procedures. The main reason is so that if I come across this situation again in the future, I'll know what to do without having to ask my boss since we've already learned this. This was a way that I could create systems for our accounting procedures and action plans for what to do for the different procedures.

Once I started telling my boss about my procedures documentation, my boss got really excited. You see, we didn't have any formal documentation of our accounting procedures, so if someone was sick, then other people in our team wouldn't know how to do that task. And sometimes, the procedure wasn't carried out consistently, which would cause errors.

And so, I was quickly asked by my boss to stop doing data entry and to start documenting our accounting processes. This made me much happier as I was using my strength to systemize procedures and can save the company time even if the person who usually does it is away – you just have to refer to the accounting procedures documentation!

This opportunity to systemize and create action plans comes more natural to me and it's easier for me to come up with new ways to improve as compared to data entry. My responsibilities and income also grew as my boss saw my strength and how it can be used to improve the way things were done. So, you have to ensure that you focus on using your strengths to make you happier but also provide better opportunities for you to achieve your goals.

This also occurred when I went to my next job as well, which was auditing.

In the beginning of my second year in audit, I was leading a team and responsible for training brand new staff and teaching 4 of them to perform some procedures. To really systemize things, I created a software guide documentation to help them perform their tasks. This way, they can first refer to the software guide instead of asking me. Imagine if 4 people asked you the same question...that would take up a lot of time if each question took a few minutes to answer!

After creating this software guide, I had fewer questions from my staff so that I can focus on finishing my own tasks. My boss was also appreciative of this document as it's never been documented before and saves a lot of time especially when we're dealing with shortage on time. In fact, they used it for the following year too when I moved on to another project.

As soon as I started improving in the areas of my strengths, which was setting up systemized approaches to things, I had better job opportunities to do things that I was naturally better at and enjoyed more. I was also able to focus on improving my skill so that I can systemize things faster and to train people more easily.

SO figure out what your strengths are.

You can ask people around you – ask them “what do you think my biggest 3 strengths are?” And ask them for 3 since people can usually think of 3 fairly fast and immediately (which is what you want).

Now, start making a list of what people are saying. After asking your close friends, family, coworkers, etc. List out the most common 3 to 5 strengths. These are the ones that you’ll likely have the most success in for taking your skills from good to great in a short amount of time.

The second part involves cancelling your goal for improving your weakness.

Then, set new goals to improve your strengths!

### **ACTION STEPS:**

#### **Step 1: What Do You Think Your Top 3 Strengths Are?**

- 1.
- 2.
- 3.

#### **Step 2: Ask 5 to 10 People that You Are Close To (preferably 1 Friend, 1 Family Member, 1 Co-Worker at least) – “What Do You Think My Top 3 Strengths Are?”**

You can send out an email to them or use a survey like <http://SurveyMonkey.com>

#### **Step 3: Add up the number of times that a strength has been mentioned by others and yourself – write down the top 3 ranking strengths:**

Strength 1:

Strength 2:

Strength 3:

#### **Step 5: What is 1 Goal to Improve on Each of Your 3 Strengths?**

Goal to Improve Strength 1:

Goal to Improve Strength 2:

Goal to Improve Strength 3:

**Step 6: Please Post your answer to: “What is 1 Strength You Have and What’s One Goal You Have to Improve on Your Strength?” in the Comments Section Below the Video at <http://www.HappyAbundantFreedom.com/Day15-Stop-Improving-Your-Weakness>**

When you post in the comments, you’ll be spreading awareness and inspiring others to also focus on taking action towards improving on their strengths to become great because you posted a comment that raised their awareness!

**Step 7: Do you have a friend or family member who constantly tells people to improve on their weaknesses? Or someone who’s trying to improve their weaknesses right now? Share this strategy and eBook with them so that they learn how to be great instead of just average**

Now we move into Section 2 – which is all about How to Take Action to Achieve Your Goals

## Other Experts: Stop Procrastination if You Want to Achieve Your Goals

### My Strategy #3: How to Procrastinate to Achieve Your Goals!

Procrastination isn't all bad.

There are situations where procrastination can work quite well to help you succeed!

This strategy will show you why you need to procrastinate by only learning information that you're going to immediately use to achieve your goals and allow yourself to stop your self-help resources become "shelf-help".

Watch my Video Training for this strategy at

<http://www.HappyAbundantFreedom.com/Day18-Faster-Results-From-Your-Learning>

When we were younger, we often had "get good grades" as a goal.

Our parents would tell us that to get good grades in school, you'll need to study a lot, because a lot of work = good grades. Now, typically what we were taught when you were young is that you shouldn't procrastinate and that you should be studying for your exams by reviewing them perhaps a week beforehand, and then constantly studying up to the day of the exam.

I want to challenge that.

You see, I was studying like my parents told me to, to review a week or 2 weeks beforehand and then studying a lot right up to the day of the exam. The thing that I found difficult was that even though I had reviewed it a week before, I would forget a lot of the concepts since it's still a few days away from the exam and I didn't have any use for my knowledge yet, so I forgot it. And then, I would have to spend a similar amount of time again to study everything.

So essentially, even if I studied a week before and it took me an hour, and I was reviewing again this week, I realized that I was still spending about 80% of the time studying the same materials because I forgot most of it. That means that I had spent 180% of the original time it would've taken me to study.

For one of the exams, I had a lot of things going on, so I didn't have the opportunity to study that far in advance. I started studying about 2 or 3 days before the exam, when I normally would've started studying a week ago. The surprising thing that I realized though, is that I still got good grades. AND I spent less time studying...

So I was curious as to whether this was just a one-time success or if I was onto something...and so I've tested it a few more times. And it still worked!



## **Why does “procrastinating by only learning information you’ll immediately use for moving towards your goals” work?**

Well, it’s because you’re able to immediately (or shortly after) put the information to use while it’s still fresh in your mind – when you’re most likely to be able to implement it with the best quality.

For example, let’s say that you need to describe a video that you watched to me.

If you watched a video yesterday – would that be easier to describe to me than something that you watched twice (but the last time was 3 days ago and the time before that was a week ago)?

Probably easier to describe something to me for the video that you saw yesterday.

