

Special Report

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Mind Power Lessons

INSIDER SECRETS

10 FREE Lessons Inside

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Your Creative Potential!

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Lesson 1

"It All Starts With One Simple Thought"

Great to have you with us, here is your *first lesson* in awakening your mind power and endless potential.

We have tried to keep each one of your lessons both short and to the point.

The first thing we need to do is realize the power we have in us right now, and I mean all of us - **yes even you have this power.**

But you want to understand it, you want to use it, you want to control it and you want to direct it, so that you can go on to attain your real goals and desires in life.

We cannot express powers which we do not know about.

The only way by which we may take possession of our mind power is to become conscious of it.

And we cannot become conscious of power - until we learn that all power comes from within...

Our mind is governed by what we think about and when we discover this we shall find the solution for every problem.

And Since The Mind Is Under Our Control...

All laws of power and possession are also within our control.

Each and every one of us is responsible for building our own world. We build from within and we attract from without – and it's our power of thought that we must use for this building.

Dr. Wayne Dyer writes that "all of our behavior results from the thoughts which preceded it. So the thing to work on is not your behavior but the thing that caused your behavior, your thoughts."

This is the foundation of *health* and a necessary essential to all *greatness*, all *power*, all *achievement*, all *attainment*, and all *success*.

Our future is entirely within our own control. It is not at the mercy of any strange or uncertain external power.

Every Thought We Have Is A “Cause”

And Every Condition An “Effect”

For this reason it's absolutely essential that we control our thoughts so as to bring forth only desirable conditions for ourselves.

Our thoughts are like forces, everything must first be worked out in the unseen before it's manifested in the seen, in the ideal before it's realized in the real and in the immaterial before it's created in the material...

So we learn that mind is creative, and as thought is the only activity which the mind possesses - thought must also be creative.

Certainly nothing can be created, before we know that it can be created and then make the proper effort, in order to create it.

Mind is not only the creator, but the only creator of all there is!

In learning that both the mind and thoughts are creative, we come to the fact that,

"It All Starts With One Simple Thought"

And that strong, clear and uninterrupted thought is a means of tapping your creative mind energy and also attracting from it, that which match to the ambitions, desires, and goals of any person who will put forth the simple effort in order to attain it.

Lesson 2

"Your 1st Mind Key And How To Start Using It"

You are in for a real treat - as we want to introduce you to your first *KEY*, and that key is your power of **Belief**.

It is through this belief in our mind and by wrong thinking, that we are related to all the *destructive forces around us*.

For instance, we “act like” the sort of person we believe ourselves to be...

Not only this, but we find it hard if not impossible to act any other way, even in spite of all our conscious efforts and will power.

The person who believes them self to be a “*poverty type of person*” will somehow find a way to stay poor and broke, in spite of all their winnings and good luck.

The person who believes them self to be a “*failure type person*” will always find some way to fail, even after all their good intentions or will power.

Opportunity could be literally dumped in their lap and they would still find a way to mess it up, in order to remain a failure.

Eliminate, therefore, any possible tendency to complain of conditions as they have been, or as they are, because it rests with you to change them and make them what ever you would like them to be.

It's Blind Belief About Things Which Holds Us Back The Most!

If we believe that we are no good, then it doesn't matter how hard we strive, struggle, strain or work – because as long as we have this firm and fixed blind belief that we are somehow unfortunate.

Then we will find it almost impossible to exit from our misfortune...

The only good remedy is to relive ourselves from these kinds of blind belief. Unless we do this we will find it hard to be happy within ourselves, for there is a natural law which states.

The World Moves In Accordance With Our Thoughts.

Nothing but our own blind belief in despair can create despair in our lives.

Our beliefs are changed, for better or worse, not just by knowledge and understanding, but by what we have experienced as well.

In fact our present state of desires, beliefs, achievements and self-confidence is all the result of what we have experienced in our lives, rather than what we have come to understand or have learned about...

