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Control Of Your Mind

The mind is full of potential, all buried under the consciousness and the subliminal. The suppressed information can be used to generate all kinds of success if it can be retrieved and put to use.

For instance, the college math or history lessons you think you may have forgotten is in fact never forgotten. This knowledge is all hidden underneath your subconscious.

Yet, if you can unlock the power of your mind, you open yourself to all your potential within – You can make a fortune and find new friends and be successful the way you always envision yourself to be.

There are many ways to effectively unlock that power in the mind. One of them is to set goals and work towards achieving them. Another way is subliminal learning, a form of knowledge-acquiring through a subconscious level of learning. Throughout this book, you'll find many ways to free your mind power and your mental prowess. So, get ready, because it's time to unleash the success you deserve!



The Power Of Recall

Subliminal messages are messages which your subconscious mind is fully aware of, except yourself.

An example – The commercial for a certain brand of fast-food comes on, and it flashes before your eyes. The voiceover says “Buy The Burger Now!” But you forget about it when the commercial is over. Or so you think.

The next thing you know, you’re on your way to the fast-food outlet, with the urge to buy a certain burger!

This is the power of subliminal messages. Or rather, the power of the vast vault of stimuli and knowledge all carefully hidden in your mind. No, they are not “gone”, the information you absorbed on a daily basis, no, no, definitely not, but somewhere lurking around, ready to take you on an adventure.

But you don’t have to wait for it to come to you.

You can unlock the power yourself!

To do that, you can use the power of recall. Recalling is one of the most basic ways of making use of memories.

Re-visit the stroll at the park last week, re-visit it in your mind and recall details of the park, the benches, the trees and the people. As you put forth the effort in other events and situations, you’ll find that you can track your knowledge of past events and recall details which could be of benefit to you.

Associate objects, knowledge and people with the memory in your mind. As you perform these mental exercises on a regular basis, you’ll find that your memory is improving by leaps and bounds.

This exploration eventually allows you to discover new techniques and guidance and unlock your subliminal memories of improving your life and achieving success. This is also how you discover ways to make money and in the process, make more friends and create a vital network and snowball the effect of success.

What people are unaware of, or fail to remember, is that the daily learning or experience is always absorbed by both the conscious and subconscious mind, no matter what kind. While some parts of the information directly translate into actions, others simply transform into inertia in their minds.

Indeed, most people believe that their education at school provided the critical learning and information they would ever need, the reason how they know how to do things. But this in fact is quite wrong, because people learn primarily by observation. Observation allows you to connect more with awareness and it is from this awareness that your mind power is unlocked.

Often, people bury experiences and knowledge, due to certain aspects. For instance, the experience is too painful and therefore the mind submerged it to prevent the person from re-living the pain again. Because of the 'burial' of pain, people fail to heal their own minds. Even if their body heals, their efforts at success are hindered in the process.

This means that facing problems is the solution. Facing your problems head-on unlocks your potential and starts attracting success.

There are many products or services, in the form of CDs, books and videos, in the market which proclaims of ways and techniques to gain power of your mind.

Rather than spend a fortune on these products, why not learn some natural and hassle-free techniques here first?

Let's start with exploration.

Exploration Of Goals

Start by exploring what you want in life:

- Do I want to be a millionaire?
- What qualities, skills and knowledge do I have within me to work towards my goal?
- What goals do I need to set to become a rich me?
- What plans can I create effectively to accomplish my goals?

A typical way of answering all these questions is to use visual aids, and/or audio ones, to assist with unlocking the mind. These include biofeedback, neurofeedback, subliminal learning, the power of suggestion and other related products which are commonly available in the market.

While these products do work in a sense, it is important to realize that the working goal is central critical for the aids to ever be useful, otherwise which your mind power would not be tapped on. Once reasonable goals are established, you will set in motion what your heart truly desires.

In the process, you will acquaint yourself with your subconscious mind, an inner attraction, an inner strength.

