



*Wealth Tribe*

## **Unmanifesting for Success By Lee Milteer**

### Transcript of Tele-Seminar

Lee: Hello everybody it's Lee Milteer, Your Millionaire Smarts® Coach. We have a very unusual program this month that I have written for you and it's called Unmanifesting for Success. That's right, Unmanifesting for success. In other words folks, I'm going to ask you to go on a diet. And I call it a STUFF Diet. Or it's a de-clutter diet. Or a home diet or an office diet. However you want to call it. The truth is you want to be very successful in life, you have to understand how material possessions affect you.

And if you want to be a great entrepreneur, business owner, all stuff takes energy. So, unwanted, unneeded stuff, material objects are literally taking up a ton of stuff in your brain to remember where they are and when you see them. Basically folks, it's preventing you from major breakthroughs in creating solutions, new concepts for your business, ways to make more money, how to have more time off, and it's basically all this stuff in your life that's disorganized and just hanging around is draining you of your creative thoughts.

Not to count on the fact that all this stuff around you has to be cleaned, stored, insured. So here's the bottom line: all this stuff is taking up your life energy and I hope you will take my advice and take it to heart, because I promise you that if you will try some of the things I'm going to share with you this month, not only will you be able to clean up, but you will be able to get your staff to clean up more.

You'll improve your finances because you will operate with more ease and effectiveness. You will save time because you will not be spending time looking for lost items and you'll save time and money

because you won't have to purchase items you didn't know you already had.

Your stress will go down, you'll be a better business person, a better role model to your staff and your family. So get out your pen and paper and get ready to take some notes, and let's get real about the truth.

You might want to create a sign that you can see, and here's the sign, "If it does not serve a purpose, have a meaning or monetary value, out it must go." So, I highly recommend that you share this month's coaching program with your family, maybe even your staff so all of you can get on the same page. So, I hope you're getting ready for a really new mindset here of the way that we want to create our life.

Now, some people call this spring cleaning, but I really want you to think of it as a stuff diet. The truth is simplification brings balance to your life, to your work, everything in your life. So, let's talk about how to simplify your life.

So, what is simplification? Some people believe it is the giving up of everything, and you have to live like a monk on a mountain top somewhere, but truthfully, simplification doesn't necessarily mean giving up all your possessions in the material world. Actually, it simply means removing the clutter, the mental, emotional and physical clutter in your life.

It's about giving up your attachment to things, not the things themselves, although sometimes clearing stuff you no longer use or need is a great way to make room for the good things that you want to enter in your life, and that is a great prosperity thought. So, the truth is having too much stuff really creates stress and confusion.

Now, you ask, "How does it do that?" Well, think about this. How much time do you spend wading through your stuff trying to find something? How about the frustration you feel with all this junk in your life, and the truth is a lot of this stuff you don't need. It's exhausting you.

I'd like to share with you that I'm not just giving advice here. I've been living this. I'd like to share with you a short version of my own personal story.

Lately, I have noticed that I am a very prosperous person, and I have too much stuff, and it has become a burden. It's interesting because as a person who grew up in a poor family and now having the opposite problem that I'm not the only person suffering from this, and I've thought about it for a long time, and I've created something for myself that has been very successful that I'm going to share with you.

So, about fifteen years ago or more, I built my dream home on the beach in Virginia Beach, Virginia, and I had worked so hard to get this beach house, I honestly did not think I would ever move from this house.

Now, the house was great at first a few years ago when I lived here alone. I actually had my office on the first floor and life was grand. Then, I fell in love and got married. Suddenly, my husband's stuff had to come into the house. Things got a little complicated as they would say.

So, I realized all of his stuff has to come in. So, I moved my office out of the house, so he could have his space what we call the man cave. Now, over the years, we have collected things from trips we wanted to remember. We've gotten a bazillion gifts from people we love, and some we don't. We found things we loved shopping that we've added to the house.

So, bottom line is stuff keeps coming in and coming in and coming in. I thought stuff was going out at a good rate because we always donate, but it's never going out at the same rate as the arriving stage.

Then, a few years ago, my husband's mother and father passed away. So, we inherited some of their things, some of their treasures in life that you feel obligated and you want to keep up traditions. So, there's more crystal, more china, more silver, a few antiques here and there, and of course the important memories of their life - photos. Some of my family passed away, same story, more stuff arriving at the house that was already maxed out.

