BUILD YOUR POSITIVE REALITY

How to harness the power of positive thoughts to manifest your greatest dreams in reality

10X SECRETS OF POSITIVE MANIFESTATION

JOHN ABRAHAM

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INTRODUCTION

This book will serve great value for anyone who wishes to take control of their lives and to start creating a reality that they can truly be proud of. Whether your goal is to get that dream job, start your own business, find your dream partner in life, or become a millionaire – the 10 secrets will empower you to achieve what you set out to.

If you wish to get the most of out of this book, there is one un-comprisable requirement that must be met – a fervent desire to succeed and the unwavering determination to learn.

THE WHY

Some of you might ask, so why am I doing this? There must be some motive behind writing this book. Well there is, and I'm going to tell you exactly what.

My ultimate purpose is to leave behind a legacy by changing the lives of people in a **positive** way. Which is why the content that I have written and my email training series will be fully designed to deliver value.

There is nothing more satisfying than to receive gratitude for making an impact on somebody's life. If by taking the time and effort to write this book, I could have saved just one person from giving up on his dreams or stoke the flames of passion that would drive you to success, then my objectives would have been met.

I have built a successful niche internet business from the clutches of failure and achieved a level of success and financial freedom that I am proud of. And I want this for all of you because I believe that as individuals, we are all created to realize our fullest potential in life – not operate as mindless cogs in a corporate machine.

You see, it wasn't long ago that I was faced with a surmounting amount of debt and failure. Sinking into the depths of depression, my biggest obstacle was not just the lack of money but also a lack of spirit and belief from the setbacks.

I started with big dreams and a healthy wallet. Driven by the strong desire to succeed in all aspects of life, I always knew that I was meant for great things.

I launched several businesses and things were going smoothly back then. I wasn't rich, but I was satisfied spending my daily time pursuing my dreams.

At the time my social feed was constantly bombarded with videos of fake "gurus" in fancy cars and expensive houses who charged crazy amounts in the promise of giving you their "secret to success".

I was hooked from start with promises of riches and success. Through the "guidance" of these fake internet "gurus", I spent a ton of money on a bad business model. I was also making tons of mistakes that could have been easily avoided - mistakes that I will help you to avoid in this book if you follow the principles closely.

As a result, my businesses crashed, and I was left in debt. Drenched in failure and licking my wounds, I had to apply for a "real" job in order to sustain my living expenses.

I was jobless, lost all motivation and completely depressed. My wife was the one who pulled me from despair and forced me to see the bright future ahead. From this low point, I launched myself into relentless pursuit of success once more and created a business that I am proud of.

Many of the lessons are built upon the sacrifices of my failures. But there are also positive lessons to learn, such as cultivating an indestructible obsession to succeed.

And that is why I am extremely excited to have you here today. These secrets that I have carried with me all this while is now yours to keep. The 10 principles that I am about to share will guide you closer to success and help you to attain your goals.

Wishing You Abundance in Life,

John Abraham.

HOW THIS BOOK IS STRUCTURED

The first 5 secrets will help you to create a positive mindset and attitude. This to me is the foundation of a successful life. There is absolutely no value in accumulating wealth if you do not find joy in what you do. For me, my quality of life is measured by the amount of value, joy and happiness that you spread to those around you.

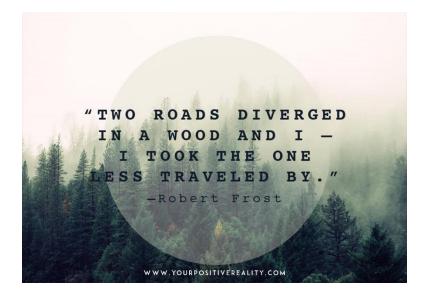
You will find no successful person that isn't positive about what they are going to accomplish. A positive mindset goes a long way in framing your reality which will ultimately your thoughts and opportunities. To neglect a positive mindset in the quest for success was one of the greatest mistakes that I made from the start.

The next 5 secrets will cover how to achieve success once you have the fundamentals right. These are more "dedicated" principles that will enable you to achieve any goal that you will ever set.

Make no mistake, whilst positivity serves as a strong foundation, success is not for the weak-minded or the feeble. It is not impossible, but you will require a great

amount of dedication, mindset and sacrifice. You will need to steel yourself with these tools in order to fight for your deserved place at the table.

