

POSITIVE SUCCESS SECRETS

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Foreword

Positive thinking will lead you to development, expansion and success. This is once you engage into this attitude drawing positive thoughts, pictures and words into your brain.

Positive thinking denotes to an optimistic method. Optimism complements quality to each manifested choice, in every situation. The desire of humans may change as per the acquisition of each new dimension to their lives. This includes inculcation of the thinking process, which empowers each action that directs to a particular goal. It assists you in envisioning the objective and the result of each subsequent action.

The “power” is the one that guides you in defining the direction towards success. Positive thinking may also means of a continuous confirmation of your individual belief in your own actions and words. This attitude draws the “midas touch” form of effect, as well as encourages other within the peripheral to make investments on your plans and concede to the interest you display.

It is this space in which the command of positive thinking patent in the form of efficient setting of your goal. The increased concentration level, denial of doubt, display of determination and grit, and mind control are the key tools that tug each interaction towards your desire’s realization.

Not all people believe in or accept positive thinking. Some simply consider this subject as nonsense, while other people mock at individuals accepting and believing in it. Among those people accepting it, not all of them are acquainted on its effective way of utilization to generate results. However, as shown by the several courses, lectures and books about the subject, it seems that many individuals become attracted to it. The subject gains more and more popularity.

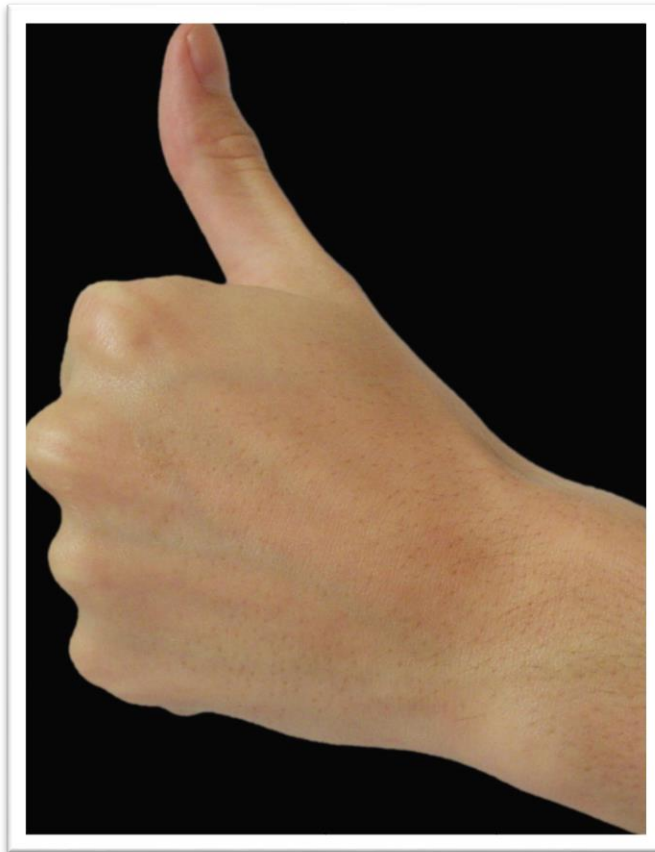
“The greatest discovery of all time is that a person can change his future by merely changing his attitude.” ~ Oprah Winfrey

Chapter 1: Your Mind Is Powerful

Synopsis

Your “mind” is an essential resource, which has the capability to draw your desired results to every action. The way you think certainly has something to do with what is going to happen.

Consider some instances in your life, and try to remember the mixture of feelings and thoughts you usually had, based on that certain event happening. Try discovering the connection between the events and your thoughts. You may find yourself stating, “I knew this was going to happen”.



Its Possibilities

When you over think things, it affects your attitude and behavior and so your actions, spirit and even the people around you. As your thoughts are affected, so does your life. This only means that it is very important to be careful with the way we think, particularly in making ideas, which you usually replicate.

Thoughts are comparable to videocassettes you play in your brain's VCR. What you play, is what you view using your internal eyes. The thing you visualize inside your brain is the one you are thinking of. Those thoughts that go around your mind repeatedly mold your life. Therefore, to be able to create changes in your life, you must consider making changes on the way you think. Due to its effect in your life, it is very important to change your thoughts. It is like removing the old videocassette and inserting a new one, resulting to a better outcome.

Eventually, the new psyche videocassette will change your attitude, behavior and actions. In this way, you should be able to draw people into your life along with events and situations as per your new thoughts. This is how forceful your mind can be, especially when the same thoughts are replicated frequently.