Even the greatest of people can be sensitive about their reasoning and beliefs being challenged or criticized, for we are all prone to resentments.

But it's also these same great people which have gone onto learn how to channel their resentments into something more than anger, envy, jealousy or even a wondered pride.

The ability to enlighten and always see the best in any experience you may encounter has resulted in many works of genius being produced.

So instead of looking at certain things in our life with a permanent grudge, it would be so much better and far more productive if we could channel and direct all this wasted mind power energy,

Into some other useful form of desire, activity, or thought...

Lesson 3

"The Power Of Your 2nd Mind Key"

Hope you are ready, because now we want to introduce you to your second *KEY* - and that key is your power of **Desire**.

It's often not enough to only know "what you want", and believe you can get it, you must also "want it hard enough" and create it with a strong desire.

Desire is like a goal striving energy, a sort of built-in magnet which has the means to pull whatever is needed to you...

Very Few People Know How To Create And Hold A Strong Desire.

They satisfy themselves with simply "wishing" or even a mild "wanting", they fail to put into action a strong, intense and continuing desire.

You must learn and develop the art of "*want*" and "*want to*" so you may arouse the full forces of your desire power.

A strong desire can have a tremendous influence on all of your mental faculties, causing them to put all of their power and energies to work for you...

Just a few things a strong desire can do for you:

- Quicken your imagination
- Inspire your emotions
- Stimulate your intellect
- Awaken your senses

The more you desire or want something, the harder you will work for it, and the easier this work will seem to you.

Everything We Do Is Prompted By Desire In Some Shape Or Form...

It would be impossible for us to remain desire less, and still act in one way or another.

Desire is the motive-power behind all action; it is the breathing force behind all natural activities, processes and events...

We do not have to be slaves of our own desires; everyone has within them the power to control, direct and master them.

But before we do so...

We must first desire to do so – we must desire to start, desire to achieve, and desire to finish.

As Bobby Unser once said,

"Desire! That's the one secret of every person's career. Not education. Not being born with hidden talents. But Desire"

Your power of desire can work for you as a "success magnet" or against you as a "failure magnet".

It all depends on how you the controller - controls it and also the goals you set for it...

Lesson 4

"Your 3rd And Final Key To Mind Power"

We have an important lesson for you now because we want to introduce you to your 3rd and final *KEY*, and that key is your power of **Will**...

And Why Is Your Will Power So Important?

You improve or even lower your condition in life by what you will to do...

And your will has a very strong connection with all avenues of knowledge, all activities, and all your accomplishments.

It's not enough to just, "know what you want" and "want it hard enough"

You must also be "determined to get it" and call into action the persistent determination of your will power...

A great definition of the Will, as Frank Haddock so wonderfully put it, is:

"THE POWER OF SELF-DIRECTION"

The will is your power of self direction - but first you must decide how and for what purposes this power shall be *trained*.

Your Will Power Is Actually A Living Force...

But we know it only through its cause and effects.

It's as much an active force of nature as is Electricity, Solar Energy, Gravitation or any other form of Natural force.

Your desire and will power manifest together, first you have the desire to do something, and then comes the will to do it...

Nothing is impossible to the person who can use their will power, providing they can will strong enough.

It's a power you can develop, control and direct, and to the extent you direct it do you determine your future.

Your power to will (just like the rest of your mind powers) depends so very much upon your power of belief...

So it may be said that all action depends upon your power to believe and also the belief you have in your own ability.

You Cannot Possibly Will Unless You Believe You Have A Will!

One thing we should not do is to confused will power with stubbornness – the person with a strong will knows when to withdraw from their position as well as when to go forward.

They never let their desires and goals stand still...

You simply have to...

- "Know Just What You Want"
- "Want It Hard Enough"
- And "Be Determined To Get It"

Then you will make a way if you cannot find one - remember where there's a strong and dedicated will, there's always a way...