Think you've got what it takes and anxious to begin?



Secret #1: The Daily Habit of Champions

"It is not happiness that brings us gratitude, it's gratitude that brings us happiness"

This is one of the simplest yet most neglected principle of success that we have the chance to do every single day:

Start your day by practicing gratitude. You may not realize the immense power that lies behind this simple act but beginning your day with this powerful emotion will change your entire perspective. And perspective is everything.

You see the quality of your life is influenced by your perspective of it. (I'll cover this in greater detail in secret #5)

I promise that if you do this constantly, your life will immediately change for the better.

Don't just say that you're thankful. Feel it and let the positive emotions flow through your being. The act of practicing this

every day is also a way of programming your subconscious mind to embrace this positive emotion & thought.

So develop an active gratitude, and give thanks for everything that happens to you knowing that it has forged you into the person that you are today.

Whether or not you like your current position or want to achieve much greater in life, know that every step forward is a step towards achieving your ultimate goals. Any setback, failures and hardships are a thing of the past and do not define your future success.



I'm sure you've experienced the daily struggle every morning - that fight for a few extra minutes of sleep right after the alarm rings. That is the very first battle you. Win it and you will start the day right.

In the past I used to dive right into things the first thing I woke up. Now I take some time in the morning to practice gratitude and re-focus on my goals for the day.

Know that today, you are going to achieve great things. Things that you have set out for yourself, that will bring you one step closer to your dreams. And be grateful for the opportunity that you have to be able to embark on this journey.

Secret #2: Develop a Genuine Interest in People

"He who can do this has the whole world with him. He who cannot walks a lonely way"

- Dale Carnegie



The ability to deal with people well is an essential ingredient of success.

Consider this question: do you think the top CEOs are hired because they are the very best in their field? No! Skillset and knowledge is a pre-requirement, but the main reason they are being paid millions of dollars is because of their uncanny

ability to influence and motivate those around them! In fact, this fundamental principle is something that you must learn if you want to succeed in life.

"No man is an island", a popular phrase by poet John Donne which encapsulates this principle rather precisely. In my own language I would have made a slight edit to the phrase: "No successful man (or woman) is an island".

You see successful people are not individuals.

Successful people embrace working with other people and are able to handle relationships well. It doesn't matter if you are introverted and dislike talking in crowds, you can develop the skills to influence people if you want to get your way around things.

Whether you are starting a business on your own, or managing a team, or even just trying to build healthy relationships in your family - you will need to work with people, for people.

It would be utterly foolish to think that anyone can survive by the grace of themselves and be successful the most successful person in the world. It just doesn't work. I would know, because I was the biggest one.

My major folly when first starting out was to think that I could do everything alone. I believed I was capable (and I was) but I didn't seek help from others, in fact I isolated myself and buried all my thoughts deep into my work. Boy, was I dead wrong.

The magic happened when I started to reach out to others and acknowledge that I needed support. I found a mentor, grew a network of support and that was when things started taking off quickly.

We need people to survive, and more importantly, to thrive in whatever ambitions that we have.

I came across a quote that I found to be extremely insightful.

"Money is nothing but the measure of value that you create for other people" (create picture)



Many entrepreneurs start out with the wrong principles. They chase the dollars and constantly worry about profitability. They choose to operate in an industry not because they can add value but because their research indicates it to be the most "profitable". These businesses are already built upon the wrong believes and often do not last long.

Don't chase the money or the goal for its own sake. Instead focus on creating value for yourself and others that will help you to achieve that goal, that is what I call true success.

Replace the word "money" with "success" and we get:

"SUCCESS is nothing but the measure of value that you create for other people"

You will need to develop a genuine interest in others to be successful. Think about how you can create value for others using the gifts that you have and you will be well on your way to success.

So how then can you come up on top in all your interactions with others? I'm glad you asked, because you're about to find out in the next secret.

Secret #3: The Secret to Win Anyone Over

"The ability to influence people without irritating them is the most profitable skill you can learn"

- Napoleon Hill

In the all-time best-seller, How to Win Friends & Influence People, Dale Carnegie states that the deepest urge in human nature is the desire to be important. These "feelings of importance" are ultimately what drives most rationale behavior amongst humans.

The only way you can get anyone to do anything out of their own accord, is by giving them what they want. And what people want, are the things that bring them that feeling of importance.

