

HOW TO ACCOMPLISH ANYTHING YOU WANT IN LIFE



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HOW TO ACCOMPLISH ANYTHING YOU WANT IN LIFE

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Introduction by *Helene Malmsio*

Would you like to realize your goals? Maybe you'd like to run your own business, expand your material possessions, or succeed in the arts. There is no one path to the pot of gold, but many people of all backgrounds have successfully found it.

Whether you want to follow the ways of the great financiers, the famous politicians, or the dynamic movie stars, there are common modes of behavior each of them followed.

And in many cases, they have shared their secrets so YOU CAN FOLLOW THEIR FOOTSTEPS.

When you're ready to put your whole effort into realizing your goals, YOU WILL SUCCEED.

This self help information is presented by Helene Malmsio.

For more tips, strategies, stories, quotes, and more...to empower and inspire you to take action...so you can get what you want out of life, visit my website at:

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HOW TO ACCOMPLISH ANYTHING YOU WANT IN LIFE

Take a look at yourself - inside and out. Where do you live, what job do you have, how do you relate to your friends and family? What interests do you pursue, what adventures do you have?

What do you truly want from life? Do you want wealth and success, happiness and peace of mind? Do you want a family and a yard, a yacht or a sports car? Where are you going? Do you have a particular goal or are you just wandering through life?

You can accomplish anything you want in life - that's true. Once you have a particular goal, you can fulfill that desire by straightforward commitment and total conviction.

But what if you don't know what you want? Maybe your goals are small ones - like losing some weight, or buying a new car. Maybe getting a promotion or finding a mate.

Whether you want a bigger apartment or want to be a corporation president, any avenue of prosperity and achievement is open to you if it is truly what you want.

No goal is too small; no dream is too big. And even if you aren't clear on your desires, you can tap into your subconscious mind to get the answers and to find the paths to success.

Can you change your life - do you want to? Can you picture yourself as your most perfect image of accomplishment? How does it feel? If you have the desire to attain goals, the commitment to follow through and the ability to creatively imagine yourself in the position you dream of, you are more than halfway there.

The most successful leaders and artists throughout history have followed specific paths and attained their hearts' desires. Keep an open mind and a hopeful outlook - then change your thinking. Put on the clothes of success. Act as though you already have accomplished your desires. Then let the reality catch up.

WHAT DO YOU WANT?

Take a choice: money, health, physical energy, beauty, creativity, recognition, power, adventure, contentment, achievement, self-expression, authority, love, peace of mind, enlightenment. Would you like any of these? If you are like most people today, you probably want ALL of these.

But if you search your true desires, you might find that there are a few things you want more than others. And, if you keep going in your search, you'll find one desire that has been with you your whole lifetime and is the one path you need to follow.

Although money is the obvious desire, it is usually not the final goal. Indeed, money can, and does buy happiness - up to a point. Once you have enough money to be financially secure or to purchase the material objects you want, the true desire might be something else.

Love is the goal of every person's heart. Whether it is love of a mate, or a family, or respect and recognition from peers and fellow workers, love is the ageless pursuit. The mystics say that love is the sole purpose of life- to give love and to find it.

But love comes in many forms. Not only is there the overt display of affection or true inner feelings, but there is the self-respect and inner contentment that goes with accomplishment. For some people, true peace of mind will never be attained until they complete some creative tasks or achieve certain heights in business.

Many people seek the authority that comes with a good position in a job. Along with that can come recognition and fame. Although you may want the money that is associated with high management levels, many people simply seek that satisfaction of working from the inner circles.



The goal of every person regardless of background and material desires, is health. A sound body is the gift that will get you to the other goals. Even a new diet and exercise plan can give you more energy - the energy you'll need to accomplish success.

Adventure and travel is a driving force for many people. They may seek jobs that involve travel, or they may be looking forward to taking time off to visit the exotic ports and see the other side of the world. If you don't want a long journey, perhaps you'd just like a few weeks in a sunny resort or the luxury of a summer and winter vacation each year.

And then there is creativity and self-expression. What about the book you're going to write or the watercolor class you'd like to take? Creative expression is a wonderful inner release that boosts confidence and gives you something to accomplish.

Finally, regardless of wealth and health, expression and love, everyone is looking for peace of mind. That's not to say emptiness of mind, but to be rid of petty worries and confusion, to be finished with fears and live in total awareness. It surely is the ultimate lifetime goal.

CATCH UP WITH YOURSELF

Now's the time to evaluate your life and your desires. Go ahead and test yourself - nobody's looking. Try to find out what your inner desires really are. Once you know, you can formulate a plan of action, and then achieve your goals.

Right now, write down three things you want. Don't spend time thinking about them - just write them down. You may be surprised at what you want. Can you see any relation to the types of desires most sought for?

What accomplishment are you most proud of? What make you happy - happy enough to be content, to feel totally relaxed, and to slide back with a smile on your face.

