

*A journey of vision, creation, and transformation — where words become reality, and thoughts shape destiny.*

WRITE IT  
SEE IT



LIVE IT

BY WYNDHAM BURGER

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## *Welcome!*

This book is more than words on a page — it's an invitation. An invitation to step into your own power, to see yourself clearly, and to design a life that feels aligned with who you truly are.

What you hold in your hands is not theory. It is a guide. A framework. A living tool that will help you write your vision, see it with clarity, and live it with purpose.

I wrote this book because I know what it feels like to be stuck, to feel like life is happening to you instead of through you. I also know the freedom of shifting that story — of choosing thoughts and actions that build the future you desire.

So as you read, don't just absorb the words. Practice them. Apply them. Let them shape your daily life.

This is your time.

This is your vision.

This is your life.

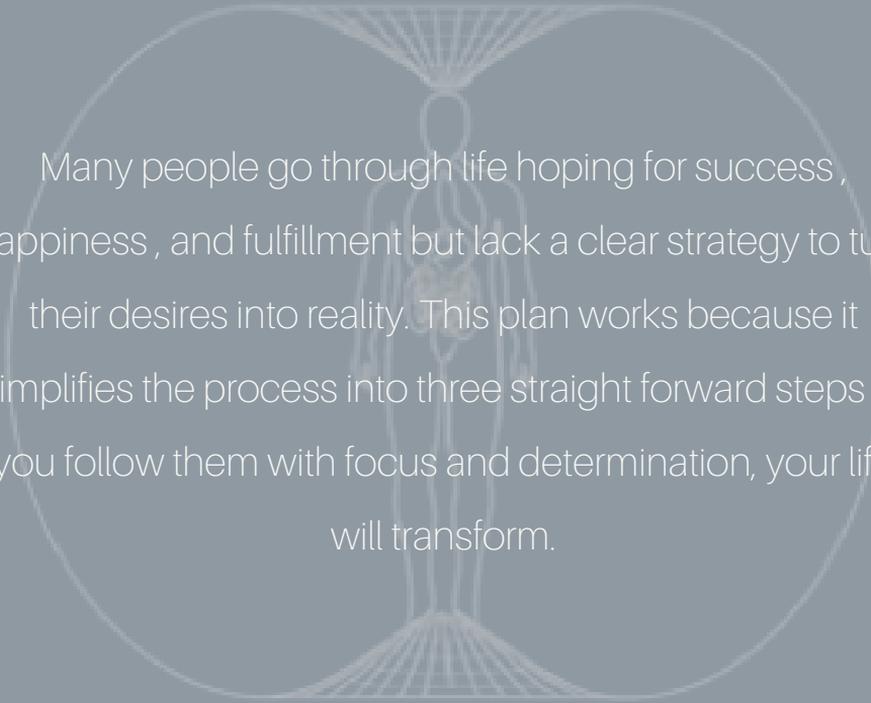
Welcome to the journey.

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— Wyndham Burger

# THE SIMPLE PLAN TO ACHIEVE YOUR DREAMS

Many people go through life hoping for success, happiness, and fulfillment but lack a clear strategy to turn their desires into reality. This plan works because it simplifies the process into three straight forward steps. If you follow them with focus and determination, your life will transform.



# THE OMNIPOTENT POWER OF YOUR MIND

Within each of us lies a limitless power—**the mind**. This power operates through two key components: the conscious mind and the subconscious mind. Understanding how these work together can unlock your potential to achieve anything you desire.

**The Conscious Mind** is the thinking, reasoning part of your mind. It's where decisions, logic, and deliberate thoughts occur. When you decide what you want, your conscious mind sets the intention and sends it to your subconscious.

**The Subconscious Mind** is the seat of infinite power. It doesn't reason or judge; it simply acts on the instructions given by your conscious mind. When you focus on a goal with clarity and emotion, your subconscious mind begins to work in the background, attracting the people, resources, and opportunities needed to achieve it.

**Think** of your subconscious as a fertile garden. Whatever seeds (thoughts and beliefs) you plant and nurture will grow. Plant seeds of abundance, confidence, and success, and they will flourish. But if you plant doubt, fear, or negativity, those will grow instead. The choice is **yours**.

Just like Michelle, a nurse, always felt stuck in her career. She learned about the power of her subconscious mind and decided to rewrite her beliefs. Every day, she affirmed, "I am open to new opportunities that align with my skills and passions." Within three months, she was offered a management role at a new hospital—an opportunity she previously thought was out of reach.

