

*3 WAYS  
TO GET WHAT YOU DESIRE*



*Elena Goycoechea*

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# TABLE OF CONTENTS

<i>Introduction</i> .....	2
<b>OVERVIEW</b> .....	1
<b>Workbook 1</b> .....	3
<b>OPENING YOUR MIND</b> .....	3
<b>Thoughts Matter</b> .....	4
<b>Part I</b> .....	4
Exercise 1A: Your Thoughts that Have Become Things.....	4
<b>Part II</b> .....	9
Exercise 1B: Your Thoughts Will Become Things .....	9
<b>Workbook 2</b> .....	15
<b>CREATING AWARENESS</b> .....	15
<b>Synopsis</b> .....	16
<b>Temperance</b> .....	18
<b>Observations</b> .....	34
<b>Journal</b> .....	38

“In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.”

— Eleanor Roosevelt

# INTRODUCTION

Whether you realize it or not, you have been using the universal laws your entire life. If you are happy with your life and its circumstances, you have been using them correctly, but perhaps not as successfully as you wish. If you are not satisfied with your lifestyle, you need to harness their power.

What are Universal Laws? They are unwavering, unchanging, fundamental principles that govern every aspect of the universe. Everything in this world exists, thrives, and expands as a result of these laws, also referred to as Spiritual Laws, Basic Laws, or Laws of Nature.

How do universal laws work? Since all is energy, everything emits a vibration that attracts its corresponding frequency. It is this attraction or alignment that is the foundation for creation. That is why the standard practice to obtain our desires is to spotlight what we wish to achieve. While this is true, there is a missing piece of the puzzle.

What is important to remember is that we receive what we BELIEVE, not necessarily what we ask. We have to resonate at the same level of our desire, which is another way of saying to FEEL we already have that which we asked, even before it is present in our lives.

We often get too caught up in the focusing of attainment that we do not ALLOW time for our goal to manifest. That causes us to notice its absence rather than its presence in our lives. In doing so, we not only engage the law of attraction but also employ the principles of allowing and polarity. We need to allow time for its gestation. The Law of Polarity invokes the opposite end of

the spectrum, e.g., hot, cold, night, day, have, and have not. The Universal Laws are interrelated. They never operate independently.

These three workbooks will open your mind and increase your awareness, highlighting how the universal laws are functioning in your life. You may find it handier to print these workbooks to jot down your ideas as they come to you. Whatever you decide, refer to them daily to gain the most benefit.

The purpose of these practices is to show you the importance of paying attention to your thoughts and emotions. Your emotions are your navigational guiding system, for they reveal your truth and set the speed with which you manifest your dreams. Every emotion has a vibration; the higher its frequency, the more you are in alignment with your desire. Love, gratitude, and compassion are uplifting, thus sending a strong signal, while anger, fear, and envy do not.

Are you ready to fulfill your dreams? Then trust the process and commit to doing the work for change requires it. There is no getting around it. As with anything, you receive by the effort you expend. Have fun with it. Happiness lies in the journey, not the destination.

It is my honor and privilege to travel down this path with you.

Let's begin.

# OVERVIEW

The purpose of these three practices is to open your mind, create awareness, and change your reality.

In the first workbook, you gain insight as to how you have been using the universal laws, albeit, at times, unconsciously. By taking inventory of your life, and then recalling what you thought about each of your possessions or relationships, you can see how your thoughts and beliefs created your environment. The objective of this practice is to help you realize that you are solely responsible for your circumstances.

In the second workbook, you will see how often you think negatively about yourself, another person, or a situation. The objective is to bring your unconscious language to the forefront to become conscious of your thoughts and the words or phrases you use daily. Awareness makes it easier to change a habit or a form of speech.

In the third workbook, you focus on how often you think positively about yourself, another individual, or a situation. Doing this exercise shows if you are naturally inclined to see the best in everyone and everything. The importance of this activity is to assist you in staying at a higher frequency. The stronger your vibration, the happier you are, and the quicker you fulfill your dreams. Like attracts like. This exercise shows you how to stay in alignment with your desired outcome by focusing on its essence—on how it will benefit you and others.

The overall objective of *3 Ways to Get What You Desire* is to elevate your awareness. Since the universal laws neutrally attract either positive

or negative energies depending on the strength of their frequency, I aim to ensure that you commence viewing your circumstances from a different perspective. Most importantly, unless you understand that you are solely responsible for what is happening in your life, you will not be able to create the changes you desire. The challenge lies in recognizing the ingrained beliefs or patterns that are keeping you from achieving your goals. Once you bring those ideas or designs to your consciousness, you can begin the process of releasing them.

We become what we believe. By aligning our soul's mission with our core beliefs and our desires, we acquire the key to manifesting our goals and attaining abundance in every area of our lives.

Are you ready to live by design? Then embark on this journey with me.

# **WORKBOOK 1**

## **OPENING YOUR MIND**

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## THOUGHTS MATTER

### *Part I*

The following exercise from Mike Dooley's book, *Leveraging the Universe*, is a beautiful way to gain awareness of the importance of our thoughts and beliefs play in our lives. Often, we do not appreciate how our present reality is a direct result of our past thoughts.

Look closely at your life: your possessions, where you live, your job, your friends, family, and health. Now recall your thoughts about each of these things.

#### **Exercise 1A: Your Thoughts that Have Become Things**

Write your responses in the spaces provided.

What have you been thinking about ...