As everyone may know, replicated thought obtains a place in a person's subconscious mind, and as a result, it puts up with his life and even his surroundings. A good thing about the process is that you do not have to overexert or strain yourself to make it happen. All you need to do is to choose an idea or thought you wish to happen, and start considering it repeatedly.

Say you are hesitant to be in others' company, and you just wish to modify this situation. Forcing yourself to connect with other people might not just work all the time. Doing this may even let you act awkwardly and feel uncomfortable. It will be better to imagine that you are feeling surefooted and fluently connecting with others. It may be similar to daydreaming. However, at the same time, it is an enjoyable and a simple natural process.

This mind activity is somewhat easy and does not require so much effort. It is a form of practical daydreaming, which is a technique of using the power of thoughts intentionally and creatively.

The process is truly comparable to the usual way of daydreaming, yet with a few small deviations. Imagine yourself fluently conversing, with confidence and ease. Visualize the way the words, phrases or sentences simply come out from your mouth, the way you enjoy verbalizing, and the way everyone closely listen to each word you utter.

With this, you will be able to fabricate the ideal aspect of whatever you wish to accomplish in your brain. Put in a significant amount of feature, such as colors, fragrance, sound and life into such mental images. After replicating them repeatedly with attention and trust, your subconscious mind should accept them as real experiences. Moreover, it will create the necessary adjustments to allow your reality to become suitable with your internal visualizations.

You will be able to throw poor habits and establish new ones, improve new skills, and even change your situations and achieve practically anything that you really want. Improvements in the way you think may help you in the development of new work line, modification of your relationships, bring in additional income or generally boost your life for the better.

Not all of these happen just in one night. It requires great deal of time, based on the extent of your willpower in exerting your efforts, and based on the length of time and level of concentration you apply in your new thinking approach. This is a psychological work, yet it does not mean that you will stay passive on which you will just wait for things to happen. You like to keep your mind open and become willingly ready to taking the required actions as needed.

Think about the things you like to achieve letting them run inside your mind throughout the day.

These frequent thoughts will eventually become stronger, and draw in outer and inner changes. The power of mind is authentic. You have probably used it several times without even realizing it. Once your discovery on how it functions and how it is used, you may then be able to change, control and improve your life. Determine the proper application of the visual image and the power of thoughts to reach success.



Chapter 2: Achieving Success through Right Views and Thoughts

Synopsis

Success is a word with a very broad and impactful meaning. Thinking about the word “success”, people might have different feelings towards themselves. Thinking about it may mean happiness to some, while grief to others, happiness because of achieving or reaching something that they consider a success, while grief because of thinking that they may not deserve of it.

It may be unusual, but thoughts that relate success might invoke negative feelings. People, who get hold of negative feelings and thoughts almost all through their lives, simply wait for failure and do not feel worthy of success. If they have undergone difficulties and insufficiencies, they usually thought out that success is not destined for them. In such cases, almost everything linked with success may draw in negative feelings.



Start Taking Actions

If you are one of those people who are hesitant about reaching success, then it is very important that you begin doing actions today. You should take actions to make better improvement of your life.

First off, you must know that your beliefs and thoughts can promote or deter success. These factors control your outlooks and feelings about failure or success. Ideas come and go too frequently and change focus comparable to the wind. They mold your mind in similar way the wind is moving a flag's direction. The thing is to create the correct action in order to acquire your desired and deserved outcomes for yourself.

You are the director of your life. You make scripts and produce the suitable story and actions to make it as successful as possible. Just like a typical film, without a knowledgeable and skillful director, the actors/actresses, while talented, might not be able to create a high-grossing film.

This approach also applies on you. If you do not get to create the right plan to achieve what you like, it may be difficult for you to reach success. Proper direction is indeed an essential component of every film. In your direction, you should know how to stuff in your feelings, thoughts and temper, allowing them to become stable and in your control. In this way, your whole life will turn to be under your dominance as well. What you need to be effective in this is concentration and self-control.

Focus and self-control serves as the wheel that steers your life. They are other factors that complement proper direction. Having enough focus and self-control will let you take the right direction towards achievement and success. Components such as beliefs, habitual views and overruling may greatly affect your result of achieving success.

Meaning, you need to become more careful of your beliefs and views. It is important to learn how to become less critical, less worried and more positive. This should offer you better chances of reaching success. Then, after achieving success, you will be able to lie around in the delight of realization.

