

# Exercise Aha 1: Everyone Manifests!

You manifest your thoughts all the time. You cannot help but manifest them.

Look up the word manifest in the dictionary. Then look up manifest in a thesaurus. Write down all the synonyms. And yes, look up the definition of each. Record your findings in your journal. When you have done this, you will have a greater meaning of the word manifest, both as an adjective and as a verb.

If you are doing this exercise at night, go back over your day today and record your most predominate thoughts. How did those thoughts manifest in your life today?

If you are doing this exercise in the morning. Review your dominate thoughts of yesterday. List them. See how they have played out in your life, thus far.

Go a little deeper. What do most of your thoughts center around?

Which comes first, your thoughts or your actions?

Ponder this.

Think for a few moments about your underlying thoughts about wealth, abundance, happiness, success, health and spirituality or failure, hardships, sickness, fear, sadness, poverty, lack, aloneness, death.

How many of your thoughts bring about tension and stress? How many of your thoughts bring about sadness and regret? How many joy, happiness and laughter? What percentage of your thoughts bring you peace, beauty, symmetry, and godliness?

Are your thoughts and actions fear or joy dominated?

Take a moment to tally up your thoughts over the years. At the same time, tally up the manifestations that have resulted from those thoughts.

The past is the past. Now, look to the present and the future.

Take some time to map out your future thoughts. Yes, plan them just like your would plan a trip for today or an adventure of a lifetime around the world. The more vivid and exact your planned thoughts are the more you will manifest them.

Decide what you want your thoughts to manifest for you. At this moment, this day, this week, this year and years to come. Chart the course of your thoughts and watch with expectancy your manifestations.

ENJOY Your Wonderful Manifestations! You deserve the best.

# Exercise Aha 2: Be-Do-Have!

## BE

Be enlightened. Look up the verbs to Be and to Enlighten in an unabridged dictionary, In order to understand this Aha you must understand being enlightened. You are enlightened with the Truth of your being. This means simply that every thought, every word, every action you have has to be centered on the ever-constant abundance that is yours to receive, give and have. You are a part of that flow. If you do not see yourself as an intrinsic, fundamental, basic, necessary part of the abundance-flow then you will not be as you want to be—an enlightened millionaire. Why? Because first is thought, second is doing, and third is having.

Deal with your thoughts first. How do you see yourself? Is that flow of abundance, unlimited, eternal in your life? Is it yours? Are you and that flow of abundance inseparable? Close your eyes to the world around you. See you and that flow of abundance in your life. Once you are centered on this. Then open your eyes and write down your true State of Being.

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## DO

Once you know your Being, then you always Do from that center. Record what you can do to enhance the abundance you are given. This is your sharing, the reason you are here.

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## HAVE

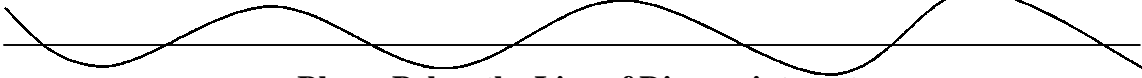
Lastly, now that you have your Being and your Doing in place. The circle is complete because all you have gotten and given flows back to you so that you have all you could ever need and want.

Picture that circle of life. What a wonderful concept for creation and propagation of all good! Marvel at it. You are the center and the circumference. Diagram this sense of being, doing and having.

See it. Be it. Do it. Have it. Enjoy Your Abundance!

# Exercise Aha 3: Live Life above the Line!

## Learn Above the Line of Opportunity



## Blame Below the Line of Disappointment

Remember when you were a kid and loved to play in the sand at the beach, in the park or in the sandbox. There was always that line you would draw in the sand. For contests—who could get to the line, first? For fun action—who could jump over the line the highest? For limits—who crosses the line will be captured by the goblins or who is the last to stay within the line gets the prize?

Life, as a grown-up, is not so different. If you can, go to the beach or to a sand box and draw a grown-up line in the sand for you to see and illustrate what you have and have not learned from your mistakes or life-choices.

Above the line - draw in what you have learned.

Below the line, draw in what you stubbornly blame.

Take some time.

Is your sandcastle too near the water's edge? Does it get washed away every time it is built? Is that sandcastle below the line? Is the water at fault? Is the rising tide at fault? Is the moon at fault? Or is just Good Ol' Mother Nature at fault, again?

Where is your learning curve? Is that line between success and failure straight or does it curve? That is an interesting concept.

