



How To Make Attracting Exactly What You Want EASIER!

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For all that really know me I am a searcher of truth and always looking for ways to be an attractor of prosperity and success in my life. I am going to share today a very unknown and unused Truth about Success that you would truly benefit from if taken seriously.

Everything is made of energy. Every object you own has energy. The more physical objects you own, the more energy is used by you to maintain them. We all own unwanted, unneeded material objects that are literally taking up space in our living areas and in our brains. Furthermore, all this stuff around you must be cleaned, stored, and insured. I bring this to your attention because if you really want to manifest the lifestyle that you desire, it is time to have some discernment about what you keep—both in your physical and your mental space. Sometimes keeping track of all the clutter and unorganized stuff prevents you from having major breakthroughs, from creating solutions or new concepts for you, your business, or your life. All the



unnecessary stuff you have is draining time, talent, and creative thoughts from you!



Material things tend to start accumulating without you really being aware of it. Our childhood background has a massive effect on who we are today. We must examine and review why we have tendencies to collect stuff. I'd like to share with you that I'm not just giving advice here. I've truly lived this challenge! In this short version of my own personal story, I am sure you will find points that relate to your life.

When you grow on a farm, you learn to keep anything that could be used in the future. We kept stuff simply because, when you're poor, you must find ways to repair, remake or reinvent things. Do you remember the old MacGyver TV show, where he would save himself and others by making useful gadgets from the parts of things he found in his surroundings? That was us, and most farmers and ranchers, who have huge barns in which to store this stuff.

My mother was also a serious pack rat. She wasn't a hoarder, but she might have had some tendencies of that mental disorder. I remember drawers you could hardly open because they were so filled. We opened the closet door very gently for fear of what might fall out. As a kid I remember swearing I would never become a pack rat.

As I have mentioned, I grew up very poor and desired to make something of myself. Oh, I had big aspirations to have really nice home, new car and expensive clothes. I imprinted on myself the mindset that more is better. The more I had the more successful I thought I would feel.

As a child I wore hand-me-down clothes, and I hated them. I never seemed to have the right things I needed to wear for special events because my family had no money for those kinds of luxuries. As an adult when I started making money and became successful, I was over-compensated! I went out and got everything I would ever need for any kind of occasion ever. I was trying to make up for all that poor childhood, for being embarrassed by my dreadful wardrobe.

Yet as an adult I found myself having way too many material things that were bought just to make me feel good. Now all these material things, which really for the most part had no meaning to me, had become stressful and were taking up way too much energy in my life to maintain them.

Finally, I got my first beach house in Virginia Beach, Virginia. The house was great at first when I lived here alone. I had my office on the first floor and life was grand. Then, I fell in love and got married. Suddenly, my husband's stuff had to come into the house. Things got a little complicated, as they say. I moved my office out of the house, so he could have his space that we call the "man cave". Over the years we have collected things from trips we wanted to remember. We've gotten a bazillion gifts from people we love, and some we

don't. So, bottom line is, stuff kept coming in and coming in. I thought stuff was going out at a good rate because we always donate, but it's never going out at the same rate as it arrives.

My husband's mother and father passed away and we inherited some of their things, those life treasures that you feel obligated to keep for tradition's sake. So now there's more crystal, more china, more silver, a few antiques here and there, and the important memories of their life—photos.



Over time, I became more and more dissatisfied with my home. The closets, drawers, attic, garage and even the outside storage unit were filled to the max. I expanded my business, bought a small office building, and hired more staff, so more stuff was needed.



So, now I have a house, an office, and a storage unit, all filled to the max. Something had to give! I found myself waking up exhausted, annoyed, and frustrated, and at first, I didn't really understand why. Keeping up with all this was taking a huge toll on me. My dreams had come true; I was super-prosperous and living the American dream. Yet I found myself stressed out instead of happy. Slowly I started to realize that I had way too much stuff, and it was weighing me down on all levels.

