Joe Vitale’s MIRACLES COACHING COURSE CURRICULUM

Volume 2: Manifesting
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MODULE 9:
TURN IT INTO SOMETHING GOOD
Introduction

You’ve may heard the following phrase:

If you chance to meet a frown. Do not let it stay. Quickly turn it upside down and smile that frown away. (Daniel Taylor)

This may seem like a simplistic way to introduce this module, but it illustrates perfectly the concept behind it: Turn It Into Something Good (TIISG). This module will help you to face the negative events in your life and to turn them into positive events. As you do so, you will find power in your life to solve your problems and to succeed.

Objectives

After studying this module, you should be able to accomplish the following:

› Explain the concept of Turn It Into Something Good.
› Describe the five key elements of the million-dollar secret formula for success.
› Expound on the six key points in the Attractor Factor process.
› Find the good (and the humor) in your bad experiences.
› Change your thinking to solve your problems.
› Stop complaining by stating the opposites.
› Focus on the positive and expand your life.
› Transform your vocabulary from negatives to positives.

Pre-Assessment

To assess your current level of understanding about the topics in this module, please answer the following questions. (A Success Journal is available for you to write in, at the end of module 16.)

1. Do you ever watch other people and wonder why they get whatever they want—while you struggle to make everything happen? Why do you think that is?
2. Does it seem as though life has given you some lemons? How could you make lemonade out of those lemons?
3. If it seems beyond you to see the silver lining in a cloud that’s hovering over you, how would you feel if you could?
The Secret of Turn It Into Something Good

I’m riveted by the book, *A Lifetime of Riches: The biography of Napoleon Hill* (who is the author of the classic book, *Think and Grow Rich*). Not only did Hill struggle for twenty years to write the “definitive guide” to success, but he experienced poverty, his life was threatened, his backers were murdered, he suffered from bouts of hopelessness, and his family suffered beyond all understanding. His story was NOT an overnight success.

One thing that stood out in Hill’s life was his ability to turn the negative into the positive. He always looked for what some people called that *silver lining in the dark cloud*. As I thought about Hill’s life, I realized that I’ve been noticing this ability to see the good in the bad, which is practiced by others, too.

I was at a meeting with my friend Mark Joyner, Internet Pioneer and best-selling author. I overheard Mark talking to a man who had just gone through a horrible situation, due to the Federal Trade Commission. Mark listened to the man’s sad story and then said, “Turn it into something good.”

This was remarkable advice. It’s the kind of thing Napoleon Hill would have said. It goes against what most people even attempt to try. The whole idea of taking whatever happens to you and turning it into something good seems, at first glance, preposterous.

But this also seems to be a key to success. I remember P. T. Barnum offering to buy a rival’s elephant. He sent a telegram stating his offer. His competitor took Barnum’s telegram and ran it as an ad, saying, “Here’s what Barnum thinks of our elephant.”

Instead of being upset, Barnum decided to join with those competitors. That gave birth to the famous Barnum and Bailey Circus. Barnum took the experience and turned it into something good.

Hill, Joyner, Barnum, and myself are all advocates of the same thing: taking the so-called negative experiences in life and turning them into something good. I call this TIISG, which of course, stands for Turn It Into Something Good.

YOU have the ability to TIISG. It’s a choice. No matter what happens, take a breath and ask, “How can I turn this into something good?”

The question redirects your mind because instead of looking at problems you are looking for solutions. This is a brilliant way to learn how to operate your own brain. You become the master, not the slave, of your life.

“There are three ingredients in the good life: learning, earning, and yearning.”
— Christopher Morley
Andrew Carnegie—the tycoon who challenged Napoleon Hill to undertake his 20-year quest to uncover the secrets of success—confessed that the principal key to his own staggering success was his ability to operate his own mind. He told Hill the following:

“I am no longer cursed by poverty because I took possession of my own mind, and that mind has yielded me every material thing I want, and much more than I need. But this power of mind is a universal one, as available to the humblest person as it is to the greatest.”

It all begins with the basic TIISG question: “How can I turn this into something good?”

The answer will bring you new choices, happiness, and may lead to wealth you never dreamed of. Just remember TIISG.

**The Million-Dollar Secret Formula**

A friend asked me over lunch, “What’s the hardest part of creating life the way you want it?”

I thought for a moment and replied, “Learning to stop figuring out how you will get what you want.”

My friend looked confused. She asked, “What do you mean?”