#### **Your Work & Career?**

**Your Finances?**

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**Your Home?**

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**Your Relationships?**



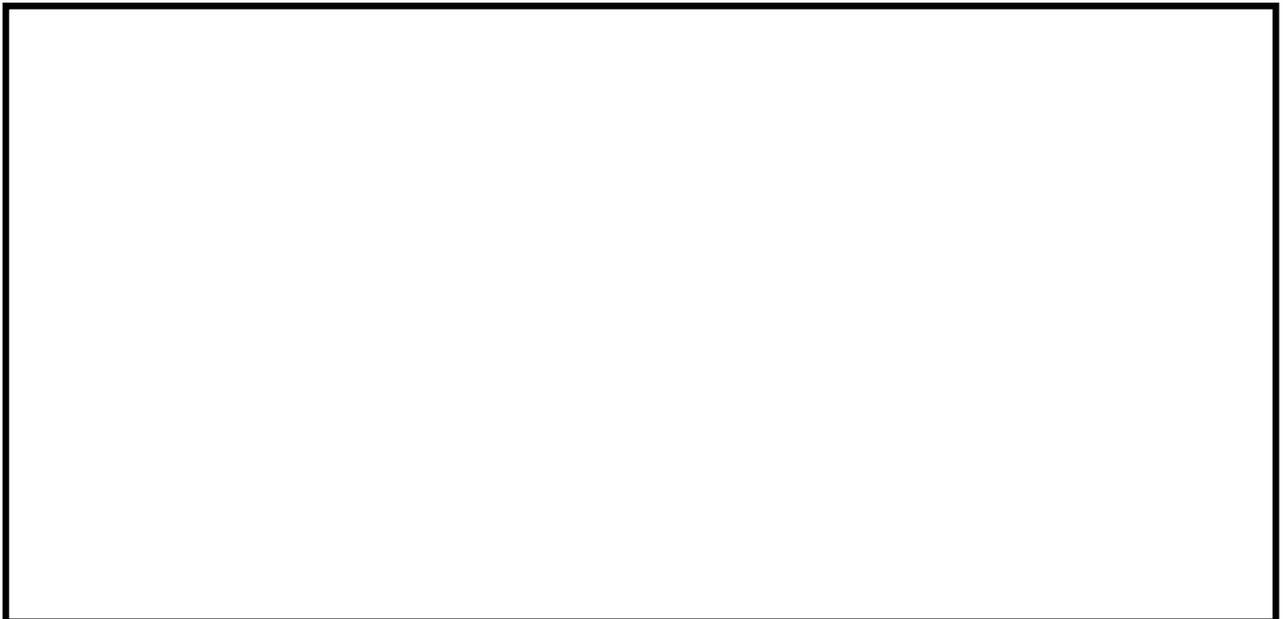
**Your Social Life?**



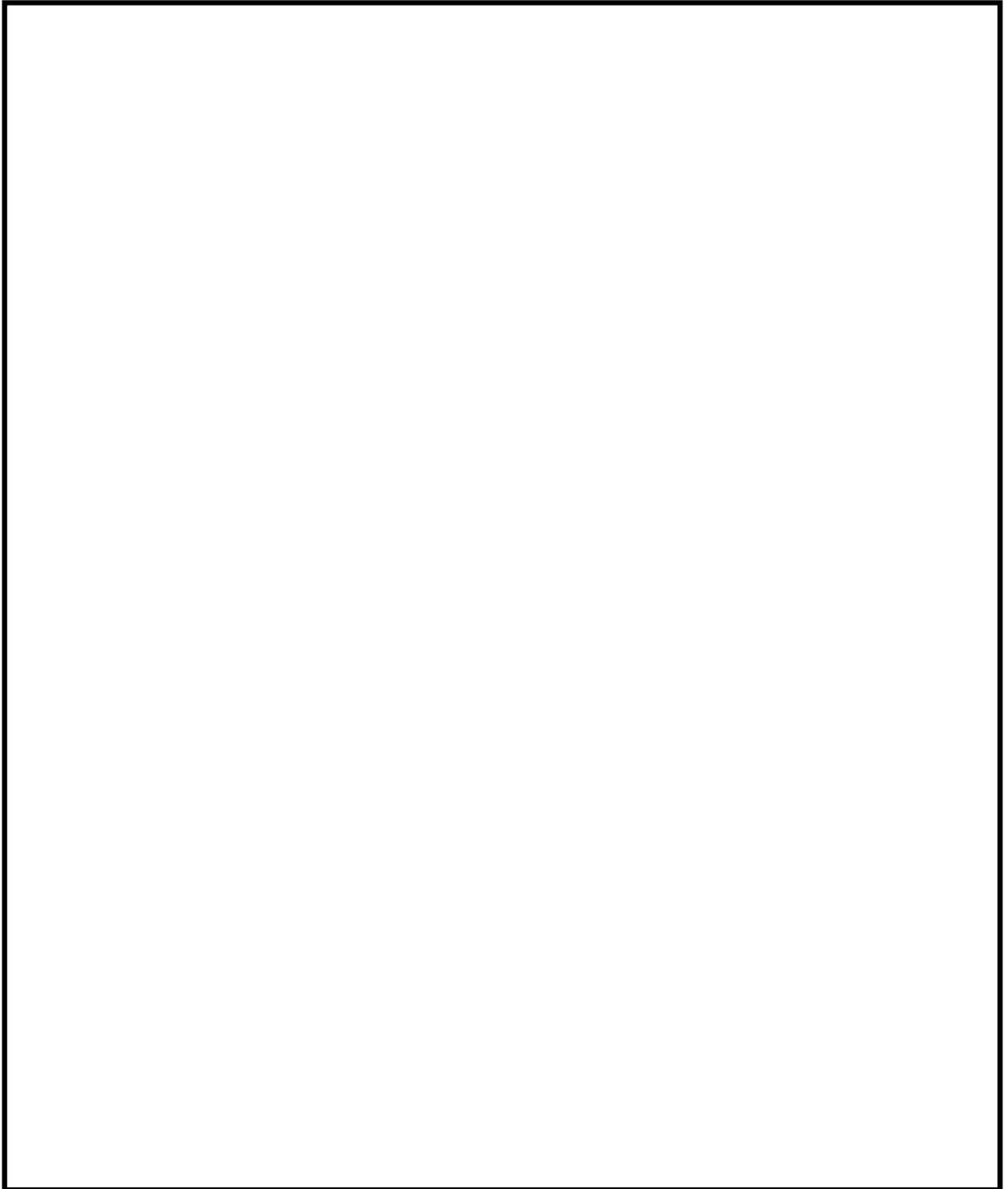
**Your Health & Overall Well-Being?**

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**Your Spirituality?**

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**Which other areas came to mind?** Jot down your thoughts.

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## ***Part II***

For the second part of Mike Dooley's exercise, consider what you desire to change in your life. There may be things you wish to keep just as they are. That is your choice. You create your reality.

### **Exercise 1B: Your Thoughts Will Become Things**

Where would you like to take your life now, and how will it look once you arrive?

Objective: This part of the exercise is to show you how to create consciously the life you desire.

Visualize the life you want to live. Use words or pictures to describe this life. *Whom do you need to become to have this life? Own it!*

Don't worry about how you will make it happen. That is not your responsibility. Solely concern yourself with feeling as if you are already living this new life of yours.

Begin by visualizing life in each of the following listed areas. Record how you feel, what you do, and how your life changed. Remember to use the *present tense* only when describing your experiences, for you are living that life.

**Work & Career**



**Home**



**Relationships**



**Social Life**



**Health & Overall Well-Being**



**Spirituality**



Use this space to record the other areas you wish to change. Remember to record your answers in the *present tense*.