Over time, I became more and more dissatisfied with my house. Just so much house, the closets are filled to the max. Drawers are filled. The garage is full. The attic is packed. So, we started to try to get creative. We got a storage unit, filled that to the max. I bought a small office building five or six years ago. We moved my office from a rental office

to the office building, got more staff, more stuff was needed. I expanded my business, more stuff.

Finally, to deal with all this overwhelming abundance and manifesting of success in the material world, I started to realize that this was taking a real toll on me that holding all this stuff in your mind – where it is and how to find it and taking the time – that I really am at the stage of my life where I want less stress, and I've got to find a way to do that, and I'm sure you're in the same place.

So, trying to find more creative solutions to all this stuff, my office building is on a pretty nice big piece of land. So, we had built behind it a big storage unit, and at first, we just used the storage unit for all the shipping materials since I own a publishing company. Then, we started storing extra stuff from the office to declutter it, and before I knew it, within a year, I had dragged stuff from the house to the storage unit.

So, now I have a house, an office, and a storage unit filled to the max. Something has to give. I found myself waking up exhausted, annoyed and frustrated, and at first I didn't really understand why. I mean, I'm like living the American dream.

Then, I started to realize that my brain had to hold all this information of where everything is. I have to find things. I have to organize it, insure it, and frankly I just started to slowly realize that I have way too much stuff.

As I've said in other programs I've done. I grew up poor. I lived on a farm, so we kept everything. We had huge barns, and we kept things because we might need them. We kept broken things for parts. We kept stuff simply because when you're poor you have to find ways to reinvent things, remake it, repair it.

My mother also was a packrat, and I mean a serious packrat. She wasn't a hoarder, but she might have had some tendencies of that. You couldn't hardly open a drawer because it was so filled. You opened a closet door very gently for what might fall out. I remember as a kid swearing I would never become a packrat.

But, as I've just shared with you, the short version of my life, things tend to start accumulating without you really being aware of it. Now, as a kid, because there was no extra money, I think I made this

conscious decision that I was not going to be poor. I was going to have nice things.

I, as a kid, wore hand-me-downs mostly, and I hated them. I never seemed to have the right things I needed to wear for special events, and when I started making money and became successful, I over compensated. I went out and got everything I would ever need for any kind of occasion ever. I guess I was trying to make up for all that poor childhood.

Now, the more successful I've become, the more I have upgraded my life. I remember I started shopping sort of for entertainment. When you look at beautiful things, the truth is if you look enough, you're going to end up buying something, and shopping became a form of entertainment for me and then habit.

Now, in my life, I've done many things and before I became in the career I'm in now, I was a professional photographer, and I traveled all over the world. I brought back many treasures of things that you couldn't get here where I live. They also represented places I'd been and experiences I've had. They were important to me, but if you travel enough and do enough, again, things are all piling up.

As I speaker, when I'm on the road, often there's not much to do but eat, go to the movies or shop. So, I ended up shopping a lot, and again, it's a form of entertainment for myself and a way to deal with stress of being away from home.

So, I tell you all this because as I look back on my life, I can honestly admit to you that maybe I've bought things because I didn't feel good enough at the time. Maybe I felt like some of those labels would make me more worthy, maybe some of the stuff would make me feel better.

I will admit to you I can look back and see that I have gotten a lot of material things in my life because I was simply stressed out, and the high of buying something new gives you all those great endorphins, but only for short times.

Maybe I got stuff because I was bored and wanted to fill my life with more stuff to avoid feeling something I didn't want to feel. Any way, there are tons of reasons why we all end up with way too much material things that now have become a burden, physically, financially, emotionally and mentally.

Now, we all have our story. You just heard a short version of mine, but we again, all have some kind of story on why we wake up one day and realize that all this manifesting of success of material things is really sucking the life out of us with responsibility.

Now, I'm a big person who believes in prosperity and I've overcompensated. I've created so much prosperity, I now have a new challenge to deal with.

Now, I want to share with you that there is a very important law in prosperity called the Law of Vacuum. So, if you read prosperity books, you see this in every prosperity book, but the way you create prosperity is to rid yourself of what you don't want in your life to make room for what you do want.

