

TRANSFORM *Your Life*

7 Steps to a Better Life



Dr. Nella Ann Roberts

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TO YOU

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Introduction

*I have come that they may have life, and have it to the full.
(John 10:10)*

This book was written to help you transform your life and have a better one. You were attracted to it because of the thoughts you hold in your mind. Our thoughts influence our reality, and many of our thoughts are manifested in the universe in the form of things. There are no accidents in this well-orchestrated universe that is controlled by a supernatural power. This power is called by many names, including Source Energy, Divine Intelligence, and God. You can call it whatever you wish. I call this power God and refer to it by that name in this book.

This power has led you to this book to help you transform your life. When you do, you will have a better life. For too long, many of us have been living beneath our God-given potential. For too long, we have been suffering for various reasons. Life was not meant to be that way. We were lovingly and wonderfully created by God to live a good life. As Jesus said in the quote above, he came that we may have life and have it to the full. Like Jesus, I too want you to have a full life. I want you to have a better, more wonderful life filled with love, peace, joy, and the desires of your heart. I believe the time has come for you to transform your life and live the life you were meant to live.

Transforming your life involves going beyond the way you live, co-creating a better life for yourself, and changing the way you live. You do this by using your thoughts, visualization, words, faith, actions, or a combination of them. You use them to change some of what is happening

within you and in your life, to co-create what you truly desire, and to live differently.

This process begins from within and results in significant changes in you and your life. As you change, your life will also change. You will have a better life. Your better life can be your best life ever, or the life of your dreams. If you are going through a major challenge or several challenges, they may seem to go on forever, but as day always follows night, so too your breakthrough will follow your challenges if you follow some of the advice presented in this book.

I have been through many challenges, countless dreary nights, and raging storms in my life, but guess what? I made it through! If I can go through the things I did and overcome them, I believe you can too. When I looked back at some of the things I went through, I realized that God had a purpose for allowing me to go through them. Did I like some of what I went through? Of course not! There were times when I cried for several dark days and gloomy nights. There were times when I felt forsaken and, yes, there were times when I felt like giving up. But I didn't, and neither should you. What I didn't fully understand during those very trying times was that God was preparing me for my mission.

My mission in life is to help others develop themselves for success and make a difference in the world. God allowed me to go through many things so that I can better relate to those who are going through similar experiences, be better equipped to help others, and be more passionate about my mission. Now that I have experienced so many things in my life thus far, I am more qualified to help you and others like you, and I am very passionate about my mission.

My qualifications to help you transform your life were obtained from many sources. I have read hundreds of books, articles, and other materials about people who had life-changing experiences, and I have listened to many of their life stories. I continue to do so regularly. I have conducted

research and interviewed people who have transformed their lives into better ones. My doctorate is in adult education and human resource development, and I wrote my doctoral dissertation on *The Role of Spirituality in Transformative Learning*. I share this with you in the spirit of humility. My most valuable qualification, however, is my life experiences, some of which I share with you in this book.

Knowledge is good, and we should always try to acquire more of it and improve our qualifications. You may have heard it said that knowledge is power, but I say to you that knowledge is not power. If it were, we would have some very powerful bookstores, libraries, and other places that have a wealth of knowledge contained in books, disks, videos, and other sources. We would have many more powerful people in this world. It is the *application* of knowledge that is power.

I have applied the knowledge I have acquired over the years to help several people, some of whom have made remarkable progress in their lives. I continue to do so because of my love for others and for the joy and satisfaction it gives me. I believe that you too can make remarkable progress in your life if you read this book and apply the knowledge it contains to help you transform your life, have a better one, and be more successful.

This book will help you transform your life from the inside out with seven steps. Real, lasting changes in life come from within. You have within you the power to change, and you will change if you really want to and are committed to changing. Change can be very exciting if it is properly planned and implemented. The change referred to in this book is significant, lasting change that will help you become a better person and live a better life.

