



WHAT IT  
REALLY  
TAKES TO CHANGE  
YOUR LIFE

BY JESSICA HESLOP

# *What it **REALLY** Takes to Change Your Life*

I'm going to tell you this right now. You might not like this book. In it, I talk real turkey. I lay down some fundamental truths about creating and living the life you love.

There are many phenomenal personal development/spiritual/self-help books out there. Many have really helped me change my life, and I am infinitely grateful for them.

But sometimes, I think we need a good kick up the butt. We need someone to shake our roots and, then some penny drops somewhere, and we finally **get it**. They are no longer words on a page, or nice little ideas in our head that we think 'ahhh yes, I need to start doing that at some point'. We actually **get to it**.

It has taken various majorly transformative events to happen in my life in order for my penny to drop. Most recently, both my father and sister died of cancer within 3 months, which has led me to writing this book, but that's a story for another time. You see, I finally got some important truths about life and I am now sharing these realisations with the world.

Now I happen to think that these major events that occur in all of our lives are a blessing, but if I can give you that transformational jolt without you having to experience too much pain, then I reckon that's a plus.

So here goes. I'm not going to nancy around the truth, I'm going to hit home and hopefully, it will set off the light bulb that you need in order to start creating the life that you love. Now.

## ***Our Mind Is A Rabid Dog That Needs To Be Trained***

---

You have no idea how many thoughts go through your mind every single day.

If you could step out of your body, plug in your brain to a futuristic computer that projected all of your mental dialogue and all of the associated images onto a big cinema screen, you would be stunned.

The sheer volume of them would be one thing.

But let's talk about how those projected images and thoughts actually look. I wonder how pleasant your cinematic screening would be.

Let's just say that, the vast majority of us wouldn't be enjoying a relaxing view of a stunning Caribbean island, Piña Colada in hand.

## ***Let's Get Honest With Ourselves***

---

This is not about pulling the wool over my, your or anyone else's eyes. Let's get honest because this is your life we are talking about.

Just how unpleasant is your cinematic screening? Is it a little bit like the Texas Chainsaw Massacre in which you are chasing both yourself and others in a crazed fury? Or is it perhaps more like the melancholy melody from the Piano, tragic and hopeless?

Over the course of your day's cinematic screening, how many thoughts follow similar themes? Rejected, unloved, not good enough, not enough money, injustice and so on?

How many times do you play the same story over and over again in your mind? How that person shoved into you at the shop and never apologised, how that person was so unkind to you yesterday, how you never got an invite to your neighbour's party?

Amazing really how the mind does it. The same ones. Over and over and over again. You will agree that it is a pretty simple machine in that respect.

## ***The BIG Past***

---

And yes, the biggest excuse we all use - the past.

You know, I had a tough childhood. Very tough. Many people in this world did.

And I want you to know that I am genuinely, deeply sorry for any pain that you have experienced. I mean that.

But the truth I am about to share is vitally important for your growth.

You cannot change your past.

At some point in your life, you must accept that you cannot change what has been and gone. It is impossible.

If you had a terrible past, it may be a joy for you to know that **you can actually let it go.**

You don't have to live with it anymore. You can take that massive sack of heavy rubbish you have been carrying around on your back and DUMP it.

## ***Taking Responsibility***

---

You may say 'but the past is a part of me...'

Yes, that is true in so far as it has shaped who you are today. It has got you to the point now where you are sitting, reading this book, and **you actually have a choice.**

You can choose to let your past go. You can choose what you wish to think and therefore feel.

You can stop being a victim to your untrained rabid dog of a mind, and you can take responsibility.

Think about it. Right now, all that exists is you, in the present moment. We could get very philosophical here, but for the purposes of this book, lets agree that the only 'you' that exists is in fact in the 'now'.

By thinking certain thoughts and their associated images, you can provoke certain feelings within yourself.

Now if what you REALLY want, is to be happy. Then you can CHOOSE to think happy, positive thoughts about yourself and the world, and you will begin to FEEL happy.

Like so many things in life, the more you practice this, the more it becomes a habit for you.

## ***The Road Map Of Your Mind***

---

Imagine the mind, for a second, as a series of roads, and destinations.

The more you think a thought (i.e. drive down a road), the stronger this road will become (i.e. it will become a motorway). Not only will it be a stronger road, but it will also become the road that is the fastest and most easy to use. So whatever the destination for this road (or thought), be sure that you will arrive there quickly, easily and no other little road will stand a chance.

Now if you regularly think a thought like *'I am so poor'* i.e. *'I don't deserve money'* then you will keep whizzing down the motorway towards your destination *'Broke 1\*star Hotel and you can't even afford me'*.

Compare this with someone who regularly thinks a thought like *'I am such a lucky person'*. They will cruise on down the fast lane towards their destination *'5\* hotel – upgraded for free - with pink champagne'*.

Just think about all those little, winding roads within your mind. Which poor little thoughts are on run-down rickety roads; *'I am loveable'*, *'I am a success'*,

'everything goes well for me'? **Give them the loving maintenance they so badly need.** Think it as much as you possibly can, and it will become your motorway.

And stop, once and for all, thinking negative thoughts. If you find your car driving down a negative road, **slam IMMEDIATELY onto the emergency break** and turn your car onto a happy road, all the time creating new motorways that get you to the destination of the life that you love.

This is how you begin to change your life. This is how it's done. Simple.

