



**I Can.**

**Therefore, I Will.**

The Definitive Guide to  
**Sculpting Your  
Ultimate Destiny**

BY CAROLYN HANSEN

# Be The Creator of Your Destiny

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**For more tools and resources from Carolyn Hansen that will assist you in attaining your goals and achieving the success you desire in life, please visit:**

<http://CarolynHansenNZ.com>

## **Introduction**

Ever envied a superhero for having supernatural powers? I think we all have. Just imagine how cool and fascinating it would be to become invisible even for just a minute or two, to fly across mountains and seas, to climb tall buildings and walls, to create fire or ice depending on what the situation needs, or to simply have that special physical strength to be able to do things that normal people can't do.

But are these kinds of power only necessary to make us superior over others? As real people in the real world, we can never possess any of these supernatural physical powers. What we have is the power to mould our personality, to shape our future, to create our destiny, and to determine who and what we are – a power greater than any other supernatural powers, a power that builds reality and not mere imagination, a power which everyone possesses and can make him a hero in his own ways. This is the power of the mind.

Funny how we tend to be so addicted in looking outside ourselves that we have almost totally lost access to our inner being. We are so afraid to look inward because we might not be happy with what we could see. We make our lives so hectic that we eliminate the slightest risk of looking into ourselves.

Therefore, we settle on observing things outside of our own. We make comparisons, judgments, and evaluations which only lead us in concluding and, worse, accepting the fact that we are inferior among others.

What we don't know is that we have the power to reverse what the outside world makes us believe in. If it says that we are wrong, we have the power to make us right. If it says we are losers, we have the power to be winners. If it says we are non-existent, we have the power to make everyone see that we are alive and surviving. And that is how the power of our mind works – making us more supreme, invincible, and indestructible than any other superhero is.

**If the world says you can't, say "I can. Therefore, I will."**

I can assure you this eBook has the potential to impact your life in a very positive way. You will feel the changes take place inside of you as you begin to digest and get emotionally involved with many of the beautiful truths that you will find throughout these pages.

Step by step, idea by idea, you can at any time begin to alter old conditioning to take you to whatever goal you establish by first altering the primary causes, thereby creating permanent changes in results.

But also remember that no amount of reading or memorizing will improve the quality of a person's life. It is the understanding and application of wise thoughts that count. Understanding can only come through study. The information between the covers of this eBook contains power, possibility and promise.

Change is inevitable; you see it everywhere, every day. However, personal growth is a choice . . . it's a choice each of us must make, personally and privately. Many people wish to improve their circumstances but are unwilling to improve themselves. They therefore remain bound. The results we are achieving in the various areas of our life are a reflection of the inner progress we are making.

Permit me to suggest that as you begin to read this eBook, you make a mindful decision to become all you are capable of being . . . each day, one day at a time so that you may create your own destiny and love your life.

I'm glad you have found your way to this eBook and you now have it in your possession for a reason. What is that reason? This may be a question that you are fully aware of and you may be looking for a definitive answer. You may in fact be looking for answers to many other questions that are affecting your life right now too.

But be assured you have come to the right place. There are very clear answers in the following pages. All the great sayings are on your side: *"Ask and the answer shall be given you."* *"When the student is ready, the teacher will appear."* *"Seek and you shall find."*

It is possible that you are not aware of any specific reason for reading this eBook. Nevertheless, you have attracted it and this knowledge to you. And answers will be given to you, even if you haven't consciously asked the questions. You may want to consider the questions you *would* ask if you could know the answer to any question.

Try to read through these pages with an open mind and an open heart. Opening up your heart and your mind will allow you to see things that you normally wouldn't see. It will allow you to consider additional possibilities that you might not have considered if your mind was only in a semi-receptive state. While you are reading, please suspend any disbelief or pre-judgments and let the ideas enter your mind.



What I am about to share with you is the result of many years of passionate study on the subject of personal growth - also known as self-help, self-improvement, inspiration, motivation, reaching goals, personal development, achieving success and creating your own destiny.

There are real gems and gold nuggets scattered throughout these pages. And like gems, they only have value when they are mined, cut and polished and set in a beautiful setting for all to see.

As you consider the ideas you are about to encounter, and as you move through your own evolution, use the tools, strategies and personal development guide to assist you in creating your own exciting destiny.

The best way to do this is to keep things simple. You will find that the ideas in this eBook follow the philosophy that life does not have to be complicated. The process of creating your reality is common sense; the process of creating your destiny is simple. You decide whether you are going to take the long road, *complexity*, or the shorter route, *simplicity*.

Creating your ultimate destiny and living the life of your dreams is not a skill reserved for a select few. Everyone has the same energy system available to them. This eBook will help you discover how to access your energy and become the creator of your ideal reality.



# Chapter 1

## The Nature of the Human Mind

On Earth, man occupies a peculiar position that sets him apart from all other entities in our planet. While all the other things – animate or inanimate, living or non-living – behave according to regular patterns to balance nature, man seems to enjoy – within definite limits – a small amount of freedom.

Man controls his way of living, speaks his own language, perceives and learns a great amount of knowledge, manages his emotions, and deals properly with problems he faces. All of which is unique to man only. There is, in fact, within the infinite expanse of the universe a small field in which man's conscious conduct can change the course of events.

It is this fact that causes man to distinguish between an external world subject to unstoppable and endless necessity, and his human faculty of thinking, knowing, and acting. In philosophy, mind or reason is contrasted with matter, something that is extended in space and persists through time.

Fully aware of the fact that his own body is subject to the same forces that determine all other things and beings, man attributes his ability to think, to will and to act to an invisible and intangible, yet powerful, factor he calls his mind.

The mind, including the processes it carries out such as thinking, learning, memorizing, remembering, and the like, is one characteristic that distinguishes man from any other being in the world. The nature of the human mind is like that of a mirror; having different functions and features: (a) open and vast, (b) reflects in full and precise details, (c) unbiased towards any impression, (d) distinguishes clearly, and (e) potential for having everything already accomplished.

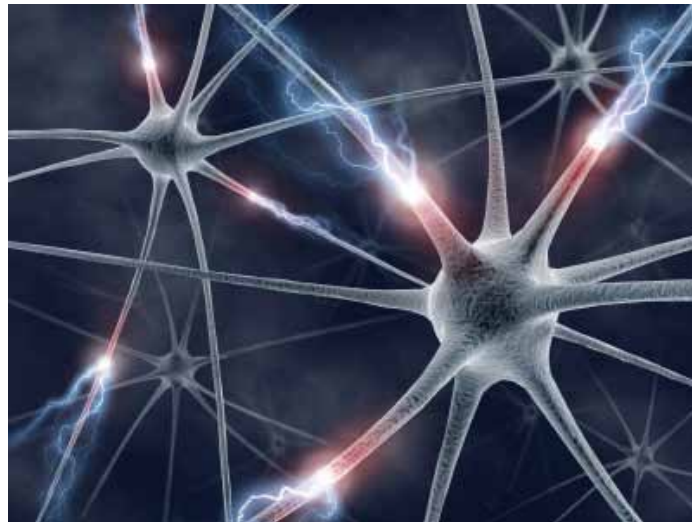
### **Open and vast**

Martin H. Fischer (1879-1962), a German-born U.S. physician and author, quoted "All the world is a laboratory to the inquiring mind." Isn't it ironic how small the human brain where mind processes undergo is, and yet it encloses matters in as huge as the universe? That's how open and vast the mind can be.

It can create illusion or reality, bring delight or sadness, trigger conflict or peace, and generate love or hatred. And most importantly, it can make you, by influencing you how to be the best of who you are, or break you, by covering you with all the fears, embarrassment, and shame you least need in going through every day.

The exposure of the mind to practically ‘anything under the sun’ keeps it from hiding any secrets the world unfolds from us. But again, all information that we can easily gather from outside is not always being marked off by the society – which is good and which is bad, which is right and which is wrong, or which is divine and which is evil. Therefore, the mind, as an all-encompassing system, accesses everything and yet restricts us from nothing.

Indeed, we have to agree with Fischer that the world is just a laboratory of the inquiring mind. A gigantic world of mind exists to which we are almost totally unexposed. This whole world is made by the mind. Our minds made this up and put these things together, every bolt and nut put in by one after the other’s mind. This whole world is mind’s world – the product of mind.



### **Reflects in full and precise details**

In other words, whatever there is in our mind can be fully and precisely reflected through our actions. It is due to the process where thinking creates images in our mind. These images, in turn, will control feelings like joy or sadness. Such feelings will cause us to do actions on how we would deal with each one of them.

And lastly, these actions shall create results. Therefore, the mind, particularly thinking, implies reflection and creation of results. This is simplified through the very common cliché “You are what you think of.”

### **Unbiased towards any impression**

Whenever we look at the outside world, or just any of the things it consists of, we tend to have a very strong impression of its substantiality. What we probably don’t realize is that the strong impression is merely our own mind’s interpretation of what it sees.



We think that the strong, solid reality really exists outside, and when we look within ourselves, perhaps we feel empty. This is a common misconception among people. The wrong mental attitude that fails to realize that the strong impression that appears to truly exist outside of us is actually projected by our own mind. Everything we experience – feelings, thoughts, ideas, emotions sensations, even shapes and colors – comes from our minds.

### **Distinguishes clearly**

That we see is not always what we get. There are certain things in this world in which their physical appearance is far different from their real attributes. Using only our five bodily senses, we may readily accept what we see, hear, smell, taste, and feel even if it refutes reality.

But with the mind, it helps us distinguish clearly what the entity really is; thus, helping us too in making wise decisions. Hence, what our five senses cannot perform well, the mind does.

### **Is it time for a decision?**

A wise man once said: “Magic is the opposite of Life! With magic, when you know how it works, the magic goes away. With life, when you know how it works, the magic begins.”

Is it really magic when you start to get your life working for you? When you achieve your goals and start to live the life of your dreams? Is it magic when you stop the dissatisfaction in your life, or the pain in your heart, and begin to feel joyful and happy? Is it magic to be able to create any result in your life that you choose? Or become a master at handling challenges and adversity so that it is positive and empowering for you and for others?



No, but its appearance is magic! When you understand how to get life working for you, you can make that magic appear for you. You can, through applying the knowledge presented to you in these pages, discover how to live the life you desire to live in happiness, joy and love, with peace and serenity.

Buying personal development books and reading them will not necessarily bring you the things you desire. It is the understanding and the application that will make the difference and turn your dreams into reality.

When you are reading this eBook and you discover a great idea, take action. Stay committed to your path. Understanding and applying this process, reshaping your life through your creative ability, is supremely fulfilling. Once you have put the process in motion, it sets up its own special momentum.

### **How do you get started?**

Decide. If you have started to read this eBook, you may have already made a decision to take action. You will start to move in a new direction when you decide to do so. People cannot be forced to make changes in their life if they do not want to.

There must be a desire, a want, a need and there must be discipline. But desire and discipline do not mean difficulty. Change can be made with *ease*. Force will not work either and this process works best when you apply action with belief and faith.

Make your own personal commitment to follow through and not only read and absorb this material, but apply it as you go through the process set out in the chapters ahead.



## Chapter 2

# Thoughts Generated By The Mind

*All of our behavior results from the thoughts that preceded it. So the thing to work on is not your behavior but the thing that caused your behavior, your thoughts.*

Our mind generates both positive and negative thoughts and there is always conflict between them. What wins among them is shown through our actions and behavior towards things. If something you have done is among the “proper and acceptable” ways, then the positive thoughts won over the negative.

Alternatively, if you chose to do any of what society deems “inappropriate or unacceptable” ways, then the negative thoughts have won over the positive ones. If we formulate limiting beliefs about what it’s possible for us to accomplish, then our response will be to bind the actions we take. As a result we likewise limit the results we get.

If we believe we are likely to fail, our subconscious will get to work to produce actions which support this. If the going gets tough (and it commonly does), we won’t go the additional mile required to succeed; an initial failure simply supports our notion that we were going to bomb all along and we stop.

On the other hand if we trust we’re going to succeed, then we likely will.

### **Positive thoughts**

We may define the term ‘positive’ as ‘confident, optimistic, and focusing on the good things rather than the bad.’ Therefore, positive thoughts are sets of ideas in the mind that brings confidence, optimism, and focus to an individual.

We can think that a positive thought also brings with it a positive outlook in life. With much of these, dealing with problems like making friends or finding true love or reaching goals, would not be as hard as it may seem. There will always be this so called “fighting spirit” to take away all fears and get rid of any insecurity that causes such problems.

Simple *I can’s* and *I am’s* shall be a great way to start cultivating our minds with positive thoughts. Optimistic thinking includes “I am smart. I am open to new ideas and knowledge,” “I can stand out in a crowd, maybe not with my looks, but with my smile,” and of course “I Can. Therefore I Will”.

It's easy to fill our minds with positive thoughts, isn't it? After all, most of the things in this world are relative. If our mind is full of positive ideas on dealing with everyday life, our way of thinking also becomes positive.

### **Negative thoughts**

“Negative”, the opposite of positive, means “being pessimistic or tending to have an undesirable outlook”. Referring now to thoughts being generated in the mind, these are the unconstructive ideas that discourage us from being someone or doing something. They pull us down so we are unlikely to believe in ourselves or in what we do and achieve.

They can be started with simple notions, then reinforced with wrong principles due to unpleasant experiences in life, until they take up and conquer a whole mindset. It's bad enough that everyone possesses these thoughts but what's worse is that not all can overcome them.

Usually, these negative thoughts are observable on people with expressions like “I'm not good at anything. Science, Math, Speech, you name it. I can't do it,” “I can't face her. I'm just too shy. Will you just give her this for me,” or “What if I made a mistake? My boss will surely gonna kill me.”

No, not, don't, can't, won't, and what if's – these are the usual manifestations of negative thinking. It's as if they have this function to build a wall between you and the place you are going; thus, holding you back from doing something without even trying. That is how evil negative thoughts can be.

If we let them rule our lives, then we may suffer from the habit of negative thinking. Both positive and negative thinking have power over us. It's now up to us which thinking we choose to empower us, since both may shape our future and create our destiny; only, bringing different results. Now, which do you prefer?

### **Clash between positive and negative thoughts**

The concept of positive and negative exists in many fields of study. And in all of these, they seem to oppose each other and are in constant conflict. In grammar and languages, they refer to expressions. Positive expressions state affirmations and agreement to something previously said, while negative expressions declare disagreements and differences of opinion in a discourse.