Now, go back to your line and perhaps redraw it. Or rebuild your sandcastle with your newly found knowledge of seas and tides and attitudes and willingness not to blame, but to learn.

Write in the sands of life in big bold letters what choices you have to make, now and in the future. Are they based on learning or blaming?

By the way to record this exercise in your journal, take pictures of you at the beach drawing your line in the sand and writing your life-lessons in the sand. Post the pictures in your journal. Refer to them often when you start to blame, not learn. What a difference a day, a moment, an attitude makes!

Have fun, laugh . . . and enjoy this meta and physical exercise at the beach of opportunity.

# Exercise Aha 4: Abundance Is Your Natural State!

Abundance—this is a word that enlightened millionaires use frequently, enjoy frequently and embrace continuously. There can be no interruptions, stopgaps, nor short-circuits in abundance. If there are, then it is not abundance. You must understand and embrace the concept of abundance, the abundance of affluence, of wealth, of money . . . before you can manifest it.

To help you in this path, *The One Minute Millionaire* on page 28, suggests that you repeat the following affirmations each day, first thing in the morning and last thing before bed. You are not limited to these times. Repeat them several times a day if you wish—the more the better. If you have not already done so, write them on a card and carry them with you wherever you go. Of course, you will memorize them, but look at the words as you say them. Say them aloud, so that you can hear them. Feel them in your heart. Taste them as you speak them. Smell the aroma of money.

Never say them mechanically, just a words. Say them with meaning and feeling. Believe them, see, them enjoy them, Have fun with them. Expect that you are manifesting them at the very moment you are saying them! In fact, you might also write them as you say them.

I am abundant in every good way.

Infinite money is mine to earn, save, invest, exponentially multiply and share.

My abundance is making everyone better off.

I embrace abundance and abundance embraces me.

Now write one of your own to add to this list.

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Say it along with the rest.

Do this for 30 days. Watch abundance flow your way.

Add a new abundance saying each month that you say everyday during that month. Do this for a year. Look up the word abundance in quote books and on the Internet. Make a collection of quotes about abundance. Start writing your book, your instructional manual, your poem, your song, and/or your play about Abundance. It might seem like fiction at first, but if it is in your heart, it will play out as REAL in your life.

Enjoy your abundance.

# Exercise Aha 5: Givers Get!

Have you ever tried to teach a little child to share a treasured toy? It is nearly impossible. Well, as adults, we often don't want to share either. Maybe we never learned the "sharing lesson" well.

The "giving lesson" is even harder to learn than sharing. What happens when you ask a child to give away his or her favorite toy or article of clothing? What happens even if the child has outgrown that article of clothing and a neighbor child or the little brother or sister would love to have it?

I know of such a child and I am sure you do, too: A little boy had a favorite baseball jacket that he wore until the long sleeves barely covered his elbows. He finally gave it up to his teddy bear, but he refused to give it to Goodwill or a neighborhood clothing drive. He said, "If I did that, I would never be able to see it again." When asked to give it to his little brother, he snatched it away and simply exclaimed, "No, it's mine!" His little brother got a new jacket, but he did not. I'm not sure the lesson was learned.

Again, there is a great deal of learning that needs to go on while growing up to understand that giving is not a one-way street.

Can you see yourself sitting in church and writing out a check, the thought comes 1/10 is \$400 this week, but you snatch away 399 crisp dollar bills from God and give him your token crumpled-up, well-used dollar, or even a ten spot, or a hundred bucks. If this is you, you have not learned the "giving lesson" yet.

"But this is tithing," you say. True, but what about charitable giving?

Does the civic orchestra, the opera, the museum, the library, your kids' school, the inner-city school or playground, the underprivileged halfway around the world, need money from you? What about giving to friends, neighbors, family, and/or coworkers? What about not just giving money, but giving time, giving a part of your life, giving a kind word, a smile?

Make a list of the ways you can give. Watch the getting that comes your way. A year from now come back to this list and see how much you have given and what you have received.

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Enjoy giving. What a treasure you will discover as you do!

# Exercise Aha 6: Changing Your Reality Is a Snap!

Say “No” to “Yabuts” with the sting of a rubber band. Yes, every time you think a limiting or negative or bad thought, snap your wrist with a rubber band. This interrupts your thought process and rewards the negative limiting thought with pain. Thus, you are less likely to think such a thought again.

