



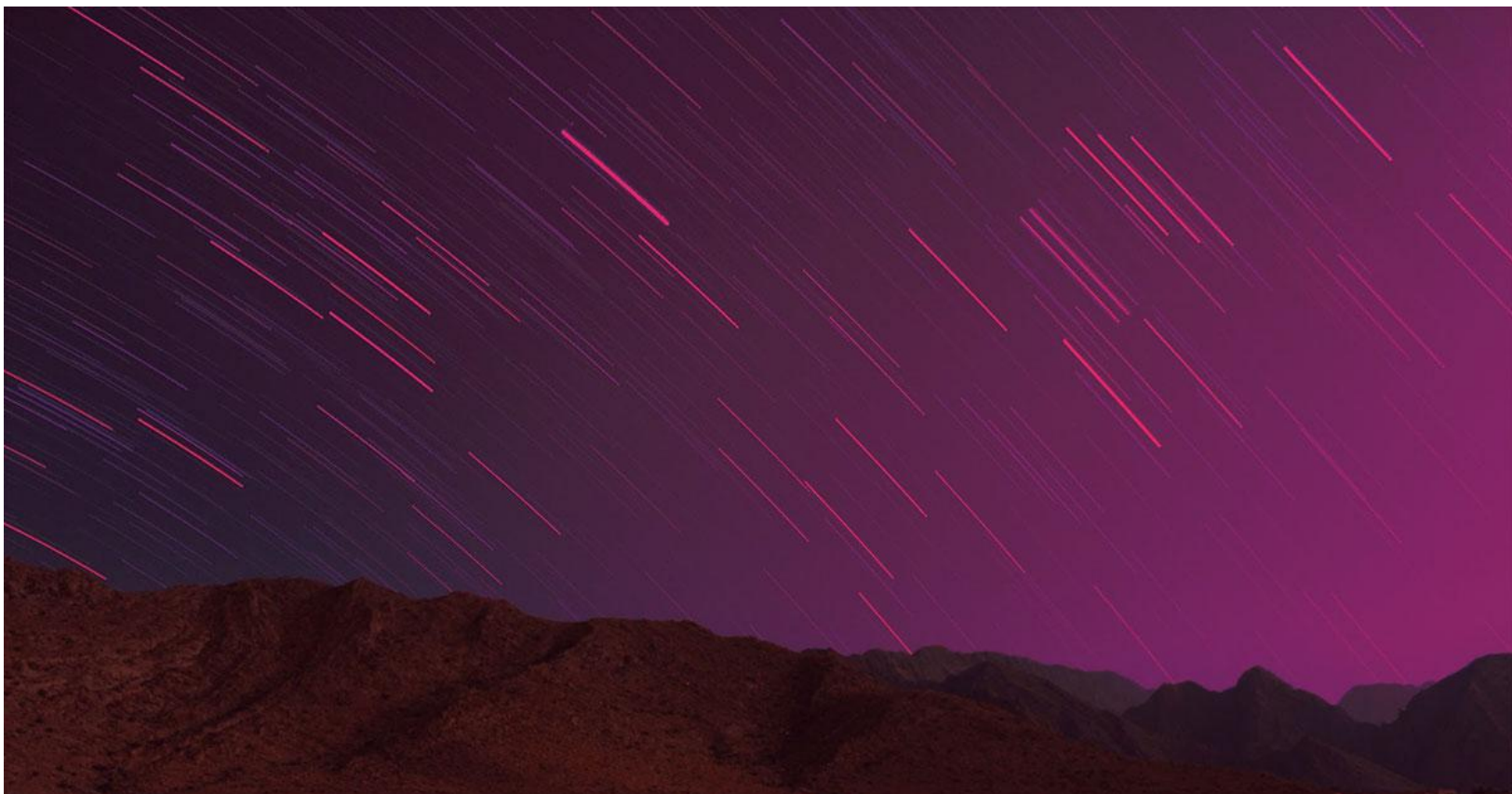
*Sleep Checklist*  
THE BOOK OF MILLIONAIRES



SLEEP CHECKLIST  
CHECK THESE OFF EVERY NIGHT



*Sleep Checklist*  
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## SLEEP IS NOT JUST RELAXING TIME

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Sleep is one of the most important times during your transformation for money, love, health, success or any other condition that you want to transform.



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1.

Never go to bed upset, hurt or angry.

How you go to sleep essentially sets the tone for the following day.

2.

Mind Movies are great to watch before you go to sleep as they can help you set the tone.

3.

The last 5 minutes before you fall asleep, give your access to your subconscious;

The first 5 minutes after you wake up is access to the subconscious.



4.

## LOOPS

Whatever you play over and over again on a loop as you fall asleep will impress the subconscious.

So you want to loop specific things as you fall asleep. If you have a health issue, you want to think of a scene that would imply that you are healed. For instance, if you have a hurt leg, then as you fall asleep, you want to loop a scene of you walking on the beach, or a park, or anywhere with healthy, strong legs (with no pain).