So I started teaching other students to “procrastinate” and do most of their studying for their subjects to within 2 or 3 days of their exams instead of a week or even 2 weeks ahead through my study skills YouTube channel (<http://YouTube.com/user/WantHighMarks>), which now has over 179,500+ views on my videos.

When we get out of school, many of us have goals that we want to reach. So we buy lots of training that promise will help us reach our goals faster and easier.

**But even though self-help is now an \$11 Billion industry, people are still not succeeding even though they’ve bought lots of resources.**



**Why? Because of the fact that they learn and learn, and do not implement the information right away; so when they do decide to do something, they often have to go back and re-learn 80% or 90% of what they’ve already spent time**

**learning.**

I’ve definitely had this personal experience, especially as an online marketer. There’s tons of new training every day since online marketing and social media changes so fast. So I spent thousands of dollars on “self-help” which mostly turned into “shelf-help” over the past few years.

I enjoyed learning, but just had nothing to show for it after learning from lots of trainings. I didn’t achieve my goals even though I had learned all this information that was supposed to be able to help me achieve my goals.

And it was simply because I got distracted by thinking this next thing that I was learning is going to help me even more, so I’ll simply come back to implementing the learning from this training. Right?

WRONG! Most of the time, I didn't actually come back and implement it because I was so overwhelmed with information, that I didn't know where to start or only did bits and pieces of what was taught in the training.

This wasted a lot of time, effort, and money, for which I have no results to show for. Finally, I realized that in order to truly succeed, even if you have the best training and support team or guidance, you're still going to fail if you do not immediately put into practice what you've learned.

Focus allows people to succeed, and by not being distracted with all this other information that you can't use right away, why don't you focus on simply using this information that you've just learned, when it's freshest in your mind so that you know what's the best way to implement in your life to succeed, to simply implement what you've just learned. And to ensure that you finish putting into action what you've just learned before learning something else.

So for today, and the other days, procrastinate by asking yourself "will this information that I'm going to learn be something that I'll put into action right away towards achieving my goals?" If so, then learn it! If not, save it for another time to learn by writing down the resources or where to access the information on a To-Do List that you can go back to.

### **ACTION STEPS:**

**Step 1: Procrastinate by determining what you information you need (or need to learn) RIGHT NOW which You'll Immediately Use and Implement it to Move You Closer to Your Goal**

**Step 2: If something new comes up (i.e. another Book/DVD/Course/Seminar, etc.), simply write it down on your to-do list and focus on finishing the learning + implementing for the 1 Book/DVD/ Course/Seminar in Step 1**

**Step 3: After You've Finished Learning/Implementing, determine what's the next piece of information that you'll need to learn/have to move you closer to your goal? Then, go learn that information!**

**Step 4: Please Post your answer to: “What’s the One Thing that You’re Focused on Learning Right Now and Will Put into Action Immediately “in the Comments Section Below the Video at**

**<http://www.HappyAbundantFreedom.com/Day18-Faster-Results-From-Your-Learning>**

When you post in the comments, you’ll be spreading awareness and inspiring others to also increase their productivity and have more time freedom to do the things they want because you posted a comment that raised their awareness!

**Step 5: Do you have a friend or a family member who seems to be constantly learning or buying training courses/DVDs/Books/Audios but not having much to show for results? Share this strategy and eBook with them to help them have more time freedom and success.**

## Other Experts: Each Day, Focus on Taking 1 Step Closer to Your Goal

### My Strategy #4: Each Day, Use the Power of 3

Watch my Video Training for this strategy at:

<http://www.HappyAbundantFreedom.com/Day5-Achieve-Your-Goals>

Let me give you an example to show you how to successfully achieve your goal. Pretend that you're participating in a race. And this is not just any race, it's a race for the Olympic Gold. Now you know what you want, that Olympic Gold to make yourself and your friends and family proud!

Bang!

The race started – you start running as fast as you can...along the way, your legs suddenly stopped working and you fell...hard! You think to yourself...I can't give up, you tell yourself. This may be my only chance at getting the Olympic Gold.

And so you get up...and give it all that you've got. And you ran with all your might...like it's your last race! And in the end...you actually won the race!!!

So what's the big secret?

Take consistent action! You start by putting one foot in front of the other towards the goal you want to achieve. But you can't just stop when you face a failure like a fall during the race.

What if this is the only time that you're able to go for your goal? What if there's no next time? So you'll give it your best effort and take consistent action until you achieved your goal.

You see, a lot of times, people have these great goals, ones that will really improve their lives significantly. So they start out by taking some steps. And then, maybe they got lazy or came across a failure. And then they just gave up! They think...it's ok, there's always next year for me to lose all this weight, or to make this money, or to improve my relationships.

And so they give up their consistent action. Well, if you didn't take any steps to continue racing, you'd never reach the finish line in that race. No consistent action = no results. You can't even finish the race!

What would happen if you only had one chance at achieving your goal? How much effort would you give it? Probably 100%

Like the Olympic Gold, you may only have that one chance to achieve your goal. So start using that mindset and start actually taking action. More importantly, consistent action.

**This is where the other experts and I differ in terms of how much of an effort you should put in.**

According to a 2012 study by the Journal of Clinical Psychology, only 8% of people are successful in achieving their resolution. Let's see how this plays out...

Only 75% of people maintained their resolution in the first week – is it just me or does that scare you... I mean 25% of people gave up their resolution in the first week alone!

And only 46% are left after the first six months....

If you listen to most other experts, they tell you to simply take 1 step each day to move you closer to your goal. This is to ensure you don't get overwhelmed.

I say – why only 1 Step? Do 3 Steps Instead!

Think of the math on this.

Even if you were part of the 25% of people that gave up their solution in the first week – so that's 7 days.

If you only did 1 step each day – that means  $1 \text{ step/day} \times 7 \text{ days} = 7 \text{ Steps Total}$

If instead, you did 3 Steps each day –  $3 \text{ steps/day} \times 7 \text{ days} = 21 \text{ Steps Total}$

Maybe the goal you have only required 21 steps...



If you did the 3 steps/day – you would've completed your goal!

Even if reaching your goal required more than 21 steps – you would've moved much further along so that you'll still be able to move closer to your goal if you come back to it as you're 3 times ahead of your 1 step/day progress.

If you do this every day, you'll soon achieve your goal quicker.

