

## Your Destiny Planner

<http://www.destinyswitch.com>

No tool, no matter how powerful, can help you to change your life if you don't use it. Most people read self-help books, become excited about the promise of improving their quality of life and creating happiness for themselves, and start to work the program they've just learned, but soon wander off the path to their goals. They have the tools they need, but the tools are locked away in a toolbox that's covered with dust and cobwebs. If you want to build your dream life, you've got to open the toolbox, take out the hammers and screwdrivers and levels, and start working!

It's very important to have a plan for the life you want to live, and to use the tools to help you cocreate it with the help of the universe. Remember, your plan does *not* have to include the specifics about how and when your dreams will come true. The universe will attend to those details. When you are clear about what you want for yourself, you'll recognize opportunities when they appear and do what you need to do. For now, you simply have to know what you want, and use the tools in your emotional toolbox—the illuminators and the switching strategies—and get to work creating the emotional states that the universe will respond to in a positive way.

I find that the best way to avoid dabbling here and there, occasionally using an illuminator or switching strategy and then forgetting that these tools are at your disposal, is to have a plan for using them on a daily basis. Don't get me wrong: Doing just one exercise in this book will help you to get control over your Destiny Switch and start making positive changes in your life. If that's all you feel you can commit to today, that's okay. But if so, I want you to ask yourself, "How important is it for me to achieve the life I deeply desire? How much do I want happiness, contentment, and abundance?" Don't let the demands of your daily life prevent you from investing your time and energy into working with your Destiny Switch. You can do these exercises in little blocks of time throughout the day. You can use your switching strategies whenever opportunities present themselves. Life is fast-paced, but there is always plenty of time to "observe, decide, and switch." The benefits of slowing down, becoming aware, and using your illuminators and switching strategies are enormous. The more effort you put forth to regularly use your tools, the sooner you and the universe will cocreate the life of your dreams.

Whenever you see the results of the changes you've made in your emotional habits, you'll feel a burst of motivation and want to continue using your tools—the illuminators and the quick switching strategies—to craft your destiny. However, if you let your mind wander to

negative thoughts such as, “I guess I just got lucky today,” or “Well, that was great, but it probably won’t happen again,” it’ll be as if you shut off the electricity—you’ll be standing there in the dark, unaware that your tools are right next to you, ready to be used to build the life you want for yourself.

Every time you experience positive results from using the illuminators, stop yourself. Take a moment to be aware of what you just created for yourself. Experience the joy and pride and say to yourself, “I did it!” If you chose to create love and curiosity during a conflict with someone, and the result was that the two of you cleared up your misunderstanding, solved your problem, and went away feeling happy and connected, give yourself credit for your effort. You have just created peace, love, tranquility, joy, and connection, and helped someone else to do the same. How wonderful! What an amazing thing to have done! Feel the joy and be aware of just how powerful it was for you to create positivity in this situation. The more you make yourself aware of the results of following through on your commitment to creating positive emotions, the more motivated you’ll be to keep on doing it.

If you don’t create positive emotions by using your switching strategies, or if you realize you forgot to look at your goal card today or read your power life script, be aware of it. Don’t judge yourself or berate yourself when you realize you forgot or pushed aside your commitment to using your illuminators and switching strategy. Simply decide in that moment to do it now. If you can’t listen to your entire power life script, listen to some of it. I have several copies of it so I can hear it in my car, on my personal music player, and in my home. One of my clients listens to her power life script when she’s preparing meals. Another has affirmations written on sticky notes that are posted next to the light switches in his house, so that he remembers to say them every time he switches a light on or off. I post my affirmations and my goal card in my bathroom, near my mirror, so that every time I go into the room, I use them. If you’re in the middle of a move or you travel a lot so you’re not at the same location every day, you can create other ways to carry your reminders with you. A great way to record your affirmations, goal, and mission statement is to print them on small index cards, which you can laminate with clear plastic, and carry with you in your purse or wallet. I carry my goal card with me in my eyeglass case, because I know that several times a day, I’ll have to open my eyeglass case to do some reading—whether it’s reading my e-mail or a menu in a restaurant—and each time, I’ll be able to access and use my goal card. It can be easier to create habits when you connect them to other habits, so, for instance, if you regularly take a walk in the evening, make it a point to listen to your power life script while you’re walking.

