

*A powerful program to help you get clear on what you want out of life...  
and gives you the tools you need to obtain them!*

# You. *Change.* Now!



*7-Day Life Transformation Program!*

*Define Your Goals, Conquer Your Fears, Take Control of  
Your Life and Achieve Your Personal Best!*

*From the author of the ground-breaking  
Sales Crumbs Trilogy & Authentic Sales Voice*

**Brandon L. Clay**

## You. Change. Now!

*Brandon L. Clay*

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# You. Change. Now!

*Brandon L. Clay*

**You. Change. Now!** Brandon L. Clay

You. Change. Now! is a 7-Day Life Transformation program designed to help you get clear on what you want out of life and gives you the tools to obtain them!

Take a few moments to examine your life.

Is this where you thought you'd be 5 years ago?

If you don't change now, where will you be in 5 more?

Think it's too late?

It's never too late...

All that you desire is still possible...

If You. Change. Now!

This program will work for you...regardless of where you find yourself today. It is progressive and uses proven techniques of success and achievement. The outline of your 7-day transformational journey;

1. Elevate Your Mind
2. Activate the Triune Mind
3. Strategize
4. Eliminate Fear
5. Focus on a Goal
6. Master Money
7. Achieve Balance

Each day contains time-tested concepts and principles delivered in a contemporary, simple format. The end of each session contains workshops designed to help you build a master blueprint for your life and action steps to help you achieve them. Journal pages are also included so you can chronicle key learning and document your ultimate success!

If You Ready To Live An Extraordinary Life...

Then it's time You. Change. Now!

## **You. Change. Now! Details**

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# From Reader Review You. Change. Now! for online ebook

## Heidi The Hippie Reader says

I received a free copy of this book (and audio book) through Goodreads First Reads. FTC guidelines: check!

You. Change. Now! is a book about personal transformation. Clay gives the reader simple, sequential steps to promote change. It reminded me a lot of other books that I have read by New Age authors like Joe Vitale's Key and Bob Doyle's Follow Your Passion, Find Your Power. They all have very similar themes like releasing fear, clearing your mind, setting goals, finding what motivates you, and creating a vision for the future. This one was different in that it provided a lot more worksheet pages and blank diary sheets to mark your progress.

Here are the seven days/steps/processes from this book:

Day 1: Clay wants you to Elevate Your Mind! He asks you to examine your subconscious expectations and put them into a concrete form. Are you visualizing yourself as less than you could be?

Day 2: Activate the Triune Mind. This is describing the interaction between your conscious, subconscious, and super-conscious minds. The conscious mind supplies the what, the subconscious supplies the why, and the super-conscious supplies the how. Get these three to work in concert on your financial, physical, spiritual, social, and mental goals and you will see changes! (He also provides detailed tips on goal setting.)

Day 3: Strategize. This is the flow: your Thoughts to Words to Actions to Habits. When you include a clear vision of where you want to go, you feed this vision with your thoughts, then everything flows through to your life through that pattern.

Day 4: Eliminate Fear. Clay also describes fear as inaction. He says that present circumstances, past experiences, and your self-image create fear and blocks in your life and by working through it you create room for action now.

Day 5: Focus on a Goal. Choosing what you want physically, financially, spiritually, mentally, and socially-write it down. Use the techniques described earlier in the book to sculpt actions that can lead to this goal. Put a date on when you want to accomplish this. Keep going until it happens.

Day 6: Master Money. Clay provides a budget sheet so you can physically see what goes in and what comes out. He explains how you can invest money and through small actions, over time, you can see large changes. He talks you through creating a Triangle of Wealth (income from passive, passion, and your profession-differences between these three detailed in the book).

Day 7: Achieve Balance. Connect your D.O.Ts (desires, opportunities, and time) for maximum change. And don't forget to enjoy the ride!

Compared to other books I have read, this one gives completely concrete examples and very little wishy-washy dreaming. I feel that, if you put the work in, you can get out exactly what Clay promises which is a "life transformation."

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## Wendy says

I thought the book was great. I think it is a great motivational tool for people wanting to make a change in their lives. Another reviewer mentioned he thought the author gauged people by the cars they drive. I however, did not feel this to be so. He started off in the book by using the cars I believe to create a point of focus. The author says **"In tonight's exercise we will use the simple desire for a new car to create the "Possible Future". That focus on material desire could be the key to help you unlock the "hidden gifts" that will help you manifest that possible future!"** I don't really think it matters whether your goal is a dodge neon or a Lexus. It will give you a point to start from and work out from that.

Reading and doing the exercises gets people to reevaluate areas in their lives. Sometimes people are spending too much time focusing on one area of their life causing the other areas to then suffer. It's all about achieving balance. I don't feel that you will get the full benefit of the book unless you do the exercises. The exercises are vital in starting to make the transformations in your life.

I know personally the book gave me lots of things to think about. I look forward to reading future books from this author. This was a free Goodreads first-reads giveaway. This did not influence my opinion on the book

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## DCT says

This was like having my own personal life coach! For me, every new year is always a time of hope to new beginnings and possibilities, as well as introspection of what I want in my life. I always have in the back of my mind, things I'd like to do or accomplish and dreams of how I want to live, but I often found that when asked myself, I couldn't verbalize it. I want success but just didn't know where to begin, as the prospect seems so daunting. This book is like a personal journal to help me organize my thoughts, strengthen my belief and faith in myself, and kick start that desire to try just a little harder.

