

# RESET YOUR LIFE!

Wendy  
IDA



The Mental Tricks to Move Your  
Body & Get Motivated!

with

**WENDY IDA**

Your energy manifests your reality. When you give something energy, it accumulates. What you think about, talk about and focus on is what the Universe gives you more of. That's why they say "You are what you think." For example, when you are always thinking about how you want a new car, you are focusing on the absence or lack of that new car in your life. But when you turn that around and start thinking about how your car is on it's way to you right now, you are open to receiving and are sending focused energy that will pull that car to you.

So, how do we do this? How do we start to pull our desires to us instead of unintentionally blocking them or pushing them farther away? And, by the way, what the heck does this all have to do with motivation?

Well, when your dreams or goal seem like miles away, how motivated are you to go after them? If they are going to take years to accomplish or it's going to be an uphill battle to actualize them, it's hard to even get started. It's easier to just give them up and set your sights on something easier to get. But you don't have to do that! You can manifest your dreams so that they happen faster and easier than you ever thought possible! The activities in this report are techniques used in the law of attraction. Just the action of doing them will keep your spirits high so you keep on keepin' on. And with consistent practice, you will be a master manifestor who can bring about anything you desire.

# Techniques for Manifesting your Dreams

## AFFIRMATIONS

You've probably heard of affirmations, and you may even have given them a try. There are a few important points to keep in mind to make these effective tools in your manifestation arsenal.

- Say them regularly over a period of time until you no longer need them (because you've already manifested that awesome dream.)
- Keep them in the present tense - remember you want to focus on having not wanting, so you need to state them in the present tense -like they have already happened.
- State them positively. Again, your focus is on having not wanting, so you want to state what you want, not what you don't want.
- Keep them short and sweet - so they are easy to remember and repeat.
- Include a time that you want it if it is logical.

Here are a couple of examples:

- I am a smart, successful employee who easily and effortlessly gets a promotion within 4 months.
- My soul mate is on his way to me and arrives before the end of the year.

## VISUALIZATION

This is fun to do and it doesn't take very long. But it's super effective! Visualize yourself doing exactly what you want. See yourself carefree and happy driving that exact new car you want down an open road. See it in detail - what color is it? What's the weather like? How do you feel? The aim of this exercise is to feel how you will feel when you really are driving your new car. When we feel like we already have what it is we are working towards, we summon it to us even faster. We attracted it to us easier and faster than if we didn't spend time imagining what it will be like.

The reason this works so incredibly well is because our brains can't tell the difference between what we are seeing with our eyes and the movie we play in our mind's eye. No, really! It's a scientific fact. So, conjuring up those feelings and images makes your mind believe it is really already your reality.

So, give yourself permission to visualize every day. Imagine it as a mini mental vacation. You only need to actively visualize for as little as 20 seconds at a time. Do this several times a day for maximum benefits. And make sure to do it consistently. Build it into your day. You can do it while riding the train to work, at your desk, while waiting in a line, right before you fall asleep at night. Almost any time is the perfect time to do this. Oh, and don't worry if what you visualize isn't exactly the same every time. Just go with what your mind brings up and enjoy the sensation!

## DREAM BOARDS

A dream board is a space where you put pictures and statements, quotations and images that remind you of the goal you are manifesting. They inspire a burst of positive energy towards your dream whenever you look at them. They can be big or small. In fact, you may want to create several of them and put them in places where you will see them every day.

Making a dream board can be done in many different ways. You can kick it old school and cut out pictures and words from magazines or draw and write out statements in fun colors and then glue them to a poster board. You can also make a collage online using one of a number of free tools and then print that out to hang up. You can also make it your desktop background so that you see it several times a day.

Some people like to make dream boards on Pinterest. You do it just by creating a board on there and then gathering up pictures and articles from around the web that inspire you and make you feel what it will be like when you have your goal. The great thing about creating one this way is that you can continue to interact with it, adding more and more pins to that board as you continue to manifest.

You can use a bulletin board and pin up images and statement in it too. There's really no way to do it wrong. Your aim is just to create something meaningful to you that evokes a positive emotion when you see it. Once you have created one or more of them, find places to put them up. One creative way to use them is to put them where you least expect them, like on the back of your bathroom door or on the ceiling above your bed.

## POSITIVE ANCHORS

Positive anchors are similar to dream boards in that they are reminders of what you dream and how you are already manifesting it, so it's on its way to you. Anchors can be anything that reminds you of your dream. They are often tangible things that you use, for example, a mug that says "Boss" on it that you drink your coffee out of. This could keep your dream of being your own boss in your mind, in a positive way, every time you drink out of it.

Anchors that connect you to the feeling of having your dream already are powerful. You can use your five senses too. Maybe you want to live on the beach and be a surfing instructor, so you burn a candle that reminds you of the way the beach smells on the perfect surf day. If you want to manifest more money in your life, you might find ways to "anchor" this in your daily routine by eating a square of expensive chocolate each day or wearing fancy, expensive underwear.