As what we have mentioned earlier, our mind is boundless when it comes to generating thoughts. It produces every idea we need. Comparing it to a search engine in the internet, when we wish to find answers to a certain problem, it will make a list of all solutions, regardless if it's possible or impossible, and acceptable or unacceptable.

This is where the clash begins. It's as if the positive thought *Yes, I can* and the negative thought *No, I can't* will compete with each other to see who will win the fight in which it will be declared the winner. The prize would then have to be that that thought shall be taken into action.

How about you? What does your mind say? Is there a battle consistently raging in your mind between positive and negative thoughts that you need to resolve so you can move forward in your life at the greatest speed?

It is from here that we may conclude that how we act and behave are results of how we think. It is evident through our actions what kind of thoughts in our mind we are carrying out in dealing with our everyday life. If there is something to work on, it is not our actions, but our thoughts which create actions.

### **Awareness**

The next step, after making your decision, is to increase your awareness. Awareness is noticing the realities of the experiences that you have created for yourself. Awareness requires that you do not judge your results, or anyone else's results for that matter and it is certainly not about feeling guilt, shame, resentment or embarrassment.

The past is the past and you cannot change it, but you can learn from it. And you can change the way you look at the past. Therefore, do not seek to forget the past; learn from it and seek to change the future.

Many people are traveling along the road of life will come to an abrupt stop when they find a fictitious hurdle or an imaginary barricade in front of them. What is this imaginary road block? Although it is not what most people want to hear the road block or obstacle is their own creation, formed by looking at past results and making a decision not to move forward.

Perhaps it is a belief that they are not good enough to be slim, wealthy, famous, or loved - a belief that comes from the past. But where is the past? Behind us and that is where it is meant to stay.



If you feel dissatisfied with past results or if you believe you have hurt others or you have hurt yourself, acknowledge that, learn from it and make a new decision not to repeat it. Awareness can have tremendous power when you use it to serve you.

Also, do not blame another for your pain or for the results in your life. In some way, consciously or subconsciously, you have attracted every event to you and your life. Nobody *does* anything to you. No one *makes* you do anything that you do not at some level, choose to do.

No one makes you feel anything. You decide, and you alone, what you are going to feel, whether you are conscious of this or not. No one has power over you unless you give it to him or her. If you find yourself uttering the words “you made me feel,” or “look what he/she did to me,” recognize that you are in denial.

### **Move out of pain**

If you would like to move out of pain, then stop living your life by focusing on your past or blaming others. Learn from your past, make new choices and move on. A person living in the past is like a driver who is driving down the road staring in the rear-view mirror. Sooner or later driving in this manner will lead to a disaster. Allow the past to serve its rightful purpose as awareness and understanding that it DOES NOT determine your future.

### **Become aware**

How do you become aware? By focusing on what you are thinking, doing and creating. Think of it this way: you may be aware most of the time, but you are not aware that you are aware. People don't need only to think. People need to be aware of WHAT they are thinking. These are two distinct functions.

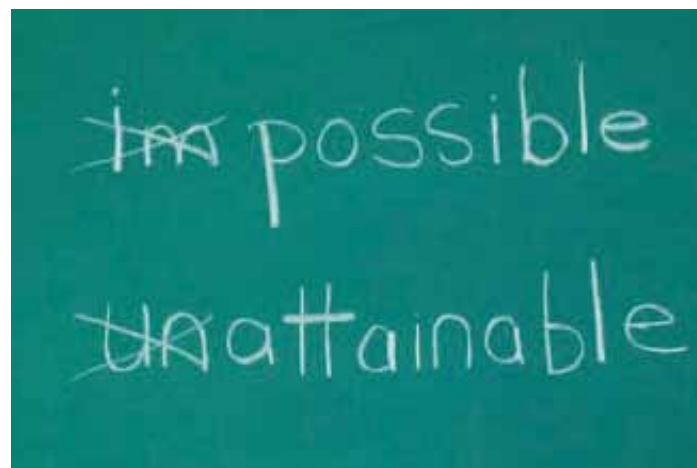
Be aware of the thoughts and feelings you are experiencing. Be aware of the decisions you are making, or may have made in the past. Be aware of the new choices you are making and the opportunities these new choices represent.

Be aware of the challenges or obstacles that you are facing now, may have faced in the past, and may possibly face in the future. A large number of people are aware of what they are creating but do nothing about it.

Others, the enlightened ones, are aware of what they are creating, aware that they may be creating undesirable outcomes, and they make new decisions to create new results without guilt or resentment.

If you are not happy with the results that you have had in your life up until now, be grateful for those results and experiences. They are true gifts. They are revealing important messages to you about your life.

Recognize that you will have adversity and challenges. The most important thing to remember is that it is okay to “sit down”; just don’t stay sitting down. Practice being strong during the great times, so that when you do experience challenges in your life you will be able to manage them with more ease.



Recognize the gift of past experiences; give thanks for them, and move forward with your head held high. Today is a new day. This day is a day full of opportunities to create yourself and your results anew. Take charge of your life today and every day, moving forward. Stay strong and be persistent and diligent in your approach and you will start to see significant positive results in your life within a short time.

## **Have a truthful look**

Among the most crucial things you need to do to accomplish any sort of success is to be really truthful about yourself. You have to comprehend and get to know who you truly are.

For example: If you cannot even run around the block, common sense will tell you that you cannot begin believing that you are able to win a gold medal in running, can you? Likely you are able to if you practice, but for sure not with what you are now.

This is what is exceedingly crucial to you when you start. You have to comprehend and assess your strengths and your capabilities. Realizing that is a really significant step of believing in yourself.

There are people all around us accomplishing something or the other. A few are experts at playing a musical instrument, a few are really brilliant with accounting, and some are great at sports, writing, or painting.

When we see such people, we do get impressed and we do say something, “I wish I was like him or her.” This is a general human tendency. However that does not help us if we are attempting to foster our belief in ourselves. If we are to accomplish that properly, the most crucial thing we need is to know what we are truly capable of.

Take a minute to think. Think what your fortes are. Think what you are able to do and what your skills are. You don't need to be an expert, even some amount of knowledge in a certain area will do. Then take a blank piece of paper and put down these things. Then set them in order that you think you are best at down to the least good at.

The first three things ought to be the things that you truly do well, followed by others that you are able to do fairly well, followed by things that you may barely do but you may learn and improve. Take a look at this piece of paper. Keep it somewhere handy so you can look at it often. This is what you are capable of, revealing a piece of what and who you are.

This realization is exceedingly valuable to you when you are trying to make a self-assessment. You have to know what you can do and what you are able to improve upon. If you are trying to become a master at something, it is really important to be sure of yourself and not live under illusions.



Remember that you should not take what other people say to you at face value. Somebody may tell you that you paint well, or can sing a great song but that person may be prejudiced in some way. You have to value yourself. When you know your limitations and your potentials, you know you are able to stand much better on your own.

### **Give it a shot**

Many people lose out on life because they do not attempt something they think will be too hard. They don't try because of assorted preconceptions and complexes. They may feel that they are not up to executing something, but this could be a view of other people and not of themselves. However if you bear the correct belief in yourself, you will understand what you are capable of, and you will not cringe and want to hide when attempting new things.

Think of a person who knows that he can do well in a certain racing contest. He hasn't raced previously, and so there will be a lot of people to say that he is wasting his time. Most of us, if we were in his place, would take such criticism and think that we truly cannot accomplish that, and we don't even make the attempt.

However, suppose this person has an unstoppable belief in himself, knows that he is able to do it, even though he has not showed the world so far that he may accomplish that particular thing. So he surges on. He puts in a great deal of practice. He is propelled by himself, and that is the most beneficial motive you could have. Whether he wins or loses is a different matter entirely. What is significant is that he tried.

The crux of all this is, do not take other people's negative critiques blindly or as being the truth. They do not know you. They do not comprehend or understand what you feel or know or what you are capable of.

You are the only individual who knows you. Your father, mom, teacher, spouse or employer doesn't. It is solely you who knows your self-worth and capabilities, and within the realms of this you are the only one able to arrive at the decisions you ultimately make within your life.

### **You have to at least try**

Misgivings may take a severe toll on us personally as we are an inherently anxious species. Even if it is about purchasing something at the shop or mall, we consider it a dozen times whether it will be a great buy or not.

We do the same sort of reasoning in everything that we do. Even if we have to attempt something new, we become anxious. In most cases, we let our misgivings rule us and then we don't try that certain thing at all.

### **Why do people continue to get what they've always got?**

The answer to this question is simple: "If you continue to do what you've always done, you will continue to get what you've always got." Or, to expand this statement: "If you continue to be who you have always been, you will continue to have what you have always had."

If we don't like what we are getting, we need to look at what it is that we are doing. Or better yet, we need to look at who and what we are *being*. Your past does not define who you are. It may define who you were being at that time, or prior to that time, but *who you are* is a day-by-day creation. That creation is the process this book will guide you through.

If you wake up every day and you think the same thoughts, do the same things, say the same words, out loud or internally, you will create the same results. It is not "same old, same old." It is a new creation, but it may not appear to be a new creation because you are doing, being, thinking the "same old, same old."

Many people look for something outside of themselves to make them feel a certain feeling or to bring them something. But this rarely works as although people frequently want to improve their circumstances they do nothing about improving themselves first. Consequently, things get worse.

Why does doing nothing make things worse? Because things do not stay the same frozen in time. Everything is changing in the universe. Everything is energy in motion, either moving forward or moving backward, either getting better or getting worse. In which direction would you like to go?

If you would like things, experiences, events in your life to change, if you would like your results to change, first *you* must change. People make a decision to take charge of their life often only when they are dissatisfied with their life. People make a decision to change when they are in pain.

The length of time that it takes to come to that decision depends on the level of dissatisfaction or the depth of the pain or the level of commitment. When you hear someone say, "That's it, I've had enough!" "Or I'm done with this", you may be fairly sure they are ready for change.

Other indicators are “I’m sick and tired of this,” “I’m no longer going to live my life like this,” “I’ve got to do something about my life.” When you hear people, or yourself, say these words with conviction, you will know they, or you, are ready for change.

But dissatisfaction is not the only instigator of change. Perhaps you simply want to recognize your power as a creator in your own life. Remember our positive phrase “I Can. Therefore I Will”.



## **Chapter 3**

### **The Mind As An Empowering Agent**

*Be the master of your mind rather than mastered by your mind.*

- Zen Saying

Man, like you and me, has a power. If superheroes like Batman have supernatural powers that give them the ability to fly, to climb buildings and walls, to become invisible, to produce fire and ice, and to have special physical strength, we human beings, on the other hand, have the ability to mold our personality, to shape our future, and to create our own destiny. And all these are due to the power we possess – the power of the mind.

The power we humans possess can never be compared to any supernatural powers these superheroes use. After all, they are not real, ours is. Some agent in our body is responsible for giving us this power that makes us more hero than they do, an empowering agent, and this is our mind.

It is our mind that gives us authority and superiority, confidence and self-esteem, and inspiration and guidance over ourselves and others. This is how the mind works. This is how the mind empowers. It is not about giving people power – its about letting this power out.

And, oh, before that, how do you see your glass of water, half-full or half-empty? Go on and find out what your answer means.

#### **Power of positive thinking** ***(The glass is half-full)***

Although you can see that the glass is half-empty, you chose to see it in a positive way. It is still half-full, anyway. The absence of half of the volume of water does not bother you. What matters is that it still contains water. If this is how you answered the question above and how you justified your answer, then you have a positive way of thinking.

Positive thinking is a way of looking at the brighter side of life. Everything is good, beautiful, and light. There are no worries, problems, or fears. In short, all you see and believe in is, well, positive.

This kind of thinking is very powerful in that if you think that you are going to pass an exam, you are going to pass; if you think that you will get noticed by the man (or woman) you will get noticed; if you think you will get promoted at work, then you will get promoted. This is how powerful the mind is, particularly a positive mind. Even the famous Clint Eastwood believes in this general truth when he said, “If you think it’s going to rain, it will.”

So, how does the power of positive thinking work? How can it create reality? Do we only have to think of positive things and then will it happen right away? That positive thinking really is powerful may be somehow hard to believe at first, that’s why we may ask certain questions like those above.

Because the mind is working on the information you send it, positive thinking leads to positive reality. This is how it works. Yes, we do have to really think of positive things. But it doesn’t stop there. Remember the ever-famous cliché “Do your best and God will do the rest”?

Aside from believing in and having faith in something we want to happen, we have to do something about it. You cannot ace an exam just by sitting on the couch and watching TV days before taking it, can you?

The human mind is like a computer, due to the fact that we can program it with certain functions and tasks. Sometimes, it even acts as our autopilot. For instance, we use it when we drive and think about other things at the same time. Therefore, we can program it with whatever we want to happen. Say, for example, you want to be look great. Thus, you say to yourself “I can be fit, strong, healthy and slim.”

But for this positive thinking to work, you cannot just leave it at that. You still need to DO something. You need the right self-programming: “I can be fit, strong, healthy, and slim if (a) I do the right type of exercise to keep my body strong; (b) I eat a healthy balanced diet and get rid of the junk (c) I program my mind to match what I want to happen on the outside of my body; etc.” And if all these thoughts sink into your system, you will see that they would not be far from happening.

Mind power implies will power. With positive thinking, one does not stop with *I can* or *I am*. There will always be an *I will* after it in which it will cause the realization of his aspirations. Back to our phrase again that we carry through this eBook – “I Can. Therefore I Will”.

Positive thinking is a powerful tool that helps us build the life we want. It can make us beautiful and smart. It can get us the dream job with the excellent salary we always dreamed of. It can help us find our one true love.

But we have to use it properly and we have to continue working with it regularly - to the point where it becomes such a habit that we are pretty much saying positive things to ourselves most of the time. Isn't it so much better maintaining such thoughts than keeping worthless, negative, self-defeating ideas inside our head – the stuff we keep thinking about but doesn't really help us accomplish anything and, in many cases, may actually push us backwards?



We should also understand that some affirmations take some time to take effect. It really depends on where we are and what we want to accomplish. For example, if you are unemployed yet want to have financial freedom, well, in reality, it will take quite some time. You have to get a job first, or start a business and from there, start making the money to be able to work towards that freedom.

