

# **Dr. Robert Anthony's Million-Dollar Secret That Can Change Your Life**

## **Lesson 1**

First of all, I want to take this opportunity to welcome you and thank you for your faith and confidence in me to allow me to share this information with you.

You have heard the saying that a journey of 1000 miles begins with a single step. You have just taken that step. Congratulations!

If you're like most people, your life is very busy. However, for the next 6 days please take the time to read each lesson. It will only take a few minutes.

I will reveal the Million Dollar Secret That Can Change Your Life after we have covered some basic material that is essential to understanding how this secret works.

You may even figure it out before I tell you. Either way, relax and enjoy the course. Each lesson builds on the one before, so please do not make any judgments until you have completed the entire series of lessons.

With that in mind..... Let's get right into it!

I would like to start off by asking you a question - Do you know WHY you are reading this right now?

Your answer might be “I came across your website on a search engine”, or “A friend told me about your program”, or it might be any other number of “LOGICAL” reasons.

The important thing is this: It doesn't matter if there is a LOGICAL explanation or not. The fact that you are reading this means that there is something that you are seeking, but you haven't discovered how to manifest it in your life yet.

It may have something to do with your business, your finances, your health, your relationships - or even something intangible, like peace of mind.

But until you understand what I am about to reveal, which is HOW things flow in and out of your life, you will never be able to CONSCIOUSLY create the life you desire.

On the other hand, once you know the Million Dollar Secret That Can Change Your Life, you will FINALLY be able to achieve your dreams and goals, one after the other, in a rapid, easy, stress-free manner.

I am sure I don't have to tell you that your mind is your most powerful tool for achieving anything you want in life. However, since everyone (well, almost everyone:) has a mind, why don't they use it to create the lives they desire?

Why is it that most people use the power of their mind to work AGAINST them, instead of FOR them? You are going to find out in just a few minutes.

**FIRST OF ALL, I AM GOING TO PREDICT YOUR FUTURE!**

That's right. I am not a psychic, but I am going to start off by predicting your future with 100% accuracy!

How can I possibly do that?

It's very simple. I KNOW something about you - something that will allow me to predict your future with 100% accuracy.

Here it is: "If you keep THINKING what you are thinking, you will keep DOING what you are doing, and you will keep GETTING what you are getting.

In other words, what you are experiencing NOW and in the FUTURE is the result of your previous thoughts. Your future is predetermined by your thoughts in this moment. So, if you want to change your future, you must change what you are thinking about in this moment.

If I can convince you to do that, I predict you will have an absolutely fantastic, successful, exciting and happy future.

**THE POWER OF FOCUS!**

We are going to talk a lot about THE POWER OF FOCUS throughout this course.

How you feel about life and anything in particular, depends on WHERE YOU FOCUS YOUR ATTENTION.

Ask yourself this question, "What do I focus on most of the time?" If you are like

most people, you will discover something very interesting about yourself. You will discover that you spend more time focusing on what you DON'T want than what you DO want.

Why is this important?

Because you can't expect to have what you WANT if you focus on the OPPOSITE of what you want. Put simply, you will create and attract MORE of whatever you focus on.

Want Proof?

Have you ever made this statement,

“I feel stressed out, but I don't know why.”

From what you have just learned, it is easy to figure out “why”. It is impossible to feel bad, sad, tense or negative and not know why.

If you are feeling stressed it is because you are focusing on stressful thoughts. In other words, you are focusing on what you don't want, which is to feel stressed.

Said another way, bad thoughts can never produce good results, and good thoughts can never produce bad results.

Anytime you feel stressed, worried, fearful, or have any other negative feeling, it is because you are doing two things.

1. You are focusing on what you don't want to happen.
2. You are focusing on the future, not the present moment.

It is impossible to feel stress, worry, fear or any other negative emotion if you are living in the present moment. The ONLY way you can feel negative emotion is to focus on what MIGHT happen, or what you DON'T WANT TO HAPPEN, in the next moment, next hour, next day, next week, next year, etc.

So your assignment for this first lesson is to monitor your thoughts. From now until the next lesson I would like you to become the “observer” of your thoughts. Don't judge. Just observe. Observe what you focus on most of the time.

Are you focused on the past? What happened and how you wish it were different? Are you worried about the future? The next minute, the next day, next week, etc?

Start right now. Take a look at what you focus on most of the time. As you do this, please keep in mind: What you think about today, in this moment, will become your future.

Once you understand this, you can accurately predict your future. If you keep thinking what you are thinking, you will keep getting what you are getting. But if you shift your thought patterns and focus on what you want, instead of what you don't want, you can begin to create a new and exciting future.

I will explain this in detail as we go into the next lessons, but for now please observe your thoughts and become aware of what you think about most of the time.

In Lesson 2 we will talk about why most self-improvement programs fail and what we can do to guarantee our success.

Thanks again for taking the time to read and study this material. You have begun a journey into self-discovery that can truly change your life.

Talk with you in a couple of days.

Your partner in success,



Dr. Robert Anthony

<http://www.DrRobertAnthonyOnline.com/Secret>

If you enjoyed this lesson, click on the following link to check out my [brand new home study course](#).