

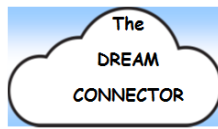
# 5 SECRETS TO **RAPID CHANGE**

**How to Fast Track Your Life to Where You  
Really Want to Go - Starting Today**



**Includes Bonuses worth \$297 & more!**

**Presented by LOIS GALLO, [The Dream Connector.com](http://TheDreamConnector.com)**



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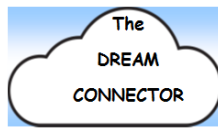
# 5 Secrets to Rapid Change: How to Fast Track Your Life to Where You Really Want to Go – Starting Today

**Lois Gallo**

Fast Track Success Coach,  
TheDreamConnector.com



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## Hello, Aspiring Dream Reacher!

Congratulations on reaching out to find better ways to live your life and make the changes you desire - and deserve too!

You've probably been thinking about your goals and dreams for awhile. Maybe you've even taken some big steps along with many baby steps toward them.

Perhaps you are reading this because you know that NOW is the time to propel your dream life into reality. You are ready to finally gain the momentum to reach your goals and make that special dream come to life.

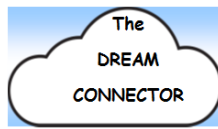
You are sick and tired of wishing, hoping, dreaming and just staying stuck and frustrated with where you are. ***You know you have to do something different.*** The same things that worked before just don't seem to be moving you any closer and you may have even hit that invisible wall.

So here you are! Since universal principles work regardless of who you are, isn't it great to know that you CAN achieve your goals and reach your dreams?! So **WHY NOT YOU?!**

I encourage you to read on as I help you identify some actions you can take to gain momentum, find or reinvigorate your passion, and keep consistently moving ahead and enjoying the process.

Use this guide and action steps to jump start your forward movement to connect to your dreams. At the end, I'll give you more resources to keep things moving and building the momentum for your Rapid Change to take you where you really want to go!

*Lois*



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## 5 Secrets to Rapid Change

**You're About To Discover 5 Secrets For Making Any Change or Achieving Any Goal (Like Losing Weight, Finding Love, Starting or Growing a Business) That Will Make Things Happen Faster & Easier Than Ever Before...**

In this special report, you'll learn five powerful secrets to make the change you've been seeking in your life quickly, once and for all!

Creating rapid, lasting change can be extremely challenging. If you've been trying for some time to lose weight, find a relationship, start a business, or change something else in your life, you know just how frustrating this process can be. You might feel totally stuck, discouraged, or even wonder if it's just not going to happen for you.

It's totally understandable to feel this kind of frustration. Most of us have never been taught that there are a few simple and incredibly effective steps we can take to completely transform and simplify the process of making changes – the steps I'm about to share with you here. In fact, you may have seen other people in your life struggle with making changes as well, and you might have wondered if maybe this unsuccessful struggle is just normal – just “how it is.” Sometimes, we unconsciously start to accept the idea that change is really hard, not fun, or even, in some cases, impossible.

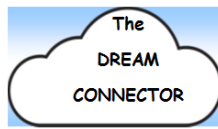
I, too, struggled to move forward and make changes in my life for many years. I was frustrated and discouraged, and considered giving up on the goals and dreams I had – like creating my coaching business – more than a few times, until I discovered and put into practice the 5 secrets I'm about to share with you here.

Now, I'm a successful transformational life and business coach, and I've been able to use these secrets to achieve many other goals in my life, too.

I want you to know that change can, in fact, happen easily and effortlessly. And the feeling of achieving those goals and changes is deeply satisfying – it feels great!

I want you to experience that same sense of happiness, fulfillment and satisfaction when you make that change you really want in your life. That's why I'm sharing these secrets here, so that you can get started right now to create the successful life you want and deserve.

Let's jump in!



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## Secret to Rapid Change #1: Clarify Your Direction

Often, part of the problem that people encounter when trying to make a change is that they're not 100% clear about exactly what it is that they want to change.

What is your exact goal? What does it look like? Do you want to "lose weight," or do you want to lose 10 pounds a month until you are down to a certain weight? Do you want to "start a business," or create an online business that brings in \$100,000 annually?