### ***Turbo-boost Your Engine With A Touch Of Emotion***

---

Don't ask me why, but adding emotion to your thoughts, strengthens the impact tremendously. In other words, adding feeling to your thought will give you a few extra truckloads of happy little workers building your new motorway.

Imagine for a moment saying 'the abundant sun shines on my life every day'. It sounds pretty flat, but still good. Now say it whilst you imagine the warmth of sunshine on your skin, with wonderful things appearing all around you. **It feels better.**

Now if the thought we are beginning to use is still a little road as remote

as the Outback of Oz, don't worry. If you can't find the emotion, it's okay. It may take longer, but the emotion will eventually come.

## ***You Don't Think It Can Be Done?***

---

Sceptic stand back.

Controlling your mind is the key, and **You are magnificent, special and unique**, to creating and living the life you love. I have experienced first-hand, the power of the mind.

Some years ago, I was ill with ME. I was so exhausted I could not get up out of bed for more than a few hours at a time. A little walk was all I could manage. I had to give up my job in the City and focus on getting my physical health and life back. It was tough. Then I did an amazing course which taught exactly the Road Map principle I have just outlined.

I practiced this principle and it worked. Within 7 days I was swimming, running and going out dancing at night. I was planning my new life, with the new amazingly powerful tool I now had under my belt.

I rewired the neural pathways in my brain that healed my very ill body i.e. I thought new thoughts about having a healthy body SO MUCH that I made myself well.

What's that? I was not sick to begin with? Believe me, I was. But even if I wasn't and it was all in my head, think about it, I still transformed my life. And the fact is that your negative thoughts about your life and yourself are all just in your mind – they are most certainly not true. You are magnificent, special and unique.

### ***Are You The Exception?***

---

I can hear you saying it now. I don't have a clue what your life is like. I don't know the horrendous state you are in. I could never dream of the nightmare your life has become. It can't work for you. You are different. You are a lost cause.

I know. Our limiting beliefs can make us terrified of change. They are magicians at manifesting all sorts of reasons why you are the exception to the rule, and how it isn't possible for you to make the change.

But the way I see it, is that you don't have an appealing alternative. Do you want to stay stuck? You have to suck it up, feel the fear, and act, regardless.

### **Courage.**

You can do it, just like everybody else.

# ***Your Limiting Beliefs May Try And Stop You But Don't Let Them***

---

You may procrastinate.

You may say you need more information.

There are million self-help books out there. Maybe you need to read a few before you begin to take action, or maybe you need to read all of them.

But I have outlined, what I believe is the key to creating a happy life. You don't need to go any further, in search of an Ultimate Truth or a perfect method of creating a happy life that hasn't yet been revealed to humankind. This is nonsense. **It has been revealed and it's simple.** You just need to be willing to do the work.

This is the way I see it: - self-help books are great *enhancers*. But the foundation remains the same; it is by changing your thoughts and beliefs that real change manifests in your life.

So, know consciously right now, that **you can choose the exact date in your diary** that you wish to take responsibility for your life. On that day, you will begin to create the life that you love – the life you deserve.

## ***And Now For The Good News***

---

The good news is that, once you have thought your positive thought many times, IT becomes the motorway in your mind. IT becomes the default thought for you. IT becomes so much a part of who you are that you have already transformed.

## ***The Even Better Good News***

---

What you give out comes back to you.

If you are thinking 'life is so great' all the time, and as a result are feeling happy, light and are smiling lots, then life is going to start raining good stuff down onto every aspect of your world. You will make a new amazing friend, you will find the perfect parking spot, you won't get the cold everyone else does, and you will win £500 on a scratch card.

## ***Now I've Said It***

---

It takes commitment.

Commitment every single day. Every single moment. Every single thought.

But hey, you don't know when your time will be up folks.

It may be when you're 90. In which case its worthwhile putting this into practice so your next decades are pleasant!

It may be next year. In which case, you have no time to lose.

**It's about making a choice.** Choosing life. Choosing the life that you actually LOVE. Creating that, and living it, will be so exciting and rewarding.

### ***You Are Not Alone***

---

I think one of the vital contributing factors to successfully creating the life you love, is having someone to keep reminding you, keep nudging you, and keep telling you that you can do it!

It helps, when you feel so tired after a day of transforming 100 thoughts. I know, I've done it and it was hard work. Having someone at my side on that day to keep telling me that I was doing really well, gave me the energy to wake up and do it all over again the next day.

And that's what I'm here for. It is why I created the **Live The Life You Love** blog. It was so I could keep encouraging you, keep you going and **keep the journey at the forefront of your mind.** It was so people could join together in this community and share and support each other.

I say from the bottom of my heart that I want to help you to create the life

that you deserve; it is your right to live a joyful life. So, I will be sharing **all the tips and practices** that I use and have used to make positive changes in my life because I know they can work for you too.

Anything I come across that works, I will share. Any story that can help you make a shift, I will tell you. And I will provide **practical tools and exercises** that you can apply to really help you to live the life that you love. I am going to throw so many golden nuggets your way that soon you will be fast tracking your way to 'paradise life just the way you want it'.

The more that all of this is part of your daily life, even if it just means that you read the latest article I've posted, the more transformation will begin to take place. **Even one thought can make a difference.**

So use Live The Life You Love blog as your crutch and your inspiration.

And, remember, **I am always here.**

I honestly can't wait to hear how you are doing on your journey to creating the life you love!

With all my love,

Jess