The seven steps in this book are based on my research on and with people who have transformed their lives, my own life experiences, and my experience helping others live more successful lives. I have used these steps in my own life,

and I have seen many successes. These steps will work well for you too if you use them as a guide to transform your life, especially as you will decide most of what you want to be, do, have, share, and experience in your transformed life. The seven steps to help you transform your life are as follows:

1. Build and maintain a strong, burning desire
2. Engage in transformative learning
3. Change your self-concept
4. Understand some basics of the co-creation process
5. Co-create your better life
6. Start living differently
7. Be grateful

These steps are numbered 1 to 7 to help you get the most out of the process of transforming your life and to facilitate the writing of this book. The important thing is that you take the first step, then another step, and continue in this manner until you transform your life into a better one and enjoy the rest of your life. This book is written in simple language using relatively simple concepts to help as many people as possible transform their lives into better ones.

To get the most out of this book, I suggest you read it in the order presented. Read each chapter, reflect on it, and then do the exercises at the end as soon as possible. The exercises are designed to help you apply what you learn. After you have done this, go to the next chapter and do likewise. You can use a highlighter to identify what stands out for you so that you can find it easily later if you need to. I do this with all my valuable books and find this very helpful.

You can also use a notebook as you read to write your ideas and the answers to some of the questions in the body of the text in addition to using it for the exercises at the end of the chapters. Whatever you decide to do, do not read this as just another book. Apply the knowledge you gain from it, and you will see the difference it will make in your life. If

you want significant, lasting change with more success in life, you can have it by using these seven steps to transform your life. Some of the things written in this book are also reminders for me because life is a journey, and sometimes we tend to forget things along the way.

I want you to enjoy the rest of your journey and live a better, more successful life with abundance in the areas of your choice. You can have abundance in several areas, such as more love, joy, peace, new experiences, health, and wealth, and you can be more successful. *Success* means different things to different people. For example, to some, *success* means a significant amount of money, while to others it means better health and fitness, loving relationships, freedom from worry, promotion at work, or the achievement of various goals. Some also refer to success as progress on the journey to achieving one's goals. What does success mean to you? If you are not living a happy, full, or successful life or the life of your dreams, then it is time to transform your life and live a better one.

Transforming your life is an interesting, exciting process. You may experience delays along the way and have to take some detours, but do not get disappointed and or be discouraged for these things are only temporary. Do not let anything or anyone deter you from your God-given destiny to live a full, wonderful life. It is not too late to start doing so. Some things take time to accomplish, so the sooner you start, the sooner you will get what you want. Wherever you are in life, you can transform your life and live a better life if you begin by creating and maintaining a strong, burning desire to do so. Are you ready to transform your life? If you are, then go to the next page and take the first step on the path to your better life.

Step 1

Build And Maintain A Strong, Burning Desire

Desire is the impetus that propels us to achieve our goals.

Have you ever wanted to be, have, do, share, or experience something so much that you told yourself that you would do anything for it? If so, were you highly motivated and driven enough to succeed? If you were and you got what you wanted, then you may remember what a strong, burning desire is. In case you have forgotten, and for those who are not sure what a strong, burning desire is, this chapter will explain it and help you build and maintain such a desire to transform your life and live a better one.

We all desire things in life because we all have needs and wants. Our needs vary from basic physiological ones such as the need for food and clothing to more advanced needs such as the need for self-actualization or to be all that we think we can be. Our wants include goals that we set for ourselves or beautiful things we desire. Desire is the impetus or driving force that propels us to achieve our goals. It is desire, that feeling of wanting something, that makes us take action to get it. That feeling or emotion is energy in motion, and this energy moves us toward what we want. When that feeling motivates us to take action toward what we want with a sense of urgency and a fire lit within us, then we have what is called a strong, burning desire.

Building and maintaining this strong, burning desire, or intense feeling within us, is the first step in transforming our lives the way we want to. This is necessary to get us motivated and keep us motivated and focused on what we

truly want until we get it. If you study the lives of successful people who get a lot of what they want, you will notice that many of them have a strong, burning desire to get those things.

There are many stories about successful people who had strong, burning desires and accomplished great things. My favorite is that of Thomas Edison. It is said that Edison had failed more than ten thousand times before he developed the light bulb that we benefit from today. It is clear that Edison had a strong, burning desire to achieve his goal and maintained that desire, which propelled him to success. Other examples include Nelson Mandela, who led the fight against apartheid in South Africa; Mahatma Gandhi, who achieved independence for India; and Billy Graham, the American evangelist who converted many to Christianity. It is not just building a strong, burning desire that is important, but maintaining it is also critical for success.