**Other Areas**

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“Nothing is painful in and of itself. Pain is a result of wrong thought. It is an error in thinking. ”

“Pain is a result of a judgment you have formed about a thing. Remove the judgment, and the pain disappears.”

— Neale Donald Walsh, *Conversations with God*

# **WORKBOOK 2**

## **CREATING AWARENESS**

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## SYNOPSIS

This workbook will help you to recognize how often you think negatively. By doing so, you can consciously change your language or train of thought. We tend to say the following phrases often without realizing it. *I can't do that; There aren't enough hours in the day; There is never sufficient money; I'm always in debt; My children don't listen; Why can't I find a partner; If you want something done right, do it yourself.* The list is endless. I am sure you came up with a few examples of your own.

From what you discovered in the first workbook, the law of attraction responds to your vibrations. Since everything is energy, your thoughts matter. It is not just what you say; it is how you say it. The emotion your words carry is what bestows their power. Your feelings are how you align with the vibrations of your desires.

There is never a moment when you are not making decisions. Some are simple, like quenching your thirst. Others are significant. Then there are those you make unknowingly. Regardless of the decision, it emits a frequency.

As you already know, the ones with the strongest vibration are the ones which materialize first. If you focus on what you do not want rather than on what you do, the universe cannot differentiate between the two. All the universal laws do is provide the matching resonance. If it takes the same amount of energy to think positively rather than negatively, why waste your energy contemplating what you do not desire? If when you ask, you always receive, is not it worth your while to focus solely on what you wish?

Considering you create that on which you focus the most, it behooves you to form a habit of weighing your thoughts and your language. You would then be living by design rather than by default. The exercises in this workbook will aid you in establishing this practice.

Are you ready to live by design?

Let's begin.

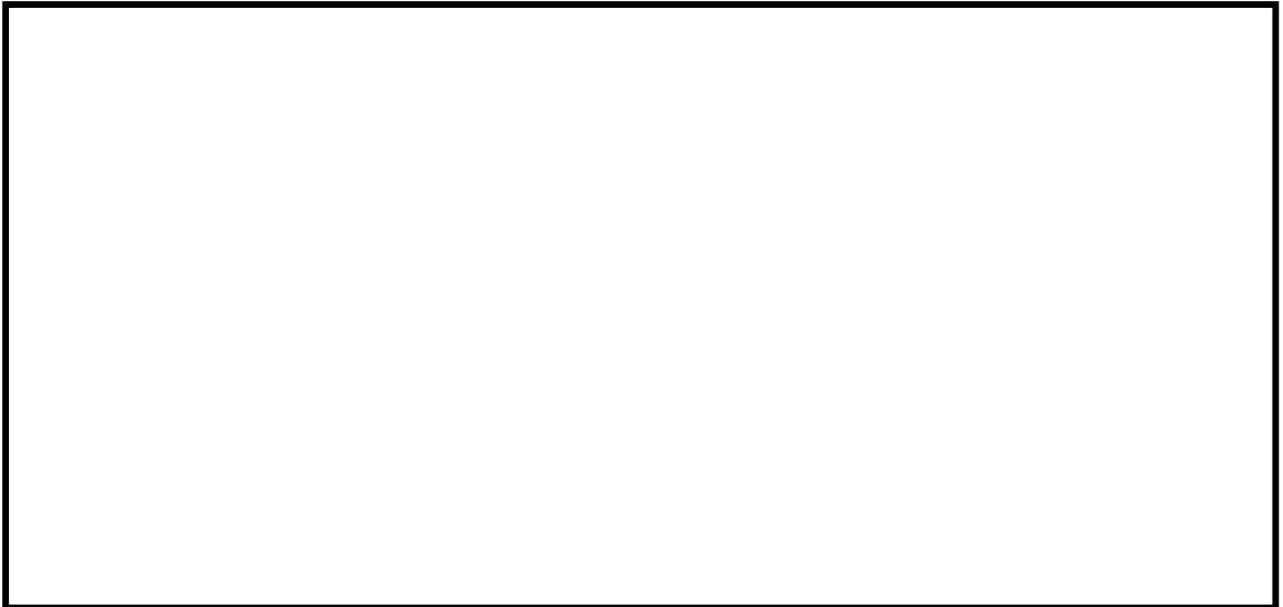
## TEMPERANCE

It is time to re-evaluate, to fine-tune, and to stay centered amidst change. To change your life, you need to go within and shift your energy, appreciating what matters.

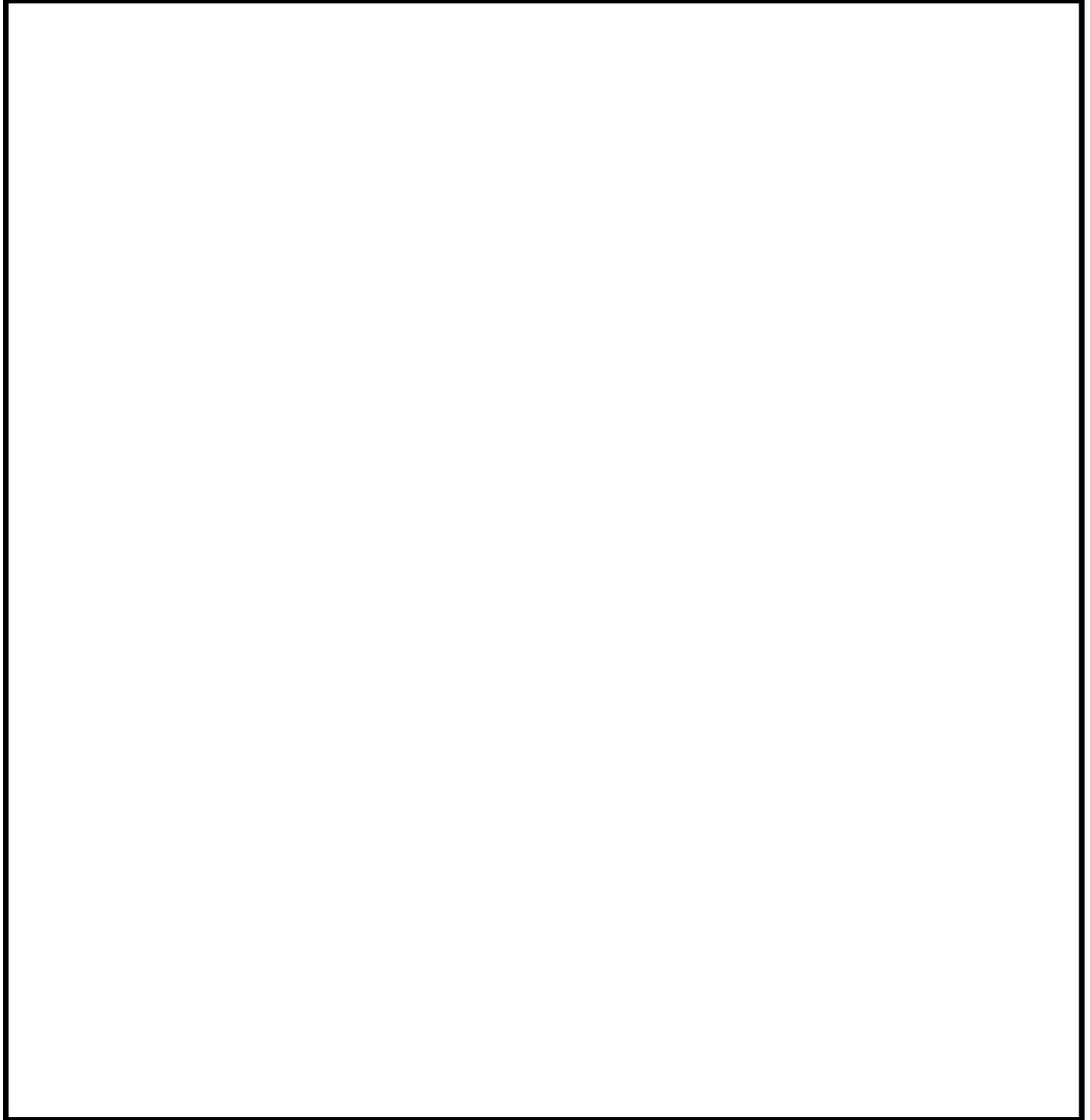
It is time to learn by doing—through experience—to release judgments of right or wrong, to be grateful for where you are now. Take a moment to honor what you have created. Honor yourself for what is around you and in your life. Experiment with new creative ways of how you can perceive your life. Simply be, enjoy the energy around you and in you.

