USING MODELING TO CREATE A QUANTUM LEAP
Doing Your Research

A big part of getting the things you want in life, whether in your career or in your personal life, is doing your research and determining what works the best for you. Everything we have discussed so far is universal. There are certain truths that are important for every single person, like the Law of Attraction, the Law of Clarity, and the Law of Momentum.

No matter who you are, how you live your life, and how you expect things to happen, those truths will hold true at all times.

• You will attract what you send out. Positive will bring back positive. Negative will bring back negative.

• You will only able to receive all the things you want if you are very clear on those things.

• When you use the power of momentum, your energy will help you keep moving whether that is in a positive or negative direction.

All of these hold true, and that’s why you need to understand and follow these things no matter who you are.

Why do you need to do research? It will give you all of the information to make your own decisions. You can find numerous different models out there, and the more you learn about them, the more you can create a plan that works for you.

However, this doesn’t mean you should march lock step in some pattern set forth by someone else. You do have to find your own way and find a path that works for you. How can you possibly do this? It’s going to take some time on your part, so make sure you are committed to the process of becoming everything you want to be. Are you committed to this? Then, let’s talk about the
research you need to do so that you can determine what will work and what won’t.

Not only do you need to find a variety of different successful models, but you will also need to recognize patterns – the things that work in each of those models. When you can find those patterns, you will better be able to determine what will make the biggest difference in your life.

**Finding Successful Models that Work**

If you start searching, you will find a wide variety of different models that you could use to change your life for the better. Every one of them will tell you the same thing: they are the best option and they will work for you.

How can they all be the very best option? The truth is, they aren’t...not for everyone at least. Some models work better for certain people. Other people find the success in other models. Some people even find their success in pieces of a variety of different models.

For this reason, it is absolutely vital that you do your research and start looking into some of the most successful models for life success out there. Then, you can start going through and determining what will work the best for you. In the next chapter, we will discuss building your own plan. So, for now let’s look at a few of the different models out there.

**The Rewarding Cycles Model**

One way you could work on improving your life could be called the rewarding cycles model. It is based on the idea that you will constantly and steadily move on a path from what you currently are and what you will one day be. Along the path, though, you will improve your life through individual cycles that reward you will small changes. Each small cycle will move you upward on your path to what you want to be.
Each little cycle that you go through will be sort of a transformation and each transformation for the better will give you the reward you need to move on to the next cycle. Here are a few things you need to keep in mind from this model:

- You start with small changes, little things that you can actually do very easily. For example, maybe you tend to leave your socks all over the house. A small change could be to start picking up your socks. Or, maybe you are consistently one or two minutes late for work. You could start getting up a few minutes earlier. These little changes will bring reward. They will make you feel better because you have changed yourself for the better. They will then prompt you toward bigger cycles or changes.

- The next set of cycles or changes will be bigger. They won’t be massive, but they will take more effort. Thankfully, you will have those little changes to help you stay motivated. Bigger changes can be anything that do take a little more work. For example, perhaps you tend to complain about things throughout your daily life. You could try stop complaining for a week or so.

- The final set of cycles will be massive changes. These will take the most work and that’s why you build up to them. You will have the reward from the small and moderate cycles to boost you on. Big cycles or changes could include things like stopping your negative thought processes so that you maintain a positive mental attitude or believing in yourself when you once would have criticized yourself constantly.

The rewarding cycles method is designed to ensure you have the motivation you need through small steps instead of trying to take things all at once. It looks something like this:
People who find it especially hard to make big changes all at once in their life will often find this model successful. That’s because it allows them to do things one small step at a time while getting the rewards and motivation they need to keep going.

This is one model for self-improvement and bettering your life that has worked for many people.

**The Perception Creates Reality Model**

This is a model we have already discussed…sort of. Do you remember when we discussed how important it is to see yourself in the life you want instead of just wanting it? That’s the basis of this model.

The author, James Allen, once said “You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.” That’s the basis of the perception creates reality model.

In this model for living a better life, you have to consciously make a change in how you think because your thoughts have a huge impact on who you are now and who you will be one day.

