

BELIEVE IT!
BECOME IT!

Part of the **TOTAL LIFE EXCELLENCE** program

A Message from Paula

I've so enjoyed sharing this book with you! Simply stated, *Believe It! BECOME IT!* is a series of principles for living a happy life. They resonate as truth because they are age-old principles that, for centuries, countless people have tried and tested in the laboratory of life, and found them to be true.

- **Power Beliefs** – Provide personal strength, emotional freedom, and much more
- **Positive Crisis** – A valuable technique that catapults you toward goal achievement
- **Partnering** – A common-sense strategy for success
- **Preparation** – A key ingredient for excellence
- **Performance** – A winning combination of action steps

In addition to the principles, I shared examples of people who have believed it and become it. I told their stories to demonstrate that through the same methods you can obtain similar results. But, of course, reading isn't enough. This book is designed not merely to be read but to be *experienced*. While you can acquire information from reading the Power Principles, they can't possibly be agents for change until you put forth the effort to apply them in your life.

I have absolute confidence and unwavering belief in the power of these principles to change lives in positive, dramatic ways. It will give me great happiness to know that you've used the principles and they've blessed your life. I invite you to contact me and share your story; I'd love to hear from you!

With all of my heart I wish you success. I encourage you to pursue your dreams and strive for excellence. *Believe* that you can hurdle all barriers in your life's path. *Believe* that you can dream big dreams and make them come true. *Become* your ideal self and excel like never before. *Become* the person you were created to be, and accomplish all that you were put on this earth to do.

May God's richest blessings be yours as you strive to believe it and become it.

Paula