With this technique, I was able to create and put online for sale within 60 days (instead of 90 days) for my [LinkedIn online training course](#) (from scratch) to teach business owners, entrepreneurs, and sales people how to increase prospects and sales. You can visit <http://LinkedInLeadsTraffic.com> for 3 FREE training videos

from me on how to use LinkedIn to increase your prospects, automate traffic and increase sales.

To make it even more effective, make a To-Do list the night before & visualize on you finishing those 3 things successfully and easily. Your subconscious will then work all night to figure out how to achieve all those things that you want in a way that's faster and easier.

### **ACTION STEPS:**

**Step 1: Do this first thing in the morning, ask yourself “What Are 3 Things You Can Do Today to Move You Closer to Your Goal?”**

1.

2.

3.

**Step 2: Do Those 3 Things TODAY!!!**

Ensure that you do those 3 things today – preferably before you do anything else as these will move you closer to your goal.

**Step 3: Tomorrow, ask yourself “What Are 3 Things You Can Do Today to Move You Closer to Your Goal” and just do them!**

Do this for as many days consecutively to get you in the right mindset and take action to achieve your goals! If you accidentally miss a day or two, that's ok, just focus on going back to doing this as soon as possible.

**Step 4: Please Post: “What Are the 3 Things You'll Do Today to Move You Closer to Your Goal?” in the comments section below the video at <http://www.HappyAbundantFreedom.com/Day5-Achieve-Your-Goals>**

When you post in the comments, you'll be spreading awareness and inspiring others to take action today to move them closer to their goal because you posted a comment!

**Step 5: Do you have a friend or family member who want to achieve their goals faster? If you care about their ability to succeed and be in the 8% of people who achieve their goals, then, please share this strategy and eBook with them**

And now we move into Section 3 of How to Focus and Have People's Support While You Take Action Towards Achieving Your Goals



## Other Experts: If You Want to Focus on Achieving Your Goals,

### STOP Multi-Tasking!

#### **My Strategy #5: Focus on Achieving Your Goals by Multi-Tasking**

I know you've heard other experts (myself included) teach that you should focus by not multi-tasking.

Well...I realized that the strategy may work for me and other experts as my personality is one that is poorly designed for multi-tasking.

**But I realized that other people may not have the same personality as me...and some people's personalities have trouble focusing, making it hard for them to stop multi-tasking...**

#### **How do I help these people?**

If you enjoy multi-tasking because it gives you a sense of accomplishment or by keeping busy, here's what you can do where you can still multi-task but allow you to focus on achieving your goals.

Often times, there's several parts to achieving your goals. And each part is a bit different from each other.

First, split up your goal into 3 to 7 big areas.

For example – when I was creating my LinkedIn Leads Traffic course, my biggest parts included:

1. Create the course content
2. Set up the website/membership area
3. Create the marketing
4. Launch the marketing & product

**You can still multi-task – and I'll give you the first strategy that I recommend for multi-tasking.**

I realized that perhaps some people just can't do the same thing for too long without getting bored. And they simply need anything that's a change – it doesn't necessarily have to be the internet, or TV, etc. (even though that's what most people do since they think it'll help them have a change)

After you've determined your 3 to 7 big areas for your goals – within each big area, you can determine a few of the things that you'll need to do.

For example, for my Part 1 of “Creating the Course Content”, this involved:

1. Writing out the content
2. Filming the videos for course material
3. Editing the videos

And so what you can do is simply multi-task between 3 tasks that will move you towards your goal (remember our earlier strategy#4 of doing 3 things each day to move you closer towards your goal?)

So what I did was I’ll focus on writing out the content at first.

And then, if I feel like the need to multi-task or that I’m getting bored, I’ll simply film a portion of the videos for the course material.

Then, I’d go back to writing out some more content or perhaps editing the videos.

As such, throughout the day, I would switch between these 3 tasks.

And instead of multi-tasking between doing something that’s moving me closer to my goal, checking social media, and answering emails (for which the social media and answering emails aren’t part of moving me closer towards my goals), I now can still fulfill my desire for multi-tasking and not be bored by the same task AND put all my efforts towards moving closer to my goal.

Once you’re done most of the steps in Part 1, you can multi-task between the last 1 or 2 steps in Part 1 and the first 1 or 2 steps in Part 2.

### **Second strategy for multi-tasking (not as effective as first strategy)**

If you think that multi-tasking within the same Part is still too similar and you’ll still be bored – try multi-tasking between different Parts.

For example, my Part 2 of “Setting up the website/membership area” involved:

1. Buying domain and installing website + membership software
2. Setting up pages for the membership content
3. Setting up pages for marketing

So what I could do is perhaps do one of the steps in Part 1 (e.g. Writing out the content) and then when I get bored or want to multi-task, I’ll select one step in the second part to do (e.g. installing website + membership software). Then, when I get bored with that or want to multi-task again, I can switch back to “Writing Out the Content” or doing something else within the part 1.

This strategy is not as effective because I considered that the steps within the first component is still more similar than between the first and second component. Typically, it's easier to move in between tasks of similar nature to increase productivity – so that's why I recommended the first strategy of multi-tasking within just one component.

**NOTE: Regardless of what task you are doing – give it at least 20 minutes consecutively of your best efforts – then you can switch to another task if you wish.** The reason is because you still want to be effective during your multi-tasking and switching every 5 or 10 minutes is too short for you to improve your effectiveness at finishing the task.

### **ACTION STEPS:**

#### **Step 1: Please List Out the 3 to 7 Major Part of Your Goal(s)**

Part 1:

Part 2:

Part 3:

Part 4:

Part 5:

Part 6:

Part 7:

**Step 2: List Out the Major Steps of Part 1 & Multi-Task Between These  
(Remember to do each Step for at least 20 minutes consecutively before  
switching to another task)**

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

**Step 3: List Out the Major Steps of Part 2 – you can choose either to multi-task  
between the steps in Part 1 with Part 2 or simply do this step after you’ve  
finished the steps in Part 1.**

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

## Other Experts: Get Rid of Distractions to Help You Focus

### **My Strategy #6: Use DISTRACTIONS to Help You Focus!**

In keeping up with the previous strategy of the fact that: perhaps what I've shared before in other eBooks/videos may only be suitable for people who have similar personalities like me...