When will is self developed, self mastered and self directed, it only needs proper application to become practically all powerful.

The problem is no one ever really devotes their time and attention to the development of the will.

And since there are no schools and colleges teaching the power of will, most of us have never been taught how to use this wonderful gift.

"The Will To Do" is the greatest power in the world that is concerned with human accomplishment and no one can in advance determine its limits.

When you learn how to use your power of will it becomes a mighty force of nature. Almost everything can be accomplished through the proper use of your will power...

It is greater than physical force because it can be used to control not only physical but also mental and moral forces as well.

No one has greater control over will power than anyone else; *there is plenty for us all.*

What we speak of as will power is simply the gathering together of mental energy and also the concentration of that energy and power at one desired point...

The truth is our life is moulded to a great extent - by the use we make of our *Will Power*.

Lesson 5

"Putting All Your Mind Powers Into Place"

We would like to talk about putting all your mind powers into place and also how to put them to the best use...

Now you have learnt - that the attitude of your mind rests upon what you think.

And that the real secret of all power, all achievement and all possession depends upon your power to think.

But what is the best way to start putting all your mind powers into place?

The answer is simply this "**With A Little Effort**"

Effort is the only effective way to draw forth the unlimited potential given to each and everyone of us.

Its only through making efforts, we can claim this endless potential which is already out there waiting for each and every one of us...

We must begin at once to make an "effort" in believing that we can really, attain, achieve and acquire what ever it is we want in our life.

You see most of the time, people who are successful - only become successful at what they do after trying many times and never giving up.

All Great People Have The 3 Keys

1. Know Just What They Want = *Belief*
2. Want It Hard Enough = *Desire*
3. Are Determined To Get It = *Will*

It is these 3 things, and these 3 things only that separate the men and women of strong purpose determination and desire from the rest of us, who merely “wish for things”.

When you believe something is impossible and cannot be done, your mind goes to work for you to prove why.

However - *when you really believe something can be done*, your mind goes to work for you and helps you to find the ways to do it.

“Creative Imagination” is not a function reserved only for artists, poets, or inventors; you also have a very powerful imagination within you, and can use this great gift any time you like...

It’s imagination that brings your desires to life, allowing you to picture them as already real in your minds eye.

We always act, feel and perform in accordance with what we believe and imagine to be true about ourselves, others and also our environment.

You have to feel what it would be like when your desire is fulfilled, or your need met...

Every time that you have a need or want - and that desire is met, *a certain feeling is produced within you.*

You need to create this same feeling when you state your desires.

In other words, you need to feel with every fiber of your body and mind that what you desire has already happened.

Without This Feeling, Your Desires Are Powerless...

Like Napoleon Hill said,

*“You need a Definite Chief Aim.
Decide where you are going – then,
and only then do you begin to see
the signposts that point the way”*

With your desire brought to life by using a strong imagination and a Definite Chief Aim its time to make an “effort” towards your will power.

It's not enough to “know what you want” and “want it hard enough” - you must also be “determined to get it” and call into action the persistent determination of your will power.

Now with your will power set firmly in place, all that's left is to take **Action**...

Remember the Natural law that if we do nothing, nothing will happen - if we take minimum action, then our results are also going to be minimal.

But if we take massive action, then we will be rewarded with massive results...

And that's what you must do; take action each and every day towards your goals, ambitions and desires, no matter how small the action may be, as long as it is action taken.

Lesson 6

"You're Power Of Concentration"

A concentrated mind can attract desired opportunities for success, which the less focused mind may never even see...

Yes, it's concentration that can awaken your powers and channel them, dissolving any obstacles in your path and literally attracting opportunities, people, insights, and inspirations in many ways.

Some Obvious And Others Not So Obvious...

The concentrated mind succeeds not only because of its power to solve problems with a greater ease and acceleration.

But also because problems have a way of somehow vanishing before the minds focused energies.

Often Without Even Needing To Be Solved...