It is said that nature abhors a vacuum. So, to have the opportunity to attract what you do want, you have to make room for it, and you have to get rid of the things and mental attitudes, behaviors, habits that you don't want.

So, no matter what your economic status, there are probably right now many possessions, material things that you are not using that are just cluttering up your life and space.

So, if you want new clothes, yet every time you go into your closet, you have to pry an outfit out because there are so many clothes jammed into your closet, you'll have no motivation and invest in clothes that make you feel attractive and confident. Keep in mind, you only have so much life energy.

If you're using that energy looking at garments that you don't like, that have gone out of style, that no longer fit, you'll experience frustration, guilt or other negative feelings. Basically, that whole experience robs you of time and energy.

Another example is a drawer full of junk. So, everytime you go find something, you have to wait through all this useless junk, and it wastes your time. The same goes for files in your desk. It really hard to be organized and feel in control when your paperwork, if your files are loaded with dated useless information.

Now, if you're living in fear of lack, and you're tightly holding on to everything, all of your material possessions, your time, your love, your energy, your ideas, you're literally according to prosperity laws shutting yourself off from the flow of life.

You see, if you dam up a stream, the water becomes stagnant. When you close off your life, you become stagnant. You see, the more unwanted things that are cluttering your life, the less room there will be for the things that you actually want to appear in your life.

So, one of the greatest secrets of prosperity is to pass along to others those things you no longer need. You see, the more you give away of your material possessions that you no longer need, the more love, appreciation, praise the world will surprise you with by simply increasing your abundance in all areas of your life.

You see, when you move things, people or situations that no longer serve you out of your life, you're actually clearing the way for what you do want. You know, it's difficult to know what you do want until you rid yourself of what you don't want, or what is no longer working.

So, with that prosperity concept and that said, I'd like to share with you a way that I think that you will enjoy starting to get rid of all this material stuff that's just weighting you down. You can name it anything you like. I've named it a stuff diet.

My goal for this year is to release stuff - donate to charities, sell it, give it away to someone who can use it, throw it away, but basically I've given myself a goal to get rid of a thousand things that will be removed from my personal home.

Now, so far, I have donated, sold, or thrown away well over 500 things so far this year, and I'm feeling better and better daily. It's really actually hard to tell you how excited I am. It's been more fun to get rid of stuff than it has to go buy stuff. Life is less stressful. I can find things easier. I'm actually thinking about changing my goal from a thousand things to two thousand things. I will see how it goes, but right now, I know that sounds like a lot of things, but consider - a drinking glass is a thing. Even a broken pin counts as one thing if you want to get down to it.

So, you may decide on a lesser number, but I think it's extremely important that you give yourself a clear written goal that will inspire

you. So, let's have some fun and play, and I want you to mold and shape this to your personality, your own needs, where you are in life, how much space you have. Again, customize this to you. I'm only giving you suggestions. You feel around and see what works for you.

But, if you're going to make this work, you're going to have to make sure you get real honest with yourself as one of your important tools. You've got to start to prioritize what is important in your life, what has meaning, what has value, what has use, what has sentimental value.

If it doesn't have meaning or value or use, why are you keeping it? I would like for you to kind of think that - put this in your mindset. If you were getting ready to pack to move to a different location, when you're looking around at your life, would you pack some of these valuables? Would you pack some of these things?

So, let's get started with the stuff diet. Again, you've got to be honest with yourself, and get clear about what's important in your life and what you really want in your life. See, the truth is you created your own clutter, and you're the only person who can clear it up.

Let's start with the word Simplification with your material world. For example, cleaning out your garage or your closet, your pantry, your office - you see organization is the key here, and when you find and implement systems that work for you, you're going to create a much more orderly environment where you not overwhelmed by all the things that you have, all the things you have to do. You're going to know where everything is, and you're going to know what is most pressing at any given moment.

What I'm really asking you to do is become conscious in life of again what is important, what has value, and what has meaning, and if you think about all this material stuff you have as baggage. Now, think of all the stuff that you carry around in your brain, and you're carrying around where everything is in your brain, and we're really just suffering from overload.

So, how about releasing some of the stuff and make room for something better? I want you to enter this thought process with fun and relaxation and there's no pressure and you can't do it wrong and you get to make up your own rules, but again, my desire in this program, this coaching program this month is to just give you some food for thought on how to actually improve your life.