The busier you are and the more emotional challenges you face, the more important it is to follow through on your commitment to yourself to take control of your Destiny Switch. If you feel it takes too much time to sit and read through your goal card, mission statement, and affirmations, why not do it and time how long it takes? My guess is when you see how small of an investment of time using your illuminators requires, you will be more motivated to use them. The payoff for investing just fifteen or twenty minutes a day in consciously creating positive emotions is huge.

I've worked with clients who carried through on their personal promise to themselves to use the tools they have, and I've worked with those who got distracted and stopped using them, and I can tell you that there is a big difference in the results these two groups experience. If you want to manifest your goals, you have to create the positive emotions that will draw to you the circumstances you desire. It's that simple. If you simply recite affirmations without truly feeling the words and envisioning yourself experiencing abundance and joy, you might as well be reading the phone book aloud. The power to change your life comes from the power of love in your heart. Love connects you to your other positive emotions. It's the ultimate source of emotional fuel. So plug into it!

### ***Creating a Destiny Planner***

Because it's very important to have a plan for using the illuminators and switching strategies that will help you create the life you desire, and it's crucial to be accountable to yourself so that you are aware of when you're working the program and when your attention has wandered off, I've created the Destiny Planner, a tool that will keep you on track. Use it every day, and you'll see your life start to change in magical and wonderful ways.

I'll explain the pieces of the Destiny Planner and show you filled-out sample entries. You can also download a blank Destiny Planner as a .pdf document, which you can print out, and you can even sign up for e-mail reminders to use your planner (visit [www.yourdestinyswitch.com](http://www.yourdestinyswitch.com)).

Whatever version of the Destiny Planner you use, make sure you're able to take it with you wherever you go. If you have to travel, or are away from your computer for several days, you will still want to be able to fill out a Destiny Planner page each day. Think about what would be the most convenient way to use the Destiny Planner in your daily life, and when unexpected challenges come up. You might want to plan for simplifying your daily routine a little on those occasions when you're very short on time, but it's even better to commit to using your

illuminators every single day. They really don't take up much time, and many of them can be used anywhere.

Work with your Daily Planner first thing in the morning, before you get involved with any of your daily activities. You will set the tone for your day right away. At night, you can focus on being aware of the choices you made throughout the day, and commit yourself to doing a little better tomorrow. What's more, you can make the choice in the moment to feel gratitude, review your goal card, recite your affirmations, and so on. Then you can check all of that off your list and go to bed. At the end of the chapter, you'll find a reminder of what you need to do each day and evening of the week in order to follow this program. Note that every day, you'll be using your Destiny Switch—that is, recording the levels of your four key emotions. Throughout each day, remember to pay attention to your emotions so that you can make the choice to switch into greater positivity. Every time you think of it, use one of your illuminators, most of which you can keep at hand wherever you go. Every time it occurs to you that you can create a positive emotion, go for it!





### *Using the Destiny Planner*

#### **Step One: Choose the Illuminators You Want to Work With**

Review the illuminators, explained earlier in the book, and choose which ones you're going to work with on a daily basis during the first week. Note that some are more time-consuming or involve more planning; for example, using the "life-of-your-dreams experience" illuminator takes a little planning because you have to make sure you will be uninterrupted when using it, and you may want to record your power life script as well as write it out. The sooner you create your illuminators, the sooner you will have a complete toolbox to work from. Keep in mind, too, that each week you can choose a different set of illuminators to work with.