This system is just a reminder that you are not supposed to encourage a “Yabuts” voice in your head. How do you remind yourself to encourage a positive, Go-for-it voice? How do you train an internal cheerleader to cheer you on when the going gets tough and to cheer you through to victory?

I once saw a teen on TV. He was black, slumped over, leaning against a prison wall. He was convicted of a crime that would keep him behind those walls for years to come. A newsman was interviewing him. “Well, what do you want . . . ?”  
“I don’t ever want nothin’ . . . when you want, you don’t get and then you hurt . . . You learn as a little kid, not to want, and then you don’t hurt as much.”

What a life lesson—not to learn! His internal cheerleading voice was turned off probably before age five. What about yours? Let’s say, yours was also turned off, if not at five, but by 15, 25 or at least 45. How do you turn it back on again?

One way is awareness. Every time you discover a negative thought. Snap your wrist and reverse the thought. “I can,” not—“I cannot.”

Another way is to preplan your positive thoughts for the day. After you have said your abundance affirmations, write down ten thoughts you would like to think and manifest today. Make these very realistic—ones that you can easily manifest, today.

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_____	_____
_____	_____
_____	_____
_____	_____

Next, write down five good thought you would like to hold close to you today.

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Lastly, write one overriding good thought that praises you and your work and actions.

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Say this to yourself every time you start to do something today and every time you conclude something. Do this all day long. It will only take seconds, but will magnify goodness in your life abundantly. Do this every day until your cheerleading voice is ever present.

Enjoy being a cheerleader for your good thoughts and actions.

# Exercise Aha 7: Words Transform!

“In the beginning was the word.” “I am the word.” “The word” . . . what is the power of the word? Religions are word based. All educational systems are word based. Communications are word based. Even love or the expression of it is word based. The law is word based or at least explained and outlined in words. Though we are not positive about our thought processes, we believe that they too are word based.

When a man was dying of cancer in the speech area of the brain, his speech was affected in a remarkable way. First, proper nouns (such as: America, John Smith) vanished from his vocabulary, then common nouns (like: country, man), then adjectives related to proper nouns (American, Smith-like), then adjectives related to common nouns (country, manlike, happy, sad), then adverbs related to adjectives (happily, sadly). Then action verbs, (Americanize, do, run,) then inactive verbs (is, seems), then prepositions (to in), then conjunctions, (and, but), then all he could say were articles, (the, a, an). Does that tell you something about the words?

At the same time, the wife of this person was able to supply every word that her husband needed even though she did not have any idea what he wanted to say. She was also able to spell each word even people’s names and scientific terms. This was more amazing because she was normally a very poor speller. Instantly information about each needed word was available to her and therefore to him.

The words you use form your world. When we hear songs, TV, radio, movies blasting out negative descriptions and foul four letter words, our lives are affected in a negative way. They degrade and down hearten humanity. If you are caught up in this negative chatter, stop it and start selecting words that uplift and fulfill positive thoughts and actions. Our use of words is an addictive habit just as the use of alcohol, tobacco, and drugs. Using good words can be just as infectious in a positive productive way.

**How to develop the good-word habit.** Record conversations you have while you are on the phone, arguing with your spouse, or disciplining your kids. This will give you a clue about your choice of words. Write each night in your journal. Think about the words you are using. Work to eliminate one negative/limiting/foul word at a time. Once you are conscious of the word you want to eliminate, it is easy to substitute a positive, uplifting good word.

List the negative words you want to eliminate from your use. \_\_\_\_\_

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Enjoy using good words.



# Exercise Aha 9: Wealth Is Freedom!

List what you want from Your Life \_\_\_\_\_

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Tell why you want Money Freedom: \_\_\_\_\_

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Tell why you want Time Freedom: \_\_\_\_\_

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Tell why you want Relationship Freedom: \_\_\_\_\_

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Tell why you want Spiritual Freedom: \_\_\_\_\_

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Tell why you want Physical Freedom: \_\_\_\_\_

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Describe the Ultimate Freedom to YOU: \_\_\_\_\_

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Refer to pages 44 & 46 in *The One Minute Millionaire*.

Enjoy your enlightened freedoms.



# Exercise Aha 11: Clarity Is Power!

## Think FROM Your Goals.

Describe your dream home as if you were walking up the front door.