Without dwelling on failures, mistakes, or past ill feelings, quickly list the important accomplishments of your life. Think about the places you went to, the relationships you encountered, the education you received. Consider your job changes and positions, and the achievements related to work.

Put a star next to the most important accomplishments of your life. Is there any correlation with the list of the three things you want most?

MAKE PLANS

Before you go any further with your life, make a list for your future. Write it down - don't just think it. What would you like to accomplish in the next ten years? A new house, a high-paying position, a home in a new city, a trip around the world?

Break that list down into those things you'd like to accomplish in the next five years. Then make one further division into the next six months. What can you do in the next few months to further you towards your long-term goals?



GOAL SHEET

My most important desires are:

In my lifetime, the most important things I've accomplished:

If I looked back on my lifetime in 20 years, I'd like to have accomplished:

Within 10 years, I'd like to achieve:

Within 5 years, I'd like to achieve:

In the next six months to a year, these are the things I'm going to do to work towards by goals:

Regardless of your family commitments or your personal relationships; regardless of your business enterprises or any false sense of achievement, what do you REALLY want?

Give yourself credit for your past accomplishments, and give yourself credit for your future achievements. You can and will attain all your goals, both long-term and short-term if you approach them in a step-by-step fashion and if you believe that they are worthwhile for you.

YOU ARE THE MOST IMPORTANT PERSON IN YOUR LIFE.

Although you can be considerate of your environment and all the people in it, first consider yourself. Your well-being, your happiness, your success. Make a pact with yourself right now that you will achieve your goals. And make them realistic to reach. Then one by one, make your own life the success it deserves.

BEFORE THE RACE - RELAX

An important step in achieving goals is to be able to relax. You'll get nowhere if your body and mind are nervous and flitty, jumping from one place or idea to another. In order to focus on your goal, you must center your being.

Relaxation is the balance of the mental, spiritual and physical aspects of yourself. Set aside time each day for deep relaxation - not sleep, but relaxation. The state of deep relaxation is a state of meditation.

There are no thoughts in your mind. There are no physical ills or discomforts. You breathe in deeply, allowing the lungs to fill with fresh air, and you exhale all used and stale air. The blood circulates amply throughout every part of your body. You drift through space, ever towards your true destiny.

Exercise or sports is a good way to get into relaxation. The body needs physical stimulation to pump blood into all its extremities, and to give the heart a good workout. Exercise is a wonderful way to let the mind relax, as you place your thoughts on the way your body moves. For many people, sports and exercise are enjoyable ways to feel alive, youthful, and fulfilled.



Then take time to relax. Lie down on your back with your arms out, palms up. Your feet should be about two feet apart. You might clench your muscles first, then relax them. Allow your thoughts to drift, but don't get caught in them. Watch them go by, as if they belong to somebody else.

If you have a special problem, tuck that in the back of your mind - don't dwell on it up front. Let yourself and your emotions go. Breathe out the negative feelings and emotions; breathe in positive, life-giving air.

Float freely. Relax. ASSUME THE BEST. Expect to achieve; expect to accomplish your desires; expect to win. Accept less, but push on to attain more. The higher your goals, the further you'll go.

The moon is no problem, nor are the neighboring planets. Soon human beings will see close-ups of other star and galaxies. Don't go for less than your full potential. Shoot for the universe. You owe yourself nothing less.

And aside from the universe, keep yourself on Earth, in your office or studio, working closer to those goals you want to attain.

You have a right to be happy. You have the means to be successful. You can succeed in what you desire.

Always keep in mind the fact that you are in transit, attaining your goals, moving through life as though you are an actor, and the setting is a stage.

Keep your thoughts firmly planted on prosperity, good fortune and lucky breaks. Assume that you will, in fact, nearly have accomplished your goals. It is with that attitude that successful people achieve.

DO YOU HAVE THE POTENTIAL?

Within you is the power to accomplish anything you want. But it will not happen if you are not tuned into your true desires. Don't fool yourself into compromising for less than a complete goal.

If you want to be an artist, you may not be the world's most famous artist, but if you have that inclination, you will be an artist.

If you want to succeed in business, you may not be another financier/mega-millionaire, but you will succeed in your endeavors.

Most people need accomplishment feedback. After all, what's so great about achieving something if nobody cares? And it's important to receive that recognition and feel that love.



Set goals that you can achieve. Divide them into little tidbits that you can accomplish every day, every month, every year. Set your goals for success.

Then reap the rewards constantly - each step of the way. Pat yourself on the back for a job well done, then move on. Start immediately to accomplish the goals you have set. In fact, give yourself a task that you can finish by tomorrow.

Think of yourself as a success in your endeavors. Dwell on the idea that you are compelled to accomplish your goals, and live and breathe them until you have them.

Can you see yourself a year from now, having achieved a few goals? Can you make the decision and commitment to become successful in your desires? Then you have the potential to accomplish anything you want.

THE POWER OF SELF-IMAGE

Visualizing yourself as a success in your field of endeavor is the inside tip in accomplishing anything you want. If you can specifically imagine being the person you want to become, you will attain that reality.