So, here's a fast way to start your new diet – home diet, office diet, organizational diet, whatever you want to call it. The first thing you want to do is create a holding place for things to be released. So, let's make it easy to get rid of stuff. Designate space for items you want to sell, donate to charity, give away, recycle or just throw away.

I first set up a place in my garage. It can be a spare room or any place you can allow things to gather for a week or so. I like to do it this way because it's a holding area, and it gives me the option that if I want to change my mind and I think of a reason that I really don't want to get rid of something or part with it, I have a grace period so I will not regret letting it go.

So, in my garage, I put aside a place that I put out big baskets, bins or big strong boxes. I happen to be the basket queen, so I have a million of those. I label them, "Sell," "Donate," "Give away," "Throw away," and then I actually have one of just a big question mark, don't know what to do with it. I'm not sure about it.

Now, I have to get everybody on board, and you do too, and I also got everybody on board at home with my family, and everybody at my office.

So, I got everybody on board, and I set up a reward system. So, for example, if you have kids, for every item they donate, they get some type of reward, or if they give away ten toys they're no longer playing with, they get to do something special, or if some of their stuff gets sold, they get the money.

Now, you have to figure that out for yourself and your children, but the bottom line is to find reasons to motivate them to release the unwanted and unneeded things.

Kids love contests, and by the way, we're all big kids at heart, and so whatever kids can release the most gets a prize or privilege, maybe staying later, pajama party, horseback riding lessons. Again, customize something that makes them want to let go of the unneeded.

Now, each day, we have a daily goal. Something has to go every single day for every person playing the game, and it can be as little as a pen that no longer works. I like to keep a poster board up so everybody can check off what they let go and how many things daily. I actually find

that having this contest seems to motivate people to do more than just one item a day.

So, again, the person who gets rid of the most wins the prize, but in reality, you all win. You see decluttering a whole house can actually seem very overwhelming, but if it's simply broken down into bite sized chunks, it's not going to seem so bad.

Now, I have some really easy tips that have helped me, and there's tons of decluttering books everywhere, but basically just start with a fifteen minute segment a day. It really is to achieve something. It's short enough time that you can fit it into your busy schedule, and if you just do this one thing, it becomes a great habit.

It will also ensure that you keep your home and your office clutter free in the future. So, just pick one room for your fifteen minutes a day session, and stick to it. It doesn't matter which room you start with, but only do one. Declutter the storage space first.

I like to maybe do a drawer a day, a cabinet, a closet, and by doing that as I go through things, I can just get rid of things. I want you to be ruthless about deciding what you want to keep and let go. You simply can't succeed at decluttering and simplifying your life or your office unless you're willing to let stuff go.

I'm going to give you a little secret here I think is very important. We have a lot of emotional reasons we keep things, and one of the reasons we keep things that we don't need often is that we think we're going to need that, or we fear that we're not going to have the money to replace it. So, give yourself permission that if you get rid of something that you'll just buy a new one or rent it, or if you're really conservative, buy one from a second hand store at a bargain.

But, you've got to go on the stuff diet with the mindset that stuff can be replaced. For example, years ago, I had a storage unit I had moved from one place to another place. My new place was a lot, lot smaller than my old place, and I had this big storage unit which I played several hundred dollars a month to store all this stuff. It stayed there for two and a half years until I moved into a bigger place again.

I'll be honest with you. When we moved that entire storage unit out, there couldn't have been more than four boxes that I decided to keep.

So, I literally spent thousands of dollars storing stuff that wasn't worth the thousands of dollars that I spent on storing it.

Now, that, when I looked at it in retrospect, was really dumb, but I was so emotionally attached to or fearful that I wouldn't have the money in the future to buy these things that I held onto them, and now that I look back and I see what a silly thing that was that I did, it gives you a whole new perspective of what are you buying right now to store things? How much money are you spending to store things that aren't even worth the same amount of money as being stored?

The bottom line is we're trying to be able to look around our home or office, and see it in order because there is nothing more energy draining than living with clutter.

I think what we really deeply want in life is that peace of mind that results in having our home or our office exactly the way we want it where you're in control of your stuff, not the other way around where it's now in control of you.

