

THE JOURNEY TO SELF TRANSFORMATION



A brief introduction to your inner
path of growth. Both in private life
and in work

Steve Van Gard

THE JOURNEY TO SELF TRANSFORMATION

A brief introduction to your inner path of growth. Both
in private life and in work

written and edited by **STEVE VAN GARD**

<https://mybizempire.com>

CONTENTS

[1. Introduction to Self Transformation](#)

[2. Introduction to Law Of Attraction](#)

[3. About 'Think and Grow Rich'](#)

[4. Quotes](#)

1. Introduction to Self Transformation

In this modern dynamic world that brings us challenges from the moment we wake up to the second we put our head on the pillow, there is an ever-growing desire to thrive. A desire to achieve and overcome our limitations. But it is not in the material goals that we will find our growth and development as human beings because there is no better achievement than our own transformation.

Some people end up being drowned in proving themselves constantly because they are never happy with what they have. Others always want to be at the top at whatever cost. However, the competition seems to be never ending. It is exhausting. It is nerve – wrecking. It is soul – killing. The truth is, the real competition that we should actually engage in is with the person we were yesterday. We are only competing with ourselves if we truly want to become a better version of ourselves every single day. And then the sacrifice is no longer nerve – wrecking, it is no longer killing your soul. Instead it awakens each and every cell in

your body and mind and challenges you to become better and better every moment.

This is why self transformation may seem difficult at first and it is not for everyone. Yes, everyone can do it as we all have been blessed with an immense amount of inner resources, but not everyone will be brave enough to embark on the journey of personal growth.

“Transformation is a process, and as life happens there are tons of ups and downs. It’s a journey of discovery.” —Rick Warren

I know, it is scary. And it is not easy either. But it is all worth it.

You need to find constant joy in the journey and always be ready for ups and downs. Always stay present and trust the process. This is an ongoing process. We are continuously growing, changing, learning, developing. That is why most people will claim to be defeated before they even try to jump in their personal development journey. Fear will hold them back. Fear of change. And continuous work. But once again, it is all worth it.

Can you imagine yourself three months from now? How about one year from now? Where do you want to be? How do you want your life to look like? Because if that is not a good enough trigger for you then you will need to find the motivation that will push you forward. Unless you want your life one year from now to look exactly the same.

Most of us forget to be grateful along the way. So I’m not saying that you need to be in a constant tension to want to change. No. Personal growth comes only when you already appreciate what you have and you

let go off the fear of might be out there. You appreciate it and then you push your limits just a little bit more and stay in your gratitude all the time. As gratitude will place you in a greater state of mind of wanting to change not out of neediness, but out of improving oneself. You are only in competition with who you were yesterday, remember that.

“Self-transformation is not just about changing yourself. It means shifting yourself to a completely new dimension of experience and perception.” —*Jaggi Vasudev*

The self transformation journey will bring you on the edge of making decisions all the time: do you continue or do you stay? And it's through this “new dimension of experience and perception” that Jaggi Vasudev mentions that you will be taking these decisions. You will shift habits, and old mind programming along the way and these new perspectives will guide you towards making the decisions that will be aligned with your transformed self.

Nevertheless, the stages of personal growth will make you question your beliefs, the way you see the world and the way you have been looking at your surroundings since forever. But checking in with the new mindset, the power of your thoughts, the habits that will take you from procrastination to success – all of these will keep you motivated. There are no self transformation techniques that will change you overnight. Keep this in mind, if it were easy, then everyone would do it. And just as I have already mentioned, not everyone chooses to stretch outside of their comfort zones. It is painful, it is uncomfortable. But coming out on the other side will make the difference.

A path of Self Transformation will focus on techniques that might make you raise your eyebrows or that you might even find outrageous. Stay with them. This only means that your mind has been programmed for so long with a certain way of thinking and looking at the world that you will need to really make an effort to dedicate yourself to transformation. It means that there is an even greater call for transformation and your current lifestyle might need to be reframed on several levels. We are human beings and our tendency is to resist change. But when noticing that change looks like an impossible task, the effort is to keep the mind open. Read. Listen. Try. Adapt. Trust the process.

From facing the way you think, act and react, to making improvements in your lifestyle and daily routines, you will understand by the end of your pathway what are the stages that you can implement for your personal growth. And when you think you have done it all, finished the books, the videos, the courses and that you don't need to transform or improve anymore, go back to chapter one and read again, you might find something new every single time and that is fine. Remember, self transformation is a process and you need to keep an open mind and a raised sense of self awareness in order to stay present in this new dimension. It will be worth it.