***PART I: Exercise 2A: Regard things from a new perspective.***

**How do you value yourself?**

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**If you viewed your troubles differently, how would your life change?**

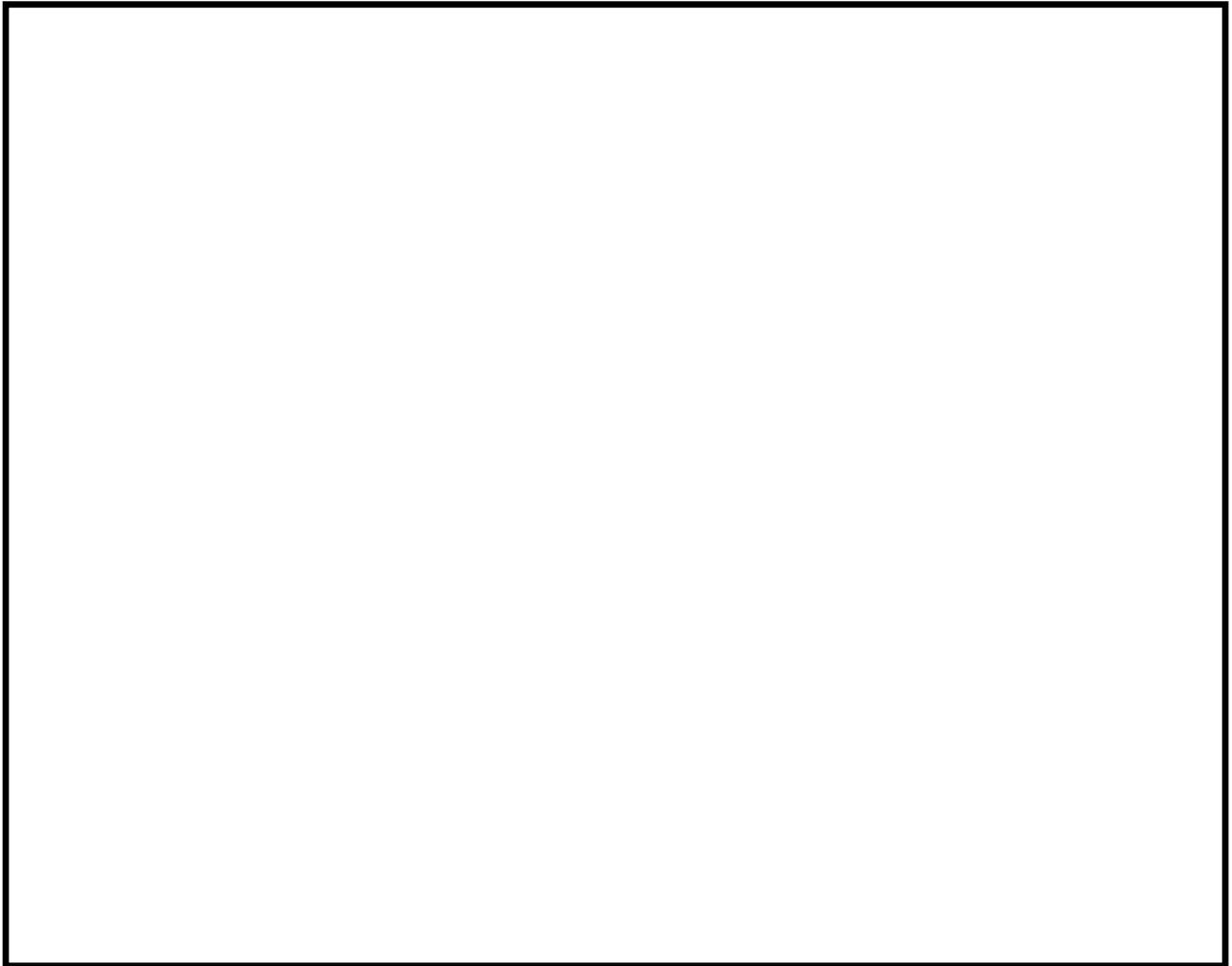


**PART II**

**Exercise 2B: How are you hindering yourself?**

Write down each time you said or thought something negative about you, someone, or something else. Carry a small notepad with you throughout the week.