In *The Power of Awareness*, Neville Goddard, a Barbadian author who transformed his life and helped others to do so, noted that having an intense, burning desire is the starting point for all transformations. Neville, who went to the United States to study drama, instead built and maintained an intense, burning desire to transform his life and did so successfully. Not only did he transform his life, but he spent a significant portion of his life teaching others to transform their own. If these successful individuals could have built and maintained an intense or strong, burning desire to achieve their goals and succeed in doing so, then so can you. Anyone can build a strong, burning desire for what he or she wants wherever and whenever he or she wants to do so.

To build a strong, burning desire to transform your life, you have to have at least one strong reason for wanting to do so. The main reason for building and maintaining a strong, burning desire to transform your life is to have a better life. Your better life can be your best life ever, or the life of your

dreams. You will decide how much better you want your life to be. You can have a better life full of good relationships, experiences, and things you desire. Relationships are a key part of our lives as we come into contact with others every day unless we are in a temporary seclusion.

Having good, harmonious relationships with others makes our lives more enjoyable and satisfying. The most important relationship in your life should be your relationship with God. Wherever you go, God is already there. God is everywhere. When we have a good, close relationship with God, this makes our lives easier, happier, and better, and it enables us to have better relationships with others. Having a good, close relationship with God also helps us to have better experiences in life and to be able to deal with the challenges we face more effectively.

We all want to have good experiences, and we can have many more when we transform our lives. We can also have many more of the things we desire when we transform our lives. These things and experiences should be good, beautiful, and wonderful. They should make us feel more joy, love, and peace and help us to enjoy our lives more. These should also include experiences and things we want to share with others.

Having more good to experience and share with others is another strong reason to transform your life. Wouldn't it be great to have more to share with your loved ones and others? You can also have abundance in the areas of your choice. *Abundance* is a relative word. What abundance is for you may not be abundance for others and vice versa. Your concept of abundance may also change over time. You will determine the areas in which you would like to have abundance and exactly how much is abundance for you.

You may also have other strong reasons for transforming your life in addition to wanting to have a better one and sharing more with your loved ones and others. Strong reasons are powerful, and they can light a fire and

keep it lit within you if you keep your focus on them. Whatever your reasons, they should be strong enough to get you going and keep you on the path to transforming your life into a better one.

In addition to having at least one strong reason for transforming your life, you have to truly want to transform your life and not just wish for it to happen, merely want it to happen, or hope that it will happen. You have to have a deep longing for it to happen and keep your focus on what you truly want. This is very important in maintaining your strong, burning desire. If you do not, you may lack the willpower to get that better life and be more successful.

To help you maintain your strong, burning desire to transform your life, promise yourself and convince yourself that it will happen. Tell yourself over and over that you will transform your life. Tell yourself that your life will soon be different. Think about it with faith and conviction. Start thinking about how you want your life to be and think about it often. If any thought crosses your mind telling you that you cannot transform your life, dismiss it immediately.

You may wish to keep your intention to transform your life private in case you tell the wrong people and they try to discourage you or put obstacles in your path. Make transforming your life one of your top priorities and allocate time to work on it. Maintain your desire for a transformed life and persevere until you get the desired changes in yourself and your life and start living differently. Let me share with you my experience in building and maintaining a strong, burning desire to transform my life when I was very young.

My Strong, Burning Desire to Transform My Life

I was only ten years old and had just passed the exam to attend high school when my family's house burned due to arson. I was awakened at three a.m. by my mother's frantic

scream, “Fire! Fire! The house is on fire! Wake up! Run outside! The house is on fire! Run!” I still remember those words and the force with which she screamed as my family and I ran from the burning house. Our bedrooms were on the second floor of our two-story house, and the flooring on that level was wooden, with wooden stairs connecting the two levels. We saw the fire blazing downstairs and felt the heat as we ran on the wooden floor and quickly out the door. We were terrified!

Some of our neighbors ran to our burning house, and one of them told my father that he had already called for the fire truck. My father and a few of our neighbors wanted to try to save some of the things that were nearby, but my mother stopped them because it was too dangerous. As I stared at the roaring flames, I heard someone mention a bag on the floor near to the door. It was my old schoolbag. I was very excited when I saw it and asked a man there to grab it for me. He had barely gotten it when there was a loud explosion, and our house was fully engulfed in flames. I was shocked! The fire was very intense. I had never experienced anything like that before. By the time the fire truck arrived to extinguish the fire, our house and all of its contents were destroyed. The only material things I had left were the clothes I was wearing and that old schoolbag, which suddenly became a treasure.