It's easy for any one to say, "Concentrate" but we need to know exactly how to concentrate.

Remembering that to concentrate the attention is merely the act of applying the entire body and mind, to the task or action in hand.

To concentrate is first, to use one's ability to release your mental and emotional energies from all other interests and involvements.

And second, an ability to focus and direct that mental power or effort towards a single activity, action, subject or problem...

Concentration may be defined as being that state of mind in which the entire energies of the individual, physical as well as mental, are focused upon the thing they are doing or thinking.

All actions and all thoughts not connected with what they are doing or thinking are kept out of the mind.

Sometimes even the slightest wandering of the mind from the work in hand is absolutely destructive of success.

The problem with concentration is, the more we think or worry about concentration, the less we actually concentrate on the task at hand.

That's why a lot of strategies to improve concentration usually approach it indirectly, by focusing on the elimination of distractions etc.

And a thoughtful analysis of what distracts your concentration will often indicate to you the most effective course of action for improving it.

Never allow yourself to overlook the fact that whatever action you are engaged in, it doesn't matter how big or small this action may be - *the act of concentration and attention is also involved.*

Concentration Can Be Developed Through All Kinds Of Activities...

And the ease and perfection of any activity can be gained by repetition. When the mind is peaceful and clear, you naturally address issues one at a time.

It's also equally true to say that, if you limit yourself to doing or only thinking about one thing at a time - you will find that the mind, in turn - gradually develops clarity and with this increased concentration and will power.

To develop the power of concentration we must practice *the shutting out of all distracting thoughts and impressions from our minds.*

The most important part is to focus positively on **one-thing-at-a-time** and to avoid thinking of other things that may distract or divert you.

The concentration of all your attention is an important part towards the development and also the improvement of your mind powers.

When all the forces are focused on a single object or state of awareness...

The person who can do this has concentration, has the power of attention, and the person who hasn't yet developed this concentration power must acquire it before they can hope to focus their powers of the mind toward anything they want or desire.

As William Mathews said,

*“The first law of success is concentration,
to bend all the energies to one point,
and to go directly to that point, looking
neither to the right nor to the left”*

So as you can see, the concentration and focus of all your attention is not only an important part of your mind power...

It's a big part of it, as nothing great or significant can be accomplished without your power of concentration!

Lesson 7

"The Power Of Practice"

What's The Problem With Practice?

Well, many people don't like to practice, don't do it enough, and don't use their practice time productively...

Some people also find it difficult or don't know what to do when they are supposed to be practicing.

On the other hand take professional athletes for example.

They typically spend about 90 percent of their time practicing and training - in order for them to attain mastery and be able to perform just 10 percent of the time...

Wouldn't it be great if we had as much time to dedicate to practice and mastery as the pros do?

Most of us don't have as much practice time as the pros do...

However, when learning any new skill, practice is still very important as it overwrites old habits and patterns.

Everything You Do Repeatedly Becomes Your Practice...

Whether this practice is good or bad, when you do something again and again and again, it becomes a routine practice a habit.

For example,

- Overeating is a practice
- Worrying is a practice
- How we handle disappointments is a practice
- Even the way we approach money is a practice

One of the most important things you can ever learn is how to practice.

If you learn how to practice effectively, you can certainly go on to learn and do anything you like.

Be sure to cultivate modest expectations with your practice and every time you reach a desired goal or breakthrough, enjoy it.

And above all keep practicing, always knowing and believing you will have some further goal to aim for.

There's really no other way around it

Learning any new skill involves relatively brief spurts of progress, you have to practice persistently, striving to fine tune your skills and also to attain new levels of ability...

But while doing so you must be willing to spend most of your time and dedication towards practice, even when you seem to be getting nowhere in a hurry.

It's essential you always keep a positive outlook when undertaking any new practice as boredom is one of the greatest enemies of practice.

Effective practice requires a certain amount of repetition and routine.