Successes usually don't happen overnight. So the first step is to focus on how we can accomplish our goal. If we are in the right place in our mind and create the right attitude, then success is just around the corner.

### **Power of negative thinking (The glass is half-empty)**

Some of the water spilled. Someone drank from my glass of water. Or there is not enough water in the pitcher to fill the glass. Whichever reason, my glass is half-empty. It may not be enough for me, it may not quench my thirst fully. And darn that person who drank some of my water.

Is this how you react to a glass of water which is half-filled, or in this case, half-emptied? If you are, your mind is full of negative thoughts. You even cursed a person who drank some of the water in your glass which you are not even sure of. You are filled with opinions that something bad has happened to the water. What is worse though, they are not even proven to be true and yet you already believe them.

Negative thinking, the exact opposite of positive thinking, is a way of looking at, not necessarily the bad, but definitely not the good things in life. Everything that has happened is due to some undesirable cause. Or if something is not yet happening, you think of something bad that might take place. Your mind is full of worries, fears, discomforts, anxieties, suspicions and doubts you keep asking questions with *what if's*.

*This kind of thinking is also powerful.* It is generated by the mind isn't it? And the mind is empowering, right? Therefore, negative thinking has its own power. Yes, the same power as positive thinking – power to mold our personality, power to shape our future, and power to create our destiny.

The only difference is the outcome it will bring about. So, if positive thinking brings positive reality, does negative thinking bring about negative reality? Do you think so? Well, let's see.

Negative thoughts, are due to mistakes, unpleasant incidents, embarrassing moments, and wrong decisions that have been experienced by the somewhere in our past. Similar to planting seeds, these unlikable ideas were buried deep in our minds. As they grow and flourish, they remain hindrances in our ability to be someone and to do something.

This is where our fears start to develop slowly taking over our strengths – physical, emotional, mental, and spiritual – and eventually, removing our self-confidence and trust in ourselves. Then, from there, it is not far until we start saying the words that will destroy our dreams, *I can't*, and worse, acting the unwillingness it implies, *I won't*.

Usually, we prefer to stay in a place where everything is safe and secure and where dangers are low and minimal. For instance, we may avoid taking part in a competition because we know we cannot possibly win. Or instead of attempting to court a gorgeous girl or guy, one settles to be with someone not so attractive because we believe we would be punching above our weight to even catch that person's eye.

But this is also where we realize the vastness of our limitations. Because of this, we can conclude that we have already lost even before we begin, and we already failed even before we tried. What we don't usually know is that the greatest failure in life is not losing, but not trying at all. After all, who knows? No one can really say what could happen in the competition or with that gorgeous girl or guy until he tried, right?

This is the power of negative thinking. It makes us unattractive from the inside because we believe we are not good-looking enough to go after the gorgeous girl or guy. It also give one a bleak future because of limiting beliefs that we cannot find a good well paying job to earn enough money to gain that financial freedom. It causes one to remain single and alone because we can mistakenly believe that we cannot win friends or find true love.

And because we can't, we won't. Remember? Mind power implies will power. And since the mind power is negative, the will power is reluctant.



Funny how ignorance sometimes can be blessings in disguise because it becomes a way for someone to keep on trying. There are instances where people say, "I really don't understand the question. So, I just guessed my answers," or "I know I'm not good at speeches so I wrote what I have to say and will just read it anyway." Because of simple attempts, we can say that these people are more superior and will likely to succeed farther than those who do not try at all.

Ask yourself, "What is *really* bothering me?" Or, "Where did this come from?" Or, "How did I develop this belief?" Or, "What was I thinking". Keep asking the questions until you get the answers. The answers are within you. Build the skills to become aware of the emotion and the cause and move your mind to the opposite state of being.



Many people are not aware or may not even know that they are putting themselves into a negative emotion. Start to recognize that learning to generate new states of thinking and thoughts will take discipline and will definitely take time. These learned negative behaviours can be overcome and that it is simple to do. It may not be easy, but it is simple.

The best way to measure your states of being is to look at your results. Your results will clearly demonstrate to you what states of being you have been consistently engaging in. If you would like to experience new results, start the cycle of creation and replace old negative energy with positive energy.

### **How to shift your emotional state**

You can use an imaginary 'mental energy switch, as a gauge to monitor your negative states of being. This will provide a certain level of awareness. So, if you are a person who continually experiences anger, then notice the levels of anger that you are experiencing over a period of a week and use your energy switch several times each day, whenever you feel the anger.

Move the switch up or down in your mind depending on the intensity of the anger that you are displaying. At the end of the week, replace the word "anger" with the word "calm" and start to create behaviour that is calm with your thoughts, words, emotions and actions. Repeat the exercise, measuring your level of calm.

Stay focused on the opposite state of being, calm, and create new behaviour to support this state. In life we will have challenges. How you handle them is up to you. Prepare yourself in advance for handling adversity. If you learn how to move yourself from one state of being, a negative state, to another state of being, a positive state and then you will handle adversity in a healthier and less stressful manner.



## **The source of the energy**

You are a creative being and you play a role in creating your reality every minute of every day. Most people are unaware of this simple truth. Ignoring this truth can cause you to miss out on experiences that you would like to have in your life. Becoming aware of this truth, and how this process works, will allow you to create extraordinary results.

You have available to you three levels of creative energy which are **thought, word and action**. Every one of us has these levels of energy and the difference is in how we use them. This energy source is unlimited and always available and like the electricity that is delivered to your home, universal energy is always available and there is an infinite supply.

Whether you use it or not is up to you. If you do want to utilize the universal energy, you simply tap into it or turn up the switch. You can decide how much of that energy you will use and when you will use it. You control your own energy level, with your thoughts, words and actions.

If you choose not to use the energy of the universe, or if you are not aware of the energy available, you may be living your life according to someone else's plan. That is not necessarily a bad thing. But it is for you and you alone to decide whose plan you will follow.

But do not be afraid to get in touch with and use your energy. This is the secret to everything, to all your creativity and your magnificence. You are creative and the Universe is creative.

After all, everything that has been created, all material things, come from the same universal energy source. Nature responds to creative energy and will produce results by manifesting thoughts into form. As a result, we can fulfil any desire and experience fulfilment to any extent that we desire.

## **The power of thought**

Every thought you think is energy in motion. The thought, as energy goes out into the universe and goes on for all time. You may have heard the expression "Be careful what you think about." Or, "Be careful what you wish for". Once you think a thought, it leaves your mind and begins to work with the natural laws of the universe.

These universal laws take something that is non-material, specifically thought, and move it into a material form. But it does not distinguish between a thought that is positive and one that is negative. A thought is like a seed that is planted in the ground.



The universe will provide the seed with the energy to manifest that thought into material form. Mother Nature, who is also natural energy, does not care if it is the seed of a weed or the seed of a flower. It will begin to grow. How well it will grow will depend on a number of other elements -for example, how much additional energy the seed/thought is given.

Let us use the example of a good thought, something that would serve you well and be supportive to the goals you wish to achieve in your life. Consider thinking, “I can do anything I set my mind to.”

This may be a thought that you have decided to think for the first time. In other words, it may not be typical for you to think this way, or common to your previous thought patterns; nevertheless, it is now energy in motion.

If you did not ever have that thought again and you continued to think in a more familiar negative fashion, you would continue to draw energy similar to the negative thoughts in your mind. However, if you thought “I can do anything I set my mind to,” and you repeated that, and made it a consistent repeated thought, you would start to experience new feelings and emotions that lead you to take new actions.

In addition you will also be thinking additional positive thought that will speed your results even more because you are now moving energy in a new direction. You have planted a new seed-thought and you have continued to send it energy to help it grow. Why? Because you are using the energy of the universe, namely *thought*.

Since you are repeating the thought with conviction (increased intensity) and you are repeating the thought over and over again, you are re-energizing and re-programming yourself for a new result. The level of intensity you can generate is in direct proportion to the feeling of passion. The more passionate you are, the more intensity you will have. The less passion you have, the less the intensity.

### **Conscious thought**

You and you alone, decide what to think. This is the truth. There is no one living in your brain deciding what you are going to think. If you want to take control of your own thinking, become aware of WHAT you are thinking.

Start to think about what you are thinking about. And when you notice a negative or destructive thought enter your mind, toss it out and think again. Think a new thought, an empowering thought, a thought that supports what you would like to experience or create in your life. Keep thinking those supportive, positive and empowering thoughts repeatedly.

Thought creates a flow of energy. Your thoughts as well as everyone else's thoughts are energy in motion. You may not visibly see this energy flow, but it is happening nevertheless. Thought energy is omnipresent. It is outside of you, inside of you, in the room, outside of the room, inside another, outside another, in the universe - everywhere and nowhere.

We tap into this thought energy with our consciousness and you do need to be aware of it because it is creative energy and it has an effect on your life. Therefore, when you tap into positive energy you experience positive results; similarly, when you tap into negative energy you experience negative results.

In addition to noticing your consistent thoughts, also notice the words you are speaking, notice the actions you are taking, notice your behaviour and your feelings. If you know that your words, actions, behaviour and your feelings are not supportive, use your creative energy of thought to start a new process of creation and change the path you are taking.

**Recommendation:** The next time you become aware that you are feeling a negative emotion, notice what your thoughts are at that moment. If they are not supportive of what you want to achieve imagine a big red cancel button that is linked to your brain and push the button either in your mind or press your forefinger into your opposite hand.



Just like the delete key on a computer you have now stopped those thoughts in their tracks. Add a 'mental' delete key too if you like to make the process more meaningful and effective for destroying negative thoughts and self-talk.

Next change your thoughts to positive thoughts and you will start to feel different. Repeat this process over and over again, thinking only those thoughts that you want to or choose to experience - namely, positive and supportive thoughts. Soon they will be automatic and you won't even have to be on your guard all the time. Then you can begin to trust the process.

### **Subconscious thought**

Subconscious thoughts reside deep within, in what is known as your subconscious mind. An idea becomes ingrained in this part of your mind as a result of thoughts that are repeated and accepted over and over again. What goes into your subconscious mind comes through your conscious mind.

As adults we decide what ideas and thoughts we will allow into our mind. As young children we have not fully developed our reasoning faculties and so allow most things to go into our subconscious mind. A child is wide open and receptive to thoughts. Therefore, a child's belief system is created at a very young age.

Your subconscious mind is a repository of memories of all of the events that you have experienced in your life up until now, as well as thoughts, ideas and beliefs.. Your subconscious mind is always collecting; it accepts whatever you give it whether it is a healthy thought or a destructive thought.

The subconscious mind will access the old memories upon your request or as a reflex reaction. When memories are accessed they re-enter your subconscious mind and help to reinforce your beliefs. These beliefs may have taken a short period of time to create (seconds), or they may be deeply embedded beliefs that you have created and recreated again and again.

The subconscious mind is very powerful. When we understand how it works, we can start to make conscious decisions about what we will create and access from it. You may have experienced this situation: all of a sudden you feel a terrible thought arise in your conscious mind. You say to yourself, “Where did that come from, what was I thinking?” It invariably came from your subconscious mind.

All of your beliefs are embedded in your subconscious mind. As an example: Let us say you have a belief that “most people cannot be trusted,” and you don’t know where that belief came from. It has probably been created in your subconscious mind. But how did that belief come to be in your subconscious mind?

It may have come from a childhood experience, a number of movies, books about infidelity, stories about dishonest people, magazine covers that you saw in the grocery store, overheard conversations of others speaking about people who couldn’t be trusted and claiming to have valid proof.

You may not know where that idea came from, but at some point it was accepted into your subconscious mind and has been reinforced by further acceptance of related ideas to become a belief.

Because your subconscious mind is so powerful, you will view the world based on your beliefs. You will see the world through the filters of your belief systems and make decisions accordingly.

Some people completely lose sight of reality because of the beliefs they have created. Some people have created beliefs that are absolutely absurd. These people are living in their own little world. Or they go through life in a fog, unable to see clearly.

Your beliefs can set up blinders, or blockages, and you will then miss out on so many of life’s wonderful opportunities. For example, a workaholic may believe that his/her career is more important than their family and may be blind to the effects their work addiction is having on their family, until one day they wake up and they are alone.

However, a critical moment can cause a person to remove their blinders, or clear their fog, and start to see the new opportunities and the world of unlimited possibilities. It all starts with choice.

The good news is that you can change your subconscious mind by choosing new thoughts to replace tired beliefs with new beliefs.

### **Philosophy of a Winner**

If you think you are beaten, you are.  
If you think you dare not, you don't.  
If you like to win, but you think you can't  
It is almost certain you won't.

If you think you'll lose you've lost.  
For out in the world we find,  
Success begins with a person's will;  
It's all in the state of mind.

If you think you're outclassed, you are.  
You've got to think high to rise.  
You've got to be sure of yourself  
Before you can win a prize.

Life's battles don't always go  
To the strongest woman or man,  
But sooner or later, if you're going to win,  
You have to think you can.



## Chapter 4

# Change Your Inner Self-talk – Change Your Life

Self-talk occurs in your conscious mind and has an impact on your subconscious mind when repeated over and over again. Repeating self-talk is a very effective method of creating beliefs. After all we all talk to ourselves and most people have an internal dialogue occurring most of their waking hours, whether they are consciously aware of it or not. This is called self-talk.

Your self-talk consists of the thoughts you are having within your mind to yourself, about yourself. Self-talk is your internal communication and it, too, is creative energy in motion. Self-talk uses the energy of thought. Self-talk can either build or destroy your self-esteem. Your self-esteem is your own evaluation or judgment of yourself and the level of self-esteem you have will have an effect on your life and your results.

Let's review the different types of self-talk.

### **Negative self-talk that you accept**

The most detrimental and harmful form of self-talk takes place when you say something negative about yourself, either vocally or via internal dialogue, *and* you accept it. Most of us often say negative things to ourselves without realizing the impact.

This type of self-talk is destructive and we need to be aware of it. When you use this type of self-talk, first become aware of what you are saying. Then choose replacement self-talk that is positive and supportive. Indicators of this type of negative self-talk are phrases such as:

“I can't . . . .”

“I don't have the energy/knowledge/ability to do that.”

“I could *never* do that.”

“I don't have what it takes.”

“I'm useless.”

“No matter what I try, I can never lose weight.”

