

Steps for Transforming Oneself

with

Life Transforming Center LTC

Transforming Process

1st Step. Discovery

Discover Who You Truly Are from the Inside-Out

Search and Research for *Who You Truly Are*.

Who Are You?

This involves more than just looking at your past, your habits, and/or looking at the mirror.

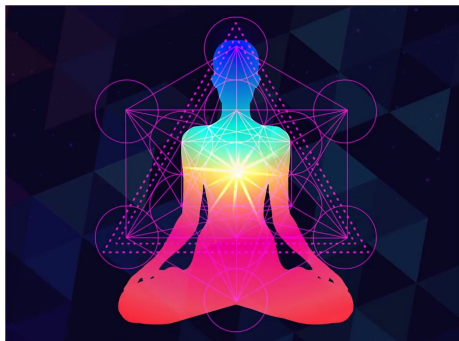
Most people don't truly know who they are deep inside, or how others see them.

It is about experiencing a new version of you that already exists; but that you will tailor and make better.

***It's about learning certain subjects, such as:

Biology
Astronomy
Quantum Physics
Anatomy and Physiology

Accepting
Adding
Affirming
Believing
Changing
Focusing
Goal Setting
Journaling
Learning
Listening
Meditating
Planning
Practicing
Reading
Removing



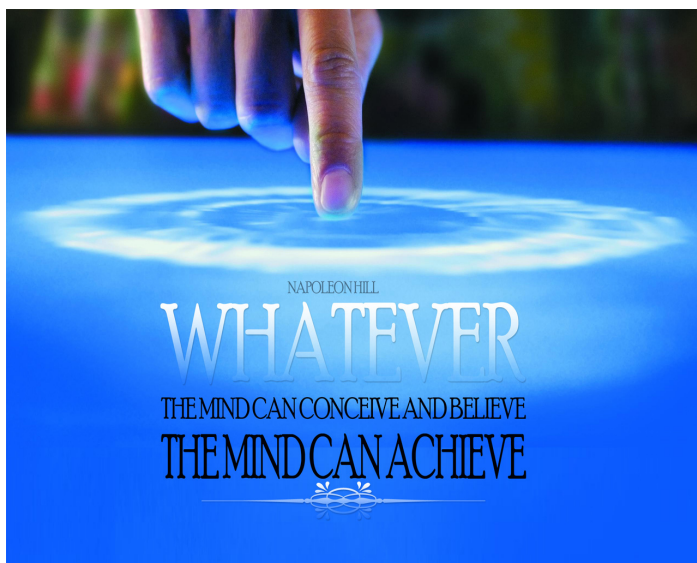
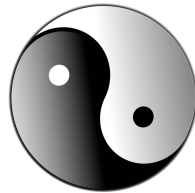
2nd Step. Action

Taking Action

It is also about incorporating various techniques that are required to facilitate the **Transforming Process**.



1. Learn Who You Truly Are
2. Practice Laser Focusing
3. Learn and incorporate Meditation in your life.
4. Become an Outstanding Listener.
5. Make Any Changes Necessary
6. Read and Write Affirmations Daily
7. Remove Negative:
 - a. Thoughts
 - b. Habits
 - c. People
 - d. Words
8. Add Positive:
 - a. Thoughts
 - b. Habits
 - c. People
 - d. Words
9. Keep a Journal
10. Keep a Planner/Calendar
11. Set Goals
12. You, For Other, For Mother Earth, For Love, For Creation, For Spirituality and Science, and for Everything else:
 - a. Help
 - b. Share
 - c. Accept
 - d. Believe
 - e. Care
 - f. Give
 - g. Feed
 - h. Love
 - i. Read Purposeful Material
13. Don't live in the past
14. Bring Peace where there isn't any
15. Bring love
16. Teach to others the good that you know.
17. Learn what you don't know, that is good to know



The Law of Action

*No matter what
we feel or know,
no matter what
our potential gifts or talents,
only action
brings them to life.
Those of us who only think
we understand concepts,
such as commitment,
courage, and love,
one day discover that we only
know when we act;
doing becomes
understanding.*

*Vision isn't enough
unless combined with venture.
It's not enough
to stare up the steps
unless we also step up the stairs.*



Take THE first step in
Faith. You don't have to
see THE whole staircase.
Just take the first step.

Dr Martin Luther King Jr

3rd Step. Assessments

Evaluate Your Present Mindset and Living Circumstances

Use the forms that we supplied you with, to keep track of your progress.

18. How is the process of Transforming coming along?
19. Do you feel like you are making progress?
20. Do you feel like you are working on your goal(s)?
21. Do you feel that you are focusing?
22. Do you feel motivated?
23. Do you feel healthy?
24. Do you have a comfortable living arrangement?
25. Are you finances in good shape.
26. Do you feel differently about yourself compared to a few days ago, or to a few weeks ago?
 - a. Mentally?
 - b. Physically?
 - c. If yes, please describe:



The real voyage of discovery consists not in seeking new lands,
but seeing with new eyes.

marcel proust

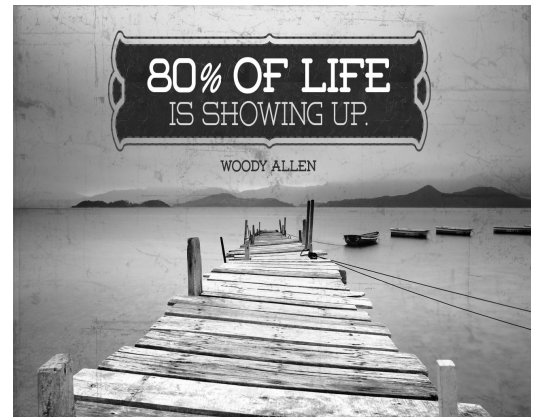


*****Don't be concern, or think it will be
too much work, or take too much of your time.**

You don't have to go back to school. We will Guide You and Make It Easy For You.
You Don't have to worry about the Research.

All you need to do is this:

- I) Show up; 80% of Life is Showing Up.
- II) Keep an open mind.
 - 1) Toss any past and present limited belief away.
 - 2) Have faith in possibilities
 - 3) Be willing to try your best
 - 4) Keep doubts away when they come to you
 - 5) Ask questions
 - 6) Read:
 - a) Affirmation Reflections
 - b) Reports
 - c) EBooks
 - 7) Watch Pre-Recorded:
 - a) Live Broadcast
 - b) Courses
 - c) Conversation
 - d) Videos
 - 8) Listen to the Audio version
 - 9) Listen to Poscast
 - 10) Join the Member Only Section
 - a) Learn Why
 - 11) Download the PPP
 - 12) Attend Live Broadcast
- III) Do the exercises
 - 1) Questionnaires
 - 2) Quizzes
 - 3) Journalling
- IV) Go over:
 - 1) Checklist



Everything will be professional,
but in laments terms.