I want to share with you 2 ways of how you can use distractions to help you focus!

#### **Distraction #1 as Solution: Let Out Your Physical Distractions!**

Perhaps others have told you to not tap your foot or tap your fingers on the table, etc. because it's annoying/impolite, and other reasons. So your body may have this desire to do something while you try and focus your mind...and often times, because you've consciously suppressed this desire for tapping your foot, drumming your fingers, playing with a pen in your hand, etc. your body needs to find another way out.

What happens?

Well...your hand wants to physically do something – and so guess what?

It starts to move your mouse to open up the Internet and then starts to type things on the keyboard to go to social media sites, surfs the internet, or it starts to play with your phone to see what else it can do...

And that's one of the ways that you can get distracted – not by what's occurring with your physical movement – but more so with your mind when it starts to pay attention to the Internet/phone, etc.

So what I would suggest that you do is to simply let out your physical distractions to ensure focus.

Tap your foot!

Drum your fingers on the table!

Play with a pen in your fingers!

Or it could be a stress ball, etc. for your hand to play with so that you're not tempted to move the mouse or open up the Internet/social media/ play with your phone, etc.

I typically play with a pen using my fingers...or sometimes just wiggle them in the air...

I find that this helps to keep my body physically busy so that it doesn't want to wander and do something that will distract my mind.

Another thing I'll do sometimes is to simply vary my physical positioning.

After some sitting, I may stand at my desk to work – or bounce up and down a little on my toes for 20 to 30 minutes or even longer. Then I'd go back to sitting.

Or I may walk and think through problems or issues at the same time.

Standing up or walking around while you do your task has many benefits as it will help you improve your health (you're not sitting all the time) and can also help you focus as you get your blood flow going again to your brain.

### **Distraction #2 as Solution: Use Distractions as Rewards**

Often times, people get distracted by what's on the Internet, what's happening in social media, text messages, phone apps, etc.

Well, we're going to use those distractions to motivate us for focusing.

So what I do is if I want to check something on the Internet, such as watching an online video – I'll set a goal for myself – "I'll take 60 minutes to do this task that will move me closer towards my goal – and at the end of the 60 minutes – I get a 10 minute break to watch that video; if I finish my task earlier – I'll still be able to watch that video for 10 minutes – I can just watch it sooner!" Similarly, you can do this for checking social media, replying to text messages, surfing the internet, etc.



The power of this is that because your mind may really want to reach that "distraction reward", so it'll focus on how to complete this task in the best way as soon as possible. This way – you may be able to get tasks done even faster!

**NOTE: You must ensure to simply have a timer for your break.**

For example, on the iPhone – you can use the "Timer" function within the Clock app to set the amount of time you have for your break. Then, ensure that it's set to ring or go off quite loudly that it'll alert you to go do the next task that'll bring you closer to your goal.

And you can set up similar rewards for each task that you do (varying the amount of time for the breaks depending on how long you estimate each task to be – for example, a 30 minute task may only require a 5 minute break).

### **ACTION STEPS:**

**Step 1: See if there's a physical distraction that you can include to help your mind stay focused**

**Step 2: Determine which distractions you can set as rewards for yourself.**

**Step 3: Find a task that will move you closer to your goal – give it a timeframe for how long you'll work on it and the reward for the break in terms of how long the break is and what distraction you get as a reward during that break**

**Step 4: Carry out the task while knowing that you have a break and a reward if you finish your task within that time frame**

**Step 5: Set a timer for yourself for the break using your phone or online.**



Other Experts: Ask Other People for What You Want to Achieve Your Goals – Ask Enough Times and They’ll Say Yes

**My Strategy #7: Being Persistent in Asking People to Help You Achieve Your Goals DOESN’T WORK – What To Do Instead?**

Watch my Video Training for this strategy at

<http://www.HappyAbundantFreedom.com/Day28-Add-Value-First>

I know that one of the first things that’s important for achieving your goals is to tell people about your goals – about what you want!

This is true and I believe in this 100%.

**However, many experts teach people to ask others for what they want help with for achieving their goals...and if you are persistent enough...one day, they’ll say yes.**

**If that’s true – there wouldn’t be so many people struggling with being rejected to a person they’re attracted to; to an opportunity that they want for career or income, etc.**

So how do we get the people who we want help from for achieving our goals, to say Yes to helping us?

If you’ve seen the way that really successful people interact with others – you’ll find that they usually focus on Adding Value First to Others before asking for what they want. So what they often say to other people is, “What do you need help with? How Can I Add Value to You?”

Now what I mean by adding value isn’t trying to sell them on why they should help you achieve your goal(s).

Instead, the successful people genuinely just want to know what the other person needs help with and if they know something that they can share to help the other person – perhaps strategies, recommended tools and resources to help them achieve their goals faster, contacts that are skilled in providing this help.

Have you wondered why telemarketers are so annoying in people’s opinions? Because it seems like they’re just trying to sell their services to you – without really caring for your best interest.

Successful people on the other hand, do actually care about your best interest – and they will try to see how to best help you with the knowledge they have or the people they know.

I've shared this idea with a few people. This idea of offering really value information for free to help add value to the people they meet (including prospects they want to sell to for achieving their goal of growing their business). Some people have replied, "If you're providing your valuable information for free, they may simply take your information and go find another person to provide the service or product."

Yes – that may be the case, however, I find that is usually a small minority. You see, when you provide valuable information that people are saying – how are you able to give this away for free? That's when you know people are trusting you, liking you, and seeing you as the expert in the field that you're in.

Furthermore, when they think that you're simply giving this valuable information away for free, they start to think of how amazing the information will be if they paid for your products and services!

I've personally had experience to achieve my goal of growing my business – where I'll give away great strategies to help prospects grow their business.

Yes, they may take those strategies and find someone else to implement those strategies. However, I found that usually, these people that I've shared valuable information with them for free (which can really help them grow their business that they may have had to pay a large consulting fee to get the strategies) – they will usually become my client or refer me to other people that can benefit from my products/services.

This allowed me to achieve my goal of increasing my business faster.

In fact, often times, after I've given them quite valuable information – they'll usually turn around and ask me, "what can I do to help you?" I didn't ask them or hint at them to help me...they simply offered on their own...