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Open the door. Describe what you see, what you smell, how you feel, what you touch, what you hear? \_\_\_\_\_

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What do you do there? \_\_\_\_\_

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Where else do you go, do, see and feel in your dream home? \_\_\_\_\_

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What do you see outside? \_\_\_\_\_

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Where is the sun, the lake, the ocean, the golf course, the mountains, the trees, the back yard, swimming pool, playground? \_\_\_\_\_

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Where do you sit down? \_\_\_\_\_

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What do you think? \_\_\_\_\_

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Taste the moment. Describe the taste of success and living your dream. What is your favorite room and why? \_\_\_\_\_

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Tell what you have done to get to this moment. \_\_\_\_\_

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# Exercise Aha 12: More Clarity Is More Powerful!

All the things you want to accomplish, have, and are . . .are your goals.

List them on 3 X 5 cards under the following categories and carry them with you.

Body

Brain

Time

People

Money

Affirm them six times per day. In your journal write the time and place you repeated them. Sign and date your cards each time you say them. Be specific.

For example: Day 54. I am so happy and grateful that I am earning \_\_\_ per hour and \_\_\_ per day, \_\_\_ per week, \_\_\_ per year. I only work \_\_\_ days a week, \_\_\_ a month, \_\_\_ a year.

Write it, read it, say it, believe it and live it.

Enjoy it!

# Exercise Aha 13: Tap into Your Genius!

Look up the word genius in an unabridged dictionary. How does that definition fit you?

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Read the special report from *Love Your Beauty*, "Let the Genius in Your Out." Available on this website under special reports

What can you do to increase your genius? \_\_\_\_\_

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Do the exercise on page 60 of *The One Minute Millionaire* to determine your passion, talents, values, and destiny. Even though you know the meaning of each of these words look them up in a dictionary. This will help you gather a better understanding of what you are looking for within yourself. The understanding of each of these will lead you to the direction your life should take.

Passion

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Values

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Talents

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Destiny

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Enjoy your genius and let it drive your passion!

# Exercise Aha 14: Leverage!

Form a heart strong group of people you love.

List them.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Discuss your ideas, your thoughts and your feelings with this group. Bring your business problems to the heart level and find solutions.

Draw what leverage means to you. Look at the ideas you have for wealth, health, and happiness and what you have to give to the world.

Live it.  
Love it  
Enjoy it forever.



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What have you learned about your imagination, and do you think the glass is half empty or half full?

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Enjoy your full and over-running cup! See it first.

# Exercise Aha 16: The Size of the Question Determines the Size of the Result!

Write ten questions you would like the Universe to answer for you. Make these the best questions, the most critical questions and the grandest questions you could possibly ask. Just imagine that you are having a one-to-one conversation with God, and God asks you, "What is it that you would like to know? I am here to answer ten questions for you. Just ask away, but make sure these are the most important questions you could possibly ask."

At this point just write the questions. Throughout today and the days to come, listen for the answers to come. When they do, record them here or in your journal.

Q1. \_\_\_\_\_  
\_\_\_\_\_

A \_\_\_\_\_  
\_\_\_\_\_

Q2. \_\_\_\_\_  
\_\_\_\_\_

A \_\_\_\_\_  
\_\_\_\_\_

Q3. \_\_\_\_\_  
\_\_\_\_\_

A \_\_\_\_\_  
\_\_\_\_\_

Q4. \_\_\_\_\_  
\_\_\_\_\_

A \_\_\_\_\_  
\_\_\_\_\_

Q5. \_\_\_\_\_  
\_\_\_\_\_

A \_\_\_\_\_  
\_\_\_\_\_

Q6. \_\_\_\_\_  
\_\_\_\_\_

A \_\_\_\_\_  
\_\_\_\_\_

**Q7.** \_\_\_\_\_  
\_\_\_\_\_

**A** \_\_\_\_\_  
\_\_\_\_\_

**Q8.** \_\_\_\_\_  
\_\_\_\_\_

**A** \_\_\_\_\_  
\_\_\_\_\_

**Q9.** \_\_\_\_\_  
\_\_\_\_\_

**A** \_\_\_\_\_  
\_\_\_\_\_

**Q10.** \_\_\_\_\_  
\_\_\_\_\_

**A** \_\_\_\_\_  
\_\_\_\_\_

Keep asking, listening and receiving great answers to your profound questions.  
Enjoy the results in your life.