Your anchors could include popups on your phone or computer reminding you of your dream, like, "I'm now my own boss!" for example. It might be a picture of you and your significant other while you were on an exotic trip that you want to duplicate.

## HERE ARE SOME OTHER EXAMPLES OF ANCHORS YOU MIGHT TRY:

- Keep a coin from a foreign country in your pocket if you want to travel around the world. Every time you stick your hand in your pocket, you will remember your dream and feel good.
- If you are manifesting your soulmate, listen to music that reminds you of a time when you felt loved and desired.
- Put a picture of a hundred-dollar bill in your wallet if you want to attract more money in your life. Every time you see it, you will engage with that manifestation energy to bring it to you.
- If you want to go live in a foreign country where it's cheap to live on the savings you've built up, start listening to those language tapes. Start learning the language. Then when the time is right, you'll be all set to go!

All of these anchors tell the Universe that you are totally receptive to what is coming your way and that you trust that It is working behind the scenes to make it happen for you!

*As you might have guessed, the magic of these techniques is to keep your energy squarely on your goal as much as possible, and in a positive way. In an I've-already-got-it-way. These strategies have worked for millions of people around the globe, and they can work for you too. The time and attention you invest in them will pay off in big rewards--it will keep you motivated and moving closer to your dreams every day.*

# THE ON SWITCH

## FLIPPING THE SWITCH

- We are all unmotivated sometimes
- But often in life, we don't have a choice - we must get certain things done
- Doing anything, big or small, is easier when there's motivation behind it

## BENEFITS OF INSTANT MOTIVATION

- It feels great to be in that sweet spot of productivity
- It also raises your self-confidence
- Once we get motivated enough to just get started, momentum kicks in and makes life easier
- It helps us reach our goals too, of course

## HOW TO FLIP THE SWITCH

- Unplug
- Have one goal
- Get an accountability partner
- Get enough sleep
- Know your why
- Break down those goals
- Talk about it

- Take a power nap
- Take a walk
- Set a timer
- Post your goal
- Use aromatherapy
- Start small and level up
- Stay hydrated
- Go with the flow
- Sing
- Gather motivation when you find it
- Visualize the final product
- Create an affirmation
- Focus on the moment
- Reward yourself
- Practice yoga
- Make a motivational playlist
- Teach someone else
- Motivate others
- Keep a journal
- Play with a pet
- Create motivational anchors
- Listen to a motivational podcast/audiobook
- Smile
- Declutter your area
- Clean up before you leave
- Do something creative
- Use a happy light
- Try a brain-dump
- Laugh more often
- Try a new environment
- Meditate
- Let go of the outcome
- Surround yourself with positive people
- Examine your fears
- Let go of your fears

# WENDY IDA

Wendy Ida (pronounced ee'da) also known as `America's #1 Expert on Living Fit, Fierce & Fabulous after 40\_ is an internationally recognized Best Selling Author, Speaker, TV Host, Lifestyle Coach and Fitness Expert.

She is also a two-time Guinness World Record Holder and 8-time award winning National Fitness Champion. She won the Indie literary award for her book, Take Back Your Life: My No Nonsense Approach to Health Fitness and Looking Good Naked! - Foreword by Les Brown, Motivational Speaker Wendy has made dozens of appearances on TV, talk radio and other media such as Essence Magazine, The Dr. OZ show, Inside Edition, CNN, Fox Sports Net, NBC, ABC, B.E.T., commercials, exercise videos and more. She is also a `Strive to Thrive\_ fitness expert for actors/producers Boris Kodjoe and Nicole Ari Parker, as well as the former Assistant Strength and Conditioning Coach for the LA Avengers football team and Director of the Obesity Prevention Initiative Program in association with USC Norris Comprehensive Cancer Center, Kaiser Permanente, American Bio-Clinical Laboratories and the RMCF.

Twice nominated for Who's Who Among Women in business, Wendy Ida also received the Award of Recognition for Outstanding Educational Community Service from Dr. Charles Adams, Founder and President of the Educational Outreach Community Program. Although Wendy Ida may appear "over the top" in her dedication to fitness, health and self-empowerment, she has not forgotten her own journey from despair to triumph.

She is a Domestic Violence Survivor who was in poor shape, bad health and had low self-esteem.

Wendy was born and raised in New Jersey and after having two children back to back, she is grateful to have beaten the odds.

She didn't begin her own exercise regime until age 43, but she has managed to improve her health, lose 80 pounds and dwindle down to a rock-solid size 4 and hold onto it as a grandmother! - It's no wonder why Wendy feels sharing her self taught approach to mental readiness, self worth and teaching, preaching and inspiring others to live their potential can not only change the world, but it is her reason for living.

That is why everyday you will hear Wendy say:

**"IT'S NEVER TOO LATE TO TAKE BACK YOUR LIFE"**

[www.wendyida.com](http://www.wendyida.com)

**Intro video**

**About Wendy**

**Video Fan Raves**

**Video Testimonial Les Brown**