2. Introduction to Law Of Attraction

You may or may not have heard of the Law of Attraction before. Maybe you heard about it and you are skeptical about what it can do or how you can use it to your benefit. Well, the next chapters will focus on this law in order to live an abundant life and bringing into your reality the goals you have set for yourself.

The Law of Attraction comes from the New Thought philosophy and it is the belief that by focusing on positive or negative thoughts people can bring positive or negative experiences into their life. Basically whatever you are focusing on you are going to see in your reality. This is a Universal law and it has nothing to do with your religion. You may belong and have faith in any religion you choose, the law of attraction does not come into contradiction with it if you study it closely. It is the power of your mind and the attraction of energies.

“The law of attraction states that whatever you focus on, think about, read about, and talk about intensely, you’re going to attract more of into your life.” Jack Canfield

How does it sound for you? It may sound scary or invasive or it may contradict everything that you have ever believed in. But at the same time knowing that we can attract all that we want through the simple power of our own thoughts makes it all so easy and simple. The interesting part happens when we realise that our mind is a mine field and we think we have a clear image of our desires and all we need to do is what for them to appear in real life. In fact, our mind can easily self sabotage our own desires. We want to live an abundant life, but if there is a voice in the background of your mind that keeps saying ‘you want but you do not deserve it’ or ‘who do you think you are’, then no wonder why the Law of Attraction seems useless for you.

In fact it is working in perfect harmony with your thoughts. The problem is in your thoughts. Because your thoughts are saying ‘you do not deserve it’ and that is the energy that the Universe is perceiving and for that matter that is what you are attracting. You are attracting all the existing proof that you do not deserve it.

One of the main rules of the Law of Attraction is saying that “What you think, you create. What you feel, you attract. What you imagine, you become.” They all go together. This belief is based on the idea that everything is energy. We, as human beings together with our thoughts are made from "pure energy". And due to the attraction of alike energy, a person can improve their own health, wealth and personal relationships and live an abundant life if their energy is at that level of abundance.

That is why it is important to think of the abundance that you already have in your life. Focus on what you have right now, the

abundance that is surrounding you and the abundance within you. And that is the energy that you will put out there in order to attract more of it. This combination of positive thought and positive emotion is considered essential to allow you to attract in your life positive experiences and opportunities. It is in the resonance of the energy and it has to match with the proposed energetic vision in order for the law to manifest.

Although the law of attraction has been known since early 19th century and has origins in several philosophies and religious traditions, it was only when one of the pioneers who was brave enough to get it out there in the world wrote a book based entirely on the Law of Attraction. That was Napoleon Hill and his “Think and Grow Rich”, written in 1937 but still remaining one of the most referenced books in history and also the building foundation for many companies, organizations, business, entrepreneurships and overall abundant lives. People read it for their business as well as for their personal lives.

“The trouble is in the mind, for the body is only the house for the mind to dwell in, and we put a value on it according to its worth. Therefore if your mind has been deceived by some invisible enemy into a belief, you have put it into the form of a disease, with or without your knowledge. By my theory or truth I come in contact with your enemy, and restore you to your health and happiness. This I do partly mentally and partly by talking till I correct the wrong impressions and establish the Truth, and the Truth is the cure” – Phineas Quimby

Your thoughts are your truth. That is what the energy that is emanated transmits to the Universe and that is what Universe takes in and returns in real life. If you are not manifesting what you are truly desiring, it is because your thoughts are not yet aligned with your truth. And it is a continuous ongoing process but it will start showing results.

The Law of Attraction can be applied on all areas of your life. Your focus on living an abundant life will bring to you the energy of living it right now. And then bring more of it into your life. This happens for your health, for your relationships, for your financial freedom and for the clarity of your goals and vision. The Law of Attraction is about having the high vibration of the energy you want already in yourself. Once you feel it vibrating at the highest frequency then that is the energy you want the Universe to perceive so that it can return to you in multiplied way of goodness, gratitude and abundance. You are then ready to live a life of abundance.

3. About ‘Think and Grow Rich’**

[‘Think and Grow Rich’ by Napoleon Hill](#), is a landmark for anyone who wants to face a rethinking of himself and his way of living and thinking.