As I stood barefoot, hugging my schoolbag and wondering where God was in all of this, one of my sisters hugged me as she wept, and we wondered what would happen to our family now. As I looked at her, there were tears in my eyes also, and my other sister and our younger brother joined us. We held one another and cried. We were worried. We knew we were in trouble. My father had a small transportation business, but he had just spent a lot of money trying to fix his last bus. Our house was uninsured, and my father was approaching retirement. He had very little money left.

My mother had a small shop in the downstairs of our house. The shop was gone, and my mother was now unemployed. How would we survive? Three of my four siblings and I were in school. My schoolbag that my mother had made was now old, and I could not use it in high school. I thought, *Oh, God! How could this happen? Why us? Why now? Where will we live? Where do we go now?* The only place we had to go was to my deceased grandmother's little, dilapidated, abandoned house. I shuddered at the thought, but I had no choice.

My family gathered in the house at dusk, and we prayed together. We were Catholics. My mother thanked God for saving us and for the house that was our temporary home. She told us not to worry because God would take care of us. My father asked God to help us take it one day at a time. Although we all had questions for God, we thanked him for our lives and that we still had each other. Thereafter, we discussed what had happened that day when we almost lost our lives. It was pitch black as we lay down on the wooden floor of the old house that night.

When everyone was quiet, before I fell asleep, I thought about my life and questioned some of my beliefs about God and about life. I realized that I was at a turning point and that my life would no longer be the same. Before the fire, I had had a comfortable life, but now I was not sure what God had in store for me. Why does God allow bad things to happen to people he is supposed to love? I tried to find answers that night, but I didn't. I prayed for a long time and found comfort in the song "God Will Take Care of You." I had had some fascinating spiritual experiences before that time, and I always felt close to God as a child. Yet, I was disappointed. I felt as though God had let us down.

That night, I promised myself that I would get to know God better—not just know more *about* him, but really know him. I would learn as much as I could about God for the rest of my life, and I would have a real conversation with him. I

would learn the language he speaks. *Surely*, I thought, *if God spoke to the people in the Bible, then he can speak to me too.* I did not believe that God had gone silent after the Bible was written; I still do not believe this.

I believed, even as a child, that God still speaks to many people. God and I needed to talk. I didn't just want to talk to God; I wanted to hear him talk to me also, and I wanted to hear him loud and clear. I wanted to ask him how he would take care of us. I was curious. After reflecting on some of the earlier experiences I had had with God, I began to expect good things. I asked God to put my breakfast next to me in the morning, and I was expecting to wake up and find it there. I was expecting God to put it there just as he miraculously provided manna for the children of Israel.

I woke up the next morning and looked to see if God had miraculously placed my breakfast next to me. I turned around, and sure enough, there it was. "Wow!" I exclaimed. "God provided breakfast for me! Thank you, God!" I was excited. The rest of my family looked at me and smiled, but no one said anything. Then I asked my family if anyone knew what time God had put my breakfast next to me. Someone then told me that some of our neighbors had brought us breakfast. "Neighbors?" I asked. I was disappointed, not because my breakfast had come from the neighbors, per se, but because I was expecting God to send it from heaven miraculously.

My mother reminded us that God will take care of us just as she had said the night before. Although I was grateful for the breakfast, I was still disappointed that God had not put it there himself as I had asked him to. My mother saw my disappointment and reminded me that God works in mysterious ways and uses others to carry out his purposes. Then I thanked God again for sending the breakfast with our neighbors. Some of our relatives, friends, and neighbors also gave us some things for which we were very grateful, but it was clear to me that my life was going to be a challenge.

When I realized what was before me, I prayed again for many things because I wanted my life to be different. One night, as I prayed with my family, I asked God to give me a hotel. After we had finished praying, my family laughed at my prayer, but I was serious. I tried to convince them that if God had provided breakfast for me, then surely he would give me a hotel. They continued to laugh.