Think about something one of your parents told you over and over again. It could have been something positive or negative. Just consider what they said
and the impact it had on you. What they said over and over to you became your reality. That’s because they said it and you thought about it to the point that it came true.

This same concept is true in your life now. How you perceive things in the moment as well as for your future is your reality. You have to change your perceptions if you want to change the reality to something better.

So, how do you do this? It all begins with what you say. When you start saying the right things, you will slowly find yourself thinking those right things as well. Here is a chart based on the perception becomes reality model.

<table>
<thead>
<tr>
<th>Wrong Perception</th>
<th>Right Perception</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can’t sing.</td>
<td>I have a great voice and I love to sing.</td>
</tr>
<tr>
<td>I will never be able to complete this project.</td>
<td>I am going to have to work hard, but I will get this completed.</td>
</tr>
<tr>
<td>I hate the way I look and I will never lose weight.</td>
<td>I am a beautiful person now and I will drop a few pounds with work.</td>
</tr>
<tr>
<td>I will always be poor.</td>
<td>I can see myself as a wealthy person in the home of my dreams.</td>
</tr>
<tr>
<td>I am too air-headed and forgetful.</td>
<td>I am smart and capable when I apply myself.</td>
</tr>
<tr>
<td>I never am going to get that promotion.</td>
<td>I will get promoted because of my hard work.</td>
</tr>
<tr>
<td>I am not good enough.</td>
<td>I am good enough.</td>
</tr>
</tbody>
</table>

It doesn’t matter if you believe these things right away. After all, you won’t. However, the purpose of this model is to slowly change your perception so that
it becomes your reality. Start by saying these things about yourself. Additionally, make sure you thank anyone who gives you a compliment.

When you do this, you will begin thinking those things too. This changes your perception. When you begin to perceive yourself as the person you want to be in the future, then you will begin forming that reality. This model works especially well for people who are willing to be imaginative. That's because they can better imagine the perception they want and build the reality they crave.

**The Self-Directed Life Plan Model**

In the first model we discussed, we talked about making little changes and creating little cycles to move forward toward your goal consistently. This model is, in a way, the exact opposite. It will involve you making a big change right from the beginning and creating truly life-altering goals for yourself.

The concept of this model is simple: you are completely and unerringly in charge of your own life plan. It is your decision whether you succeed or not, pass or fail, get the life you want or stay in the life you have.

This plan will take you through very specific steps:

- You must begin by recognizing exactly who you are right in this moment.

- You must then determine that you are in the driver’s seat of your life. No one else is in charge or in control.

- You must make planned out and thoughtful decisions for your own life to change for the better.

- You must always look for ways to better yourself.
• You must take responsibility for any mistakes you make, learn from them, and then move forward.

The self-directed life plan is all about being proactive because the forward momentum you create will push you in the direction you want to go. This means the model depends heavily on the Law of Momentum.

This is a good model for those who don’t mind taking charge or who don’t mind learning how to take charge of their own life. It can be daunting for those who aren’t comfortable with this.

The Making Someone Else’s Life Better Model

This model goes back to the Law of Attraction and the concept that if you put the right things out, then you will receive the right things back. Essentially, you want to make sure that you are helping others, because in doing this, you will be helping yourself.

So, to make this type of model work for you, you need to constantly evaluate your actions and ask yourself the right questions:

• Is there something I could do right now to improve someone else’s life?

• Did I do anything yesterday to improve anyone else’s life?

• What can I do today to improve someone else’s life?

• What will I be able to do tomorrow that could improve someone’s life?

Then, with each decision you make in life, you need to evaluate it carefully. You should decide whether or not that decision will help someone else. If it won’t, then it isn’t the right choice to make. If it will, then it is the right choice.
Essentially, through this model, when you better someone else’s life, the Law of Attraction dictates that you will be bettering your own life because you are attracting the positive things.

It can be a little difficult to follow through with this model, especially if you have been told your whole life that you always have to watch out for yourself. That’s the problem with many so-called experts in society. They tell you constantly to watch out for yourself and yourself only. If you have grown up on this type of concept, then you will find it hard to change your thought process to something that dictates the exact opposite.

However, if you really want to change your life using this model, then you can, no matter what you have been thinking or believing.