Forgive yourself. Just as you would another person, tell yourself that it's okay for all those mistakes, or the should-haves that keep popping up in your mind. Don't dwell on the past and get blocked by events from long ago.

Let go of fears and anxieties. Although it certainly is easier said than done, learn to change negative thoughts into a positive action. Are you afraid of poverty - that you'll never make ends meet, or never buy that house, or be destitute once you stop working? Then turn that into the positive goal of financial security.

Do people make you anxious? Maybe you feel inferior, not as good as others. Everybody has feelings of inadequacy. Just turn them around into positive goals. You may be paralyzed by the thoughts that you are unattractive. It is your thoughts that make it a reality. Change your modes of behavior and you will make friends.

In most cases, it is your own negative thoughts that cause you to stay stuck in whatever place you're in. Keep moving. Take the risks. You may need to change your job, or move to another city. You might take up a sport or hobby. Become active in your life - participate. And you will grow into the image you see for yourself.

SUCCESS IN BUSINESS

Perhaps the most sought-after goal in our present society is success in business. Whether you want to be promoted into high paying management positions, or wish to start your own independent enterprise, knowledge of the business world is important.

As you plan a course of action towards accomplishing your goal, keep in mind the small goals that put you closer to the end. And be prepared to change often. You may need to change companies, or take the opportunities in other departments as those positions open.

Create an aura of success around you. People who are successful dress that way. Even if you're not in a high-income bracket, act as though you have already achieved - without being egotistical or overspending.

Develop an expertise in an area. Don't keep special information to yourself, but be quick to learn all there is about your position and the tasks surrounding getting that job done. Capitalize on your strengths, and let others help you develop your weaknesses into assets.

Get to know the people in the company and the people in the industry. Read all the trade journals and magazines relating to your

company. Make appointments with people who are successful in your field and learn from them.



You need to have a total commitment to succeed in business. Most people who make it to the executive boardroom put in long hours, often at the sacrifice of everything else. Regardless of the physical effort involved, you must mentally be engrossed in your business and the company enterprises.

In order to help yourself develop fully, you might seek a mentor, someone who will offer you time and teach you the ropes. This person usually is someone who believes in your ability, someone who you can develop a mutually beneficial business relationship with.

Some people become friendly with all their co-workers and find that is a way to advance. But don't try to be extroverted if it's not real to you. Most people who successfully run their own businesses are individuals who like to work alone.

As you increase your activities and accomplishments, you increase your potential to reach higher. The more you achieve, the more confidence you develop to achieve more.

You don't have to be the same as everyone else and fit like a vegetable in a patch. Be unique, different. Capitalize on your own self-image. Don't fall victim to self-consciousness.

And trust your intuition. Hunches and inner feelings usually are the best route to travel, regardless of what seems to be the logical choice.

Make decisions quickly and with firmness. A true leader will handle these responsibilities efficiently. That's what makes you different and why

you'll rise to the top. Be persistent in attaining your goals, but be open and sincere.

If you are having personal difficulties with any co-workers, try to know more about these people from a personal angle. Be interested in them and their accomplishments and goals. You might be able to turn opposition into friendship.

Above all, use your integrity. If the goal is not worthy of your inner desires, it will be hard to attain. If your methods are not sincere, you will receive opposition. If your actions are not honest, you will suffer the consequences.

Turn all negative qualities into positive aspects - then watch yourself achieve.

TIPS ON ATTAINING WEALTH

Many people want money as a primary goal. And there certainly is nothing wrong with desiring money. But first, be sure that your true goal is money. Can you live, breathe, eat, and sleep money? Do you dream about money, and want it more than anything?

For true money-seekers, you must be your own boss. The great money-makers all started and ran their own businesses. And, even though it seems as though all the good ideas have already been taken, there are plenty out there.

The secret of the wealthiest people is to find a special need and fill it. Like quick-food chains; like supermarkets; like electronic games. Whether you invent a new toy or gadget, or see a spot to market special items in a new way, the world is open to true entrepreneurs. And they do make it.

LEARN YOUR TRADE

Almost any goal you choose - whether riches and material abundance or spiritual attainment - requires learning. How much education do you have? Do you want more? Perhaps your goal is to get another degree or to secure a special license.

There are countless opportunities to learn more about your own industry or to learn about a new skill. Not only do you have the colleges and universities, but there are many trade schools, correspondence schools, and special groups that teach skills - at very reasonable prices.



KEEP THE END IN MIND

What do you need to know to get to where you want to be? You may not need a degree, but the actual experience. So you'd need to change jobs or accept a part-time job at night to develop your skills.

More than ever, people are leaving their present occupations to learn a new trade and then starting at the bottom again to be happy in their work. Maybe you'll need to put in extra hours at work now so that you can save money to take the time off next year.

Even though most entry level positions are offered to the younger people, you can find many companies willing to give you a chance to change your occupation. Many times you might find an older master willing to apprentice you to learn the skill or trade.