So what I want you to do is think of 3 people that you really want to connect with and build a deeper relationship with – this could be a potential mentor, a prospect, or simply someone that you want to connect better with.

Now – ask them – what do you need help with? Be sure to write these down somewhere – either on paper or in your phone or electronically elsewhere because we may forget all the things they need help with later on. This also shows them that you're actually paying attention to their needs when you're taking down the information right in front of them.

Think of ways to add value to them – give them your best help – perhaps you may not know right now how to help them in terms of the areas that they need help with. But do you know of some resources or other people that can help them with those areas?

For example, sometimes, people will tell me what they need help with – and it's not something I am knowledgeable in – so I'll try and think of the best people who are experts in that area whom I know, and simply make the introduction.

Then, simply provide them with some valuable knowledge that you know, or perhaps point them to other people that are experts in those areas that they need help with!

### **ACTION STEPS:**

#### **Step 1: Think of 3 people that you really want to connect with and build a deeper relationship with**

This could be a potential mentor, a prospect, or simply someone that you want to connect better with.

- 1.
- 2.
- 3.

#### **Step 2. For each person, ask them “What Are the Top 3 Things You Need Help With?”**

Person 1:

- 1.
- 2.
- 3.

Person 2:

- 1.
- 2.
- 3.

Person 3:

- 1.
- 2.
- 3.

**Step 3. Think of ways to add value to them – give them your best help – perhaps you may not know right now how to help them in terms of the areas that they need help with. But do you know of some resources or other people that can help them with those areas?**

**How to Help Person 1:**

Help with their Priority #1:

Help with their Priority #2:

Help with their Priority #3:

**How to Help Person 2:**

Help with their Priority #1:

Help with their Priority #2:

Help with their Priority #3:

### **How to Help Person 3:**

Help with their Priority #1:

Help with their Priority #2:

Help with their Priority #3:

**Step 4: Please Post your answer to: “What’s One Priority that You’ll Help With and One Way that You’ll Help Them with that Priority?” in the Comments Section Below the Video at <http://www.HappyAbundantFreedom.com/Day28-Add-Value-First>**

When you post in the comments, you’ll be spreading awareness and inspiring others to add value to others and create better relationships because you posted a comment that raised their awareness!

## **A Quick Summary of Strategies to Increase Your Focus and Achieve Your Goals Faster**

What I've attempted to do in this eBook is to get you thinking about focusing and achieving your goals differently – perhaps even opposite of what you've believed and used before as strategies. Here's a quick recap:

1. There is still time for you to achieve your goals and dreams but the opportunities won't last forever.
2. To stop procrastination, lack of self-confidence/action/focus, fear of failure/success, and various other reasons preventing you to achieve success is because you're scared of what others think of you when you set, take action towards, and achieve/fail to achieve your goal.
3. Start finding other people who like you, like your goal, and will support you when you come across challenges, and celebrate your success with you! (It doesn't have to be your friends, family, or people that you already know)
4. STOP comparing yourself to others and thinking you're NOT GOOD ENOUGH – focus on comparing yourself ONLY to yourself and ensure that you're focusing on how to improve your own results as compared to before.
5. Set a BIG Goal as you'll reach that life that you truly want faster by getting over obstacles easier and more likely to get people to help you achieve it.
6. FOCUS on Improving Your Strengths to be AMAZING (instead of trying to improve your weaknesses to be average)
7. Procrastinate to achieve your goals by learning only information you'll immediately use – and then implement this information right away!
8. Each day, take 3 steps to move you closer to your goal
9. Focus on achieving your goals by multi-tasking between different parts or steps that will all bring you closer to your goal (at least 20 consecutive minutes per task)
10. Use distractions to help you focus – physical distractions while you work (such as standing, bouncing on your toes, tapping your foot, drumming your fingers, playing with a pen)
11. You can use distractions as rewards during breaks to motivate you to finish your task faster.
12. ADD VALUE FIRST to the person that you want help from for achieving your goals faster

If you follow these suggestions, you'll be well on your way to achieving the goals that you want while reducing your time and effort.

## **Now What? ACHIEVING YOUR GOALS FASTER**

Did you enjoy this eBook to give you the strategies and action steps to help you achieve your goals in less time and increase your productivity?

I thought that you did ☺

And you're wondering, "What's my next steps to achieve my goals and the life that I truly want?"

In the following pages, you'll find resources that are focused on specific areas that you want to improve on for reaching your goals, such as Self Confidence, Relationships, Health and Weight, Productivity, Financial Abundance and Freedom, and Success Habits

**REMEMBER TO TAKE ACTION TO REACH YOUR GOALS!**

It's great that you have all this knowledge but if you don't take action – you won't get what you want in life.

The definition of insanity is continuing to do the same thing and expect different results. If you haven't been happy with your results so far in life, you need a change.

Just a small step each day will bring you closer to achieving your goals – but you need to **START NOW!**

I'll let you explore the resources on the following pages... and I hope that you enjoyed this eBook. Thank you for taking this step to achieve your goals.

**Please help your friends and family improve their focus and achieve their goals** by sharing this eBook with them for FREE (as long as you do NOT change the content in any way).

<http://HappyAbundantFreedom.com/GoalsFocusEBook/>

If you haven't done so already, feel free to **sign up for my FREE goals and productivity email newsletter with tips and inspiration to help you achieve your goals and the life you want** at

<http://HappyAbundantFreedom.com/GoalsFocusEBook/>

I want to invite you to **join our Facebook Community where we share daily inspirations and meet like minded people** to achieve success faster at

<http://Facebook.com/HappyAbundantFreedom>



Each week, **our podcast will help you continue to achieve success in reaching your goals faster** through self-help, productivity, success habits, business and wealth, and relationships – <http://HappyAbundantFreedom.com/Podcast>

To Your Happiness, Abundance, and Freedom,

Angela Lin

Creator, Happy Abundant Freedom

<http://HappyAbundantFreedom.com>

**P.S.** I am starting to get feedback from other self help experts who feel this eBook could hurt their business and want me to stop sharing this information. I really don't want to see that happen because it will mean many people will continue to struggle and not achieve their goals faster (if they achieve their goals at all) simply because they don't know there is an alternative.