# Exercise Aha 17: You Already Know the Answer!

Intuition. Even though you know the meaning of this word, look it up in an unabridged dictionary. Write down what you learn.

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Be still for a few moments. Recall times when your intuition spoke to you, signaled you, gave you a feeling that this was the right or wrong thing to do.

List at least ten such times.

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

After each, write the type of signal you received—a voice, a gut feeling, a sound, a vibration, a feeling, silence or some other experience or sensation that told you this is right, this is wrong.

List ten future decisions you have to make. Record them here and on note cards that you will carry with you, day in and day out until your intuition kicks in and you have your answer. Record the results with the date, time, intuitive signal and the eventual outcome.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Refer to this over time. Check your results.

Enjoy every moment of this exercise.

# Exercise Aha 18: Be Congruent!

Look up the word congruent in an unabridged dictionary. Study its meaning. Tell how the word can influence your life?

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How much time, energy and money do you spend trying to be a millionaire or just trying to get by?

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Are you taking shortcuts? What are they? How will they influence your congruence?

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What is your desire?

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Do you believe you can get what you want? Explain how.

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Do you accept yourself as worthy of being a millionaire? Why?

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Draw a picture of your congruence. If you don't see one to draw immediately, then close your eyes and wait until you see a "congruent you picture" and then draw it. Keep that picture in mind at all times.

Enjoy the congruent you!

# Exercise Aha 19: You Are a Money Magnet!

Yes, once again. Use your dictionary and look up the words: money and magnet. Then write your own definition of the millionaire term: MoneyMagnet as if it were one word – one single concept applied to you.

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What is your magnetic field? Describe a time when you felt it, saw it or had it help you.

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When has everything come into place in your life?

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What dominate thoughts are you holding to you? How will they help or hinder your progress?

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Who are the people around you? Are you synergistic or at odds with them? What affect does this have on you?

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Plot your magnetic field around your present desire. Draw it out. See it, feel it, live it.

Enjoy it.

# Exercise Aha 20: Knock and It Shall Be Opened

What doors do you want opened for you?

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What knocking are you doing?

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What are you going to encounter?

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What will happen as a result of your knocking?

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Write the quote on page 80. Copy it ten times over the course of a month. Or better still, copy it each day of this month in your journal. You will be amazed the good it will do for you.

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Read several stories about successful mountain climbing expeditions. What do you learn about the coincidences of the door opening and commitment?

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Enjoy your commitment to keep knocking until the right doors open.

# Exercise Aha 21: Sharing Is Having More

Look up the word sharing. You have known the meaning of it since preschool. But do a word study of it anyway. You might learn something new.

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What's the favorite time for nearly all kids in early childhood education. That's right sharing time. To give (share) requires faith and action. What you are giving you will get back over and over again.

Pretend you are going to have to take a test on Aha 21. Imagine that you will be given a million dollars if you get an A, 100%, on the test. Imagine that there are going to be ten question covering pages 82, 84 and the first two paragraphs of page 86.

How would you study?

You would probably pre-read the pages by scanning through them as you looked for key words, phrases and ideas or the primary message. Then, you would read it thoroughly. You would probably highlight key words and phrases as you read. You would take notes. Then if you really wanted that 100% and its million-dollar reward, you would close the book and write every detail you could remember. You would then write how you could apply each detail to your life. Afterwards, you would open your book and write in anything you left out. You might compose ten questions and then answer them on tape and then listen to them as you go to sleep at night and while you are going to school the day of the exam. Sounds like a lot of work. But the reward is \$1,000,000 for a score of \$100%.

Believe it or not, life is giving you this test every day.

On our website we have posted a special report on Tithing by Mark Victor Hansen. Read it, and see if you pass the test of sharing.

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Enjoy your life with a 100% response every time.

# Exercise Aha 22: God Knows Where the Gold Is

Do you want to know, too? Why? How are you going to find out?

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What is the connection between money and Spirit?

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List the areas in your life concerning money that you would like God's help?

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Need more space?

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What abundance that God has do you want?