I think it gives far beyond just our environment. You see, the effect of decluttering will open doors to our personal life and our career life. I say that because I honestly believe having too much material things that is totally out of control, and we're always in chaos and frustration and spending time looking for things, that when we get rid of that, when we release that, we really release potential in our own mind, our creativity and our way of life of actually becoming more successful.

So we all want to become more successful, and I think we're all guilty in some way of hoarding. One of the prosperity laws is that you believe in yourself that you can always manifest what you need, and yet if you listen to the news everyday or if you listen to a lot of our old programming, we really have been programmed to be fearful about the future, and hold on tight to what we have.

So, compulsive hoarding in its truest form simply means that a person obtains and keeps practically everything that they can keep their hands on because in their mind these items are worth something more or will be needed some time in the future.

Now, the hoarding can be an underlying symptom of OCD, known as Obsessive Compulsive Disorder. Some hoarders tend to be perfectionists which contradicts the living conditions that they have

created. They do however, tend to be a lot more indecisive than the average person.

A person's belongings or their clutter is really only a symptom of the hoarding behavior spectrum meaning that the true problem lies with how they view their possessions.

There are common obsessions or exaggerations that are typically found in those who hoard, and more often than not, they're based on a set of fears. Basically, people who have these fears, it deals with a genuine fear that the person is running low on a particular object of their possession. Therefore, throwing something out is not an option because there may be a need for that object at some point.

A hoarder may also become emotionally attached to an item to the point where losing it, throwing it away, or giving it away is unbearable. That is why hoarders will often make piles of their items, and they simply refuse to get rid of them because out of sight is not out of mind for these people.

They don't want the mental struggle of whether they should keep or discard something. They are very afraid of making a mistake, and then there's that sentimental value that comes into play with what a particular item may hold for them. It may remind them of a person or something that is close to them, and it's very pleasing for them to have it insight at all times.

Often, compulsive hoarders are controlling, and the foundation of the problem can be identified because they simply feel that by controlling their environment, namely their possessions, they're in complete control of their life, which we know is not true.

Now hopefully none of you are compulsive hoarders, but there's still areas of your life that we hoard things for reasons that may have developed in your childhood or somewhere in your life, but I asked you to start questioning those things. I also think there are different areas in your life that you could start on that would instantly give you the motivation to start getting rid of things.

For example, you could start doing what I call the expiration date diet. Go through your refrigerator and go through anything and everything in your food cabinets that has an expiration date on it. I think you're going to be shocked. I know I was.

We went through our coffee and tea cabinet, and we had like fourteen boxes of tea, and I found nine of those boxes of tea, which got stuck in the back, had all expired and I mean a couple of years expired.

You might find in your medicine cabinet, if you start going through and looking at each over the counter and prescriptive drugs, if you start looking at all of the expiration dates, all the stuff that you keep there that is out of sight and out of mind, and you don't think about it until you need it, the danger of consuming things that have been expired, very, very bad for you. This would be a great way to get motivated.

In my office, we went on a technology diet. We literally had a couple of years ago updated all of our computers and printers, and there was a bunch of computers and printers and stuff in one of our back closets. Not sure why we hadn't donated that or thrown it away, but I started asking my staff, "Why do we still have this stuff?" They were all looking at me like, "I don't know. I don't know have the authority to get rid of this. You do."

So, we spent an afternoon deciding what would work, what wouldn't work. The computers that still worked, we strip all the important information out of them. We bundled them out. We donated them to charities that help kids, but we helped two people. We got the stuff out of our office that we didn't need anymore. There were no parts we needed to it. If all of our stuff stopped - printers are so cheap now, it's almost easier to just buy a new one then to fix one.

So, we threw stuff away, we got rid of stuff, and the technology diet. If you go into your closets or your attic or your garage, and you look at all the stuff that's not working - the fans, stuff that you're not using anymore. A friend of mine recently said that she found in her mother's garage like eight tracks and just stuff that is so outdated you couldn't get it fixed if you wanted, and your mother was still reluctant to get rid of it.

So, just be brutal. Technology is sadly meant to not be repaired anymore, and why are you keeping all this old stuff around that you don't need anymore?

Another way we went through our office and home was - look I have literally probably almost a thousand books at one time, and I started

asking myself was I ever going to read this book again, or was that even valid in my reality anymore. Maybe some of your VHS movies or some of your DVD movies, get rid of that stuff that you've seen, that you didn't care about to begin with, you don't need, you don't want. Give it away.