This kind of talk is poison to our self-esteem, whether we say it silently to ourselves, or out loud to someone else about ourselves. If you hear yourself using this type of self-talk, start pushing that big red cancel button again.



Here are some positive self-talk ideas that you can use to replace the negative ones.

“I can and I will . . . .”

“I do have an abundance of energy/knowledge/ability to do that.”

“I can do that.”

“I do have what it takes.”

“I’m valuable, worthwhile, a contributor.”

“I see myself losing weight now.”

### **Negative talk by others to you**

Have you ever seen a child plugging their ears because they don’t want to hear what someone is saying to them? Parents need to realize the impact their words can have on their children and choose more carefully. When people believe they are being loving and they are saying negative and hurtful things to you you may not want to hear it because it is natural to obstruct pain from our lives.

However, the words we hear others say to us do not have to be painful. We have a choice whether another person’s words are painful to us or not. If someone says something to you that is cruel, do not allow those words to enter your mind; immediately reject them. Most people forget about the choices that we have and choice is one of our greatest gifts.

It is sad that the self-esteem of a countless number of people is dramatically affected by the acceptance of what others say to them as truth, when the words are negative and destructive. On the other hand, accepting others’ comments or words as true when they are positive can be a liberating experience and not a debilitating experience.

But regardless of what others say, negative or positive, we have the ability to choose whether we are going to accept it or not. Reject any negative talk from others. Accept the positive.

People tend to accept the words of others when they see the person speaking the words as an authority figure, such as mother, father, older sibling, teacher or clergyman. Negative words from these people are the most challenging kind of negativity to reject because people do believe and have respect for the other person.

But that does not mean that the person's negative words are accurate. You must still reject this type of self-talk. Or listen to what may be true. For example, it is possible that the person saying negative things to you is fearful or they may be concerned for you.

What they have said may be something they believe to be true. If the latter is the case and there is a lesson in their words consider the observation, learn from it and make new choices.

Thoughts expressed verbally - using words - form the second level of creation. The words you say out loud to yourself or to others build on the flow of thought energy that is already in motion.

The actual and specific words that you say also affect the intensity of the energy. For example, if you have a strong desire to have something in your life, using the words "I wish I had that" or "I believe I will have that" or "I know I will have it" will each have a different impact on the outcome.

The words "I wish" are not as strong as the words "I believe," but the words with the ultimate intensity are "I know."

Notice the words that you are saying to others. Are you a positive person, or a negative person? It is easy to determine the answer by simply listening to the words you are using.

When you are asked the question "how are you?" How do you respond? There is a difference between how you will feel when you respond with "I'm okay" and how you will feel when you respond, "I'm feeling wonderful!"

### **The "I Can. Therefore I Will" attitude**

Successful people often say that it was their drive to keep going, despite the desire to quit, that drove them to successful heights in their business or careers. That sentiment perfectly sums up the "I can" attitude.

In other words, even though the odds may be against you, keeping a positive mind-set can give you the mental push and energy you need to stick to your plan and build your life the way you intended.

Successful people do not have a negative attitude – or if they do encounter it, they know the steps needed to combat the negative thoughts so they can continue with their plans. Sure, it's human nature to doubt your ability or expertise, especially when faced with something new or unfamiliar. The difference, however, is what you do to combat this self-doubt.

Those with a “go-getter” attitude know how to turn their negative thoughts into positive actions. Rather than dismissing themselves from contention, they welcome the challenge to learn something new.

If you develop a negative “I can't” attitude, it can pervade nearly every area of your life. It can affect your business plans, career track, personal family or social situations. If you keep telling yourself you cannot do things, eventually you will believe yourself and you will lose the desire to even try.

### **The automatic “I Can't” response**

When challenges or road blocks get in our way, as they inevitably will, the automatic response for those who are weak in their resolve to succeed is “I can't.” Rather than taking the time to explore how to overcome a specific hurdle, the default mind-set is: “I can't.”

Every day, we are faced with decisions from the moment we wake up to the second our head hits the pillow at night. Do you really want to live with regrets about any of your decisions, all because you convinced yourself to say “no”? That “I can't” attitude really can be harmful to your psyche!

Even when others try to encourage and boost you while you're still in that doubting phase, the automatic “I can't” is a ready and willing response designed to shut down their attempts. The people who care and support you the most can't force you to take action. They can offer advice and provide the steps you need to take, but it's up to you to take action.

### **Without action, your thoughts remain daydreams.**

#### **Understanding what “I Can't” really means**

When someone says, “I can't,” what they're really saying is “I'm afraid to fail, so I won't try.” If there is a breath in your body and a potential success that awaits you, why would you not want to try? If there is a way to improve your life, career, or business, why wouldn't you want to take that risk?

The answer is exactly that... trying new things involves a certain amount of risk and not all of us are risk takers. Most new situations don't involve a life-threatening risk, but the simple fact of not knowing the outcome can paralyze people with fear.

Unfortunately, fear prevents you from trying anything new and it is often difficult to break this catch-22 cycle. "I can't" are the words that come out of someone's mouth when they are crowded by the doubters, plagued by low self-esteem and they have stopped believing in their goals and aspirations. "I can't" is a way of denying yourself success because you are uncertain that you will be able to achieve your goal and you are afraid to disappoint. But in the end, the only one you will disappoint is yourself if you don't at least make an attempt.

Here are some steps you can take to combat self-doubt and become action-oriented:

1. Do not take criticism or mistakes personally. No one is perfect. Learn from your experiences and prepare yourself for the next time.
2. Find ways to improve your skills. Take continuing education classes, to gain confidence in those skills you feel need improvement.
3. Think about past successes. Success is sweet and words of praise can do wonders for your self-esteem. Think about the times when you were successful and find ways to regain that feeling.
4. Think about the problem or task logically and break it into pieces. This can be overwhelming, so tackle smaller goals one at a time to avoid confusion and added stress.
5. Delegate what you can to other qualified experts. Use the resources around you to help complete the job rather than tackling everything yourself.

The next time you are faced with the chance to try something new, take a deep breath think about the benefits you could experience from this and say "I can!"



## **The media's mind trap**

Every day we spend at least a few hours in front of some form of media: television, internet, radio, magazines and newspapers. We live in the land of instant information and it's enough to make your brain go into overload.

Have you ever thought about how all these media messages play a role in our negative attitudes? It stands to reason that, with so many media images hitting our senses every day, we would be influenced to some extent. After all, why would companies spend millions of dollars each year on advertising if we were not influenced?

For example, let's take a look at the health and beauty market. Airbrushed super models grace the covers of magazines in skimpy bathing suits or dresses. Multiple television shows showcase plastic surgery. The paparazzi torment the celebrity crowd because we are obsessed with the "beautiful people" and their lifestyles.

Then, every year cosmetic companies unveil the latest and greatest concoctions that promise to be the fountain of youth. We have every right to wonder what all of this "window dressing" is doing to our minds?

Well, it can cause us to revisit those negative "I can't" thoughts every day:

- "I can't" get that perfect body because "I can't" afford the personal trainer.
- "I can't" get my picture perfect body without surgery.
- "I can't" be happy without millions of dollars, expensive cars and toys.
- "I can't" get old so I'll fight the natural signs of aging, no matter the cost.
- "I can't" afford this trendy gadget, but my favourite celeb is wearing it, so I'll just add it to my insurmountable credit card debt.

What happens when people try to achieve those unrealistic expectations put into their minds by the media? Sure enough, when they realize they can never achieve those results, they decide that they aren't good enough. It's a vicious cycle.

There are countless stories of people who quit just days or months before they would have realized success. They put two or three years into building their dreams and then quit just when they are about to reach their full stride.

For example, there are many potential business owners who never take that leap of faith to start their businesses. Instead, they continue to daydream about what it would be like to be their own boss and never fully realize their potential. This is a result of the “I can’t” attitude. After all, it is so much easier to daydream than to take action.

If your outlook is positive and you continue to believe in the abilities that got you this far, your journey becomes easier and within reach. By continuing your skill development and pushing yourself out of your comfort zone, you will consistently be challenged. Once you meet that first challenge successfully, working to meet the next challenges will become easier.

Try the following tips to discover your positive attitude:

1. Be thankful. Rather than always seeing the negative parts of a situation, think about the positive benefits. Even if you are in the midst of a struggle and stressed about a particular challenge, take the time to notice the nice weather, your comfortable home, your good health, your loving partner or even that sentimental picture from your child.

Life is good but sometimes we forget this fact when we focus so intensely on the stressors.

2. Be flexible. Routines are great for improving productivity, but you can avoid unnecessary stress if you learn to be flexible when complications arise. Take some deep breaths and learn to go with the flow. If something isn’t turning out the way you expected, take a break and focus your efforts on another project.

3. Journal your thoughts. Personal journals can help you sort out your feelings and help you relieve stress. If you are upset with someone, write out your feelings in your journal. This can be a therapeutic experience to get all those feelings out. Use a journal for business, too. Frustrations with a client may seem more trivial once you write it all down. It also helps you see solutions more clearly.

4. Use personal mantras or positive affirmations daily. Keep a favourite positive quote in your office or in a place where it’s noticeable so you can see it and remember the quote throughout the day. When you feel your blood pressure increasing, focus on your affirmation, take a deep breath, and walk away from your desk for a few minutes.

If you have dreams you would like to reach, you have every right to go for it. No one should be talking you out of realizing your dreams – not even you!

Changing your negative mind-set into a positive one won't happen overnight, but if you work through these tips one at a time, you'll soon wake up with the self-confidence to exclaim: "I CAN!" And you will!

### **What can you do to change your mind?**

Now the mind games begin. You have convinced yourself – and anyone that will listen – that you can't do what you need to do for your success. Yet in the back of your mind, you still desire success, but you are just afraid to go after your dream.

- Maybe you have had one too many disappointments and you are not ready to experience another.
- Maybe you are just physically tired of trying.
- Maybe you think the competition is just too great and you would rather stop now than be embarrassed later on.

Whatever the reason for your latest "I can't" attitude, the reasons why "You can" still remain strong.

Here are some actions you can take to help change your negative mind-set:

1. Avoid exposure to negative images when possible. If your mood plummets when looking at the perfect bodies in fashion magazines, find another magazine of interest or read a book instead.
2. Pull out your action plan and examine your goals. Are they realistic? Have they changed from when you first wrote them down? Are these actually your goals, or are you trying to live up to other people's expectations?
3. Examine your strategy for achieving those goals. Is it still valid? Can you delegate any of this work to others to help you achieve these goals?
4. What are you lacking in your life? How can you fix this? Write out small short-term goals – or baby steps – to make your goals more achievable.

5. Lean on your support groups. Share your concerns and determine if your chosen support people can give you what you need. Once you have identified an area that needs support, improvement, or fixing, make that your focus with new action steps to aid you in your quest.

### **When you need something more**

If, after reviewing your plans you discover that the stumbling block to your success is simply that you need to learn a necessary skill, then your path is straightforward again. Simply determine what you can do to gain this knowledge then take action.

See? The steps to success now seem a little more achievable and less complicated. Isolate what needs to be done, the time you need, and the resources you require and then go after it. To give up now has to be considered a non-option.



If financial resources are an issue, dig down and look at what's really available. Can you save the funds needed? Can you push back your goals just long enough to raise the funds required? Is there a less expensive alternative that is just as good? Any of these strategies are a far better alternative than to quit at this stage. Learn what you need to know and implement it.



## Chapter 5

### Without Action Knowledge Is Wasted

For a goal to be achieved there are actually two important steps that work in tandem with each other. Yes, you can learn all there is to know about your chosen subject, but it does no good just sitting in your head. You must do something with that knowledge in order to be successful.

On every college campus there are the “career students” who study for years on end in the hope of earning every degree possible. Are they really using their knowledge wisely? Or do they stay in school because they don’t think they can be successful in their chosen career?

The same holds true for those who start internet businesses. All the hype tells us how easy it is to earn money from home; there are thousands of “gurus” who charge hefty sums to teach their students how to find this “easy money.” You can pay thousands of dollars for all this training, but how will you make that money back? What’s the next step after learning all these different internet marketing strategies?

#### **Action.**



Learning is wonderful but you must put that knowledge into action in order to reap the rewards of your learning. Sure, it’s risky, but there’s also a risk in not taking action. Taking that first step toward success can be enough to get your “I can” attitude back again.

Having an “I can” attitude supports the notion that there’s always something you can do when you reach an obstacle – it’s just a matter of going after your goal again, and again, and again...

Once you change your attitude from one of resignation to one of hope and confidence you have won half the battle. Keeping a positive attitude in your business and personal life can be difficult; very often it is a mind game and a test of wills.

### **The power of action**

Thought and word are two powerful levels of energy. When they are combined with action, and when the energies of all three levels (thought, word, action) are moving in the same direction, you will experience incredible results. Thinking positive, supportive, empowering thoughts and speaking affirmatively without taking action will cause you to create at a slower speed.

### **How does the energy of action work?**

If you planted a seed in the ground and did not provide it any water, would it grow? Possibly, but it would grow much faster and become stronger and healthier if you applied the water. Giving a seed water is like taking action toward the achievement of a goal.

Here is another example of how the energy of action works. When you move your body, you are not moving only your physical body; you are moving energy - universal energy.

Imagine a large magnet that has intense magnetic power. Imagine that the magnet is placed in a certain location and within inches of it there is a small pile of metal screws. Screws are easily attracted to the magnet.

However, if we place the magnet in one location, and place the screws in another, and do nothing about moving them toward each other, we will not experience a connection regardless of the energy that is actively working.

### **Result without action - Result with action**

This illustrates the process of achieving our goals. The magnet represents you, the energy of the magnet represents your energy and the universal energy and the screws represent the goal. Moving the magnet toward the goal represents your use of energy to draw your goal toward you.

If we set the goal (which starts with thought and word energy) and do not act, even though we have the energy available and we are beginning to utilize that energy we will not get the results we desire. We must take action toward achievement of the goal.

Once a goal is set, you need to ask yourself: *What do I need to do that will take me in the direction of this goal or achieve my desired result?* You may not have the answer immediately, but keep asking the question and you will get the answer.

Or seek expert advice from someone who can help you answer the question. When you keep asking the question of yourself and of another you are opening yourself up to receive the answer and to see new possibilities.

