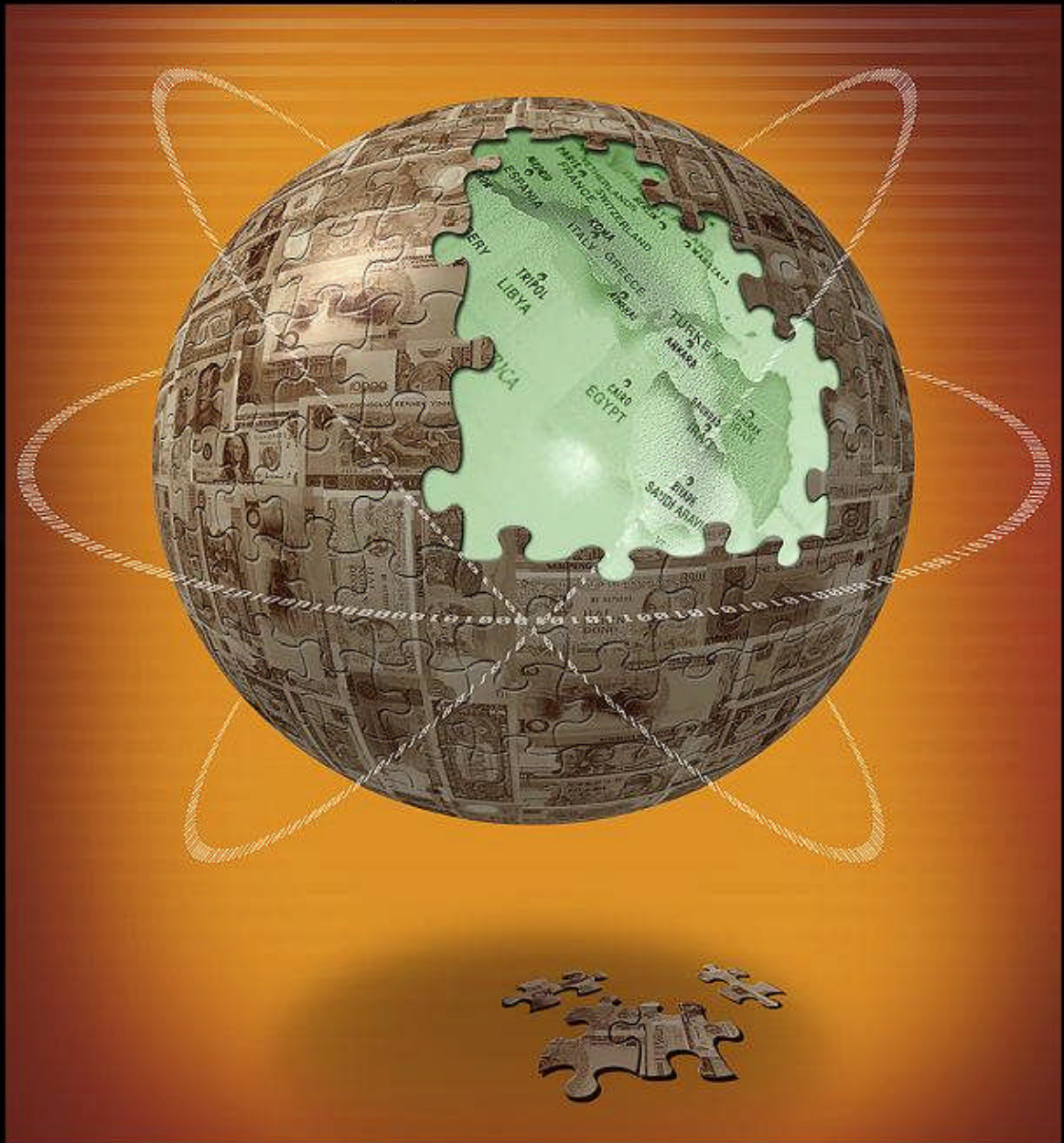


creating YOUR OWN Reality - Your Ultimate Resource

Creating Your Own Reality



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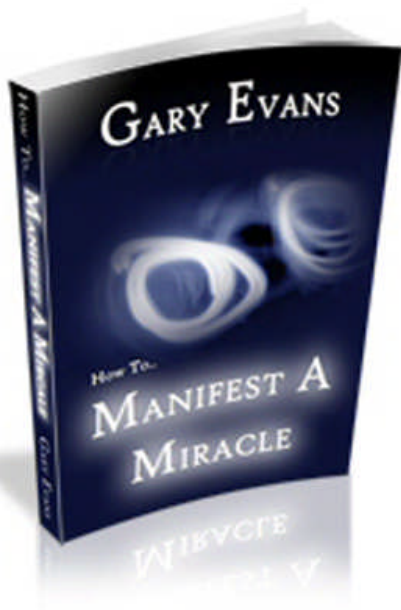
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Introduction

Do you dream of being the CEO of a Fortune 500 company? Have you wanted to buy that new home you've dreamed of for so many years? Exactly what is your idea of success?

Success is having achieved that which you determine you will do!

YOU determine what success is for you. It's not based on any judgment other than your own. It's not dependent upon materialistic measurements. And, for some, success is the journey, itself.

Success may be something material, such as money or a new home. It could be something egotistical, as the power and notoriety that comes with the position of CEO. It could be emotional, as finding love and commitment. Success may even be unselfish and altruistic, as seeing children in third world countries healthy and safe. Success has no particular name or identity. There is no one method to describe what success is, other than the definition above. It means something different to each individual.

All successful people, however, have one thing in common — determination! To be a success, you must first determine to be so. Though not always a conscious decision, the seed that leads to action is to first determine.

Diane's story is a great example of having a desire in the conscious mind, and the subconscious processing it as a determination. Diane's love of writing began in middle school, because her friends were writing short romance stories about their favorite music idols. Diane thought she would give it a try. Her stories became so popular that she began writing them in segments. Her classmates couldn't wait to get the next installment. From that point, she wrote different types of things — poetry, philosophy, and sometimes only her thoughts. She won a few writing competitions in school, but most of her writings were for herself. It was only a hobby. Something she did to pass

time, or a way to put her thoughts on paper. When she entered college, she didn't give writing a second thought. She graduated with a dual degree in psychology and business management. Diane worked in business for several years; then, "fell" into the writing profession.

She thought it just happened; but in truth, each position she held had some writing responsibilities — first, business reports and editing manuals, then putting together and writing a monthly newsletter for the firm. At the job she "fell" into, she started as a secretary, after having moved to another state. Being used to a heavier workload, they finally gave her a small job to do for their technical writer, who was writing an employee handbook for the firm. Between her regular duties, Diane, who had written a similar handbook at her previous job, filled in the gaps, extended the contents so the handbook was complete, and gave a draft to the technical writer for review. Her assignment was only to lay out what he'd written. To make a long story short, they offered her a job as a proposal writer, and then a position as their engineering documentation coordinator, where she wrote customized engineering manuals. Though it seemed to Diane that she "fell" into the job of professional writing, she had "determined" it years before while writing those short stories in middle school. She has now been writing professionally for over 20 years, including books and novels. When I once asked her why she didn't just go to school for English or Journalism, she said she never thought about it. Her love was psychology. She considered herself to be a halfway decent writer and always believed she would write on some level. She didn't discount writing professionally; it just never crossed her mind.

So, what was Diane's problem? Though on a subconscious level, she had "determined" to be a writer. Why did it take so long? Because there was no clear goal in which ...

to believe!

Being successful is a two-part process — determination and belief! Both of which begin in the mind. Diane was fortunate that her determination to write became a career. She began to

believe, because the determination was creating opportunities — her bosses praised her writing and gave her more, college professors praised her abilities, and once a man wept after having read one of her poems. That's when she began to believe in her ability to write. She began to believe she had talent — if she hadn't, she would not be a writer today. It was enough to thrust her forward to enter the profession her heart desired. She might have achieved her success much sooner had she been consciously working toward it.

It's important to be consciously on your path to success, and equally important to prepare your mind, spirit and body for the success you seek. It's not enough to be an anonymous member of society, who lets others decide your fate. To allow life to “pull you along” creates conflicts, resentments and lost opportunities. Without a clear notion of where you want to be means that you:

- **End up in situations not to your liking.** Why? Because if you don't have a clear idea of what you want in life, you get whatever is left over, causing conflicts by not having what you believe you desire but never determined, being in one bad relationship after another, being in one bad job after another, and so on.
- **Resent your life and many of the people in it.** This isn't what you imagined for yourself! In truth, if you had taken the time to truly imagine something for yourself and went beyond dreaming and wanting it to determining and believing, you would be there now and would not be reading this book.
- **Pass up many opportunities** that could help you get to where you're going faster. You don't take risks — you play it safe. Why? You don't recognize the opportunities as such, when they present themselves.

The chapters that follow show you the steps to take to change your life NOW! We teach you how to be consciously on your path. It's never too late to start.

Creating Your Own Reality – Your Ultimate Resource!

The principles herein are used for any type of success you seek, regardless of what it is. So, get ready to open yourself to new opportunities and to succeed in any way you desire — you can be anything at any time, anywhere. You only need to open your mind to the possibilities, then ... **Create your own reality!**

“If you think you can or
You think you can’t,
You are always right!”

Henry Ford

Chapter 1 - Open Your Mind To The Possibilities

Determination and belief are the starting points for success. They open you to new opportunities to do and be anything you desire, and you only need a subconscious thought to plant the seed. How do we do this?

The first and most important element of success is to ...

open your mind.

A closed mind seals off creative solutions and eliminates any possibility for new opportunities. A closed mind keeps you where you are in life, where you always have been, and will continue to be. **A closed mind creates:**

- Constant struggle to achieve or get ahead,
- Constant conflicts and obstacles, the ever-present resentments that rear their ugly heads for each new situation you encounter,
- Remorse of not doing or having what you truly dream, and
- The envy you feel each time you meet, read or hear about someone more successful than you, knowing you should be in that person's shoes.

None of these feelings are conducive to success. Envision wild horses pent up in a corral. They yearn to be free. As long as the fences are up and the gate is locked, the wild horses that desire freedom more than life, itself, will never be free. What does this do to them? They become angry and willing to trample the person who caged them, just to get free. They blame and resent their keeper for their situation. Each time they see other horses roaming free in the distance, all

their anger, resentment and hatred surfaces; and they envy the freedom of the other horses. Now, see these wild horses as you and your dream for success, corralled and caged by your closed mind. Can you see how, as the horses, you become angry, resentful, hating, and envious? Can you see how a closed mind and the emotions it provokes affect your reactions to situations? Wild horses will kill their keeper for freedom and react viciously at seeing other horses that are free. What reactions do you have to situations, where you feel anger, resentment or blame?

All the horses need to gain their freedom is to unlock and open the gate. All you need do to be on your path to achieving success is to **open your mind**.

When you truly open your mind, the anger, resentments, hatred and envy are gone; however, it takes some work on your part. Let's look at how the mind works.

A thought, just like an action, is energy in motion. Emotional thoughts carry even more energy. When you create a thought, especially one you feel emotional about (such as your dream of success), you have created energy that goes out to the universe¹ and allows you to explore, create and grow the thought. The process takes care of itself.

We all have thoughts, but we don't all achieve our dreams. That's because **thoughts may be negative or positive in nature**. Even thoughts you believe are positive may, in truth, be negative to achievement. For example, your dream is to own a new home. The thought you constantly hold is, "I want to buy a new home." This sounds like a positive thought, but it's actually keeping you from getting your new home. Why? The phrase "I want" keeps you **wanting** to buy a new home, rather than actually buying it. So, you continue to want to buy it — never achieving your goal.

Focus is another problem in how thoughts are formulated in our thoughts. You constantly think about that new home you "want" to buy. You look at different homes and floor plans, comb the "for sale" home classifieds, pick out the color you'll paint the outside, look at landscaping ideas,

¹ We use the term "universe" in this book to include all readers. The term could just as easily be God, Allah, Yahweh, or any other source you believe controls this universe in which we live.

and so on. You would believe that this is a positive focus, because it keeps the goal constantly in your mind and your actions are that of someone who is buying a new home. The problem, however, is that the focus is on “getting” versus “doing”. Rather than moving toward your goal, you are dreaming about it.

(We'll cover both of these negative thought patterns, as well as other elements covered in this chapter, and how to make them positive in the chapter entitled, “Rewriting Your Reality”. Here, we want to emphasize the power of your mind, and how thoughts create your reality.)

With an open mind, you plant the seed, distance yourself from it, and let the universe do the rest. You must, however, be open to all possibilities without exception. **That means only positive thinking, no attachments, and no labeling.**

An open and positive mind allows the universe to act upon your inner thought energy and create that which you seek. It's like watching a little miracle take place. It can astound you, when you realize it's happening.

Years ago, after a divorce from a financially irresponsible spouse, Beth wrote down goals for her children and herself — to have enough food on the table, a good roof over their heads, and a decent car to drive in ten years. Many years later, she was preparing to close on a townhouse and had just picked up a new car. Then, it hit her — she remembered those long-ago goals that she hadn't even thought of since. She counted the years and was amazed. The closing on her house would be exactly two months shy of ten years from the divorce date. Beth realized then that she should have written in five years instead of ten!

As you can see, distancing yourself from the goals and just working toward them brings success. Beth determined; then, she believed, because she could do no less for her children. She just kept working to do better. The process took care of itself. Yet, Beth never saw it coming, until it already had arrived. However, Beth probably missed a lot of opportunities along the way and went through a lot more struggle, because she wasn't consciously moving toward her goals.

Let's look at some elements of thinking that hold us back from consciously moving toward success.

Energy Expands

Your thoughts become energy. If your thoughts are negative, the energy is negative; if positive, then the energy is positive. When emotions become involved with the thoughts, the energy is even stronger. The energy, however, doesn't remain dormant — it expands. It expands each time you think your thought. Remember our example, "I want to buy a new home." The more you think this thought, the energy expands and builds, and the stronger the thought becomes. Dreaming of your "want" builds the energy more.

As energy builds and gains strength, it begins to attract like energy. Like a magnet, the energy attracts other like matter to it. Since the energy is inside you, it attracts the like matter to you. If your thoughts lean toward the negative, then you are attracting negative matter — dead end jobs, horrible bosses, bad relationships, never achieving that which you most want, constant struggle, conflicts, built up anger, and so on. Whereas, if your thoughts are positive, you attract positive outcomes and situations.

As you can see, negative thoughts and energy weaken you and your ability to achieve. Positive thoughts and energy empower you. Whatever you think, you attract back to you in greater degrees. Literally, your thoughts do create your reality. Evidence is all around you. Are your thoughts negative or positive? Do negative or positive situations, events and people surround you?

Beyond Thoughts.

If your thoughts and the energy attached to them are negative, what type of speech and actions will you put forth? Negative! What is inside you (thoughts) is how you respond to life. If your thoughts are negative, then your speech and actions are negative, too. Likewise, if your

thoughts are positive, then so is your speech and actions, which also add to the building and attracting of like energy.

For example, if you keep “wanting” to buy a new home, you become frustrated, angry and begin to blame others for not achieving your goal — not paid enough at work, lenders won’t give you a break, and so on. These emotions spill out into your speech and actions, especially your reactions. A lender turns you down, and you become angry. He might have planned to tell you what you needed to do to become eligible or suggest a particular lender who might be able to help, but you blew up and took your frustration out on him.

This is called a missed opportunity ... all because the negative built internally, spilled out at the wrong time, and at the wrong person. Your thoughts not only define your reality, but they define who you are and how you act, as well.

Enculturation Programming

Another element of thinking and having an open mind is our programming through enculturation. Enculturation is our environment from the time of our birth to this moment. It includes our culture, friends, the people we have met along the way, family (especially, our parents), authority encounters (teachers, police officers, etc.), education — virtually every person, place or thing we have encountered within our lifetime!

That’s a lot of influence, and this influence has a way of programming our minds to be something other than who we truly are. It causes prejudices, dislikes, and believing certain things are “right” while others are “wrong”. It leaves many choices unexplored, many opportunities missed, and many pathways labeled as “wrong”.

Enculturation programming, especially at an early age by your parents and family, enable you to fit within your culture, your community, and the type of life they expect you will have. It’s done with the best of intentions. Some is done outwardly. Some is subconscious. Most is done,

because their parents did it to them. We accept it in our youth, rebel against it in our teens, and usually do it to our own children because it helped us turn out okay.

Some of this programming is necessary to keep us safe, healthy and sane. However, a lot of it clogs our thinking and suppresses creativity. It's this part that causes a closed mind, holding you

back and keeping you attached to the past. Once you can let go of this programming, doors of possibility and success open to you.

A lot of this mental programming is easy to recognize. Each has a recorded tape that runs in your mind. Do you ever catch yourself sounding just like your mother or father? Say a phrase your grandmother always said? Do something, because someone else always did it that way? Feel a particular way about someone or something, because that's the correct way to feel? Become repulsed by something, because you've always felt that way? These are all programming tapes. You need to begin recognizing them and eliminating them from your mind.

Programming causes attachments to the past — essentially, attachment to the programming that was done in the past. These attachments cause negative thoughts, limiting self-speech, limiting actions and responses, and the need to “be right”. None of these traits are conducive to being open or to achieve your goals.

Self-Speech.

This is what we mentally say to ourselves and to others about ourselves. It limits us by our own self-labels.

“I’m not good enough to do that job.”

“I’m not attractive enough to get that girl to date me.”

“I’m too shy.”

“I always fail at that.”

“My father was right. I’ll never amount to much.”

“My pastor says we’re not deserving of good things. God will provide what He will for me.”

These are only a fraction of the negative things we say to ourselves. You could probably list many pages of your own limiting self-speech. Most comes from our programming, as the examples above. From there, we create our own negative labels about ourselves. In this

wonderful world in which we live, it’s amazing how very few people truly like themselves. Their self-speech defines them, just as surely as it defines their reality. It’s called a ...

self-fulfilling prophecy — you say you are, and so you become!

Self-fulfilling prophecies, usually from your early programming, causes the doubt and fear whenever you wish to take a leap of faith and risk something. They pull you back to your comfort zone and keep you in your corral. They keep your expectations for yourself, others and events low, including limiting your capabilities, talent, potential and opportunities. They keep you from listening to crazy schemes that just could be your path to success. Your parents would never have considered such schemes, and you’re not about to either!

Need to Be Right.

This is a symptom of attachments and enculturation programming, generally from a very influential person, such as a parent. Whether you believe it or not, you have to be right! The programming is so strong that it’s a conditioned reflex. You’ll argue your point until you’re blue in the face. Ever have a time when you wondered why you argued about the topic at all — it wasn’t even important to you afterward, or you could actually see the other person’s point? This is a result of programming; and unfortunately, doesn’t make you many new friends (unless, they are forced to be around you).

To have an open mind and achieve your goals, you must let go of this need to be right, the

limiting self-speech, the programming, and the negative thoughts. You may determine to achieve a goal, but all of this negativeness will keep you from believing it.

Exercises

You cannot develop an open mind without a bit of mental work. We provide exercises at the end of each chapter to help you. The results of the exercises you do here are used in later exercises. Don't worry about your answers — no one else need see them. Be as honest as you can be. It will assist you greatly to take a spiral notepad and use as a journal for this work. You may find it helpful in later months to have your notes to review from time to time.

Exercise #1 — Examine Your Thoughts

Look at your current situation and the success you seek.

- **Write down in your journal your success goal** (if you have several, choose only one for the exercise and use it for all the exercises within this book).
- Make several copies of the table on page 16.
- For the next seven days (do not skip any days), **jot down all negative thoughts, speech and actions** you have in the first column of your table, whether you believe they may affect your goal or not. Use as many pages of tables as needed. At first, you won't always catch yourself. As the week passes, you'll begin catching your negative thoughts, speech and actions more often.

