



## The Law of Accumulation

The Law of Accumulation ... says that no honest effort is ever lost. Instead every effort, small or large, accumulates.

You can look at any area of your life and you will see the accuracy this truth contains.

If you take action on improving your health then you will begin to see those efforts accumulate. Let's pretend that the only thing you want to do is improve the way you look - your body shape to be specific. Whether you want to or not, you begin to improve other areas of your health at the same time.

So you begin exercising and eating better. Your only intention is to look better.

However... Your blood levels improve. Your immune system improves. Your energy levels increase. Your sex drive improves. Your concentration improves.

There are dozens, if not hundreds of areas that improve because of this natural subconscious law.

Every effort accumulates. And if your methods are pure and true you will begin to see results that are good for you accumulate in many other areas of your life.

Money is the same.

If you begin to develop good saving habits, these money habits spill over into other areas of your life. Unconsciously you begin to feel more in control. Your confidence grows. Your stress levels reduce. You begin to think about the future possibilities more and this stirs you in feelings of excitement and positive expectation (another subconscious law).

The Law of Accumulation is powerful. And it would not be complete if I failed to mention the negative also.

If you begin to engage in poor health or poor money habits, they will negatively affect many areas of your life.

The Law does not discriminate. It is universal and powerful.

No honest effort is ever lost. Instead every effort, small or large accumulates.