

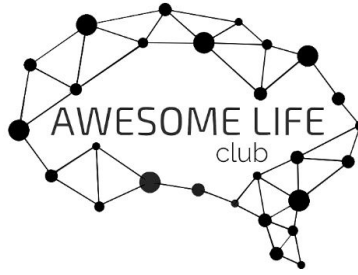


The
**GET
WHAT
YOU
WANT
FAST
FORMULA**

A SIMPLE PROCESS FOR
RAISING STANDARDS
AND BUSTING
THROUGH LIMITING
BELIEFS



AWESOME LIFE club



The

GET WHAT YOU WANT

FAST FORMULA

**A simple process for raising your standards
and busting through your limiting beliefs**

by Kay Walker

Your dream life is waiting for you, and this formula will have you achieve it FAST

Is there an area of your life that doesn't *inspire* you? Is there something you feel you've been "settling" for? Or, something you've committed to changing that you haven't been able to change?

You're stuck in a behavior loop.

That's when you desire a change in any area of life but you keep doing the same things and producing the same results. And you may be trying really hard to break the pattern, but you can't. For instance:

You want a better body but no matter what you do you can't achieve it. You always find yourself back to the same number on the scale.

Or, every month you look at your bank account and you feel frustrated. You want more money, not just enough to pay your mortgage and bills. No matter what you do to try and change it you seem to have this same experience each month. Being unsatisfied but "putting up" with your finances.

Well, here's what's interesting about human beings - me, you, all of us - **you always get what you settle for**. Not what you desire.

The life you have right now is a directly related to what you've allowed yourself to put up with - aka, the unconscious and conscious standards you've set for yourself.

See, you and I and everyone have standards we set for ourselves. And we usually don't set them consciously. We are born into life at a certain level and as we start

to interact with the world we learn about our abilities. We develop expectations based on what we are told and learn about ourselves and the world we live in.

Consider your current level of income. It may or may not be what you'd like it to be. However, the amount of money you are currently achieving is directly correlated to a hidden measure you have set for yourself. Just as making less is likely not an option, making more is blocked by this imaginary "bar".

When it comes to standards, here's what happens: once we reach a level of achievement that meets one of these hidden expectations, we accept it, even if we desire a higher level.

Once again: **you get what you settle for.**

You might want more money but when you make enough to pay your bills and manage your basic needs, if that's the bar you needed to reach to be satisfied, you'll likely stop working hard at making more.

So, In order to get anything you want in any area of life you need to shift your core limiting beliefs.

You need to learn how to raise your standards. There are a few ways you can do that.

Hint: #5 will get you to what you want the fastest. It's my magic formula revealed. You can use it in conjunction with the other slower methods.

Raise your standards the slow and difficult way or the fast and easy way...

If you want to raise your standards there are five different approaches you can take. Methods #1-4 work, but, I have a shortcut, a formula, that I've given you. It's #5.

Though, it's helpful to know what the other methods are, because you can use them alongside the formula I've provided for you here.

Here are methods that work if you want to raise your standards:

Method #1: Wait till you're in crisis and you reach an "emotional threshold". Being in a crisis state can drive you to reach an emotional peak. At that point, you may decide change is mandatory to maintain your survival.

This is the person who goes bankrupt and then realizes they need to learn new ways to be responsible with money.

Or, the person who puts on 75 lbs and then has a health scare. It's only then that they get for themselves that they have to change because they can't stand the pain of living that way forever.

For obvious reasons, this is not an ideal way to expand your standards, but it does work.

Lasting change often follows crisis because you reach a climactic point where you become aware that a behavior does not serve you, and is thwarting your

progress. You are then pushed to be aware - in a walking into a wall kind of way - that you need to make a significant change and stick to it in order to survive the situation.

Obviously, waiting till you're in crisis to make lasting changes is not ideal. It has you waste time and you have to go through the unpleasant experience of a major breakdown. But sometimes, you never get there naturally.

Ever seen a smoker with lung cancer at the hospital still smoking? They've reached a climactic point of being near death, but the pleasure they get from smoking keeps them in the unhealthy habit even if they are aware it's not benefiting them.

So, while it works, this isn't the best method to change yourself.

Method #2: Focus on incremental progress. Build small actions into your day-to-day life to begin to "raise your bar".

Your standards are limited by your core beliefs. When you take small simple actions to change and you start to see progress, you increase your beliefs in your ability.

For example, if you're an entrepreneur and your business makes a consistent \$10,000 a month, challenge yourself to make \$1,000 more the next month. When you slowly start to reach these small goals you will raise your standards.

The problem with this method is that it can take a significant amount of time.

Method #3: Examine your standards to see why you have them.