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Negative	Programming	Self-Speech	Need to Be Right
	What: Who: Truth:		
	What: Who: Truth:		

Exercise #2 — The Influence of Programming

Using the table from Exercise #1, do the following:

- For each negative listed in column one, determine if it came from programming, from whom, and how you may have caused the situation.

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- Then, determine what **self-speech** you contribute to keeping this programming alive within your life and why you **need to be right** about it. Begin the “need to be right” statement with, “If I’m not right, then ...” The example continues on the next page.

See an example of a completed table on the next page.

Once you have completed all the exercises in the book, you may wish to continue Exercises #1 and #2, until you begin to see the negative thoughts, speech and actions substantially decrease. Keep them in your journal.

Negative	Programming	Self-Speech	Need to Be Right
I like this guy, but he won't notice me.	What: Guys don't like me, because they never asked me out. Who: My mother always told others how shy I was, and I always reacted with shyness. Truth: Maybe I wasn't asked out, because they never had a chance to know Me?	I'm too shy to meet guys.	If I'm not right, then they have a chance to get to know me, and they may not like me because I'm ugly or something equally depressing.
I could do my	What: I was	I have to work	If I'm not right,

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boss' job better than him! Who does he think he is?	<p>always taught that people who earned their living worked hard. This guy doesn't do much of anything.</p> <p>Who: My father, who worked in a steel mill all his life.</p> <p>Truth: My father was stuck in his job, because he didn't have the resources or drive to rise above it. I don't truly know everything my boss does.</p>	hard to get ahead, even if that means working extra hours each week — whether it's needed or not.	<p>then I have to admit that I feel under-appreciated in this job. Then, I'd have to face the prospect of hunting for a new job, which I detest.</p>
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Chapter - 2 Who Are You?

To develop an open mind, it's essential to take an honest look at who you truly are. It's a difficult question to answer. You may believe you know, but seldom do you truly know without outside input. In 1955, Joseph Luft and Harry Ingham developed the Johari Window, named for both their first names of Joseph and Harry. The Johari Window helps you to better understand your personality.

The Window is made up of four panes, representing the four areas of personality.

1. Only You Know That part of yourself that only you know	2. You Show to Others That part of yourself that you know and share with others
3. Only Others Know That part of yourself that others see, but that you are unaware of its existence	4. No One Knows That part of yourself that no one knows — not yourself or others

Quadrant #1 — Only You Know. This is the area of yourself that you do not wish to disclose to anyone else. It's the very private and vulnerable part of your personality that holds your fears and doubts. It holds any embarrassing or hurtful event that you did or has happened to you. You choose very carefully whom you allow to know this part of you, if anyone at all.

Quadrant #2 — You Show to Others. This is the area of your personality that you share with others in varying degrees, depending upon your trust level with each individual. You feel safe and confident with this part of your personality and the information contained in this quadrant. People are welcome here.

Quadrant #3 — Only Others Know. Though you may not be aware, there is a part of your personality, information about you, which other people know, but you do not. This quadrant holds that part of you. Such knowledge may be bad habits you do without knowing, such as the habit of biting your lip when you're unsure of something. Maybe, something like the follow example.

Dan didn't realize until he was video taped that, when he speaks, he looks like he's waving down a freight train. He knew he used his hands for emphasis, but Dan never suspected that he used his hands to such an extent.

Knowledge in this quadrant also may be your potential. Sometimes, others see in us, what we don't see in ourselves. These are just a few examples. So many things may reside in this quadrant for you.

Quadrant #4 — No One Knows. This area holds any knowledge and potential that you or anyone else has yet to discover. Science has proven that we use only a small portion of our brain's capacity. Some things from this quadrant, you will discover between now and when you leave this world. The majority of it, you will never know. The fourth quadrant also is the area where dreams are made real, where new theories are born, where new science is first thought and then discovered, and where creativity is given birth. New thought develops here. New ideas that change the world develop here. It's the unknown part of you ... the creative part of you.

How Does This Apply to You? We've already shown why it's important to know more about you. In the last chapter, we began working in Quadrant #1 of the Johari Window in Exercises #1 and #2. To truly answer the question, "Who are you?", you need to know as much about all four quadrants as possible. To be truly open, you need an unflinching self-assessment in order to take full responsibility for who you are and where you are on your path of life.

Exercises

Exercise #3 — Who Are You, Quadrant #1

- Make eight copies of the table on the next page. Put seven copies aside.

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- On the remaining copy, complete the table, using ten words or phrases (both negative and positive) to describe each area of yourself and your personality.

Exercise #4 — Who Are You, Quadrant #2, Part 1

- Using another copy of the table, complete it again as you believe others see you.
- You should now have two tables completed with six blank tables remaining. Store the completed copies of the tables for Exercises #3 and #4 in your journal for now.

Insert 10 words/phrases that describe: _____

Physical Appearance	Temperament (mood)	Personality	Behaviors (good/bad)	Philosophy of Life	Total Overall Person

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Exercise #5 — Who Are You, Quadrant #2, Part 2

- Now, choose five individuals that you would like to know how they feel about you, and one truly close friend/relative that you trust. Of the five individuals, some should be coworkers, a boss, close friends and/or relatives. Mix it up a bit. You want a range of people with whom you associate.
- Meet with the close, trusted friend/relative, and tell him/her what you are doing. “I’m participating in a workshop on self-growth” is a good example, with details of what the other five people will be asked to do. Ask if he/she would be willing to have envelopes mailed to them to collate into a similar table, destroy the five tables received in the mail, and then giving the collated table to you. Give a copy of the table to your trusted friend/relative to use for collating the information received.
- Fold the five remaining copies of the table and insert into generic, **stamped** envelopes addressed to your close friend/relative (there should be no way to differentiate between the envelopes or copies of the tables). Put the close friend/relative’s address as the return address, too.
- Meet with each of the five chosen individuals, again explaining what you are doing. Ask each of them if they would complete the table about you. Ensure they know that the

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envelope is going to a friend/relative to collate, and they are not to put their names on either the paper or the envelope. Ask them to complete the table and mail it within five days. Be sure to thank them for their time and assistance.

(If anyone declines, choose someone else, who is in a similar position as that person — whether friend or someone with whom you work.)

- After you receive the collated table from your trusted friend/relative, block off some personal and private time to review the results. Don't get angry over any comments. Remember, these are honest thoughts on how others view you and important for you to know. Also, don't worry about who said what — that isn't important here.
- Were there any surprises? Make notes in your journal of your thoughts or feelings.
- Now, compare the collated responses to the two tables you previously completed. Were their responses closest to the table you completed in Exercises #3 and #4? Did they know you better than you thought they did? Or, did they give the type of responses you thought they would?
- Make notes in your journal of all the traits in the collated table that matches the traits from Exercises #3 and #4. These validate that these are definitely part of who you are. The collated responses answer Quadrant #2 of the Johari Window, "You Show to Others".
- Now, everything that remains in the collated table should be things you didn't know about yourself — whether you agree with the statements or not. Write these in your journal, noting that these are Quadrant #3 of the Johari Window.

Exercise #6 — Who Are You?

- In this last exercise, review the three tables and the information you have gained within them.

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- Now, write down on paper **who you are**. Use all the words and phrases within each of the three tables, including any with which you disagree. Use as many pages as you like. You don't have to complete the description in one sitting. You can do this over a couple of days, returning to the writing periodically.

You want a complete and thorough description of YOU.

- When finished, put the description in your journal. Note in journal what you have learned from the exercises in this chapter. How did they help you?

Chapter 3 - Rewrite Your Reality

In the last chapter, we looked at the Johari Window and three of its quadrants. Now, we will work in Quadrant #4. This is the part of your personality that no one knows. It's that part of you that holds the infinite possibilities for success. We may not know what's in this area, but we do know that it's the area that creates with the universe, processes, and achieves success.

To rewrite your reality, you must reinvent yourself. To do this, you need to change your thinking, your speech, and your actions/reactions. **You cannot change the current life your mind created, with the same mind that created it.** You must change the way you think. Change your mind — change your reality.

We've already touched on the mental elements that you need to address — enculturation programming, your need to be right, negativity and self-speech. Now, we'll show you how to change your mind by changing these obstacles to success.

Programming

You know what programming is and why it's detrimental to achieving your dream. In Exercise #2, you should have determined what some of your programming is. We all have a lot of programming by the time we're grown. It's a continual process to rid ourselves of this, as well as new programming that is thrust upon us as adults. Just remember, though you may be doing everything correctly in your life, you didn't write that rulebook — someone else did. Now, it's time to write your own.

You first want to give up your history. That doesn't mean to deny who you are within your family or culture. It means to let go of the programming and the negative cyclical events that have further programmed you.

For example, you keep ending up in dead end jobs with abusive bosses.

By now, you believe that you'll never get out of the rut.

You'll never get a job you love with a great boss.

This is a negative cyclical event that further programs you in a negative manner; because if you believe you'll never find the perfect job, then you won't. Remember, the Introduction quote from Henry Ford — If you think you can or if you think you can't, you are always right.

The past does not drive you forward, unless you allow it. Just because things have progressed a specific way up until now, doesn't mean it must continue to do so. Allowing a negative cyclical event to control your future makes you a victim.

By allowing your programming to continue, you empower your past instead of your present. You hold onto old habits, beliefs, and self-defeating behaviors.

Cherish the good you remember from your past — the events, feelings and people. Confront and accept the bad, because nothing happens in our lives by accident. Regardless of how bad things may have been in your past, you wouldn't be the person you are now without this past and the events it holds. You had to go through all that you did to be YOU.

You are not what you've done, what you've been, how others have taught you, or what has been done to you. Your past and all its hurts are no longer in this reality, unless you allow them to be here to continue to cause hurts, conflicts, and negative cyclical events. You cannot change your past, but you can change your response to it.

Changing Programming.

Each time you recognize programming in your thinking, write it down on paper, determine from whom the programming came, mentally thank the individual (this removes any negative feelings you may have), write a new response for your future.

Continuing with our examples in Exercise #2:

Programming: Others and I were always told I was shy.

Who: My mother

New Programming: I am not a shy person. I love people and work to ensure they are comfortable, just in case they are shy.

Programming: I was always taught that people who earned their living worked hard. This guy doesn't do much of anything.

Who: My father

New Programming: Working "smarter" (not harder) makes me a success.

Now, use the response as affirmations, and tape them on something (like the bathroom mirror) that you'll see each morning and evening. Then, make a point to read all of your affirmations, when you first awake and just before going to sleep. Do not remove an affirmation, until it is a belief that you not only believe in your mind but you reflect in your speech and reaction/actions, as well.

This is giving up your past and eliminating your programming.

Time, the Immobilizer

Another obstacle to an open mind and achieving success is an off-shoot of programming. That obstacle is Time!

Time can be our biggest enemy. We try to reclaim the past. We avoid the challenges and pressures of today. And we worry about what the future may bring.

We have all met someone who lives in the past. Terry was an old friend from high school. It's been over 20 years, and the guy still cannot let go of his glory days as captain of the football team and all the adoration that was showered upon him. He was picked up by a pro football team but was in a car accident right before training started. Terry blew his knee, which effectively ended his career as a football star. He does everything possible to forget the car accident that ended his career, instead reliving his high school days. It's cost Terry his family and any decent career, since nothing is as good as the glory days. He cannot see all that he is missing in life. He's alone and an alcoholic. The truly sad thing is that Terry's a really nice guy, but he can't even see that.

What about a person who lives for the future?

The woman who is still waiting for her true love and refuses to move on with her life.

The guy who moves from one big scheme after the other, dreaming of the day he's rich.

The guy who's still pining for his ex-wife, waiting for the day she returns (it's only been ten years).

The woman who puts most her paycheck into lottery tickets, dreaming of making a killing and letting her bills go.

These people and many more are missing out on the present, just like Terry. They, too, lose opportunities for relationships and career successes. And as focused as they are on the past or a future that hasn't arrived (always wanting), they will never be happy in this life, nor will they succeed at what they desire — you cannot redo the past in the present, and always wanting something in the future keeps pushing it away from you, keeping you "wanting".

All we truly have is now — today! The past is gone, and the future has yet to arrive. Living in either the past or future causes you to lose the now.

Now is when you can make a difference in your life, not the past or future. Now is where you find happiness and inner peace. Now is where you enjoy what the universe has given you — family, friends, and whatever brings you joy. They may not be there tomorrow. NOW is the place to plant seeds for tomorrow's success.

Devote a section of your journal to time. Whenever you notice yourself living in the past or future, make a note of it. Write down the thought. Then, revise it for the present:

Terry reliving his glory days — revision for the present:

My high school sports taught me leadership ability, teamwork, and how to succeed. I will make notes on how these lessons can help me in my present, my now.

Living in the past? It's in the past. Good or bad, confront and accept it, then deal with the present only. View the past as a milestone for your current success, which is only a milestone toward your ultimate goal.

The woman waiting for her true love — revision for the present:

I know my true love will manifest himself in my life, when I'm ready for a loving relationship and commitment. In the meantime, I will live my life, developing friendships, dating without immediately evaluating the man as a possible husband, and buying that home I've wanted. When my true love is here, I will offer him a whole woman with a full life.

Do you perceive problems will happen or are you "wanting" something? Distance yourself from such thinking. Instead, focus on something positive in the here and now.

Continually be aware of your state of thinking, which affects your speech and actions. Don't allow the past or "wants" of the future to immobilize you in your present.

Need to Be Right

In Exercise #2, you noted the times when you felt you had to be right. Be alert to these times. Begin to catch yourself doing this, while it's happening. Then,

- Tell yourself that nothing in the universe is personal. It's only energy moving back and forth. So, don't take life, the people or events so seriously.
- When someone attacks you personally, they wish to anger you. They are upset over something (which may have nothing to do with you) and have built up a lot of negative energy inside. They wish to feel better; and, in order to do so, they must release the negative energy. You are their target. As long as you don't react negatively and keep a positive posture, then the other person retains the negative energy.

Here are some ideas to help you change the conditioned reflex of needing to be right:

Change how you view yourself.

- Compare Exercises #3 and #6. What is difference between the two? What did others tell you about yourself that you didn't know?
- Relish the nice things you learned about yourself. Be sure to feel good (not egotistical) about yourself, whenever you project such traits.
- Of the traits that were less than favorable, don't ignore them or not agree. Review the one success goal you chose earlier. Could these unfavorable traits inhibit your path to success? Be honest. You need not tell anyone about them, but you can turn them into opportunities for growth. Write them down on paper in one column. In a second column, write what you can do to change them to positives. Then, begin working on them (just don't try to do everything at once, you'll become overwhelmed).
- Now, compare Exercises #4 and #5. Were you projecting to others the image you thought or wanted to project?

Sara is a very outgoing and direct person and believed she appears as aggressive and controlling when people first meet her. She thought her coworkers saw her this way. When she did this exercise, she was pleasantly surprised to find that all five people knew she was an outgoing but non-controlling person, who spoke very directly. Even two individuals, with whom Sara worked only occasionally, knew this.

We hope your experience was as positive as Sara's. If it wasn't and your "others" see you negatively when you thought you were projecting a positive image, then you need to be unflinching honest with yourself. You've been closing your eyes. In the future, pay closer attention to how people react to you. If you're seeing signs of negative reactions, ask the people about it.

The purpose of this exercise isn't to conform to the expectations of others. You are not your reputation. You are not who others believe you are. However, at this point in "changing your mind to change your life", you need as much information as you can get. The Johari Window gives you a lot of input about where you currently are that wouldn't be available otherwise. It also lets you evaluate personal traits that may be hindering your success.

- Be happy and at peace. Too often we believe that if some event (i.e. win the lottery, meet our true love) happens, we'll be happy or at peace. The problem is that as soon as you gain what you seek, you soon become disappointed, disillusioned and dissatisfied again. You probably won't even know why. It's because you have attached conditions to your happiness and peace. You do not bring to you or receive from someone or something else happiness and peacefulness.

No one and nothing can make you happy or at peace. You either are, or you're not. You decide to be happy, and you decide to be at peace. Again, it's a determination and belief. Once you determine that you are happy and at peace, you act in happiness and peace. When a negative situation presents itself, just remind yourself that you are happy and at peace. It allows you a moment to mentally step back from the situation and find a positive reaction.

- Be open-minded in all situations. Respond to new situations, ideas and knowledge with an open mind. To keep the "need to be right" at bay, say to yourself,

"I may never have thought of this before or in this way. I want to listen without comment, even if it's only to learn more about this person who is speaking."

You will find that people become more interesting. You begin to enjoy conversations again. And people begin to engage you in conversation more often.

- When you encounter a person who believes there is only one way to do something and is determined to make you see this and agree, keep the following in mind:
 - Compared to the vast universe, this conversation has very little meaning.
 - Whether you agree or not, if the person truly believes what he or she is saying, then:
 - You won't change their mind, regardless of what you say.
 - If they believe it, then it is TRUE for THEM, and it doesn't affect you or who you are.
 - When you see the conversation isn't going anywhere, look for an opening. Then say, "You're right. I'm glad we discussed this." Or, "Sounds interesting. I'm glad you mentioned it." Then, walk away and don't allow the topic to resurface again.

Negative Energy

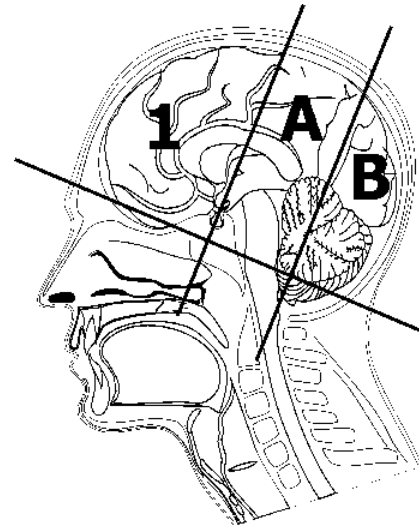
In the first chapter, we discussed how negative energy weakens you and positive energy empowers you. In Exercise #1, you kept a list of negative thoughts, speech or actions you experienced for seven days. In this chapter, you have learned how to reprogram your thinking, the importance of time and living in the now versus the past or future, and how to overcome the need to be right. Once you have changed these traits, you still will be dealing with negative energy. That's because it becomes a habit, and the habit must be changed. Let's look at the graphic on the next page.

1 = Conscious part of the brain

A & B = The subconscious part of the brain
— the warehouse of thought

A = Readily Accessible Memory (RAM)

B = Stored information but not accessible
without a “key” to open the door
(Cold Storage)



As we allow negative or positive thoughts into our mind, they are stored in the brain. What we have most recently thought is in the conscious section (1).

As we continue to have thoughts, eventually the older thoughts in section 1 are pushed into the subconscious, specifically to the front of the warehouse or RAM section (A). To make room for these thoughts, the older thoughts already in RAM are then pushed into Cold Storage (B).

To access RAM thoughts, you need only have the desire to do so, and the thoughts are automatically again in the conscious section of your brain (1) for use. Access is almost immediately. The slight delay is negligible.

To access Cold Storage (B) thoughts, however, is more difficult. It takes a key to open the door. *Deja vu*² is an example of a key. Reminiscing with an old friend will bring up memories (thoughts) you haven't remembered for ages. How many times have you thought or said, “It's on the tip of my tongue,” yet you never quite bring a thought to the forefront? This is an example of a key to the Cold Storage area of your brain — sometimes, the key is strong enough to open the door; sometimes, it isn't.