***What negative phrases are you prone to say or think about yourself, others, or your circumstances?***



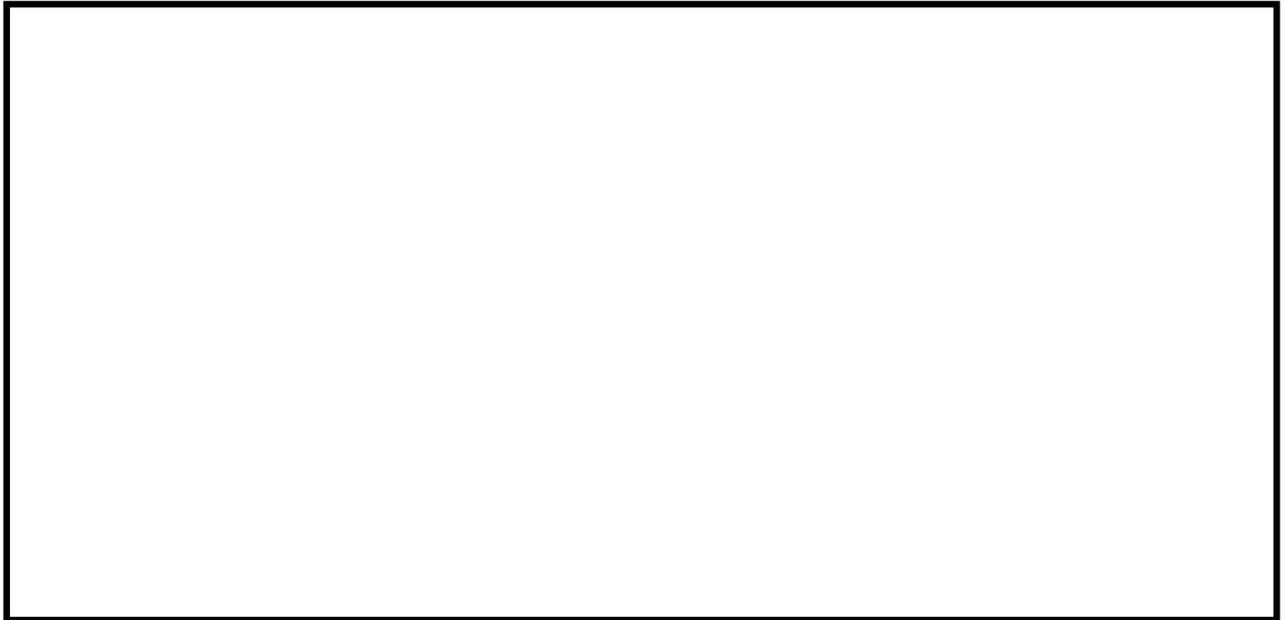
*Using the negative thoughts or phrases you wrote in the previous exercise, write five positive statements for each one.*

Example: *Thought or Belief: I don't have enough time.*

1. *Successful people have the same 24 hours that I do.*
2. *I am punctual, organized, and reliable since I manage my time efficiently.*
3. *Using my time wisely allows me to accomplish all I need.*
4. *Time is an illusion.*
5. *I have time to perform my job and enjoy the company of friends and family.*

**Now it is your turn**

**(continued)**



**Consider each time you stopped mid-sentence and rephrased what you were about to say.** Write what you intended to say and how you rephrased it below.



"If you can imagine it, you can achieve it. If you can dream it, you can become it."

—William Arthur Ward

**WORKBOOK 3**  
**CHANGE YOUR REALITY**

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# SYNOPSIS

Congratulations! You made it to the final workbook. Celebrate your commitment and coming this far.

In the second workbook, you became aware of how often you thought negatively or how many times you unconsciously used negative phrases to describe yourself, a situation, or another person. The reason why these exercises are essential is that it helps you identify any beliefs that hinder you from obtaining what you desire. Once you recognize these restricting convictions, it is easy to discard them and adopt new convictions.

The objective of this workbook is to continue to assist you in changing your manner of thinking, for this is the key to manifesting. By staying confident, focused, and aligned with your goals without concentrating on the fact that there is no evidence of those very things in your life, yet *trusting* and *believing* that *you* are, indeed, the creator of your life, you will have everything you wish. To quote Einstein, "*Reality is an illusion, albeit a persistent one.*"

The reason for doing that is twofold. First, it will keep up your spirits, thereby aligning your vibration with your desires. What does that mean? If you wholeheartedly *believe* and *trust* that you can have it all without struggle because your abundance is within *you*, opportunities, money, promotions, people—you name it—will appear miraculously.

*No one person or thing is responsible for your prosperity. You are the source of your abundance.*

Assimilate that into your consciousness, for it is a universal truth that has been passed down through the ages yet poorly perceived. That concept is paramount. It is one you need to understand and, most of all, *believe*.

Once you do, the next question that I am sure is forming in your mind is: *How can I tap into this abundance?* Very quickly—by following another universal truth: *"TO THY SELF BE TRUE."* Learning how to do that leads us to the next part.

Second, it will help you to listen to your inner wisdom. Too often, you get caught up in your daily activities, forgetting to sit still for even fifteen minutes, silencing your mental chatter, to hear your internal guidance.

*Your inner voice has the answers you seek.*

If you habitually set aside fifteen minutes a day, your problems will cease to appear challenging because you will discover the hidden gift they hold. If you do not, the pattern will cause you to create these circumstances—each one more intense than the previous—until you comprehend and learn the lesson. Your attitudes will change as a result. By turning inward to your innermost being—your essence—you will realize your soul's mission.

*If you want to know your truth, look to your emotions, for they are the language of the soul.*

Your soul's purpose is your *truth*.

Are you ready to live a genuinely soulful life?

## EMPOWERMENT

Self-esteem is the basis of your power.

Why am I bringing this up if these workbooks aim to show you how to manifest your dreams? Because of the way you feel about yourself forms your beliefs. Those beliefs play a significant role in attracting the life you desire. You need to be confident, self-assured, persistent and determined to go after your aspirations regardless of how many people think you are foolish. You need to have faith—in yourself and your dreams. You need to trust and believe in the process. You cannot be successful without this foundation.

There are three things on which you need to focus when you are pursuing your goals: Love – Intention – Attention (or being present). The first step is operating from a place of love. Love is accepting yourself, a person, or a situation unconditionally. It is also appreciating and being grateful for everything that you have in your life.

The second step is your intention. Why are you doing it? This action relates to the first. Do everything out of love; eliminate fear. When you do, you cannot help but appreciate and be grateful for what exists in your life, bringing you more to enjoy.

The third step is to place your focus on following your dream by being present, visualizing, living, and breathing it. Own it. Do not steer your attention away from living as if this goal is a given. The trick, however, is to relinquish control and surrender your emotions of the outcome. *Let*

*go and let God.* In other words, be receptive; do not cling to an ideal. Let's say you asked for \$100,000, but you only received \$80,000. Would you turn the money away? Of course not, instead celebrate the closeness of the match. Release your expectations of the result. That sets you up to receive even more.