I explained, “If you try to figure out how you will get that new car, or that new house, or that new relationship, you’ll limit yourself to what your ego can see and do. Turn your goal over to your unconscious, which is connected to the spirit of everything and everyone, and let it bring the goal to you and you to the goal. Just follow your inner promptings, and act on the opportunities that come your way, and you’ll get there.”

Well, I’m not sure if my friend understood what I was saying. But a few days later, I was sitting in a limousine, being driven to dinner with eight wealthy, wonderful, self-made people. All of these people started with nothing. Many of them started as I had, with empty pockets and hope in their hearts.

As I sat in the limo, a part of me couldn’t believe I was there. I remember thinking to myself, “How did I get here? I’m in a beautiful limo, with beautiful people beside me, going to have a beautiful dinner that some other beautiful person is going to pay for. I’m just a nobody kid from Ohio who left home to find fame and fortune. I used to dig ditches, drive trucks, work in the dirt, the rain, and the heat, and for never enough money to pay my bills. How did I get into this limo?”

“If we plant a seed in the ground we know that the sun will shine and the rain will water, and we leave it to the Law to bring results. Well, the desire you image is the seed, your occasional closing of the eyes in imagery is the sun, and your constant, though not anxious, expectation is the rain and cultivation necessary to bring absolutely sure results.”

— Frances Larimer Warner
As I thought about it, I knew the secret was in a five-step formula I’ve revealed in my book, *The Attractor Factor*. In short, the secret to increasing your business, finding your love, achieving better health, or manifesting whatever you want are the following steps:

1. Know what you don’t want.
2. Select what you do want.
3. Clear all negative or limiting beliefs.
4. Feel what it would be like to have, do, or be what you want.
5. Let go, as you act on your intuitive impulses, and allow the results to manifest.

Yes, that’s it.

Truth is, there’s no one way to achieve anything in this world. Some people get new cars by winning them, others by struggling to pay for them, others by happily paying for them, others by other means.

What I told my friend at lunch is the truth: “You can’t orchestrate the world to do your bidding. Instead, state your intentions and let the world arrange itself to bring your goals to you.” In other words, you don’t manufacture your outcomes, you participate in them. You participate best when you allow your *inner spirit* to do most of the work. To summarize this concept, consider the following points:

- I was in that limo because I didn’t plan to be in it.
- I allowed, acted, trusted, and accepted.
- I followed the five-step formula.
- I activated the Attractor Factor.
- And when the limo pulled up, I got in.

**Six Key Points**

Let’s go over some key points in the Attractor Factor process:

**You are Responsible**

You are totally responsible for your experiences. That doesn’t mean you caused them. But on some level, you attracted them. You are responsible for them. That’s not good or bad. Simply use the experiences to learn about yourself. Get clear, and choose what you prefer to experience.
You Absorb Beliefs

You are absorbing beliefs from the culture itself. If you are watching movies about violence, or reading the newspapers, or watching the news, you are filling your mind with the very vibe that will attract more of what you soaked up. Mother Teresa said that she would never attend an antiwar rally. Why? Because it contains the very energy that creates more war. Watch what you absorb. Choose what you want to attract. Be aware.

You are Not in Charge

You are not ruler of the earth; however, you have more power than you realize.

You Can Move Mountains

You can move mountains with the right thought and action. Keep a balance of ego and spirit in your life, always striving to let your ego obey spirit.

You Can Change Your Thoughts

This often feels impossible to believe because it’s not normal for the vast majority of people. But what you think is largely habit. Start noticing what goes through your head. If you don’t like it, start to consciously change it. Choose new thoughts.

You Can Do the Impossible

What you believe to be the restraints of time and space may simply be the limits of your current understanding. No one knows what is possible. If you have an inclination to try something new and different, then so be it. Go for it. Make it so. You may be creating a path never seen before. Dare something worthy.

Whatever Image You Add Feeling to Will Manifest

If you fear something or love something, you are adding energy to it. Anything you fear or love will tend to be attracted into your life. Choose your passions wisely.

When Your Limo Pulls Up

It’s not if your limo pulls up, but when. You just have to want it without needing it—and be ready for any type of limo because it may not be the make and model you expect. Ask the Universe for it, but don’t expect it. Hope for it, with an attitude of gratitude. And when your limo pulls

“It’s not what happened to you that matters, it’s what you determine it meant that is important.”
− Mandy Evans
up, get in!

