





# **The Answer**

**8 Steps to Create the Life  
You Love**

**Cindy Cashman**

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Dedicated to my son  
Erick Nelson

And to You,  
Remember the answer is within yourself.  
This book is a guideline to help  
bring you more clarity and insight.



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**The Answer...**

**In the Beginning...**

*You have gifts and talents that come easy  
to you. What are they?*

We are all created with a divine purpose. For a few, that purpose is highly visible – a statesman, a famous musician, a noted peacemaker. For most of us, it may appear less grand, yet is every bit as important. Your divine purpose guides your journey through this life and influences the goals and choices you make. It resides within you whether you have defined it or not.

Your divine purpose plays out in your everyday life. You may be a mother guiding her children into independent lives, a clerk smiling at customers, a CEO making choices that influence others.

Your purpose brings with it personal gifts, talents, and dreams. A gift may be a beautiful voice or a kind heart. A talent may be a special craft or a willingness to help others. We may not always be aware of the qualities we possess until time or some event brings them to light.

As for me, I became aware of my purpose in a dream. I awoke one day knowing that I was to write a manual to help others. It would quickly change the course of my life.

A few years before my dream, I realized I had a responsibility to mankind. I came to understand, through achieving my own personal goals and dreams, that every person possesses the innate ability to create a life full of meaning and significance.

With that conviction, I set out on a journey to teach and guide others into a simple yet powerful process of meditating, goal setting and achieving. However, to my surprise, the completion of this manual was slow. In fact, it was tedious and sometimes monotonous, that is until my powerful dream.

I remember my dream as though it happened yesterday. In the early morning hours of that cool Tuesday morning, I opened my eyes to find warm tears streaming down my cheeks. As I reached for a tissue, I replayed the dream as if it were a movie forever imprinted across my mind's screen.

*I was in Asia when I was approached by a beautiful, petite woman . . . maybe 5'2" at most. Her long black hair and creamy skin appeared soft as silk. With genuine gratefulness, she told me, "Your manual has changed my life!"*

Though deeply moved by her graciousness and sincerity, I couldn't help but feel confused. With a humble heart, I gently asked, "How could it? I never made it available."

My dream was both powerful and painful. On the one hand, I had something powerful to offer; on the other, I had not made it available. Realizing the magnitude of

this, I immediately began the steps necessary to making *The Answer* available.

*The Answer* is all about supplying you with information that helps you discover your purpose and achieve it. It guides you to defining your goals and gives you tangible steps for taking action to achieve those goals.

My desire is that you use this manual as your very own road map for making your dreams a reality. You may use it to think about and create a healthy, prosperous life. It is a conscious choice achieved when you take the actions outlined in this important manual.

You may be thinking, “I know I have potential. Why haven’t I pursued my life with purpose?” You are not alone. I see individuals every day who possess great potential, but seem stagnant – unable to realize their goals.

Why?

*Because they don’t have a system in place that teaches them the steps, strategies, and methods to help them actualize their goals and dreams!*

Whatever you desire, the process is the same.

It is a process that will help you design and create your abundant life. You can use it to define or advance your career, manifest or improve personal relationships, develop a new talent, or whatever you determine is most important in your life.

***The Answer***...is simple when you have a system to follow.

The steps are a powerful, life-changing process that are clearly described in this manual. To give you an idea of what you will focus on, here is an overview of the The Answer. Think of it as A through G, plus M.

A - Aim for what you want

B - Believe in yourself

C - Commit to immediate action

D - Detach from the outcome

E - Enjoy the process

F - Forgive yourself and others

G - Gratitude

M - Meditate

My friend, the information I am sharing with you in *The Answer: 8 Steps to Create the Life You Love* is the same process I have used to create success in my life. It is the manifestation of a dream that worked. I am excited that it will work for you too.

I suggest that you read the manual all the way through to get an idea of how it all works. Then go back and begin the action steps.

Are you ready? Great! Let's get started.

# **The Answer...**

**A – Aim for  
what you want**

*What do I really desire?*

An aim is a purpose or goal. Aim can also be a verb meaning to direct all your efforts toward a goal. In order to direct your efforts toward a goal, you must first clearly define your goal or dream.

Begin by looking at your previous goals and dreams. They are the seeds that grew into who you are now.

1. Connect, or re-connect, with your dream.

Inside every one of us is a list of “wish I could *have*, wish I could *be*, wish I could *do*...” Some of us have lost sight of the things that inspired us and brought us joy and happiness. Some have never been clear on what they desire in the first place. Yet knowing the answer to these simple questions is the foundation to manifesting the life you are creating.

After all,

*What if your wish were granted?!*

Take some time to re-connect to the things that bring you life. When you get a picture of your dream, ask yourself...

- What would your life *look like*?
- How would you *feel*?
- What would you *be doing*?



2. Energize, or re-energize, your belief in your dreams.

A number of years ago, a lady shared her dream with me. She said . . .

*“I was at a luau in a great hall packed with merchandise. There were cars, boats, clothes, furniture, appliances and TVs. At the door, I saw a man who appeared to be waiting. Puzzled by such an overwhelming sight, I asked, “Who does all of this belong to?” He answered, “This is the place where people’s dreams are stored. The trouble is, they give up and release the energy too soon, so I keep them in storage. Once in awhile, some of them get back to it and reclaim their dreams.”*

What about you?

- *Have you placed your dreams in a forgotten storeroom?*
- *Have you abandoned your most treasured desires?*
- *Do you recall what some of those desires might be?*
- *Do you have a beautiful home locked away in that storeroom?*
- *What about a college degree or a music talent you’d like to develop?*

3. Turn dreams into goals. Write them down in detail.

Once you know what you want, you have a better chance of achieving and manifesting it.

When setting your goals, it's important to remember:

- It must be your goal, not what others want for you.
- Ask yourself if you honestly want this goal.
- Make sure the goal is believable to you and set a realistic completion date.
- Use power phrases such as:
  - “I am now . . .”
  - “I have now . . .”
  - “I am doing now . . .”
- Write your goal in a positive, present-tense form.
- Be specific and include as much detail as possible.
- Visualize yourself already having, being, or doing whatever it is you want.

The following questions are to help you get started. I learned them from listening to Dr. Phil McGraw:

- *What do I want?*
- *What do I have to do to get what I want?*
- *How would I feel if I attained my goal?*

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**I clearly design what I want, I set up a step by step action plan, I move forward and I *remain flexible*.**

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# About the Author



**What type of creativity does it take to sell over a million copies of a blank book?**

That creativity is embodied in Cindy Cashman – entrepreneur, intuitive business coach, and professional speaker.

Since her start as an author and entrepreneur, Cindy has published 12 books and has sold millions of copies, including the world wide best seller [\*Everything Men Know About Women\*](#) (written under the pseudonym of Dr. Alan Francis) making her one of the most successful and creative self-publishers in the country. Her books are available in over fifteen countries and ten languages.

Also by Cindy:

[\*As a Woman Thinketh,\*](#)

[\*The Million Dollar Question Handbook: Are You Asking the Right Questions?\*](#)

and [\*Recipes for Everyday Abundance.\*](#)

To sign up for the complimentary question of the week and receive questions that have the power to change your life, visit: [www.CindyCashman.com](http://www.CindyCashman.com)

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Do you want to make more money and have fun doing it? Cindy is available for one on one coaching for companies and individuals where she provides powerful questions to help you discover things about yourself, your business, and your life.

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Cindy writes and speaks to audiences worldwide on Sales, Marketing and Intuition. Her stories inspire and motivate, while her questions stimulate audiences to tap into their natural talents.

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