

Simplifying the methods used to determine your direction

3 Simple Steps to Living Well

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3
SIMPLE STEPS
TO LIVING
WELL

By

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TABLE OF CONTENTS

FOREWORD.....	2
What is my purpose here?	3
The Lessons We Learn.....	5
Prerequisite Lesson 1.....	7
Prerequisite Lesson 2.....	8
THE FIRST STEP : DREAM BIG.....	9
Purpose, Vision, and Goals.....	10
Contrast Helps Create Clarity.....	12
Am I Worthy of My Goals?.....	14
Weeding the Garden	16
Allowing Yourself to Receive	17
Dream Building Exercises	20
Focusing on What YOU Want.....	21
Visualizing Your Dreams	27
THE SECOND STEP : BE GRATEFUL	30
There is no such thing as “ <i>Good and Bad</i> ”	31
Appreciating the Abundance.....	32
Letting Go of the Past.....	34
THE THIRD STEP : TAKE ACTION.....	35
Playing Big to Win Big.....	36
If You have to Take a Risk, Take a Risk on Yourself.....	37
Be Uncomfortable.....	39
Limiting Beliefs	41
BEING is an Action.....	44
FINAL THOUGHTS.....	47
SUGGESTED READING.....	51

THE SECOND STEP :

BE GRATEFUL

Feeling gratitude is certainly the best way to put yourself in a place of happiness and well-being. You deserve to feel grateful in your current situation. No matter what you're current situation, there is at least one thing to be grateful for. – find it and focus on it.

The best way to change a negative vibration to a positive one is to *BE* positive. Of course, being positive when you feel lousy is difficult. It isn't necessarily the easiest thing to choose to be positive. It is hard to fake yourself into being happy.

On the other hand, you can choose to be grateful for all the wonderful things that you already have in your life. Once you sit down and make a list of the top 100 things in your life you have to be grateful for, you can begin to reflect on how good your life truly is.

Feeling gratitude leads to happiness. Happiness leads to a positive vibration. A positive vibration leads to all the great things you want being irresistibly attracted to you.

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Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

Melodie Beatty

[The Language of Letting Go](#)

There is no such thing as “*Good and Bad*”

All things are “of God” and that is to say that there really is no such thing as good and bad. Certainly there are things that we prefer over other things. We can like or enjoy the experience of certain things more than others. That does not take away anyone’s ability to choose whatever level it is that they want.

It is important not to label things as bad. This limits your ability to be grateful for their existence in your life. Sometimes it is the gratitude for the lesson that we have learned from the experience that really changes our direction. We can be, at all times, looking for the opportunities in life while still being grateful and happy for the abundance that is currently manifested in our lives.

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“A life lived of choice is a life of conscious action. A life lived of chance is a life of unconscious creation”

Neale Donald Walsch
[Conversations with God](#)

Appreciating the Abundance

If you struggle to see the abundance in your life, I suggest taking a few hours to sit in nature. I love to sit under cover outside while it is raining. The constant white noise of the rain drops combined with the total quiet behind them is incredibly relaxing. It helps to put my mind in a place where appreciation for the simplest of things can be held with focus. The extraordinary complexity of the water cycle is displayed in very simple terms. Water falls from the sky. It is not important for you to understand why or how condensation and evaporation work. It is the universe's way of supplying one of the basic requirements for life for all. It happens, whether you want it or not. I understand that it may come few and far between in some areas of the world, but understand it is certainly your choice to remain there.

Once you have fulfilled the basics needs for life, you can focus on the upper echelons of Maslow's hierarchy of needs. The top of this hierarchy of needs is enlightenment. If you have the wealth of abundance demonstrated in your life, it allows your mind to consider the simplicity of enlightenment.

There is no “need” in the present moment. Right now, in this very second that you are reading this, you have everything that you require for full happiness in this moment:

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- Your lungs are supplying your body with enough oxygen to be conscious.
- Your eyes work clearly enough to read the words on the page.
- You may be hungry, but in this moment you are not starving.
- You may have bills to pay, but in this moment it doesn't matter.

You are reading, this moment is very simple. The only problems you may be having are if you are thinking about something you don't have. The negative emotion comes from the *thinking* about it, not the "not having" it. Does that make sense?

I encourage you to take a notepad. List all of the examples you can think of that demonstrate abundance in your life. Did you receive a free cup of coffee this morning? Has someone offered to buy you lunch lately? A coupon in the mail for a free trial of a new product?

Anything that can serve as a reminder that abundance is all around you should be written in this notepad. You will keep this with you and write in it until you no longer require an external reminder that life is abundant and you can hold the feeling of gratitude all day, every day.

"When you are grateful fear disappears and abundance appears."

Anthony Robbins
Awaken the Giant Within

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Letting Go of the Past

Being grateful for the tough times in life can be a trait that really sets you apart from the masses. Understanding that good things can truly come from the “obstacles,” can allow you to detach emotionally from the turbulence of struggle and review consciously the possible lessons that can propel you forward. To the extent that you can reduce the amount of worry, fear, sadness, or depression you can get on with your life quickly.

The less time wasted in thinking about something that you cannot change, the less time it will take you to create whatever it is that you truly want. Grant yourself the serenity to accept the past and the ability to go on towards your goals. You can only take action in the present. In reality, now is perfect.

“Forgiveness does not change the past, but it does enlarge the future.”

Paul Boese
Dutch Physician & Botanist

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