# STEP 1: DEFINE WHAT YOU WANT

Be absolutely clear about your desires. Most people fail because they are vague or unsure about what they want. Take the time to reflect and identify what truly matters to you. Write down your goals in a concise, positive, and specific way. Avoid general statements like “I want to be happy” or “I want more money.” Instead, be precise:

- **“I earn \$10,000 a month.”**
- **“I am building a strong, loving relationship.”**
- **“I live in a beautiful home by the ocean.”**

*Write these desires in a list. Keep it private and review it daily to stay aligned with your vision. And always in the present tense and remember to give **THANKS**.*

Meet Sarah, a teacher who felt stuck in her career and financial situation. She wrote down her goal to start her own tutoring business earning \$5,000 a month. By being specific, Sarah found clarity and began to feel motivated to take steps toward her dream. Within six months, she achieved her goal by focusing on her vision and taking inspired action.

## STEP 2: FOCUS ON YOUR LIST DAILY

The key to success lies in consistent focus. Every morning and evening, spend a few minutes reviewing your list. Visualize yourself already in possession of your desires. Imagine the feelings of joy, gratitude, and fulfillment as though you've achieved them.

Throughout the day, remind yourself of your list. Stay focused on your goals without obsessing over how they will happen. Trust that opportunities, people, and circumstances will align to make it possible. Your job is to remain clear and confident about what you want.

**Tom, a struggling artist, made it a habit to review his list every morning and evening. His list included exhibiting his art in a popular gallery. By visualizing his success daily, he stayed motivated and open to new opportunities. One day, he met a gallery owner at a coffee shop. The connection led to an exhibition, and Tom's career took off.**

## STEP 3: LET GO AND TRUST THE PROCESS

While focus is essential, it's equally important to release any feelings of doubt, fear, or impatience. Worrying about how or when your desires will manifest only creates resistance. Trust that the process works, even if you don't immediately see results.

Let go of the need to control everything. Stay open to unexpected opportunities and solutions. The more you trust, the faster your goals will materialize.

One of our international clients Emily wanted to save \$20,000 for a down payment on her first home. After writing it on her list, she focused on it daily but didn't stress about how it would happen. A few months later, she received an unexpected bonus at work and found a side gig she enjoyed. By the end of the year, she reached her savings goal.

# WHAT SCRIPTURE SAYS

## MARK 11:23-24

**23** "Truly I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them.

**24** "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours".

## PHILIPPIANS 4:4-8

**4** Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**8** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy— think about such things.

# WHY THIS WORKS

This plan works because it taps into the power of your subconscious mind. When you write your desires and focus on them consistently, your subconscious begins to filter opportunities and guide you toward actions that align with your goals.

At the same time, your clear intentions send out a powerful signal, attracting the right circumstances and people into your life.

Many dismiss this process as too simple, but simplicity is its strength. Complexity leads to confusion, while clarity leads to results.

**David, a corporate manager, dreamed of becoming a public speaker but doubted it was possible. By writing it on his list and focusing on it daily, he began to notice opportunities. He volunteered to speak at small events, which led to larger audiences. Within two years, he was speaking at international conferences.**

## KEY TIPS FOR SUCCESS

- Stay Consistent: Review your list every day without fail.
- Stay Positive: Replace doubt with faith and gratitude.
- Stay Open: Be willing to take inspired action when opportunities arise.

# A FINAL WORD FROM THE AUTHOR

Thank you for taking this important step toward a better life.

By choosing to engage with these principles, you are investing in your growth, success, and happiness. Goal setting is not just about achieving things—it's about becoming the person who can achieve them.

Each goal you write and focus on brings you closer to a more fulfilled version of yourself. Remember, clarity is power. Writing your goals gives you direction, and focusing on them keeps you aligned with your desires. Trust in the process, and know that you have within you all the tools necessary to create a life of abundance and joy.

Your journey will not always be easy, but every challenge you face is an opportunity to grow. Believe in yourself, stay consistent, and remain open to possibilities. You are capable of incredible things. Here's to your success and the fulfillment of your dreams. This works— and so do you!

# DISCLAIMER

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# ABOUT THE AUTHOR



**Wyndham Burger** is a personal development and business performance coach dedicated to helping individuals break free from limitations and design lives of purpose, wealth, and freedom. His own transformation began at thirty, when he found himself unfulfilled and searching for meaning. Through mentorship, deep study, and years of practice, Wyndham discovered the principles of mindset, frequency, and aligned action that now form the foundation of his teachings.

As the Co-founder of **Think Studio Academy** and **Think Studio Global**, **Wyndham** has guided countless people to unlock their potential, master their energy, and create the results they once thought impossible. His mission is simple: to empower others to think deeper, move smarter, and live with intention. When he's not coaching or building businesses, **Wyndham** enjoys exploring the world with his wife **Alana**, continually living the vision he once wrote down for himself.