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Ask and expect to receive.  
Enjoy the process and the results

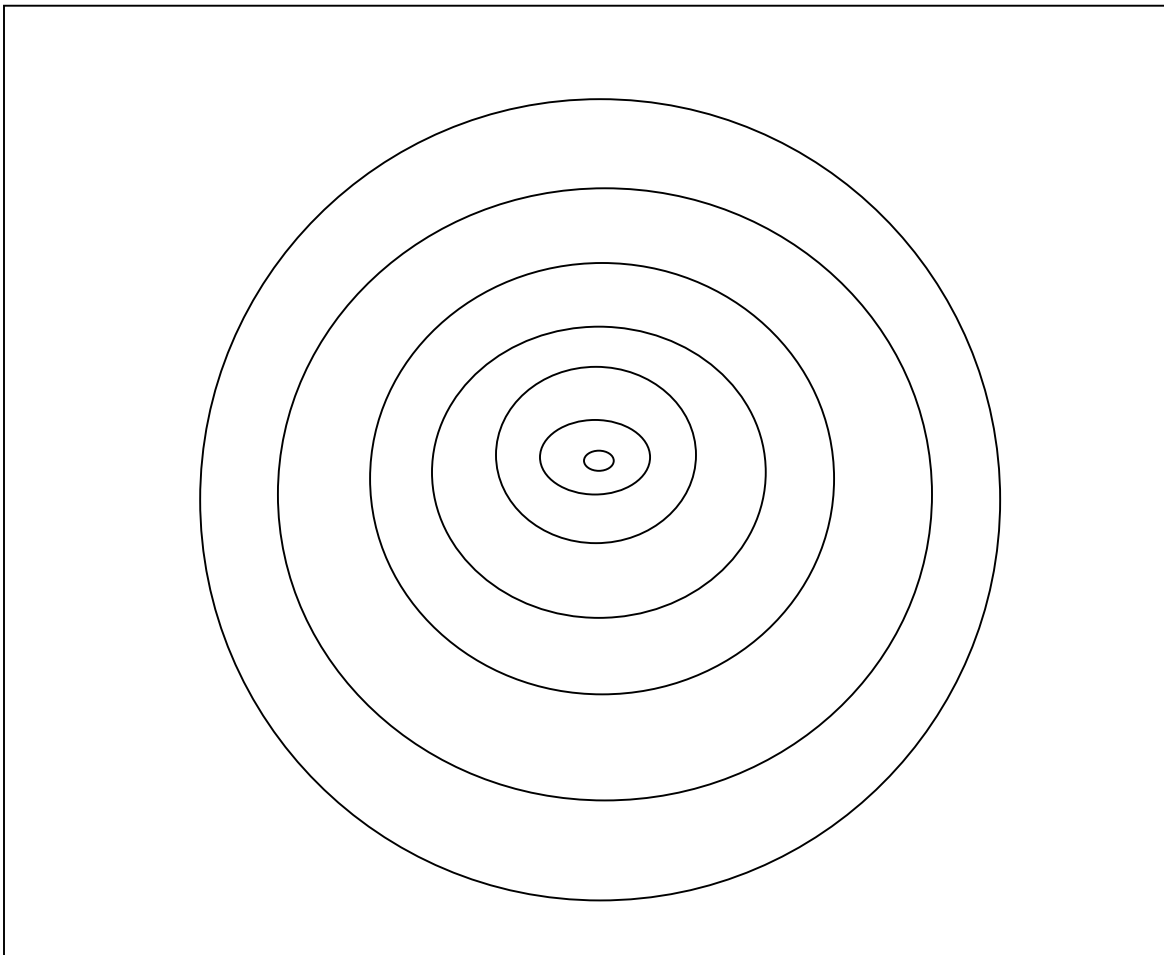
# Exercise Aha 23: Destruction Is Creation

Look up two common words in the dictionary: habit and pattern. How are they alike and how are they different? \_\_\_\_\_

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List Off limits patterns you do not want in your life and work.  
List must-have on- target patterns you want in your life and work.  
Place them on the diagram below/



Look at the patterns and habits in your life. Use good patterns and get good results. Let your patterns become automatic habits that cause success after success.

Repeat this process until you have reached your goal and then set new goals, new patterns, new habits and continue to experience success.

Enjoy this pattern/habit development process to success.

# Exercise Aha 24: Putting It All Together

Look up sabotage in a good unabridged dictionary and a thesaurus. Write the synonyms. Then write the antonyms of each.

## Sabotage:

Synonyms

Antonyms

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Do the same with the word Manifest

## Manifest

Synonyms

Antonyms

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Diagram what you have learned and what you must do to be an enlightened millionaire.

Learn to make the word manifest as a regular part of your vocabulary. Make it a part of all your actions, your life and your millions.  
Enjoy putting it all together!