Taking action does not mean that you must take massive action. As long as you are taking some action toward your goal you will be moving in a forward direction and using the creative energy of action. Take the example of someone making a decision to improve strength and fitness. Taking too much action would cause an unfit and deconditioned person to burn out quickly or get injured.

To improve body strength and fitness safely and effectively you would first embark on a proper exercise program and learn the technique of the exercises. Then you would follow the steps in the proper sequence and increase the training intensity over a period of time.

However, taking immediate HUGE action to jump-start your commitment will give you some momentum. If this type of action is applicable to your goal, take it, and follow up with consistent, persistent regular action.



## **Chapter 6**

### **A Healthy, Fit, Feel-good Body Is A Must**

#### **Change the way you feel through your body movement**

It has been proven that our thoughts affect the way we feel. It is also true that we can change our thoughts by changing the way we move our physical body. For example, if you have ever been feeling a bit down or stressed and you went and had a workout to give you some 'me time' you would immediately feel better and be thinking more positive thoughts.

Proper exercise that involves taking some action can move you from a negative state to a positive state and keep you there if you perform your exercise program on a regular basis.

Our physical health is intertwined with our mental and emotional health and when our physical health is strong and fit our mental and emotional health is also improved.

#### **Your exercise attitude - positive or negative?**

We are always trying to pack more into our day and most times proper exercise gets left out because it takes up too much time. As a result our strength levels decline along with our fitness level, our waistlines increase and we set ourselves up for a variety of health problems down the road somewhere.

Our modern day lives are indeed busy as demands and expectations have increased as technology has speeded up our world. With these extra loads we need to be aware that our own self care is vital to our survival in such a fast paced environment.

Just like any piece of equipment that needs to be reliable and not break down we need some down time too. We need to recalibrate our brain and give it time to do the filing otherwise it ends up like a desk piled up with unattended paperwork.

Our body and soul needs nature's chemicals that are only released during vigorous movement or activity. They wash through us like medicine, calming, soothing and cleansing us both in body and mind of all the 'junk' that comes our way in the course of living a busy life.

If this 'junk' is not cleared away stress levels climb and affect every part of our being. Not only our physical being but our mental and emotional wellness as well. Stress is responsible for a large percentage of disease everywhere around us and if you think you can get away with managing it without exercise you are in for a rocky road.

Using the 'not enough time' excuse is pretty flimsy, there is no excuse unless you happen to be paralyzed from the neck down. So the next time you think about getting started on your proper exercise program do not ask "Who has time", instead ask yourself the questions "Who does not want to look and feel better?" Or "If I don't take care of myself who else is going to?" After all plenty of people much busier than you make the time to exercise a couple of times each week.

There is little difference in people all over the world, but that little difference does make a really big difference when it comes to self help care. Because that little difference is all about attitude and the really big difference is whether it is negative or positive.

But if your attitude towards exercise is bad, are you willing to change it?

If your attitude is positive you will enjoy your time out for your exercise program and its priority gets pushed up to very near the top of the totem pole of priorities - right up there alongside family, work and friends. After all what use can you be to these other priorities if you do not have your health?

We each have the same amount of time in each day. If you have packed yours full of stuff and have left no time for something as important as exercise you will need to let go of projects or people that do not serve you well.

Every minute we have to devote to exercise time should be strength training exercise of some kind as it will give you the most 'bang for your buck'. It is a multi-purpose solution because it has benefits to all areas of your health, muscle, bone and joint strength, body weight control, flexibility, heart health and just 2-3 sessions each week will guard against the number one bio-marker of the aging process - loss of muscle tissue.

Energy is the source of all life and proper strengthening exercise will supply you with the energy and vitality to make the most out of your life. We each have the opportunity to create this life energy to keep ourselves healthy and well. All it takes to grab our share is a positive attitude and a simple action plan.

## **Your mental and emotional fitness needs exercise too**

Often when we heard the word 'fitness' we tend to think of just the physical aspects of it but a person's overall health status is not just linked to the physical fitness of our bodies. It is also linked to our mental and emotional health and fitness as well. These three are all equally important and proper exercise can improve and sustain all three areas.

Mental and emotional health is just as important as the highest degree of physical fitness one can achieve as one without the other is a bit like a stool with only three legs. It will tip over. Many people are plagued by negative emotions which can hold them back from achieving their full potential in life.

Proper exercise can act as a counterweight and dissipate those negative emotions before they can become life altering. When the human body performs vigorous activity natural chemicals are released that regulate the emotions and create positive feelings about oneself and our lot in life. This can help you get back in touch with your inner self.

We all know that exercise is great for strengthening our muscles and helping manage our body weight but many people do not think about how it helps our brain work better. From managing stress to processing emotions, exercise oils the wheels that turn in our heads when we think, feel and do.

Whenever we get our heart rate up with some muscle building and maintaining exercise like strength training oxygen rich blood gets pumped through our system to benefit all of the body's cells, tissues and organs including the brain.

This gives the brain a boost in power and generates a domino effect, stimulating brain wave activity which provides energy to the rest of the body. If you are tired and fatigued an exercise session can wake up your brain and rejuvenate it again.

An exercise session also decreases stress. Vigorous movement helps release stress hormones that have built up in your body that can threaten to overflow. When you discover how physical activity will allow stress buildup to escape you will have the perfect way to manage it. Use its calming effect to help you reduce stress levels.

Exercise can eliminate the ‘stinkin thinkin’ that produces depression. A session will chase any negative thoughts away and banish them forever. Without exercise these thoughts can build up and ruin a life. Pills won’t fix things, but exercise will. Think of it like house cleaning – useless and bad thoughts are simply eliminated.

With your strength training program you will find you are more creative. Exercise sparks creativity and gets the creative juices flowing and within minutes you can encounter a range of new thoughts or ideas that await further exploration.

Whatever your mental state at the time you start exercising, your session will help you feel so much better which will make you a happier more fulfilled person. It is up to each of us to give this gift to ourselves. Just 2-3 sessions each week will keep you calm and centered and you will be more productive and less stressed.



## Chapter 7

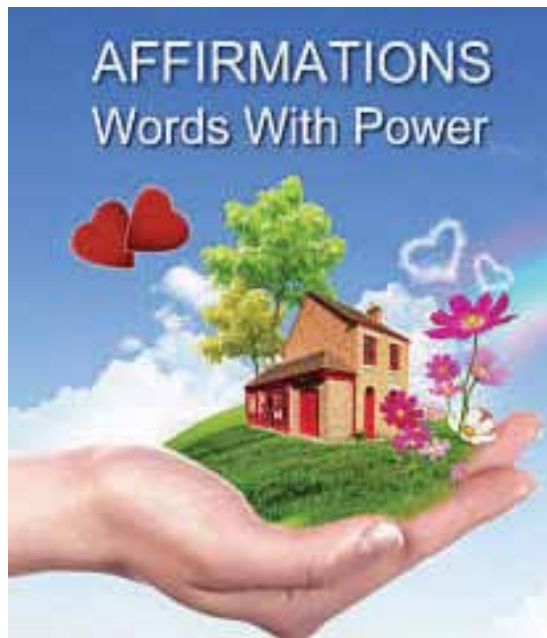
### Are Affirmations Important?

Affirmations are positive statements that describe a desired situation, and which are repeated many times, in order to impress the subconscious mind and trigger it into positive action. In order to ensure the effectiveness of the affirmations, they have to be repeated with attention, conviction, interest and desire.

Most people repeat in their minds negative words and statements concerning the situations and events in their lives, and consequently, create undesirable situations. Words and statements work at both ways, to build or destroy. It is the way we use them that determines whether they are going to bring good or harmful results.

Often, people repeat negative statements in their minds, without even being aware of what they are doing. Do you keep thinking and telling yourself that you cannot do something, you are too lazy, lack inner strength, or that you are going to fail?

Your subconscious mind accepts as true what you keep saying, and eventually attracts corresponding events and situations into your life, irrespective of whether they are good or bad for you, so why not choose only positive statements?





**Affirmations program the mind in the same way that scripts and commands program a computer.** The repeated words help you to focus your mind on your aim, and automatically build corresponding mental images in the conscious mind, which affect the subconscious mind, in a similar manner to creative visualization.

The conscious mind, the mind you think with, starts this process, and then the subconscious mind takes charge. By using this process consciously and intently, you can affect your subconscious mind, and thereby, transform your habits, behaviour, mental attitude, and reactions, and even reshape your external life.

Sometimes, results appear quickly, but often more time is required. Depending on your goal, sometimes, you might attain immediate results, and at other times, it might take days, weeks, months or more. Getting results depends on several factors, such as the time, focus, faith and feelings you invest in repeating your affirmations, on the strength of your desire, and on how big or small is your goal.

It is important to understand that repeating positive affirmations for a few minutes, and then thinking negatively the rest of the day, neutralizes the effects of the positive words. You have to refuse to think negative thoughts, if you wish to attain positive results.

### **The big “I am”**

The strongest statement that you can make is an “I am” statement. You can learn to think more positively about yourself through positive affirmations. Making “I am” statements opens up the channel to your consciousness (both conscious and subconscious) to build new beliefs. When you hear yourself say “I am . . . ,”listen to the words that follow.

Quite often we hear people say “I am sick and tired.” Or “I am so fed up.” Or “I am going out of my mind.” Watch for those negative affirmations about yourself, other people and the world.

Whether you are making negative comments about yourself, which are the most detrimental, or negative comments about others and other things you are causing dis-ease in your body.

Affirmations are positive statements that you can place on your bathroom mirror to read in the morning while you are getting ready for the day and in the evening to read just before going to bed. They will set your attitude for the day. You can also take them with you wherever you go. Attitude is a little thing that makes a big difference to your life.



Here are some examples of positive affirmations.

*I have unlimited potential. I have the ability to create anything that I desire in my life. I am one with the Universe.*

*I have excellent powers of focus. Each day I consciously work to improve and perfect my ability to direct and hold my concentration.*

*When I decide to focus on a thing, I give it my complete attention.*

*I am able to easily visualize my desired result in advance.*

*Every day I visualize the achievement of my goals. I create complete detailed scenes in my mind of myself succeeding. I see the scenes over and over, each time more clearly, and I begin to create that future event in my mind.*

*Each day I get even better at clearly visualizing the best of myself and my future in my own mind. I visualize it, I act on it and I make it happen.*

*I think, act, walk, talk, breathe, move, gesture and perform like a champion in all that I do.*

*I set my goals and I reach them. Success is a way of life for me.*

*I am in outstanding physical, emotional and psychological condition. I only feed my body those foods that are nutritious and good for me.*

*I am resourceful. I have the ability to do whatever it takes to succeed.*

*I have tremendous confidence in my talents and my abilities.*

*I am committed to perform with excellence in all that I do.*

*I am a giver and what I give comes back to me multiplied.*

*I have drive, spirit, stamina and endurance. I have an outstanding winning attitude about myself and about everything I do.*

*I know that I am headed in the right, winning direction. I learn from the past and look forward.*

*My gratitude opens me up to unlimited success.*

*I deeply respect my body and take excellent care of it each day.*

*I feel great pleasure from the health and strength of my physical body.  
I start each day and continue throughout the day with an abundance of energy.*

*I can do it and I will do it!*

*I have all of the resources to reach my goals.  
Everything I need is within me now!*

*I am totally focused and can clearly see my outcome.*

*I have the ability to do whatever it takes to succeed, and to support all those whom I love.*

*I am successful in every way.*

*My work is a great contribution to others, and I am richly rewarded for it.*

*My gratitude opens me up to unlimited financial success.*

*I feel prosperous and I think prosperous thoughts.*

*I handle and invest my money wisely, and I profit daily.*

*I feel great pleasure as I take massive action to accomplish my goals.*

*I live each day with an attitude of gratitude.*

*I have faith in myself.*

*It is spiritual to be abundant and I know that the Universe wants me to enjoy all of its riches. I accept with gratitude.*

*I am worthy of receiving all that I desire.*

*I deserve to succeed in all areas of my life.*

*I am confident, determined and persistent.*

*I am a “do-it-now” person, and I make my time serve me.*

*I am successful beyond my wildest dreams in all areas of my life and a true example of possibility.*

*I am unconditionally loving.*

*I am eternally grateful for all of the gifts in my life.*

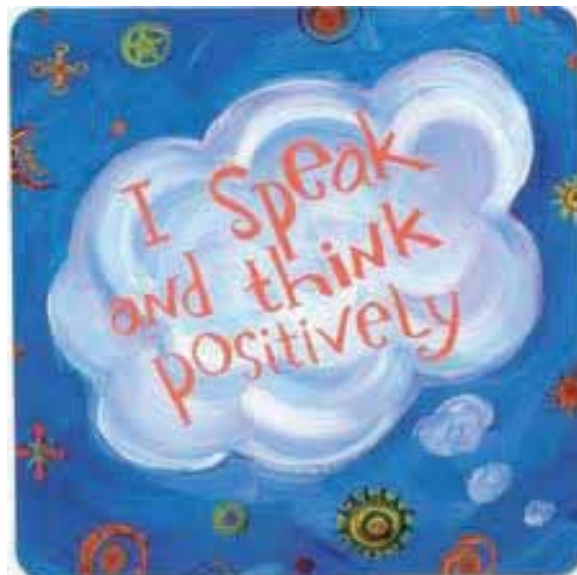
*I am successful in my business and I am enjoying my success.*

*I invest quality time with my family and friends.*

*I am strong, fit and energetic.*

*I am a great support for my family.*

*I am creative.*



## Chapter 8

### What Are Your Beliefs?

A belief starts with the acceptance of information repeatedly taken in through your conscious mind and then embedded in your subconscious mind. Beliefs play a vital role in all of our behaviours, our actions and, ultimately our results.

Whatever we believe becomes our reality. We filter all events through our beliefs and make decisions based on them. We treat others based on our beliefs. All of all of our behaviours, our actions and all of our results are consistent with our beliefs. We create our own beliefs, some that support us and some that do not support us.

Beliefs determine:

- the meaning we link to an event
- the questions we ask ourselves
- the choices we make
- the actions we take
- what we choose to focus on
- what we choose to not focus on
- how we react to a situation
- how we feel about something
- how we receive information
- how we analyse information
- how we treat others.

#### **Supportive beliefs**

Beliefs that are supportive will help to take us in the direction of our goals. All of the goals that we set and achieve will be based on the supportive beliefs that we have. For example, if we have a belief that “I am intelligent,” then we will act and behave in the manner of an intelligent person. More importantly, we will realize the rewards of an intelligent person.