Sometimes simply noticing, being aware of the ceiling you create for yourself can help you take actions to remove it. When you see the barrier, you can consult with yourself in moments where you notice it and choose to take new actions.

In a moment, where you see that you are about to accept that job where you don't love the salary but think maybe you should accept it because you've never made more than the amount it offers, and you think it would be crazy for you to make more because your parents never did, you might be able to stop yourself.

Method #4: Spend time in environments and with people that raise your standards.

This method is one of the most effective. When you surround yourself with people who have higher standards than you do you may start to see things as possible for you if they are possible for them. You may also start to model their behaviors.

This is also a great way to build desire in you and nothing is more powerful than desire to get you into action and move you in the direction you want to go.

Here's a personal example: In my early twenties, I worked as an event planner. During this time in my career I had access to multimillionaires. I went to exclusive events. I spent time in mansions. Seeing people living in incredible spaces not worrying about money and having more control and freedom, inspired me.

It had me see that I could achieve what they achieved. The disparity between us decreased.

The methods above all work, but for the most part they take a lot of time. This is because they work at slowly shifting your core beliefs.

But, if you work directly on shifting the limiting beliefs and focus on changing them you will start to fast track to what you want to achieve.

Okay, now here it is...

Method #5: Get it all now formula....

Burning desire, when ignited, allows you to become unstoppable in what you want.

Noticing you'd like something superior to what you currently have -- a higher income, a healthier or more physically fit body, a more passionate relationship -- has no effect on your ability to make lasting change. You need to shift your core, deeply-seated beliefs.

All it requires is some mental "thinking" work. And you can use the eight-step tool below to do shift your limiting beliefs anytime, without having to reach an emotional extreme.

Immediately when you notice that you want to achieve a higher standard than what you've been able to get simply use the process below. It will help you go through the required thinking and then put actions into your structure to build your life into an expanded way of living.

I call it #5 Get it All Now Formula. Try it now...

GET WHAT YOU WANT FAST FORMULA

A Simple 8-Step Process for Raising Standards

STEP 1: Write down the belief you have that's limiting your potential.

ie. "Making millions of dollars requires a lot of hard work and seems exhausting."

STEP 2: Briefly suggest some reasons you feel you have this belief.

- *ie. My parents said money never comes easy. And I grew up with this belief.*
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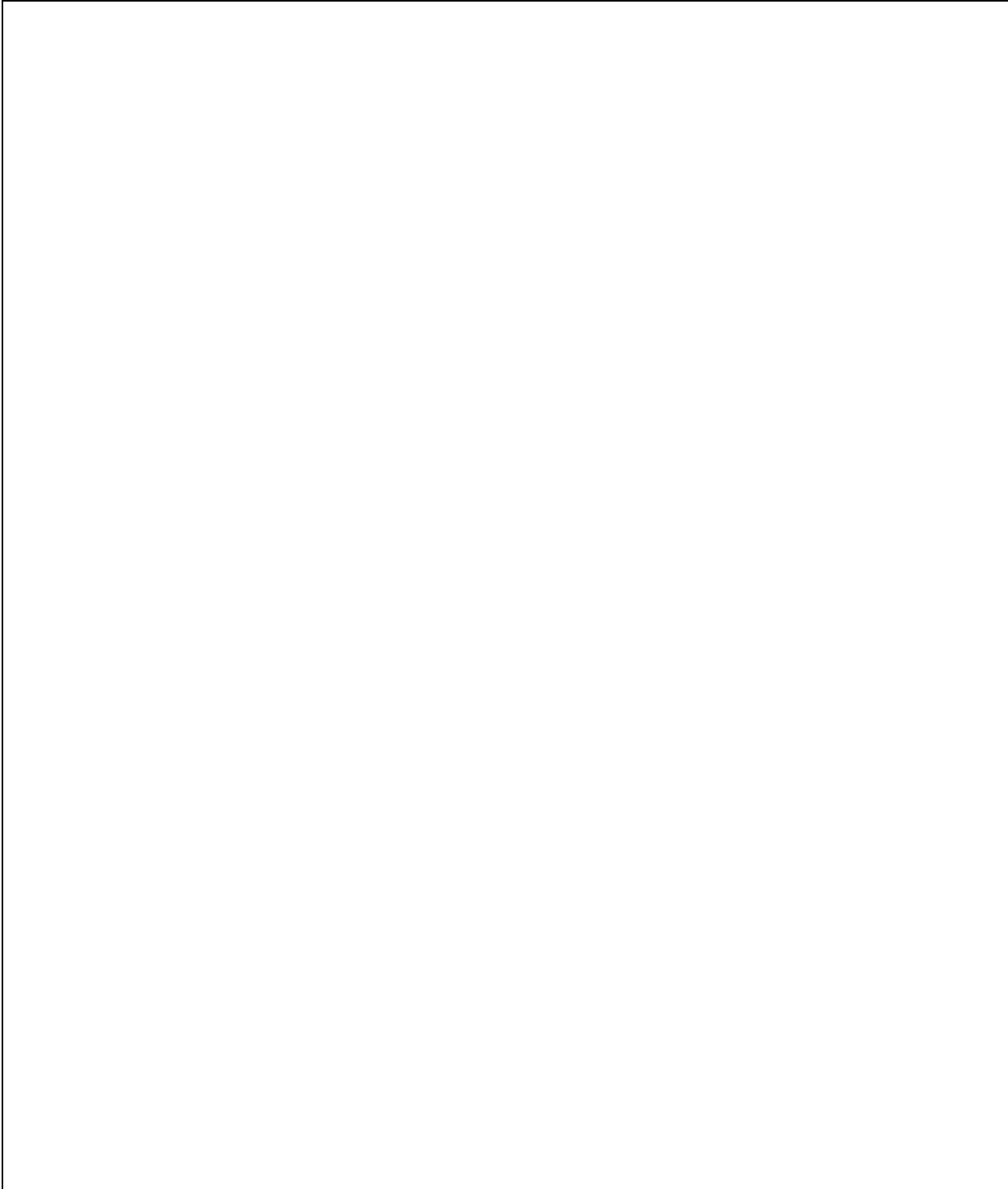
STEP 3: Rewrite your belief so it's what you'd like to believe.