Loop this 5 to 10 second scene (in first person point of view) over and over as you fall asleep.

You should be able to loop it at least 40 times or more before you fall asleep.



5.

## COUNCIL MEETINGS

Whenever you go to sleep always have a conference, or board meeting or council meeting.,

There is a technique first shared by Napoleon Hill, and remastered by many Law of Attraction experts, Master manifestors and Book of Millionaires Members.

The Council Meeting.

As you are going to sleep, you can lucid dream and hold a council meeting with anyone you choose.

You can pick people you know, people that are from the past, ANYONE.

The people in this meeting are your Book of Millionaires' Council Members

The brilliance and the magic of this technique is that you call a meeting.

Usually 3 - 8 people and you can actually get advice and knowledge from them during this time.

The advice will be genuine and usually, it is advice that you have never heard of, nor thought of.

Have meetings at least 3 nights per week and ask for new business ideas, new ways to make money, increase confidence, heal your body, etc.

THIS WORKS BRILLIANTLY



6.

### SLEEP HYPNOSIS.

You can use audio hypnosis , affirmations or meditations when you are drifting off to sleep.

This is a great way to have the words inputted into the subconscious.

The last 5 minutes before you drift off to sleep the audio will be speaking directly to the subconscious.

And if you happen to wake up as it's playing, you have more time with the subconscious reprogramming.



7.

### LUCID DREAMING.

Lucid dreaming is simply the act of creating a dream as you go. It occurs when you are asleep but you are aware that you are dreaming and therefore have total control over what happens in the dream.

This is one of the most effective manifestation methods you can use.

As you sleep, create the reality you want. Build the home of your dreams.

Throw a family get togethers, go on a dream date with your soulmate, buy 100 cars and private jets, win the lottery, create the business of your dreams with a beautiful office and 1000 employees... the only limit is your imagination.

And when you take part of the lucid dreaming, you either are, or you get to a point where your brainwaves are in 'theta' and that is the state that your are connected to and when you can program your subconscious mind with the thoughts and feelings that bring what you are thinking off into existence.



8.

### WOULDN'T IT BE NICE?...

Yes the wouldn't it be nice technique is awesome when you are having a hard time focusing as you are falling asleep.

As you are lying in bed and if you find it hard to focus on a specific event you want to impress.

Sometimes our minds are a little restless and many things go through our heads. We can use this technique.

As you try to get comfortable in bed, simply think "wouldn't it be nice if..." you can add any scenario you choose.

Example: Wouldn't it be nice if I bought that 6 bedroom house? and then think of being in the house, maybe having dinner with the family.

Then you can shift to a different wish

“

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Wouldn't it be nice if I had that new Mercedes right now?

and then think of you walking outside and unlocking the door to your new Mercedes.

The possibilities are endless, keep hitting on the wonderful what ifs as you drift off to sleep, your subconscious will take over eventually





I've used this every night for the last 3 months and my life has completely changed. It really is a miracle

*-Stacey Miles*

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BEFORE YOU GO TO  
SLEEP OR NAP

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Never squander a chance to create or change the reality you want to live in.

Even if you are already a millionaire, there can always be improvement and we stand by this every evening.



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## OTHER RESOURCES

Make sure to check out

**1. Add Your Name to the Official Book of Millionaires.**

Are you in the Book of Millionaires? If you aren't yet, add your name and be officially listed in the Book of Millionaires alongside the most successful people to ever walk the planet. Go to [TheBookOfMillionaires.com](http://TheBookOfMillionaires.com) and register.

**2. The eBook of Millionaires.**

The ebook is the complete handbook for manifesting “permanent” wealth, health, Love and Happiness.

This is the ultimate handbook to fix anything in your life.

Pull it out when you have bad days, when you need reassurance, when your faith is shaken, when your family is having issues, when someone you love gets sick.

This ebook is the last book you'll ever need

**3. The Book of Millionaires vol 1.(paperback)**Essentially the same as the ebook of Millionaires in paperback.

Includes how to program and reprogram the subconscious.

Upgrading your self image and how others see you and more.

**4. How to Create Permanent Wealth and Abundance** on how to permanently generate wealth with the law of attraction.

Works like magic for the long haul, no uncontrollable ups and downs. Only 15 pages (ebook and paperback)

**5. Daily Affirmations Booklet** – your daily 7 day guide to Book of Millionaires' Affirmations, specifically designed for the Book of Millionaires members. Affirmations that actually work and the correct affirmation for each day.



6. **Daily Journal** - the official Journal for the Book of Millionaires Members. Write out your thoughts, goals, accomplishments and achievements. Anytime you feel inspired to write, grab your official and anointed journal for the Book of Millionaires.
7. **Scripting Journal** - As you learn how to get better and better with scripting, you should definitely have a notebook or journal specifically designed for scripting.

All included and free for Book of Millionaires Members  
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Good Night



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