This, however, is not something which can be accomplished in one day. It would take some time for you to reveal the dormant experiences and information locked up in your mind so far.



Reaching Your Goals

In order to be successful in our lives, we need to develop strong self-awareness with positive thinking skills. Strong self-awareness means you have to really really like yourself first!

If there is something that you don't like about yourself, it can be changed with a little hard work and practice.

Learn the skills of subliminal learning and positive thinking to become the successful person you really want to be. Increase your self-awareness by learning new skills and setting goals. Look at yourself and decide what changes you need to make in your life.

Unlock your mind power and look deep inside at the real you.

Ask yourself:

Why are you not the way you visualize yourself to be?

Make a list of things that you're not happy about yourself and put it down on paper. Where do you want to go in life? – Indicate that too. Learn to be truthful to yourself and apply positive thinking skills in order to improve and make goals for the future that will lead you to success.

Go deep inside. Pull out the things that you want out of life and which you haven't been able to succeed at doing.

To get started on your future success, here's what you need to do –



Exercise 1:

- Set a goal. A small one will do. You can start working on broader ones subsequently.
- Work on a plan, with milestones and timelines, to achieve the goal.
- Gather your resources and contacts.
- Execute the plan! Take action!
- Review and evaluate.

At the same time, activate your subconscious power.

The subconscious power is a mighty tool to empower your mind. With it, you can take control of your mind and unleash it in your quest for success.

When setting goals, we sometimes have to make concrete and difficult changes in order to succeed. Setting goals and discovering success is never easy at the start of your journey, yet, if you continue to put forth effort, you will surely gain positive results at the end of the road.

Your list of goals is now on paper, thus making them more realistic. Carry this list around, everywhere with you.

When you start to feel negative, use your mind power to overcome them. Start by using affirmations to say you can do anything you put your mind to do. Repeat the affirmation(s) over and over again. What are these affirmations I'm talking about? – The most simple one is "I can!"

Here're some other examples:

- I prosper everywhere I turn and I know I deserve prosperity of all kinds.
- I believe in myself and so do others.
- I am unique, special and wonderful.
- I can accomplish anything I set my mind to.
- I will not give up.



Look at your goals, look at your past successes. Goals will keep your brain active with positive thoughts.

These goals are not just something you want; they are now something that you need to work for in order to succeed. With each goal you set, decide what you can and will do to fulfill these goals. Though often, it can be a challenge to make them real and tangible.

First, you have to review your position as it stands now. After that, you make changes to address the issue or problem.

For instance, if you do not like your current job, then decide what you can do to make it better. Is your current job too stressful? If so, then maybe you need to find ways to get rid of some of the stress by changing the way you do things or try for another position?

Remember – If you fail at one option, try another one. Do not be afraid of making mistakes; we learn by making mistakes.

Sometimes people choose the wrong career and need to change to another. If this is the case, make it one of your goals to find another career. To tackle this issue, you may need to consider taking some new classes in order to find the real career for you.

Another example of a goal – To meet new people (but you are not sure about how to do it).

The solution? – Sign up for yoga classes at the YMCA in your town.

Yoga helps in relieving stress. In the course of the class, you will learn new skills and techniques of meditation and body movements. You'll be meeting new people who are there for the same reason so you'll have something in common to talk about as well. This will help you to meet people and learn to build up self-esteem as well. Taking yoga classes will bring about self-awareness and provide knowledge about all the stress you didn't realize you had.

Relaxation has a lot to do with being able to effectively communicate with people and make good decisions. When we are stressed to the point that it is hard to relax, we can't function on a daily basis as we should.

Becoming aware of your weaknesses and making goals to improve all that will build up your self-awareness, which is the start of unlocking your mind power to attract success, money and friends. Once you have reached your goals you will look back and find that you have the power within you to succeed at anything.

We've just looked at how developing strong self-awareness leads to unlocking mind power and achieving success. Next, let's take a look at changing your attitude by motivation.

Motivation

Attitude towards success, for example, is usually governed by motivation.