A great number of us wish for wealth and financial independence – but wishing alone isn’t going to help us achieve our goals. If we want to get rich and realize our dreams, we need to recognize a burning desire within us.

For instance, even after more than 10,000 failed experiments, Thomas Edison could not be shaken from his goal of inventing an electric light source. He was – plain and simple – driven by the desire to make his dream come true. And, after years of hard work, he did just that when he invented the light bulb.

Writer Fannie Hurst had a similar experience: she had to suffer over 36 rejections before a single one of her short stories was published in a newspaper. From then on, her career as a successful novelist and playwright took off. Her burning desire had proven stronger than the frustration she felt about being rejected – and she ultimately met with success.

So it’s essential for those of us who want to be successful to examine our own personal attitude towards setting our goals and dreams.

How do we feel about our goals and dreams? Are they only castles in the sky? Or is our burning desire strong enough to make them come true one day?

Goal setting and detailed planning are the basis of every achievement.

Every success story begins with people who know what they want to achieve.

So before you begin chasing after any old dream, you should start by defining your own personal goal as precisely as you can. For example, if you want to get rich, you should decide precisely how much money you want to make.

Additionally, you must have a clear understanding of when you want to achieve your goal and what you're prepared to invest to accomplish it. Because setting a specific goal is pointless if it's floating in some indeterminate future where you'll only ever be able to pursue it halfheartedly.

It's also important to come up with a plan that outlines every step you'll need to take until the realization of your goal. And once you have a plan, get cracking! Don't waste another minute.

The following method comes in handy if you want to make sure that your desire for success is anchored deeply enough in your own thoughts and actions. First, write down your goal and your detailed plan for achieving it. Then, read it aloud twice every day: once in the morning after you get up and once every night before going to bed.

Follow these recommendations and it'll make it a lot easier for you to get rich – or make any other dream come true.

Successful people have an unwavering faith in themselves.

Having an unwavering faith in yourself is a way of making sure that you can – and will – achieve your goals.

You can only achieve success if it's based on self-confidence and an unwavering faith in yourself: no wealth has ever been acquired, no faraway continents ever discovered, nothing ever invented without this faith as its basis.

One paradigmatic example of the power of faith was Mahatma Gandhi. Even without access to the typical instruments of power – like money or the military – he managed to defy British colonial power and lead his country to freedom. The only backing he had was his unbending belief that he could exercise an influence so great upon his fellow countrymen that they would stand up for their common goals.

Our own faith in ourselves has an enormous influence on our self-image and way of life. It can – in the truest sense of the word – help us move mountains.

By using auto-suggestion, our subconscious can influence our behavior.

Unwavering faith in yourself is not necessarily something you're born with or that falls from the sky: anybody can develop it, bit by bit, through auto-suggestion.

Auto-suggestion describes a way of influencing yourself by thinking very specific and purposeful thoughts or ideas.

You can use it to convey certain commands or positive goals to your own subconsciousness and, in doing so, to increase your own belief in yourself.

In general, auto-suggestion consists of persuading yourself that: you can reach your goals; your thoughts can be transformed into reality and; you must go your own way with confidence.

The more you use auto-suggestion, the likelier it is that it will help you achieve success. If you impress your desires and goals in your unconsciousness, it will steer all your thoughts and actions towards making them come true.

Knowledge is power – but it doesn't have to be what you learned in school.

Knowledge can make it a lot easier to achieve your aims in life. All you have to do is take a few basic points into consideration.

First of all, you need to take the “traditional” meaning of knowledge and education – and throw it out the window.

Because being knowledgeable or well-educated isn't limited to having a high school diploma or university degree. “Uneducated” people can also know a heck of a lot, as Henry Ford clearly demonstrated. Although he didn't make it to high school, it didn't stop him from establishing an industrial empire and making millions.

If you want to be successful, you don't need to stuff your head with too many facts – it is far more important to acquire the right experiences

and knowledge, use your own strengths and fully exploit your own potential.

The most important basis is a willingness to continue learning throughout your life. Getting complacent is your worst enemy. Instead, you must always be ready to actively and pointedly expand your own knowledge. There are many different ways to achieve this – by going to university, attending evening courses or acquiring practical experiences.

Equally useful is the ability to know where you can find the knowledge you need, because you don't need to know everything yourself.