#### **Non-supportive beliefs**

Beliefs that do not support us by taking us in the direction of our goals are non-supportive or destructive beliefs. Some of these beliefs are deep-rooted; and to eliminate them we need to uproot and replace them with new, supportive and empowering beliefs. We often refer to these non-supportive or negative beliefs as **baggage**. We sometimes hear someone say “He/she comes with a lot of baggage”.

Baggage carried around can cause us to be and remain 'stuck' and unable to move forward in our life.

An example of a non-supportive belief is "people can't be trusted" or "this can't work because it has never been done before" or "the environment/industry/economy is devastated/destroyed." A negative belief can have a substantial effect on the result, depending on the strength of the belief.

Negative, non-supportive beliefs are destructive and can sabotage our ability to achieve our goals. Being clear on what these destructive beliefs are gives us tremendous power. This allows us to face the beliefs that have been keeping us from our joy and happiness.

Having limiting beliefs can also block our minds from allowing any new ideas or new possibilities to be considered. It is not a matter of not being able to accept more - we simply reject.

Let's now take an honest look at those limiting beliefs in order to eliminate them from our lives.

### **How do we create our beliefs?**

We build beliefs about many things. We build beliefs in relationship to our view of the world - our views on society, business, the economy, money, race, the health system, finance, friends, our partner, people, places, events, family, health choices and so on.

If you want to know what your belief is about something or someone, it is easy to find out. Simply ask yourself several questions: "What do I think about \_\_\_\_\_?" "How do I feel about \_\_\_\_\_?" "What is my gut telling me about \_\_\_\_\_?" Your answer to any of these questions, or your combined answer to all of them, is your belief.

So where do beliefs come from? Building a belief starts with a thought. The thought is considered, followed up with relevant information gathered to support the thought, then evaluated, analysed, possibly augmented with related additional thoughts, affirmed, reaffirmed, and then ultimately, it becomes a belief.

Beliefs about our personal selves are built by affirming and reaffirming statements by experiences that support these statements. The belief becomes evident to others once we have built the support for that belief.

Our beliefs about who we are may be messages to the world, but people do not necessarily see a written message. Our personal beliefs are often communicated to others non-verbally. If you have a belief that you are a confident person, people will see that without you having to say the words “I am a confident person”.

If you have the belief that proper exercise and eating healthy is important, you will look strong, fit and healthy living in a feel-good slim body.

Think about the messages that you are sending to the world. Support columns are essential to support a belief. If you do not have empowering beliefs about yourself, then create new beliefs by building new supporting thoughts (columns) and in time the world will clearly see your new, positive, empowering belief.



## **Affirmations on Beliefs**

*I am aware of my beliefs.*

*My beliefs support my goals.*

*As I change my beliefs, I change my life.*

*I am unique and have unique gifts and talents.*

*I am capable of reaching goals I set.*

*I am calm, and peaceful.*

*I have peace, passion, energy, and joy every day.*

*I am always attracting great opportunities to me.*

*I enjoy my work/career.*

*I am enthusiastic about life.*

*I have the time I need to accomplish important goals.*

*I have control over my feelings and emotions.*

*I have the power to choose.*

*I make the right choices at exactly the right time.*

*I see everything that happens in my life as opportunities for growth.*

*I cherish the present moment.*

*I am always doing my best.*

*I am confident and courageous.*



## **Chapter 9**

### **Mind Power Implies Will Power**

An amazing power of the mind is that it triggers our body to do what it says. That is why, with the right power of the mind, it becomes easy to achieve what we want. If we wish to ace an exam, get noticed by the professor, or lose some weight, and we think that it can really happen, our mind will activate some power in our body to be responsible in making things happen – our will power.

This power is the actual process of converting our thoughts into reality. So, if we wish to ace and actually believe in acing an exam, our act of studying and preparing for such exam was caused by our will power that was triggered by the mind.

Also, if we believe that the professor will notice us, our acts of preparing ourselves and perhaps reciting in class are what our mind tells us and what the will power does. Or in other cases, if we want to lose weight, our acts of engaging in different kinds of exercises and eating a well-balanced diet are due to the will power that is governed by the mind.

Below are some individual's mind-powered attitudes towards situations that are commonly difficult in dealing with. What only lacks now is his will power in order to make these *I Can's* into *I Will's*.

#### **I Can Look Good, Feel Good, and Be Good**

True beauty can not only be seen in the outside appearance of a person, but in the inside, as well. It is an innate quality, a way of being, a manner of acting. A common misunderstanding in this concept is that it refers to the perfection of the physical characteristics only.

Where, in fact, to achieve balanced beauty the inner and the outer features of a person must blend together in such a way that it is bounded by happiness, social grace, self-confidence and self-expression through all bodily movements.

Observe the people around you. Even without seeing them, I know that all of them are beautiful and I can justify my observation. Some of them are physically attractive – slim, fair complexion, with long shiny hair, with nice smile – that makes other people go for a second look.

Others have wonderful personalities – cheerful, animated and fun to be with. Still others are intellectually gifted – perform well in English, Math, Science or any academic subjects. Lastly, there are those who are talented with different skills like playing musical instruments, acting on stage, painting or writing.

The people who possess any or combinations of these are considered beautiful in one way or another. But for someone to be believed as truly beautiful, he/she must possess all of these qualities. Think of it as a diamond which must be cut with many facets in order to sparkle properly. Each facet should be proportioned in such a way that complete beauty shines forth.

Achieving true beauty is not as hard as it may seem. As a matter of fact, to think beautiful is to be beautiful. That's right! All you need is the proper attitude towards believing how good you look and feel and it will eventually shine through for all to see.

The seeds of beauty are one of the most precious seeds of thought you can plant and cultivate in your mind. Just by thinking and saying, "I look good," you have sowed the seeds. After sowing these seeds, cultivation must begin. Cultivation is comprised of the responsibility and the commitment on your part to make beauty a reality in your life.

This takes time and work, especially that it needs to work on all the aspects of your being – physical, emotional, mental, and aesthetic. Cultivating the thought, "I look good" requires self-analysis, goal-setting, discipline, dedication, and patience until you can finally say, "I feel good. I am good."

What is essential in achieving good looks, feelings, and vibrations is to love yourself above everything else. Respect and love for your unique self and an understanding of your nature are the first steps in building respect, love and understanding to others.

Only when you feel good about yourself will you begin to like and love yourself. And only when you begin to love yourself will you become a vital and interesting person for others to see. The secret is to develop a friendly relationship with yourself. If you would not want yourself as a friend, who would want to?

It's really not that difficult, is it? So, go on. Tell yourself and other people that "I can look good, feel good, and be good. Therefore, I will."

## **I Can Find True Love**

They say that you will never know when you are in love. You will only feel it. Indeed, love is quite a strong feeling. It is a special bond between two people mutually attracted to one another, not just physically, but emotionally, mentally, and spiritually as well. Many believe in the concept of soul mates – that there is one single person in this world meant for each one of us.

Others trust in signs and signals that say one is destined to be with another, or what they call destiny; while some are just certain of falling in love and making an effort in establishing a relationship.

Whatever idea of love we believe in, I'm sure that each one of us hopes to find that one true love that is meant, destined, or intended for us because love, like friendship, is also a precious treasure to have.

No matter how sweet love can be, how it brings brightness and color in our lives, or how it makes us strong and inspired through every day, there are those who don't accept love, or at least had given up in the search for it. It's not that they don't believe in its existence, but there are some factors that make them believe that they may never find true love ever.

This is when negative thoughts take place again: *I am not beautiful. No one will love me; I have braces. No one will want to kiss me; I am not rich. No one will agree to go out with me.* How sad can the people who think this way be? And if you are one of them, I'm telling you now, if you still want to find true love, you have to change the way you think.

You should bear in mind that true love is not just about appreciating the physical aspect of an individual, but also accepting his inner personality. *For the purpose of simplicity, let's use the male version.* Loving him means loving all of him – not just his strengths, but also his weaknesses; not just his perfections, but also his flaws; not just his rightness, but also his mistakes.

The first and easiest way to make someone love you truly is to love yourself before anyone else. Determine who you are. Know yourself better. Accept your flaws and weaknesses. And when you feel confident enough about yourself, it will not be hard to find someone who will notice you and see you in a different way. Most people feel attracted to someone who can be himself/herself at any particular moment with any companion.

You know what to say. "I can find true love. Therefore, I will."

## **I Can Reach my Goals in Life**

Success cannot be attained overnight, but, still, it can be attained. Funny how people can be so impatient. Just observe students in the middle of their school life. Instead of being excited that they will soon finish this chapter of their education they often complain of being bored and want to quit school for work or, worse, play. With this kind of thinking and attitude, how would one expect to reach their goals in life?

Life is too precious to waste living it without a plan or goal. It is too short not living it to the fullest and making the most out of it. Say, you have a goal, a dream, a wish you want to fulfill. Ask yourself, *is that enough?* The answer would be yes, as long as you have the drive to reach it. After all, it wouldn't be called a goal unless you have plans of achieving it, right? Otherwise, having a goal without the will to make it into reality is not enough.

Another problem regarding this matter is that people do have a goal but just don't have what it takes to achieve it, or so they thought. Again, they become blinded by the negativity of their minds. Money, socio-economic status, race, age, gender – these are just a few factors that hinder people to think that they have what it takes to attain success that everyone has been dreaming of.

So what if you don't earn a lot of money? Will that be reason enough for you not to attend school or find a job? How about if you are not among the authorities in your society? Or you are of a different race? Or you are still young? Should they even be considered reasons to discourage you in turning your dreams into reality? I don't think so. It is only your mind that says so. Hence, fight it.

What you can do is put your mind into something you want to happen. Say, you want to be a writer. Therefore, think as a writer, feel as a writer, and be a writer. Practice. Read a lot. Grab all opportunities that would make you a writer.

Like everything else that we wish to happen, in reaching for a goal, we should make sacrifices – time, effort, commitment, dedication, responsibilities, and so on. After all, success does not come overnight. But eventually, it will.

And before anything else, believe that “I can reach my goals in life. Therefore, I will.”

## **Chapter 10**

### **How Our Own Energy Can Challenge Us**

One of the biggest reasons for people not reaching their goals is that they create direct energy challenges with the thoughts they are thinking, the words they are speaking and the actions they are taking.

#### **When energy challenges are created**

Energy challenges are created when you say one thing and do another. For example, if you say that you are going to start your own business and do nothing about it, continuing to spend all of your time on either work for an employer or non-work activities, you will probably not become self-employed.

In this example, you are using the energy of thought and word as a positive energy (moving in the direction that you desire), but your actions are in direct opposition to these energies and will act as a weight to hold you back. Another example would be to take positive action toward a goal, but in your mind continue with negative self-talk. This creates restrictions.

Thinking one thing and saying another, or speaking of action and not taking any action, is like trying to drive down the road with one foot firmly placed on the gas pedal and your other foot firmly placed on the brake. You can see that you may be moving, but you are restricting yourself as to how fast you will move, and you are likely causing other problems that will ultimately manifest themselves.

Another type of energy challenge occurs when you are working on internal positive self-talk to build your image and you listen to negative words from another and allow yourself to accept those words. This creates an internal tug of war.

To stop the internal tug of war, cut off the possibility of moving backward, eliminate those self-destructive beliefs and focus on moving forward. Free yourself of old negative self-talk and create new positive and supportive self-talk.

Notice the energy challenges and check to ensure that your thoughts, words and actions are all in alignment. If they are not, correct and re-align in order to have all three levels of energy moving in the same direction, the direction of your desires and goals.

## **Develop your success muscle**

If you have a desire to be successful, and success is not a result that you have previously experienced, then being successful may be foreign to your habit patterns or conditioning. Imagine success as a muscle that is part of you, but this muscle is one that you have not consistently exercised before.

Some people simply do not use this muscle, while others have developed their success muscle and continue to strengthen this muscle on a regular basis. If you have not developed your success muscle managing challenges and obstacles can be very difficult. When you have a conditioned state of attitude - in other words, when you have a powerful, fully utilized 'success' muscle - managing the challenging times becomes easier.

If your energy level switches for thought, words and actions are set on low: that person is not thinking of success, speaking of success, taking actions toward success; therefore, that person is not experiencing the state of success.

Or if the energy switch for thought and words has started to increase; however, the energy of action is still low. Therefore, the state of successfulness is still also low. When you are experiencing success - all energy switches are on high. In this state you are in total awareness, with your thoughts, words and actions all being successful.

Think of building your 'success muscle' as equivalent to building your physical muscles. You cannot exercise once and expect lasting results. You must engage in exercise repeatedly. When you practice regularly, you will start to reap the rewards over time.



### **Make sure you want what your soul wants**

You can be certain that if your soul does not desire that which you *think* you want, no matter how much you focus your thoughts, speak the word and even take action you will only cause conflict in your life.

Your feelings are the expressions of your soul. Your mind experiences the past, your body experiences the present and your soul knows the future. How do you know whether you truly desire something or not? The answer is with the tummy test. Ask yourself, “What is my gut telling me?”

If you are trying to force an answer you will not get an answer. Become quiet, very still, close your eyes and listen to your inner voice. Keep asking the question and the answer will reveal itself to you.

Or, if you are experiencing an energy challenge with your feelings expressing a desire different from what you think you desire, and you are struggling with a decision, ask yourself the question, “If I was granted one wish at this moment, and I knew this wish would absolutely positively be granted what outcome would I wish for?”

We all have intuitive power. Some people are more in touch with their intuition than others, but we all have this power. When you become aware of your intuitive power and start to use it, it will expand.

When your soul does not desire a goal, the reason could be because of old negative beliefs or pain that you have deeply associated with this goal. Do not try to force the process. Force negates. You can never force yourself to be something without absolute sincerity and soul’s desire. You may simply need to create new beliefs in order to no longer feel the pain.

Whatever the reasons, whatever your methods, get the answers from within and choose how you will move on toward your destiny.

## **Chapter 11**

# **Our World Is Full Of Opportunities**

We live in a world of plentiful opportunities. There are opportunities everywhere and we do have control over our ability to create our ultimate dreams. If you have an idea, then inherent within you is the ability to create the concrete reality that idea represents. You wouldn't have had the idea if you were not able to manifest it.