Once you're enrolled to learn new skills, put everything towards learning. Apply yourself one hundred percent. Take advantage of asking

questions and getting criticism from teachers and fellow students. Read everything you can study well. It is your developing expertise that will get you ahead and closer to your goal.

It's always a good time to learn more. Even if you are happy in your job, expanding yourself through education is a very rewarding activity. Take dancing or tennis, gourmet cooking or sculpture. Any activity is taught and shared by many enthusiasts.

STOP WASTING TIME

Consider the most important things you need to accomplish. These are high priorities. Then think about those things that seem to take up a lot of time and get you nowhere. Those are the low priorities.

Understand what's important to achieve and do those things first. Let go of all the busywork for paperwork that piles up. It's better for you to stack those low priorities somewhere else and finish the important material than to spend time clearing your desk to get down to the essential things.

You'll be noticed more quickly for the big things you achieve than for keeping paper flowing. Don't let co-workers waste your time with chitchat if you've got things to accomplish. Save that for lunch hours or for after work social activities.

Handle paper once; decide the action and finish with it. Keep interruptions to a minimum and delegate responsibilities. Although you'd like to believe you're indispensable to the job and you are the only one to take care of many things, you can teach someone else and move on to your own goal achievements.



DON'T PROCRASTINATE.

What are you waiting for? Few opportunities are thrown at you; you have to create the right positions and situations to move up. Make lists of things you want to accomplish and do them.

If you're busy in an office situation, make daily lists and reward yourself with praise upon completion. Catch yourself achieving.

Concentrate on what you're doing and do one thing at a time. But do it quickly and handle the next thing. Be efficient in telephone calls, maybe taking them at appointed times or calling back at your convenience.

Don't generate copies or correspondence that make you look like you are doing things. Your superiors will know what you accomplish. Be busy doing important things rather than writing about what you've done.

And take the time for physical exercise. It will energize you - not take away from your effectiveness. It relaxes your mind and stimulates your capacity to achieve.

LOOK WITHIN

An inner core of all accomplishment is the positive energy from the subconscious. If your subconscious mind has tapped into your goal and believes it is good for you, your energies will direct themselves towards that goal.

You can consciously create circumstances and conditions of environment and physical presence. But it is that level behind the outwardly physical that directs your true being. When the subconscious mind accepts an idea, the inner power will complete it.

That's why you can accomplish anything you want - by creating all outward manifestations to trigger your subconscious into action. As you

decide on your goals and write them down, repeat them twice a day out loud. This in essence brings it to the inner level.

When you think about your goals and desires, the subconscious hears it. So direct your energies - both outer and inner - to your goal with one-pointed devotion. In that way, you can control your destiny.

In order to connect to your inner self, relax - let your thoughts go. Feel that part within you that actually makes the decisions - the reflexes, the instincts, the intuition and hunches. Let your mind be quiet from its usual chatter.

Some people present problems to their inner consciousness by asking themselves a question before they fall asleep. Often the answer is in their minds when they wake up.

Clarity rids confusion. If you find you're filled with worries and anxieties, spend the time to think them through. Approach them logically, considering the consequences of all possible actions. When you've made a decision, follow through and don't agonize over what-if's.

Everybody has creative potential. And you don't have to be an artist to be creative. Each moment of the day is creating your own self, becoming your true inner person.

Let yourself look within. Release the handicaps of fear and anxiety - even for a moment. You'll be relaxed and refreshed.

USE AFFIRMATIONS

The same technique has been used by great inventors, financiers, business people, political figures and enlightened beings: constant repetition of the goal and the belief that you can attain it.

Never dwell on self-criticism or what you think are your inadequacies. Instead, repeat your goals and the qualities that will make you successful.

Write out your outstanding goal. In a few words, describe what you want to attain. Then write what you will do to achieve that. What energies and efforts will you trade for that success?

Give yourself a specific date to accomplish this goal, and specific times to carry out the interim steps. Put this paper or note card in a visible place - such as taped to the mirrors - so you can review it and repeat it at least twice a day.

It is those people who convince themselves that they are failures. And successful people believe that they will rise to the top and will achieve their goals. Believe in yourself. You are everything worth believing in.



CREATIVE VISUALIZATION

Form the habit of accomplishment. With every step you take and every decision you make, bring yourself closer to your goals. Walk through your life with this sense of direction and they will come to you.

Develop self-confidence and esteem. Assert yourself and acquire all the excellent qualities and traits you admire most. What is your ultimate goal? How do you see yourself?

Be specific. Precisely specific. Visualize the place you live in - the rooms, the paintings on the walls, the furniture and swimming pool. Consider the family situation and financial stability. Think about the place you'll be living in.

Then look at yourself. What clothes are you wearing and what do you look like? Consider your physique, your hair, the condition of your

body. Then think about the things you do. What sports do you play, what groups do you belong to?

As if you've already accomplished your desires, look back and see what you did to get to where you are. Think about the classes you took, the jobs you worked at, and the places you moved to. Think about the places you've traveled to and the friends you've made.