Learning how you view your motivation and how it is influenced by attitudes can help you change your way of thinking. If you are trying to unlock your mind power, then you want to learn more now.

Let's talk about attitude first.

To begin, attitudes comprise our outlook on life.

Our outlook comes from our personal viewpoints and the influences which have positioned and anchored our way of thinking. Sometimes, we possess certain mind-sets which prevent us from learning effectively, since influences of our past led us to believe something that may or may not be true. This is something you may want to change, so that you can move closer to success.

Have you heard of this common ole' saying, "I am too old to learn"?

Well, this is not exactly true.

Believe it or not, the mind-set by the people who refuse to learn something new can be broken with some effort. Exploring their subliminal to regain the knowledge they already had learned in their childhood is a great start to changing this attitude.

If these people want to unlock their mind power to attract success, money and friends, they must thus turn this mind-set around so that it fully and completely works in their favor. Drop the negative attitude and say, "It is never too late to learn something new. Today, I am going to make sure that I learn something from my subliminal mind or from others that I hadn't known before."

In other words, drop the negative attitude and convert it to a motivating force of positive thoughts and thinking.

The Power Of Belief

Understanding the mind is learning about the ways to manipulate the ability of uniting the intuitive mind with the subconscious mind.

The purpose is to unite the body, mind and spirituality to work in harmony. With this union, the old, hidden information is revealed and made full use of in various applications to life. Once this is achieved, it is infinitely easier to attract success.

The important thing to remember is – You're never too old to learn anything.

While it may be difficult to absorb things at times, the mind stores information and never “forgets” it in a sense. With this knowledge that the data is all collected and stored within the mind, manipulation of the subconscious mind can yield up all these knowledge.

The more we use our minds, the more the chance we can access other information troves in our minds, most of it unforgotten, and recall further details for success.

Among the tools that we use to tap on the vast information in our minds is the ‘subliminal learning’, which you have heard mentioned frequently thus far.



The Power Of Association

Association is one way you can extract information from your surroundings, or from observation. If you have forgotten something, you can also challenge your mind to remember via association.

Exercise 2:

- Look around the house. Focus on some objects which have been forgotten about and recall the details about the object.
- Find an association of the object which will act as a trigger to recall the details.
- Do this every day. You'll find that you'll be able to retrieve more information when you use a trigger with an object. This also dramatically improves your memory.
- Here's another tip. Use affirmations to encourage positive thinking and memory enhancement.



Meditation And Subliminal Learning

Besides understanding more about memory and aiding the retrieval of forgotten knowledge, subliminal learning is also able to inspire your body to work with your mind and cultivate maturity.

For instance, when a person is exhausted, his mind reflects disallowing thoughts and negative emotions.

To counter against this negative thinking, the (subliminal) mind power needs to be unlocked to address and resolve the negative issue. Meditation, in this case, is one of the best ways to do that, allowing the person to breathe naturally, a factor in relieving stress.

Meditation creates a heightened level of self-awareness. With that, one can develop inner peace and at the same time, keep stress at bay.

Intuitive learning, or computerized programs, can provide feedback and tools to expand the knowledge of preventive medicine, thereby renewing the sense of self-awareness and positivity. This type of mental learning implement also brings about a reflection of that same positive thinking. It goes without saying that the memory is thoroughly enhanced in this manner and attracts success in many ways.

Besides meditation and intuitive learning, the childhood is one good starting point to retrieve valuable information from.

Think about something you did when you were a child, for example, knitting. You may have been taught how to knit when you're young, although you're not doing it anymore at the moment. Think hard and try and recall the steps to create your first craft piece. Now, get out your knitting needle and yarn and start creating something new!

Once you're done, sit down and think about how you can use that knowledge to make money.

Yes, that's right, think how you can make money from this skill of yours.

You can knit blankets, pillows, tea towels, bath towels, floor rugs and so on. Would it then be possible to start a knitting business? Say, start a small business and work from home and make items that people need, including the listed ones?

