

The Crystallization Exercise

How to Write a Goal So Specific
Your Brain Has No Choice But to Pursue It

*Most people fail not because they lack desire.
They fail because they are vague.*

This short exercise will change that. By the time you finish it, you will have one crystallized goal written down in precise detail - specific enough that your subconscious mind can act on it, and clear enough that the law of attraction has something real to work with.

This is not a worksheet. It is a mental discipline. Take it seriously and it will show you something about yourself that most people never discover.

*"If your thought is a vague wish, the universe returns a vague result.
If your thought is a specific, energized blueprint, the universe is
compelled by law to manifest it."*

- The Crystallization Code

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The Problem With How You Set Goals

You have probably set goals before. Written them in a journal. Repeated them as affirmations. Visualized them before sleep.

And yet here you are.

The problem is not your desire. The problem is not your effort. The problem is not the law of attraction, which is real and operates whether you believe in it or not.

The problem is that your goal is not a goal. It is a wish. And the universe does not know what to do with a wish.

VAGUE WISH	CRYSTALLIZED GOAL
I want to be rich	\$1,000 a day from my roofing business
I want a nice house	4-bedroom home in Malibu by March 2027
I want to be successful	\$1M in the bank by January 2028
I want a better life	A 2026 Lexus in the garage and zero debt

The left column produces nothing. The right column is something the subconscious mind can grip, compute, and pursue. This is not positive thinking. This is mental science.

Charles Haanel, whose Master Key System is the foundation of this work, wrote that the subconscious mind is like the most powerful computer ever built - but it can only execute a program that is clearly written. A vague input returns a vague output. A precise command produces a precise result.

The Crystallization Exercise

This exercise has five steps. Do not rush it. Each step builds on the previous one. You will need a pen. Do not do this in your head.

STEP 1 - CHOOSE ONE AREA

Choose one area of your life to work on. Just one. The areas are: Money and business / Health and body / Relationships / Environment and lifestyle.

Write your chosen area:

STEP 2 - WRITE WHERE YOU ARE NOW

Be honest. Write down exactly where you are in this area right now. No judgment. Just reality. This is the baseline.

Where I am now:

STEP 3 - WRITE YOUR VAGUE WISH

Write what you want the way you normally write it. Do not edit yourself. Just write the first thing that comes to mind.

What I vaguely want:

Look at what you wrote. That is why it has not happened yet.

The Crystallization Exercise (continued)

STEP 4 - CRYSTALLIZE IT

Now rewrite what you want - but this time answer every one of these questions inside your statement:

How much exactly? Not "more money" - a specific number.

By when exactly? Not "soon" - a specific date.

Through what vehicle? Not "a business" - what kind, doing what.

What does it look like? The car, the house, the account balance - specific.

What does it feel like? One sentence about how it feels to have it.

My crystallized goal:

Example: "I earn \$1,000 per day through my roofing business, have \$1,000,000 in my bank account by January 2028, drive a 2026 Lexus, and own a home in Malibu. I feel completely free."

STEP 5 - THE REALITY CHECK

Read your crystallized goal back to yourself out loud. Then answer these honestly:

1. Does this feel like a real destination or does it still feel like a fantasy?

2. What is the one thing you could do in the next 24 hours that moves you toward it?

What You Just Did

You just completed the first discipline of The Crystallization Code.

You gave your subconscious mind a command it can actually execute. You stopped wishing and started defining. That is the difference between the people who read books about success and the people who actually achieve it.

But this is one exercise. One discipline. One chapter.

The Crystallization Code has 24.

Each one builds on the last. Each one takes you deeper into the mental science that Haanel, Wattles, and Hill spent their lives uncovering. By the time you finish the system, the vague person who started it will be unrecognizable.

The complete system includes:

- ✓ The Crystallization Code - full 24-chapter PDF
- ✓ The Crystallization Code companion workbook
- ✓ The HDVB Workbook - High-Definition Vision for Abundance
- ✓ The Daily Practice App - Vision Board, Affirmations, Journal, Habits and more
- ✓ The Ownership Code - exclusive bonus book
- ✓ The Quantum Game of Life - exclusive bonus book

Ready to go deeper? Get The Crystallization Code today.

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