Dale even goes so far as to say that this craving to be appreciated is almost as imperious as the desire for food and sleep yet is seldom gratified. When it comes to our loved ones, we give them food, shelter and other necessities - but how often do we satisfy their desire to be appreciated?

A large part of our conscious actions stems from motivations to accumulate these feelings of importance for ourselves.

For instance, I'm writing this piece of content because I want to leave my mark on the world as someone who has helped others and made a difference. This gives me a sense of importance and satisfaction.

What does this mean for us? It means that if you are able to give anyone that "feeling of importance", then you can effectively hold them within the palm of your hands.

Now don't get me wrong, this is by no means a method of manipulation or deceit. Rather by understanding what drives human behavior you can truly direct your actions to achieve your goals and drive positive outcomes for both parties in an amiable setting when dealing with others.

Think about it, as you read the content of this book, you started off with the desire to create a positive reality that you wanted – which would ultimately contribute to your feelings of importance.

And that's exactly what I want to give you. I hope to fuel your feelings of importance by providing value on how to reach your desired end state.

By understanding your motivations, I can deliver content that is of value to you and make you like me at the same time. There you go! Two birds in one stone.

Now that you know this secret its time to put it into practice. Go forth and become important by making others feel important.

As Dale Carnegie coins it, be hearty in your approbation and lavish in your praise of others. This phrase he repeats time and time again in his literature and serves as a cornerstone on which your actions should be based upon.

Don't flatter. Flattery is cheap and lifeless. Instead be genuine in your praise of others and your sincerity will be appreciate much more than any flattery could ever achieve.

By doing so, we build others up whilst also improving our likeability and image. This principle will be crucial in your success when dealing with people.

Secret #4: How to Become A Good Conversationalist

What is a sure-proof way to make people like you when talking to them?

Once I was in a meeting with my previous boss (a hottempered lady who had a reputation for making her anger and displeasure well-known).

She was in an exceptionally bad mood over some accounts which contained errors that another team had prepared. I was indirectly involved in the project, but the error had absolutely nothing to do with me.

She called me in and started speaking to me in an accusing tone. I was immediately driven into defensive mode by reflex and was just about to open my mouth to fight back and declare that this was the doing of another foolish soul and hence was absolutely no fault of mine when I remembered this very principle.

I realized that she didn't care whose fault it was, she just wanted to air her grievances and express her opinions on the

matter. I gave her my undivided attention and showed empathy for (without admitting to any fault).

Quickly the conversation turned around and she was transformed into a superb storyteller.

She told me of how she founded the company and what she had been trying to achieve all this while. What was supposed to be a short rant session became an hour more of pleasant conversation.

At the end of it, she concluded that the issue wasn't my fault (without me having to argue my case) and even paid some flattering compliments about me to her husband (who was the company owner) explaining how I was a great conversationalist and a most engaging person to talk to.

I had hardly spoke anything about myself, yet she said that I was most engaging? Now I understand, all she wanted was an interested listener that could hear her grievances make her feel appreciated. To both our benefit, I had given it to her.

The secret to become the greatest conversationalist is to quit talking about yourself and to listen. Yes, this may seem ironic, so listen for a second and I will show you why this technique has such a tremendous impact on a conversation. The reason lies again in the narrative of a person's motivation. When speaking to someone else in a social setting, you must understand that that person is a hundred times more interested in himself than you are. He is interested in his wants, his desires, his passions, needs and problems more than anything else in this world.

The way to everyone's good graces is therefore to speak in terms of what they want. Be the most attentive listener that they have ever seen. Ask them the questions that you know they will love to answer. Talk about their passions, their accomplishments and things that bolster their feelings of importance.



Few human beings can withstand the allure of undivided attention and appreciation. So the next time you start a conversation with someone you wish to make impression, quit talking about your own achievements and instead listen. The art of listening intently is a subtle technique that has extraordinary power to influence the outcomes of your conversation.

Apply this everywhere you go, and you will see monumental shifts in the way people react to you.

In your relationships with family and friends, listen to these people that you profess to love. Feed them with the muchneeded feelings of being appreciated and they in turn will appreciate you.

If your wife or husband wants to rant, then let them rant! Don't cut them off. Listen to them, give them your attention and appreciation for the situation that they are in.

I assure you the results will be ten times better than if you just jump in with your own opinions on the matter. 9 times out of 10 when your wife or husband complains, he or she is really just looking for a listening ear, not so much as to seek your advice on the matter.