**Post-Assessment**

Use the following questions to evaluate what you have learned from this module. (A Success Journal is available for you to write in, at the end of module 16.)

1. What does TIISG stand for, and how can you apply it to you?
2. What are the six key elements of the Attractor Factor process?

**Assignments**

- Review this module and write down any questions you may have for your coach.
- Complete these exercises (on the pages that follow):
  - **Find Something Good:** Recall a struggling or bad experience that you had. Reflect on the situation and describe something good that came from it.
  - **The Best Remedy:** Find the humor in any situation, and turn negatives into positives.
  - **Change Your Thinking:** Write about an example from your own life in which you tried to solve a problem with the same mindset you used to create it, but then you realized you had to change your thinking to transcend the problem.
  - **No Complaints:** Go 30 days without voicing a complaint, and write about your experiences.
  - **State the Opposites:** When you catch yourself starting to complain, stop and state the opposite instead. State the opposites for at least one week, and write about your experience.
  - **Focus and Expansion:** List at least five positive things that you have focused on and write about how they expanded.
  - **Transform Your Vocabulary:** Use the *Alternate Vocabulary* table (on the next page) to transform your vocabulary for at least one week; then write about the changes that you experienced.

“You don’t manufacture your outcomes, you participate in them.”
— Joe Vitale
### Alternate Vocabulary

<table>
<thead>
<tr>
<th>Initial Word or Phrase</th>
<th>Change To</th>
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<tbody>
<tr>
<td>Problems</td>
<td>Opportunities</td>
</tr>
<tr>
<td>I have to</td>
<td>I get to</td>
</tr>
<tr>
<td>Setback</td>
<td>Challenge</td>
</tr>
<tr>
<td>Enemy</td>
<td>Friend</td>
</tr>
<tr>
<td>Tormentor</td>
<td>Teacher</td>
</tr>
<tr>
<td>Pain</td>
<td>A signal</td>
</tr>
<tr>
<td>I demand</td>
<td>I would appreciate</td>
</tr>
<tr>
<td>I have a complaint</td>
<td>I have a request</td>
</tr>
<tr>
<td>I am struggling</td>
<td>I am on a journey</td>
</tr>
<tr>
<td>You did this</td>
<td>I created this</td>
</tr>
</tbody>
</table>
Find Something Good

Recall a struggling or bad experience that you had. Reflect on the situation and describe something good that came from it. (Consider other experiences as well.)
Find Something Good (cont.)
Some say that laughter is often the best remedy for difficult situations. Finding the humor in any situation, regardless of how negative it appears, can completely alter your perspective and help you turn negatives into positives. When you get to the point that you can laugh about it, you are in a good place. The next time that you find yourself in a challenging place, see if you can use humor to find the positive in it. Write about your experience(s).
EXERCISES

The Best Remedy (cont.)
Einstein said, “The significant problems we have cannot be solved at the same level of thinking with which we created them.” What does this quote mean to you? Write about an example from your own life in which you tried to solve a problem with the same mindset you used to create it, but then you realized you had to change your thinking to transcend the problem.
Change Your Thinking (cont.)
No Complaints

Here’s a 30-day challenge for you: do not voice a complaint for a minimum of 30 days. Start by going at least one day without any form of complaining. Write about your progress, pitfalls, or new awakenings. Was it difficult? Next, do not complain for a full week, and write about that experience. Now, extend your week-long experience into a full 30-days of complaint-free living. Write about it.
No Complaints (cont.)
When you catch yourself starting to complain, stop and state the opposite instead. For example, if you receive a bill, you might catch yourself wanting to complain about it. Pause, and turn it into what you really want. In other words, instead of complaining, “I don’t have enough money to pay this bill,” you might state, “I intend to have more than enough money to pay this bill and all my other bills.” State the opposites for at least one week, and write about your experiences.
State the Opposites (cont.)
Focus and Expansion

One of the most powerful principles related to the Law of Attraction is that *whatever you focus on will expand*. List at least five positive things that you have focused on and write about how they expanded.
Focus and Expansion (cont.)
Transform Your Vocabulary

Referring to the *Alternate Vocabulary* table in the “Assignments” section, transform your vocabulary for at least one week. (Use your imagination, and add more *alternates* to the list as you think of them.) Write about the changes you experienced.
EXERCISES

Transform Your Vocabulary (cont.)

[Blank lines for writing exercises]