

BUILDING A LEGENDARY NETWORK (BY BECOMING MAGNETIC)

Networking isn't just about getting lots of people's details, but its about building relationships. And the most important relationship starts with the one you have with yourself. If your mind is not in the right place you'll never truly connect with anyone on a deeper level. And if you don't connect on a deeper level, what makes you think you'll be remembered?

Becoming magnetic is about harnessing your mind, body and spirit to the best of your ability so that you literally draw people into your world. Because of the type of person you are and the mindset you have people want to be around you and naturally want to introduce you to others.

LEGENDARY MINDSET

Give first before you receive.

Remember, "Life gives to givers and takes from takers".

If you're just starting out and feel like you have nothing to offer, you can **ALWAYS** give your time and attention to helping someone with something that's important to them.

LEGENDARY VIBRATION

To get into the right vibration think about the following;

1. SURROUND YOURSELF WITH THE RIGHT PEOPLE

This may be difficult for some of you so start with finding *one* positive person in your life and reach out to them today.

2. BE CAREFUL OF THE CONTENT YOU CONSUME

Avoid watching negative news and mindlessly scrolling on the Internet. Instead watch inspiring content like documentaries, motivational videos, speeches, podcasts etc. Brainwash yourself into the right mindset.

3. GEAR YOUR INSTAGRAM FEED FOR SUCCESS

If you're a big IG user then follow specific hashtags that'll curate your feed with high vibes. For example; #highvibrations #higherconsciousness #spiritual. Unfollow the pages that do not serve you.

4. BE MINDFUL OF YOUR MUSIC

Music has a powerful way of affecting your brain waves. Choose your playlist wisely. Have a list of songs that have an upbeat tone and positive lyrics. For example, The Score – Born To Win.

5. WHAT FOOD ARE YOU EATING?

Food affects the way you feel by changing the chemistry in your body. If you eat something with low vibration (i.e. fast food) you'll literally feel low and then won't be as motivated to take as much action as you possibly could have. And if you don't take appropriate action, what will you accomplish?

6. GET INTO THE SUN

If you can sit out in the sun a little bit everyday it'll leave you feeling like you're on top of the world. The sun has a natural way of recharging your mind, body and soul.

7. THOUGHTS ARE EVERYTHING

Use affirmations to empower yourself. For example, "I am in vibrational alignment with my purpose" or "I'm building amazing relationships with fascinating people from around the world"

8. RECHARGE YOUR ENERGY

Simply take 10 minutes before bed to bring your energy back into your body by sitting in silence and breathing deeply. We spend it all day on social media, colleagues, friends and often forget to recharge our mind, body and spirit so it's ready to fuel us for another day.

LEGENDARY BOOKS TO READ

The Kybalion by The Three Initiates

How To Win Friends & Influence People by Dale Carnegie

The Third Door by Alex Banayan

Personal Magnetism by William Atkinson

Never Eat Alone by Keith Ferrazzi

When I Stop Talking You'll Know I'm Dead by Jerry Weintraub

The Art Of Living By Bob Proctor

What They Don't Teach You At Harvard Business School by Mark H. McCormack

WANT TO LEARN MORE?

Want more help on any of the above? Email me on knowyourlegacy@gmail.com