It's tougher (and a lot less fun!) to track your successes when the goal is really unclear.

So grab a pen right now and *clarify your direction*... What is it that you really want to change or create in your life? Get specific.

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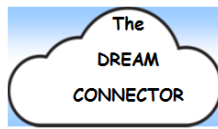
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You can get even more crystal clear on your goals using the SMART goal process – check out your goal and make sure it's:

**S**pecific    **M**easurable    **A**ction-oriented    **R**ealistic    **T**ime-oriented

As you reach some of your specific, clear goals, or continue to get even more clarity and focus, you might end up refining your goals and adding new ones. You'll be achieving goals with much more ease just by getting clear on exactly what your goal is. One of the great things that happens as you do this is that this process frees up your energy and focus to set and achieve even bigger goals as you go!

***Coming up next is another great tip that has made a huge difference for me and for my clients...***



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## **Secret to Rapid Change #2: Strategize Your Actions**

Now that you are crystal clear on exactly what you want to achieve, you'll get there easily when you create a step by step plan.

Without a strategy, going for your goal is kind of like trying to get from New York to Los Angeles without a map – murky, confusing and frustrating. With a map, it's clear, easy and fun – take this turn, then this one, then the next. Makes sense, right?

Writing down both the step and the strategy to help you accomplish it can be valuable.

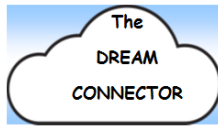
What do you need to do first? What are some things you might want to try that will help you? If your goal is to lose 10 pounds this month, your strategy might include first joining Weight Watchers and then getting an exercise buddy. You may even have to do some research as your first step in order to determine some of the rest of the steps.

If you get stuck, you could sit back and consider the goal you have. If you could break your goal into two or three main stages, what would those stages be?

So again, grab that pen and paper, and sketch out a plan for getting to your goal. I've included a rough template on the following page to get you started. You can create your own specific to the number of steps and stages you need to keep focused and out of overwhelm. Including the specifics with dates and then checking them off when completed is something that I find enjoyable as well as productive.

Strategizing your actions makes it manageable, enjoyable and simple to move forward step by step with your goals. As you achieve each step, you build momentum to keep cruising forward effortlessly on any and all of your goals.

So turn the page and get started...



**MY #1 GOAL to Achieve** \_\_\_\_\_

How I'll get there – what action steps you need to take & strategies you'll use to accomplish each step = how you'll make sure to do it

**Stage 1**

1. \_\_\_\_\_

**Strategy:** \_\_\_\_\_

2. \_\_\_\_\_

**Strategy:** \_\_\_\_\_

3. \_\_\_\_\_

**Strategy:** \_\_\_\_\_

4. \_\_\_\_\_

**Strategy:** \_\_\_\_\_

5. \_\_\_\_\_

**Strategy:** \_\_\_\_\_

**Stage 2**

1. \_\_\_\_\_

**Strategy:** \_\_\_\_\_

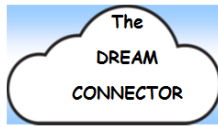
2. \_\_\_\_\_

**Strategy:** \_\_\_\_\_

3. \_\_\_\_\_

**Strategy:** \_\_\_\_\_

**Feel free to add Dates as Milestones to complete each step by. Then enter the Actual Date you can check that step off your list as you progress.**



**Secret to Rapid Change #3: Upgrade Your Skills**

If you've had trouble achieving your goals in the past, it might simply be because you need to acquire or brush up on some key skills for your goal. For example, if you keep getting stuck when trying to start a business, it might just be that you need to build some solid marketing skills and then you'll be ready to hit it out of the park. Stuck in your dating game? It might be time to read that book on secrets of flirting.

Stop right now and make a list of the skills that are needed to achieve your particular goal. As you take a look, you might see that you're strong in some areas, but that you could definitely use support in some others.

Are there some areas where could you use a skills upgrade? How might you get started on upgrading those skills?

Once you have the necessary skills in place, feeling frustrated and stuck will melt away. Your skills will propel you forward into success!