Maybe I got more and more stuff trying to fill my life to avoid feeling something I didn't want to feel. There are tons of reasons why we all end up with way too many material things, which sooner or later may become a burden, physically, financially, emotionally, spiritually, and mentally. I can honestly admit to you that maybe I've bought many of the things because I didn't feel good enough about myself at the time. I felt like some of those labels would make me seem more worthy. I can look back and see that I have purchased a lot of material things in my life because I was simply stressed out, bored, and desired the "high" that buying something new gives you, all those great but short-term endorphins.

We all have a story about why we are burdening ourselves with too many material things. Each of us has some kind of story on how we woke up one day and realized that all this accumulating stuff is really sucking the life out of us with responsibility. I can look back on my life and realize that I've over-compensated. I've created so much prosperity that I then had to face the reality of trying to judge what things in my life had true value for me.

Finally, I admitted that I really am at the stage of my life where I want less stress, and I've got to find a way to do that. Perhaps you're in the same place, though you may have arrived at the conclusion through your own story.

My personal coach advisor suggested I have my home reviewed by a Feng Shui practitioner, who could give me suggestions on how to free up the energy in the house and those who lived there! She also suggested that I do a serious

purge of everything in my life to assist me with these feelings of overwhelm with my life.

I took my advisor's suggestion and did hire the Feng Shui expert. He reviewed my home and office and gave me very clear "cures" on how to enliven the energy in my home and office again. He also gave the prescriptive advice to really purge my life of anything that binds me to the unpleasant memories of the past. I got rid of photos, books, files, future, and all things that brought me down or I no longer wanted or needed. I released gifts and clothes that were no longer congruent with my style. Gone was all the clutter and stuff that simply was causing me stress to have to dust or clean, which I was not enjoying.

One of the hard questions I had to ask myself repeatedly was this: *Am I holding on tightly to disappointing purchases or investments that I should have released long ago?*



The first thing that came to mind was the king size brass bed in my master bedroom. Every touch caused a fingerprint. When polished this bed was a showstopper but polishing it was a stress to me. It cost over a \$150 to have people come in to polish or I had to spend several hours cleaning it. At one time that bed must have meant something to me but now it only represents work. Frankly I have enough to do in my life without having objects in my life

that take this kind of maintenance. I am happy to say I released that bed and almost anything in my home that required polishing.

I was stunned at the results of how my environment now felt to me. I personally felt so much better after the big purge and the Feng Shui treatments at my home and office. **The shocker was how it opened a flood gate of new business. What was the secret? I was feeling better!** I was thriving not stressing, both at home and at work. My creative energies were flowing more, I was more enthusiastic, and those vibrational energies attracted more prosperity in my life. My marriage bloomed into more romance and fun. I think that has a lot to do with the fact we reduced the overwhelming chore of maintaining all this stuff! I was honestly taken aback at the amazing results I was experiencing by simply taking charge and releasing the unneeded, unwanted and burdens of the material stuff in my life. Our society simply doesn't understand or respect the power of the energy of the things in our lives nor how to manage it.

I had a new motto now:

If it doesn't serve a purpose, have meaning or monetary value, it must go!



If you are not familiar with Feng Shui, here it is in the simplest terms: the ancient study and practice of how people are affected good or ill, by their surroundings, layout and orientation of workplaces and homes.

Since my goal is to give you the tools to kick start your prosperity and wellbeing again, here are some hints and processes that I have been using very successfully. These are the instructions I give to my VIP Personal Vision Day Retreats to successfully manifest more in their lives in all ways, love, health, money, and peace of mind. Some of the following materials came from one of my very best selling audio system called [Overcoming Unproductive Behaviors](#), which outlines how to stop being discouraged, de-railed, and sidetracked when you want to break any bad habit or behavior that is holding you back from the success you want. You can find this resource at my web site: www.milteer.com under the products section along with other valuable resources. (I highly recommend looking at what we have to offer!)

Law of Vacuum

It is said that nature abhors a vacuum. To have the opportunity to attract what you do want, such as a better relationship, more attractive clothes, or furniture, you must make room for your desires to manifest.

