

# The Formula to a Better Life

## **1** What Level Are You Currently On?

*Where Are You Now?*

*What Area do you want to improve?*

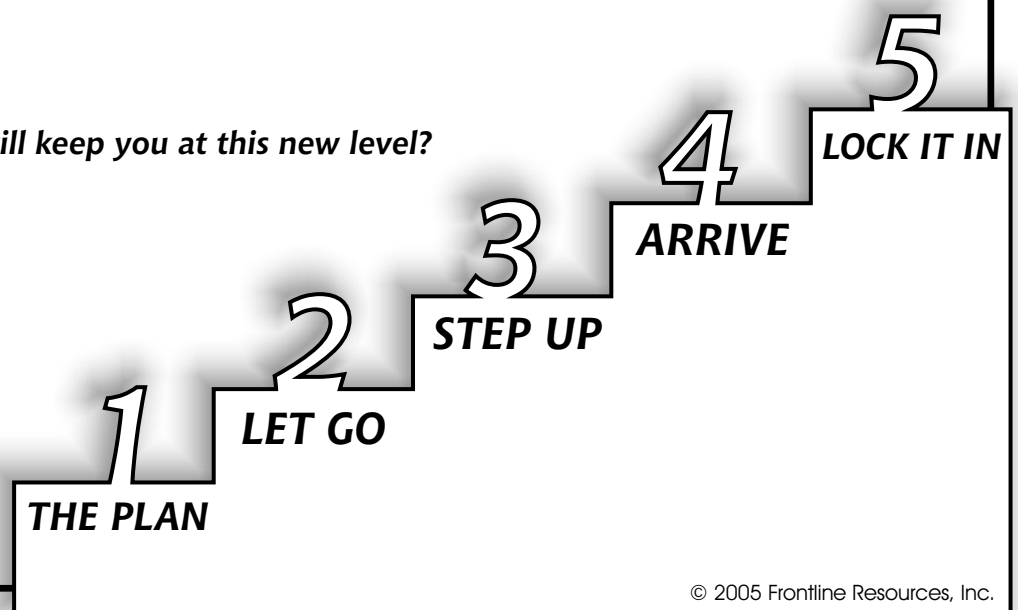
*What New Level - How high?*

## **2** Destabilization (Letting Go)

## **3** Follow the steps

## **4** Arrival (Verification) - What is evidence that you are at the new level?

## **5** Stabilization - What will keep you at this new level?



Excerpt from John F. Graham's  
**I Want a Better Life**  
*Steps to the Next Level*  
[www.johnfranklingraham.com](http://www.johnfranklingraham.com)