

RAPID BREAKTHROUGH MASTERY

Supercharge Your Wealth,
Happiness and Success In Just
10 Days

By Ken A. Powell

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Introduction

The intention behind this blueprint is simple – to help you achieve success in life in all areas, by taking specific actions and making specific decisions to reach those successes. This is not a guide that you will read once and throw aside. This is not some fluff of an e-book that promises you the heavens yet under-delivering with theoretical knowledge.

This is an ACTION PLAN. A Blueprint. A step-by-step, day-by-day blueprint that will GUARANTEE you achieve at least ONE breakthrough each day. You want to know what the secret of success is? It is the ability to take incremental actions and decisions that ultimately lead you to the results you desire.

This involves stepping out of your comfort zone. It involves breaking out of your boundaries. In this blueprint, you will have 10 days of different activities and actions you need to complete. Some days, you may have (many a times) challenging and uncomfortable, yet fulfilling tasks you will have to complete. Some days, you'll need to listen to an audio track. Other days, you'll just need to read a short article.

You'll need to complete one task or activity a day. No more, no less.

The process is really to LEARN, then DO. LEARN, then DO again.

My advice is to read each Day's task in the morning, preferably right after you wake up. These tasks shouldn't take more than a few moments to do. (Some might be longer, though)

“Why 10 Days?” you might ask. The reason is simple. Statistics already show that most people aren’t ready to handle even a 21-day challenge, let alone a 30-day challenge. This blueprint wants to help you get breakthroughs as fast as possible. And so, we decided to publish a 10 day blueprint so that it is digestible, non-intimidating, not too short, and yet effective at the same time.

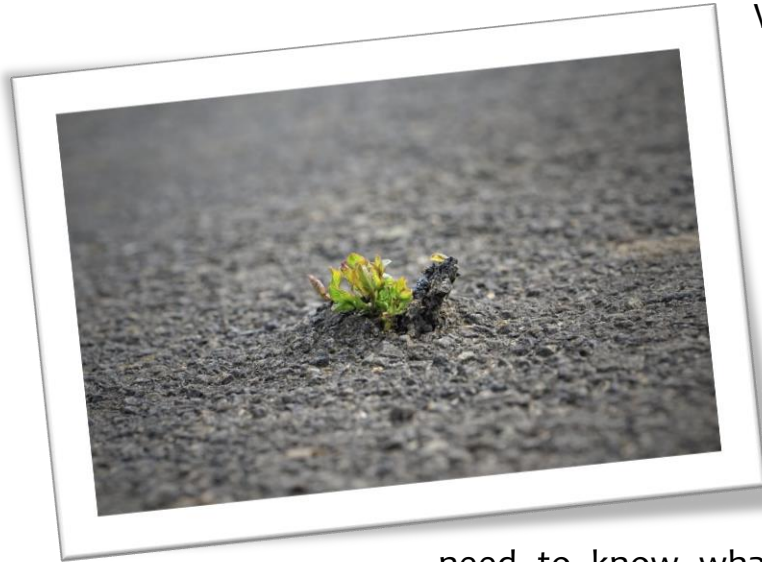
Also, some tasks may seem simple, and “common-sense”, but did you know that 99% of people don’t look for “common-sense” approaches. Instead, they go for flashy, quick-fix ways, which over the long term end up doing more harm than good. My mantra is always “Keep it simple and sweet”.

Oh, also, don’t be too overconfident and complete next day’s challenge. The key to this is CONSISTENCY. If you fail to meet any one single day, don’t beat yourself up either. Pick up from where you left off, and start the momentum again. I promise you. This will be the best Blueprint you will receive.

Enjoy.

Ken A. Lowell

Day 1 – Your Bucket List of Breakthroughs



Welcome to Day 1 – the start of your 10-day breakthrough journey. In 10 days, you will feel like you have never experienced a better version of yourself in ages. Before we want to talk about breakthroughs, you

need to know what kind of breakthrough you want to achieve in these 10 days. Is it better health? More energy? More checks flowing into your mailbox? Better relationships? Write them down!

1. _____
2. _____
3. _____

Think about what you've just written down. How can you start achieving those things? And more importantly, why? Ponder it in your heart.

~ End of Day 1! Awesome! ~

Day 2 – A Compelling Reason

Welcome back to Day 2! Today is all about PURPOSE. Why do you want to achieve success? Why do you want breakthroughs? These are the kinds of questions you need to be asking yourself before you start on this quest to personal development and self-actualization. Is it because you want to better provide for your family? Is it because you want to make life better for yourself



because you deserve better? Is it because you want to live life to the fullest, and not be beaten down by your fears? Do you want to leave a legacy? Or is it for a greater cause. You want to achieve success because that way, you will be able to help the less privileged, or even, find a cure for cancer someday!