Sometimes the isolation during any practice session can cause the mind to wander, then our concentration begins to stray, and finally a voice in the back of our head reminds us of a dozen things we would rather be doing than practicing.

But We Should Always Remember,

"Knowledge Is Of No Value Unless You Put It Into Practice"

Whatever our age, our upbringing, or our education, what we are made of is mostly unused potential...

It should be our desire and destiny to use what is unused, to learn and keep on learning for as long as we live.

As Richard Bach once said,

*"Ask yourself the secret of your success.
Listen to your answer, and practice it"*

Practice may not be a mind power, but it sure plays a tall part in helping you to develop them, and without practice real mastery can never be attained.

For a person who is on the mastery journey its best conceived as something you have or something you are, rather than something you do.

And practice is the path upon which you travel.

Lesson 8

"Mastery And Your Power To Obtain It"

Isn't mastery reserved only for the super talented?

This is just not so,

Mastery is available to you, me and also anyone else who is willing to get on the mastery path, and stay on it...

And This Is Regardless Of Age, Knowledge Or Any Previous Experience...

Yes, mastery is not just for the fortunate few; anyone who pursues a personally challenging goal or desire, no matter how modest or small their starting point - can also experience its rewards.

Mastery can be instantly recognized and it often comes in many different forms, yet it still has to follow certain unchanging laws...

It can bring you rich rewards, yet it's not really a desire, goal or a destination,

But rather a practiced and refined process or journey.

And We Call This Journey Mastery...

The first lesson of mastery is the value of long-term dedication to the journey itself.

If there is any sure route to personal fulfillment, it's in valuing the patient and persistent journey toward mastery over the desire for quick and easy results.

For a person who is on the mastery journey its best conceived as something you have or something you are, rather than something you do...

And practice is the path upon which you travel – now practice can be anything you practice on a regular basis as an integral part of your life.

Not In Order To Gain Something Else, But For Its Own Sake.

It might be a sport or a hobby. It might be work or gardening it could even be meditation or community service, anything at all.

It's important you be honest with yourself as you can achieve personal goals only if you face them head-on.

Can Practice Really Make You Perfect?

As Voltaire said,

*"Perfection is attained by slow degrees;
it requires the hand of time"*

If you do choose this destiny for yourself - to walk the path of mastery, isn't always easy, *but it's the ultimate human adventure...*

Desires and goals will appear, be achieved and left behind, and still the path will continue.

It will never end...

How then do you begin the journey towards mastery?

You need only to take the first step. **But When?**

There's never a better time than today, **Right Now.**

And you can do this using the power of your enthusiasm...

Enthusiasm will not only make you more productive, but will also lighten your load and make obstacles a lot easier to overcome.

Lesson 9

"Release Your Enthusiasm And Change Your Life"

Enthusiasm will not only make you more productive, but will also lighten your load and make obstacles a lot easier to overcome...

Remember it's not what we "do" that counts - it's what we "get done"

If we are interested in a task and enjoy doing it, then we find it easy to motivate ourselves to start.

Once started, our feelings of involvement in the activity will keep us going.

When you have enthusiasm in your life, it will bring energy to your day and attract people to you.

Negativity, Worry And Stress Will Drain Your Enthusiasm...

By focusing on only the positive side of each situation you will find it is a lot easier to get things done.

Enthusiasm can also be contagious - when you are doing things you are passionate about its easier to convince others to join you, because they are attracted by your enthusiasm and energy.

Each day do something, no matter how small, towards meeting your goals and desires...

Each step that brings you nearer to your desires - creates a more positive attitude and greater enthusiasm.

The more energy and enthusiasm you can create towards your goals and desires, the more likely you are to complete or attain them.

Enthusiasm in its natural form can simply be an expression of happiness, joy, delight or even thanks and gratitude for your existence and for you being alive.

When you wake your enthusiasm, you will find it's that inner spark which brings excitement and happiness to your life.