In job interviews, don't jump right in to unloading your prememorized script of your own achievements.

The qualifying attributes of a candidate is often defined by the questions that he asks. Don't demand straight up to know what's the pay, build rapport with the interviewer by demonstrating keen interest.

Remember as a gentleman (or gentle-lady), the truest compliment you can pay another is through rapt attention.

Only brutes never listen to anyone else talk and focus their conversations on their own topics. They interrupt others without letting them finish and are full of their own selfentitled importance. This my friends, is the sure-proof way of getting people to despise you.

Secret #5: The Art of Mindful **Thought**

"People who are crazy enough to think that they can change the world, are the ones who do."

Thoughts become things.

A man is merely the sum of all his thoughts and obsessions.

The sooner you realize that, then you will also begin to realize that key to the doorway of unimaginable power and success is already in your hands.



This is essentially what we call the Law of Attraction.

If you focus on a negative world filled with doom and gloom, that is what will manifest in your life. Conversely, a perspective that the world is filled with opportunity if we fight for the things we want will breed abundance and success. Remember, all thoughts fuelled with a burning desire will eventually manifest into things in the real world.

Many people don't understand the immeasurable power of manifestation. Often, they write it off as gibberish, as some quacked principle that the crazies use to make themselves feel better in this cold, dark and merciless world.

Guess what kind of reality will be reflected into their lives? Certainly, one of distrust, suspicion and disdain. I would know, because I was once like that too.

Whatever your perspective of the world – whether it is an ugly, dreadful dystopia, or a land of opportunity, richness and abundance, you are right. Because that is your reality.

If you want your world to improve, then start adjusting your perspective of it the exact way you want it to be.

The key word here, is **perspective**.

Your perspective is one of the greatest powers that you can cultivate and control.

In my email series called [PMF] Positive Mindset Framing, you will uncover the techniques that I use to shape perspectives and bend reality to your will.

If you have downloaded this ebook from my website www.yourpositivereality.com, then you should already be subscribed to my newsletter.

This newsletter will be sharing more intriguing (and up to date) secrets as well as how to apply them in real life. This will help you to achieve success through a combination of positive mindset framing and dominating thoughts.

Just check your inbox daily for new tools and insights that will activate your mind to its fullest potential.

To give my subscribers an edge above the rest, these resources will not be shared again anywhere else.

Secret #6: Dreams That Scare You

"There is no authentic dream that cannot be achieved. A person with big dreams is more powerful than one with all the facts"

Never settle for average.

Maybe no one has told you this before. But I believe that you were born special. I believe that you were put on this earth to create immeasurable value for the rest of humanity. A shame not everyone of us is able to live to the fullest potential.

If you're living an average life and are comfortable staying like that, that's perfectly okay.

But this book isn't for those who are already content with everything that they have. This book is for those who want to realize their full potential and make a long-lasting impact on the world.

Comfort is the enemy of progress.

This quote isn't to say that you must thrust yourself into adverse situations of discomfort in order to get successful (it would be foolish to think that). Rather it means that all meaningful growth requires some form of sacrifice.

But how do you justify sacrificing your nights out partying with friends, or camping in your favorite chair in front of the television? How do you sacrifice your rest time when you've just made it home from a long day of work, just to toil on your dream?

The exact amount and type of sacrifice isn't what's important. In fact, it doesn't matter at all in the face of greater purpose. What matters is that your dream and your desire to achieve it must be **bigger** than your sacrifice.

If it is not, then you will fail whether in the first week, the next or in a year's time. Those who achieve their dreams do so only because the magnitude of their want is so great that it makes everything else seem a small price to pay. They have no qualms trading short-term comforts for the long-term gain.



So dream big my friend.

And when I say big, I mean HUGE. Swallow up all the broken and unfulfilled aspirations in this world and spew forth a dream that would put every ambitious goal to shame.

Find it, think it, and breathe it into existence.

There is only one criteria for this dream: you must **believe** that it can be done.

Your dream is something that only you can see, and it will sustain you when all else fails...

Secret #7: Light the Fires

"If you want to be GREAT – and I don't mean good, I mean if you want to be the BEST at what you do, obsession is a **necessity**."

- C.T. Fletcher

Do you remember that time you discovered a new passion in life?