Be aware that modification of your habits, views and mental attitude is possible. However, you should be aware that it takes real determination and inner work to become effective. Always keep in mind that positive beliefs and views can make you more open and more delightful to success. In addition to this, an affirmative disposition offers great contribution to the capacity to make the most of success once it comes.

Try this out; put your beliefs and views high on your priority list ensuring to spend additional attention on them. Identify the forms of outlooks you believe in and the form of feelings you create and feel them once they occur.

If they are positive feelings and thoughts of success, they will be fine. However, when your beliefs and thoughts are about dissatisfaction, sadness and failure, then you should take action to change them.

People hoping to achieve success have several reasons. However, everyone hopes for a common goal, which is to reach development. It is the huge need for expansion and expression. It clears itself in each form of life.

Every living creature experiences it. Even the tiniest microorganism hopes to develop and do something for its environment. The desire for success is the inner natural need for expression, expansion and development.

Success is an appreciation and completion of intentions, projects or hopes. You get a positive consequence because of your actions. Success may mean a securer employment, additional income, better relationships, meeting of the ideal partner, acquisition of a desired object, attainment of valuable status or recognition of any vision. Success is not just limited to material things.

There is also spiritual and mental success that includes attaining good grades or forming spiritual growth or development in self-reformation. Oftentimes, people think that success will deliver them the gratification and satisfaction they desire. Sometimes it may and sometimes it may not. Happiness and gratification are more dependent on inner outlook and not much on external circumstances.

It is not enough to look only for outer success, like possessions and income. Inner success, such as spiritual growth, inner serenity and self-reformation are important as well. Without inner success, you might be successful in other sectors, but may still come across deficiency. You must learn the best ways to use the power of thoughts and visualization in order to reach success.



Chapter 3: Creative Visualization and Its Power

Synopsis

Creative visualization is a form of mental approach making use of imagination to make real the dreams and objectives. Once used the proper way, creative visualization can make your life better and draw you prosperity and success. Power of mind can change your circumstances and environment. It may also lead events from taking place, and even attract possessions, money, love, work and people into your life.

Creative visualization applies the power of mind, which is also the same command behind every success.

Every individual come across various obstacles and experiences all through their lives. Some obtain their goals easily, while others might find difficulty or worse not completely come close to reaching it.

Generally, your mind is composed of the ideas you think. The power of these ideas will draw near to their kind. For instance, when you think about something that you expect to come positively, it will end up as what you have thought it would be. Clinging to negative thoughts will never do you any good, as it will only draw in negativity into your life. This only means that you attract anything you often thought of into your life.

Most thoughts are susceptible and not replicated long enough to obtain enough strength. Similar with a battery, once you do not recharge it, it will not restore its strength to become efficient at how it works.

The Thrust

There are a number of techniques to have your views and mind charged with thrusting power. Trust, firm desire and concentration are some of the essential ingredients to instill power into your thoughts. Some head out their mind's attractive capability instinctively, without determining what they are doing. Being aware of the rules will let you become capable to trigger the magnetic capacity of your mind effectively, positively and consciously.

Trust and desire, thinking, envisioning, and frequently replicating these thoughts, can release strong power. You can mingle with people having the same thought as yours, as they may draw in good vibes to you. These people might also even help you with your plans. Doing this approach can improve your perceptiveness and consciousness about any opportunity associated with your outlooks that approach your direction. It also loads you with the internal initiative and power to use it. Try to become conscious about your ideas, settle on those you think will be beneficial, and apply the force of attraction consciously.

With the powerful capacity of your brain, you should be able to approach people, events, ownerships, conditions or even a new lifestyle into your life. Keep in mind that the things you think about intently, with feeling and attention, attract towards you. It might be something non-material or material. The Law of Attraction is a general ability that manifests in and across everything. This force seizes the world. With its absence, the world may be inexistent.

Most people possibly heard about creative visualization. Many people probably even tried it. The idea is that by imagining a picture of a desired situation or object, you may attract it into your life. This process enables you to change and form your conditions, demeanor and life. It implies the application of the capability of thoughts, yet thoughts alone are just not enough in creative visualization.

Some other elements are necessary to motivate the thoughts and convert them into work. These elements include your emotions and feelings. Which one do you think prepares you to take action, a boring cold idea, or an idea that is full of emotion?

When you listen to a lecture, who grips your focus, a lecturer who speaks in a dispirited, dull fashion, or a lecture speaking with emotion and zest?