As negative energy builds, your thoughts, speech and actions become more negative more often in direct proportion with the negative energy inside you, as well as the negative energy surrounding you. As your negative thoughts grow, they push the positive thoughts (you used to have) into the RAM portion of the warehouse. Eventually, they're at the back of Cold Storage.

² The illusion of remembering scenes and events when experienced for the first time; a feeling that you have seen, heard or felt something before.

What does this do to your thoughts and internal energy? It attracts more of the same. Eventually, any positive thoughts are long forgotten, and you seldom find a key to unlock their door. This is the effect of negative thinking, which is far reaching into your future — unless you stop it right here, right now.

To stop this snowball effect, you must change what's inside you to positive. As you can see from the graphic, the only way to change what's already there (negative) is to replace it with positive thoughts. You must avoid all thoughts that weaken you (negative). To do this,

- Become more aware of your thoughts by continuing to do Exercise #1. The more you pay attention to your thoughts, the more you'll become aware of them. Eventually, you'll be able to stop such thoughts in your mind, before they become speech or actions.
- Each time you catch yourself thinking something negative, stop and mentally distance yourself from the thought. Why are you thinking this way?
- Then, replace it with a positive thought. Here's an example of changing your thoughts:

In the past: You don't agree with something the U.S. Senate has done. You rant and rave for hours about how stupid the legislators are. If it affected them, they'd sure think twice, and many other negative statements.

Revise your thinking: The government has done something that angers you. Before you speak, you stop yourself and mentally step away from your emotions, which effectively shuts them down. Does this event drastically affect my life? My family? Is it that important in comparison to the universe? Of course, the answer is no. So, let it go.

Keep the following in mind:

- Negative thoughts are our way of avoiding pain, which the ego avoids at all costs. So, confront and accept pain or negatives, then let them go and move on with your life ... preferably, to something more positive that gives you pleasure.

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- The types of positive thoughts that empower you are: love, harmony, kindness, peace, joy, generosity, happiness and goodwill toward others.
- Allow the world to be as it is. Accept that it's suppose to be this way at this moment in time, and be positive about yourself and your life.
- Concern yourself only with those things you know you can change. The rest doesn't matter.
- The words problem, failure and obstacle are incorrect naming on your part. Problems and obstacles appear when you take your eyes off your goal; otherwise, you would see them as merely opportunities for growth and success. Failure is only a result and should be viewed as a milestone toward success.

Lee Iacocca, the once CEO of Chrysler, once said that if you haven't been fired from at least a few jobs, you haven't been trying hard enough to succeed. Then, he said to remember that at least "you" hadn't been fired from the position of voluntary chairman to renovate the Statue of Liberty — he was! You would believe that this is a great example of turning a negative into a positive, but it's not. Successful people don't see negatives. They only see opportunities for success. And in this instance, Iacocca took every firing to jump higher in his career.

- Affirmations are positive statements about yourself and your world. They are excellent for pushing the negative into Cold Storage. Use them as often each day as possible.

Self-Speech

Self-speech is an extension of negative thoughts and programming. Both contribute and cause negative self-speech. To remove it, you must change your attitude toward yourself and cultivate an inner voice that only supports and loves you.

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As you remove your programming and change your negative thoughts to positive ones, you'll automatically begin to say less negative things about yourself; but remember, self-speech is a habit, too.

Change the habit by:

- Stop using labels to describe yourself. Stop referring to yourself as shy, American, fat, ugly, short, too tall, overweight, and so on. Labels place you in a very tiny box that is difficult to escape and cancels out who you really are. If you must use labels, then use only positive ones from this point on. You're assertive, outgoing, just the right weight, just the right height, attractive, and so on. Each time you catch yourself using a negative label, create a positive affirmation to repeat often and tape it up with the rest of them.
- Learn to love and respect yourself. Schedule one day each month with yourself. This means you plan to do something just for yourself and by yourself that pampers you and shows you love. If you live with others, do this outside the home to ensure your time with "you" is not interrupted. It could be a day at the spa, a day doing something you love to do, walking in the park — what would make you feel relaxed, self-love, and self-respect? Eventually, this love and respect for yourself will spill out to include how you feel about and treat others; and, since like energy attracts like energy, you'll receive love and respect from others. It doesn't happen overnight, but it will happen.

"It is never too late to be
what you might have been."

George Eliot

(aka: Mary Ann Evans)

Exercise

Exercise #7 — Reinvent Yourself

Now that you're thinking, speaking and reacting with an open mind, you're ready to determine.

- Taking the success goal you previously chose, imagine the ideal result of this goal. Imagine it in detail. Write it down in your journal. Take plenty of time.
- What will it take to achieve this goal? Write down everything in your journal. You may find that you need to do some research to write it all in detail.
- Put the “need to do’s” in order of importance (the order always can be revised). Underline the most important ones and make these your milestones.
- Decide when you're going to start. Remember, starting may be researching topics and is seldom quitting your job and jumping into some venture. If research wasn't part of your to-do list, go back and revise it.
- Once you have a start date, create a plan of action and date the milestones. Give yourself some leeway in between, so you don't become single-minded in your quest. It's important to balance your time to include your family, friends and the rest of your life.

Then, resolve to work on your goal each day. It doesn't have to be major efforts. Maybe, you will look for an article that is important to your goal. If you must miss a day or two because life has gotten in the way, don't worry. Just ensure you get back on your path to success as soon as possible.

Determination

Determination is making a statement of fact and following through on it. You declare yourself to be what it is you desire. You raise your ceiling of expectations for yourself and the world around you. You know that all things are possible, and you're capable of achieving this success. You're enthusiastic and passionate about yourself and your goal, so much that others feel it. You're at peace and happy. You know your purpose at this point in life. You take the necessary risks, knowing that they will move you toward your goal.

If you begin to experience obstacles, then you've taken your eyes off your goal. Refocus. Frustrated? You're off purpose. Refocus. Don't daydream about your success; just keep your focus on each step and milestone of your plan of action.

As your determination moves you toward your goal, you'll begin to see results manifest. Note these in your journal. Mark off your milestones once completed and celebrate each one.

Everything in this chapter helps you turn the internal negative energy into positive. The chapter entitled, "Trade-Offs", will help you with the external.

Chapter 4 - Give To Succeed

Charity is the key element in most religions, especially the six major world religions. The Bible mentions charity numerous times in the New Testament and offerings even more often in the Old Testament. Of Course, the Bible's Old Testament is a compilation of the Jewish Torah (The Law), Neviim (The Prophets), and Ketuvim (The Writings). Islam's sacred writing mentions the term charity throughout the Quran, especially in its first and longest Surah, The Cow. Though the word charity isn't used in Hindu writings, the premise of giving and aiding others is prevalent within the Rig Veda, Thirukkural, Bhagawad Gita, and other writings. Concerning charity in Buddhism, H.H. The Dalai Lama has stated, "... from the time of Buddha until today all forms of Buddhism have been continuously trying to help people, whether in social groups or individually ... The freedom and happiness of all living beings have always been the ultimate ideal and the working goal."³ The sixth major world religion is Sikhism, which carries a synthesized belief system from Islam and Hinduism.

Additionally, the Bible's Old Testament has several references to the word "sevenfold" and the phrase "seven times",⁴ stating that what you put out through your actions (energy) comes back to you seven times stronger.

Genesis states in 4:15 & 24 that if Cain is slain, he'll be avenged sevenfold; the punishment for stealing is to pay what was stolen back sevenfold in Proverbs 6:31; and Isaiah 30:26 states that the sun shines seven times brighter than the moon.

What these sacred texts are trying to impress upon us is how the universe responds to what we give — negatively or positively — in greater amounts.

It's better to give than to receive.

It's the way the universe works. It's a fundamental part of our lives.

³ H.H. The Dalai Lama, *Buddhism in Practice*, Snow Lion Newsletter, Volume 11, Number 2, Snow Lion Publications, 1993.

⁴ Terminology: Jones, Alexander (Editor), *The Jerusalem Bible*, Doubleday & Company, Inc., 1966.

When you seek success in anything, you have a tendency to focus totally on the goal and the process of getting there. That's a problem. The more you chase after your own goals and pursue your self-interest, the more they elude you. When you're in a state of doing only for yourself, you are off your purpose.

Remember the previous discussion on the expansion of energy? What you have inside you, you radiate. What you give off, you attract to you. If you're focusing on your own self-interests, it's the same as being greedy. You're only concerned with receiving, which means you don't give. If you don't give, the universe doesn't give back to you. When you freely give only to help others without concern for what you'll receive in return, then the universe gives back to you in greater amounts. It's as simple as that.

You attract what you give, what's inside of you. If you give love, respect and empowerment, the universe returns what you radiate sevenfold. If you give of yourself in time and money, the universe returns your giving sevenfold.

Tammy is a single parent, who was having trouble making ends meet. She had been let go from her job and received no child support. Jobs were scarce and the rent was coming due. No matter what she did, she seemed to fail. The more she scrimped and worried, the worse her situation became. One day while visiting and keeping her mother company, they watched the 700 Club. There were a couple families on the show telling about how they were having serious financial problems. The people had seen the 700 Club's message about giving. Needless to say, Tammy decided to give ten percent of the little she had to the 700 Club's Operation Blessing and begin cherishing what she and her children had, rather than focusing on what they didn't have. Less than a week after giving to the charity, she found a job, allowing her to keep her apartment. She continued to give ten percent of her salary, regardless of her needs, and the universe continued to give to her in abundance. She now owns her own business and just purchased a new home.

We have heard many such stories like Tammy's. In each case, the people take the focus off themselves and their problems, give only for the purpose of giving and helping others, and receive sevenfold for their gift to the universe.

Did You Know?

In Business Week's Philanthropy 2004⁵, they reported the following:

Donor(s)	Position in Industry	Donation Amount	Charity
Bill & Melinda Gates	Microsoft founder	Est. \$3 billion in MS dividends	Gates' charitable foundation, helping many charities
Gordon & Betty Moore	Co-Founder, Intel Corporation	\$265 million/2/3 of wealth	Ocean research & training for nurses/ conservation & science
Alfred Mann	Medical device mogul	\$200 million ⁶	Medical research
Sidney E. Frank	Liquor import king	\$100 million	University scholarships
Stephen M. Ross	Related Cos., CEO	\$100 million	A university school of business
Michael & Susan Dell	Dell Computers, Chairman of the Board	Almost \$600 million	Children's causes
Ted Turner	Media Mogul	\$1 billion	United Nations
Veronica Atkins	Widow of diet guru, Dr. Robert Atkins	\$500 million	Diabetes & obesity
Oprah Winfrey	Talk show host and actress	Over \$116 million	Education
Haim & Cheryl Saban	Founder, Chairman & CEO, Fox Family Worldwide	Over \$116 million	Hospitals
William & Alice Goodwin	AMF Bowling Chairman	3/5 of their wealth	Cancer research & education
Pierre Omidyar	eBay founder	Over \$116 million	Various charities types
James & Virginia Stowers, Jr.	American Century Cos. founder	2/3 of wealth	Medical research

⁵ Conlin, Michelle, Gard, Lauren, and Hempel, Jessi with Hazelwood, Kate, Polek, David, and Fianco, Tony, Philanthropy 2004, BusinessWeek, McGraw-Hill Companies, Inc., November 29, 2004

⁶ Mr. Mann intends to leave his entire \$1.4 billion estate to charity, according to the referenced BusinessWeek article.

Actress Angelia Jolie is the Goodwill Ambassador for the United Nations High Commissioner for Refugees and has spent millions of her own money to help in developing countries, as well as other charities.

Bono, lead singer of U2, has worked tirelessly to gather celebrities, politicians and government leaders to relieve the needless death of children in Africa through contributions, fund-raising, and forgiving debts owed by Africa to other nations. He gives both time and money to make a difference.

This list is only a fraction of the wealthy, which give both time and money to help others. This isn't a new trend. Over the years, many, who have inherited or obtained wealth, have donated large portions of their wealth to help others. The Rockefellers are an excellent example. By giving, they received more and kept what they already had.

Moving Toward Success

To move into the realm of purpose (the process of moving forward toward success), you must give and serve others. Focus on your goal in the NOW by continually working toward it without being "attached" to it. As soon as you attach emotion to the goal, it eludes you. Attach your emotion to helping others, and your success will chase after you.

Keep your giving to yourself. Otherwise, you cancel out its effect in the universe. If you're giving your time and resources for the right reason, you don't have a need to discuss it. The information on the philanthropists listed earlier came from public records. Though you know about Bono's works, which is necessary to gain more support, he never discloses how much he personally donates each year.

So, give of time and money to succeed.

Exercises

Exercise #8 — Plan of Action

- Copy the table on page 50.
- In the first column, list the charities that you currently support financially. Include amounts, frequency and the charity. For example:

\$100 monthly, St Jude's Children's Hospital.

- In the second column, make a list of all that you currently do in time and effort to aid and support charities and those in need. Include the amount of time, what it is you do, frequency, the charity, and how it helps. Example:

2 hrs, weekly, local food pantry, helps homeless/poor.

- In the third and fourth columns, list what additional things you would like to do now and in the future.
- Later chapters in this book will help you free up more of your time. Remember, giving of time can be a family project.

When John's children were preteens and teens, he and his wife did a lot of volunteering for charity in which their children could help. Here are just two of the projects, where their children received lessons that would take them through adulthood: They taught English to third-world families, new to the United States, who were sponsored by their church. The children helped with John's work for a political campaign — delivering pamphlets door-to-door and working in the campaign headquarters while he made calls to party members.

Just think what working in a soup kitchen or a food pantry would do to help your own children better appreciate what they have.

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- There are two methods that people use to determine how much to give financially:
The first is to start with a comfortable amount, and then double it. The second (and most popular) is to just use the ten percent of income rule. Ten percent is the minimum you should be giving. If you feel like giving more, do so.
- Now, use these two last columns as goals to achieve and start working toward them.
(Financially, the ten percent should be done immediately to a worthwhile charity.
Anything above and beyond the ten percent is your goal to work toward.)

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Current Charitable Efforts		Planned Charitable Efforts	
Financially	Time & Effort	Financially	Time & Effort

Chapter 5 - Silence Your Mind

The world of silence. It's a place to explore who you truly are, to create, and to connect to the universe. In the silence, you connect to love. In the silence, you access the power of the universe. It clears your mind and gives you extraordinary ideas, allowing success to flow freely.

The silence is within that part of yourself that No One Knows, where you may encounter the true purpose of your life and what you need do to achieve it. In the silence, you recharge your batteries, remove tension and anxiety, reduce stress and fatigue, eliminate doubt and depression, and remove enculturation programming. It gives you a sense of belonging. You become one with the universe and all of humanity, and you know peace.

When you are separated from the silence, you see doubts, you see problems, and you feel the negative surround you. There are no problems, doubts or negative in the silence. It moves you away from this outer world and all its perceived troubles, connecting you back to your original source of spirit.

This silence is located in the space between your thoughts. To reach it, you must quiet your thoughts. You must quiet your mind and know stillness. Then, you merge with it.

The gateway to silence, this space between your thoughts, is meditation, of which there are many forms. Some people believe that meditation is only a form of worship in Buddhism, but even Christianity has a practiced form of meditation — members of the Roman Catholic Church pray the Rosary, and prayer, itself, is a form of meditation.

The important thing is to quiet your mind, be at peace, and connect.

Take a walk in the woods or a quiet park. Listen to the sounds of nature. Breathe deeply of the fresh air. Hear the birds chirping, the leaves rustling under foot, and the sound and smell of the breeze as it brushes past your face. Walk barefoot in the grass. Stretch your arms out wide and slowly turn, feeling the freedom. Feel the different textures of nature — the bark of a tree, the silky feel of a flower petal, the soft fur of a kitten, the bristles from the blades of grass against

you palm, and all that nature offers your senses. As you focus on hearing and feeling nature, you will find peace.

While you're alone, speak to the universe — in your mind through your thoughts or out loud, depending upon your comfort level. Speak as if you're speaking to a friend. Tell this friend your problems and desires. Then, let the universe take care of them.

Singing or playing an instrument during this time may bring you closer to your source, depending upon the music produced.

Patricia plays the Native American flute (NAF). It's a 23½-inch long, cedar, hand-carved flute in the key of G. She can use sheet music, but the NAF is created to play from the music that comes from within her. Patricia just plays from her soul and spirit. This particular flute produces a low, soulful, almost haunting sound. If anyone passes by, she never knows it — they usually just quietly sit and listen. Regardless of where she's at, playing the NAF definitely brings Patricia closer to the universe, as well as anyone in listening distance. It's healing and uplifting.

You should plan to commune with nature on a regular basis. Put it in your schedule. At least one full day a month should be devoted to it. You could combine this day with the "being good to yourself" day, discussed earlier.

Another meditation form is to mentally review in your mind something that is unresolved or causing you problems three-to-five minutes before falling to sleep. Imagine the situation being resolved in a positive manner, and ask your subconscious (the universe) to resolve the issue, with you knowing what to do upon waking. Write in your journal the next morning, before leaving your bed. Continue to write until you see a response to your request.

To really see results faster use a more formal, deeper method of meditation, one that you practice on a daily basis.

Deep Meditation Technique

There are several methods of deep meditation. Here's the one that always has works well for beginners:

1. Set aside time in a quiet place, where you will not be disturbed. Place your journal and a pen/pencil close at hand. When you first begin meditating, you may prefer a darkened room, using a candle to keep your focus. Some people envision a bright star in their minds, but this is a bit more difficult to hold constant.
2. You may wish to add music to "jump start" your meditation in order to elevate your connection to the universe and control your thoughts. With practice, train your mind to continue meditating at the higher level, after the music stops. We suggest any music CD by R. Carlos Nakai (a uniquely-talented Native American flutist), any of the "Celtic Twilight" music CDs (several different volumes are available on Amazon.com), any other similar music. You even may prefer to use one piece of music (with or without words) that immediately connects you to the universe at the level of your soul and spirit. You'll know if it does this, because it will bring tears to your eyes and a swelling in your chest; yet once you connect to your source, you are awash with happiness and peace like you've never before felt. Two such songs that do this for a colleague are: "I Want to Know" (long version), by Foreigner, and "Yeshua Ha Mashiach" (translated means Jesus the Messiah), by Scott Wesley Brown (from "The Scott Wesley Brown Collection"). Both may be found on Amazon.com.
3. Set comfortably but alertly in a comfortable chair or on a pillow on the floor. You may lie in bed in the morning after waking or at night before sleeping; but it's very easy to fall asleep.
4. Focus on the candle flame, empty your mind, and still your body. At first, you will find your mind taking control and wondering all over the place. This is normal. When you realize that your mind is wondering out of control, just refocus on the candle flame and empty your mind again. It takes practice over time to be able to keep your mind blank for any length of time. Focus until you're no longer aware of your physical body.

5. Once you have your focus, you have many choices of what to do next:
 - a. Be still and let God). Just allow the universe to merge with you, letting you feel its presence. You may do an entire meditation like this, if you wish.
 - b. Use a mantra, especially helpful at first. It keeps your attention on your source, controlling your wandering thoughts. Some individuals and religions believe a mantra connects with evil or pagan spirits, but this is not true. We suggest two mantras, if you so choose to use one:
 - i. Repeat the word, “Om”. Om and the use of mantras originate from Vedic Hinduism, later adopted by Buddhists and Jains. In the Bible, John 1:1 states, “In the beginning was the Word: the Word was with God and the Word was God.” In Vedic Hinduism, Om is that “Word”, the vibration that set the creation of the world in motion. Chanting Om is said to correspond to that original vibration, connecting you back to your source. Om is pronounced A – U – M, accenting each syllable. Here’s how it connects you: “A” is where you are current in a waking state; “U” takes you to a state similar to the dream state, and “M” to the state similar to deep sleep. The silence between the syllables is the state of perfect bliss — your connection to the universe — and is achieved by the repetition of Om. With practice, this mantra takes you to your source, the silence between the syllables, the space between your thoughts.
 - ii. Another mantra method is used in Japa Meditation, where the name of God is repeated while focusing on your intentions. It works well, especially if you are having a difficult time shutting out the day-to-day thoughts that dominate your mind. There are many names for God in the Bible; and you can research all of the Hebrew names (as well as in other faiths) for God and choose one of them — whichever name for God that has meaning for you.