It could have been purely accidental, or perhaps a friend introduced you to it and it changed you forever.

Consumed with an insatiable desire to master it, you dived into your passion – learning, collaborating and creating value.

You didn't care about sleep and might have even skipped a few meals just to get it done.

It didn't matter. Small sacrifices in the shadow of a bigger goal.

That's what made you so good at it. That's what it took for you to succeed.

Binge watching your favourite TV shows through the night, indulging in the addictive game that you just couldn't put down or a maybe it was a compelling book that who just had to finish.

These seemingly natural acts are testimony of the amazing power of will and concentration and that we can possess if our heart was fully invested into something.

There are of course good and bad obsessions in life.

When I was overcome with depression, I was obsessed with only myself and all the bad things that had happened to me.

This kept me trapped in a prison of my own making and fashion. I was using one of the most compelling forces that I could channel to work against myself!

Obsession is not just an idea or thought that is perpetually etched in our mind, but also the strong fervor to put this desire into action to achieve the end result.

Having acquired the mindfulness to realize my folly, I have broken free from the chains of my negative obsessions, and I now channel my obsessive nature on the things that help me to achieve my dreams.

A man that possesses a burning obsession coupled with the strongest force in the world will be unstoppable in his quest for success.

Are you ready to be such a man? I hope so, because the next secret will reveal this indomitable force.



Secret #8: The Strongest Force in the World

It's crazy when you think about it in perspective isn't it? Every thought could be the catalyst for the next greatest feat in our modern world.

Thought is the beginning of all great things. But It is not enough to simply just think something up.

Thought can be fleeting. A moment of impulse that strikes us like the wind, then vanishes before we put stock into it.

To achieve riches and abundance, our thought or desire must be accompanied by the strongest force in the world.

What exactly is that force and how do can we master it?

Perhaps we can draw an invaluable learning from this saying by Benjamin Disreali:

"Nothing can resist a human will, that will stake its very existence on its stated purpose"

All great feats that begin with a burning desire to succeed, must be propelled by the force of a definite purpose. This is a purpose that cannot be defeated, an unstoppable force with an all-consuming obsession.

Here is the story of a man who manifested a seemingly impossible thought into reality.

Edwin C. Barnes had always dreamed of being partners with the great inventor, Thomas Edison, so he staked everything he had at that time on this one obsession.

Barnes spent the rest of his fortune on a one-way ticket by freight train, arrived on Edison's doorstep, and stated his intention with absolute conviction.

Edison later revealed why he decided to take Barnes in,

"I had learned, from years of experience with men, that when a man really desires a thing so deeply that he is willing to stake his entire future on a single turn of the wheel in order to get it, he is sure to win."

And so Barnes discovered how to harness the strongest force in the world to work for his dreams. He didn't earn it all at once, starting from the very bottom of Edison's organization. It took years before he anywhere close to the goal, but all the while he knew in his mind that though the timing and circumstances may vary, the destination was certain.

In the face of such uncompromising character and will, achieving the goal is not only made possible but also, inevitable.

All riches begin with a state of mind that comes from a definite purpose.



It all begins with a harmless desire, but when that desire becomes definite and you know in your mind that will do whatever it takes to succeed, then will you finally grasp success.

And now that you've been bestowed with the knowledge that any intangible impulse of thought can be translated into its equivalent in reality by applying this force, it's time for you to put it into action in your life.

And to do this, you will need to understand and embrace the principle in the very next secret.

Secret #9: The Mother of Success

"Success is the ability to go from one failure to another with no loss of enthusiasm"
- Winston Churchill

In the fight for your dreams, you will most *definitely* fail.

Yet to be successful is to embrace failure, for no successful man has ever been spared from the sting of adversity.

The biggest mistake you can make is to assume that you will get it right on the first try.

Failure is not the opposite of success, it is integral to being successful.

How you react and adapt in times of failure is what sets you apart for success.

I believe that all successful people must be tried and tested.

You see, not everyone has earned the right to take their place amongst the successful.

What separates the Great from the Average is the many defining moments in their journey when faced with failure and insurmountable odds.

The average will give up, and perhaps they are right to do so because they may not want the prize as much as the rest and are content to live with their current situation.

But the few who are determined, these amazing individuals with the foresight to envision their triumph even in the shroud of darkness, will press on in the face of adversity. If you are setting out to accomplish big things, then you best ready yourself to embrace failure.