There are unlimited opportunities available to you. What you will actually experience is dependent on your day-to-day choices. Our choices determine what we will experience. All possible outcomes have already been predetermined. What we will actually experience will depend on our choices and how we react to what is happening in our lives.

Once you realize that there are unlimited opportunities before you, you will start to see new opportunities present themselves to you. As you become more aware, more opportunities will be presented. As you set goals and reach them, you will start to see new and grander opportunities. And it will continue - a momentum has begun. You have set in motion the process of creation.

Most people look at their own results for proof and validation. When they can validate that they were not able to create their opportunities in the past, or achieve their goals, they do not even bother to consider new possibilities.

People will also look at other people for their results and validate their decisions by other people's negative results. If you are looking for something you will find it. If you are looking for an example to prove you cannot do something, you will get that answer. If you look for someone who has tried and failed, you will also find the example.

### **The secret is finding your passion**

We sure envy people who know exactly what they want in their life and are totally committed to finding and realizing their passion. We can recognize this type of person by their results. They are enthusiastic and typically outstanding in their performance and, if they are working at what they truly love, they excel in their careers/and or sporting endeavours.



Many people are not clear on what they want to be, do or have in their lives. That may be their choice. Not deciding in advance what you are going to be is a valid life choice. On the other hand, not choosing may be the result of not knowing how to create what you want or not knowing that you can.

If you have chosen to live your life *on purpose* and have a strong desire to live by your passion, or find your passion, then you are on the path to success.

To discover what you are passionate about is a simple process. Simply think about what you love to do. Think about what gives you the most pleasure. Think about a time in your life when you were the happiest and the most peaceful and remember what it was that you were doing, having or being.



Ask the questions and you will get the answers. Be patient with this process. If you do not have answers to the questions immediately, ask again and again until you get the answers. Try different things and use your gut instinct to determine your level of passion.

### **Exercise**

Create an imaginary passion meter, like the energy switch in your mind. Try different things to put yourself in a passionate state, or simply think about doing different things and notice your feelings. You will be able to quickly determine what you are passionate about. Write them down on a list then prune it back to three things then down to one.

### **Questions to determine your passion**

You can also use the following questions to discover what you are passionate about. Record your answers as you ask the questions and review them later. Keep these questions for future reference. Your passion may change as you get older, or your passion may change when circumstances in your life change.

*What do I really want to do with my life?*

*What am I passionate about?*

*What would I have if there were no limits?*

*What do I really enjoy doing in my spare time?*

*What motivates me?*

*What inspires me?*

*What drives me?*

*How would I like to be remembered?*

*If I were granted one wish, and I knew that that wish would be granted, what would I wish for?*

### **First steps to realizing your goals**

You are now thinking as unlimitedly as conceivable. As there shouldn't be any boundaries on the goals you set yourself, your visions might appear insurmountable to most, but they should not seem that way to you, as now you have to start realizing them.

### **Get moving**

Arrive at an appraisal of what you'll require. This is your basic step. Sit down and analyze what you'll require to bring your plan to fulfillment. This may be a really tall order - the things that you'll require may seem unattainable to you at present.

This is step one of the procedure, although, and most individuals fail at this. All the same, don't restrict yourself. Make a list of the things you will require, however hard they appear at present.

### **Arrive at an appraisal of what you have**

You will already have some things that will be valuable in the achievement of your goal. You may not be able to see them probably, but these things will be with you.

Sit down and think. Perhaps you know somebody indirectly who may assist you with something. Perhaps you are eligible for a financing option that you do not know about. Perhaps you have some materials that you are able to utilize for constructing whatever you are thinking about. Think in depth about what you already have. It brings you closer to your goal.

### **Study, search and reread**

Studying is important. See what others have done in similar conditions. Read about the lives of famous individuals. See what you are able to accomplish. This can give you a lot of inspiration.

### **Strategize**

Now, it is time to establish your strategies. How will you go through in your mission of achieving your vision? What will help you and what won't? Set milestones for yourself. See how you are able to reach some milestone A to milestone B.

Each step may need strategies. If you are zealous about this, you'll be soon having a proper blueprint of how you can go about matters. Again, remember that you have to not restrict yourself.

## **Chapter 12**

### **Setting And Keeping A Goal**

Goal setting involves making a decision about an outcome and writing it down; this could be called “a dream with a deadline.” Goal keeping is taking that dream one step farther.

Goal keeping means being committed to that dream in that you not only set the goal, you do whatever it takes to achieve the goal, stay focused, overcome challenges, create and follow a plan, and continually implement methods of improvement.

Desire is the starting point of all achievement. When you set a goal, you are planting a seed. When you provide the seed with the proper nutrition and attention, the seed will grow. Everything that is required to manifest your goals is available to you through the energy and the natural laws of the universe.

The ability to choose is one of our greatest gifts. We have the freedom to dream, to choose to have, be or do anything we desire. This is our birth right. Inherent within everyone is the ability to achieve any dream we conceive, and, in order for the dream to become a reality we must believe we can achieve it.

When you set a goal you make a decision about a dream or a desire. You are intending this goal into reality. Everything that is required to achieve the goal will be attracted to you when you follow the principles of goal achievement.

#### **Locked on target**

When you set a goal, your mind behaves like a bullet. Just like an aircraft – once locked on autopilot, it will stay on course and automatically adjust if knocked off course.

When you set your mind on a goal, even though you may stray from your course, you will put yourself back on course and stay committed to the goal. Keeping to a goal demands that you harness the power of concentration.

#### **Monthly goal keeping check list**

Set monthly goals as stepping stones to reach your larger goals.

Measure and monitor your progress.

Create a plan to achieve your goals

Follow the plan you have set for your goal keeping.

Create a contingency plan or backup plan.

If your results are not the results that you desire, try something else.  
Enter action items into your daily schedule or time management system.  
Visualize yourself already in possession of your goals.  
Stay focused on your goals in everything that you do.

### **Is it a goal or not?**

There are no hard and fast rules about what a goal is or is not. If there is something you want to have, do or be in your life, then it is a goal. Goals do not only refer to material items. Goals can also be characteristics or personality traits. If it is something you want and you do not presently have, then it is a goal.

A goal may also be something that you currently have and you want to continue to have; therefore, you have made it a goal because it is a priority.

For example, if you currently have a very loving, passionate, honest, fun, caring, committed relationship with your life partner and it is something that is vitally important to you and you wish to maintain it, then you may choose to have this as a written goal.

Goal statements are powerful statements. Repeating a goal statement over and over again, with conviction and sincerity, will start to build strong belief systems. Goal statements use the power of thought, one level of creative energy, and the power of word, another level of creative energy. When you consistently affirm a statement in your mind, it is only a matter of time before the energy moves into form.

### **Read your goal statements**

Read your goal statements at least twice a day, every day. The best time to read your goals is just before you go to sleep. It is at this time that your conscious and subconscious mind are most receptive. This allows the subconscious mind to accept what you have written as a reality.

Carry your goals with you wherever you go so you can take the opportunity to read them throughout the day. If you are sitting in traffic, take out your goals and read them. If you are waiting at the dentist's office, read your goals while you wait. If you are watching television keep your goals handy, and read them during the commercials.

Share your goals only with people who will support you. If you think people will not support you and your goals, do not share your goals with them. This is important because it will allow you to avoid any negative input or possible non-empowering thoughts entering your mind.

If people will support you, share your goals. You may find these people to be great support and they may also intensify the energy.

When reading your goals say them out loud and say them with conviction. The intensity will contribute toward building the beliefs and putting energy in motion and action to achieve your goal.



## Chapter 13

# Creating Lasting Change

*The greatest discovery is that human beings can alter their lives by altering their attitudes of mind.*

William James

Creating lasting change requires an investment of time and energy. Keep feeding your mind with inspiring thoughts, reading books and listening to audio programs and so on. Continue to practice doing and being all of the things that are necessary to create the changes you desire in your life; and you will reap the rewards. This process does take time.

### **Practice seeing your goal**

When you have a compelling goal visualizing it becomes easy. Athletes are taught to continually visualize their performance, including every tiny detail. Studies show that visualization can bring about an increase in results by as much as 75 percent.

When you visualize, you experience the feelings associated with achieving your goal in your body. This contributes to building the supportive thoughts, words and action. Train yourself to deliberately picture your desire and carefully examine the picture.

You can do visualization exercises anywhere. Visualization is an easy process to incorporate into your daily routine. If you spend a considerable amount of time each day driving your car, visualize while you are driving.

You can also visualize while you are waiting for a meeting, waiting to pick someone up, standing in the line at the grocery store, sitting at a traffic light, or sitting in the parking lot before getting out of your car.

For best results, determine a period during the day when you can most effectively do the visualization exercise. Relax your body and your mind. Close your eyes and start to imagine yourself already in possession of the goal. See yourself enjoying the results. See the benefits that others will enjoy. Expand your thoughts to create a vivid picture. Feel the feelings and enjoy the exercise.

### **Along the way monitor your progress**

As you progress on the road to goal achievement, look at the results you are getting and evaluate the results. If you are not getting any results, there may be a number of reasons for it.

Do not immediately assume that the goal is unattainable. There could be a simple answer. You may be on the brink of a breakthrough. You may have to take one more step, or rely on the universal energy to respond to your intention. If you have the desire, stick with your commitment.

As a tool to evaluate your progress and your results, use questions. Questions will open up your mind to new possibilities and new opportunities.

Consider the following questions:

*Did I break down the goal into baby steps or smaller goals and create milestones to reach the larger goal?*

*Am I missing something that is obvious and I haven't taken the time to reflect or evaluate the action steps that I am taking?*

*Am I taking the wrong route? Is there a better way?*

*Have I considered all of the options?*

*Should I consider changing directions or try another approach?*

*Have I been watching all the signs along the way?*

*Have I been returning to old conditioning and moving backward instead of forward?*

*Have I created a plan that is solid enough? Or, do I need to review my plan and make changes?*

*Am I taking the long road; is there a better route?*

*Am I totally off track?*

*What resources can I use to help me with achieving this goal?*



*What tools will I use to help me achieve this goal?*

*Is this taking me in the direction of my goal or farther away?*

*How will I know if I am getting the right results? (This question will allow you to anticipate the results in advance.)*

### **Re-evaluating the goals you have set**

If you set a goal, and made it a priority, and you haven't taken action, you may want to revisit the goal. Ask yourself if you truly have a desire to have this goal. If you do have a desire, then there may be a blockage that needs to be discovered and removed.

Review your goals on a regular basis.

### **Goal lists**

It is advisable to keep a file of all of your goals, and place your top-priority goals, written as goal statements, in an accessible place to view every morning and every evening. Also keep a written copy of the top-priority goals with you at all times.

As you achieve your goal, write the word VICTORY in large letters across the goal and place it in a file labelled "Accomplishments." Review this file from time to time. You will feel good looking back over the goals that you have set and achieved. An Accomplishment file is a great reference file to look at when you need a boost or some inspiration.

### **Building confidence**

Confidence is an inside job. You will not get confidence from something outside of yourself. If you seek to gain confidence from a job or a relationship or from some other source, you are setting yourself up for disappointment.

*If you have no confidence in self, you are twice defeated in the race of life. With confidence, you have won even before you have started.*

**Marcus Garvey**

If you want to have confidence, then be confident. Being confident is believing in yourself, believing in your own inner power and your own inner strength. Being confident is possible for everyone. We were all born with the ability to be any state of being we desire. There is no select group of states of being designed for certain people.

You may know of someone who has specific personality traits that are particularly attractive to you, or that you would like to have too. And you can absolutely have them as there are no limits to the positive personality traits that you can have, except those limits that you acknowledge. So, if confidence is something that you strive for, then be confident.

Here are some strategies to build confidence:

- Make decisions when decisions need to be made
- Stick to the decisions that you make
- Be true to your word
- When you make a commitment, follow through
- Keep a record of your accomplishments
- List your greatest assets
- Focus on the skills you would like to build and get on with the work
- Set goals
- Take steps toward the achievement of your goals
- Be honest with yourself and with others
- Be loving with everyone you meet
- Give unconditionally
- Give abundantly
- When asked to do something, go the extra mile

When a person is confident you can see it. They walk as if they are confident, they perform with confidence, and their results are superior because of their level of confidence.

Being insecure is not a fun place to be. If you are experiencing insecurity in any area of your life, seek to move your meter up to the state of confidence.



## **Knowing**

When you are working toward a goal, one of the states that you will benefit from is the state of absolute certainty, the state also known as **knowing**. Knowing is the state in which you have surpassed wishing, hoping or believing. Knowing is the anchor state for belief.

When you are in a state of knowing and you stay there, you can accomplish great things. Your commitment and your level of focus become easy. Handling adversity and overcoming obstacles and challenges is a breeze. You become unstoppable. This is a wonderful place to be.

Knowing is also a gut-level instinctual feeling. Knowing is your soul revealing itself to you. Therefore, you can create a state of knowing for the achievement of a goal and you can draw out a state of knowing from deep within.

## **Training the mind**

In the previous chapters, we have discussed how powerful the mind is, including both the positive and negative way of thinking. We have found out their similarity – that they both have the ability to construct reality in our lives – and their differences – that positive thinking creates positive reality, while negative thinking creates negative reality.

These ways of thinking are continuously fighting over a significant position in the mind, in which the one that will succeed will be taken into action by the individual. Therefore, positive thinkers deal with life's challenges confidently and are more likely to attain success than negative thinkers since they look at everything unconstructively.

Comparing the two kinds of thinking, obviously, what we would prefer more is to possess the positive power of thinking so that we may create a certain and stable destiny. Of course, nobody wishes for life's bitterness. We all want our happy endings, don't we?

But whether we like it or not, our minds keep on generating all sorts of thoughts, even those that may cause our failure in the end. We can never stop nor avoid this unhealthy thinking. But don't worry, it is not yet a hopeless case. What we can do is to train our minds to focus on the good things rather than the bad, the happy moments rather than the sad, on what we have rather than what we do not have.

In our busy modern world with its fast pace life can be full of surprises and exciting moments that by simply keeping up with them we can sometimes lose track of ourselves and cannot see what's real in our lives. We make mistakes. We miss turnings. We lose or forget things. And this is all because we lose reign of our senses.