How about your files in your office? Update those things. We kept buying more file cabinets, and I couldn't understand why the heck we needed so much more stuff. It's because the staff were so afraid to give away anything or throw away anything, that anything that had to do with any part of our clients, they kept everything - all the notes, all the airline tickets. I mean, we just didn't need to keep that kind of stuff. So, we pared all of our files down.

Even the tchokies in your life or the decorations, how much decorating do you really need to do? That stuff has to be dusted. So, go through all your decorations that's on top of your book cases and cabinets and walls, and ask yourself, "Does that have meaning to me? Do I really love that?" If so, keep it. "Would I move with it?" Yes or no? If not, get some of this stuff and take it to a consignment shop. Take it to Goodwill. Do anything, but let some of this decoration stuff go away.

Another thing is your clothes closet. Get rid of - take everything out. If it's in style, great keep it. If it's fitting you perfect, great, keep it. If you use it, keep it, but if you haven't worn it in a couple of years, if it's got stains on it, you can't use it, get rid of the stuff. It really is a matter of if it has no value for you, if it is outdated, if it is not working, if it is something that you're not using, you have to get rid of it.

Recently, I went through my kitchen, and I was shocked. How many spatulas does one family really need? We have spatulas in there. We had fourteen magnets on our refrigerator front. I mean, really? We had so many duplications of bowls that we never used that got stuck. We had three coffee makers, two blenders. If you're a person who entertains a lot, that stuff might come in handy.

Have a garage sale, but get rid of this stuff. I think the real truth is hoarding all these extra things that you don't need actually holds you back from gaining access to things you really need, and most of this hoarding that we do comes from a place of fear. You're going to experience great freedom and liberation when you break free from these constricting identification with the material world.

You'll experience a gradual feeling of coming to your senses because stuff doesn't make you happy. In fact, the more you deliberately hold on to stuff that you don't need, want or use is a poverty consciousness, and again coming from a fear based feeling.

You might want to write this down. The truth is most of us don't remember stuff in life, but we remember and treasure experiences. A number of years ago, one of my great friends was Roger Mallot, and he has passed away sadly, but he told me one time that he had decided that his family had moved apart from each other. They weren't as close as they used to be, and he also felt like they had too much junk and it was causing a lot of extra work.

So, he decided that instead of the entire family buying Christmas gifts and spending a lot of money each year, that they would make a new family tradition and take the money that they normally spent for the holiday and create a family vacation.

He told me later, he said, "One I had to do a little selling to get this idea across, but once I got everybody on board and we took our very first vacation, and we weren't stressed out with putting the holiday decorations up and taking them down and shopping and all that stress," he said, "We had a fabulous time on our vacation." He said, "It brought our family together."

He said, "Again, after Christmas or the holidays, you don't remember the stuff you got, but you do remember experiences." So, he said, "Basically there was less waste, less forgotten gifts, and no stress for the entire holiday season," and what they had was an album filled with pictures of the laughter, the fun, the bonding and the enjoying of his family.

Another couple that has influenced me over the years when they got married made a clear intention that travel was their priority, and that they were going to spend their money on travel and adventure versus material things.

They are quite the inspiration because they live in a nice but modest home. They live in a neighborhood that is comfortable. They drive comfortable cars, but they take extravagant vacations.

These people have a great lifestyle. They're very happy people because they value the opportunity to be with other people more than material

things. The value adventure and being able to travel and see the world more than having a lot of material things, and they've often said to me that they feel so blessed that when they get off at the end of the week, that they don't have to spend their week cutting a big yard with grass. They don't have to spend all weekend cleaning a big house. In other words, they've chosen a lifestyle which you may or may not want to chose, but they've chosen a lifestyle that allows them to literally not let material objects govern them, but they've made a decision what has priority.

Their kids are fabulous kids. They again travel the world, and they've put their values on what is important, and not what will impress other people.

So, basically, I'm just trying to remind you that Madison Avenue or Fifth Avenue wants to always get you buy, buy, buy, and there are things you're going to want to buy, but ask yourself before you buy something in the future, "Do I have a place for this? Do I have a use for it? Am I buying it because I need it and want it, or am I buying it because I'm just entertaining myself or I'm bored and I just want that little high of buying something?"