Instead, you need to know who you can ask if you need to know something. It's usually more practical and productive to be surrounded by a network of experts who share their specialized knowledge than to learn it all yourself.

The workshop of the imagination – where we can turn our dreams into reality.

Each and every success story begins with an idea. And behind each and every idea is the imagination. It is, essentially, the creative workshop of our minds that transforms our dreams into ideas and our ideas into reality.

This imaginative ability has two different forms: the creative imagination and the synthetic imagination.

By using our creative imagination, we are able to come up with completely new things. Ingenious composers, visual artists and writers use this function to create works unlike anything made before.

The synthetic imagination, by contrast, rearranges old ideas into new combinations. The developers at Sony, for example, were using that faculty when they decided to further develop the playback device or dictaphone used by journalists, turning it into a portable music player everybody could use – and so the Walkman was born.

Creative and synthetic imagination can play off one another in a productive way. Take the story of Asa Candler, who formed the global brand Coca-Cola out of a headache medication about 140 years ago. Although it wasn't Candler himself who came up with the Coca-Cola recipe – he bought it from a pharmacist for \$3,000 – he developed the ingenious plans and marketing strategies that turned the product into a huge success.

If you want to keep your imagination from getting sluggish, you need to challenge and encourage it. And you can achieve that by stimulating it, keeping it active and training it like a muscle: the more frequently you use it, the more productive and powerful it will become.

Knowing your own strengths and weaknesses increases your chances of professional success.

One important building block for professional success is an awareness of your own strengths and weaknesses – in other words, being self-aware.

Since things like having vague goals, lacking ambition, procrastinating and lacking resolve are common reasons for failure, self-awareness can help to constructively take action against these weaknesses – or at least to balance them out with your strengths.

In order to be able to figure out exactly what your strengths and weaknesses are, it's advisable to perform a thorough and honest self-analysis. Don't worry – this doesn't require going to a psychologist. It's more than enough if you go through a checklist of questions, which should include: Have I achieved my aim for this year?; Was I always friendly, courteous and cooperative?; Did I make all decisions promptly and firmly?

Then you should compare your subjective self-analysis with somebody else's objective evaluation of you. This works best when you sit down with a person who knows you really well to openly and honestly discuss your strengths and weaknesses.

Positive emotions are the key to a successful life – and need to be strengthened.

Our subconscious receives and stores sensory stimuli, feelings and thoughts. It saves everything we've ever experienced – regardless of whether it was positive or negative.

But saving information alone isn't all there is to it: our subconscious is also constantly exercising its influence on our actions. It can shape us positively, endowing us with strength and enterprise, but it can also shape us negatively, misleading us into despondency and pessimism.

And so, if we want our subconscious to help us realize our desires and goals, we have to make sure that positive feelings play a leading role in our lives.

We must, therefore, "feed" our subconscious positive things because, if we do, it will act as a helpful and constructive guide. But if we allow ourselves to feel too many negative sensations, such as rage, hate, a desire for revenge or pessimism, the very opposite will occur.

That's why you've taken a huge step when in everyday life you're able to, for example, avoid contact with doom-saying windbags and pay no heed to their discouraging remarks.

Instead, you should make it a point to increase all positive impulses, such as enthusiasm and love. That's the only way you'll end up developing a positive mentality in the long term.

Successful people are remarkable for their determination and steadfastness.

The analysis of over 25,000 life stories of people who failed to achieve professional success shows that a lack of determination is the main reason for their failure.

The analysis of the success stories of multimillionaires revealed, by contrast, that they all had two characteristics in common: they were used to making split-second decisions and, once they made them, they stood firmly behind their decisions.

A certain degree of stubbornness – as long as it does not transform into a deaf obstinacy – can even be advantageous. Henry Ford, in particular, was known to stick to his decisions for a long time. For example, many people advised him to replace his famous – but not terribly beautiful – Model T with a new model. But he held on to the car for a long time and was thus able to continue bringing in sizeable profits with it.

Opinions are cheap: everybody has one and most people want to dispense them. In order to avoid running into the danger of negative

influences and straining your own steadfastness, it makes sense to offer others as few opportunities as possible to express their critical opinions.

People who are disheartened in particular should therefore keep their plans and intentions to themselves and not confide in anybody else – except for the members of their hand-picked team or trustworthy outsiders.

Only the persistent will succeed.