At the beginning of each week, open your Daily Planner and circle the illuminators you plan to use that week. At the end of the day, you'll check off the ones you used. If you see you've started to slip and not use all the illuminators you chose to work with for the week, put down your Daily Planner and use them right now! Why put off until tomorrow what you can do today?

Love	Faith	Confidence	Gratitude
_____	_____	_____	_____

_____	_____	_____	_____
indifference	indifference	indifference	indifference
		_____	
_____	_____		_____
Hate	Worry	Uncertainty	Lack

**Step One: Choose Illuminators**

*(Underline the illuminators you choose to work with this week)*

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
--	-------	-------	-------	-------	-------	-------	-------

*(make a check mark each day that you remember to use your illuminator)*

<u>Affirmations</u>		x	x	x	x	x		x
Power Life Script								
Identity Board								
<u>Mission Statement</u>		x	x	x		x		x
Illumination Journal								
<u>Daily Challenge</u>		x	x			x		x
Daily Questions								
<u>Touchstone Quotation</u>	x	x	x	x	x	x	x	
<u>Goal Card</u>		x	x	x	x	x	x	x
“Life of Your Dreams”								
Experience								

**Step Two: Focus on Your Four Key Emotions**

Once you have decided which four key emotions you want to focus on in order to achieve your larger goals for your life, write them into the blank spaces on your Destiny Switch in the Destiny Planner. You can use any of the emotions we’ve explored in this book, or you can focus on other ones. Your choice depends on what your goals are and what your particular challenges are.

Each evening before you retire for the night, measure the level of your four emotions and record them on your Destiny Switch in the Destiny Planner. The next morning, review your Destiny Switch from the day before. If the levels on your four key emotions were high, commit yourself to maintaining those levels. If they were low or you feel you can raise your levels higher,

then vow to do that by tomorrow evening when you revisit your Destiny Switch in the Destiny Planner.

Day One:

<u>Faith</u>	<u>Abundance</u>	<u>Joy</u>	<u>Inspiration</u>
_____	_____	_____	_____
○	_____	○	_____
indifference	indifference	indifference	indifference
_____	○	_____	_____
_____	_____	_____	○
<u>Fear, worry</u>	<u>Lack</u>	<u>Sadness</u>	<u>Lethargy</u>

Day Two:

<u>Faith</u>	<u>Abundance</u>	<u>Joy</u>	<u>Inspiration</u>
○	_____	_____	_____
_____	○	○	○
indifference	indifference	indifference	indifference
_____	_____	_____	_____
_____	_____	_____	_____
<u>Fear, worry</u>	<u>Lack</u>	<u>Sadness</u>	<u>Lethargy</u>

### Step Three: Note Your Moments of Gratitude

When you feel gratitude for all that you have, you attract even more love and abundance into your life. That's why it's very important to create moments of gratitude every day. Be grateful for the little things and the big things. When you see your child again at the end of a work day and school day, connect to a feeling of gratitude. When you're walking down the street and you spot a particularly beautiful cloud formation, feel gratitude. If you pass by a group of people who are laughing together, remember how much joy is in the world and feel grateful for love, joy, and a good joke. As a freelancer, I'm able to plan my car trips so as to avoid rush hour

most of the time, but occasionally, I get stuck in traffic. When this happens, I feel gratitude for the opportunity to spend time listening to my uplifting power life script. I feel gratitude for my reliable, excellent car, and for my health, my wealth, and my independence.

One way to create a moment of gratitude is to thank God, or the universe, for whatever you have as well as for what you know you'll have, because you're manifesting it right now. Lately, I have been thanking God for the wonderful house I'm in the process of selling, because it was a wonderful place to live and it served Michel and me well. I thank God for the new owner who will love it as much as I have. I don't know who the new owner will be, as I haven't had any bids yet, but I know that right now, someone is in the process of manifesting this wonderful home for himself and we're in the process of connecting with each other.