To expand further, say you make money from this entrepreneurship; the income can be used to purchase better-quality materials and enhance your home-business prospects. Make sure you spread the word around to your friends and contacts and as many people as possible. Once word gets around of your business, you'll find that success is snowballing its way right into your pockets.

If you don't knit, it's not the end of the world. What were the things you learned when you were young with the potential to be turned into a business? Did you learn how to work on cars? Do you know how to bake? Are you skilled at repairing watches?

Look within your childhood, and you'll find endless possibilities of success.



Writing

We all need to relieve stress one time or another. One of the most effective ways to beat stress, and also to unlock mind powering, is to write. Furthermore, writing your feelings down on paper will help you develop new ideas and increase your chances of success.

Dig deep and open up your mind power. Use the power of positive thinking and come up with ways on how you can become more successful, make more money and meet new friends. Come up with ways to change yourself in order to meet your goals. Write them down.

When we list out goals on paper, they become real and physical. We see and read them, and they stick right in our minds. In fact, we can re-read the goals as often as we need to in order to make them come true.

Writing relieves stress and helps us relax when it is necessary to do so. Start out by thinking positive and be aware of yourself the way you are right now.

Exercise 3:

- List down the things you don't like about how you feel, your job, or just life in general.
- Make a list of goals based on this list of negatives.
- Determine what you can do to change the negatives into positives.
- Re-arrange them in the order of the importance, beginning with the most important goal and ending with the least important.

While making this list, practice positive thinking as much as you can. Gather your energy and tell yourself that you can and you will accomplish all these goals!

At the same time, be aware that all these take time. It takes hard work and effort, time and patience to achieve all the goals. Don't be in a hurry to achieve them. Take your time.

As you set the goals in motion and work towards them, you'll begin to notice changes in yourself.

You'll realize that your self-confidence is getting stronger.

You'll also notice that you're attracting more friends to you.

This in turn makes you healthier and happier, and with that, a stronger immune system and stronger mind-set.

But you don't stop there, once success is in your hands.

Go back to your list again. Re-read what you've written. Recall and evaluate your progress along the way, the changes and the mistakes you made.

You've come a long way indeed. Give yourself a big reward for all the hard work done!



Relaxation

Subconsciously, our mind notices negative things.

Staying positive, using the above-mentioned methods like writing, meditation, setting goals, relieving stress, it all helps to increase self-awareness. When you're able to connect your body, mind and soul and relate them to each other, you gain better mind power in return. With that, you are many steps closer to overwhelming success.

If we're unable to control our mind and body, things go wrong.

This subsequently leads to poor energy levels, a drained and stressed mind, declining health, and you get the idea.

So, what can you do?

Learn meditation. There are many schools and centers offering meditation classes. There are online courses if you prefer a faster way, nearly all hassle-free and easy techniques you can implement to strengthen the mind.

Or, go to your neighborhood library. There are countless resources there you can loan out. Check out books which impart meditation skills and breathing exercises. Various resources such as CDs and books are a good choice.

CDs which provide subliminal learning or music are best used in the evening, before you turn in for the night. It will help you sleep better and send messages to your brain to help you relax. With a good rest and adequate re-charge of your mind and body, you'll reach optimal energy levels.

By opening up the mind and relaxing, we also make better decisions and communicate better in social situations, therefore attracting success.

Self-Help Programs

When we lose control, the changes are all expressed in our bodies and mind. We lose self-confidence, gain weight and our self-awareness decreases. At the same time, as we age each day, our brain becomes programmed by what we hear and learn from others. We need to learn to think positive thoughts and bring out the good in ourselves in order to have success.

This is where self-help software like subliminal learning CDs comes in handy.

Self-help CDs can re-program your brain and bring out the latent power for you to be successful. Within these programs are instructions which can engineer positive thoughts in your mind, in a very subliminal manner that you wouldn't realize what had just happened.