ie. "Making millions is easy and comes naturally to me."

STEP 4: Validate the belief you wrote in Step 3 with real life examples from your life or other people's lives.

ie.

- 1. Many (if not all) the billionaires and millionaires in the world make money easily through automated income streams.*
- 2. I've already surpassed the income level I believed I could attain, there's no reason why I can't keep going.*
- 3. I work extremely hard. I have all the knowledge and talent to be a multimillionaire.*
- 4. I'm currently taking actions to build a business empire.*
- 5. I am no different than many of the leaders I look up to. I have all the skill and knowledge if not more than what they had at my age.*
- 6. Our business made a quarter million dollars last year. There is no reason why that number can't easily grow to one million this year and surpass that next year.*



STEP 5: Predict your likely future if you don't change your Step 1 belief.

ie. I will work extremely hard to achieve the financial success I desire. This will come with a lot of stress and exhaustion. I'll be so annoyed by the amount of work I think it takes to achieve millions that I'll decide it's not worth the fight. I'll stop being an entrepreneur and go find a decent job somewhere. I'll be happy but never feel fully fulfilled. I'll feel like I never achieved what was truly possible for me. I'll be secure financially but I'll never achieve financial freedom.

STEP 6: List FIVE actions you can take to move you towards what you'd like to achieve.

ie.

- 1. Launch my new brand.*
- 2. Finish creating my next online course.*
- 3. Read one book per week on finances or investing.*
- 4. Complete a marketing strategy for my new book.*
- 5. Create a Youtube channel so I can continue to grow my brand.*

1.

2.

3.

4.

5.

STEP 7: List FOUR actions you can take this week to move you towards what you'd like to achieve. Leave space one blank.

ie.

1. ***Put these to-do's in my Google calendar on Sunday evening***
2. *Launch new website on Friday.*
3. *Listen to "Think and Grow Rich" audiobook while out running this week.*
4. *Build list of contacts for my publisher to send promotional copies of my book to.*
5. *Write 10 video scripts for my first Youtube videos.*

1.

2.

3.

4.

5.

STEP 8: Go back to space one of Step 7. Write in a time when you will put these tasks into a calendar or planner.

ie.

1. ****Schedule these to-do's into my calendar on Sunday evening****
2. *Launch new website on Friday.*
3. *Listen to "Think and Grow Rich" audiobook while out running this week.*
4. *Build list of contacts for my publisher to send promotional copies of my book to.*
5. *Write 10 video scripts for my first Youtube videos.*

Now that you've learned the eight-step formula all you need to do is:

TAKE THE ACTIONS YOU WROTE DOWN.

This is pretty important.

Remember: NO ACTION = NO RESULTS.

Small, incremental changes lead to major progress.

Also, if you find yourself not taking action, it's either because you have a deep-seated fear that's in your way or you didn't schedule properly. If you need help with those things I got your back. Visit AwesomeLifeClub.com and you'll find more free resources there to help you overcome fear, create your life, and smash barriers in the way.

Lastly, I'd love to hear how this formula helped you. Connect with me on social media with a progress report. Post a message on Facebook at:

<https://www.facebook.com/awesomelifeclub>

I look forward to hearing about your results.

Keep being awesome!

Kay Walker and the ALC team,