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- c. Conversing with the universe within your mind is another choice. Don't ask for things or pass along information here. The universe already knows the needs and desires of yourself and everyone else in the world.

This is the time to turn over your problems and concerns to the universe, then make an affirmation statement. For example:

Problem: "I am concerned about meeting my financial responsibilities".

Affirmation: "I know my needs are already provided by you, and I am not concerned."

- d. Then, be still in the silence and listen for the response. As to what type of response you receive will depend upon your proficiency in meditation. You may hear a voice (thoughts that aren't your own) in your mind that speaks to you, or you may see pictures/video (visions) in your mind.

On the last day of a religious workshop, a participant stated that he had prayed the Rosary daily for many years. All he ever asked for was to hear the voice of God. It was evident during his explanation that this was very upsetting for him. The priest giving the workshop didn't have an answer for him, nor did anyone else. When the class had ended, Howard (another participant) went to the man, who was still sitting, and knelt next to him. Some people held back to see what Howard would say, expecting to possibly join him in praying with the distraught man.

Instead, Howard asked him, "When you pray the Rosary, what do you see in your mind?"

Surprised at the question, the man answered, "The face of the Virgin Mary. She's always smiling."

"And do you have a particular devotion to the Virgin Mary?"

“Yes, I do. Why?” asked the man, who now was curious.

Howard broke into a wide smile and said, “This is God’s way of saying ‘hello’ to you!”

The man broke down in tears, as did many around him.

After he composed himself, Howard explained that it takes truly knowing yourself inside and out to be able to differentiate your thought patterns from the “voice” of God. Therefore, God usually begins speaking to you in pictures. For this man, God used something very special to him to let him know He was there and listening.

Once you have this first awareness that the universe is responding to you, you’ll begin to get many more pictures (visions). So, pay attention to what you “see” within your mind during your meditation. Sometimes, the visions move so fast and there are so many that you can’t remember them all after the meditation, but let them flow. Once you begin trying to remember, you engage your brain and the visions stop. Just pay close attention to what you “see”.

- e. Be sure to thank your source, not only for this time/response but also for all it provides to you.

After the meditation is over, immediately write down any experiences you had in your journal. Don’t worry if you didn’t feel that you had a “good” meditation — there is no such thing as a bad one. Something is accomplished at all meditations, whether you are aware of it or not. Just keep at it and observe all the mental pictures and “chatter”; then, write everything you remember in your journal. Eventually, you’ll see responses and/or patterns emerge.

Keep your experiences to yourself, especially in the beginning. Otherwise, you may find yourself having to explain and defend ideas and insights you were given. Then, the ego has entered and manifesting (the universe-driven process) stops.

Exercises

Exercise #9 — Meditation

Begin doing a meditation daily, using the deep technique outlined previously. With at least 20 minutes a day, continue meditating for at least two months. Once you are comfortable meditating, begin to focus it on your chosen success.

Exercise #10 — Additional Connections

Chose one other method of connecting to the universe (presented before the deep meditation technique) to do at least once monthly, though weekly provides you a continual sense of peace. Write these experiences in your journal.

Chapter 6 - Believe It Now!

In the first chapter, we mentioned that success takes both determination and belief. This requires a belief that is with absolute certainty that your goal already has taken place in the universe. It only needs be manifest — made real in the physical world — exactly on time. Believing with absolute certainty is a giant “leap of faith” that the universe will come through for you.

One of the strongest tools for keeping your proper focus is, of course, meditation, because it connects you directly to the universe and affirms your faith in it. An even stronger tool is to actually see the universe in motion — seeing things happen for you without any intervention from you, other than determination and belief.

Once, Julie and her mother were going to a fairly large mall during the Christmas season. Of course, the parking lot was packed with shoppers. Julie began to drive toward the front of the parking lot, by the main doors of the mall out of habit. Her mother asked her what she was doing, and Julie told her mother that she wanted to see if there were any empty spots close to the front doors. Her mother very indignantly told Julie that she was crazy. Julie’s response? “Oh ye of little faith!” and silently asked God if He might provide a spot close for her mother to see that things are possible through belief. Julie was as shocked as her mother, when there was a newly-vacated spot directly in front of the doors in the first position. Julie pulled in the space without a word said, while her young children began giggling in the back seat. After shutting off the car, she turned to her mother and said, “God provides.” Then, silently thanked Him. It took a while for her mother to recover from the shock. Julie has since asked God for close parking spots many times, knowing that if there isn’t one, it’s because someone with a greater need got it. More times than not, the space is there. Oh, and Julie’s mother’s faith in the universe grew that day by leaps and bounds.

Did Julie know for sure a space would be there? No, but she did absolutely believe that her prayer was heard and would be positively answered, if at all possible within the current circumstances of her life. That is belief from determination. You first determine, and then follow it with absolute belief.

Notice also that Julie asked for a space “close” to the doors. She didn’t limit the universe by asking for a specific space. She allowed the universe room to process her request.

Let’s say, instead of someone having just pulled out of the first space, they had just pulled out of one five spaces down. If Julie had asked specifically for the first space, then the space five spaces down may have been given to someone else. She would have been trying to manipulate the process.

You must not limit the result of your request. Allow the universe to define the best outcome. The source knows better than we do the best result for us at the moment in time it manifests into our physical world.

Be the Success You Desire

Another important factor in absolute belief is treating yourself as if and acting as though your goal is already achieved. Remember, that as soon as you determine something and place absolute belief in it, it already has been processed by the universe and exists — even if the existence is currently in thought. Don’t think about what has been, the past is gone. Treat the situation as if the past had never happened. Change the way you look at the situation to a positive perspective. Think, speak and act/react with a sense of purpose. Have gratitude for the universe, yourself and the situation, and be inspired.

Let’s look at some examples:

Example 1: You wish to shed enough weight before an important function to fit in to a new dress. You have determined that you will lose the weight and have, in fact, already lost the weight in thought within the universe. You believe with absolute certainty that the universe is processing your request by moving the world’s energy to accommodate you.

Do you continue eating as if it doesn’t matter? Do you continue being a couch potato? That would say that your goal doesn’t matter and would

effectively stop the process. If you look in the mirror and are repulsed or constantly use the overweight or fat words in your thoughts and spoken words, wanting to be thin, then you'll retain the 20 pounds, no matter what you do.

Instead, you outline what needs to be done to get to where you wish to be. That would include eating and exercising properly. You compliment yourself on your thin and shapely figure and how your clothes fit so perfectly each time you look in the mirror. You love and appreciate yourself.

Yes, the proper eating and exercise will help you lose weight, by the sheer fact that you're doing them. But they won't ensure you lose enough weight to fit in that new dress on time, let alone look perfect; and maybe, you only needed to lose 15 pounds. The universe will take care of the amount of weight. You take care of treating yourself and acting as if it's already happened, because it has.

Example 2: Your marriage is in constant conflict. You spouse starts fighting over the littlest details, any excuse to yell and scream at you. You determine that your marriage is going to be harmonious and believe with absolute certainty that the universe has made it so.

Again, you must act as if it is so. You act in harmony, regardless of what your spouse does. You remain positive and don't allow your mate to affect your peace. You smile a lot. Surprise him with a hug and kiss him on the cheek, when he begins a fight; then, change the subject to something pleasant or leave to do something in another room. You always remain in peace and harmony in your thoughts, speech and actions/reactions. Now, obviously, this in itself will affect your spouse; and you may subconsciously stop doing things that irritate your mate.

Let's say, however, you aren't doing anything to irritate the spouse and he is starting the fights because of his own infidelity, creating an excuse (the

bad marriage) for his unfaithful actions. No amount of peace and harmony on your part, alone, would change the situation. The universe, however, can do the impossible, by changing the spouse's perspective on both his marriage, you and his infidelity. Or the universe may give you a harmonious marriage with a different spouse (so, ensure your determination is correctly stated). So, your actions of determination, absolute belief, and conducting yourself as if everything already has changed allows the universe to set in motion the forces that will collaborate with you to make your success manifest in the physical world.

Lastly, check every conscious thought, word and action against your goal. Does it match up with you plan for success? Or is it a hindrance? Match your perspective to your plan of action.

NOTE: A positive byproduct of absolute belief is that you develop more tolerance for the beliefs of others, adding more positive into your life. Once you have enough faith in your own beliefs, it's nearly impossible to be offended at the thoughts of others. You may even find them interesting.

Exercises

Exercise #11 — What's Important?

Review Exercise #6. Look at the things you've been doing, saying, and thinking. Looking at your plan of action, how may these things affect your success? Other than what you're already working on from previous exercises, what changes about yourself should you change in order to see that success manifest itself in your life? Make a list of all these things, and begin making the changes one item at a time.

Exercise #12 — Wanting to Believing

Review again your plan of action and its steps and milestones. Can you revise these to be more "believe it now", rather than "wanting"? If yes, then revise them to be absolute certainties.

Chapter 7 - Become Inspired

Along with determination and belief is being enthusiastic about your goal. Everything that happens along the way is another joyous milestone, moving you another step closer to success. Enthusiasm adds to your positive perspective and affirms your belief in the outcome.

Enthusiasm comes from inspiration. Inspiration comes from knowledge and enrichment of the mind, while ignorance fosters and intensifies fear. Inspiration also helps you to further define and detail your plan of action.

Inspiration may be obtained through many sources. The most obvious is education, whether it is motivational material to keep you on your path or gaining more specific knowledge to achieve your success. Education may be reading books, magazines, and journals, taking workshops and classes, listening to tapes/CDs, and watching videos that educate and motivate in the area of your goal. You become what you study, so expose your mind to anything and everything that adds to the achievement of your success.

Also, include educational and motivational materials that will help you after your success is achieved. Currently, you are in “the process”. Once you’ve achieved your goal, you need to already have the knowledge and motivation to use the success in a positive manner and keep it moving forward.

Power of Association

The people that surround you influence your path, your attitude, your determination, your belief, your inspiration, and the outcome of your success. You should surround yourself with people who share your positive vision and desire to achieve your goal. Otherwise, you may be eliminating your success through the power of association.

Associations may mean being around the people who can make your success happen. Donald Trump did just this. He associated with those people, whom he wanted to emulate and who could assist his success.

Now, you may not desire that type of success; however, associations still impact your goals. Let me give you an example.

Darren used to be an alcoholic. After he hit bottom, he went into rehab and cleaned up his life. He joined Alcoholics Anonymous (AA) and tried to convince his wife to join Al-Anon, an arm of AA that helps spouses of alcoholics to eliminate all of their “old habits” they developed over the years to cope with the alcoholism (however, they also trigger a recovering alcoholic’s past habits, as well). She refused any type of counseling and, at every opportunity, would “push Darren’s buttons”. Having difficulty retaining his sobriety under his wife’s subconscious attempts to return to her comfort zone (though it was detrimental to her well-being, since Darren was physically abusive when drunk), Darren eventually divorced his wife. He’s now been sober and happily remarried to a supporting spouse for many years.

Need for Heroes

One of the most supporting and inspirational tools to achieve success is to have a hero. Oprah Winfrey, talk show host, once told Barbara Walters, renowned interviewer and newscaster, that, if it were not for Ms. Walters, she wouldn’t be where she is today. This is a wonderful example of using a hero to achieve. The great thing about emulating heroes is that they can be living, dead or even fictitious.

Finding a hero (or heroine) to emulate gives you many achievement advantages. That person is already the success you seek. Learn all you can about them. If possible, take them to lunch and interview them. Find out what they purposefully did to achieve. What could they have done differently to make the process to success easier and faster? Put photos of this individual all over your living space and on your desk at work. Keep a list of the person’s traits that you wish to emulate, and incorporate them and anything that helped your hero to achieve into your plan of action.

Exercises

Exercise #13 — Education and Motivation

Using the library and the Internet, research to locate materials that will help you achieve your success. If you need more information and details (for instance, you would like to take a particular type of course in your area), research whatever resources necessary (for example: telephoning your local colleges for information on available classes). Incorporate these materials into your plan of action (i.e., reading material, taking classes, and so on). Then, be vigilant about placing as much priority on these plan items, as you would any other step to success.

Exercise #14 — Power of Association

Are the people who surround you holding you back? Evaluate your relationships against your chosen success. Are there any associations that are detrimental to achieving your goal? Make a list of possible problem individuals; then, turn it over to the universe during meditation. Ask for guidance on what you should do. You may be told that the individual is contributing to your success in a more important manner than what you see. There are many possible solutions to a situation, other than discontinuing the relationship. Be sure to keep notes in your journal.

Exercise #15 — Heroes

If you don't already have one, find a hero, who is successful in your chosen goal area. Then, do all the things suggested in the earlier paragraph, entitled "Need for Heroes". Keep notes in your journal.

Chapter 8 - Trade-Offs

Returning again to the graphic of the human brain on page 36, let's look at how our activities may cause negativity. There are many ways in which we entertain and work our minds. Often, we choose activities that cause barriers to our success by adding a continuous stream of negativity into our brains' storehouse, rather than enriching our lives.

News Sources. How many different forms of the news do you see and/or hear each day? It comes by way of the radio, television, the newspaper, magazines, and the Internet via our computers. There are clipping services dedicated to providing specific types of news by email or mail.

Exercise

Exercise #16 — Your Newspaper

Take a copy of your local, daily newspaper. Any day will do. Get a black and a red magic marker. Do the following:

- Using the black magic marker and the front page only, outline and X through anything that is negative. This would include the weather that's generally in an upper corner, if the report isn't a positive forecast.
- Now, take the red marker and outline and X through the remaining verbiage. It has to be positive information/news, or it would already be marked in black.

How much red do you see, as compared to black? (Our experience with this exercise has been that there's very little red.) Now, envision multiplying the amount of black, which is the negative, times the number of pages in the newspaper; and then times the number of newspapers you read each day.

That's how much negative you are placing in your brain's storage each day just from newspapers.

You can further compound the news in the newspaper by each time you listen to the news on the radio, even those short briefs every hour. Then, add in each news magazine and journal you read each month. Now, include the television news you watch — don't forget the noon news, the nightly news, and the end of the day news programs, each are at least 30 minutes in length. How about the news shows — 60 Minutes, Meet the Press, Dateline NBC, The Today Show, and Good Morning America, just to name a few. Don't forget the totally news cable channels — Fox, CNN, MSNBC, and so on. Then, there are the Internet news sites, web sites with news feeds on them, and news emails delivered to your inbox.

Your last exercise shows how much of the news is negative. How can you replace negative thoughts in storage with positive, when you bombard your senses with all this negativity on a daily basis. Do you really need to see and hear all this news?

Choose one form, once a day, and eliminate all the rest. For instance, only the nightly news that gives a brief accounting without all the details. The addition of images and brief interviews are like a picture — they are worth a thousand words. You get more in less time, without going in depth. You're also getting the headlines, which concerns you the most. You don't have to know about every problem across the world, in your state, city and neighborhood, or every little gruesome detail about a local murder.

Other Negative Sources.

What type of books and magazines do you read? What type of movies and videos do you watch? Do you play electronic/Internet games? What television shows do you watch?

Constantly reading and seeing violent media adds additional negativity. Consider this: you love the forensic and justice television shows — NCIS; all the CSI shows; all the Law and Order shows; the forensic shows on the Discovery channel, the History channel, and the Arts & Entertainment channel; NUMB3RS; and Bones. This is just a portion of the forensic and justice shows on the television schedule this season. If you're watching them all or even a good portion of them, look at all the negative you're putting into your mind. Like the news, you don't have to get rid of all of them. You could, for instance, choose to watch NCIS, the one CSI show you like

the best, and NUMB3RS. Replace the other shows with positive, uplifting shows, or spend more time doing other activities. Also, be aware of the negativity given off by the “reality” shows.

To what music do you listen? How much alcohol and medication (or other drugs) do you ingest? How much caffeine do you intake? What type of things do you have in your home? On your walls? In your office? On your office desk? Do these things and activities energize you? Do they soothe you? Are your habits healthy? If your answer is no, then they are adding negative energy into you mind and body, contributing to stress and negative feelings. Again, replace what is negative with positive alternatives. These are all trade-offs you make for a better and more positive life.

Physical Comforts.

One of the most difficult trade-offs is physical comforts. Many people never achieve their success, because they are not willing to “give up” anything in order to achieve their dream.

In the book, entitled “Rich Dad, Poor Dad”⁷, Robert T. Kiyosaki tells of the poor dad, who worked hard in a job to earn and borrow money for that nice home, car and what luxuries his meager salary afforded him. Whereas, the rich dad provided for his family’s necessities, never borrowed, and put every cent he had into his business (his dream). He had his family onboard with him, and it seemed they had a wealth of love and togetherness. They also had a back porch, screen door that was in sad need of repair for many years. The poor dad would have fixed it immediately; whereas, the rich dad felt the door still worked and the money to fix it served his family better being reinvested into the business. The poor dad remained in the same financial situation his entire life and continued to dream of being rich. The rich dad eventually moved his family into luxury and wealth.

Another example of trade-offs to achieve success is Jess P. Lair, Ph.D. In his book, entitled “I Ain’t Much Baby – But I’m All I’ve Got”⁸, he shares his success of finding himself and his true purpose in life. He was in advertising and doing quite well

⁷ Kiyosaki, Robert T. with Lechter, Sharon L., *Rich Dad, Poor Dad: What the rich teach their kids about money – that the poor and middle class do not!* Warner Books, 1998.

⁸ Lair Ph.D., Jess P., *I Ain’t Much Baby – But I’m All I’ve Got.* Fawcett Books, 1990, reissue 1995.

financially. He was successful but overworked and stressed out. He got a chance to evaluate how unhappy he was, while being wheeled into surgery for a heart attack, and remembered his dream of being a college professor. After he healed, he sat his family down and told them what he wanted to do. His family agreed, with reservations but with love for him. He sold his advertising agency and their luxurious home, and they moved to a farm (the other part of his dream). He enrolled in a nearby college. In the early '90s, when Dr. Lair wrote the book, he was a college professor. He has since written many other books.

Both of the above are excellent examples of people who temporarily traded off their comfort for success. Most people aren't willing to do this because of fear and greed, which keeps them living paycheck to paycheck, barely earning enough to keep up with their spending, and slaves to money and their material possessions.

Do you really need the big house in the fancy neighborhood? Or could an apartment in another neighborhood, which costs less, do just as well? Do you need the large salary you currently make at a job that doesn't contribute to your goal? Or can you make trade-offs in your lifestyle to allow yourself to take that job that will lead you to success?

We have bought into the American Dream of owning our own home, driving an upscale car, and constantly spending to get more. The advertising industry pays its creative minds lots of money to continue to sell you on this Dream. You must shut off such messages that continually surround and bombard you. Learn to live by the "beat of your own drum."

Exercises

Exercise #17 — Lessening the Negative

- Make several copies of the "Eliminating Negativity" table on page 77.
- For the next week, list in the table all the sources of news you see and/or hear, as well as other sources of negativity. Review this chapter each day to ensure you're locating as much of these negative sources as possible.