So each day, as part of Step Three in your Destiny Planner, record your moments of gratitude. If you didn't have any moments of gratitude all day, create them as soon as you realize it! However, knowing that you will need to record them at night, you'll be more likely to remember to create moments of gratitude when you set out in the morning.

### **Step Three: Note Your Moments of Gratitude**

*Day One:* Forgot to feel grateful all day! Right now, I feel grateful for a program that's going to help me to manifest the life of my dreams. I feel grateful for the love in my life.

*Day Two:* Felt grateful for my gourmet coffee in the morning. Felt grateful for the food on my table, and for my wife, whom I love. Felt grateful that I have a reliable car to drive around town and that I found reasonably priced car insurance. Felt grateful for my Internet skills that allowed me to find good car insurance, cheap. Felt grateful for all my skills that will benefit me on the new job I'm manifesting.

*Day Three:* Felt grateful for my abundance. Felt grateful for my faith and confidence. Felt grateful for my health and stamina. \_\_\_\_\_

*Day Four:* Said a prayer twice today: "Thank you, God, for my new job that is deeply rewarding and pays well yet has reasonable hours and lets me work outdoors sometimes"—I know it is manifesting. Felt grateful for my community which is helping me out in my search for work.

---

*Day Five:* Felt grateful for a day of pouring rain and high winds, because I pushed myself to spend my evening at my computer, researching my new career. Felt grateful for my shelter and safety.

---

*Day Six:* Felt grateful for the sunshine. Said a prayer thanking God for my great career. Felt grateful for my skills and creativity.

---

*Day Seven:* Felt grateful that I have medicine to relieve the symptoms of the cold I caught. Felt grateful for my wife, who went out to buy it and gives me sympathy. Took the time to say my prayer of gratitude for my fantastic career that I'm manifesting.

---

#### **Step Four: Record the Results of Creating Positive Emotions**

Steps Four and Five are two of my favorite steps in the process of using your Destiny Planner, because they will highlight for you the wonderful results you create by working with your Destiny Switch and balancing your emotions. When you complete these steps, you'll realize just how effective all of your illuminators and switching strategies are, because you'll be looking at the evidence in black and white. In fact, every once in a while, I like to go back and look at what I've written in my Destiny Planner regarding Steps Four and Five because it helps me to clearly see that I truly am creating my destiny by choosing positive emotions.

Do Step Four every night. Remember back to points during the day when you switched into positive emotions. Write a short description of the switch you made, and what happened as a result—for example, did you feel better? Did you feel more energized? Also note the effect on

anyone around you, no matter how subtle it was. When you create patience, you make it easier for your frustrated child or spouse to calm down and have faith that they will solve their problem of the moment. When you create joy, you bring a smile to the face of the stranger you meet in the elevator. Don't overlook any of these magical moments of transformation. Write them down!

On Tuesday, I noticed I was feeling depressed and lethargic, and I switched off the TV I was watching, then went for a walk. I felt a little more energetic and hopeful and remembered to make a point of envisioning my business card reading just what I want it to read. I felt faith that I will manifest the business card. On Wednesday, I noticed I was feeling disconnected, and chose to strike up a conversation with a landscaper I passed by, and mentioned it was nice that he was able to work outdoors on such a sunny day. We talked a little, I felt connected to someone who enjoyed his job, and started imagining what sort of environment I'd like to be in. I envisioned having sunlight streaming through the windows instead of being in a cubicle as I am now. I experienced what it would feel like and felt hopeful and abundant.

---

### **Step Five: Noting When the Universe Responds**

Every evening, record in your Destiny Planner any evidence you saw today, no matter how small, that switching into positivity and creating positive emotions overall manifests what you desire and shines a light on your path. Unlike in Step Four, here you're going to pay attention to the more subtle evidence that the universe is listening to and responding to your heart's desire.