So, be conscious in your life of are you choosing materialistic life, or are you choosing a quality life? You can have both, but it has to be in moderation.

So, consider when you find yourself holding a grudge or being angry about something, it would behoove you to forgive the situation or the person that has caused you pain for you. The reason I say that is because whenever you hold up grudges and anger, you're really taking a lot of energy to hold that up.

The person who you're angry at who may deserve those feelings doesn't even care, doesn't know about it, doesn't affect them at all. It affects you. So, free yourself, unclutter these hidden agendas you have in your brain. Get rid of anything and everything that you're thinking negative that's holding your life back from having the untamed success that you truly do deserve in this life.

Another diet I'd like for you to go on is a media diet. How about replacing all the negative news with some uplifting material that gives you ideas suggestions and strategies to improve your life and your business? I honestly believe that if you keep allowing the mainstream



media to poison your mind every single day on how bad the world is, what natural disaster just happened, where the economy is, that cumulatively has such a negative effect on your ability to see possibilities in the future.

So, how about substituting first thing in the morning? Have your cup of coffee, but instead of reading the newspaper, just read something that starts your day off with something that inspires you, excites you, makes you laugh, gives you a sense of positive feelings.

You can be a person who is the kind of person is the glass is half-full or it's half-empty. That is a choice. So, you can be an optimist or a pessimist. The truth is optimists tend to be more successful in life, and there is no question, they're a lot more happier.

So, one of the diets that you want to have is remove yourself from those friends and people who make you feel bad, who only bring you bad news, who bring you down. Temper your time with these people. Take charge of the caliber of information that goes into your brain. Deliberately seek out things – television shows, movies, books, any kind of thing that makes you appreciate life, that makes you have gratitude for life.

I suggest you start a gratitude list. One great habit that you can have is every morning when you wake up, literally sit down and write down what you're grateful for. That's one of the greatest secrets of prosperity is what you're grateful for will expand.

So, get up in the morning, and "I'm grateful for my job. I'm grateful for my home. I'm grateful for my family. I'm grateful for all the blessings that I have. I'm grateful that I can walk and see and talk. I'm grateful for being alive. I'm grateful for living where I live."

Whatever it is that you're grateful for, expand that, and you will see miracles appear in your life because again, like attracts like. What you focus on expands. When you focus on what you're grateful for, you will start to pay attention for those things in your life. It's a very important thing.

So, wrapping up here, we want to unclutter our life with tangibles and intangibles that are no longer adding to your well-being. Any kind of new substances, new relations and new opportunities do not flow easily into cluttered environments.

So, your homework assignment is to literally give yourself permission to go through your materially possessions making all the piles necessary to sell, to donate, to throw away, and free yourself from all this baggage that you're carrying around in your mind so that you can see new solutions, new opportunities. So you can enjoy going into a closet or a cabinet and not feel overwhelmed, that you can walk into your home or office and feel exhilarated that you feel in control.

In conclusion for this month's program, I'd like to leave you with this thought that having too much in your life causes confusion. Confusion creates complications, which is the opposite of simplicity. Letting go and releasing what is no longer needed, wanted allows your life to be more organized, less stressed, and you'll gain a sense of clarity.

Don't forget folks to go to our membership site at [www.Milteer.com](http://www.Milteer.com). You definitely want to go to the membership site each and every month, so you can get the transcript of the calls. You can get the reports. You can get any extra bonuses that we're giving away. You can see the faculty members' information, and you can download this information that I'm saying right now on your own iPod or other devices that you have for storage.

I really want to leave you with an important thought for the month. Having too much in your life causes confusion. Confusion causes complications, which is the opposite of simplicity. Letting go and releasing what is no longer needed or wanted allows your life to be more organized, less stressed and you will gain a sense of clarity. The quality of your life will simply improve.

Truth is most of us don't remember the stuff in our life, but we do remember our experiences. I hope that you will start to build in your life a lot more fun, memorable experiences because you freed yourself up from all these material possessions that no longer serve you.

Just before we go, let me plug that I have Untamed Success Positive TV, which you can access on your own computer by simply going to [LeeMilteer.tv](http://LeeMilteer.tv). There's a new show every month, and I sincerely hope that you'll come see it.

This is Lee Milteer signing off, calling it a wrap. Have a great month, folks! Talk to you next month.