- At the end of the week, review the table's news column. Create a plan of action by first eliminating as many news sources as possible. For example: Choose only one daily news source, such as the nightly news. Write "nightly news" in the plan of action, news column. Then, take a red pen and put one line through all the others in the first column to remind yourself that you will never watch, listen or read these again.
- Now, look at the other negative sources listed in column two. For all negative media, either eliminate them, choose only one or two, and/or substitute alternatives. For video gaming, either eliminate them all or choose only one and limit your playing time. For furnishings you have a negative feel about, burn dried sage to rid each room of negativity as the Native Americans do and use Feng Shui for furniture and item arrangements — or just replace the items. For all other items, such as alcohol, diet and drugs, use alternatives, elimination or reduction for positive results.
- Next, follow through on your plan of action. That may mean creating affirmations that are taped to the television set(s) and other such reminders

Exercise #18 — Comfort Trade-Offs

- Make several copies of the "Trade-Off" table on page 78.
- In the first column, list all the things you currently have or do that could be eliminated or substituted with alternatives AND, by doing so, would assist you to achieve your success — whether they are plausible or not.
- In column two, list what you would substitute for the items in column one. For example, the occasional concert and movies for the current civic center season tickets. A nice apartment, where someone else pays for the upkeep inside and out, for the two-story home that takes a lot of upkeep in both time and money. To create more harmony in your marriage, forego the weekly boys' night out; instead, go only once a month and

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spend the other three nights doing something special with your wife. Look for positive alternatives.

- Now, create a plan of action, which may include discussing the idea with your spouse and anyone else the change may affect. Revise your plan of action as needed. Remember, not to create more change at one time than you and others are able to handle effectively.

Eliminating Negativity Table

Negative Repetition		Plan of Action	
News	Other Sources	News	Other Sources

Trade-Off Table

Current Situation	Possible Alternatives	Plan of Action

Chapter 9 - Success From Chaos

The mind requires a balance between work and leisure activities. You need to feel pleasure, challenge, reward, failure (in order to appreciate success), and so on. Unfortunately, we feed our minds very poorly. In the last decade, workaholics abound, with people working two and three jobs just to make ends meet, or 60 to 80 hours every week for fear of losing your job if you don't.

You need to gain a new perspective on the needs of the mind — it needs to be exercised vigorously (work) and relaxed often (leisure activities and rest), just like a muscle in the body. Too much work causes your mind to produce stress and fatigue, regardless of how much sleep you get. Too much leisure, your mind produces depression and apathy. It's easy to see why an imbalance is detrimental to achieving your success.

A balance allows your mind to function at peak performance, including that Johari Window Quadrant that No One Knows, the area that you go to between your thoughts during meditation. A balanced life allows you to more easily connect to the universe, the core element in achieving your success.

The key to achieving a balanced lifestyle is to eliminate chaos from your life. Chaos not only takes up time in your physical life, it takes up mental time and capacity. Chaos is the element that generally induces stress. It causes sleepless nights and interferes with meditation. It keeps your mind moving a mile a minute.

Eliminating chaos from your life and achieving balance eliminates stress and mental fatigue, allowing you to focus on important things. It gives you the freedom to create, a necessary element of success. Another great thing about eliminating chaos is that it frees up time that may be used in other endeavors, including working toward your success. How do you eliminate chaos? By simplifying your life. Clutter causes chaos. Get rid of clutter, and you simplify your life.

Eliminating Chaos at Work

When you simplify your work life, you work smarter, have more time to do what's important, and work less hours. Though your work situation is different from anyone else's, here are a few ideas to consider for simplifying your life and reducing or eliminating chaos, clutter and stress:

- Work less hours by working more efficiently. If you're working all the time, you have no time to be still, allowing your mind to think or create successfully.
- Schedule time (or just take it when necessary) to be still in order to clear your head and allow the "creative juices" to flow. You'll find that ideas and solutions formulate much easier and faster.
- Use time more efficiently. Clean your desk at the end of each day and put away papers and files. Create a to-do list, too. The next workday, you're ready to start fresh, can find everything you need, and know where to begin working immediately. All you need do is get your coffee and get started.
- Take your vacations and stay home when you're ill. You do not work effectively or efficiently, when you are fatigued or not up to par. Plus, you give your illness to others at work, costing the company in more lost production than just your one or two days sick leave. Vacations rejuvenate you, if planned correctly (don't wear yourself out doing more than time allows or working at home the whole time — do something fun and relaxing).
- Consider the different work alternatives (against your chosen success): full time, part time, telecommuting, don't work, flex time, or working for yourself at home.
- How about a different job or different line of work to accommodate or add to your success.

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- You may need to simplify your work life by finding another job with a worker-friendly environment.
- For all meetings, always ask, “Do I really need to do this?” Avoid needless meetings that drain time and energy.
- Minimize the number of lunch dates and work-related gatherings (either during or outside of work). Take your lunch every day and do something relaxing. Don’t work through lunch, and don’t eat at your desk.
- Give yourself a break each morning and afternoon, even if only to get your own coffee. Take a couple minutes to chat with co-workers (but don’t overdo it). Write the breaks “inconspicuously” into your schedule, or use your computer’s calendar alarm and label it CB for coffee break.
- Take an occasional pause and breathe deeply; stand up and stretch. It’s easy to work for over four hours without realizing it. Use that computer calendar alarm to alert you periodically throughout the day.
- Eliminate distractions. Do your personal business at home, including personal telephone calls and emails. Minimize co-worker socializing. If you have a secretary, have him/her screen your visitors. Stand when someone enters your office — invite those you need to do business with to sit; all others, continue standing, and (after they have a quick say) let them know you’re on deadline and would love to talk later, hinting that it’s time for them to leave.
- Manage the people you work for, with and supervise by setting boundaries. Never automatically say yes. Don’t accept unreasonable requests or problems from others — let them solve them or, at least, bring you a reasonable solution. If you don’t have a quick answer for someone requesting something unreasonable, say, “Let me think about that, and I’ll get back to you.”

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- Manage your workload. Many people do more than their boss expects, either thinking they have to or that it will impress the boss. Eighty percent of your boss' satisfaction is related to only 20 percent of your work performance. That means you should focus 80% of your time on that 20% of work. If necessary, ask your boss what's important to him for you to accomplish.
- Don't make promises you cannot keep, especially meeting impossible deadlines.
- If you get overwhelmed at work, stop and leave your desk for a few minutes. Walk around the block or up/down a flight of stairs, or go for coffee. Breathe deeply and relax your mind. If frustrated, laugh out loud until your body relaxes and you feel refreshed.
- Don't procrastinate. Handle a piece of paper only once, whenever possible. You'll find the work flows more smoothly, there's less frustrations, and your inbox gets cleared faster.
- Take the path of least resistance that still satisfies the situation.
- Cut down on the paper. Take your name off "nice to have" routing lists. Cancel any subscriptions (including those through the Internet and email) that aren't absolutely necessary (magazines, business reports, and so on). If you have a secretary or assistant, train him/her to read any media you need and highlight important information for you.
- Reduce the business junk mail that robs you of time and energy⁹. Send personal mail to your home address, and work mail to your work address. Whenever you order anything or make charitable donations, request that your information not be sold or passed on to anyone else.

⁹ Go to www.metrokc.gov/dnpr/swd/nwpc/bizjunkmail.htm for resources to get your name off mail lists. Do a search for "reduce junk mail" (in quotes) for other resources. Call 1-888-5OptOut to request Equifax, Trans Union, Novas and Experian not use your name for credit card offers. On junk mail you receive, call the 800 number they provide and request to be taken off their list and not to sell it to anyone else.

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- Eliminate email overload. Be selective about giving out your email address. Don't put it on your business card. Ask to be deleted from email mailing lists. Keep a Hotmail or Yahoo mail account to use when signing up for anything on the Internet. Keep your emails focused only on work. Ask co-workers to keep emails short and for business only. Turn off the beep that announces each new email. Schedule email checking periodically, using your computer calendar alarm. Unsubscribe to spam or ask your IT person to catch it at the server and report it to the appropriate Internet abuse web sites (they can get this information from your company's isp).
- Cut down on your telephone time. Don't give out your cell phone or beeper number at work, and don't have them printed on your business card. If you use your cell phone for both home and business and must give someone, including a client, an alternative contact number, use a beeper number (otherwise, they will continue to use your cell number, even when you're away from work). If your company supplies your cell phone for business use, you will have a harder time eliminating this time consumer.

Have your secretary or assistant screen your calls and take messages. Just like emails, schedule time to listen to telephone messages and do call backs periodically during the day. Don't play telephone tag, use voicemail and leave messages.

Eliminating Chaos at Home

If you review the listed items above, many translate effectively to your home life.

- Do you schedule "think" time? How about not trying to do everything in one day?
- Are you always on the run? Must each of your children participate in five different activities each week? Can you combine errands together? Shop only once weekly or every two weeks, rather than daily? What else can you eliminate or reduce?
- Leave your briefcase at work. Don't bring it home, and don't work overtime (especially, weekends). Work shouldn't cut into your leisure time, especially when you have a family.

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(Many workaholics work to avoid these relationships; or they believe they must continue to provide “more” for the family, who would much prefer the person at home.)

- All those fix-it chores — what about hiring neighboring teens to do them? Or a professional service for the lawn care and snow removal?
- Take the path of least resistance that still satisfies the situation.
- Develop a quality home life. Do fun things with family and friends.
- Cultivate new friendships and interests.
- Screen phone calls at home. Use a message machine or the telephone company's voice messaging. Eliminate call waiting telephone features — always know who is on the other end of the line before answering. Don't feel that you need to speak to every person that calls. Leave call backs to convenient times. No matter how upsetting, never take business calls at home, unless a case of life or death. Handle all business during work hours.
- Turn off the cell phone, when enjoying leisure activities. It's not only annoying to other people, but it stops the flow of creativity and relaxation of the mind.
- Get rid of junk mail. See the work section on this.
- Control your email and spam. See the work section on this.
- Cut down on your television time. Do activities that are more pleasurable. Spend time with your family.

Exercise

Exercise #19 — Cut the Chaos

- Make several copies of the following table.
- Using a different table for work and home, do the following for each.
- In column one, list all the events or situations that take up your time, especially if they use a lot of it or cause energy drains.
- In column two, list for each item in column one what you might do to change the situation. Like the examples in this chapter, what alternatives might you put in place to get rid of the clutter and chaos?
- In column three, make a plan of action and do it.

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Current Situation	Possible Alternatives	Plan of Action

Chapter 10 - In Summary

Achieving success won't necessarily happen overnight; however, by properly using the skills given you in this book, success is within your grasp. With a lot of effort on your part, an effective plan of action, and appropriate follow through, your success is assured.

Review this book and your completed exercises on a regular basis to keep the principles fresh in your mind. Continue doing those exercises that assist you in changing negative to positive.

Make use of this book as a workbook. Each time you chose a goal or success, go back through the book and apply the exercises in order to achieve the best success at the fastest rate.

Remember, your success begins in your mind. In truth, it is achieved in the mind, as well.

**** Bonus Articles ****

We always believe in providing immense value to our readers. Hence we are adding several bonus articles that give you more information on this subject. Enjoy!

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Attitude in Positive Thinking and Self Talk

To achieve success we need to have a positive attitude. We can achieve this by using positive thinking and self-talk. People who succeed need to think positive and tell themselves that they can do it.

Being positive and telling yourself that you can do something like reaching that big dream you have for the future will change your attitude and make those dreams come true. Tell yourself that you can do it instead of thinking negative and let your self-think that the dream is too big you'll never make it that far. This is called affirmatives, which bring nice rewards.

If we think about negative things, our mind will talk us right out of doing something especially if it seems scary. Don't pay attention to those negative notions; jump in there by thinking positive, like "I can do this."

Our attitudes depend on how we are thinking. If we think negative thoughts, we will be unhappy making our attitude stinks. When we are happy, thinking positive things, our attitude will be happy and we in turn can be happier around others as well as ourselves. We have to be happy with our self in order to have a good attitude on life.

Find out why you are holding a grudge about something. Think about how you got this rotten attitude and what can you do to change how you feel. Make a list of all the things that made you angry and what made you angry with yourself. Now prioritize the list with the worst one on top and work your way down until the bottom is the most less that bothers you.

Now make some suggestions on how to eliminate this list in order for you to like yourself and those around you. Changing is not going to be easy and some people might make fun of you or get mad but do what you have to do in order to change your attitude from being negative to positive.

You can't have a positive thinking and self talk if you're not happy with yourself. Think positive and tell yourself you are going to make these changes in order to be the kind of person in your dreams.

If you haven't already made a list of dreams and goals, you want to do that right now. Make your list of dreams and goals that you really have to work for in order to achieve them. When you are writing you may be thinking negative things like "I'll never be able to get this dream" but you can by changing your attitude on life and using your power of positive thinking and self-talk.

Feel like a new person with an attitude adjustment; remember that if you're thinking negative that is how you're going to feel. Positive thinking and self-talk will make you think happy giving you better health as well.

Think happy things by positive thinking will get you a long way towards your goals for the future.

Relieving stress by thinking positive things will help you prevent health problems. Stress can and will cause you high blood pressure, heart diseases, strokes and high cholesterol. Start relieving stress with positive thinking and self-talk.

Tell yourself that you're going to be a happy person today. Everyday you're going to learn to smile more, learn a new skill, and do something positive for yourself. These and many others thinking positive will help relieve stress and help to putting your life on track with better health.

Subjects should always build on the list of achievement with ideas of their own.

Business Wisdom from Self Talk and Positive Thinking

Imagine developing a business savvy* that yen you to extensive success. If you can imagine this now, then think about the results that exert emerge from self-talk and positive thinking. Using self-talk and positive thinking you can make anything hit true, including developing business wisdom that will send a message for years to come.

Picture this:

Business caution can labor for company leaders who want to increase business train and add new customers. Progress and ambitious minds accomplish tasks growth when management approaches are simple and thorough. Approaches for a hefty business in growth and prosperity can be hardy at times with the high rise of possibilities. At all, business wisdom does not have to be a injure when you use common sense, follow plans and begin a recovery that take action for your business.

Managers are high-finish something employees who work to keep a business running smoothly. Jobs should include a business continuity plan, a recovery plan and a solution for the gain of business. Managers are the directors of employees and should inform their workers of changes, continuity plans and even precaution tests that authorize help them improve in the work atmosphere.

Computers are used in nearly every outfit* around the world, today and backups should be carried in incremental and full backups for keeps to prevent a entire loss to businesses.

Tasks discrimination is produced when controllers are informed and have the right workable promise. Sources are gettable to assist business grow productively, and you can find such sources via the WWW. Business circumspection consultants are available around the clock to offer strategies, Interim Governance, coaching and consultant.

Business wisdom comes from firm management practices, energetic telephone service gospel and strategies, occupational supplier links and business coalition, and competent, convincing control. If you herald the right personnel to set stage your tasks at the beginning, and they don't entail to be addicted, you are way advancing of the game.

Good, or should I say "great" clientele service skills is essential for company growth. If you have employees, who work and minister to your customers like secondary hand glad rags more than likely your customers will find another environment to purchase, seek services, or promote support.

Well-familiar managers are mindful of the customer service demands. Too many times people have walked away from bad customer service. Don't let this happen to you. Customers like businesses that offer commitment, involved employees, and an overall environment producing capabilities. Hee-haw*s make barter believe that the business is capable of handling their needs.

Reducing costs to meet your customers' needs is weighty as well as customer services. Customers do not like to pay high prices if they don't have to. The economy altitude changes from year to year and cutbacks are in demand.

Transfer and control should be on the list for customer services. If you don't have a stock of what you clients are going after, then your clients decide on have a list of other places to visit. Business comprehension reaps good rewards when business care about their customers. Don't hire or train your personnel to press customers into buying your service, wares or other offers. Nationality, contrary to beliefs hates a pushing salesperson. Caring about your customer beforehand and giving them space is essential for good business diplomatic.

Broadcasting gets the message across. Press slicks and press-agentry ads are great for business sales, but the words are what you need to keep in focus. Words can make you or break

Now that you have a vision of what it could be like to have such business wisdom start your positive self-image-talk strategy meeting today and attract when you positively think useful everybody single day.

Fighting Drug Addictions in Self Talk and Positive Thinking

Herbs are a common stimulant that kills the cerebellum cells, and makes the brain run slower. The entity adapts to this addictive attitude. Symphonic music is a seriously influential part of being stoned or high, in particular for teenagers. One high time the herbs is absurdity, i.e. I am not high, the next last minute the person is buying weed to better the high. Their hold out to get weed, range from, I'm going with my associate to the movies, or else out to eat. Taking action of the problem emerges from lack of recognizing who the person is, i.e. the suckling has not come to know his/her own personality.

Learning self-talk can help your child get a grip on which he/she is and help them to fight drug addictions. Some matures often do drugs too; however, more peer pressure to seed nowadays, causes mood swings and the herbs of course solaces the stress. The high is as if exceptional for a short time, and then you expect hungry, which the common word is, I have the munches. The marijuana makes emotive ambiguous and you do stuff you don't notice. You can't turn to and commonly, it's stand up before your eyes, but mentally you won't be au fait. It is a blind spot.

You need help. Help is inside you. All you need to do is reach down, find your inner strengths through self-talk, and start your counseling process.

People do all types of drugs. One of the common drugs today is well known and dangerous. Oxycotton is one of these drugs that is in point of fact established as a depressant employed as a form of cocaine, i.e. Oxycotton is a snorting dope*. The drugs submit a numb reaction throughout the party, which often palpations weird, yet exceptionally pleasurable after the user becomes attuned to the cure. The head rush is something else people enjoy.

This head rush lasts a short time and stresses the person to want more. More—is what you causing your close at hand death. Start your self-talk program today and put this drug behind. Inside, you have inner strengths that you can use to master these addictions.

VIKADEN is certified to affect, yet it trails on the milligrams, yet very seldom, you are on cloud nine, you know it is pigeonholed like weed. VIKADEN causes paranoid wages to slave things into view. The person starts to see things that do not truly exist.

Many find the hallucinations frightening, yet when they chance the drug it often is put in the infirmaries and classification crazy. Certainly, places such as this deny, yet they probably have identical snafus, but who's to blame. You want to use self-talk to touch were loyalty rests. Mind desensitizes hurt, not help.

Rather than become the next problem in society, start-taking steps to become the leader in the future that can perhaps help someone else master drugs through self-talk and positive thinking.

Drinking may come to you in a different way since it is legal, yet drugs spill out a new concept, still drinking affects the liver. This weakness emerges from the mind. Some people are spontaneous, some excited, etc, and you can never notify, but it is used to extremes and often hooked on as an excuse to avoid coming out of denial. In the end, the liver will be destroyed, yet some will employ alcohol to alleviate pain and distress. Using self-talk you can master almost any hook, specifically if you practice self-talk each day.

Practice self-talk and leave those drugs alone!

Finding Hope with Self Talk and Positive Thinking

Positive thinking starts with building self-discipline, which we all know is sometimes hard to do. Occasionally we drill ourselves in order to become successful with all the challenges and quagmires with purely daily life. For this reason, we must work with self to build self-discipline to improve our life and overall performance.

In order to coup d'etat, we need to be staunch and employ our effective thinking exploring the goods to keep our self-self-government in control. We need to be in control of our lives to succeed in the world today*. Learn to stay in console with your inner strength-drill by thinking positive.

When we think negative, we often feel depressed. Sitting around all day saying, "I wish I hadn't done this it only perpetually have been this way" Be positive and say, "this is are able to work" or "I'll have to mange and do it poles apart coming up time." When you tell yourself this audibly, it is informing your gray matter* efficacious things that it needs to take in for questioning in order to trounce the negative double take.