Over the course of any project – regardless of its nature – we are all bound to encounter obstacles and difficulties. In such situations, most of us are too quick to give up our plans and let the project die. But there are a few people who, despite all the obstacles, stick to their original plans and give their dreams space to blossom into reality.

Persistence and endurance are key. That means, above all, that we work constantly on the realization of our goals and don't lose sight of them. However, obstinacy and inveteracy should be avoided at all costs: if, say, there's a dire need for a price correction, you also have to be willing to implement it.

If you want persistence and endurance to take root in your habits, here are four simple yet crucial rules:

- You must have a concrete goal and develop a burning desire to achieve it.
- You need a thorough and precise plan to support the implementation of your goals.
- You may not allow yourself to be influenced by negative and disheartening opinions.
- You need an intimate, trusting relationship to a person or a group that provides you with support and assistance.

Think of these rules as a special exercise program to help you build up your personal endurance and persistence.

Achieving great things requires being smart and surrounding yourself with smart people.

The bigger the goal, the more complex the planning; the more complex the planning, the more difficult the goal's execution; the more difficult the execution, the more dependent the brains behind the project will be on the creative, intellectual and moral support of others.

This mutual backing works best in the form of a brain trust – a select group of intelligent people.

A brain trust is a union of like-minded people, which, contrary to a network – which is a more casual cooperation between partners – focuses on defining a common goal, developing competencies and having a system of checks and balances.

The most important principle of a brain trust is its synergistic effect: if two or more people who work well with one another combine their skills, talents, specialist knowledge, experiences, relationships and all other resources and use them to accomplish the same shared goal, the results will be more than just a sum of its parts: it's a surplus with which you can achieve things you could have never achieved alone.

Wealth is almost always the result of different traits and skills that anyone can learn and acquire.

How can we find the right goals in life and how do we translate them into action? We can only accomplish our aims in life if we are driven by a burning desire.

Goal setting and detailed planning are the basis of every achievement. Successful people have an unwavering faith in themselves. By using auto-suggestion, our subconscious can influence our behavior.

In the end, which skills and knowledge are necessary for achieving success?

1. Knowledge is power – but it doesn't have to be what you learned in school.
2. Imagination – where we can turn our dreams into reality.
3. Knowing your own strengths and weaknesses increases your chances of professional success.
4. Positive emotions are the key to a successful life – and need to be strengthened.

4. Quotes

“Thoughts become things. If you see it in your mind, you will hold it in your hand.”

– Bob Proctor, *You Were Born Rich*

“Set a goal to achieve something that is so big, so exhilarating that it excites you and scares you at the same time.” – Bob Proctor

“You are the only problem you will ever have and you are the only solution. Change is inevitable, personal growth is always a personal decision.”

– Bob Proctor

“Most people are not going after what they want. Even some of the most serious goal seekers and goal setters, they're going after what they think they can get.”

– Bob Proctor

“Faith and fear both demand you believe in something you cannot see. You choose!”

– Bob Proctor

“Do you want to know what you think about most of the time? Take a look at the results you're getting. That will tell you exactly what's going on inside.”

– Bob Proctor

“The only limits in our life are those we impose on ourselves.” - Bob Proctor”

– Bob Proctor

“See yourself living in abundance and you will attract it. It always works, it works every time with every person”

– Bob Proctor

“If you know what to do to reach your goal, it's not a big enough goal.” - Bob Proctor

“All of the great achievers of the past have been visionary figures; they were men and women who projected into the future. They thought of what could be, rather than what already was, and then they moved themselves into action, to bring these things into fruition.”

– Bob Proctor

“No amount of reading or memorizing will make you successful in life. It is the understanding and application of wise thought that counts.” -Bob Proctor

“You are the master of your destiny. You can influence, direct and control your own environment. You can make your life what you want it to be.”

– Napoleon Hill

“Set your mind on a definite goal and observe how quickly the world stands aside to let you pass.”

– Napoleon Hill

“The way of success is the way of continuous pursuit of knowledge.”

– Napoleon Hill

“Every adversity, every failure, every heartbreak, carries with it the seed of an equal or greater benefit.”

– Napoleon Hill

Text Copyright © Steve Van Gard

All rights reserved. No part of this book may be reproduced in any form without permission in writing from the publisher except in the case of brief quotations embodied in critical articles or reviews.

****Chapter 3 is partially taken from [Blinkist](#)**

READ MORE:

<https://mybizempire.com>