Be comfortable with your new self-image. Put it on for size and change your fantasy to adjust perfectly to you. Why don't you live as though you're already there? What's stopping you from becoming the person you are totally capable of becoming?

BECOME YOUR FULL POTENTIAL

Keep your goals and ambitions to yourself - don't share them with anyone, not yet. Write them down and refer to them. Look back at what you wrote in a month, then in a few months. Work on them constantly, and don't be afraid to revise and rewrite. Goals are always changing.

Think in possibilities. What is possible for you to achieve in the next six months? And go for it. Don't play it safe with what you'll probably achieve anyway. Push yourself to go further. The rewards are greater.

Feel the winning feeling. Feel successful already. Try on the clothes of total accomplishment and peace of mind. Live each day as though you have already reached your goals. There are always new ones to place in front of yourself.



Don't announce your goals. This will set you up for failure. Even if you make a pact with yourself to attain a specific goal, don't chastise yourself if you don't make it. It may have been unrealistic or you may not have tried hard enough.

Do it yourself. There is nobody better to help you achieve your desires than you. Tap into the power of the subconscious and practice being your own fantasy.

Then go ahead. Act on your convictions. Follow them through with devotion and then reap the rewards. You CAN accomplish anything you want in life. You don't have to be an artist to be creative. Each moment of the day is creating your own self, becoming

SOLVING YOUR PROBLEMS CAN BE CHALLENGING & FUN

You're reading the words of a person who has been through more catastrophes in her lifetime than most people experience in 5! This is not to say that there are other people who have lived through bad times also, but everyone should learn the benefits of problems!

Problems help you to find and follow alternate methods, which may lead you to bigger and better things. If the typewriter ribbon breaks in the middle of a report that's due in 30 minutes, the boss may understand the situation is not your fault and grant you extra time to complete it. This extra time may be what you need to take off the pressure and help you relax to do a better job.

Problems are also the first step in a new invention. Dr. Scholl's foot medications would not be around if people had not had problems with corns, calluses and other ailments. We wouldn't have automobiles today if people had not had problems getting from place to place quickly. Every single invention was created because people had problems with something, so problems can really be motivational!

Problems also help you to meet new friends. If you are recently divorced, you may join a group and meet some wonderful friends that will bring you into a better life than the life you were living previously. If you

have a problem getting back and forth to work, you may decide to join a carpool and save money while meeting others.

Problems also are always a learning experience. You don't actually realize that fire burns until you get burned with it! Unless a problem occurs, you do not learn why something happens the way it does. You cannot change your viewpoints and opinions unless you experience problems first hand.

Problems also cause you to become active in helping others. The organization M.A.D.D. (Mothers Against Drunk Drivers) would have never been born if the founder didn't lose her daughter in a car accident caused by a drunk driver. That one death has literally changed all the drunk driving laws throughout the United States and saved MILLIONS of lives!

Without problems, we couldn't solve a lot of future turmoil and save people a lot of money in business. Any company that introduces a new product will hire people to try it out before it is introduced to the market. These people report the problems they find and the company refines it until it's right.

Without problems developing early in these tests, the company could never improve and fine tune their product to perfection.

Problems and mistakes are also a blessing in disguise. For instance, Post-It(R) Notes would never have been made possible unless the guy at the factory didn't mess up mixing the glue recipe. Sure, this is an isolated incident, but it shows just how important mistakes and problems can be.

However, most people have some perceived notion that making a mistake or having a problem is "bad." Instead of looking for ways to SOLVE the problem, they try and live with it, cover it up and conform their life to accept it.

This is silly! There is no problem that can't be solved. There is a solution to every single problem you can think of. The solution may not always be what you want it to be but it's a solution just the same.

And covering it up is like putting a piece of foil over a piece of spoiled meat and expecting it not to draw maggots. You have to dispose of the entire thing before you are finally rid of the problem. Attack the core of the problem! Dig until you uncover it! Face facts! Admit you have problems!

Stop trying to make people think you are problem-free. It's unnatural! Where the recognition comes in from people you are trying to impress is when you SOLVE problems by facing them and inventing a solution.

So, next time you have a problem, look at it logically and with enthusiasm. That may sound a little strange but most problems can be dealt with this way.

Love the fact that you have problems because they will give you something to work on and solve. They also will give you a way to invent new ways of doing something new ways that will save you time and make you happier with your life.

And when you solve problems, you not only gain experience in solving other problems as they occur, but you build respect for yourself. Then you can have the admiration of all those people you originally started out trying to impress and gain recognition from if you still care about having it.

You also will find that when you look at problems with a POSITIVE mind, you will accomplish more, relieve stress and combat fear which is the worst enemy and destroyer of all!

HOW TO WIN OVER YOUR FEARS

***If you really want to do something you will always find a way.
But if you don't want to do it, you will find excuses.***

The easiest way to combat fear is by not using excuses. Instead, you need to look for positive approaches to accomplish your goal. If you

want to start a business, attend a meeting at the Better Business Bureau. Read some national magazines like "Income Opportunities" or "Spare Time."