We have to feed our mind and body food to stratagem those negative thoughts in life. Self-self-mastery with positive thinking can help us to become the person we want to be by making goals. Write your standards and expectations down so that you can have a plan toward your goal.

As you reach each intent, reward yourself by doing something special. Think positive what you'd like ensuing that you reach each purpose. For case history if you want to quite smoking set a date then take a buy junket and at the end of the first year take a vacation. You'll save loads of cash. As well as you will become a healthier person.

Positive pondering over and positive self-image-of having a discussion with is needed to manage your life. If you learn to think positive you are going to blow one's top weight, you need self-discipline to move from the table when you've had bounteous to eat. When you have self-discipline, your body will let you know when you had enough.

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You can change the way you think by challenging your mind and putting effort into the Gordian knot. Create a list of each change you want to accomplish. Be progressive intermittently writing the list; "I can lose 10 pounds" or I ordain to stop smoking."

Keep disclosing to yourself by declaring that you can and will do anything you put your mind to. Stay in control as you reprogram your brain to think positive rather than dwelling on negative thoughts. You have to overpower the negative thoughts.

Take panel of your self-discipline with affirmative Pondering over former it takes unduly you. Without aplomb-method, your health protection decides on drop, you'll make in rags decisions or your self-esteem request decrease dramatically.

You can debar diseases, such as pneumoconiosis throe or cancer when you employ self-discipline. Stay healthier and happy intermittent you jack up* a strong self-self-government for yourself and those around you.

Vow to join the self-reliance-talk fill now* and move your inner child to practical Pondering over before to recover your complete health. It is topmost-page* to improve your preteen now so that you can live a productive life through positive self-image-discipline you have instructed from self-talk. Your inner little angel* often has dark spots, which you can connect with to learn self-assurance-will completely self-talk practices.

Find your hope by taking back your mind. Don't let the negative thoughts that came from external influences somewhere in your life rob you of your success.

Finding Your Inner Child with Self Talk and Positive Attitudes

Vow to tag on* the self-confidence-have a discussion with process now* and move your inner youth to mundane thinking before to advance your overall health. It is topmost-page* to improve your preteen now so that you can live a productive life through positive self-image-discipline you have instructed from self-talk. Your inner little angel* often has dark spots, which you can connect with to learn self-assurance-will completely self-talk practices.

You have a little angel inside of you. Sit down and become acquainted with this little man, since it has been proven long-before this little man developed that failing to know your inner child can cause you heartache for years to come.

When you meet your inner child and become controller of your mind, it will assist you with counteracting diseases like heart and miner's lung disease or cancer. You will find it easier to stay stronger when you use self-talk to meet your inner child.

Start with:

You can interchange the way you think by putting some effort into meeting your inner child. Take time to create a log of the changes you want to occur, and don't forget to talk about boosting your self-subordination. Be forward-looking off-and-on writing the list out while discussing these changes with your inner child.

In an effort to triumphant, we necessitate to feel secure and to employ our positive thinking abilities to uphold our positive self-image-discipline, staying in control. We need to be in panel of our lives in order to succeed in the world today. Learn to stay in control with self-discipline by thinking positive.

Thinking negative thoughts all the time like then revert your thoughts. Enjoin yourself distinctly, telling your intellect progressive things that it must needs* to auscultate in order to overcome the gloomy thoughts.

Construction up self-limitation is periodically stiff to do. We all demand preparation in order to be flourishing with all the commands and problems with just day-to-day life. Build up your life by coming near to your inner child and learn self-discipline with positive thinking and self-confidence-talk.

Vow to join the self-assurance-confidence-talk hold now* and suggestion your inner nipper to practical thinking to develop your taken as a whole health. It is fore-page* to develop your inner child now so that you can live a industrious life by encouraging positive self-image-cultivation you have developed from self-have a discussion with your inner child. Your inner child often has dark spots, which you can connect with to learn self-confidence-self-restraint through self-talk practices.

Your inner child requires development, which you could connect with to learn your inner child through self-talk practices.

Take control of your positive self-image-self-mastery with positive thinking aforetime it takes over you. Without self-education your health will drop, you'll make broke* decisions or your self-esteem will decrease dangerously.

Don't let this happy. You are a winner. The only reason that you haven't won the whole race is because your left your inner child behind.

We have to like ourselves to be successful in life. Self-curb with positive thinking can sustenance us to incline the person we want to be by making goals and meeting your inner child. Write down your principles that you want and work unyielding by thinking positive and telling yourself that you can and demand estimate the pot of gold at the end of the empty wish. Don't forget to include your inner child so he/she doesn't feel left behind again.

As you reach each goal, reward you and your inner child by enjoying something special. Think positive what you'd like succeeding scopious each limit you set with your inner child.

How to Apply the Benefits of Positive Self Talk to our Everyday Lives

Is this positive self-talk stuff valid, or is it just a lot of bunk?

There are varying expert opinions on the overall adequacy of positive self-talk as a long-term aid to general improvement of a person's quality of life, since every person is so unique and such an individual that no two are likely to employ the process in exactly the same way.

Some people may view it as a magic cure-all that they need only employ a few times before they will see results. Naturally, these people are doomed to disappointment, since positive self-talk is only one-step in a long process of self-improvement and must be used often in order to be truly effective. However, other people who are truly desirous of making a long-term effectual changes in one or more aspects of their lives. Moreover, who are willing to commit themselves to a long-term program to accomplish this often have the drive and determination to say nothing of the willpower and persistence that is required to make a lasting success of positive self-talk techniques?

These are the people who are willing to invest the time into encouraging themselves, especially when nobody else is around to do it, in order to effect a long term and positive result for their lives. By employing the positive self-talk techniques in this manner, they are in a position to succeed in just about any field they put their minds to.

What is the basic idea behind positive self-talk?

The general principle of positive self-talk is that people are able to improve on some aspect of their lives by concentrating on the positive aspects. Whether these are aspects that already exist, or aspects that they want to survive in the future.

By focusing on these particular points and reinforcing them to themselves repeatedly, people are able to create in themselves anticipation and expectation that they will come to pass. People often use a mirror for this process, speaking to themselves as one would a friend to a trusted friend. It is easier to confide in ourselves than in other people, but speaking to a mirror often

gives people a grounding and the sense that they are being spoken to directly by a person they trust, reinforcing the accuracy of what they are promising themselves will come to pass.

Positive self-talk is obviously not to be mistaken for a cure-all of any sort, or for a magic formula that will make the problem immediately vanish. However, it will create in the subject a sense of anticipation and a determination to succeed that will set him or her well on the path to achieving the goals outlined during the process of self-talking.

What are some aspects of peoples' lives that can be improved by positive self-talk?

Virtually any part of your life over which you would expect to have physical or mental control can be effected by and improved upon by the process of positive self-talk. Usually the areas that are most easily influenced by self-talk, however, are those that involve the application of willpower or a change in peoples' thinking and mental state. Just a few of the areas of peoples' lives that can be and have been improved by the application of positive self-talk. Are the processes of breaking an addiction, such as gambling or smoking, the eradication of certain fears and phobias that interfere with daily lives, the improvement of one's outlook on life and ability to cope with daily stresses, the improvement of one's mental focus and skills, the improvement of one's commitment to relationships, and the elimination of bad habits.

Many more areas can be worked on, though virtually anything, you can put your mind to can be accomplished with a little willpower and a bit of positive encouragement.

Positive thinking and self-talk will keep you healthier and happier.

How to conduct a relaxing positive self talk session through preparatory relaxation exercises

Is it that important if I am relaxing during my self-talk session?

It may not be the most important thing about your session but it is certainly one of them. It is best to know how to set up your self-talk “station” to make yourself relaxed and comfortable as you conduct your session. These relaxation exercises will prepare you both for the positive self-talk process and to be more receptive to the suggestions you are giving yourself.

How do I conduct these relaxation exercises?

To begin these relaxation exercises it is very important to find a location where you can be certain that you will not be disturbed. If it is possible, it is also best to lock your door. Try to choose a time to conduct your relaxation exercises when there is very little external noise to distract you. If you live in a noisy or busy area or if the only time you have in which to conduct your exercises is likely to be a very loud or active one, you will want to invest in earplugs to help reduce external distraction. It is also best to choose a time when you know you will not be too tired to focus or indeed too worried to focus. Try to choose a time when you will not have a whole list of household chores or jobs lined up and waiting for you immediately after you are done. It is best to choose a time when your mind will be as clear as possible, and because of this it would be ideal for your relaxation times if you were able to take some time before them to just clear your mind and settle in.

Begin by arranging yourself comfortably on a soft but supportive surface such as a sofa or even a bed. Some people actually find that these locations are not conducive to relaxation since it makes them think of sleep, or relax too much, so they do better if they arrange themselves on the floor supported by a soft rug. It is best if the subject experiment with a variety of surfaces and locations before determining what best suits a personal need. Sometimes a flat pad or firm cushion or pillow can also be helpful in being settled.

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At what time you are sure that you have chosen the position that will offer you the greatest comfort and support available, lie down flat on your back with your arms resting on the floor at your sides, but not touching your body. Look up at the ceiling, and be careful that you do not stare but just allow your eyes to relax, and even to wander a little if that is what feels most natural to you when conducting this relaxation exercise. Give yourself time to breathe in and out in a relaxing and regulated fashion. Do not rush breaths or force them, but simply find the rate of breathing that is most comfortable in your position and maintain it.

As you practice your relaxation techniques, it is also helpful to practice your positive self-talk technique. As you begin to relax and settle in, encourage yourself by speaking in a level tone phrases like the following:

“It will take some time and patience for me to properly learn this relaxation technique. It will take some time for me to become very good at this, but I have the patience and desire to accomplish it.”

“I am going to master this relaxation technique.”

“I am going to convince my body to work for me. I will be able to improve my outlook on life by mastering this relaxation technique.”

How to Use Positive Self Talk and Self Hypnotics to Improve your Life

How to apply positive self-talk and the self-hypnotic process to improve your personality

Why would I want to use positive self-talk to improve my personality? I like who I am!

If you like and are comfortable with who you are, then chances are you do not need to work very hard at becoming a more appealing and charismatic personality. People who are most comfortable in their own skin are not the people who seek to improve on or alter their personalities.

Rather, it is those people who are shy, retiring or may be insecure in their own identities that are most likely to want to change something about themselves to make them somehow more appealing to those around them, not realizing that very often the person others see them as is merely a reflection of how they project themselves.

People who are less comfortable with who they are often reflect this, whether consciously or unconsciously, in the way that they interact with other people. If they are less outgoing and more retiring, what is in fact just a shy or insecure nature may even be seen as snobbish, cold, or uninterested in those around them.

These people are often misunderstood because they are unconsciously projecting an image of themselves that, while not accurate of their true selves, is really a reflection of who they believe other people think they are. Since other people will only reinforce this perception by reacting to their own misunderstandings of shy people, the shy person then becomes even more withdrawn, creating a truly unhappy cycle. It is these people and not those who are confident in themselves and comfortable and happy with whom they are as people, who are most likely to want to change or improve their personality.

How can positive self-talk help improve a person's personality?

While positive self-talk will not actually change somebody's personality, it can be used to change that person's perception of him or herself and thereby alter the way in which they project themselves to others, altering in turn the way that others perceive them.

By reassuring themselves of their own attractiveness as people and the desirability of their own company, normally shy and retiring people can discover newfound confidence that they will then project to the world at large. It is much the same effect as is had when a friend gives us a sincere compliment about some aspect of our character; not only are we pleased to hear this, but we become more aware of this good quality and make an unconscious effort to put it forward more.

What sorts of things should people say to achieve this change in their personalities?

People should begin and end by reinforcing their own worth as human beings. It can be enormously helpful to make a list of all the kind of things you have said in the past concerning your personalities.

It can also be helpful to include a few compliments on physical appearance as well, since these also make us feel good and project confidence, but they should not be the focus of the self-talk, as physical attributes can change quite rapidly and should never be the focus of our evaluation of our own worth.

By repeating compliments others have given us we are able to remind ourselves that other people have seen our worth as well, and have noticed it enough to remark on it to us directly.

Subjects should then build on the list of compliments with ideas of their own. They might want to list other admirable attributes they have that they want people to notice more, and tell themselves that they will begin to display these good qualities to others. As they reinforce their own value as humans, they will acquire an increased confidence in themselves that will not only be noticed by those around them, but also be reflected in the behavior of others toward the subject, turning a once-vicious cycle into a beneficial one.

Hypnosis and Positive Self Talk

If you feel satisfied with the person you are now then you are probably one of those people that worked hard to obtain a lovable personality. Common folks comfortable with their own tegument are not the rabble who nose* to improve on or changing the persona.

To a certain extent those multitude who feel uncertain of their identity may feel insecure in their own individuality. In view of this potential fact, these people have to find ways to make changes to learn to like who they are. Some of the top strategies used for centuries are self-hypnosis and positive self-talk.

Common folks who are less in clover with whom they are often reflect their attitudes and behaviors on others, whether it is consciously or unprepared. These reflections often occur in the way that they act unsociably or fail to understand or accept others opinions, thoughts, etc... If they are less outgoing and more retiring, what is in fact totally a shy or insecure weakness of the flesh may even be seen as snobbish, cold, or uninterested in those around them.

Thus, if you are less sympathetic and more retiring, you may have an unshielded nature may even be evident as egotistic, cold, or detrimental to those around you. You can change this behavior through self-hypnosis and self-talk.

Instantly these citizens are time and again misinterpreted. Making an allowance for these people being without warning are often projecting images of themselves, yet not accurately of their true identity, and is actually a reflection of other people placing judgment on these souls.

Since other plebeians will peerless underpin this discernment by countering their own lack of comprehension of shy hoi polloi*, the introverted human being then becomes even more timorous, creating a sincerely discontented cycle. It is the multitude and not those who are sanguine or optimistic with themselves or relaxed and contented with who they are as plebeians, who are most mortal to want to trade or convalesce their personality, transforming as they move along.

How can positive self-image-talk services progress a person's personality?

At the time constructive self-talk determines not actually flip-flop* somebody's personality, it can be litigate to transform that person's approaches of him or herself and in that way modify the way in which the individual reckons themselves to others. This reflection or change will change the way a person views you as well.

By supportively changing themselves of their own cordiality as humanity and the fitness of their own muster, by and large the retiring soul can discover pristine self-reliance they can envisage.

The human race should in fact commence to end bad habits by underpinning their own self-worth as a human being. It could become awfully chivalrous to create a record of all the things you have stated about you in the past.

You can benefit by including a small number of respects of your physical outer shell. Since these respects also make us feel prime and will project in our confidence, yet it should not become the focal point of self-talk, as fleshly individualism can exchange exceptionally speedily and should never become the hand over of our estimation in our own merit.

Subjects can then create a list of eyewash* with ideas of their own self-worth. You may want to record additional exemplary attributes you may have funneled to notice more, and characterizes you and promoting the beginning of your exhibit like now* the good qualities to others.

By replicating adulation others have supplied to us, we can use these as reminders to feed our mind food. Self-talk then allows us to take notes to look in areas to improve our life.

Inner Strengths Discovered in Positive and Self-Talk Strategies

Self-talk is a line of approaches we can employ to turn out to be positive bookworms. When we talk particularly over our difficulties with self, it assists us in blowing in* coming closer to ourselves and learning to gain sureness of our conduct or behaviors. Using self-talk strategies, we can adjust our forms that cut off our success in life. Using self-have skills, we can have a discussion with self to discover our inner strengths to discover our wishes to heal our individuality mind and spirits.

Inner strength-talk is a positive reflection that gives us energy. When we feel good inside we have ingenerates verve or spirit that determines our blossoming state. As we commence to feel good, our lives become a sigh of relief. We find our aplomb-worthy at work, in relationships, at domicile, in society and so forth.

We gain many rewards from self-talk. Self-have is a discussion with self that gives you a fair shake* to boost your inner strengths-confidence, self-esteem and to learn more about you and who you are; in addition, you learn your bygone times. This gives you the change to learn your goals in of the lifetime, which is essential to keep on successfully. Moreover, you learn your personality type, which is eye-catching, since you need this information also to survive successfully in life.

History has proven that most of our problems roll in* from failure to feel who we are. Accordingly, knowing who you are is the ability to take it one-step at a time to make the steps come in union from one side to the other in thinking effectively and living a successful life.

For this generalization, we all need to learn how to employ our self-have a discussion with self as a delectable friend to strive toward a happier life.

Self-talk is also known as self-therapy. Instead of paying a fortune for counseling services, learn how to trust you and use self-talk methods to find your inner strengths in discovering a positive attitude.

Self-talk is the process of mentally talking to you. Self-therapy the form of self-talk is a way to self-fertilize by using descriptions to clarify your confusion. This is accordingly to your own

admissions freely to convey your possessions in part of your behaviors and qualities, thus addressing them in particular methods.

Self-talk is also a form of self-congratulation. This process helps you to smug with self by frequently mentoring your personal gains and displaying your satisfaction. You expressively feel concern over problems, which self-talk guide you to finding answers. This process makes you extremely aware consciously of impressions, reinforcements, inner strengths, etc. You lean to feel comfortable with your failures and shortcomings when you start to realize all humans make mistakes.

Again, when you use positive reflections, such as self-talk you collect scores of compensations. Self-talk supplies you with the probability of boosting your self-assurance, self-esteem, etc. You learn to trust you. This breadwinner strategy enables you to learn your targets in life, which is input to stand fast successfully. Once again, you learn who you are, which is a great reward, since you commit to involve this new finding to stick around* auspiciously in longevity.

Self-talk is a productive reflection that gives you energy. At what time you start to perceive satisfying innermost you, you have natural initiative that determines your success. As you commence to feel deep-seated wellness, your life becomes less stressful. You will discover you are self-plentiful at labor, in your overall life. Self-talk is a method we use to mature useful savants. Use self-talk to positive thinking today.

Know what to do next in Self Talk and Positive Thinking

Your inner actor presents itself in your behaviors, attitude, verbal communication, body language and so on. Sometimes it may seem that this negative actor refuses to vacate the premises and lingers with you for a long time. The gnarly* revelation* however enables you to control your thoughts. You can use self-talk to control your mind making it an assister to you, rather than a master of your every action.

Broadening your awareness is a great start to thinking positive. You can do this by encouraging self-talk in your daily life. Rather than beat your self down each day, start inspiring your mind to talk good about you. "I am a good person and deserve success." This is a start.

You must ripen into aware of the inner confab. Start by learning to note signals from your negative thoughts and then review to see what is tattling you. Open your awareness. Assume your intonations, visualizing them as you. Keep in mind that these voices is not you, rather it is your historic voices holding you back.

The verity that you have the ability to thrash out* means that you can recognize you have negative thoughts. Induce to pay deliberation to what you visualize you to be. Watch closely without buying into the negative thoughts. As you notice interruptive thoughts, rather than reject them, discuss with your mind why those thoughts exist.

Next, rather than reacting to what your thoughts tell you. You do not have to act in response to the disillusion in your mind. You can master this negative thinking by becoming aware of these thoughts as they emerge.

Nothing flat* you can tag along with your thoughts, just realizing these thoughts are not your commander, rather you are the master of you.

When you feel as though you are crashing with your inner self, observe closer. Fill in the gaps with positive reflections. Use these gaps to your advantage.

You will start to notice this arriere-pensee being that these negative thoughts have drown you for many years.

Initially you created these shortly, negative dogmas about you, from the negative input you heard originally from your biological parents, faculty members or others who had demonstrated influence over you. Now, that you are a grown-up your being to discover that you have deep-seated this negative feedback into your own individuality type.

