

# Fundamental Changes To Becoming Irresistibly Attractive

Almost anyone can learn to apply the Attraction Principles and benefit measurably. But what if you wanted to push the envelope of Attraction in order to achieve the maximum possible result? What would you have to do differently in your life to become THAT attractive? Well, this is a good question, and one that hasn't been answered yet because the Attraction Approach is so new and it takes people several years to come to fully understand and integrate the 28 principles. But in an attempt to answer this question, I have outlined the emotional, intellectual, spiritual, and lifestyle changes I have been making in the past year or so. I am such a *work in progress* that I do not want to give the impression that I have successfully completed the following changes, but I do hope that these will be helpful to you if you have a similar interest in making the most of Attraction. Remember, what follows is what *\*I\** am going through; you will have your own set of spaces to move through on the Attraction path. And, a caveat: Many of the following things I describe are NOT necessarily practical — I am single, have no children, and am semi-retired. But I still hope there is relevance for you in my comments below.

## 1. COMPLETELY GIVE UP THE NOTION OF A 'PREDESIGNED FUTURE'

In other words, literally give up goals and the striving for a particular future. One of the Attraction Principles is to 'unhook from the future.' I am at the place now where the future has absolutely no appeal, seductive or otherwise; it almost does not exist for me. It has been disorienting to say the least, given I have always been goal-oriented and driven to succeed, produce and contribute. I am at the place now where I would rather dance from event to event than attempt to 'make something happen.' Achievement and success are way overrated.

## 2. ELIMINATE THE TO-DO LIST AND AUTOMATE/DELEGATE EVERYTHING

I've always had a problem with to-do lists and now I do not have them, nor do I maintain a calendar. In other words...no meetings or obligations — nothing about the future. This probably sounds extreme, but it's what works for me. Each day, I can get up and do exactly what comes to mind to do. This is probably not practical — nor wise — for most, but it's been interesting to simplify my life to the point that it's become normal. There will probably be a point in my life that I will return to a more traditional lifestyle, but when I do, I am guessing that I will still maintain this sense of inner freedom and choice.

## 3. ELIMINATE THE NEED FOR EXTERNAL VALIDATION

I use to have a very, very strong need to be heard and to be appreciated for 'all I was doing' for people and 'how special' I was. I use to need clients and

readers/subscribers to validate my thinking and what I wrote because I was so scared and unsure if what I wrote was any good or if it was useful. That need for validation slipped into a dependence on others for motivation. In other words, I would be motivated by externals such as a book contract, the opinions/support of others, the possibility of acknowledgement, or even fame. I would get up in the morning and be guided by what would sell/be popular or what specific people needed me to write. At this point, I am over this type of externally driven motivation. I am still in touch with what my market wants/needs, so I am not out of the loop, but I am driven by what intrigues me to write. I now assume that whatever I write is NOT going to be commercially viable or even of interest to even the most interested readers of my work. Talk about space!

## 4. ACCEPT EVEN THE MOST UNACCEPTABLE PEOPLE

I have always been intolerant of most people because their faults were so 'loud' they actually caused me physical pain. So, I either criticized/judged them or had to completely avoid them. I had tried to accept people for their strengths but found that I was 'faking' it and that it wasn't natural/sustainable. I am now able to have enough space (and a strong enough reserve/level of protection internally) that I can handle people who would have driven me nuts before. I used to 'take people personally' and did not want them to rub off on me. I think that one of the benefits of developing a strong Personal Foundation is that you CAN handle difficult people without cost to yourself. Maybe this comes from having the reserve enough to care and be generous. The next level in this area for me would be to actually ENJOY such people. Not sure if I will ever get there.