Start reading the business section of your newspaper. Gather some ideas and do a little reading before actually jumping into a business. Surely you can find some spare time to read.

Also, begin associating yourself with people who are in their own business already. If you're afraid to go out and make new friends, attend local business-related seminars in your community. Start watching television shows that are related to business. You'll eventually find people to associate with who know others and you'll be the part of a new crowd - the motivating ones!



FEAR is always your enemy. Look at it this way: If you never try, FEAR wins by 100%. However, if you do try, FEAR only has a chance of winning by 50%. If you needed a place to live and only had \$10 to your name would you allow FEAR to win and make you homeless?

No, most of us would find a job or borrow the money to have a roof over our heads! FEAR is the root of failure, depression and lifelong problems. Are you going to let FEAR ruin your life?

FEAR also will cause you to lose out on many other things in life. If you FEAR the boss at work is going to fire you it will naturally be on your mind day in and day out. It will eventually wear you down and you will begin making mistakes on the job. You will also get depressed and build up resentments that may have never been there in the first place.

Facing FEAR head on is the best way to combat it. If you think the boss is going to fire you _ go up and ask him. It takes guts, but isn't it better than putting yourself through many months of agonizing torture? Are you full of so much FEAR to even ask him because you think it will trigger him to say "yes" when he might not have been considering it at all?

Believe me asking a boss "if" they are thinking about firing you will put you in no different position than you are now. In fact it will have the opposite effect. The boss will more than likely respect you for your candidness and ability to face FEAR head-on.

Is FEAR holding you back from a lot of things? Are you afraid to confront people and tell them how you really feel? Do you smile in their face and talk about them behind their back? What's so hard about being truthful but using tact? Doesn't it get rid of FEAR and solve many problems?

Complaining is also an act that emotionally drains you and goes hand-in-hand with FEAR. In fact, FEAR is normally the root of any complaint.

People don't want to admit their FEAR so they will complain to release some tension. This is a crazy merry-go-round! Instead of complaining, try to find ways to solve the problem.

HOW TO DEVELOP A WINNING ATTITUDE

What does it take in our everyday lives to be successful? In order to evaluate this question it is first necessary to understand what "success" is and what all successful people have in common.

It is probably safe to assume that anyone reading this article wants to be successful.

However, only 5% of the population will ever reach their potential for all activities, 95% of the people will never truly be successful. By definition, success is the realization of a worthy deal. Success is different for every individual.

For some people, an annual income of \$25,000 would be a success, for another it may be \$125,000. Whatever it may be for you, there are 5 characteristics that you must have in common with other successful people in order to achieve true success.

Goals are the single most important factor in achieving success. Without a realistic goal, how will you ever know when you have reached your success level. All successful people set goals. All goals must be realistic, short term, measurable and obtainable within the bounds of your own perception.

As time passes, your goals can always be adjusted upward to reach your ultimate goal of success. However, if your initial goal is to be worth \$1,000,000 by the year end and you are currently only worth \$100,000 with an annual income of \$50,000 a year and this is November, you most likely will never be able to reach it and therefore, it is unrealistic.

Biting off a job in small portions makes the eventual achievement of the total task seem easier and manageable. All successful people constantly set goals, re-evaluate their goals and scale them upward toward even greater accomplishments.



A positive attitude is the second factor that successful people have in common. I have never met a truly successful person who I would consider a "self made" success that did not have a positive attitude.

These people relate to the world on a positive basis. They always look for the "can do" not the "can not do" side of every situation. "If you think you can or if you think you can't, you're right." All successful people truly believe not only in themselves, but in the reality of their goals.

A positive attitude is contagious and when it is sincere, the people with whom you come in contact will relate to you and your activities with a vitality and positive attitude that causes a winning, successful environment.

The truth is always best to deal with for several reasons, not the least important of which is that it is always the easiest to remember. If you are going to be successful, you will not have time, energy and ability to remember untruths, or lies that you have told people. This consumes valuable energy and detracts from the power needed to run a successful life.

The truth is easy to remember and generally, in the long term, easier to deal with. True winners are always ready to face the truth in situations and handle things as they deal with them on a timely basis and then proceed to get on with the business of running a successful, prosperous life. Never having to back track to cover up problem areas.

Research and Development in today's society have become extremely important to all major corporations. This is where all new products and ideas evolve.

Successful individuals have always understood this principal on a personal level and they constantly strive to improve their own abilities through such methods as formal educational systems, seminars, reading books, listening to ideas the thoughts of others, and in any manner that presents itself to them.

Successful people truly believe they can improve themselves and constantly strive to seek methods and means that will help them accomplish this task. They also know that there is a price to pay for this success and the return on investment is sometimes great and sometimes small, but that the return without the investment is always the same "0".