Ideas, actions and people full of emotion create a more powerful impact. Thoughts, which are full of emotional vitality, are those that give you influences with greater extent, pushing you to take action. Emotions and feelings motivate your ideas and charge them with power.

Feelings and emotions stimulate ideas, just in the same way that electricity enables electric equipment to function. Any best tool will not just function without electricity. To enable any idea to manifest and act, it needs something to feed its vitality and life. This something includes your emotions and feelings.

If what is in you is solid, you will then be able to develop sufficient emotional vitality. Occasionally, all the same, the emotional force you manifest is not enough. Now and then, you want or require something, but you cannot produce sufficient power. In this case, you have to strengthen your emotional power.

It is possible to form emotional power once you need it. It may be equal to connecting a radio or a TV into an electrical vent to enable the flow of electrical energy.

You achieve this by creating cheerful and positive feelings towards gratification and success, and connecting them with what you want. At least a few times, everyone has undergone some form of success. Consider and imagine any success you have accomplished in the past. Even the smallest success manifestations could count.

Remember events like receiving honorable grades, acquiring an admiring comment from a person you respect, getting a secure work line, receiving a promotion or achieving success linked with your business.

You are free to choose any particular event from your past. Remember a successful event in your vision imagine it clearly as much as possible, and let the cheerful and positive feelings you feel during that time get into life once again.

Once these feelings have been stimulated, it is now time to consider your current goal. Undergo and reside these emotions and feelings into your mental pictures, and connect them with your present goal. Performing this will let you instill liveliness into your thoughts allowing them to be strong. Once your thoughts are full of emotional energy, they will renounce to the adjoining surroundings.

Ideas motivate feeling, while feelings stir thoughts. Your familiar thoughts form the way you feel, and your feelings form the way you think. There is always an interface between feelings and thoughts.

Taking advantage of the combined power of feelings and thoughts might bring you towards the way to achieving your goals.

Chapter 4: The uneasy mind and Peace of Mind

Synopsis

Many of our body parts are like functioning as a machine. Take for an example the breathing of the people. We continuously breathe but we mostly neglect and do not give attention to this routine. The blood runs in the human body mechanically through the help of veins but we do not know how it works and we barely not conscious about this motion. The body parts of the people are perfectly made to do different functions. Thinking is also one of the most useful things that the people can do because of their body parts. Thinking can be used to its great extent like a machine that cannot be interrupted. Thoughts and ideas on the mind of the people may come and go.

Thinking is a continuous process if the person wants to. The function of mind does not stop even for a minute. Some of these thoughts and ideas come in the mind of a person sometimes intentionally and unconsciously. There are some thoughts and ideas that just arrive and for a while can disappear. The thinking power of the people is indeed full of mystery and unknown things. The inner consciousness of the people is just like the sky. It may come and go so quickly. The thoughts and ideas are also like as the clouds. Just like the clouds that can vanish the thought and ideas of the people may vanish also. Some of our ideas and thoughts are just for short term use and will not last permanently. The thoughts conceal to the inner consciousness of the people but may vanish to give room for other things and ideas.

The thoughts in the mind of the people can be resemble to the waves of the seas which are constantly in the state of moving. The mind is very powerful; it can draw and create thoughts. People can constantly think about the things that the eyes can see. It enables you to compare, examine, reason out and to ask some questions.

Mind

The mind of the people can automatically admit certain topics and ideas. This is the main reason why there are people that fill their minds with lots of things and ideas that concern him or her. There are also many people who do not think about the same topic and ideas. It seems that there are also mental filters in the mind of the people.

The mind and the ability of the people are unique to each other. There are many people who are good on certain things while there are also people who are not good doing that thing. The mind of the people differs to each other. There are things that may catch the attention of one person but will never attract the attention of other people. Basically, you cannot predict the mind of one person.

That is called as the machinelike and unconscious filter. Do you experience the feeling that you are thinking about someone or something but it quickly disappeared? It is a normal thing that may happen to many people and it is like as the machinelike action. Your childhood may affect the development and formation of your filter on your mind. Each events and everything that happen to you may manifest impact to your mind and your actions. The mind of the people is like an idea factory that functions in shifts day and night to create thoughts and ideas.

Everyone in this world is thinking and developing thoughts and ideas. It is like that people are living in the seas full of thoughts and ideas. We constantly choose of what are the things that we will think and let it travel in our minds. It is like fishing in the sea, hurling in once again in the water but sometimes we ended up catching a different one.

The mind of the people is restless and constantly engrosses attention. Once that something caught your attention there is a possibility that you will think about it. That is the nature of the mind of the people.