*BELIEVE IN MIRACLES. MIRACLES HAPPEN EVERY DAY.*

## ***PART I***

### **Exercise 3A: Observe Your Attitude**

**Do you spend most of your day in a positive frame of mind?**

*Example: I hate my job. Rephrasing—My job offers me the freedom to live how I desire. I am grateful to have a job to support myself or my family.*

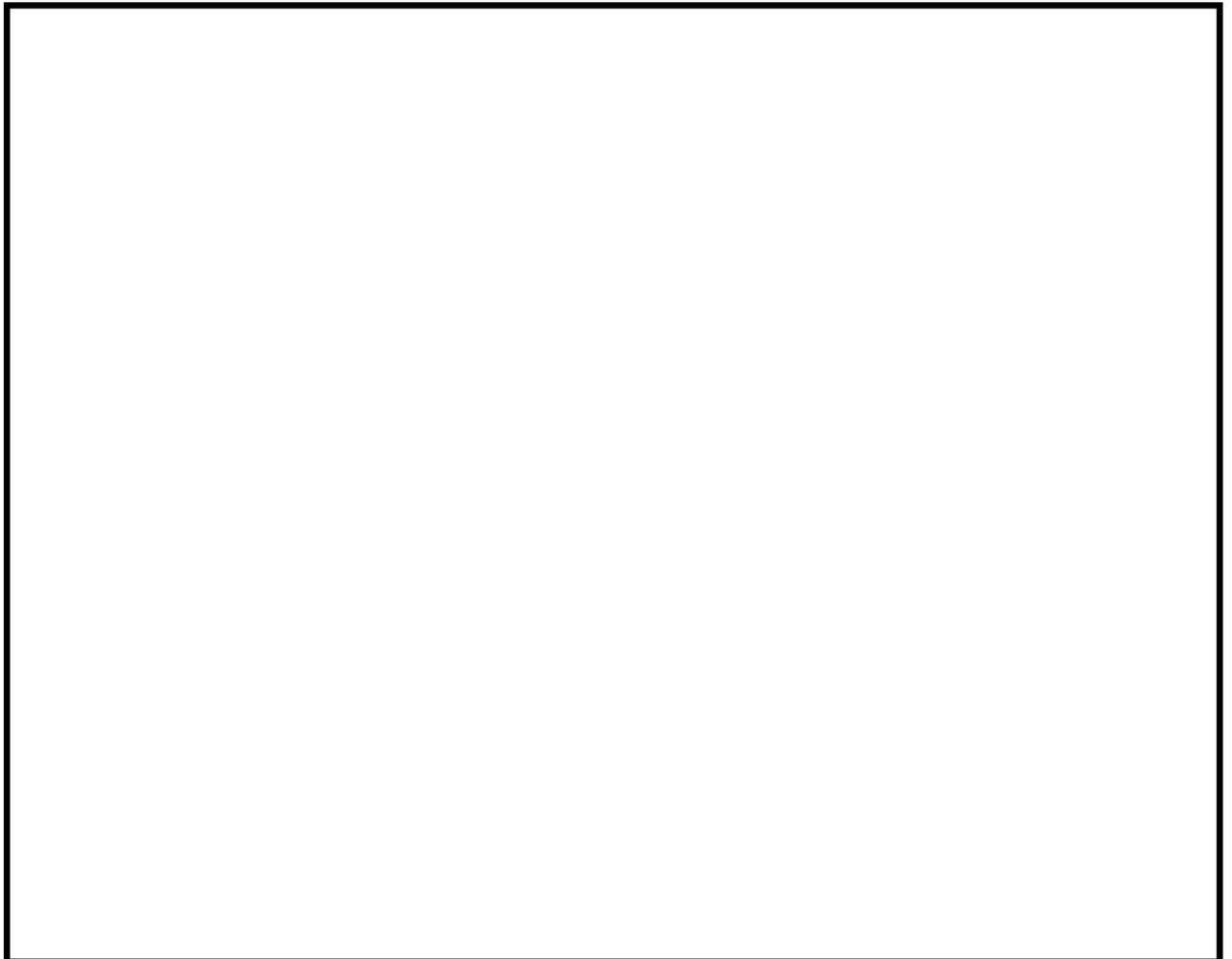
**Give examples**

**Do you have to remind yourself to stay confident, or are you naturally that way?**

*Goal: To determine how often you unconsciously create your reality by staying in a higher frequency, thus attracting your desires.*

*Example: I can't do that. Rephrasing: Of course, I can. I just need to figure out how.*

**Record some of your experiences.**

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***PART II***

**Exercise 3B: Observe the conversations in which you engage**

*Goal: To help you recognize the quality of the information you daily feed your mind*

**Write down each time you say or think something positive either about you, someone, or something else.** You will find it helpful if you carry a small note pad with you throughout the week.