**The Life in Numbers Model**

Another model shows you how to think of your life in numbers so to speak. You will need to give everything in your current life a ranking and then assess those rankings to determine what needs to be changed. For analytical people, this is an excellent way to look at your life without involving emotions.

How does the life in numbers model look exactly? Here is an example:

<table>
<thead>
<tr>
<th>Current Life</th>
<th>Future Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work – 35%</td>
<td>Successful Career – 15%</td>
</tr>
<tr>
<td>Family – 25%</td>
<td>Spending Time with Family and Friends – 40%</td>
</tr>
<tr>
<td>Money/Bills – 20%</td>
<td>Money/Bills – 3%</td>
</tr>
<tr>
<td>Chores/Cleaning – 5%</td>
<td>Chores/Cleaning – 2%</td>
</tr>
<tr>
<td>Hobbies – 2%</td>
<td>Hobbies/Pleasure – 30%</td>
</tr>
</tbody>
</table>
To make this model work, you have to analyze every portion of your life in detail (much more detail than shown in this example) and determine what percentage of your time you have spent on those responsibilities. Then, you have to assess how that has been working out for you. Because you haven’t yet achieved the things you want in life, you will have to make adjustments to your responsibility percentages and find a way to improve your life in the future.

To use this model, you have to be extremely analytical and ensure you can put numbers on important things.

There are numerous different models out there for improving your life. You certainly will need to do your research and find out more. Just make sure you are getting information about real models that have actually been successful. This way, you can get an idea of the different ways you can use spiritual laws to determine what works best for you.

**Recognizing What Works in a Model**

Once you have done your research and you have an idea of the many different successful models for improving your life that exist, the next thing you can do is determine what in each of those models works. You may just be surprised that every single one of these models has something positive in it. You just need to recognize those positive points and then use those different points for your own benefit. To get the idea of what to do, here are the positives you could look at in the models described above.

- In the rewarding cycles model, you learn how to make small steps and slowly move up to bigger ones. This allows you to make changes slowly.
without taking on too much at one time. This is definitely a positive because trying to do too much will likely result in being totally overwhelmed and just wanting to quit.

• The perception creates reality model focuses specifically on the way you think and perceive your life. This is a very important concept to both the Law of Attraction and Law of Clarity. By understanding exactly what you want your life to look like and envisioning it, you will create that reality in the future. This is a concept you need to use in whatever method you decide will work best in your life. That’s because, at all times, you should focus on the positives, you will bring positive to yourself.

• The biggest positive benefit of the self-directed life plan is that it shows you how you need to take control of your own choices. It focuses on accountability and ensures that you make your own decisions. You do need accountability in your life and understanding that you actually are in charge will make a big difference in how positive things can turn out for you.

• Through the making someone else’s life better model, you focus on doing things for others and giving them positive benefits as well as yourself. Obviously, this goes right back to the Law of Attraction. By sending out those positives, you will receive those positives back. Additionally, you will be making the world a better place, so that certainly is a benefit to the model.

• Finally, there is the life in numbers model. This one focuses almost completely on analyzing your life and finding the ways it needs to be improved. Some people may feel this method spends too much time on focusing on the negatives of your life right now. However, it does allow
you to set goals and determine what does need to be changed in your life for the better. This is a positive aspect.

This is what you need to do with any model you research. You should take the time to look at the different positive aspects from each one so that you can determine what will work for you.

**Your Lesson:**

The most important thing to do here is evaluate yourself. You should take the time to focus on who you are, what you want to be, and how you work. That’s the information you need to determine the model that will work best for you. So, ask yourself these questions:

- Are you willing to evaluate yourself and determine what models of changing your life will make the most difference?

- Are you willing to put the time and effort into researching the real and successful models out there that could make a difference in your life?

- Do you know how to evaluate different successful models and determine what positives come from each?

- Are you willing to think for yourself and find the positives in each of the models to build something that works for you in your life?

- Can you see how each of these models does actually have something you can use, you just need to find those things?

Finding the right model for elevating your mind and becoming better in all aspects of your life all depends on your want to change. So, in the next chapter,
we are going to go into detail about building your own personalized plan for success and all of the good things you want in your life.