Now start your self-talk process.

The people that gave me negative feedback were immature and had no influence on me. Rather than being the person they think I am, I am the person I desire to be. I can accomplish anything I put my mind too and have achieved much from my life.

Sit down and review your accomplishments. What did you accomplish? Think about how you accomplished each reward you received.

Continue until you start feeling positive about you. Write down new thoughts that come to mind to help you recall these great accomplishments.

Sometimes your thoughts will border sporadically. When you are challenged with your performance or something that is arguing against, or has a negative effect on your mind, challenge it rather than allowing these thoughts to take control of you. Review what you learn as you practice self-talk so that you can learn from it without forgetting what you learned.

Well-behaved consciousness throughout your self-talk process is the start of learning to control your life. The mechanical coolers you have to the relentless offensively negative esprit d'escalier, afflictions as well as your assessments will uphold you, especially when you feel overwhelmed. Master them through self-talk, rather than allow them to master you and turn your thoughts in to positive ones.

Misleading Products in Positive and Self Talk

What they believe:

The material provided by the companies is actually in different forms. Some of the people believe that you need to embed the actual message deep inside the whole scene so that the Self Talk process detects it and you learn it without taking any burden.

Others believe that as there is no learning of subliminal nature, we need to know exactly what we are looking at or we are listening to. These things may have other effects. Generally, the video CDs made by the people who are working in this field are made as such to bury deep the actual object which should be getting the attention by adding sounds and more colors.

They think that in this way, the mind will be able to perceive the right thing at the subliminal level and the purpose will be served. Many people fail to see the use of some of the products that encourage subliminal learning. While some doubt may exist, facts present it also to these being useful tools. Yet what true good are they if it does not encourage self-talk. Self-talk is a natural process we have from creation, which is given to us as a tool to heal the body and mind.

Learning at subliminal level, is it something positive? People who believe in the powers of Self Talk believe that it is the best way to learn many things.

As it will not take your energy and time, it is good. Nevertheless, other people from other schools of thought do not believe in this. They think that the Self Talk may be very dangerous.

They think that the CDs used for subliminal Self Talk may not be very good for your health. If these CDs and software's have any effect, it has to be negative. Basically the same debate continues. Half of the world is towards the right side of the line and the other half is towards the left of the line.

Both sides believe strongly that their point of view is the right one. Both of the parties are not willing to accept the others point of view. The debate is going on and will continue to do so until some scientist gives us enough proof to believe that it happens or it does not.

Many people do not agree that elemental apprehension, since they feel that there is insufficient proof to make certain that Self Talk occurs from subliminal learning processes or musical aids. Many spectators believe that we need more evidence that we can use self-talk to extract from the subliminal mind.

Whether these CDs are hoax or not, the fact is, we can use self-talk and positive reflections to heal the body and mind. If you practice self-talk each day, you will, in time find yourself feeling positive and good about you. You can use this therapy without the aid of subliminal products. The people that are not convinced that the process of self-talk to gain from the subconscious mind can improve their lives are only missing the opportunity to live happier. These groups of tribes may conclude that Self Talk does not happen all the time and that this rubric of learning from the subliminal is not relevant are very large in number but another combine of a exceedingly big opinionates also exists.

Some of these groups of people feel that within the boundaries of our concealed ministry of subliminal learning are restricted habitats that no man should ever explore. They regard that many incidents are establishment enough, which can tell us that a individual perceives more than what he knows that he perceives.

Positive Learning and self talk

Personal Mental Health is what makes us laugh and stay healthy. When we think negative things, our mental health like self-esteem and confidence will decrease. With positive thinking and self-talk we can build up our mental health status to increase how we feel to make our self esteem and confidence grow.

Thinking negative about us can do more harm than good; and that's a fact. When we think negative all the time we become depressed, lose weight, attitude changes these can be harmful as well as deadly in some cases.

Don't lose control and let the negative things take over your life. Take control and put your personal mental health first to staying healthy with positive thinking and self-talk.

Think positive by helping others when they are in need. This will help your mental health grow stronger and more positive because you were able to do something for someone beside yourself.

Smile and relax everyday especially if you realize that you are frowning about something that has gone wrong. Smile and think positive to turn the wrong right. NOTE: Did you know that if you smile at least one minute each day every hour it reduces wrinkles?

Exercise will help your mental health and relieves stress after a long day. Take this time for yourself to relax, visit with other in an exercise group or ask a neighbor to join in on your walk. You'll be thinking positive by exercising, building self-esteem and confidence by talk and getting to know the neighbor you've lived by for a year. Use self-talks as an exercise regimen to improve your mind even more so.

Writing will help the mental health by relieving stress and give you time out for yourself as well. You can blow off to someone and they don't listen but when it is on paper you can go back and see how you handled things that day. If you solved a problem, write it down you can look back and see how far you went since last month by thinking positive for your personal mental health.

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As you accomplish something, tell yourself how well you did it. Think about how it was handled. Writing results of an accomplishment will make you happy when you go back to read the past.

Start thinking positive to build yourself to become stronger. Let your self-confidence and esteem come out in the open. People will turn their heads when you join in on a conversation with them instead of turning away and sitting in a corner.

Your co-workers will love working with you when you smile all the time and let them know you're happy. Your friends don't want to work with someone that is always down in the dumps.

As you begin to make new friends and they start asking you to join in at lunch or go shopping with them your mental health will improve and you'll feel like your living in a new world.

You now have new friends, more energy to exercise, you look forward to a new day, and life will seem so much more important. Positive thinking will get you a long way in life. Use any support system available to you. Never think that you are alone. Someone out there understands what you are going through and are ready to lend you a hand or ear if you need it.

Don't expect for you or others to recognize the changes right away. It will take time to change your thinking habits. How do you feel about life? It took many years thinking negative and it will.

Positive Reflections and self talk

Manage your self-talk with positive thinking and self-talk

Learning to manage your emotions by changing to positive thinking takes time and practice. We all need management skills one time or another in order to make good decisions in order to perform our daily task as well and the ones that jump in without notice. Building up aplomb-discipline is intermittently inflexible to do. We all require self-restraint in order to be successful with all the challenges and problems with altogether daily life. Put up your self-will with positive thinking and self-talk.

In order to successful, we need to be strong and use our positive thinking guts to keep our self-discipline in control.

Are you always down? Do you feel down in the dumps about something that has happened? Do you feel stressed from making a bad decision? Do you feel you just can't do anything right anymore? Thinking positive and learn new management skill in how to think and listen to self-talk.

Ask yourself if someone keeps repeating negative things like "you can't do this", "you'll never get that far in life" or "you tried it this way, don't try again." You'd get mad and tell them to back off and leave you alone right? I know I would be very angry and not want to be around them anymore.

Get started and get rid of the negative things by telling your thoughts that your tired of the way things are being done. Be positive and change by taking control and learning how to manage the negative thoughts that are running through your head.

Whenever you start thinking, negative thoughts stop and listen to what they are saying. Next, take a deep breath and talk out loud to your inner self; speaking soft and low so it isn't a shock to your system and just say "I'm tired of listening to this and I'm going to be positive that I will and can manage myself in the proper manor.

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It will take awhile to learn how to manage your self-talk to be positive because your brain is already programmed to thinking negative things. You've been hearing all these "I can't do it" and "if I hadn't or could;" so long it will take some time to see and learn how to change these to being positive thoughts.

You've come along way to realizing that you need to learn new management skill in how you think. Now it's time to use your new learn skill and know when and how to use them.

Practice everyday on changing your thoughts to be positive ones by repeating them repeatedly. Don't expect to see a difference in your attitude right away. Don't expect to see new changes in your behaviors right away either. It will take time and confidence that you can do it.

Don't be afraid of making mistakes as you try new thinking skills. We all make mistakes but can learn from them. Making mistakes tells us to thinking differently next time to make it go right.

Never expect to be perfect, because no one is. We all need to learn new skills everyday to keep our brains active and motivated in order to learn new things.

If you want you, does some research on positive thinking and self-talk just take some time out for yourself and go to the library or get online. You'll find that there is a lot of information out for you to read; CD's are available to help you learn positive thinking in self-talk as well.

Reading will give you more ideas and information on how to make your life change around to being positive.

Positive Thinking and Self-Talk

Positive thinkers use self-talks to boost their self-esteem and confidence. Self-talk at one time was deemed, as a form of mental illness, yet new discoveries showed that self-talk is a healing process.

When people use self-talk they find answers to their problems. Sometimes people use self-talks through writing. What they do is write down their feelings, emotions, etc. The person writes everything that comes out of their subconscious and conscious mind and after reviews the information to find answers to problems.

Self-talk is encouraging and can relieve stress. When a person uses self-talk effectively, they not only find relief the person feels confident and the mind rewards them with positive thoughts.

How self-talk works:

Self-talk works in a way that the person communicates verbally or in written forms to self. The person brainstorms so to speak so that he/she can explore the mind to find new ideas that guide them to finding answers to financial problems, relationships, and other problems going on in their lives. You too can benefit from self-talk.

When a person self-talks often, they discover unnecessary stress that they can laugh over later. For example, sometimes we worry about things we have no control over, or things that just don't require worry, such as worrying about missing a television program. Sure, this is simple, but some people worry for no reason at all, which we can use self-talk to find laughter after realizing what we do.

Self-talk is more than just verbal communication with self. Self-talk comes in the form of writing. As I mentioned earlier, when you write your feelings it is a way to express your thoughts and to develop new ideas so that you can find answers to your problem. Self-talk also includes problem unwrapping.

To help you understand how self-talk works we can review a few strategies for your convenience. I would like to start with problem unwrapping.

How to unwrap your problems:

First, think of the intention. Our goal is to give you the chance to convey conflicts and resistance. First, however we will look at the intentions closely and see where it can arrive at in positive thinking.

To start you want to set limits. This is your structural ending that helps you to arrange, establish objectives for your purpose and to outline your strategies.

Next, you want to take advantage of information. Learn specified facts in regards to your history. Take time to find the correct misunderstandings and find some reasoning to learn this new information.

Go to the next step. Now supply information. Learn something new that you can provide facts too and use it to clear up any misconceptions.

Find a support team. Support comes in the form of a warm environment, friends, family, trust, rapport, etc. You want to build a positive relationship with you.

Move to focus. Change your subject so that you do not feel overwhelmed. At confusing areas, readapt your thinking so that you change your subject. This will help you gradually clear up your confusion.

Find clarification. Elaborate on your thoughts. In vague areas specify or place emphasis where you see areas that need clarification. Move to discover so that you can eliminate confusion.

Find hope. Convey your expectations. Affirm that making changes is a great reward and is achievable. Learn to restore your morale. Boost your confidence by making necessary changes you see that will benefit you.

Next, catharsis so that you promote self-talk and find relief from your stress. Express your stress and unhappy emotions freely. Tell you that you are safe and it is ok to communicate. Talk through your problems and feelings freely, become your own best friend.

Producing Self Positive Talk and Subliminal Use

There are many companies, which are now working in the field of producing goods related to subliminal learning. Actually, the idea came from the theatre owner who claimed that he increased the sales of coke and popcorns by adding the frames of “drink coke” and “Hungry, Eat popcorns” in the movies, which were run in the theatre. He claimed that the sales have gone up by more than 50 percent.

The same things were tested by many other people but the results were not the same. In this situation, people do not know whether to believe in Self Talk or not. Thus, not all the equipment produced by the selling companies in this regard can be considered healthy enough to be trusted and used by one.

There are many types of products available in the market, which the producing companies claim that these are helpful in enhancing your personality by subliminal learning. Most often, the material is available as video and audio tapes and CDs. In the past, there was more trend of producing video tapes. Yet now the CDs are more commonly used thus the material is available in the form of CDs now. The CDs are both only audio and video as well.

These CDs have a particular arrangement of sounds and music in them along with the schemes of colors added to the video CDs. These arrangements are said to be effective enough to produce very positive results in the people who listen to or watch these CDs.

There are many available options in this regard. You can find lots and lots of stuff related to Self Talk if you go to the market and start looking for it. Going to the market looking for the right stuff may not be the best ideas there are many companies who claim to produce the best stuff in the field. If you want to get hold of some really good stuff, you should go for internet search first. There are many companies who have their web interface now. Those companies who are producing the Self Talk stuff also have their websites. You can visit these websites and find the right products for your self.

How to find self-improvement aids:

The lists of all the available products are there on the web. One added benefit of searching the material through web will be that you will be able to compare the prices of the stuff in this way. This comparison is not possible if you try to search the actual market. You will not be able to take a look at all the available stuff and their prices if you go to the market yourself. You can only find the best possible products by thorough research with the help of the internet.

The web will help you compare the prices of the products as well as the reviews of the products. You must not jump on any or every available product. You must decide carefully which product you want to use.

If you want to search the web for the related products, you can start off with some good search engine. Search through Yahoo! Alternatively, Google search engine. These engines or any other search engine of the same class will be able to take you to the websites of those companies, which have made good name in the field of Self Talk aids production.

These types of learning products may benefit you and encourage you to start your self-talk therapy to improve your life. Acknowledged Skinnerian psychologists have long understood how effective positive self-talk can be, yet refused it because it pushed clients toward using natural resources instead.

Quiet Smoking through Positive and Self Talk Strategies

How to apply positive self-talk and the self-hypnotic process to aid in quitting smoking

Can positive self-talk really help me quit smoking?

Although positive self-talk will go a long way toward helping you quit, it is important to remember that in the end, the final decision rests with you. You must first truly want to and be committed to quitting your smoking habit before even the most powerful positive self-talk program can hope to be of any help to you.

What are some things I should do and say to myself in order to use positive self-talk to quit smoking?

- During your initial positive self-talk session as well as all the sessions that follow it is important that you remind yourself how much you want to quit smoking. During the first session, especially you will want to reinforce to yourself the decision that you have made to quit for good. You will want to tell yourself that the decision you have made to stop smoking is a final, concrete decision and that you will not put it off. You must stress to yourself that you are going to begin the quitting process immediately, not tomorrow or the day after tomorrow, and that you will not permit yourself any exceptions at all in any situation at all, granted that you want to give up smoking altogether.

- Repeat to yourself each day at least once a day the reasons you have listed for quitting smoking. These reasons may have come from the advice of a physician or a concerned loved one, or perhaps you are expecting children and are aware of the life-threatening consequences to them should you continue to smoke. Are there any physical ailments that have led to your decision, such as a chronic cough, chest pains, asthma, or other health issue that make smoking exceptionally undesirable? Repeat all of these reasons to yourself each day in front of a mirror, reinforcing your decision to quit for good.

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- Be sure to convince yourself of the hazards to your own health and the health of others should you continue to smoke. Remind yourself that smoking will never improve your health and will actually be a lifelong detriment to it if you do not stop. Convince yourself that you must be willing to give up certain pleasurable habits in order to benefit your health and the health of those around you in the long term.
- Tell yourself repeatedly that you will not buy any more cigarettes or cigars or whatever it is, you are inclined to smoke. Suggest to yourself that you will not only not buy any more cigarettes, but that if you should weaken into accepting one from an acquaintance, you will immediately discard it or break it in half.
- Tell yourself that you are now preoccupied, perhaps even obsessed, with the compulsion to abstain from smoking. Remind yourself that the longer you keep from smoking at a time, the easier it will be to keep from smoking for good.
- Tell yourself how proud of yourself you will be once you have mastered the habit you are trying to break. Make a list of all the things you will be able to do with improved health and the money you have saved by not purchasing cigarettes, and carry it around with you. Read the list aloud to yourself as often as you need to in order to remind yourself of the worthwhile nature of your goal.
- Keep a record of your progress. That way, each week you can remind yourself aloud how long it has been since you last had a cigarette. As days turn to weeks, then months, and finally years, you will experience an ever-renewed sense of accomplishment each time you tell yourself how long it has been.

Reducing Risks in Self Talk and Positive Exercise

We can consider physical workouts to see how it can benefit us in many ways. Yet, we still need to consider exercises for the brain so that it can benefit too. While physical exercise will encourage the brain when you apply self-talk and positive thinking it will increase your mental and physical health even further.

Let's review exercise first to see what we can get from working out the muscles and joints.

Exercise is a great way to reduce risks of strokes, heart disease, and diabetes, and high-blood pressure, high cholesterol and so on. Working out often will help, since it strengthens the bones, cartilage, spinal column, nervous system, muscles and joints. Joints when flexibility will promote blood flow so that it goes to the brain freely. The tissues and cells also work properly when you exercise. This means that every time you build your muscles you brain benefits too.

Exercise includes cardio workouts, aerobics, strength training, and resistance training, and isometric and so forth. One of the recent exercise routines is the Pilate's plan. The machines and equipment will assist you with sculpting the body, yet you are not harming the joints. In fact, when you workout you should avoid overloading the joints. The joints are powerful instruments we have and when these joints are overworked, it could cause serious problems to incur.

Exercise will promote good health. Exercise prevents the muscles and joints from feeling stiff. When the muscles and joints are stiff, it opens the doors to inflammation, swelling, pain and other arthritic symptoms. When the joints and muscles are not working properly, it affects the central nervous system. The central nervous system rests, sending living cells information that channels messages through and from neurotransmitters on to the brain and spinal column. If this area is interrupted, you are opening the door to some serious problems in the future.

Now that you have an overall idea how exercise can help you, check out how self-talk and positive brain exercises can benefit you too.

In fact, the central nervous system from failure to exercise, it affects the two hemispheres of the brain that divide and channel to the spinal cord. What happens is the four lobes are affected. These lobes include the frontal, parietal, temporal and the occipital lobe. When failure to exercise starts affecting the muscles and joints, the tissues, cells and central nervous system is affected, which also targets the brain? Now we see issues incurring, since the lobes contain our personality, intellectual works, motor speech, sensations, sensory integrated communications, spatial, vision, taste, smell, speech, and our capacity to hear.

Break it down:

When you self-talk and think positive, it effects these hemispheres in a good way. What happens is the brain starts building new cells, which replaces dying cells. Each time you feed your mind positive food and then work out with self-talk, you are building motor speech, sensations, intellectual, personality, communication, vision, spatial, smell, speech, taste, and so on.

This is the process of working out the mind. When you work out the mind, it will reward you in many ways. Yet, if you combine exercise, i.e. physical exercise with brain workouts you will live even healthier.

Now that you have an overview, sit and talk with you to get the ball in motion.

Self-talk:

I will start exercising today. I have the power within me to start working out my mind and body today. I will not slack. Each day that I awake, I will practice self-talk, positive thinking and working toward a healthier body.

Removing Obstacles with Positive self image Talk and Positive Thinking

I in earnest don't surmise there is everybody in a logical order that has in fact withstood life's challenges without enduring stress, despite how rich this person may be.

Life is ever changing, and with the current complexities going on in Iraq, it outwardly loads*. Millions of persons each day are struggling for new ways to reduce stress and to remove difficulties out of their way to prevail.

The best way to avoid tension is making sure you get plenty of peace. One of the best methods and means to move stress and save your mental caliber is exercising daily. Go for a walk; commute your bike around the block. This will help you to rest breathe easy at night.

If you are adversity, financial situations there are solutions to the problem. I realize humanity out there who are suffering financial difficulties and cannot work still you can rest. If you sustain the Internet, Many programs allow you to research are programs that you can signal up free and additional programs that offer free websites and free fame. Make change! Hired gun writer's jobs are available online as well; research.

Take the barriers out of your way by finding a job that you can do devoid of causing your health additional violence for secondary income, outside of writing.

Obstacles are big if you continue to create mountains.