I live by this rule which I have termed the Rule of the 1%.

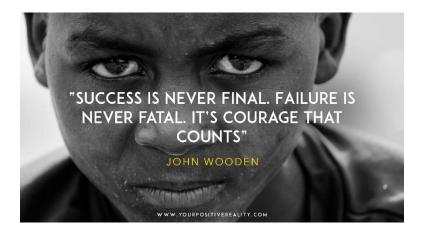
1% is an arbitrary number which represents the scenario where out of all the number of tries it takes to succeed, you will fail 99% of the time.

But all it takes is that 1% to succeed in all your biggest dreams and passion. As long as you keep grinding and never stop, you will eventually reach the 1% in life.

The question then is not "when will I hit that 1%?". The true question one should be asking is: "Am I prepared to fail 99% of the time just to get that 1%?"

And if like me your answer is YES, then how many times you fail really becomes inconsequential – because you already **KNOW** that you will fail.

You know that failure will be relentless and persistent in your quest to succeed, but not nearly as relentless enough as your spirit holding out for that precious 1% - the statistic which holds your greatest dreams and aspirations.



Learn from and embrace failure as the mother of success. This will make sure you get the best out of your most valuable possession in life.

Secret #10: Your Most Valuable Possession

There are only two days in the year that nothing can be done. One is called **yesterday** and the other is called **tomorrow**, so today is the right day to love, believe, do and mostly live"

- The Dalai Lama XIV

The trouble with us is that we think we still have time.

The truth is, there's only one thing in life that we're never able to get back once it's gone. No, it's not money, power or even relationships. It's time.

Herein lies the keys to success, but if used wrongly it can also cause you eternal pain and anguish.

And every second wasted sees it slip away a little more...

When I was 26, my grandfather passed away.

It had been his lifelong dream to go on a cruise with the family for one last time, and we were meaning to grant him that wish.

But we kept putting it off because the timing was right, or there was work to do, or it was too expensive now, or some other lame excuse that came up.

When the lights went out for Grandpa I was heartbroken. I thought I still had time...

The point I am trying to make is that there no moment more important than right now.

We live in multitudes of "nows", not the past nor the future.

The greatest gift any human being can receive on this earth, has already been bestowed upon you by default. The no. 1 wining ingredient that all successful men & women have, you already possess.

Never let anyone, or anything deprive you of this wonderful gift. It's yours to use, for better or for worse.

Success isn't waiting for change in the future, or a lucky event that will suddenly give you all your dreams and desires. It comes from living every single one of the "nows" to its fullest.

GO FORTH AND SEIZE SUCCESS.

The success that you seek exists. It is there, on the other side of the river waiting for you to reach out and grasp it.

Don't beg, don't wish, don't pray. You must demand it.

You must do whatever it takes to get to the other side for the destination that has been set by your burning desire is certain.

Remember these lessons and be empowered for the rest of your days. You are the master of your fate, and the captain of your soul.

RESOURCES

A BOLD REQUEST.

I sincerely hope that you have thoroughly benefitted from this resource that I have painstakingly spared no effort in creating. It is yours to do with it as you will.

If you got some value from it, I would love to hear what you think. Your feedback, thoughts and affirmations will mean the world to me. You can drop me a review by **replying** to any of my emails.

Below are some *important resources* that will enable you to manifest the success you seek in your life.

And without further ado,

IT'S TIME TO MANIFEST YOUR DESTINY.

MANIFESTATION MIRACLE

MANIFESTATION MIRACLE



Has the Law of Attraction not been working for you? Perhaps you have been missing out on the most important ingredient that is blocking success from manifesting in our life.

With this **secret** you will bend the laws of the Universe to your will, with minimal effort.

MANIFEST MAGIC

MANIFESTATION MAGIC



"Those who don't believe in magic will never find it".

Money, wealth and abundance are not at random. There are

no coincidences in life when you create the magic for your own. Everything in your life has been leading you right to this very moment.

TOTAL MONEY MAGNETISM

TOTAL MONEY MAGNETISM



As you will soon find, it isn't hard to manifest money into your life. Many people are afraid to admit that they want money, and hence they never receive it.

But if you are ready to adopt the mindset of a millionaire and propel yourself to the fullest potential in this life, then this proven neuroscience breakthrough is the ultimate tool to bring you more wealth than you could ever need.