## 5. TRUST YOUR WHIMS AND EXPERIMENT CONTINUOUSLY

Most of my whims, ideas, thoughts and plans have probably cost me (emotionally, financially) more than they benefited me. People think I am smart/able in the area of coaching, but I think it is because I have let myself experiment freely until I find a skills, phrase or technique that actually works well with my clients. Most of the life choices I have made — personally and professionally — have been pretty dumb. I often call myself a fool; I AM foolish. I am a poster child for stupid; common sense has been almost nonexistent for me. Well, maybe I'm exaggerating a bit here, but the point is that I probably made the unconscious decision long ago to get to know myself and the world by deliberately making mistakes and seeing what happens (there's got to be a smarter way!). I am at the point now that I would rather make progress on understanding my whims better than ever being successful. Extreme, yes, but the skill-set called 'whims' are, I feel, essential in the creative world and, as we get better at it, offers a clear competitive advantage in the marketplace (If you think I am talking about intuition, inklings and intuition, I'm not; whims are different).

## 6. LEARN FROM YOUR ENVIRONMENT AND EVOLVE FROM WHAT OCCURS

The Attraction Principle of "over-responding to every event" is one of my favorites. In other words, becoming what I call a SuperLearner is key to attraction because it accelerates the development of your mind, body, and senses, and it keeps you in the present, EXPERIENCING life instead of studying about life or success. Some call this just-in-time learning, but I'm talking about a level beyond that where you are always learning, yet not for any 'reason.' (Just-in-time learning is usually task/result oriented.) Continual evolution is a lot more interesting to me than mastering a narrow set of skills. (Actually, both are excellent; it's just that many people focus on improvement/skills and do not get the evolutionary things.)

## 7. FIND TOTALLY DIFFERENT SOURCES OF STIMULATION FOR YOUR LIFE

Attraction depends on synchronicity, which results from increased flow. And increased flow depends on both stimulation and the reduction of blocks / resistance. You get both when you put yourself in very different environments, hang out with a different type of person/group or by getting into situations for

which you have no objective other than to be surprised/stimulated. I look at these as little lazars that zap parts of me that I cannot normally 'get to' in my process of becoming resistance-free. I have begun to read books in different genres and magazines that have no practical value. I found that my thinking was getting stagnant and I wanted to shake it — and me — up, thus, radically different stimulations.

## 8. EXPERIMENT WITH THE NOTION OF "ABSENCE OF"

My favorite Attraction-related piece is called the Zen of Attraction. It's simply a collection of 14 suggestions about what to STOP doing in life. Most are pretty radical and not necessarily practical, but they have been really effective for me along my own Attraction path. And to take this a step further, learn the difference between 'absence of' and 'freedom from.' *Freedom from* usually means you are trying to get away from something; *absence of* connotes that there is nothing there to get away from any longer. It is a wild distinction and essential in the process of learning Attraction, given reducing/eliminating blocks/resistance is a key part of becoming more attractive.

## 9. ABANDON BELIEFS AND OPINIONS

I do not think that 'beliefs' and Attraction are compatible (but then, that is probably a belief, isn't it?!). I used to have lots of beliefs and opinions about things (and wouldn't mind getting into your face about them...). Now I have almost no beliefs or opinions about people, things, or myself. "Who cares?" is my response to most things — something or someone IS or IS NOT at any given time. What the heck does my belief or opinion about it have to do with anything? After all, aren't opinions a way to define yourself and get a buy-in (or argument) from others. I would rather ask questions that stimulate instead of trying to get people to agree with me. Been there; too expensive!

## 10. CARVE OUT YOUR OWN REALITY AND POS (PERSONAL OPERATING SYSTEM)

Most of us use a version of our parents POS, or we have adopted a popular POS off-the-shelf, whether it is cultural, geographic, religious, or philosophical. Nothing is wrong with that! But once you start working with Attraction, you may find that you will have to create your OWN Personal Operating System in order to make the most of your life (and the principles). Most of us have never had a POS 101, so there is a learning curve involved, but one that is worth the investment.

Form courtesy of and copyrighted by Thomas Leonard, [www.thomasleonard.com](http://www.thomasleonard.com) | FB193

© 2002 [www.coachu.com](http://www.coachu.com) | 500+ forms and checklists for life and business