Yet these positive thoughts have far-reaching effects on your psyche. They settle in your subconscious mind and will soon reach out to abundance and success.

In the meantime, set some goals. Make a concurrent effort to work with the subliminal program that you're listening to.

Breaking Old Habits

Negative habits can take over our lives and make everything a nightmare if we don't control it all; we lose friends, we lose jobs, and our life is not happy anymore.

Although it takes a lot of courage to change habits, given the fact that they're ingrained into your behavior and an integral part of you, tell yourself you can do it.

Set goals for your bad habits. Write them down and go through them repeatedly.

For instance, you want to lose weight and not be so greedy and eat so much. Repeat to yourself: "Today I won't eat so much."

Keep reminding yourself, especially when you're able to take a second or third helping of unhealthy snacks at the office pantry.

Brain Busters

Keeping the brain busy so that it does not have any time for negative thoughts can be fun and not tedious as some people may think.

Just as we exercise to keep our bodies healthy and our limbs active to continue functioning, our brain also needs to stay active.

Brain busters, or mind puzzles, can exercise the brain and unlock the mind power.

Brain busters can come in the form of toys or trinkets lying around the house, something you can play with in order to relieve stress.

There are also logic puzzles, Scrabble, Rubik's Cube and so on.



Music

Music comes in all sorts of form. They can be hard, grunge rock, gospel music, up-tempo tunes, lovey sappy operas and so on.

Listening to natural music is one of the best ways to relax the mind and unlock the potential mind power.

This kind of music, like soothing waterfall tunes or pleasant chirping of birds, is commonly found in departmental stores and bookstores in the form of CDs and audio tapes. The internet is also a source of such music, something which you can download into your music player or desktop for easy access.

Visualization

Our thoughts build the future by constructing positive thoughts.

When we think of failure, our subconscious mind summons all the negative thoughts henceforth hiding within and conspire together to make us fail.

Some people use positive thoughts – positive statements, mantras, positive quotes – to generate positive thinking.

Visualization is another way to generate positive thinking.

Visualize yourself today.

How're you feeling about yourself? Are you where you REALLY want to be in terms of success, financial status, friendships, health and so on?

Do you want to rise higher in your corporate life and be even more successful?

Visualize your success.

Visualize the stage where you're announcing your success, where you're in the spotlight. Visualize the crowd before you in thunderous applause of your achievements. Visualize the awesome feel-good feeling as you revel in your well-deserved success.

Success is yours by visualization. Imagine who you are, who you want to be in order to succeed.

Fighting The Blues

Fighting the blues is not easy.

Sometimes the weather pulls us down. Sometimes, the lack of sleep, tight muscles, stress, even boredom. All these can cause the blues and much more.

In order to fight the blues, we've to go deep inside to figure out why we've the blues.

Write them down, these things that make you blue. Write down the reasons why they turn you blue. Once written, these reasons come to life and they become real.

When they are real, it only means ONE thing: That they, the things which make you blue, can be vanquished!

Use the power of positive thinking and think about the nice weather which will be coming up real soon, if your blues come from the rainy weather.

Tell yourself that you have no control over the weather. So it is not logical or practical to worry about the things you can't change.

Remove these blues one by one.

Self-Talk

Inner talk, or strength talk, is a line of approach which we can use to unlock the mind power with.

At times, it may be necessary to “talk” to the self to find the self-assurance to feed ourselves so as to make the positive changes we’re aiming at.

While some researchers see this as an unorthodox strategy of communication and self-help, it serves a reliable method in gaining inner strength.

Positive self-imagining talk is a progression that allows us to mentally talk with our self. In this strategy, or therapy, begin by honestly admitting your setbacks. Be truthful about various events or things which makes you behave and react the way you do.

By “extracting” awareness of your past and history, your self-confidence increases by leaps and bounds. You’ll start seeing personal gain and satisfaction.

Furthermore, you feel more at ease with yourself and comfortable now that you can deal effectively with past failures. While future failures cannot be avoided in the technical sense, the awareness of it brings to the self an inner confidence and strength to overcome it.