Pay close attention to those odd little "coincidences" that aren't coincidences so much as signs that you are manifesting the life of your dreams. You may overhear an important piece of information, or happen upon an idea that you'll investigate further and realize is a key to creating what you want for yourself. You may "accidentally" meet someone who can help you reach your goal or hook you up with someone else who can. When something wonderful happens, note it in Step Five in your Destiny Planner, and remind yourself of what you did in your life to make this situation occur. For example, a client I work with has a freelance business, and she keeps a list of all of her customers and whether they came to her through ads or through word of mouth, or

whether they were repeat clients. Whenever she feels herself beginning to worry about whether she will get enough work to be able to reach her financial goals, she looks at her list and reconnects with a feeling of confidence and abundance. Whenever she gets an inquiry for a new project, she not only adds it to her list, she notes it in her Daily Planner, under Step Five. She understands that by doing her job competently and with integrity, and creating the positive emotions of enthusiasm, curiosity, and empathy, she is continually manifesting a solid customer base.

Remember, too, that the universe works in unusual and unexpected ways at times. Open yourself up to the universe's creative ways of manifesting what you desire. You may feel lonely and be wishing for a romantic partner and decide to help yourself switch into more positive emotions by attending a free jazz concert in the park, only to get there and realize that you're surrounded by happy couples. Everyone seems to have a partner except you. You could validate your negative beliefs about finding love, or create feelings of jealousy and sadness, or you could recognize that this is an opportunity to find love! Create a feeling of joy and happiness for these couples. Connect with your own feeling of harmony, and smile at them. Be genuinely happy for them. As you walk around, you will be sending out a vibration that will attract another happy person. He or she might not show up tonight, but you make yourself attractive and available by creating this harmonious vibration. You might find yourself happily chatting with someone who isn't a potential partner for you, but who will somehow connect you to someone who is the right person. Don't forget about my friend, who spread love and joy whenever she talked to her elderly neighbor, who responded by sending over her very handsome and available son to borrow a cup of sugar!

Make sure you keep your eyes open for opportunities for manifesting the life of your dreams. When you work Steps Four and Five in your Destiny Planner each day, you'll see that your program for creating positivity really is working. I love the movie *Under the Tuscan Sun*, in which Diane Lane plays a woman who tries to create the life of her dreams by leaving her cheating husband, taking a vacation in Italy, and impulsively buying an Italian villa that she falls in love with. She dreams of having a wedding there, and having children in her home and plenty of love. The road to her destiny is full of surprises. A promising relationship doesn't work out. An old friend shows up at her door, seeking shelter after suffering a terrible emotional blow. But one day, the woman happens to be hosting a beautiful wedding for the child of a friend, and she realizes she's manifested a wedding at her villa, just as she'd hoped (it isn't her wedding, but it is a wedding). She looks over at her friend, who is playing with her daughter, and realizes she's manifested children playing on the grounds of the villa (again, it isn't her child, but it is a child).

She looks at the crowd of neighbors and friends surrounding her, and realizes she has manifested great love in many forms. Connecting with the feeling of bliss, she begins to walk around her splendid home—and discovers a handsome and available man who is interested in getting to know her more. This is what happens when you embrace positivity on a daily basis, regularly choosing to have faith and foster love. The picture you paint may be different from what you expected, but you definitely bring your dreams to life.

One sign that the universe is guiding me and helping me manifest what I desire is that I met someone who happens to do work I've been considering and he agreed to meet for coffee and talk about his work. Another one: When I was channel surfing, I came across a program on the history of Baby Boomer toys and this reminded me that I'd like to have a job where my work encourages people feel happy, playful, and childlike. I don't have to settle for less!

### *Your Commitment to Yourself*

I hope that you will commit to yourself to use your planner every morning and night. Modify it in any way you wish to make it easier for you to incorporate into your life, and to keep matters interesting. You may wish to rewrite your goal cards and your power life script again and again. You may decide to modify your daily questions, or drop some illuminators for a while and come back to them again. There are no rules, except to make every effort to fill out your planner at the beginning of each week, write in your goals and fill in your Destiny Switch for the week, review your goals for the day each morning, and fill in your daily results each night.