I loved that the author made this so easy to follow, and broke it down in an easy to read format. There are worksheets and resources built directly into the book to let me customize my "journal" for my life goals and dreams. What I loved, is that you don't have to do it all at one time; as a matter of fact, it is best split up into 7 sessions, that can be easily completed in one weeks time, and I found myself reflecting/reviewing what I had learned from the day before as I got excited about what is to come in my own life based on the next step. It really helped me to not limit my thinking and to dream big!

I used my e-reader and everything is built right in, and the author has a great website to support and build on the principles and ideals in this book. The author also has a sense of humor and a fun way of interjecting little funnies and cultural references that you can really relate to. His background is sales oriented fields, but this book really is on becoming the best person that you can be, and it can be applied to any area that you wish to make successful. After completing my 7 day challenge, I feel motivated, excited and inspired to go after the things I want in life and believe that I can achieve it. It will be something that I will refer back to often to reignite the fire that is now ablaze. If you aspire for more, I would highly recommend this investment into your future.

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## **Jay says**

I received this book in the Goodreads First Reads program. Clay's book is a good example of the kind of book read by sales pros to drive personal goals. It is very short, with 7 chapters corresponding to days of the program. A nice point - each day had a set of worksheets that focuses your thought on the concept of the day, and these were different from the other similar programs I've studied in the past. This did have the Rah! Rah! feel of some books aimed at people less interested in thinking things through and more interested in getting to the action, and while I didn't like that focus, I'm sure some do. I did not like the infatuation with expensive cars either -- it seems like the author gauges people by the cars they drive, and cars come up again and again in the book as goal and measurement. While I didn't try it out, the author includes a downloadable audio version of the book, and that could be very useful. If you are a young sales pro and haven't tried a personal goals program, this may well be the book for you.

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## **Natalie says**

I received this book in the Goodreads First Reads program. It wasn't quite what I expected, but I think it could be very useful for some people.

The focus of the book is transforming your mind (in 7 days), which will lead to changing your life over time. I liked this, as I had wondered how you could change your life in a week. There are practical, easy-to-use worksheets to guide you through visualization exercises that address goals, and planning.

In the initial part of the book, all parts of life are mentioned. Most of the exercises focus on finances. What you want. How you can do that. What's stopping you.

Other areas come into play as motivators. eg. Earn more so that you can \_\_\_\_.

The author's bio mentions sales people. This book would be a good fit for a sales person. It could also work for people who liked *The Secret*.

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## **David Wright says**

I received a free copy of this book as part of a giveaway. I normally do not read self-help books or sales books, but this book seemed intriguing. Overall, I found the information provided in this book valuable to be valuable and worthwhile. The overriding message and ideals presented in the book are excellent, however I didn't really care for the characters, the story, and the writing style. As an author myself, I know how difficult it is to write a book. Further, when writing nonfiction, you need to find ways to engage the reader as the material might be perceived by the reader as dry or uninteresting. So I applaud the author for the book. As I mentioned, the message is excellent.

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## **Denise MacDonald says**

\*\*I won this book from Goodreads Giveaways. I agreed to provide an unbiased review\*\*

This book is written in an easy to read manner. It is set up as a seven day program with a lesson for each day along with worksheets. The author used easy to relate to examples in each lesson. I really liked that example worksheets were completed, it helped to get my ideas flowing. The worksheets are progressive, helping you identify your wants, helping you set your goals and than helping you create your plan to reach your goals. It also include strategies to assist you with changing the way you think- using positive thoughts versus negative thoughts- to change your outlook on life and yourself in general.

I found this book very helpful. Although it is set up as a seven day program it did not take me seven days to complete it. I now have a solid plan to follow to reach my goals. It would have been much easier to use the worksheets if the binding was a coil binding, although at the end of the first chapter there is a link to a website to download full sized worksheets for free. A better placement for the link may be in the introduction so that the reader knows to print them off before they start.

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### **Evelina Ho says**

I won this book from a Goodreads giveaway. I sat down to read it only intending to read a chapter a day. I ended up finishing the book in one sitting! The author Brandon L. Clay has a very readable writing style. The ideas presented in the book are fresh and interesting. The workbook format of the book was great to work along with. The challenge of transforming your life as this book outlines seems excitingly doable. An encouraging well written book.

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### **Ashley says**

I received this book through Goodreads First Reads.

I found it terribly difficult to get through. The exercises weren't applicable. For instance, his exercise on how much you can be earning is based on what your dream cars are. If you have no interest in driving expensive cars, he extrapolated you have no interest in expensive houses or making much money.

Additionally, he uses psychological terminology incorrectly. Overall, I found this book interesting in parts, but not particularly useful.

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### **Samantha says**

I got this book as part of a give away and I thought it would be an interesting exercise to do. While some the exercises where interesting and though provoking I feel like 7 days is just not enough time to properly enact real change in some ones life. To me it seemed to much like a quick fix. However it was easy to read and easy to follow

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