When we say, “Sure, I’ll work on it right away”, or, “Let me get started on this”, this is positive self-talk.

Don’t bother about what others think. Just listen to your subconscious and become the person you desire to be.

In addition, see your own qualities and start visualizing an improved life. Set positive goals and look forward.

Be more compelling and dream big. Make commitments to be positive. Learn to use your creative side in overcoming challenges. Challenge new ideas. Adapt to new ways of thinking.

Self-talk also helps in removing negative talk.

We all have heard negative words during the stage of growing up.

When the mind hears all these negative words, it picks them up and stores them.

In order to remove negative thoughts from our minds, and brains, we need to re-program our thinking.

“I can’t do this” and “If I could do this” and other negatives phrases – they must GO! They have no existence in your life.



Mastering Fear

Many people fall back from success because of the fear of hitting rock bottom, or failure, to put it simply.

When a person is under the influence of doubt and fear, it brings them down. Often, the confidence and the self-esteem are dealt a big blow.

Yet, there is a positive side to this, believe me.

What positive side, you may ask?

Well, when you see the fear and react negatively to the fear, you can turn it around and make things change for the better.

To master this fear, face it.

Face the obstacle or the challenge and take it down systemically. Make sound decisions to master the challenge. Self-talk your way to success.

Tell yourself that you're in control of your life and fear will NOT hinder you at all. Let go of all the negative thoughts and thinking.

The fact that you may have endured many failures does NOT in any way mean that you cannot ever succeed again.

Once you start overcoming the challenges along the way, you'll start climbing your way up. Your fear recedes as your strength, confidence and self-esteem exponentially increases. At the end of it, there is only one way up and that is success.

The Little Ones

As children grow up and hear things from their environment (family, friends and strangers alike), the negative thoughts get to them and they start thinking the same thing.

Basically, children learn from what they hear. Eventually, they believe that they cannot do it.

Therefore, we need to teach our children to overcome their negative thoughts and change it for the better, even as we do it ourselves.

Of course, children don't always understand you when you tell them to practice "positive thinking". The onus is then on you, the parents, or the elders, to repeat positive thoughts to them as often as possible.

For instance, when the child has given up trying to do something, whisper to them, or softly say to them a positive statement, something like, "You can do it for sure, let's work on it." By offering to help them, you teach them to learn how to complete the task.

Encouragement goes a long way when teaching a child to learn what they can accomplish what they want by putting forth a little hard work and effort.

Children learn from parents and elders. So, if we have a negative mind-set, it rubs off them very easily. And very soon, they'll be exhibiting the same behavior in their life.

On our part as parents, or elders, we have to set a good example to them.

Set goals that you and your child can work on. Put a reward at the end of each goal. This will give the child something to work for as they succeed each goal.



For instance, if they want to have a new bike at the store, provide the goal of riding the old bike at the garage.

If they want 50 cents from you, tell them to learn to count to 50 cents.

With a common goal between you and your child, this provides valuable one-to-one quality time for both of you and builds a rapport. As your child learns the power of positive thinking to attract success, you're in a way unlocking your child's mind power.

Healthy Relationships

Healthy relationships are another form of way to unlock mind power. When you have healthy relationships, you're more engaged with your awareness and that of others, and that directly leads to success.

However, in the scheme of things, we sometimes need to unlock the mind power of the self FIRST before we can have a healthy relationship.

Some people may take a long time to find their perfect mate. Some will find it in a flash.

Regardless of the situation, positive thoughts are a predecessor to everything.

If you're always having negative thoughts, you'll not be successful at all.

Learn to suspend judgment on people. Don't be overly quick to judge and proclaim a "sentence".

When you're not successful and unable to fulfill any of your goals, the chances are that you're not in the right frame of mind to look for a mate, much less have a healthy relationship.

Personal Health

Health is a very important aspect of our life. Without health, we literally have nothing to work with on our journeys to achieve our goals.