Two days later, my father came home and asked us to pack up our things because we were going to a hotel. The prime minister of Grenada, who owned a few hotels and other properties, wanted us to stay in one of his hotels. I was ecstatic! I thanked God for this hotel, and of course, I reminded my family that God answers prayers. My mother was reluctant to go and told me that we would not be staying there for long. She did not want to move to a hotel for a few days. I asked my father how long we would be staying there. He said that the prime minister had not said; he had just told him to take his family and stay in one of his hotels free of charge.

My father took us to one of the prime minister's smallest properties because of its location and for other reasons. It was called Evening Palace. I thanked God for the little palace, and I was very happy with it. My mother was not very happy because she felt constrained living there. She wanted to cook and do our family's laundry herself, but she couldn't. She told my father to ask the prime minister to move us to one of his cottages nearby, and he did. We spent about six months in the cottage, and then we had to move again because my mother did not like the area. She also wanted to have her own home. She owned a piece of land and said she wanted her own house, even if it was just a shed.

My father borrowed money and built what I called a shed on the land that my mother owned. Over the next seven years of my life, I faced many challenges as my family and I lived in abject poverty. Our house was just a concrete building with a galvanized roof. We had no running water,

no telephone, no electricity, and no television when we moved in, and the only room that was partitioned initially was the bathroom. Some of our relatives and friends gave us some used furniture.

I had to study at nights and very early in the morning with a little kerosene lamp or, at times, with a candle on a small table with a perimeter of about four feet while sitting on an old chair. We lived on very little. When my father decided to go to the neighboring island of Trinidad to work, I was devastated. My father and I were very close, and we loved each other dearly. The day he left, I wept. For a while, instead of getting better, things got worse. Life was very different from what I had known. Life was tough!

As I lived under those conditions, I cultivated a strong, burning desire to transform my life. Although I was still a child, I felt that I had to do something about it. I told myself that I must do something about it, so help me God! I was going to transform my life with God's help. He had helped me before, and I believed that he would help me again. He would help me get the things I wanted, and he would help me live a better life. I did not want to live under those conditions for long, and neither did I want my family to do so.

When I looked at the plight of my family, it was very painful. My parents could not help much. We were barely getting by, and the situation was taking a severe toll on all of us. I reflected on my family's predicament often, and whenever I did, I told myself over and over that I had to do something about it. I had to change it, and I would. I felt driven to do something about it. I read my Bible and prayed often, and I found much comfort, peace, and inspiration in doing so.

I borrowed and read inspirational books from the library. I listened to inspirational radio programs, anything that would lift my spirit and give me hope. I questioned many people about their success so that I could learn, and I

studied the lives of successful people, especially those who had humble beginnings or suffered major losses like I had. I did all of this to help shape my thinking, renew my mind, and transform my life.

I questioned some of the assumptions I had about life and changed the way I thought about many things. I changed the way I thought about success in life. My perspective was transformed as I realized that life is a journey with challenges along the way and that we have to learn to deal with these challenges to the best of our abilities. Although there are others who may help us, it is up to us to determine how successful we can be. I was a serious teenager with a lot of pain in my early teens, but I was very studious.

Although I was hurting, I said nothing about my pain to others. Instead, I prayed, kept positive as much as I could, and constantly told myself that this too shall pass. I convinced myself that my life would be different eventually. I reminded myself often that I am a child of God and that God would take care of me, but I also remembered that my mother often said that God helps those who help themselves.

After several nights of soul searching and prayer, on the night of my thirteenth birthday, I wrote a plan to transform my life. I liked the word *transform* as it sounded more exciting than *change*, and I thought that if I transformed my life I would have a wonderful life. I was very determined to make it happen. I was fascinated by the idea of transforming my life, and the concept of transforming one's life has remained with me since then.

My plan included my vision for my life and a list of goals that I had to achieve to transform my life. My goals included getting to know God better, excelling in school, getting a good job after graduation, helping my family, converting our shed into a nice house, and helping the less fortunate. I became very conscious of the plight of the less fortunate during that time, especially the hungry children who walked to and from school barefooted on the hot road.

I made a firm commitment and a solemn written promise to myself that I would do whatever it took to achieve my goals and transform my life. I kept those goals at the forefront of my mind, read them regularly, and visualized many of them. I prayed morning, noon, night, and several times during the day when I felt I needed to communicate with God.