It's also a power which can be called upon anytime, to change conditions and circumstance in your life.

Enthusiasm Is Much More Than Excitement And Happiness.

It burns brighter, longer and stronger and makes the difference in everything you see, think and do.

Practice the use of enthusiasm towards every moment of your daily life, towards your work, towards your family, towards your associates, and towards your friends.

But the most important of all you must have enthusiasm towards your own desires and goals – keep on assuring yourself that you can do it and that you will do it.

Because you believe in yourself and your own powers of accomplishment...

Enthusiasm not only increases your confidence but it also increases your desire to work towards your goals.

Whatever your desire is in life, make sure it's something you can do with enthusiasm.

As Gordon Parks said:

*“Enthusiasm is the electricity of life.
How do you get it? You act Enthusiastic
until you make it a habit”*

Lesson 10

"How You're Habits Can Make Or Break You"

We must learn to overcome habits which are bad for us, and cultivate only those which are good for us...

Remember No One Is Responsible For Your Own Habits But You!

And you are free to form any new habits which you desire.

It's necessary that something we do over and over again like our habits, become automatic in order to free up the conscious mind so it may attend to other things.

Any new actions we carry out on a regular basis will, however, in their turn, become habitual, and then automatic...

This is in order for the mind to be freed from this detail so it may advance again on to yet more activities.

Habits have the power to make or break us to a far greater extent than we actually realize, or like to admit.

Our habits can be both a *"powerful enemy"* and a *"wonderful friend"* to us...

The truth is that a lot of us are actually controlled by our own habits, and we only do things in a certain way because of the power of habit.

Most of us never really stop to ever think or focus on why we do a certain thing this way or that way - and we never take the time out to study and see if we could do things in a better way.

We form new habits all the time, for instance,

If we repeat something five times or more in the same way, we will have then formed the habit of doing it that way.

The more we repeat it the stronger the habit will then become and the more deeply it will root itself in our nature.

After we have forced any habit for a long time, it becomes almost a part of us, and can be hard to overcome.

But nevertheless we can still break any habit we desire to, by simply focusing on its opposite.

It's Often Not Enough To Simply Stop Doing A Certain Habit...

You must replace it with a new healthy habit and focus on creating this healthy and good habit as your new way of thinking.

Learning something new or breaking a habit can sometimes be difficult at first, this is the time to get a firm grip on yourself, to hold yourself steadily to your task, no matter how hard or disagreeable it may be.

Keep up this discipline day after day and week after week, and you will soon learn the art of self-mastery.

The *KEY* is to keep at it and it's sure to become easier.

Developing freedom from your habits lies in understanding the *whole mechanism of habit*, both conscious and unconscious.

It's not simply a question of ending habit, but of seeing the full structure and makeup of habit.

You must observe how habits are formed and how, by denying or resisting one habit, another habit is created.

What matters most is to be totally conscious of habit – if you do this, you will see for yourself there is no longer the formation of habit.

But To Resist Habit, To Fight It, To Deny It, Only Gives Strength To Habit!

When you fight any particular habit you give life to that habit, and then the very fighting of it becomes a further habit...

But if we are simply aware of the whole structure of habit without resistance to it, then we will find there is freedom from habit, and in that freedom a new thing takes place.

Let's look at what Tyron Edwards said about habit:

*“Thoughts lead on to purposes,
purposes go forth in action,
actions form habits,
habits decide character,
and character fixes our destiny”*

A mind that is ever watchful from moment to moment - observant of what its saying, considerate of its thoughts, of its feelings - will discover that the formation of bad habits has come to an end.

So you see that your habits really do make a big difference in your life, and as it's just as easy to form good habits as it is bad ones, you should always work on forming good ones only.

This brings you to the end of your 10 mind power lessons; again we do hope you have enjoyed them!

If you want to carry on your quest for endless potential and mind powers then we urge you to get your hands on this.