As you work with your Daily Planner, you'll develop the habit of working with your illuminators and to using your switching strategies. You'll become increasingly aware of your power to manifest whatever you desire.

Recently, some friends of mine took a tour through a showcase home that had been decorated by several design firms as part of a charitable event to raise money for breast cancer. Although my friends certainly didn't have enough money to afford a 22-room mansion overlooking a lake, and they didn't even have enough money to afford the pricey furniture and draperies the designers had placed in the house, they didn't choose to experience the house as a

museum filled with opulent items they could never have. If they had, they would have created a feeling of lack, and separated themselves from their own dream homes. Instead, each connected with her sense of ownership and wealth as she walked through the home, asking questions of the guides and commenting on everything that they loved and talking with the others about what they would do a little differently—fewer cushions on that sofa, a lighter color in the kitchen, and so on. The women all imagined themselves living in this glorious home, and they also imagined using the decorating ideas in their own homes. One jotted down the color of paint that she particularly liked, another decided she would create a space in her own home for reading in the sunlight just as the designers had created such a space in this home, while another was inspired to create a beautiful, removable skirt around her own pedestal sink. As they wound their way through the many rooms, they created curiosity and enthusiasm (even as they helped raise money for this worthy cause). They left feeling a sense of connection to their own dream homes, and I know that they will create the homes they desire, with the help of a kind and loving universe that wants to see us live the lives of our dreams.

You, too, can start connecting with your imagination, faith, and joy, creating love and inspiration for yourself and spreading these wonderful positive emotions to everyone around you, from your best friend to the letter carrier. As you record the evidence that you're on the path of your destiny and in control of your Destiny Switch, you'll feel highly motivated to keep with your program for yourself. I know you're going to do it!

I, your name, commit to following this destiny planner and improving my performance and commitment each and every day.

\_\_\_\_\_  
signed

\_\_\_\_\_  
date

\* \* \*

*You can download a .pdf of a blank one-month Destiny Planner from*  
<http://www.yourdestinyswitch.com>

### ***Destiny Planner Weekly Checklist***

Day One, morning: Choose four key emotions and write them into your Destiny Planner. Make sure your illuminators are at hand and ready to use. Choose some to work with this week and then immediately work with them.

Day One, daytime: Work with your illuminators and switching strategies whenever you think of them. Stay positive!

Day One, evening: Work with your illuminators. Fill in your Daily Planner where you can and use the opportunity to do anything you forgot to do (such as reviewing your mission statement or creating moments of gratitude). Review what you have written for the day. Create a feeling of joy and self-love. Commit yourself to creating just as much, if not more, positivity tomorrow.

Days Two through Seven, morning: Use the illuminators you've chosen to use this week.

Day Two through Seven, daytime: Every time you think of it, use your illuminators and switching strategies. Stay positive!

Days Two through Seven, evening: Work with your illuminators. Fill in your Daily Planner and use this opportunity to do anything you forgot to do (such as reviewing your mission statement or creating moments of gratitude). Review what you have written for the day. Create a feeling of joy and self-love. Commit yourself to creating just as much, if not more, positivity tomorrow.



## About the Author

**Peggy McColl** is an internationally recognized expert in the area of destiny achievement whose purpose is to make a positive contribution to the lives of millions of others. She has been inspiring individuals, experts, professional athletes, and organizations to reach their potential for the past 25 years. She is the president and founder of Dynamic Destinies Inc., an organization committed to deliver sound principles for creating lasting and positive change.

Peggy lives in Quebec, Canada; with her son, Michel; and her husband, Denis. You can contact her at: **peggy@destinies.com** or through her Websites: **www.destinies.com** or **www.yourdestinyswitch.com**.