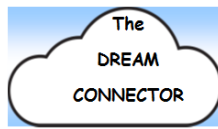
**MY SKILLS:**

**HAVE**

**NEED**

_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
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_____	_____





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## **Secret to Rapid Change #4: Optimize Your Environment**

Have you ever noticed how great you feel after spending time in your favorite place or with your favorite people? Our environment is a huge factor in our success. I know, for example, that I am enthusiastic, focused and motivated after spending time with other successful coaches who are as excited about helping people create amazing results as I am.

And, on the flip side, it's pretty tough to create powerful changes in your life when you're in an environment that doesn't support you.

If you're trying to lose weight, but you have a freezer full of Ben and Jerry's, well, losing weight will be a huge struggle. If you quit buying Ben and Jerry's, you're already a whole lot closer to being automatically set up for success than you were before.

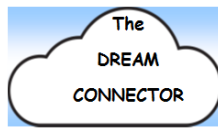
### **A few things to consider when optimizing your environment:**

- Take a look at the people you surround yourself with. Do they support, motivate and inspire you, or do they bring you down?
- What can you do to more consistently be in environments where you're surrounded with people that support you and inspire you toward success?
- What could you add in to your environment to make success easy, fun and inevitable? If you hate going to bars to meet people, or can't seem to find many good places to go where your type of date hangs out, signing up for a program like match.com might be the perfect thing to add in to your environment to set you up for relationship success.
- What could you take out of your environment that is detracting from your ability to achieve success with ease and joy? If you're trying to start a business, but your workspace is so loaded with clutter that it takes you an hour to find a space to get down to work, well, that's not so supportive. Get rid of the clutter and watch your business soar!

Make a list of things you could add into your environment to support you, and things you could take away that would make you more successful.

You can use the next page to begin your list of things that will support you and those that you will want to eliminate.





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## **Secret to Rapid Change #5: Master Your Psychology**

Putting any one of the secrets I've shared so far to work in your life will make a huge difference for you, without a doubt. And, with that said, this last secret might just be the most powerful one of all.

Sometimes, no matter what you do to create a change, something underneath it all can still hold you back. It's completely normal to encounter fears, doubts, and limiting beliefs when you're going for your goals.

There are a lot of great ways to work with these psychological factors so they no longer have any power over you and your success. Number one is simply to become aware of them – to really notice how a certain doubt creeps up every time you consider taking the next step, for example.

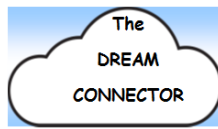
Knowledge is power. Once you start to bring these processes out of hiding and into the light of your awareness, you can work with them, and release them!

In my coaching programs, I offer my clients a lot of powerful strategies for mastering their psychology once and for all. Having someone support you through the process of releasing fears, doubts and limiting beliefs that have been holding you back makes a huge difference. In fact, hiring a coach was one of the single most important steps I took to help me master my own psychology and go for my goals.

Maybe that is something you have thought about and you are just looking for the right one that "gets" you. Someone you can trust to feel safe with and loved as you work through some of the annoying things that may have kept you stuck in some way. Whether it involves any step of the 5 secrets, or just a sounding board or practical guidance for business or life goals, these are things I can definitely help you with.

Let's explore your options further with additional ways I can help you clarify where you are right now and how to move quicker to where you really want to go. Read on!

I've added a couple of BONUSES to help you get whatever breakthrough you need to move ahead quicker and easier. Check them out on the next page...



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## **FREE BONUS OFFERS to Jump Start Your Forward Progress!**

### **BONUS #1**

I trust that as you read and pondered the answers to the questions identifying steps to move you forward that you have gained some clarity and direction. You have at least identified some places where you need to make some changes and even step up the kind of support that you've had for your dream.

Maybe you've decided your dream really is important enough to be made more of a priority now. You see how accomplishing it could really make your quality of life so much better. You are beginning to like even more the person you see yourself becoming in this new place where your goal or dream has been realized!

And you see the difference it makes on the people around you that you cherish the most in your life, as you step up to respect and honor your dream.