***"Thinking is the hardest work there is,
which is the probable reason why so few engage in it."
- Henry Ford***

Man's ability over all other creatures on this Earth is the ability to think. All successful people use this talent to improve their lives and control their own destiny. Only you can take the initial step toward the unleashing of the power within your own mind.



The power is awesome and at times can be frightening. However, man has abilities of the mind that many people can not or would not believe.

Anthony Robbins has recently written a book entitled "Unlimited Power" which explains in simple terms the theories of Neuro Linguistic Programming, the power of the mind and how to gain control and use it.

NLP was originally developed by John Grinder and Richard Bandler as a communication system using the central nervous system. Through this system Mr. Robbins has put forth a complete outline on how to unleash your "performance power" and achieve goals that before you probably felt were impossible.

The first step in using your true mental abilities is understanding what Mr. Robbins refers to as the seven triggering mechanisms that is sure success.

1. Passion - All truly successful people such as Lee Iacocca have a driving force within them that sets them apart from others. A desire, an energy, that gives them the fuel to reach their true potential.

This force is a part of them 24 hours a day, seven days a week. It never subsides. Their total existence is sustained for the fulfillment of their goals.

The passion within this individual to achieve has been so deeply implanted, that their mental power is driven by this force and will not let them do anything other than achieve.

2. Belief - "They can because they think they can"-Virgil. You will only make \$100,000 this year if you first believe you can. If you do not believe you can you are telling yourself you want it, but it is truly not obtainable.

The truth of life is that man's limits are self imposed by what the mind is given to believe.

If you expand your belief of your own abilities, you will also expand your true realm of accomplishment.

A man of whom all are aware, lived his life with adversity, but he constantly believed that he COULD achieve.

- Failed in business at age 31
- Was defeated in a legislative race at age 32
- Failed again in business at age 34
- Overcome death of sweetheart at age 35
- Had a nervous breakdown at age 36
- Lost an election at age 38
- Lost a congressional race at age 43
- Lost a congressional race at age 46
- Lost a congressional race at age 48
- Lost a Senatorial race at age 55
- Failed to become Vice President at age 56
- Lost a Senatorial race at age 58
- Was elected President of the United States at age 60

With all the adversity that faced him, President Abraham Lincoln had no reason to continually try other than the fact that he believed it was his destiny and measure of success to accomplish this task.

"Man is what he believes" - Anton Checkhov

3. Strategy - A strategy is your game plan of life. The road map you will use to accomplish your goals, ambitions and desires.

Just to believe you can earn \$100,000 a year is not enough, you must design a strategy that gives your life direction and navigates you toward success.

The key to strategy is to design a proper strategy to achieve your success without the detours of life, to find the shortest distance between two points.



4. Clarity of Values - Man must first determine which things in life are most valuable to him. He must determine his feeling about such things as patriotism, pride, love, freedom, excellence, ownership and tolerance.

These are values in society, the moral, ethical and fundamental judgments that we, as individuals, deem important.

Without a clear system of values for ourselves, it is impossible to believe in something with a passion that has no value to us. Once we have established our individual value system we are then able to determine how we can achieve success based on our priority of values.

What must we give up in one hand to accomplish what we desire on the other hand? Without a value system we can never move forward for we may be trading without increasing our potential for success.

5. Energy - Without the physical vitality to take action, nothing would ever come of our system to this point.

The passion could build, our belief of accomplishment could be overwhelming, we could have the best strategy or map to achieve the ultimate value for our own life, but if not for taking the first step, nothing could ever be accomplished.

Great success cannot be separated from physical, spiritual and mental energy that allows us, compels us, to accomplish the most with what we have to work with.

Physical energy comes from the strength of the body itself fueled by our intake of nourishment.

It is therefore important that we fuel our engine with premium fuel (good eating habits), not low grade regular (junk food). Our spiritual and intellectual energy evolves from our environment and it is therefore important that we assess our own personal environment to maximize the energy that we can obtain.

6. Bonding Power - We have all known people that have exhibited the ability to get along with anyone and everyone. The ability to be a chameleon is truly the ability to connect with and bond with others. The ability to build rapport.

Being able to deal with others as Mr. Robbins says "To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others." To be able to understand the...

7. Mastery of Communication - To take charge and run your own mind. To learn the techniques of NLP and no longer allow our mind to run our lives, but rather take charge of our own mental abilities and cause them to work for our own accomplishment of success.

"There is only one Success - to be able to spend your life in your own way."

- Christopher Morley

"A man is a success if he gets up in the morning and goes to bed at night and in between does what he wants to do." - Bob Dylan



NEXT STEP:

Are you exactly where you want to be in your personal life? Your professional career? Have you experienced everything you want to do and

see? Do you have everything you need and want? Are you the person you always hoped you'd become?

Have you discovered things you wanted to change about your life and then followed through with massive action until you created the desired results?

Have you pinpointed and achieved your lifelong goals and dreams?

In short, are you living life on YOUR terms?