I read the Bible and other spiritual books to help me learn more about God. I meditated and spent much time in nature. I attended church regularly. I knew I could not achieve my goals by myself, and I needed the help of God and others who God chose to help me. I was highly motivated and driven to succeed. I made several sacrifices and studied for long hours. I kept my old schoolbag close to me when I studied at nights and used it as a motivator. Whenever I looked at it and reflected on the plight of my family, the fire within me burned stronger as the strength of my desire intensified.

This strong, burning desire I experienced helped me tremendously. Despite the discomforts and obstacles I experienced many times, I kept my focus and persisted. I was very cognizant of the power of association, chose my friends carefully, and managed my time wisely. Failure was not an option. I had to transform my life and get out of Povertyville, which is the name I used for the poverty in which we lived.

Although we had lost our house and had to live in poverty for some time, this was not going to prevent me from succeeding in life. I was not going to let someone's malice ruin my future. In fact, it fueled my desire to succeed. I was determined that I was going to be different, that I was going to take a different path. I was determined that I would reach the highest level academically. I did well in high school, attended college for two years, graduated, got a good job, and at the age of seventeen, I started taking care of my family financially, working on our house, and sharing some of what I had with the less fortunate. From that point, my life was

different. I was happier, more peaceful, and had more joy in my heart.

When I reflected on those challenging years of my life, I realized that one of the main reasons I achieved those goals was because of my strong, burning desire to transform my life and to help others. This got me going and kept me going. I was highly motivated to achieve, and I was energized even after eating a slice of white bread and drinking a cup of hot water, which is all I sometimes had during those poverty years. I felt the fire burning within me to transform my life, and it stayed within me until my life was different.

Always remember that it is not just about building a strong, burning desire. Maintaining that desire until you reach your goal is key. Sometimes we get excited about starting a project or working on a goal, and we start but do not finish. This may happen for various reasons such as focusing our energies on too many things at the same time, or losing the desire for what we truly want. Don't let that be you anymore. This is like planting a crop and leaving it to take care of itself. It doesn't work well that way. You have to take care of it. You have to ensure that the crop is watered, that it gets the required nutrients for proper growth, and that you at least get rid of the pests that may harm your crop and the vines that may choke it.

What About You?

Think about your life for a moment. How satisfied are you with your life? If you are not satisfied, then have you had enough of the life you are living? Do you believe that you deserve better? Do you believe you can do better? Do you want to do better in some areas of your life? How much do you want to transform your life? Do you have a strong, burning desire to transform your life? Do you truly want to have a better life?

If you are not living a wonderful life or the life of your dreams, then you certainly need to transform your life. Think about what will happen if you do not. Do you want to spend the rest of your life living as you do now when you could do better? There is always room for improvement, and we can all transform our lives if we really want to. You just need to take the first step and build and maintain a strong, burning desire to transform your life. When you have that strong, burning desire, it will propel you to take further action to transform your life.

Step 1 Exercises

1. Write down the reasons you need to transform your life. Write as many as possible.
2. Go over your list, reflect on your reasons, and identify the three strongest reasons that motivate you the most.
3. Promise yourself that you will transform your life and have a better life. You can use the following form as a guide. Insert your name and your top three reasons for transforming your life, or write your own promise to yourself. Sign your promise and put it where you can see it often so that it will keep you focused and motivated. Read it daily. Always remember and keep your promise to yourself.

My Promise

I, _____, hereby promise myself that I will transform my life. I have to transform my life because:

A. _____

B. _____

C. _____

I will do whatever it takes to transform my life because I deserve better, and I will get it.

Signature

Date

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In the next chapters you will learn how to:

- Change the way you think and the thoughts you think

- Know and use the power of God within you to get much of what you really want
- Co-create a better life for yourself and be more successful
- Start living differently
- Open the doors of your life to receive more
- Have a much better life with abundance in the areas of your choice

Let nothing and no one hold you back.

About The Author

DR. NELLA ANN ROBERTS is a Grenadian human resource development specialist and businesswoman. She has trained, developed, and helped many people become more successful in business and in life. She lives and works in the Caribbean.

For more information and to connect with Dr. Roberts go to <http://www.DrNellaAnnRoberts.com>. You can follow Dr. Roberts on Social Media and also join her mailing list to receive interesting content, news, invitations, and giveaways.

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