The so called captivity can cause a person to have a trouble about certain things on his or her mind. Positive and even negative things will surely make you think about certain things. Why allow thoughts to regulate the mind of the people, rather than being their superior? Why not enjoy the inner repose and pick out only the good and worthy thoughts? Why allow your thoughts to treat you like an unforgiving boss that constantly presents you a job to perform that you cannot handle?

There is no freedom here. The freedom can enable people to select only thoughts and ideas that they like to think about. It is freedom when you have the capacity to turn away from negative thoughts and ideas. Ceasing the flow of thoughts might appear to be an impossible thing. But through conditioning the mind, doing concentration workouts and rehearsing meditation, step by step it may lead you to have the ability to choose of the things that you want to think. The mind is similar to a wild creature but of course the mind ability of the people is superior that the mind of animals. It may be educated in self-control and respect to a higher power through correct disciplining. Certain training in the mind of the people may lead to serenity and mental control

Do you want to enjoy and experience serenity? Do you wish to be capable enough to maintain calmness at ease in some challenging and nerve-wracking situations? It may appear difficult but believe I think this thing is possible to achieve. I encountered some people individuals who want to obtain peace of mind but how can they attain it if they do not do anything to acquire it. In a world of reality which is full of stress, disputes and challenges, peace of mind is indeed a major necessity. An individual who has peace of mind is capable enough to stay calm, relax, undisturbed and not affected of certain negative thoughts.

Serenity has nothing to do with laziness. As a matter of fact, you are can be calm yet vigorous, enterprising and owning a sharp and intelligent mind. Doing meditation, concentration drills, guided imagination, affirmations and breathing drills are some of the methods that may lead you to obtain peace of mind.

Each step of these certain methods and techniques can help you to obtain peace and calmness. To be able to achieve such thing you need to rehearse it every day in order to obtain the desired outcome. If you are advanced with your selected method the degree of serenity will rise.

The desired inner peace within you will eventually be realized and experienced constantly. You will surely enjoy having the inner peace within you. You will also discover the inner happiness, strength, willpower, better judgment, discipline and strong mental abilities that you may use to do certain tasks.

When your mind is calm you may experience goodness. It may also unconsciously radiate serenity to the people around you. A calm mind makes a soothing effect to you and other people. It also makes and encircles you with an atmosphere of serenity and peace that may influence your aura. You can pacify your mind through meditation and concentration that may lead you to factual and enduring serenity and the power of mind.

With the help of many conditioning techniques your mind will stop dictating you to nag and do annoying things. The outcome can make your thoughts become stronger and productive. If you control your mind then you might acquire the power to shift it off or on in accordance to your desire. You will be then capable of utilize it when you need it and shift it off once you do not like to think. You can really achieve peace of mind if you find the time and if you truly want to have it then you will surely achieve it.

It is not true that you only acquire peace of mind only under circumstances and specific places.

The process of conditioning your mind is an unending process. Attaining peace of mind is not an impossible thing to happen you can achieve it even though you are living in a sharp and noisy city. You can obtain it, if you give the effort to loosen up and calm your mind. If you've always thought that it is not attainable and reserved for specific individuals, then you need modify your belief because this belief will keep you away from obtaining peace of mind. Here is the procedure that can help you to attain the inner peace of mind that you ever wanted to achieve.

- 1) Sit comfortably.
- 2) Pass through your body from the head to your toes, and loosen up every agitated muscle.
- 3) Take a couple of deep breaths.
- 4) Now think of something that inspires or causes you to be happy. Think about something you enjoy doing or a cheerful previous event.
- 5) Bask in the happiness and calmness that you're going through. Engage yourself in the affiliated enjoyable feelings, and blank out everything else for a while.

You can repeat this process whenever you feel nervous and anxious. This is merely the first step to obtain peace of mind. Serenity is acquired through several techniques and methods but particularly by concentration and meditation exercised regularly.

Chapter 5: The Inner Peace

Synopsis

The true serenity comes from within and it is not dependent on the outside circumstances. The inner peace is a state in which the brain becomes calm and relaxes while the ideas are being contained and trained. The mind of the people is always in the state of thinking. The thoughts and ideas in the mind of the people can come and go.

Some ideas and thoughts are pertaining to some issues such as negative thoughts and fear. The mind of the people will continue asking some questions, studying, comparing and remarking on everything. This is one reason why the inner serenity is lost.