I am a big reader of prosperity books and there is one piece of advice in all of them: the way you create prosperity is to rid yourself of what you don't want in your life which makes room for what you do want. This includes negative thinking, sour attitudes, beliefs that hold you back, as well as material objects. This activates the Law of Vacuum.

If you're living in fear of lack and tightly holding on to everything—your material possessions, your time, your love, your energy, or ideas--you're shutting yourself off from the flow of life. When you dam up a stream, the water becomes stagnant. When you close off the flow of your life, *you* become stagnant. The more unwanted things clutter your life, the less room there will be for the things you want to be able to appear.

A great universal secret of prosperity is passing along to others those things you no longer need. The more you give away the material possessions that you no longer need, the more love, appreciation, and praise the world will surprise you with, increasing your abundance in all areas of your life. Make it your goal to give others the material things which are no longer of use to you. Your junk can be someone else's treasure.



When you move things, people, or situations that no longer serve you out of your life, you're clearing the way for what you *do* want. It's difficult to know what you do want until you get rid of what you don't want or what is no longer working. Let the Universe fill the vacuum.

“The STUFF Diet”

Now let's have some fun and play The STUFF DIET. Keep in mind that you are going to have to prioritize and be honest about your “stuff.” It's essential

to get clear about what's important in your life and what you really want out of life. To do this you have to be honest about what you really need, really use, and really want to keep in your space. We create our own clutter, and we are the only ones who can clear it up for ourselves.

One of my VIP VISION QUEST Retreat graduates Eric who was a self-proclaimed pack rat reported back to me that he finally took my advice and did **“The STUFF Diet”** in the home in which he had lived for over ten years. After he completed the purge of all the junk, he had accumulated he felt the urge to get a professional decorator to help him get the Zen feeling he wanted. For the first time ever, he felt so good about his newly cleaned house that he started to have small Friday night good friend parties. This dramatically expanded his social life which, to his surprise, gave him back the joy of entertaining that he had denied himself due to being overwhelmed by the disorganization of his home. One evening one of his friends brought a guest over to one of his parties and he met the love of his life, whom he had married in less than a year. He reported to me that he would never have met her if he had not cleaned up his life and started being more social again.

Eric was so sold on **“The STUFF Diet”** that he created a contest at his business office to motivate his staff to clean up the office and remove unnecessary stuff. He very happily reported that his staff’s attitude went from tired, irritable, and short-tempered to more cooperative, relaxed, and creative about problem solving. He said he noticed a lighter energy at the office and his business improved dramatically. Eric’s letter to me confirmed what I have

personally and professionally experienced: Simplifying home and workspace clutter reduces stress and frees up your energy.



Organization is key here and when you find and implement systems that work for you, you create a much more orderly environment. You will no longer feel overwhelmed by all the things you own and all the things you must do to live your best life.

You'll want to take these suggestions and modify them to best fit your style and personality. I want to remind you here that you will receive from this exercise exactly the energy you invest in it; if you only half-way do something ---please expect ONLY half-way results. All of life is the result of your focus so get excited about this new tool for success. Release what is not working so you can manifest what you do want. I promise you great results if you participate in how your environment is designed and maintained.

“The STUFF Diet” (Or Home Diet/Office Diet)

1. Before you start, decide where you will take things to sell to consignment shops, or donate to charity, and how you will have the old trash removed. This is a follow-up phase but setting it in place at the beginning is very important. Don't just let this old stuff hang around and become another burden. Set a deadline for completion of this “diet”.

2. Create a holding place for things to be released. Make it easy to get rid of stuff. Designate separate spaces for items you want to sell, donate to charity, give away, or trash. I personally set up a place in my garage, although it could be a spare room or any place you can allow things to gather for a week or so. I like to do it this way because if you change your mind and think of a reason why you are not ready to part with something you have a grace period. That way you won't regret letting something go.

3. Use big baskets, bins, or large strong boxes. Label them STORAGE, SELL, DONATE, THROW AWAY, and RECYCLE.

4. Set up a reward and accountability system. It's important to get everyone on board. Make a commitment to releasing things and decide how many things per week everyone will commit to releasing. Everyone should have a DAILY GOAL. **Something** must go each day. It can be as little as a pen that no longer works, but everyone must play the game.

