

## ASK

Jack Canfield, *The Aladdin Factor*,  
(New York, New York: Berkeley Books, 1995)

### BARRIERS TO ASKING

- Ignorance
- Limiting beliefs
- Fear
- Low self-esteem
- Pride

### BENEFITS OF ASKING

- You will take control of your life.
- You will have better business and personal relationships.
- You will increase personal power.
- You will have and give more love.
- You will enrich your lifestyle.
- You will maximize your talents and skills.

### MASTERS OF THE LAMP

- They know what they want.
- They believe they are worthy of receiving it.
- They believe they can get it.
- They are passionate about it.
- They take action in the face of fear.
- They learn from their experience.
- They are persistent.

### KNOWING WHAT TO WISH FOR

- Task 1. Make a list of 101 wishes.
- Task 2. Clarify your vision.
- Task 3. Complete the perfect day fantasy.
- Task 4. Complete the “I want” process.
- Task 5. Stretch your imagination.
- Task 6. Visualizing your dream.
- Task 7. Creating your dream.

### CONQUERING FEAR

- Gate 1. Realize you create your own fears.
- Gate 2. Analyze your fears.
- Gate 3. Use positive self-talk.
- Gate 4. Feel the fear and do it anyway!
- Gate 5. Build up to the big slowly.
- Gate 6. Re-frame the meaning of rejection.
- Gate 7. Remember—it’s a numbers game!

### HOW TO ASK

- Ask as if you expect to get it.
- Ask someone who can give it to you.
- Be clear and specific.
- Ask from the heart.
- Ask with humor and creativity.
- Give in order to get.
- Ask repeatedly.
- Deal with resistance.

### WHO & WHERE TO ASK

- Ask at home.
- Ask at school.
- Ask at work.
- Ask the world.
- Ask yourself.
- Ask a higher power.

### THE EVENING REVIEW

- What did I want that I did not ask for today?
- Who could have helped me today if I had asked?
- Where could I have asked for what I wanted and got it today?
- How could I have asked more effectively?