*Example: I have all I need to succeed right now.*



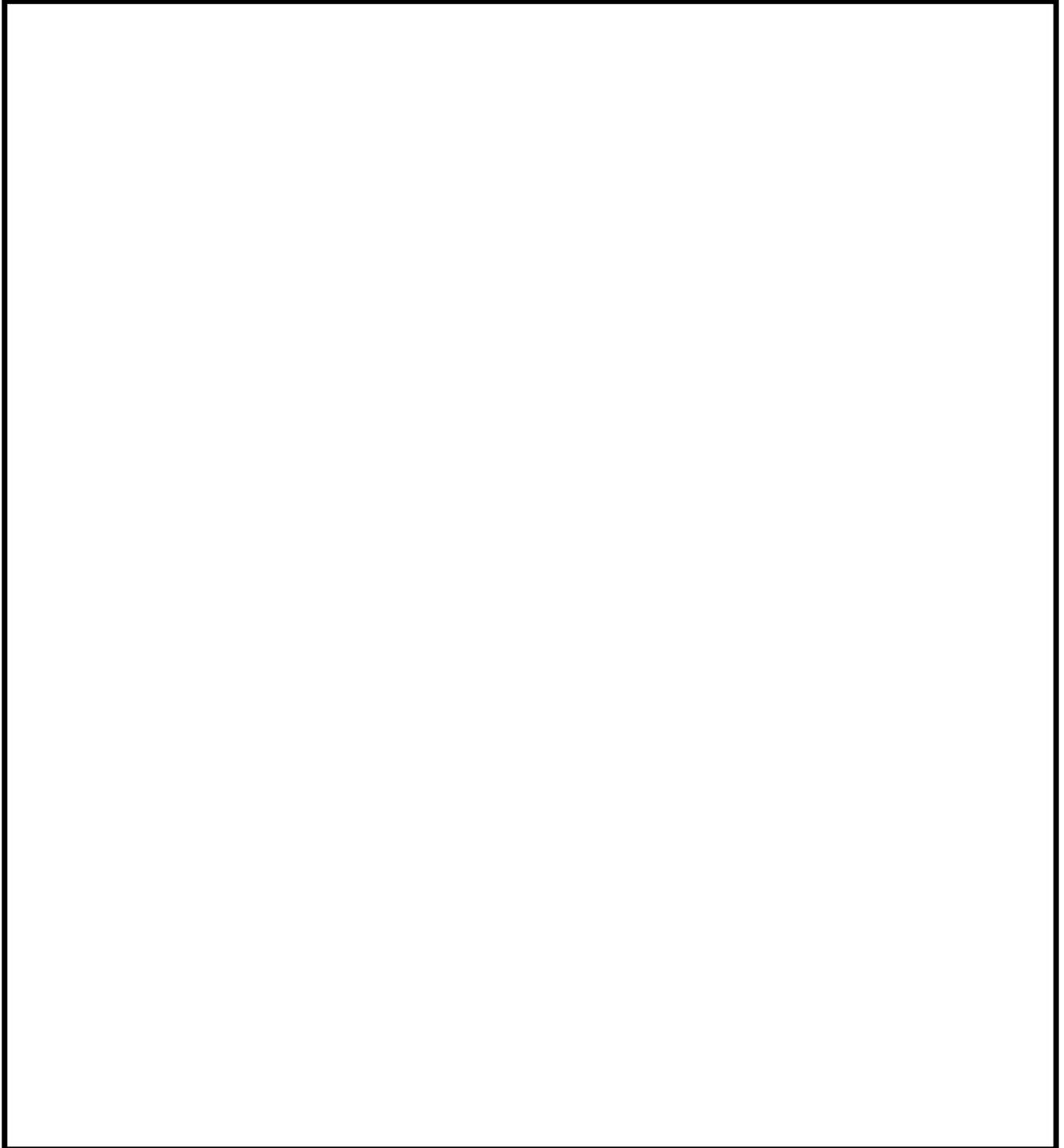
**Do you appreciate everything and everyone in your life without doubt or expectations?**

*Goal: Learn that the way to set change in motion is to bless and feel grateful even during the most challenging parts of your life.*

*Example: I am blessed to have the family I have or My spouse rocks.*

**Cite Instances**

**Describe the times your positive attitude affected someone else's mood or changed the dynamics of the situation.**

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## **OBSERVATIONS**

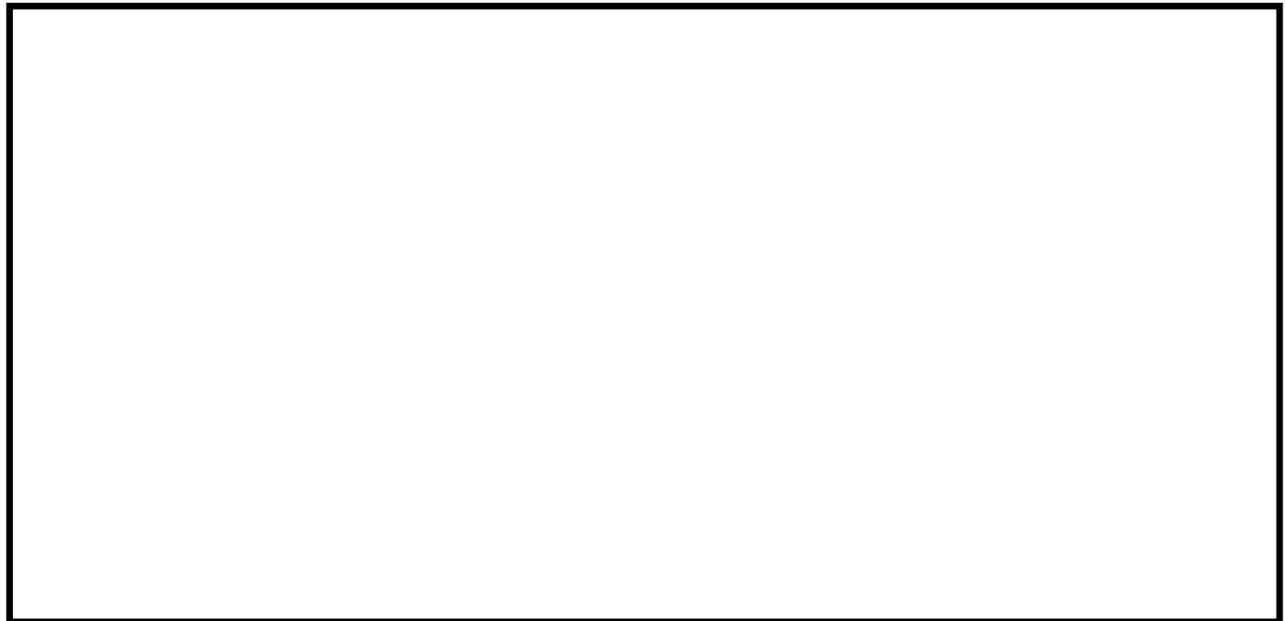
**After doing these exercises, what became apparent to you?**