**If you've benefited at all from this report**, you can help me and other people in two ways:

1. Join in the cause to change the way most people improve their focus and achieve their goals by sharing the important information in this eBook and at the same time help your friends and family – forward this link to them:  
<http://happyabundantfreedom.com/GoalsFocuseBook/>
2. Please help us inspire more people to achieve their goals faster by sharing with me the positive changes and successes in your life from reading this eBook by sharing your story at:  
[www.HappyAbundantFreedom.com/Testimonials/](http://www.HappyAbundantFreedom.com/Testimonials/)

**Thank you so much for your help in advance! I really appreciate your time and effort to help more people improve focus and achieve their goals faster!**

## **Achieving Financial Abundance and Freedom!**

### **FREE Training on How to Build the Income and Security You Want by Taking What You're Already Doing...And Building a Real Business Around It**

I've personally attended this person's training and **his free report on how to build a business successfully doing what you love has been downloaded by over 1,000,000+ People!!!**

He is definitely somebody that I'd recommend for building a business. He teaches you how to take what you already know and build a sustainable business that runs without you...to give you more income and time.

<http://happyabundantfreedom.com/Income-From-What-You-Love-Doing/>

### **The Science of Getting Rich...Learn the Powerful Formula to Achieve Your Financial Goals with Mathematical Precision**

Imagine being able to...

- **Enjoy an abundant flow of wealth** into your life as the universe begins to provide all your needs
- **Eliminate the word failure** from your life for good
- **Have control over your destiny** and make your prosperous achievements remarkably predictable
- **Eliminate worries over financial matters**, and have better peace-of-mind
- **Ignite passion** in your life and relationships

<http://happyabundantfreedom.com/Science-Of-Getting-Rich/>

### **If You're Struggling with Debt...3 FREE "How To" Webinars that Stop Foreclosures and Debt Collectors Immediately** If you're:

- Having a hard time making ends meet
- Drowning in credit card debt
- Having difficulty obtaining credit
- Facing foreclosure

<http://www.happyabundantfreedom.com/Eliminate-Your-Debt/>

## **Starting and Growing Your Business!**

### **FREE Training on How to Build the Income and Security You Want by Taking What You're Already Doing...And Building a Real Business Around It**

I've personally attended this person's training and his free report on how to build a business successfully doing what you love has been downloaded by over 1,000,000+ People!!!

He is definitely somebody that I'd recommend for building a business. He teaches you how to take what you already know and build a sustainable business that runs without you...to give you more income and time.

<http://happyabundantfreedom.com/Income-From-What-You-Love-Doing/>

### **If You're a Business Owner, Entrepreneur, or Sales Professional - 3 Training Videos (worth \$97) for FREE to Increase Your Prospects, Traffic, and Sales!**

This is my newly released training that teaches you step-by-step (you'll see exactly what I do):

- 5 Secrets to **Have More Prospects Connect with You** – Implement These in Just 15 Minutes
- How my client got **23% of qualified prospects to join her group (with just 1 email to top executives she's never contacted before)**
- How to **Find and Connect with Qualified Leads & Prospects in Just Minutes...**
- 4 Steps to Accelerate Your Results on LinkedIn

I've had the privilege of being in the Top 5% of Most Viewed Profiles in 2012 and have been helping businesses with reaching their prospects and increasing sales using online marketing since 2010. That's why I created this series of free training videos to help you navigate through the online marketing world to see results faster.

<http://happyabundantfreedom.com/My-3-Free-Videos-Increase-Sales/>

### **If You Want to Increase Your Online Influence and Visibility – 4 FREE Gifts:**

I've personally used this training/service to help increase my online influence and visibility.

You'll get an awesome training to learn about:

- Bigger online visibility and influence for your small business
- More leads gathered through multiple channels
- Around the clock sales with automated follow up

<http://happyabundantfreedom.com/Increase-Online-Influence/>

### **Discovering Your Purpose in Life**

**Discover Your Passion and Purpose to Reconstruct Your Life, Income, and Happiness the Way YOU Want to Live It...**

This is especially designed for you if you:

- Are sick of wasting your life with a dull, boring job...
- Need to find more fulfillment in your career, without risking it all
- Want to build a career around doing work that genuinely excites you

So if you are dying to do something that actually matters to you and the world, visit

<http://happyabundantfreedom.com/Discover-and-Live-Your-Purpose/>

### **Building Your Self Confidence and Stopping Anxiety/Panic**

**FREE Video 3 Things to STOP Your Anxiety and Panic Attacks FAST without Medication**

Over 70,000+ People have used this simple technique to end their anxiety problem fast!

<http://HappyAbundantFreedom.com/Stop-Anxiety-and-Panic/>

## **Charge Confidence for Believing In Yourself to Feel So Much Better About Yourself**

This is a NEW Breakthrough system that completely removes the ROOT CAUSE of your life's problems and frustrations automatically with no effort on your part!

This will help you to achieve your fullest potential in your finances, relationships, health and other aspects of your life, so check it out now at:

<http://happyabundantfreedom.com/Believe-In-Yourself-Quantum-Confidence/>

## **Overcome Your Quietness, Anxiety, and Insecurities- The Scientifically Proven Program from a Former Social Anxiety Sufferer**

This is on why every pro therapist, website article and published book is WRONG about How to Overcome Shyness and Cure Social Anxiety.

You'll learn how to use scientific new strategies and methods to stop wasting the best years of your life being insecure, lonely, and bored...

<http://happyabundantfreedom.com/Overcome-Shyness-and-Social-Anxiety-System>

## **Organizing Your Space Better**

### **FREE Training to De-Clutter Your Home**

This will help you if you're ready for a big life transition and want to modify your home to support your new lifestyle goals

Or if you feel stuck and want to make a change – you know that part of your problem is feeling weighed down by all this stuff...and you want to lighten your load to bring energy back to your life.

<http://happyabundantfreedom.com/Declutter-Your-Home/>

## **Having More Love and Trust in Your Relationships**

### **Get More Romance Back in Your Relationship...**

Get this FREE 3 Magic Texts Report with simple text messages that gave Rachael Ray chills...

It works if you're a woman or a man to put the romance back into your relationship!