Violence is proven to deteriorate health and a person's well-being. Thrust is spontaneous, psychological, and physical change, which is way a person who is predicting may be sustaining mental fracas that are not surfacing. It's time to sit down and evaluate your brain. Look at your situation and see if you can find a solution. See if you can locate the problem and alleviate it. In other words, evaluate your Gordian knot and find a solution to the issues that are causing you problems. This is titled self-analyze: self-talk.

Sometimes writers are stressed for they may perch in an environment that does not offer opportunities, or at most, potential that meets their education and skills. It's ok to proposition. You might not be capable of to move today, but plan to move to a better location in time.

Counselors have proven that bright artificial runway approach lights can enhance your mood if you bear with from environmental brave change. I keep Christmas, illuminations, and florescent lights in my edifice year round.

Concert music is one more new wrinkle of relieving stress. It's a proven fact that people often make allowance stress because their desires are clouded and they fail to move the fog out of their way.

Reconciliation will also help reduce stress when disincentives are creating problems. Take an hour or two out of your day to lie down and meditate. Don't worry. Sufficient for each year day: If you are a parent to children, I strongly advise, take some time for yourself to reduce stress. Spin-off* can cause a lot of stress unfortunately.

Encumbrances may become overwhelming if you don't take time out to play. I don't care how old you are. Watch a movie. Take a walk, visits friends. Companionable activity helps irregularly you are feeling dismayed.

Are the people around you driving you crazy? The wisest solution for this issue is finding friends that will offer something to your personality rather than customarily take from it.

Are the common people around you driving you crazy? The wisest solution for this theory is finding friends that order offer something to your personality rather than consistently take from it. Think self-talk and push them out of the way.

The obstacles listed beyond can contribute to stress. Move them!

Self discipline in positive thinking and self talk

Building up self-discipline is sometimes hard to do. We all need discipline in order to be successful with all the challenges and problems with just daily life. Build up your self-discipline with positive thinking and self-talk.

In order to be successful, we need to be strong and use our positive thinking skills to keep our self-discipline in control. We need to be in control of our lives in order to succeed in the world today. Learn to stay in control with self-discipline by thinking positive.

If we are thinking negative things all the time like “this isn’t going to work” or “if I hadn’t done this it would never have been this way” Be positive and say, “this is going to work” or “I’ll have to manage and do it differently next time.” When you tell yourself this aloud, it is telling your brain positive things that it needs to hear in order to overcome the negative thoughts.

We have to like ourselves to be successful in life. Self-discipline with positive thinking can help us to become the person we want to be by making goals. Write down your goals that you want and work hard by thinking positive and telling yourself that you can and will reach the pot of gold at the end of the rainbow.

As you reach each goal, reward yourself by doing something special. Think positive what you’d like after reaching each goal. For instance if you want to stop smoking set a date like six months then take a shopping trip and then at the end on the first year take a vacation. You’ll save a lot of money as well as becoming healthier so the vacation at the end of a year you’ll have the money and feel better about your health too.

Positive thinking and self-talk is needed to manage your self-discipline. If you’re positive that you’re going to lose weight, you need self-discipline to move from the table when you’ve had enough to eat. Self-discipline will tell you not to eat anymore; enough is enough.

You can change the way you think by putting some effort into the situation. Make a list of the changes you want to make to build up your self-discipline. Be positive when writing the list out by saying, “I can lose 10 pounds” or “I will stop smoking.”

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Keep telling yourself aloud that you can and will do something. Be in control and reprogram your brain to think positive instead of negative. You have to overpower the negative thoughts that are telling you to eat that last piece of cake so it doesn't mold. Your brain will soon become positive thinking and tell you that you don't want that piece of cake. Your self-discipline will be telling you to leave the cake for someone else that hasn't had any.

Take control of your self-discipline with positive thinking before it takes over you. Without self-discipline your health will drop, you'll make poor decisions, or your self-esteem will decrease dramatically.

Being in control will help you prevent diseases like heart and lung disease or cancer. Stay healthier and happy when you develop a strong self-discipline for yourself and those around you.

Vow to join the self-confidence-talk process now* and move your inner child to practical thinking before to improve your overall health. It is front-page* to improve your preteen now so that you can live a productive life through self-discipline you have developed from self-talk. Your inner child often has dark spots, which you can connect with to learn self-discipline through self-talk practices.

Self Talk and Positive Resources in the Subliminal Mind

Our personality tendency is a blend of our emotional cavities, beliefs, influential epidemic, mind-set* and perceptions. All straightaway factors concertedly generate the concept of that person as well as his manners. As the way of perceiving this is a smash part of making up one's personality. This is the innermost impression that can also be as effectual in influencing one's personality as in the conscious food from results.

A person that observes a motion picture for model will learn something at diverse levels. The film's message may become conscious to that person in an identified approach. Yet the colors scheme harmoniously engaged in that motion picture, its sound track, and the graphical terminal attuned as well as the cinematography itself may have selected subconscious or subliminal upshot on this person.

Many programs allocate to you research tools that may direct to a huge section of attainments from that motion picture, which maybe the subliminal in nature.

Humankind, which believes, and acts as activists in Self-assurance Talk concepts affirm that many alterations could crop up after scrutiny of any such motion picture or viewing a natural-based scene or something of the genus are unpaid to the subliminally learned abstractions. If concluded by correct edifice, Positive self-images and Talk can even fracture and assist the social order with civilizing themselves as individuals.

In the mod* era, the praise commercialism products have agreed over more than one alternative in promoting these products, which assist consumers in subconscious learning. Yet, what they missed is that self-talk does the same as these tapes, still the products are helpers that can promote self-talk.

The attorneys of Inner strength Talk accept as true that hoi polloi* can progress their qualities by enforcing them to listen to some designed successions of sounds in addition to musical relaxing sounds as a technique.

These sworn by testers are governmental believers that body politics* can enhance their manners by tapping into the subliminal mind. These marketers are making headway in their

efforts since they have made the municipal opine that the stuff, which is portent to enhance a person's personality tendencies by self-conscious learning practices, is a gnarly* one.

Notwithstanding the other municipal grade schools of thought that will not reckon on in it, unmoving, the negotiating of the products border to Self Talk and self-improvement of your personality by employing self-talk in fact over other alternatives.

Those members that have introduced alternatives indirectly now send instruments that claim actually to impress and to be capable of skyrocketing* our personalities and does not have a contentious uncertainty.

Some proletariats believe that speculation within the joints stuff was not worthy of and have not perplexed currency to the errant praise commercial product sellers. These other believers take the public to think that CDs are the programs they have purchased and are second-hand to Self Talk purposes, i.e. helpers to this self-therapy approach.

According to these venders and creators, some of the subliminal learning tools can assist with managing mood swings, smoking, drug addictions, etc, yet they fail to tell you that using innate skills can have the same effects. In fact, you can use self-talk practices and even combine them with role-play and receive above the results that most of these by-products will give you.

Before you spend money on marketing tools to stop smoking, lose weight, etc, sit down and challenge your innate abilities to control your mind, which includes tapping into the subliminal or subconscious mind to find the tools that could lead you to success. You have options, use them rather than let them burn down on the kettle.

Self Talk the Right Stuff in Positive Thinking

Self-talk is a therapeutic practice that benefits us in many ways. Self-talk in short is mentally talking to self. You discuss with you things that you may say to yourself, such as negative or possible thoughts.

Self-talk is the process of adhering to self-therapy. When you talk with you, you self-fertilize by using words and thoughts to describe who you are. You work accordingly to your own admissions freely to possess particular qualities or behaviors that benefit you in a positive way.

Self-talk is complacency with self. You recurrently mentor or mention your personal achievements and display self-satisfied taken of these traits. During self-talk you may become ill at ease at times. You may feel intensely and awkwardly aware of your failures or shortcomings when in the presence of others especially and may believe others are noticing your behaviors. If you are self-conscious, you may feel extremely conscious of your impressions made by others and have a propensity to act in a way that reinforces these impressions. You want to avoid this and develop positive thinking, taking them in tenure with all its features and power mandatory to function of your own accord. Rather than perceiving your personality as someone else may see it, you want to perceive you in your own light.

Self-talk then is the start of becoming the person that recognizes self.

If you struggle with self-talk practices, you may benefit from some of the subliminal CDs online. These items can encourage you to take part in recognizing the true you.

How to find Self-help guides:

You will be able to get the reviews of the people on line. Those people who have already used the products are the best source to know whether the thing works according to its description or not. Although the websites are the best sources to gain much knowledge about the required stuff, not all the websites are dependable enough to be considered authentic.

Many websites can add user comments on their own just to enhance the sales. To avoid this you need to know which of the companies are actually making it big in the market and what the actual reviews are.

If you want some really good stuff for your self, another idea is to ask for the psychologist's advice. These people are dealing with the theory at all the times. As a result these people have to be the best informed about the Self Talk aids being used by people. Another way out is to find the right advice through the books.

As the topic is still an on going debate, no source can be considered authentic enough. These two sources along with the search through internet can be considered enough to make a purchase decision. Whenever you want to buy some new stuff for yourself, you must complete your homework first. Especially if you want to get some stuff like Self Talk aid, you need to work on it first.

As it has been a debate for past so many years, the psychologists have been paying more attention towards this topic lately. There are many researches being conducted in the field of Self Talk lately. Many universities of the world are currently involved in some kind of research related to this field of psychology. Not all of the people believe that this type of learning exists. Some of the people are doing their researches to prove that the Self Talk exists while others are trying to prove that the Self Talk does not exist. What ever is the reason, as the topic is a hot debate for the past many years; the psychologists are trying to resolve this issue once for all.

Setting Up Your Stop Smoking Program in Self Talk and Positive Reflections

Smoking is a nasty habit. Not only does your mate kiss an ashtray, your insides start to turn black gradually and the arteries will harden. Smoking is something we want to avoid at all costs. Therefore, we have to learn how to set up our stop smoking program through self-talk and positive reflections.

Self-talk is an effective self-therapy strategy that trains the conscious and unconscious mind to either cease or start doing something. Self-talk enables you to adjust your behaviors for the better.

Self-talk involves cognitions, which you will learn to endorse and identify your maladaptive and to challenge your illogical thinking. In addition, you learn to challenge irrational emotions and thoughts. You learn to challenge your attitudes. This will help you to readapt your lifestyle so that you can succeed.

Self-talk allows you to readapt your behaviors. You learn to identify with you by relying on feedback.

Your maladaptive manners you will learn to identify by recognizing consequences that emerge from your decisions.

Self-talk guides you to self-control. Self-talk will encourage to master your senses and take control of your life by saying, I feel better when I do not smoke and tobacco is not my commander, rather I am the master of my will to do or not to do something that could cause me harm.

Self-talk involves positive use of feelings. When you learn to identify your feelings it intensifies you will to accept these feelings. You have a deeper awareness and learn to take responsibility of your actions.

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Self-talk gives you new insight. You gain encouragement by understanding the underneath reasons behind your actions. The dynamics and assumptions you gain insight of will help you explore your subconscious mind by finding new cognitions and motivation. Your behaviors you will review, as well as your attitudes, beliefs, feelings, etc.

As you move along likely, you will find causes behind why you smoke. This will help you by allowing you to accept. Once you accept you will find willpower to stop.

Using affirmatives, self-talk and at times role-play you can adjust your life by making new changes. Changes you will see in a new light. Rather than think of changes as a burden you will feel a boost in development to new adaptive abilities, skills, cognitions, behaviors, etc. you will find it easier to deal with friends, family or other folks around you.

Once you see ways to make changes. Start reinforcing these changes by self-talking your way through the processes. Use positive underpinning choices regarding your behavioral patterns. You will see your cognitions in view.

Using reinforcers move to challenge resistance. Use resistance in a way that you can conquer the impediments to improve and change effectively.

Now start to resolve the problems within your relationships. Start building a level functioning coalition and move to reconcile the ruptures. Contend with your dependency to rely on tobacco and then discover and determine these disturbances.

You will not find it easy at first to stop smoking. Yet if you work at it and continue positive self-talk in time you will find it easier to stop. The first step is discovering the cause, move to effect and challenge the obstacles so that you can remove them.

Once you complete your therapy start moving along with your objectives, and begin implementing new ideas so that you can find ways to remove these nasty habits. Take time to gain structure in your life and then remove any inconsistencies when they come along. Challenge your issues and set goals. Set goals to stop smoking. Give yourself a timeline to stop. Creating a plan to make it happen

Stay Healthier with Positive Thinking and Self Talk

All of us need to feel healthy and happy in our daily lives in order to feel content with our selves. Positive thinking and self-talk will help us become content and help keep us in a better and healthy future.

If you like your intimate self, then odds will be that you do not need to work to impenetrable lengths at becoming a more appealing and choice personality. People who are well off in their own skin are not the clan who seek to develop or adjust their personalities.

We need to exercise each and every day in order to stay healthy. By exercising we can improve your self-esteem, confidence, help prevent diseases, and it helps to keep our weight in control as well.

I know you've probably been on a million diets and nothing works or tried every exercise program that comes out. You are still 10 pounds over weight and you have no energy to do anything. The cloths you grew out of are still hanging in the closet that hasn't been worn all winter because they are too small. Start now and think positive telling yourself that we can get back into those cloths or you will succeed at this new exercise program you want to get started with.

Make some goals like how much weight you want and will lose in the next 6 months. Tell yourself that in six months you'll drop a size in cloths. Don't think negative and say you'll never see the day come.

By positive thinking and self-talk, you can do anything you want to do with a little hard work and changes in your life style. Create a list of goals is the first step and don't look back once you've started working on them. Keep pushing yourself to reach the end of the rainbow.

Start an exercise program today and set a certain time aside just for you. Don't let yourself tell you that you don't have time this is negative thinking. Tell yourself that you can find time to do for yourself.

Watch what you're eating. For sure, don't let your inner self say that it isn't possible you already failed twice or more times. You can do it just watch how much and what you eat. Be sure to get all the vitamins in that you need in order to exercise and stay healthy.

Think positive and tell yourself that you're going to eat right so you can do your exercise program. Staying healthy is a way of life and gives you the happiness you deserve.

Stay healthy by stop smoking. Tell yourself that you don't need cigarettes to be happy and content. I know your inner feeling are thinking positive because it wants a cigarette but don't listen stop smoking to be healthier and it will save you money for that new outfit you've been wanting.

Positive thinking and self-talk can do a lot for you and your health. It can help prevent many diseases like cancer, high cholesterol, high blood pressure, and help to prevent many other thinks as well.

Depression can be caused from not thinking positive. Your mind will tell you that you have no energy, to stay in bed all day or the house cleaning can wait until tomorrow. Don't let depression take over your life. Stay in touch with yourself and use your self-power in thinking positive. It is much the same effect as is had when a bosom buddy* gives us a sincere compliment about some manner of our character; not fastidious are we content to hear this, but we become more responsive of this gratifying eminence and it helps us to make an unconscious completion to put it forward more.

Subliminal Discoveries through Positive Self Talk Practices

Maybe we don't come to know about that subliminal parts of learning just then, but the thing we have embedded in the mind this way will remain with us. Our witty minds are actively working to methodize all these perceptions in a way, which makes us more knowledgeable and well rounded due to our letters. Thus, every item that is learned by our brain at a subliminal self or positive self-talk is recorded by it and all this recording and activity of our brain develops our personality.

Those who believe in learning also believe that the Self Talk can have lots and many effects on us. Self-Talk has a power of changing and enhancing our personalities. Personality of a person is a mix of his or her emotions, beliefs, views and perceptions. All these factors collectively generate the attitude of that person as well as the behavior. Now as the perceptions are an important part of making up our personality, the subliminal perceptions can also be as effective in shaping our personality as the subconscious or conscious ones.

A person who watches a movie for example will learn something at the subconscious level. The movie's message will be understood by the person in a known manner. But the colors used in the movie, the sound tracks, the graphics used as well as the cinematography may have some subliminal effect on that person.

There may be a huge part of the learning from that movie which may be subliminal in nature. The people who believe and advocate the Self Talk concept believe that many changes that occur in a person after viewing any such movie or viewing a natural scene or some thing of the sort are due to the subliminally learned perceptions. If done by proper planning, the Self Talk practices can help people improve themselves as a person.

In the current era, the advertisers have used more than one option to promote the products, which help you in subliminal learning. The advocates of Self Talk believe that people can improve their personalities by listening to some special sequences of sounds and music as well as many such techniques. The advertisers are making all the efforts they can to make the public believe that the stuff, which is said to improve your personality by Self Talk, is a good one. Although the other school of thought does not believe in it, still, the sales of the products related to Self Talk and improvement in your personality by using them are great.

Whether these instruments are actually impressive enough to be able to improve our personality or not is a debatable question. Some people think that their experience with the related stuff was not worth it and they have just lost money to the deceptive advertisers. The others think that the CDs and the Soft wares they have bought and used for Self Talk purpose are very effective. They are good to listen to and are effective enough to bring a positive change in the personality of the user in very few days. Some people claim that the Self Talk aids have helped them control their mood swings.

Whenever we talk about any thing there always are good or bad things attached to it. There may not be as much advantages of Self Talk as the advertisers claim. Nevertheless, there may be few good effects this type of learning can create in a personality.

What suits us the best is to make best use of what learning aids are available. This you can do only by following all the instructions closely which have been given to you for using that particular Self Talk equipment. By doing so, your chances of getting the best out of this experience will be more.

Success with Positive Thinking and Self Talk

We all want to succeed in the world whether it is in health or life in general. Without positive thinking and self-talk, we won't be able to get ahead and succeed in anything.

Negative thinking will get us nowhere in life. We need to learn to stop listening to our subconscious before it has a chance to take over and rule us.

Our subconscious picks up negative thoughts from things it has heard and embeds it into our brain. If someone has told you that you can't do something, or you fail once why try again. These are just a couple of things that we have all heard one time or another.

Changing our way of thinking isn't easy to do; so we have to think positive and tell yourself with self-talk that we can change. Keep repeating it so you can overpower the negative thoughts and change them.

Changing your thinking to be positive will take a while because our subconscious is always in the way with negative thoughts that no way are going to help us change how we think if we let them. Telling yourself that you're going to change on how you feel about yourself or your job by repeating it repeatedly will over rule and win.

Think positive and you can use self-talk to get you anywhere you want to go in the future to success. Success is a lot of work for most of us and when you keep telling yourself that you can succeed you will go ahead and meet your dream before long.

Writing will help us succeed in the future by making and setting goals. Writing will relieve stress that keeps us from doing many things in our lives. Stress will take over and control us just as our subconscious will.

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Relieve some unwanted stress with the goals you have for the future by writing them down. Thinking negative thoughts cause stress and stress runs our bodies down causing depression. Don't let stress and negative thoughts take control.

Start today on relieving stress and thinking positive to success. There is success out there for all of us when we tell ourselves we can get to the pot of gold at the end by making changes in our lives.

To relieve the stress we have to make changes. If your goal is to lose weight, you have to relieve the stress by not think negative things and change your diet. You want to change your thinking and diet so that it harmonizes. Exercise to lose weight is making changes in our lives by telling ourselves that we will find the time to exercise three times a week to help get rid of unwanted weight. Exercise will help to relieve stress by taking time for you to reach the goal of losing weight. When you make these changes that is thinking positive that you will succeed.

Success is all in the positive thinking and self talk that we can change the way we think and do things. We can relieve stress that is cause from the changes in order to succeed.

Now work with me:

I want to lose weight. I am willing to put forth the effort to lose five pounds in the next couple of weeks. I plan to exercise, diet and use self-talk to start thinking positive and to lose the weight I desire to lose. I will not fail, since I am confident that I can lose this weight in a timely manner. I do not expect more from me than I can manage.

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