People desire to have serenity. Many people are willing to let go of some things just to be able to obtain serenity and hold back the inner peace within them. True serenity comes from within specifically in the spirit. Once your mind becomes calm and relax you will be able to bask the inner peace within you. When serenity comes to your life then you can use and apply it on the outside world. Just like the storm rages, the waves thrash a boat upwards and downward and from one wave to another.

Peace Within

If the inner reality is in serenity surely the outer part of your life reflects this inner serenity. The outer peace will always follow the inner serenity of the people. A calm mind disperses serenity and impacts the circling surroundings. Anybody who comes in contact with a calm person can sense serenity, the unconsciously replies and behaves appropriately.

If you speak calmly and relax with a person who is aggravated and speaks in loud voice surely he or she will eventually lower his/her voice. If you keep calmness within you for sure all the people around you will also follow. Inner serenity can also promote inner peace for everyone. These are just a couple of examples of the effect of inner serenity on the outside world. Through serenity you can be able to discover many good things. You can be able to gain inner serenity through doing some concentration, meditation, yoga and other methods that can help you to clear your mind from any negative thoughts.

The main key to achieve inner serenity is to settle down the mind, bring down its uneasiness and release your mind from compulsion of thinking and worrying. If you work on your mind and emotions you will be able to attain inner serenity and therefore you can enjoy peace in your outer peace. It doesn't matter what are the outer circumstances and the situation around you. If you work thoroughly to achieve inner serenity your life and conditions will surely reflect to your inner serenity. The serenity is not a common thing because this thing can be temporarily. They take place when you're engrossed in an occupying activity such as watching an interesting film, reading an article and observing a glorious landscape. It may commonly last for a short period of time, until the mind become active again. One example of inner serenity is a vacation that typically away from home. After a day or two, you start to go through some sort of inner calmness and serenity. There is a tendency that you will think of all the happy things that happen during your vacation that may lead you to have a good mode. That is the main reason why most of the people who came from a vacation are always in the good mode because their minds are conditioned of all the good things.

The Temporary inner serenity is good. In order to have serenity more frequently and more deeply you need to have a break from stress and have a good time. This state may be reached through sincere inner conditioning through concentration, meditation, yoga and other method that may help you to make your mind relax. Today there are so many chances for inner work. To acquire inner serenity often you need to make yourself free from any negative thoughts and feelings. You need to work hard to achieve the desired serenity. Inner serenity can help you to enjoy what life can offer to you.

Chapter 6: The Importance of Concentration

Synopsis

Concentration enables a person to have the ability to focus on certain subject or ideas. It is also the power to hold the attention of the person centered on the things that the person is doing.

If you are doing something but your mind and full concentration lacks then it is a manifestation of lack of concentration. On anything that you are doing to be able to execute it properly you need to provide full concentration towards that thing. Many people understand that concentration on doing anything is very important but only few people can concentrate on doing certain things. It is important that people do something to make their concentration capacity grow and strengthen it. Concentration has a very high value. Full concentration towards doing something can relatively increase the chances that you can do the tasks appropriately and effective. Concentration also tones the memory of the people. It promotes good mental ability and can make you enhance your logical, writing and other things that need mental functions.

Actions, tasks and work will be executed better, quicker and with no mistakes if the person doing it has full concentration towards the task. Concentration is very necessary especially in terms of creative visualization, thought transference and psychic abilities, curing and magic. It is also a factor that plays important aspect in doing meditation process. It helps to contain the ceaseless stream of thoughts and bring peace of mind and exemption from nagging and negative thoughts.

Center Yourself

Through the power of extreme concentration a person can develop unnecessary thoughts cannot easily trespass to your mind. This means of more mental control, happiness, fulfillment and inner serenity. It is important to have the capacity to have full concentration so that you can execute all the things you need to accomplish successfully and with no mistakes. It is a very important factor to consider in achieving success in the material world and enhance the spiritual development of the person.

Concentration ability can be developed and fortified by certain suitable exercises just like building up and toning the physical muscles through muscle building exercises. If you lift weights, then you can tone the muscles of your body. If you execute concentration exercises you can also tone your mental muscles.

To achieve full concentration is easy although it is not simple to practice because the mind of the people have the tendency to move everywhere and there are many things that can easily interrupt the mind of the person. It can also reject some attempt that aims to control and calm it down.

But through suitable exercise that promotes concentration you can develop it and teach your mind to concentrate solely on certain subject or things. The more time you spend to develop and working out your mind will be the ore you can practice the concentration exercises.