You may want to do all these things. But for these 10 days, just focus on ONE.

1. _____

Keep this reason close to your heart for the rest of the 10 days, and if you can, even beyond. A strong purpose is what drives people on, even during their darkest of days...

~ End of Day 2! Hooray! ~

Day 3 – Living In The Present



Today is Day 3. Time to get down and dirty. To breakthrough, you need to prime your mind to be in the best possible flow, or vibration.

The first step to stepping up to a higher vibration is to first be aware of your thoughts. Are you constantly thinking about the past? The hurts? The worries? Or, are you thinking about the future? All the “What ifs”... You need to be aware of this because only by being in the NOW, will you be able to reach peak potential.

Here’s today’s activity:

Relish in the present moment. Be conscious about your thoughts every second of today. Catch yourself whenever you are not present in the moment.

~ End of Day 3! ~

Day 4 – Happiness Manifesto



Happiness is something everyone wants.

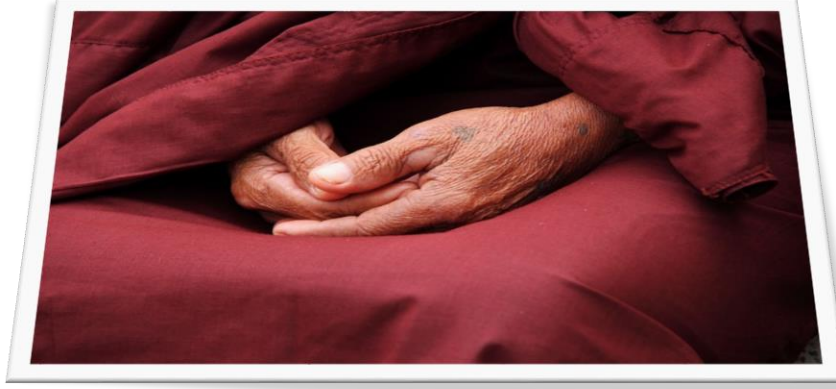
It means different things to different people. For some, happiness is feeling gratified helping others. For others, happiness is feeling spiritually connected. Some get their happiness from being fulfilled doing things they love, being in their “zone” and indulging in their passions. For another, it might just be the simple pleasure of watching funny comedies or cute animal videos.

So, what makes you happy?

Activity: Do ONE thing that makes you happy today.

~ End of Day 4! Woohoo! ~

Day 5 – Attitude of Gratitude



Let me tell you the secret to everlasting success, wealth and happiness – it's GRATITUDE.

When you are grateful for what you have, you will begin to attract more things to be grateful for.

Think of how blessed you are. The fact that you already have the privilege to read this article to improve your life, while others are struggling with even the basic provisions of food and water, is something you can be truly grateful for!

Activity: Say "Thank You" to 3 things / events you are grateful for today.

~ End of Day 5! We're halfway there! ~

Day 6 – Peace & Mindfulness



We live in a world where things are moving so quickly – we get access to a wealth of information with a touch of a finger, our food is prepared within minutes, and we can keep in touch with our friends even if they are at the other end of the world. With things catching our attention, it is no wonder our mind is constantly running 24/7.

However, it doesn't have to be this way. We can achieve the peace and calm we want if we learn to de-clutter our minds. Do something calming this day – be it meditating, spending alone time strolling along the seaside or in the woods, or doing yoga. I guarantee you'll feel more calm and powerful at the end!

~ End of Day 6! ~

Day 7 – Wealth Foundations



Wealth is something that is very closely associated with success, and it might be something you already know a great deal about, if you've been reading personal development material for a while.

The definition of wealth varies. However, for me, I like to define it as the fulfilment of the mental, spiritual, physical and emotional aspect of oneself. You don't necessarily need a ton of money to be wealthy. In fact, the person who indulges in what they love each day and contributes positively to the world may be wealthier than the person who just has material wealth, but is always unsatisfied.

Today's task is to just be aware of your own definition of wealth and what wealth means to you. Note that it is not wrong to aim for material wealth. However, being obsessed over it... is.

~ End of Day 7! Woohoo! ~

Day 8 – Personal Financial Literacy

Some of you may have read certain personal development books mentioning that money is not important. That's a load of crock. If you really want to be wealthy and make a positive difference for yourself or for the world, you can't do it when you're dead broke and cannot even feed yourself!



Fill your own cup first, before filling others'.

If you are able to manage your own finances well, you'll well be on your way to your goals.