Very few people are living the life they want to live. They want so much more but don't know how to make it happen. Perhaps you can relate to some of the following struggles people deal with in their daily lives:

- Barely enough money to cover the monthly bills with nothing left over for savings or retirement; treating yourself to the finer things in life is out of the question. Feeling stressed, afraid, and guilty about your money troubles.
- Struggling to change an unhealthy lifestyle. Unhappy with the way you look and feel and afraid of the health risks that may result from being unfit.
- A job that you don't enjoy, over even worse, hate. Going to work day after day is more of a struggle than a joy. A lack of excitement about your future within your company and field.
- Knowing you want to change something about your life (a negative habit, self-destructive behavior, etc.) but unable to make it happen. Feeling helpless and out of control.
- Having a dream but afraid to do what it takes to achieve it. Not only frustrated about your lack of ability but also guilty that you aren't living up to your potential.
- A lack of meaning or purpose in your life. Unsure about what you were meant to do or how to pursue your passion. Feeling that the opportunities in life are quickly passing you by.

It is said that roughly 95% of people in the world never achieve substantial success and satisfaction in life. This equates to billions and billions of people living far below their potential.

From mothers and fathers to millionaires and CEOs, the majority of people are not living their best life. And dealing with any of the above challenges can create enough tension and worry to make daily living a painful ordeal.

It doesn't have to be this way! Settling for less than you want out of life is absolutely unnecessary.



Learn why Winners never wait around for Luck, and what they do to Create Success

Just ONE of these 365 daily motivational self improvement resources may help YOU to save more money, make a better relationship, have a healthier body and create huge SUCCESS in your personal life and business!

Imagine having the power to choose what you want in life and the ability to make it happen with lightning quick speed. Imagine each of the following happening for you:

- Enough money coming in each month to not only cover your bills but also to take vacations around the world, invest in your future, create a college fund to cover your children's college tuition, and take part in the finer things in life. No more stress or anxiety over how you're going to cover the next bill or home improvement.
- A body that you feel great about, but, more importantly, a body that makes you feel great. Enough energy to do the things you want to do, and the peace of mind that comes from a clean bill of health. Living healthier, living longer.
- A career that you absolutely love! Work that you find fulfilling and important, co-workers whom you respect, and unending opportunities for growth and advancement. A sense of excitement each morning about heading off to your job, or heading off to a company you have created.
- The power to change anything, literally anything, in your life that you want to change. A rare ability to control your own behavior on a daily basis to create and maintain a lifestyle by your exact design.
- A passion in life and the courage to pursue it. An unstoppable confidence in your ability to achieve your dream and the dedication necessary to overcome the obstacles you encounter.
- A feeling of peace, joy, happiness, and excitement about your life.

How would you feel if these things were all true of you and part of your

life? When you know the secrets of daily motivational self improvement you can have everything you want in life

Why do some people seem to get everything they want, while others struggle just to make ends meet?

The answer is simple: You were never taught how to get what you want; you were never given the right information. You learned how to read and write, walk and talk, but when it came to the most important tools of all, you were left without the answers.

It isn't hard to understand why this happens. Only a handful of individuals actually achieve their dreams and goals, meaning only a handful know the answer everyone is looking for.

Ask yourself, "How many people do you know that have everything they want? That are truly happy and successful?"

If you're like most people, you can probably count the number of people on one hand, while the number of those who want more out of life would take quite a bit more.

Successful people, those that enjoy an amazing quality of life and seem to attract the things they want, are different from unsuccessful, unhappy people. They think differently, act differently, and play by an entirely different set of rules from the rest.

They get what they want because they know the motivational self improvement secrets.

IT'S TIME to start improving your life Today!

Just drop in to get your daily motivational self improvement here!

**Also subscribe to "Motivational Power Tips!" free magazine.
Inspiring motivation from some of the best coaches in the world**

Click on this link and then click on the subscribe button there:
<http://free-daily-motivational-self-improvement.com>

Conclusion:

I hope you have enjoyed this ebook. More than anything, I hope you have learned several techniques that you can put into action TODAY!

You don't need to master all the tips you read to see your life improve massively. All you need to do is to pick a few of the tips above and apply them. Practice them in your daily life.

If you are going to say...

"I knew or read about these tips before. It's nothing new to me".

I think that if you already knew about them, GREAT!

Then this eBook has served its purpose of reminding you ...

"Are you practicing them?"

It's not what you know that will earn you more money, but **doing** what you know.

I wish you all the best that life has to offer!

Helene Malmsio

This self help information is presented by Helene Malmsio.

For more tips, strategies, stories, quotes, and more...to empower and inspire you to take action...so you can get you want out of life, visit my website at:

<http://free-daily-motivational-self-improvement.com>

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David has been self employed in his network marketing business for
over ten years now, so he REALLY knows how to succeed in MLM!
<http://free-mlm-success-training.com>

The Guru of Marketing recently promoted his new "Jay Abraham Protege
Program" - I'm telling what I REALLY thought of the investment I made!
<http://jay-abraham-protege.com>

Site Build It is growing every day, thanks to word-of-mouth real life,
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