Only when there are accidents, car crash, a thump on the head, a slap in the face, a comment, a synchronized moment, a glance from a beautiful person, the song of a sweet bird, the rising or setting of the sun, a shooting star, or the rhythm of the waves, do we stop for a second and appreciate and reflect these things with our minds.

Time seems to slow down in moments of awe, devotion, speechlessness, and high spirits. We become aware of beautiful, fresh, sweet, shining, and glowing moments that only at these times are we awake, truly alive, and with a calm and serene mind.

They say that we will never really know what we have until it's gone. So, shall we wait for some things to disappear before we appreciate them? Not exactly. In fact, the mind can and should be trained to focus on the brighter things in life, no matter how little or uninteresting they are, so that negative thoughts shall not succeed in creating an undesirable future for us.

Nothing is really late for changes. Here are some ways of training the mind on positive thinking:

- **Start the day with cheers and smiles.** Your whole day depends on how you greet the morning. Therefore, as long as you welcome it with energy and high spirits, everything will go okay. You don't want the rest of the day to get ruined, do you? Come on, smile! It doesn't cost anything but is worth everything.
- **Plan the day ahead.** To avoid mistakes that will cause negative output on your daily activities that will later on become negative thoughts, it is better to plan your work first; after which, work your plan.

Make sure today's goals are clearly defined and absorbed by your mind. This can be done even before you get out of bed each day, just so immediate addressing issues as they arise can be avoided.

- **Keep your mind focused on important things.** Set goals and priorities for what you think and do. Visualize practicing your actions. Develop a strategy for dealing with problems. Concentrate on things that need to be taken seriously, but at the same time, take time to relax and enjoy. This way, favorable results are more likely to take place.
- **Be detached from the outcome.** They say that life is like a Ferris Wheel; sometimes, you're on the top, and sometimes at the bottom. This means that there will be times in our lives where some things would not turn out according to what we want them to be. Don't be annoyed if you don't get what you desire.

However, do your best in everything you do. Always keep a buffer between you and probable results so if they don't turn out exactly as you have expected you will save your self some disappointment.

- **Try new things and challenges.** See learning and changes as opportunities. There's nothing wrong in changing attitudes and routines as long as they are for the good and improvement of who you are and what you do.

Doing new things may include considering more options for a project, meeting new people from different places, asking questions. Through this, the flow of thinking is directed to improvement and negative thoughts will be easily eradicated.

- **Balance your desires.** We live in a place of opposites and duality – gain and loss, pleasure and pain, good and bad, light and dark, male and female, love and hate. This is how the cycle of life goes. We can never have all the good things in life at the same time. In love, there will always be someone who gets hurt. In wealth, there will always be people who will not be fortunate enough. Measure and moderation is the primary key.
- **Be realistic.** Make sure that what you want is something possible. Hoping for something to happen which would never really materialize in real life will only bring you disappointment. For instance, you wish to lose weight.

Therefore, you have to set a goal and act on appropriate measures within a period of time to achieve what you wish. Hey, no one can get slimmer overnight. Keep track of your mental and physical health. This way, you will know how far you can keep believing.

- **Know yourself.** There is no other person in the world who can tell who you really are. Know your passions, favorites, standards, values, work ethics and principles. Spend some quality time by yourself – reading, listening to music, day dreaming, and the like.

If you know yourself completely, you will be aware of how far can you go physically, mentally, and emotionally.

- **Love yourself.** Before you expect for other people to love and adore you, it is always you who needs to love yourself first. Make a positive commitment to yourself, to learning, work, family, friends, nature, and other worthwhile causes.

Praise yourself as much as you praise others once in a while. When you start feeling confident about yourself, positive thoughts will naturally flow to your mind.

- **Laugh.** Enjoy. Have fun. Looking at the brighter side of life starts with entertainment and pleasure. Laughter is the best medicine, so they say. Whether your illness is physical or emotional, a few laughs and giggles can help you throw away heavy baggage such as anxiety, disappointment, or nervousness.
- **Keep a list of your goals and actions.** Familiarize yourself with things you want to accomplish and with the ways you must undertake to complete them. By the time you are certain of what you want to do and carry out in your life, a stronger mind and will power will exist within you.
- **Associate with positive people.** In every classroom, work place, or simply anywhere you go where there are groups of people, look for optimistic ones. There are lots of them, I'm sure. Associate with them, hang-out, discuss matters. They can help you build self-confidence and self-esteem.

- **Make it a habit to ask questions.** This is not equal to dumbness and ignorance; rather, it is associated with seeking more information and understanding matters clearly. With more knowledge, there is also more power.
- **Be open.** We have to accept the fact that we don't know everything. And that we are continuously learning in every place we go, with every people we meet as everyday passes. We should not close our minds to new ideas and information that comes our way. Our mind is so spacious that it is impossible to fill it up completely. Thus, we should accept worthy things that may help us become better and brighter persons.
- **Have trust in other people.** Although it may seem difficult and risky to give trust to just any people, when you believe in them or confident on what they are doing for you, doubts and negative judgments on them will be unnecessary. Also, it will bring harmonious relationships between you and your colleagues.
- **Forgive and forget.** Mistakes and failures are the root causes of negative thinking. If we somehow learn to let go of all the pain, agony, and fear we try to keep inside our hearts and minds, then there will be nothing more to block our clear thoughts from being expressed. Forgive yourself for committing mistakes and forget these mistakes.
- **Learn from experiences.** Learning inside the classroom is different from learning outside it. In school, one learns the lesson first before taking an exam; while in real life, one takes the test first before learning the lesson. This test in the real life is our experiences. If we failed in that test, i.e. the experience is not so good, we study the situation and learn the lesson. From here, we can avoid committing the same mistake twice.
- **Count your blessings.** Focus on what you have rather than what you don't have. Absence of our desires will only bring discontentment and disappointment that will only waste our time. Instead, be thankful and appreciative with all the blessings we receive.
- **Kiss your worries goodbye.** At the end of every day, before going to sleep there is no need to keep bad experiences and unhappy moments that had happened in the day within you. Let them go, throw them out of the window and kiss them goodbye. Dream sweetly. As a new day unfolds, new hope arises. Keep believing. Always have faith.



### **Keep growing**

You don't stay unchanging at any phase in life. You continue learning fresh things, acquiring more experiences, diversifying your perspectives of life, meeting new individuals and so on.

Your capabilities are perpetually increasing. It is not simply about the academic and professional qualifications that you acquire. It's about everything in life that you accomplish.

Whatever you do, you are adding it to your repertoire of capabilities. You are accomplishing new heights of success and even if you are failing in things, you're stretching your own limits every time.

That is why you have to always keep evolving your belief in yourself. If you were able to do a certain thing a few years back, there are all chances that you are able to do that same thing better now.

If when you began with your job, you could meet a deadline with a piece of work inside three days, likely with all the efficiency you have acquired by now, you are able to do the job inside one day. You have to realize that your capabilities are perpetually shifting and so should your belief in yourself about accomplishing things.

Take the illustration of a guitar player. When he must have begun, he must have utilized a very elementary four string guitar. At that stage, he may not have thought he may master even that. But just about a month of diligent practice later, he may be ready for a five string or even a six string guitar. Perhaps when he looks back now, he will even laugh at himself at how he used to think that a four string could be so hard.



## **Build your confidence**

Once you begin believing in yourself altogether, you become more confident. You don't mind the detractors and the obstacles. You start telling yourself, "I know I may accomplish that, let them tell anything they want." You are your own best friend and motivator. This is what confidence truly is.

But it doesn't cease there. Your confidence plows you on so in reality you accomplish the things that you believe in. Think about this. You believe that you can drop off ten pounds in a month.

You believe so staunchly in this that you become really confident that you are able to do it. Your confidence now becomes your self-control and you pull all stops in accomplishing your goal.

Because you believed so intensely in it, you'll actually be able to accomplish it. You will in reality knock off those ten pounds. See what occurs? Your belief made you confident and hence you accomplished.

This is true in each facet of your life. Like in the example we took earlier - playing the guitar. It works there as well. You trusted you could play it, you became confident and you are now able to play a song wonderfully. Now what?

Now you attempt additional things. You attempt other songs. You believe you are able to accomplish it. With every new song that you learn, your trust in yourself is reinforced. You attempt more difficult songs. You keep on progressing and pushing your own limits because your belief in yourself is on an expansion spree.

And then one day it occurs. Somewhere along the line, you start making your own music. You might probably even do well. You make individuals surprised when you riff so well. These were the same individuals who criticized you earlier, but you knew what you could do. They now stare in awe at you. They call you a master at what you accomplish.

It happens with everybody who accomplishes success. They chase their belief with supreme confidence and they get what they want. They shun their debilities and criticism.

One day, when you truly become a master, these individuals will be eating humble pie. They will carry on criticizing somebody else, but you are the one who will have accomplished what you believed in.

### **Dealing with difficult people**

When faced with ill-natured people, we should think about the fact that in the past they failed to see the harmfulness of the disturbing emotions which now overwhelm them.

They became accustomed to giving them full reign and this familiarity has carried over into their present life. Nor can they have created much positive energy. All of this accounts for their unpleasant conduct.

If we are constantly surrounded by nice people who treat us well and by those that are in good health, we will lack the opportunity to increase our compassion.

Therefore, when such a rare opportunity presents itself, we recognize its value and cherish it. In this way we use adverse circumstances to support our spiritual practice, which is a central theme of the instructions for training the mind.

People who are difficult to deal with offer us a precious chance to train ourselves to be loving, compassionate and altruistic...That is why they are like a precious treasure.

### **Tell yourself you can**

Even as nothing in the world remains as is, your belief in yourself should not remain as is either. It has to keep developing.

We are like that. Our belief in ourselves is subject to time and our own experience. As our life progresses, we learn fresh things and hence our belief in ourselves should become stronger as well.

Bearing a practical view of yourself is really crucial. But it's likewise really important to know that you are becoming better all the time. So, let your practical view of yourself be dynamic.

We have to always be sure of what we want to do and what we can do and make our decisions that way. Mastery lies in understanding our capabilities and using them to the hilt. A person who constantly does that will always be taking strides in the direction of becoming more and more proficient at that thing.

But, of course, practice is important. We can never undermine its importance. You have to realize that. You have to also realize that you have to learn from your experiences. However, it all starts with one common thing – believing in yourself in the most realistic manner.

Your awareness of yourself is the most important ingredient – even the first ingredient – in the achievement of mastery. If you want to excel at something, you have to understand that you will be able to do it. This realization cannot be put in you by someone else. You have to find this out yourself.

Do not shackle yourself with the known, the accomplished, and the talked-about. Look northward, where no one has achieved yet. It is only when you dare to think about un-trespassed territory will you be able to accomplish and stay faithful to your vision, however much outrageous it may appear to you and to other people at the moment.

You are able to now understand yourself better. Before reading this eBook, you likely had a very different view of yourself, but now you know how you can understand yourself better - to believing in yourself better. That's the number one step toward creating your own destiny, making your dreams come true and loving your life.



## **Summary and conclusion**

There is something essential in man that sets him apart from other creatures and creations in this world – the human mind. This is what makes him behave properly, speak sensibly, act due to a certain cause, and stay surviving despite many obstacles and problems he faces in life. Powerful, isn't it?

The power of the human mind is so strong that it makes man possess an ability to mold his personality, create his future, build his destiny, and turn his dreams into reality – a power so real and even greater, better, and more efficient than all other supernatural powers only created by the imagination.

The human mind does all these things, or should I say power, because of its unique characteristics and nature. It is comparable to a mirror in the sense that it is open and vast, reflects in full and precise details, unbiased towards any impression, distinguishes clearly, and is a potential for having everything already accomplished.



These mind features help man generate two kinds of thoughts: positive and negative. Positive thoughts are healthy, constructive, and good ideas, while negative thoughts are the exact opposite – unhealthy, destructive, and bad ideas being produced by the mind.

The mind produces all sorts of things that can be classified into either positive or negative thoughts to the point where there exists a clash between them. They fight against each other to win over the individual's decision to which of these thoughts would be taken into action.

Choosing what kinds of thought to be acted upon depends on the individual's way of thinking. Positive thinking is the manner of looking at the good and bright things in life. Thus, if he is optimistic, he only entertains positive thoughts, making them succeed over the negative ones.

On the other hand, negative thinking is the way of viewing life's worries, doubts, and fears. Thus, if he is pessimistic, he ignores positive thoughts and minds only the negative ones which are those that won in the clash.

This is also where the power of the mind starts manifesting. Positive thinking creates positive reality in such a way that it molds one's personality in good shape, makes his future clear, builds his destiny with directions, and turns his sweet dreams into reality.

Negative thinking just the same has its power. Only, it creates negative reality – still the exact opposite of positive thinking. It molds one's personality with defects, makes his future vague, builds his destiny without directions, and turns his nightmares into reality. This is how powerful the mind can be? It's now up to us what reality we want to face; thus, what kind of thinking should we possess?

Obviously, the positive kind of thinking is what's more preferable between the two. It will lead us in the right way in establishing a better life. Unfortunately, not all of us are optimistic. In fact, there are a lot of people who lives by the thought "I can't." Luckily, negative thinking is not a hopeless case.

As spontaneous as our minds can be, we can still train them to ignore negative thoughts and focus only with the positive ones. These ways include starting the day with cheers and smiles, asking for guidance, planning the day ahead, being detached from the outcome, balancing one's desires, and a lot more. Making these tips a regular habit will cause one to realize that looking at the bright side of life is not at all difficult. It is easy plus it creates great outcomes.

Thinking positively is only the first half of mind power. The other half is turning the positive thoughts into actions. And this is where will power comes in – the one responsible for making things happen. It's like the voice inside our system that makes us do things in order for our thoughts to become real. Mind and will power is not at all distinct from one other. When one thinks with the mind, the body immediately does actions willingly to attain whatever it is in the mind.

Some common situations that individual finds difficult to face include personality polishing, making many friends, finding true love, reaching goals in life, and eventually, being recognized by the society. In the event that he thinks he does not perform well in such situations, he already concludes, “I can’t” without even trying. Therefore, he really will not. Where, in fact, if he just made the right programming in his mind that he can actually do it, then he will.

See, how powerful the mind is? You do not need to be a Superman, or a superhero to possess a power because you already have a power. All it takes is the right way of thinking, plus the proper attitude, to become a superhero in your own ways. And what is the right way of thinking? It’s simple. It’s “I can. Therefore, I will.”

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