The bottom line is to find ways to motivate your family or staff to release unwanted and unneeded things. For example: Kids love contests, so whoever can release the most gets a prize or special privilege. It could be anything from staying up later or a PJ party to horseback riding lessons. Try to reward with experiences, not more material things. Customize the reward so that it's something that makes them want to let go of the unneeded. Remember, we are all just big kids so find ways to reward and motivate every person who is part of the **"The STUFF Diet"**.

I want you to live every day with the **peace of mind** that results from having your home OR office **exactly** the way you want it. Remember: You are in control of your stuff, and not the other way around.

6 De-Cluttering Strategies

Un-manifesting really means that we are releasing things that no longer have value or importance to us. This is critical because these material items are draining us of time, money, and life energy. To motivate you, consider thinking of these strategies to help our favorite charity and yourself.

Think of your time and efforts to clear out your spaces as actually doing something that could benefit others because of what you donate into the world. Many people who spend time working at charity functions feel a significant difference in their lives because of it. Clothing banks focus on giving clothes to foster children, children in orphanages, as well as children of low-income families. Many children and parents rely on these clothing banks to provide school and winter clothing, as well as blankets, school supplies, and shoes. Some of these groups do more than just clothing; they also offer basic furniture, like beds and recycled refrigerators, to families in need. When we give back to society by donating things, money, and time, we improve the lives of those less fortunate which, in turn, improves our own lives.

De-cluttering a whole house can seem overwhelming. BUT if it's broken down into bite size chunks, it can be handled with ease.

1. Start by de-cluttering for 10 to 15 minutes a day. It's enough time to achieve something. It's short enough that we can all fit it into our busy schedules. If you do this one thing, it becomes a good habit. It will also ensure you keep your home or office clutter free in the future.

2. De-clutter storage space first. Once you get control of drawers, cabinets and closets it will be so much easier to find a home for everything that needs space.

3. Pick one room for your 15-minute daily sessions and stick to it until everything is de-cluttered. It doesn't really matter which room you start with.

4. Be ruthless in deciding what to keep and what to let go. You can't succeed at de-cluttering and simplifying your life or office unless you are willing to let stuff go. To make it easy, take the attitude that you are prosperous enough that if you happen to get rid of something you find that you need in the future, you will give yourself permission to buy a new one, rent it, or even buy one from a secondhand store at a bargain.

Go into this **“STUFF Diet”** with the mindset that most stuff can be replaced if necessary... *Because it CAN!*

5. Deal with paper. Little and often works best. Paper causes a lot of clutter. Bills, invoices, and receipts without a system get out of control fast. For example, you can stop paper clutter by creating a simple system for incoming mail. You'll need a bin and a 2-tier tray. Designate one tray for items that require action, and the other for documents that need to be filed. Set up a filing system that suits your own personality and needs.

Create reminders for scheduling actions like paying bills, appointments, and events. Use your computer or phone scheduling system for convenience.

6. As soon as you bring something new into the house or office, set aside storage space for it. Always keep it in its place when not in use.

It takes MUCH less time to de-clutter than it does to look at piles of clutter and feel bad day after day. The time we spend fretting about our clutter and berating ourselves is time we could be enjoying our surroundings and feeling like a winner.

To break up what could seem like an enormous task, choose different areas in your home or office, and give yourself permission to go on **“The STUFF Diet”** one area at a time.

If there are clothes in your closet that you have not worn in the last 24 months -- get rid of them! If there are clothes you don't like and don't give you a good feeling when you wear them -- get rid of them. If there are clothes that need repair, have them repaired. Your one exception: you can keep your wedding dress or tuxedo!

Don't forget to clean out your attic and garage; inevitably there are things you're keeping that would cost more to repair than replace -- throw it out or give it away.



Get rid of old furniture, toys, office files, magazines, and newspapers. Clear out the junk that robs you of your energy and time whenever you see or think about it.

