

HOW CAN I BE SUCCESS-MINDED? – EXERCISE:

What is the most important goal in your life right now? Write it down as a positive statement as if it has already happened.

Now make a list of every resource you can think of that provides the support and knowledge necessary to be successful in reaching that goal. Think of support groups, books, mentor programs, professional coaches, etc.

Now, pick at least one resource off this list. Write it down below along with a date that you will start using that resource to help achieve your goal.

HOW CAN I BE SUCCESS-MINDED? – FOLLOW-UP EXERCISE:

Success is a thought process that can only exist in a positive mind. Are you serious about staying positive and focused on your goals? If so, can you make a commitment to yourself to not watch the news for a week? OK, you can watch the weather, but as soon as a negative news story comes on turn off the TV or change the channel. And, I strongly recommend that you do not watch TV before going to bed. If you have to do something to clear your mind, then read a positive, inspiring book for fifteen minutes.

If reading the newspaper is part of your regular routine, then skim the paper for topics that interest you, but don't read the negative articles.

I predict that by the end of the week, two things will happen. First, you will realize how addicted you have been to the mental stimulation of negative events. Second, you will be more conscious of your thought processes and will begin protecting your mind from negative influences.