“3 Keys To Your Endless Potential”

It's a simple plan which has helped thousands, to overcome their fears and get what they really want in life...

 [**Click Here**](#) 

You're Bonus

The 2 Modes Of Expressing Yourself – Which Mode Do You Use Most?

We find that there is 2 ways of looking at any situation we may find ourselves in. For instance you may have heard the saying...

“Is the glass half empty or is the glass still half full?”

These 2 ways of expression may well refer to the same situation, yet if we examine them both - we will see that they actually divide the world around us into light or darkness, into positive or negative, into plus or minus.

Now which of the 2 modes do you use most when you are thinking everyday?

Your mode of thinking leads to attracting those very things into your life. If your goal is to make more money and spend less time working, then you are going to have to focus on thinking about success, and not fearing it.

If your thinking is all dark and negative... if you always fear failure, then you will most definitely fail. Even to run away from your given circumstances will do you no good. You see your circumstances will only follow you wherever you go.

This is because your environment and present circumstances cannot change for you until your mind and heart does!

You cannot become unhappy if there is no doubt or negativity in your mind, to make you unhappy...

Researchers state that the average person thinks about 70,000 thoughts each and every day. Now just imagine the potential of your thoughts if only a fraction were backed up by positive modes of thought and creative action.

Unfortunately for most men and women, virtually all of these thoughts are the same ones that the individual has always thought about over a long period of time.

In addition, the great majority of these thoughts are negative by nature, which in turn creates a current negative present time in your life...

A good example of this is that most people do not believe that wealth and prosperity is a lifestyle choice which is fully within their own control...

Many people hold the belief that the only way they will ever get rich is by robbing a bank, breaking the law or by winning the lottery etc...

Other people's skepticism can also be just enough to kill your desire - to pursue what may have otherwise been a fantastic opportunity for you.

Anything that is worth doing is worth doing well, and nothing that is worth doing well can be done without positive effort!

Still though, many people work themselves to the bone instead of spending more time with their creative thought because they are ruled by fear and by pressure to "make something of themselves" that society expects of them.

How many of your 70,000 daily thoughts are spend on worry and fear as opposed to the creative and positive process?

Don't let fear and worry rule over your life anymore. Use your mind power to attract every positive thing in life which you could ever hope for or desire.

Go for your dreams and ignore anything else but your creative-positive mind.

Try to never take what negative-people say to you seriously... as it is sure to discourage you from your efforts - but this is only if you let it do so!

You Need A Plan Of “ACTION” For A Positive-Mental-Attitude!

Have you ever wondered why some people are simply challenged by their problems, while the rest of us seem almost overwhelmed by them?

What is it that enables a person to come bouncing right back from their problems, while the rest of us going through the same defeat or problem... never quite seem to fully recover from it?

These positive-minded people may be of average intelligence, experience and looks – but they have mastered the simple art of motivation.

They approach each and every problem in their life with a simple “**Can Do**” attitude.

There is no question that a positive approach towards everything we do enables us to rise up above all our problems, even when all odds seem to be against you.

In fact studies have shown that the person who develops a positive-mindset tends to excel better in education... make more money... have better health... establish long and happy relationships, and may even live longer.

With that being said! Can we really afford not to develop a positive-mental-attitude towards everything we do?

Most successful people haven't always lived a successful life... nor were any of them born with any special skills that the rest of us lack.

Quite the opposite, you see many successful people started out in very negative conditions, and almost all of them suffered some sort of setback at one time or another in their lives.

But along the way... these successful people went on to discover the mind power they needed for defeating problems and reaching goals.

These mind powers come so natural for some of these successful people that they put them to use, almost without knowing about it.

But the rest! Have had to turn themselves into positive-minded individuals by developing the “**Can Do**” attitude towards everything they set out to do.

But how did they do this you may ask?

They had the help of a deliberate plan...

And this plan is a one worded plan called “*ACTION*”

Now when do you start taking yours?

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