Often I find that we get stuck somewhere along the way in our Inner Dialogue. I have put together a special presentation that talks more about the head games we play that we don't realize are keeping us blocked or stuck in some areas. While your mind can be your biggest ally, it can also be your worst enemy unless you have it aligned and working for you.

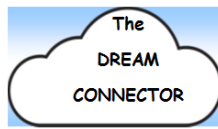
There are some fun and effective tools you can use to release those blocks and start seeing real miracles and huge progress quickly. I'll walk you through them in this special presentation I've put together for you:

***Automatic Success: How to Finally Gain Momentum and Bust Through Limiting Beliefs and Blocks That Have Held You Back From Your Dream Life***

**Connect to this free resource here:**

**<http://www.thedreamconnector.com/AutoSuccess/>**

If you don't want to wait but are ready to take the fastest path to your success now, then you might want to take advantage of Bonus #2 on the next page...



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## **BONUS #2 – FREE DISCOVERY SESSION**

Ready to move ahead with your goals and build your dream life?

Maybe you're not sure what has been stopping you from the progress you'd like to be making. Many have found that having some feedback, encouragement, and accountability can help get you there faster.

Perhaps you already acknowledge you have hidden areas you just can't see. You know you need help outside yourself and would just like to find a good fit with a coach who can help you gain traction quickly.

If that is you, and you are ready to move ahead to explore your options further, I have a limited number of 30 minute Breakthrough Sessions available to do so. I normally charge \$297 for this, but will waive the fee so we can have a no-obligation conversation just to see where you are, where you want to go, and how we might be able to work together to get you there.

Just contact me at: [discovery@thedreamconnector.com](mailto:discovery@thedreamconnector.com) and we'll get right back to you to set this up at a convenient time.

***Apply for your complimentary coaching session with me*** (normally \$297) to get the process moving faster!

Go to: [www.TheDreamConnector.com/coaching/](http://www.TheDreamConnector.com/coaching/) to sign up while this offer lasts.

You absolutely deserve a happy, successful life. I believe in YOU! Start now!

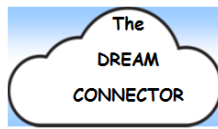
I'll be in touch soon.

To your success,

*Lois Gallo*

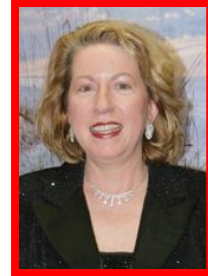
Fast Track Success Coach

*“Your Rapid Change Specialist”*



## ABOUT LOIS GALLO

Lois has been reaching out to encourage others as long as she can remember. She grew up a minister's daughter, the oldest of five children, living in and around Toronto, Canada and Virginia Beach, Virginia.



Through the years and all the ups and downs of life, her passion has become teaching and leading others along paths she has forged through pain, loss, self-discovery and ultimately God-discovery.

Lois has demonstrated her inspiration and leadership through a 25+ year career in Financial Services, various enterprises she has run, serving as president or board member of various professional and civic organizations, and teaching in church, community and at her fine art school.

Since retiring from the financial field, she's stepped up to provide transformational coaching and inspiration with her Heart & Power enterprises; hosted an internet radio show, *Living with Heart & Power*, where she interviewed leaders about divine living and direction; and founded Heart & Power Marketing, where she helped local small businesses increase their ability to attract more customers strategically through online, offline and mobile marketing tactics.

The Dream Connector was then birthed to help people reach their dreams with practical steps and automatic success principles for fast tracking results and bringing transformation that lasts, developed through her processes and insights.

Her published works include *Million \$ Planning: One Step at a Time, Rekindling the Human Spirit* (contributing author), *Faith Lessons: Experiencing the Miracles* (co-author with Dr. Robert Schuller & Jennifer O'Neill), and *Lois Gallo's Guide to Marketing Your Business Online*. She was featured in both the 2013 and 2014 bestseller editions of *The Gratitude Project* books.

She continues to write, speak and coach, as she lives out her passion to help people live a successful and purposeful life.

For more information, visit: [www.TheDreamConnector.com](http://www.TheDreamConnector.com)