Chapter 7: Self Control and Self Discipline

Synopsis

Many people admire and honor those people who are able to acquire success and victory on their chosen path and career because of their admirable ability of self-control and self-discipline. The self-discipline and self-control is a two connected value that are very important to achieve different goals in life.

Many people admire those people who are equipped with so much self-control, self-discipline and ambition. These are two aspects that people need to achieve their different goals in life.

The fact is that everybody can attain high degrees of self-control and self discipline through doing some practical technique of training. These inner abilities are not reserved for a couple of special individuals.

Self-control and self-discipline are two of the most significant and useful inner abilities for many people. They may be learned and acquired like any other skill, yet, despite all this, only few people take any steps to grow and strengthen them in an orderly fashion.

It may be hard to achieve the capacity of self-control and self discipline but through perseverance, dedication and the level of your desire to achieve something then you might obtain your goal.

Control and Command

What is self-control?

Self-control is the inner strength that you need to make a decision, take action, address something and accomplish any aim or task until it's completed regardless of the inner and outer distraction. It can give you the capacity to overcome any negative things that may hinder you not to achieve all your dreams in life such as laziness, enticements, negative habits and to execute actions

What is self-discipline?

Self-discipline is the rejection of instant satisfaction or temporary pleasure in favor of something better. It's the ceasing of instant delight and gratification for a higher and better goal. It manifests as the ability to stick with actions, ideas and behavior that may lead to improvement and success. Self-control and self-discipline are two important and connected things that may help you to achieve your goal. Self-discipline can manifest your spiritual, emotional, mental and physical aspects.

The purpose of self-discipline is not to deprive yourself or to let you live in a constraining or a limited lifestyle. It doesn't mean being closed-minded or living like a prisoner. Self-discipline is considered as one of the pillars of success and power. It can help you to overcome anything that may prohibit you to achieve something. It is also a factor that can keep your concentration to achieve all your goals in life.

Self-control and self-discipline are needed and important in your day-to-day actions and decision. They are needed for you to do your job effectively, for learning, starting a business, slimming down, muscle building and workouts, keeping good relationships, altering habits, self-improvement, meditation, spiritual maturation, holding and following through on promises and for almost everything else. One of the easiest and efficient techniques to acquire self-control and self-discipline is by resisting all the not so important things. You need to side aside the temporary pleasure so that you will have the self-control and self-discipline.

Everyone on this world may experience temptations that cause a person to lose self control and self discipline. You need to learn to resist from all the things that can cause harm and danger to your life. Your tolerance to resist from these things can relatively make you stronger and more concentrated to all the things that you need and want to achieve. By means of denying, turning down worthless, damaging, purposely acting unlike your habits, heighten and strengthen your inner strength to achieve all your goals in life. By steady practice surely your inner ability develops, just like the way exercising tone your muscles that lead you to increase your physical strength.

Here are some of the simple things and rules that can help you to practice having self control and self discipline:

- ◉ Do not read the newsprint for a day or two.
- ◉ Drink water when thirsty, instead of giving into your desire to have a soda.
- ◉ Walk up and down the stairs rather than taking the elevator.
- ◉ Get down from the bus one station before or two after your destination, and walk the remainder of the distance.

These are only a couple of examples of the numerous drills that can be conducted and sued in order to build up the self-control and self-discipline of a person. Drills like these can add to the depot of your inner strength to follow rules and practice self discipline and self control. By abiding by an orderly technique of coaching you will be able to reach far, accomplish your goals, make your life better and acquire gratification and peace of mind.

Chapter 8: The Power of Repeated Words and Thoughts

Synopsis

Thinking is commonly an assortment of words, sentences, images and senses. Thoughts and ideas are like visitors that travel to the central station of the mind. It may arrive but may vanish quickly. A few of these thoughts remain longer, acquire power, and impact the life of the individual imagining them.

Most individuals allow thoughts affiliated with their different concerns, dreads, wrath or sadness that can invade their concentration and thoughts on mind. They continue engrossing the mind of the people with the inner conversation about negative states of affairs and actions.

This inner conversation sooner or later impacts the subconscious of the people, making it admit and take earnestly the ideas and thoughts expressed in those inner conversations. It is so important of all the things that cautious of what enters the subconscious of the mind. Words and ideas that are duplicated frequently become stronger by the repetitions, settle into the subconscious mind and impact the conduct, actions and reactions of the individual are also involved.