<http://happyabundantfreedom.com/Get-Your-Romance-Back/>

### **Get Your Ex Back...**

We all know how painful it is to get dumped. What most people don't know is that there is actually something you can do about it...

Discovered a technique that will actually have your ex dropping everything – and doing anything – to wiggle their way back into your life...

WITHOUT you being desperate or needy for a second (In fact, they'll respect you more)

<http://happyabundantfreedom.com/Get-Your-Ex-Back/>

## **WOMEN ONLY: Having More Love and Trust in Your Relationships**

### **Do You Know YOUR man's "Love Frequency"?**

Do you sometimes feel like you and your man are just talking past one another?

As in, it just feels like you're speaking different languages?

You can scientifically learn to open up his heart, and almost overnight have him treating you as if you're the only woman in the world.

It's shockingly easy and simple, yet it has been proven to work.

<http://happyabundantfreedom.com/Increase-Your-Mans-Love-Frequency/>

### **If Your Marriage is In Trouble...**

You want a better marriage. And guess what? He does too!

If you're like most women, you're probably trying everything you can to save your marriage and nothing seems to work!

Well...it's not your fault! Find out the truth about how to save your marriage at...

<http://happyabundantfreedom.com/Save-Your-Marriage/>

### **3 Steps to Make a Man Fall in Love and Commit to You...**

It's called "3 Steps To Make A Man Love You" and it teaches you the 3 Simple Steps any woman can take to make a man not just "fall" for a girl...but to actually make him obsessed with her so HE decides he WANTS to be serious...

No ultimatums. No begging and pleading. No crying.

Whether you're single, dating or have been married for years you need to watch this new educational presentation now...

<http://happyabundantfreedom.com/Make-A-Man-Fall-in-Love/>

### **MEN ONLY: Dating Advice to Get That Woman You Want**

#### **The Tao of BadAss**

If you've been struggling to find a girlfriend or to attract that woman into your life – here's the little known psychological "loophole" with women and why:

- Looks don't matter
- Money doesn't matter
- Being shy or talkative...doesn't matter.

<http://happyabundantfreedom.com/Dating-Advice-For-Men/>



## **Fat Loss, Muscle Building & Health**

### **FREE Presentation for How to Get a Flatter Belly in 3 to 10 Days While STILL Enjoying All the Foods You Love ...**

This works for both men and women – and allowed a person to:

- Lose 2 inches from the belly
- Lose 8lbs in only 9 days
- Lose 2 inches from each thigh
- Drop 3 sizes

<http://happyabundantfreedom.com/Flatter-Belly-Fast/>

### **Why Cardio is as Bad as Cheeseburgers and 3 Other Shocking Facts About Fat Loss for Why You're NOT Getting the Fat Loss Results You Deserve AND How You Can Fix Your Broken Metabolism to Burn Fat 24/7**

Imagine never having to go through another cardio workout again...

And picture yourself being able to eat a juicy burger, all while enjoying the lean, sexy body you have been working so hard to achieve.

<http://happyabundantfreedom.com/Fat-Loss-Shocking-Facts/>

### **Total Wellness Cleanse – Natural and Nutritious Cleanse to Skyrocket Your Energy Levels and Evaporate Stubborn Fat in Just 14 Days!**

You don't have to take Dangerous Pills or "Pooping" Potions to allow your body to feel healthier, more energetic and more alive!

<http://happyabundantfreedom.com/Total-Wellness-Cleanse/>

## **MEN ONLY: Muscle Building and Fat Loss**

### **1 Weird Tip for Gaining Muscles Fast and 3 Worst Ways to Build Muscles**

See 3 ways guys try to build muscle that almost never work

This is based on natural muscle building

<http://happyabundantfreedom.com/Men-Gain-Muscles-Fast/>

## **WOMEN ONLY: Fat Loss and Better Body Image**

### **#1 Fat Loss and Metabolism Boosting Tip – FREE Presentation**

I want to share this powerful fat loss tip designed to help women just like you or I lose weight fast where we need to the most!

And the cool thing is that this tip is not only scientifically proven to boost our metabolism, but we can also burn fat faster and easier than men (instead of the other way around that we usually hear about from the weight loss programs) if we use this tip.

You'll also see how this unusual tip allows you to strategically eat the foods you crave most, and still experience the slimmest, sexiest waistline of your life

<http://happyabundantfreedom.com/Fat-Loss-For-Women/>

## **Increasing Your Focus and Productivity!**

### **Discover How to Find Your Focus and Stop Procrastinating...**

You'll discover the simple "Mind Hack" that eliminates the 4 causes of procrastination for:

- Effortless focus
- Limitless drive
- Decisive Action

<http://happyabundantfreedom.com/How-to-Focus-End-Procrastination/>

## **If You're Taking Classes Right Now – My 3 Training Videos (worth \$47) for FREE to Cut Your Study Time in Half, Have Less Stress and Get Better Grades**

You'll learn step-by-step (see exactly what I do):

- Simple technique that will **cut your study time in half – Guaranteed!**
- **How to Focus**
- 5 Things You Must Do to Get Better Grades and **Study Less**
- How to **Memorize Faster**
- How to Spend **Less Time Reading**

These techniques have allowed me to graduate on the Dean's List and in the Top 10% of My University Class (GPA of 3.75 out of 4.0).

<http://happyabundantfreedom.com/Study-Less-Better-Grades/>

### **My FREE Training Video on How To Watch/Listen to Online Videos & Audios at 2x or 3x Faster (including YouTube, Vimeo, and other Training Sites)...**

This has personally saved me 270+ Hours, which is more than 11 FULL DAYS that I could now use to do the things that I want.

<https://www.youtube.com/watch?v=hovcnP856a4&feature=c4-overview&list=UUrOgQ2RpGVdlAlk4nsk5NWw>

### **Systematic Approach to Help You Really Accomplish Your Goals by Doing Less**

This will help you get the right things done each day as it's a goal setting software (that works both on your computer and your mobile).

It's designed to help you

1. Set Your Goals with Clarity
2. Take Action and get the Right Things Done
3. Visualize to Succeed
4. Track Time to Get More Done Faster
5. Build Goal Enabling Success Habits

<http://www.happyabundantfreedom.com/Goal-Setting-Action-System>

### **Using Your Mind for Attracting Success in Your Life!**

#### **FREE EBOOK GIFT: Discover the Incredible Mind Power Reality Secrets**

You're about to get an once-in-a-lifetime opportunity to access "insider" secrets to transforming your ideal life into reality.