De-clutter your life from the tangibles and intangibles that are no longer adding to your well-being. New substances, new relationships, and new opportunities do not flow easily into a cluttered environment.

Releasing Outdated Habits of Thought

We started **“The STUFF Diet”** to open ourselves up to more life energy and clarity. So far we’ve been focusing on material “stuff” but keep in mind that it would also behoove you to do some mental clean-up.

Mental de-cluttering and emotional de-cluttering are also extremely important because if not done, they can lead to self-imposed blockages, resistance, and massive frustration and stress. Holding on to grudges, anger, or bitterness blocks you from noticing and receiving good things in your life, as well as causing you to be frustrated, discouraged, unmotivated, and depressed.

How do you learn to de-clutter in this way? Well, start by recognizing the predominant thoughts running through your mind and then the subsequent feelings you have as a result. What's your general opinion and belief about your life and abilities to co-create it? What is your view on manifestation, your friends, your family, money, etc.? Go through each area of your life and make

a list of all the beliefs and feelings you have that pertain to each one. Let it all flow. Don't hold back. The more honest and candid you are with yourself, the better. No one must see your list; it's between you and *you*.

Allow yourself to gently move away from acquaintances and friends who are no longer really friends. Just because you were close and had a lot in common at one time does not mean that you're destined to be friends forever. LIFE CHANGES and who you used to be in alignment with and who you are in alignment with now are very different. Give yourself permission to really see and let go of relationships that have grown in different directions. By continuing to spend your time with people you no longer really have a rewarding relationship with, you are preventing yourself from opportunities to meet and spend time with people that you would really enjoy or learn from.

POINT TO CONSIDER:

Most of us don't remember "stuff" but we do remember experiences. Why not start creating your life with good memories instead of things that must be insured, cleaned, or repaired!



There is nothing in this world that feels quite the same as looking around your home or office and seeing it in order. And there's nothing more energy-draining than living with clutter, but it goes far beyond your own environment. De-cluttering will open new

opportunities for you in your personal and career life because it frees up your life energy for new things.

De-cluttering releases the blocks that have been holding you back. It ignites the fires of energy within you - energy you didn't even know you had! The stress in your face and body will ease and your confidence will return when you feel more in control. Things start to fall into place in every area of your life when you de-clutter your surroundings.

The truth is many of us have pack rat or hoarding tendencies, and it is not healthy for us. I want to leave you with this thought: **Having too much stuff in your life causes confusion. Confusion creates complications, which is the opposite of simplicity.** Letting go and releasing what is no longer needed or wanted allows your life to be more organized and less stressed, and you will gain a sense of clarity. Apply this concept of “The STUFF Diet” to every area of your life and watch the clarity unfold for you, too. **Your new motto:**

If it doesn't serve a purpose, have meaning or monetary value—out it must go!

Please do consider treating yourself to one of my personal VIP PERSONAL VISION QUEST RETREATS with me at my Beach Front home in Virginia Beach, VA to assist you in figuring out exactly WHY you are stuck and not reaching the heights of Success and Prosperity that you desire.

We all need coaches and helpers in our life to assist us in finding the BLIND SPOTS, hidden areas of income in your existing business and how to move towards the results you crave but have not found the path to by yourself.

For more information, please check out Lee Milteer's VIP PERSONAL VISION QUEST RETREATS at: <https://milteer.com/vip-personal-vision-quest-retreat/>

Join Lee Milteer on a Transformative Journey of Self Discovery!

"Vision Day with Lee Milteer shifted my Focus totally. I was very nervous about investment for two days with the famous Lee Milteer who has been one of my heroes for many years after reading her book Success Is An Inside Job. I finally gave myself permission to invest the money to have a vision quest day at Lee's house in VA Beach, Va. Wow, treated like a King and was deeply moved on how intuitive Lee is on exactly what my blind spots were and how to overcome them...."

-Darin Web

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You can also email my office at: assistant@milteer.com and request our available dates for 2023. Dates are only available through October 2023 and are filling up quickly, so please do not wait!