**What did you learn?**

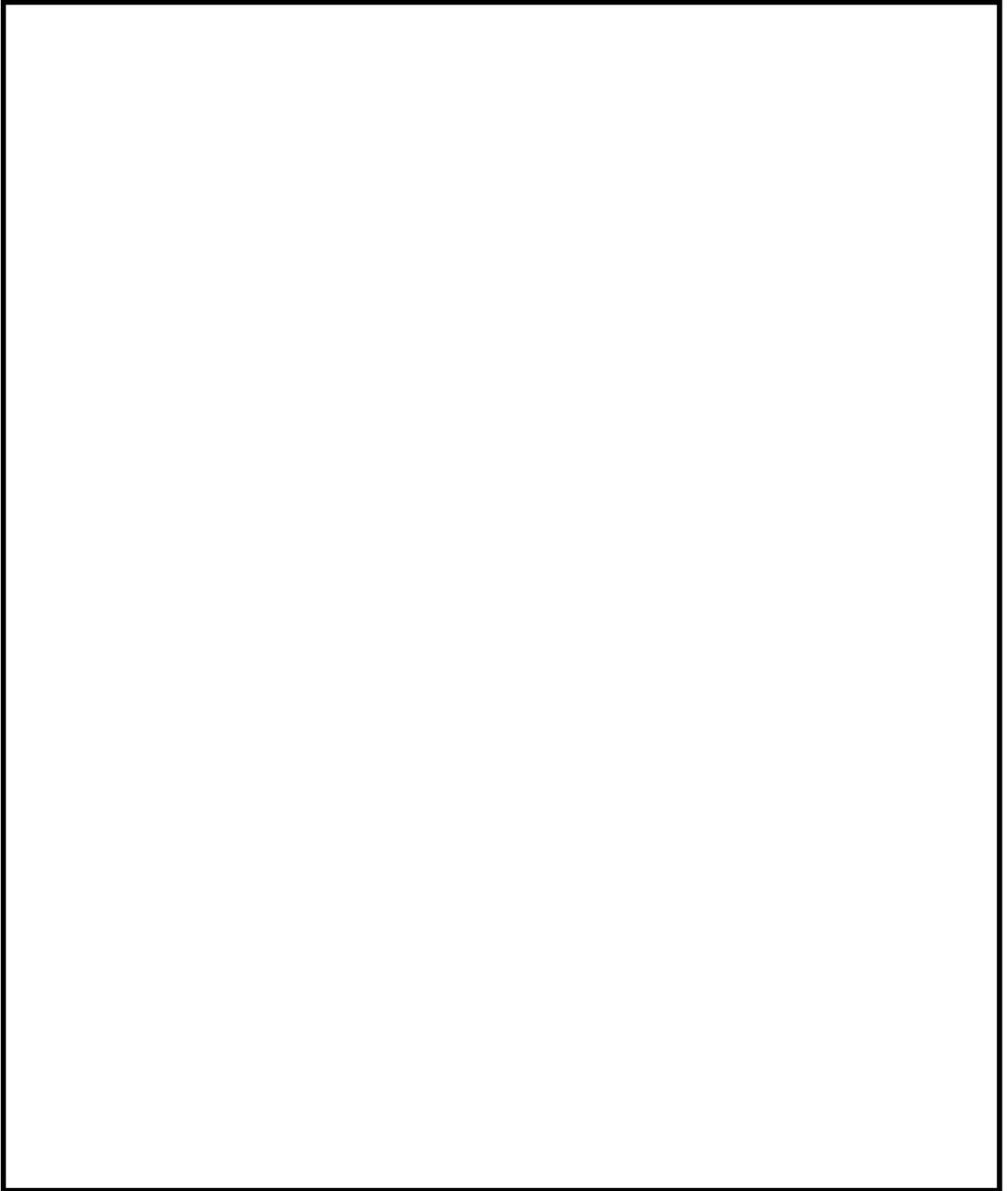
**How does your reality coincide with your *negative* thoughts?**



**How do your *positive* thoughts coincide with your experiences?**



**How will you incorporate your learning into your daily routine?**

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As you start to focus on your thoughts and feelings, you will see evidence of those very things. A song you hear over the radio may contain the answer you seek, or a chance comment may be the information you need.

Jot these “coincidences” down. In reality, these are synchronicities that you have attracted to you. Remember the premise like attracts like. Have fun with it by turning it into a game. See how long it takes for the next confirmation to appear in your life.

Keep a journal of these incidents. Review them nightly. Appreciate and be grateful for the miracles you are creating. That accesses the law of increase. The more you appreciate, the quicker you will have what you desire, and the more you have to be thankful.

Use the space below to get you started



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# JOURNAL

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## CLOSING

What do you believe?

*Thought, if it is powerful enough, can make something undesirable vanish, or it can manifest deepest desires. ~ Deepak Chopra*

Pay attention to your convictions to ensure that they enhance your life rather than detract from it. If you have a conflicting thought, it will prohibit your dreams from coming to life. Bringing the light of your awareness of your hidden beliefs will dissolve the power that these hold over you so that those that affirm your true nature can begin to shine through. As you gain clarity, you will find that your destiny will begin to unfold. Take time to sit still and quiet your mind to hear the whispers of your heart. As you do this, heed one of the ancient teachings of the Upanishads:

*"You are what your deepest desire is.*

*As is your desire, so is your intention.*

*As is your intention, so is your will.*

*As is your will, so is your deed.*

*As is your deed, so is your destiny."*

If you continue to incorporate the guidelines offered in these practices daily, you will find yourself listening to the callings of your soul frequently.

As your mind and heart open, you create a space to manifest the life of your dreams. Acknowledge yourself. Celebrate your decision to live mindfully and wholeheartedly, for it is your soul's mission to connect with, cherish, and realize your desires so you may live your life to the fullest and make your most significant contribution to the world.

Thus, your journey begins in the center as you go within to discover your most profound truth while asking: *Who am I?*

**Who Am I?**

A large, empty rectangular box with a black border, intended for the reader to write their response to the question 'Who Am I?'.

### 3 Ways to Get What You Desire

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It has been an honor to be on this journey with you.

I applaud you for taking action and embracing your dreams. I know that once you become conscious of and work with the Universal Laws, as well as replace any hindering beliefs, you will live to your fullest potential.

I leave you with this thought from Wayne Dyer, which encompasses the motto by which my husband taught me to live—***Prudence, Perseverance, Patience.***

“One of the essential principles of living an inspired life is to remember that our desires don’t arrive on our schedule. They arrive when they are supposed to.”

–Dr. Wayne Dyer

## ABOUT ME

Hello, Gorgeous Soul. My name is Elena Goycochea, a Successful Life Coach, Certified in Law of Attraction, a Reiki Master, and Certified Hypnotherapist. My 30 plus years in Corporate America, managing and advising high-level executives laid the foundation and prepared me for my life's work.

Today, my passion is assisting you to reconnect with yourself to eliminate your struggles so you can achieve your goals quicker, for there is nothing that you cannot attain. By enlightening, empowering, and encouraging you, you will live up to your highest potential doing what you love. It is my *raison d' être*.

When you are delighted, everything in your life (your well-being, health, career, relationships, and finances) works optimally. That is why I concern myself with the whole person rather than specializing in one area, say wealth or career, to help you establish the Heart-Mind-Soul Connection.

By teaching you proven personal development tools, as well as using healing modalities, you:

*Form new habits*

*Adopt new core beliefs*

*Recognize and replace the thoughts that keep you from achieving your goals*

*Embrace new ways of thinking*

*Regain control of your life*

*Tune into your higher self to obtain answers and gain clarity*

*Live joyfully*

If you are interested in working with me, please contact me at [elena@altiorapetovisions.com](mailto:elena@altiorapetovisions.com).

It would be a pleasure to be of further service.

"It is not in the stars to hold our destiny, but in ourselves."

—Shakespeare