You'll learn how to transcend what most people think is impossible so you can start living your dream today.

<http://happyabundantfreedom.com/Free-Ebook-Mind-Power-Reality-Secrets/>

### **Stunning FREE eBook (worth \$49) reveals 'world first' mind power research...**

For nearly 10 years, a small privately funded team carried out research into advanced mind power. All of their discoveries were classified as 'leading edge' knowledge, with a few in the 'world first' category.

They discovered how to attract luck, how to cure their mind and body while sleeping by pre-programming their dreams, how to attract new partners with their minds...

<http://happyabundantfreedom.com/Free-Ebook-Mind-Power-Secrets/>

### **Get EVERYTHING you want in life...Success Secrets Revealed!**

Have you ever wondered why it seems so impossible to create the life you want?

It's like every time you seem to be getting closer, some obstacle suddenly appears in your way and sabotages everything...

Here's the truth: It truly is possible to have everything you really want.

And it's not all that hard, either...

It's all possible if you just follow a few simple rules and put some techniques to work...

If you're not getting where you want to go, that means you're giving your mind the wrong messages, most likely without even realizing it.

<http://happyabundantfreedom.com/Mind-Secrets-Revealed/>

### **Attracting Abundance in Your Life!**

### **FREE Manifesting Abundant Riches in Your Life Package (valued at \$67)...**

You'll discover:

- How to Crack the Wealth Success Code – and learn the scientific method to achieving massive wealth, and how you can hyper-accelerate your financial success using this one secret method known only to the richest and most successful individuals in the world!
- How to stop sabotaging your own chances for success!
- Why you've never found true financial success...
- The Truth about what you MUST do in order to literally THINK yourself rich!

<http://happyabundantfreedom.com/Free-Abundant-Package-Wealth/>

### **[FREE Training: How to Become a Magnet for Wealth, Success and Happiness...](#)**

You can unleash the amazing power of your mind and make a profound change in your life Right Now! This works even if nothing else has worked for you in the past...

You can reach new levels of success in your finances, your health, and your relationships.

<http://happyabundantfreedom.com/Free-Video-Be-Success-Magnet/>

### **[FREE Training: How to Live a Life of Abundance and Contribution in 2014 and Beyond...](#)**

You can break free from the 24 Abundance Blocks holding you back...

You'll be able to:

- Feel newfound passion and motivation to excel in your career and opportunities surrounding you
- Experience sudden rushes of creative ideas that lead to more abundance
- Live in a state of optimal work-life balance
- Transform yourself into a catalyst for positive change

<http://www.happyabundantfreedom.com/Unlimited-Abundance/>

### **[FREE Report: 7 Simple Secrets to Create + Attract the Success & Abundance You Want](#)**

Do you know that your present reality is really just a manifestation of your deep beliefs? The saying goes, "What We Resist....Persists," which means that what you think about most, and with the strongest emotional attachment will in most cases become your reality.

In essence, you create and attract in your life according to the thoughts that you have. You'll also learn about how to use powerful affirmations that open the doors to abundance in your life!

<http://happyabundantfreedom.com/Free-Report-Abundance-Mindset/>

## **Improving and Learning Faster!**

### **Discover the Secret that Albert Einstein, Wolfgang Mozart, Winston Churchill & Tiger Woods Used to Unlock Their Genius...**

I've personally used self-hypnosis to help me overcome challenges and achieve success in different parts of my life. As such, I wanted to share how to use self-hypnosis to help you improve any area of your life with training from a world renowned hypnotist and learn how to use self-hypnosis for guaranteed results.

You'll make immediate and profound changes EVEN IF you lack willpower...

<http://happyabundantfreedom.com/Self-Hypnosis-Guaranteed-Results/>

### **If You're Taking Classes Right Now – My 3 Training Videos (worth \$47) for FREE to Cut Your Study Time in Half, Have Less Stress and Get Better Grades**

You'll learn step-by-step (see exactly what I do):

- How to Focus without getting distracted
- 5 Things You Must Do to Get Better Grades and Study Less
- How to Memorize Faster

These techniques have allowed me to graduate on the Dean's List and in the Top 10% of My University Class (GPA of 3.75 out of 4.0).

<http://happyabundantfreedom.com/Study-Less-Better-Grades/>

## **Improve Your Brain Power to Be Smarter, Stronger and Faster!**

This is designed to help you learn smart and work smart in different areas of your life.

This can help you whether you're a professional, executive, problem solver, technicians, parent, creative person, athlete, student, or if you just want to learn faster and retain more information.

They have over 35 years of experience in helping people to enjoy renewed health and wellness, achieve maximum concentration, empower yourself, improve your self-esteem, and be happier!

<http://happyabundantfreedom.com/Improve-Your-Brain-Faster/>

## Join the Happy Abundant Freedom Facebook Community!



I created the Happy Abundant Freedom Facebook community with the mission to help people create more happiness, abundance, and freedom in their lives and their community.

My goal is to have 100,000 Fans by Jan. 31, 2015 as that would mean we can make a positive change and help more people to achieve their goals faster and easier around the world!

I am personally inviting you to join us in our mission to help people create more happiness, abundance, and freedom in their lives and their community. On our Facebook community, you'll be able to find daily inspirations, meet like minded people, and tips that will help you achieve the life you want.

You can join the Happy Abundant Freedom Facebook community for FREE (just click on "Like" to join) at

<http://Facebook.com/HappyAbundantFreedom/>

If any of the quotes, tips, or inspirations empower you, I want to ask you for a favor and use the "share" function in Facebook to share these on your personal Facebook timeline so that your friends, family and others you know will benefit to have positive changes in their life and to reach their goals and their dreams faster! This

will also allow our community to grow and help even more people to get us closer to the 100,000 fans goal!

Thank you so much for participating and contributing in this movement to help more people reach the life they want!

I look forward to connecting with you through my [email newsletter](#) and the [Facebook community](#)... Talk to you soon...

To Your Happiness, Abundance, and Freedom,

Angela Lin

Creator, <http://HappyAbundantFreedom.com>