Affirmations

The subconscious mind of the people regards with the words and ideas that get wedged within it as verbalizing and depicting an actual situation, and consequently attempts to line up the words and ideas with realism. It greatly works diligently to make these words and ideas a fact in the life of the individual stating or believing the statement.

This also implies that if you frequently tell yourself that it's hard or hopeless to get money, your subconscious mind will accept your words and cast obstacles in your path. To be able to acquire positive feeling you need to supply your mind with positive thoughts. You need to motivate yourself because it can bring good vibes to you.

If you continue telling yourself that you're rich, it will discover means to bring you chances to become rich, and push you to do productive ways to make your dreams attainable and real. The thoughts and ideas that you verbalize through the use of words can relatively motivate and trigger you to perform and do things at your best.

This thing is frequently done unconsciously by the people there are only few people that pay attention to their ideas and the words that they utilize when thinking. The allowed outside conditions and the situations influence that thinking ability of the people.

The real world can affect the inner world of the people. People unconsciously select the ideas, words and phrase that they use to say and repeat on their brain. Your life will begin to alter. You'll start making new situations and conditions. You'll be applying the ability of affirmations.

Affirmations are the sentences that are repeated frequently during the daytime, and which bury into the subconscious of the people, thereby expelling its tremendous ability to materialize the intention of the phrases and words in the outside world of the people. This doesn't imply that every phrase you express will bring results and outcome. In order to activate your subconscious mind, the words have to be stated attentively, purposely and with feelings so that the mind can easily absorb it. Affirmations have to be worded in confirming words in order to receive positive effects and impacts. Debate the coming two sentences:

1. I'm not powerless any longer.
2. I'm strong and powerful.

Although both sentences seem to verbalize the same thought, simply in different phrases, the first one represents a negative sentence. It produces an image of helplessness. This is a wrong choice of words to use because it cannot clearly motivate you unlike the 2nd sentence. The second sentence arouses in the mind an image of strength and it greatly manifest positivity.

It's not enough to state an affirmation a couple of times, and then anticipate your life to change into the better way. It's crucial to affirm attentively, in addition to strong desire, trust and perseverance. It's also crucial to pick out the correctly affirmation for any particular situation. You want to feel at ease with it; otherwise the affirmation might not work effectively or might bestow you something that you don't genuinely need.

Affirmations may be applied collectively with creative visualization to strengthen it and applied it individually. Affirmations play a vital role to the life of many people. Rather than repeating negative and worthless phrases and words in the mind, you are able to select positive phrases and words to assist you in constructing the life that you desire. By selecting your thoughts and words you exercise dominance over your life. It is important that you motivate yourself by providing positive thoughts to your mind so that your actions can also manifest positive results.

Here are a couple of affirmations that you might also use:

- ◉ Each day I'm getting brighter and more fulfilled.
- ◉ With every inhalation I'm satisfying myself with felicity.
- ◉ Passion is occupying my life today.
- ◉ The ability of the universe satisfies my life amorously.
- ◉ A lot of profit is streaming now into my life.
- ◉ The ability of the Universal Mind is at once filling my life with wealthiest.
- ◉ The powerful and vital energy of the universe are streaming and satisfying my body and mind.
- ◉ Therapeutic vitality is perpetually satisfying every cell of my body.
- ◉ I always remain tranquil and in command of myself, in all situations and in all conditions.
- ◉ I'm having a tremendous, bright and captivating day.

Affirmations - phrases of Power are an applicable and elaborate guide about the ability of affirmations.



Wrapping Up

You need to practice visualizing positive and beneficial thoughts and ideas. You need to use positive words to your inner dialogues or even to talking to someone. Smiling can also help you because it can generally help you to think positive things. Resist from any negative feelings and from unproductively. If you become successful to such endeavor surely your mind will transform into better.

Once a negative thought enters your mind, you have to be mindful of it and endeavor to replace it with a constructive one and productive one. The damaging thought will try again to enter your brain, and then you have to replace it again with a positive one. It's as though there are two pictures in front of you, and you choose to look at one of them and brush aside the other. Persistence and positivity will teach your mind to think positive and ignore damaging thoughts and negative thoughts.

In case you feel any inner resistance when replacing negative thoughts with positive ones, never give up, but keep looking only at the benefits, good and happy thoughts in your brain. By that way you surely obtain positive thoughts that can inspire you to persevere.

Many circumstances are not important. Just think the way that can inspire and motivate you. Expect only positive outcomes and prevent thinking of negative thoughts. Thinking positive can make your life happier. If your experience downfall, never give up because such thing is a normal thing to happen.