Activity: Watch this [video](#) to learn 3 principles that will change the way you look at your money

~ End of Day 8! ~

Day 9 – Breaking The Fear Barrier



If there's one thing that's stopping you from achieving everything you wanted, it's this – FEAR. Fear is the only thing – and I dare say, ONLY thing – that stops YOU from breaking through and achieving greatness. It's not failure, it's not the wrong strategy, and it's not bad luck. It's fear.

Today, I want you to watch a video by my mentor, Mr. Bob Proctor, who was featured in 'The Secret'. In this video, he talks about how fear limits capability and how you can overcome it, and break through the “terror barrier”.

Watch The Video: <https://www.youtube.com/watch?v=P1LD9eGjQKM>

~ End of Day 9! Woohoo! ~

Day 10 – Do Something You’ve Never Done Before



Today is the Final day, and final installation of this rapid 10-day breakthrough blueprint. Over the last 9 days, you’ve learned and practiced some of the fundamental but critical skills

you need to achieve the happiness, wealth and success you want. That, in itself, is a breakthrough on its own!

For today, I want you to think back to your 3 breakthroughs you written down in Day 1. I want you to think about how you can DO something to achieve them. Maybe it’s reading books on how to become more confident. Maybe, it’s deciding to attend a course on Internet Marketing to create a source of passive income for yourself. Whatever it is, start taking ACTION. If you need a signal...This is it. I’d like to end today by quoting the slogan of one of my favorite sporting brands, Nike, and that’s “Just Do It!”

~ End of Day 10! Finally! Well done! Can you keep it up for another 30 days... and beyond? ~

Investing In Yourself



You wanna know what the best investment in the world is?

You guessed it... YOURSELF!

I think you already know, because the fact that you completed this 10 day blueprint means you take

pride, and see the value in growing yourself. Well done!

However, knowledge as you might know, is nothing, unless you TAKE ACTION. Not any action, though, CONSISTENT MASSIVE ACTION that will propel you to your goals and dreams. Ask yourself, are you doing that right now?

Reflect on the past 10 days of this course. Have you been doing all the exercises to the best of your ability? Think about how you can do more for yourself... Are you able to put more effort and time developing yourself and your skills? If you are, there are [FREE resources](#) for your continual learning in the next few pages.

Will you spend time reflecting on your passions and cultivating them to serve your community? Will you spend time to take MASSIVE CONSISTENT ACTION to grow and improve yourself?

Keep Breaking Through



Contrary to popular belief, there is no such thing as “overnight success” or “overnight breakthroughs”. Breaking through and developing your own skillsets are a daily and continual work-in-progress.

The trick is to just keep doing it. Keep improving. Keep jumping out of your comfort zone. You know something, the worst place to be in right at this moment if you wanna succeed in life, is to be within your comfort zone.

Get out and about. Use all the 10 skillsets from the 10 Days in this blueprint every single day if you can. Read more, learn more.

Resources To **Supercharge** Your Breakthrough!

1.1 Free Audio to Breakthrough Your Confidence and Self-Esteem

Listen here:

<http://www.livebyaquote.com/breakthroughgift1>

1.2 Learn to use a secret technique passed down from ancient Kings and Pharaohs to achieve massive wealth, success and happiness



Learn here →

<http://www.livebyaquote.com/breakthroughgift2>

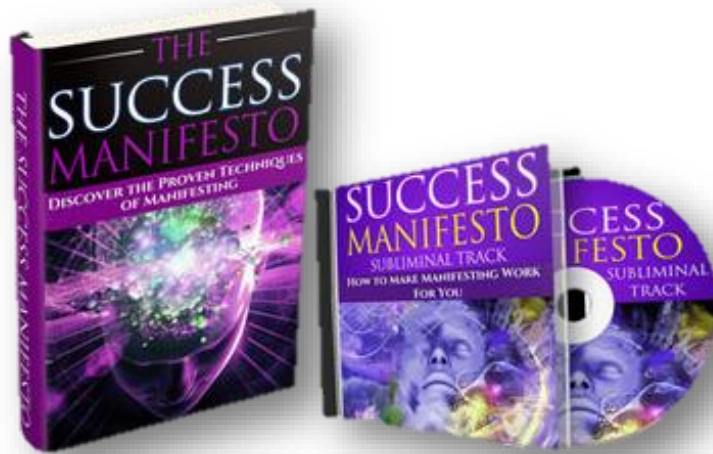
- 1.3 Read a blog on how to find the perfect partner! Or, if you already have your soulmate, this blog teaches you how to enhance your relationship as well!



Read here:

<http://www.livebyaquote.com/breakthroughgift3>

- 1.4 Download a Free Success manifesto starter kit – (Ebook + Audio Track) to sublimate limiting beliefs and enable you to get peak performance**



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