Due to the busy schedules we have in today's world, we have to find the "extra" time slot to do the things to stay healthy. If we can do that, in the long run, we'll enjoy the ultimate benefits of being happier and healthier.

One of the things we can do to stay healthy is to exercise.

Exercising helps to prevent medical conditions like cardiovascular problems and depression. As we exercise, we learn to relieve ourselves of stress and start relaxing. This also helps to keep our heart-rate up, controls our weight and moderates cholesterol and blood pressure levels.

When we first start an exercise, it goes without saying that we have to make adjustments in our hectic schedules. Making changes encounters resistance in our mind so we have to train our minds and brains and make them look forward to exercising.

For instance, set a goal for brisk walking. The goal – walk half an hour 3 times a week. Next, set the distance you want to cover.

At the same time, write down why you want to exercise, why you want to strengthen your limbs. As you progress through the goal, go back to what you've written and see how much you have benefitted from the walk, in terms of health, positive thinking and other aspects.

Indeed, when you exercise, your whole body system gets a boost. You feel rested and have more energy. Because you're able to relax, you also sleep better at night. People will start noticing that you are happier and healthier.

This also translates to better efficiency at work. Your social interaction ability with others is also greatly enhanced because your overall senses are boosted.

Left/Right Brain

You may have heard of what the respective hemisphere of the brain brings to the table.

The right brain: excels at expressive and creative tasks, popularly associated with music and the arts.

The left brain: considered to be adept at tasks which revolve around analytical logic and thinking, and language and reasoning.

If you can draw on both sides of the brain simultaneously, your chances of success are even higher.

This is where observational skills come in.

For instance, you may be in communication with someone. While you're looking into the person's eyes as you speak, your mind subconsciously gathers details of the person's body language, such as the posture, the tone of voice and so on.



Stress

Stress is something we experience on a daily basis.

Worrying about something which we have no control of, that is stress and negative thinking.

When you have no control over things, the thing that you ought to let go is the thing which you can't change at all.

Only work to change what you can. It is a futile effort to change what you cannot.

Make a list of things which stress you to no end.

Make another list on how you're going to fight against the stress. Come up with as many ways on how to do that and implement the most feasible action step.

As you implement the step, always stay in control of your positive thoughts.

If you ever feel the negative thoughts making their way back, stop in your tracks. Walk away from the situation and summon your positive thoughts (affirmations, positive self-talk) and relax yourself. Go back and finish what you were doing.

Self-Esteem

In today's world, there'll always be new challenges, and with that, new stressor elements.

In order to conquer such challenges, we need to have self-esteem. This is one important trait everyone out there ought to possess. This is what would make you successful and confident in your whole journey of life!

What are the traits and characters of your own self that you don't like?

List them down. What can you do to change that?

We all have stress in our daily lives each day. However, a strong sense of self-esteem will be able to control that.

So, start working on it and change your life around.

List down the stressor elements – environmental conditions, events and other external stimulus – which affect your life and productivity.

Are there ways to change it? How can you turn the stressors around and send them packing? Write them all down and start implementing the action steps to change your life around.

Always incorporate positive thinking in your efforts to unlock mind power. Think AND feel positive instead of negative.

As you develop each of your goals into success, be motivated and learn to give back in life!



Conclusion

Mastering mind power is one of the happiest things you can do in the world.

Why?

Because it inspires your mind to achieve pure and abundant success.

In general:

- Face your discomfort and challenges.
- Become inquisitive and be enthusiastic to learn something new.
- Be keen and willing to change.
- Organize, sort (thoughts, home, office), and manage to the best of your abilities.
- Suspend judgment. Learn to see other people's good points.
- Develop self-awareness.
- Develop responsibility.
- Be willing to take risks.
- Train your conscious mind.

So, take your mind power, free it, liberate it and unleash it to attract friends, money and **SUCCESS!**

I hope you enjoyed this book.

Unleash your potential,

Serene K

P.S I've prepared a special bonus gift for you here.



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