

Change Your Mind Change Your Life!



Your Guide to Success

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Introduction

Do you dream of being the CEO of a Fortune 500 company? Have you wanted to buy that new home you've dreamed of for so many years? Exactly what is your idea of success?

Success is having achieved that which you determine you will do!

YOU determine what success is for you. It's not based on any judgment other than your own. It's not dependent upon materialistic measurements. And, for some, success is the journey, itself.

Success may be something material, such as money or a new home. It could be something egotistical, as the power and notoriety that comes with the position of CEO. It could be emotional, as finding love and commitment. Success may even be unselfish and altruistic, as seeing children in third world countries healthy and safe. Success has no particular name or identity. There is no one method to describe what success is, other than the definition above. It means something different to each individual.

All successful people, however, have one thing in common — determination! To be a success, you must first determine to be so. Though not always a conscious decision, the seed that leads to action is *to first determine*.

Diane's story is a great example of having a desire in the conscious mind, and the subconscious processing it as a determination. Diane's love of writing began in middle school, because her friends were writing short romance stories about their favorite music idols. Diane thought she

would give it a try. Her stories became so popular that she began writing them in segments. Her classmates couldn't wait to get the next installment. From that point, she wrote different types of things — poetry, philosophy, and sometimes only her thoughts. She won a few writing competitions in school, but most of her writings were for herself. It was only a hobby. Something she did to pass time, or a way to put her thoughts on paper. When she entered college, she didn't give writing a second thought. She graduated with a dual degree in psychology and business management. Diane worked in business for several years; then, “fell” into the writing profession.

She thought it just happened; but in truth, each position she held had some writing responsibilities — first, business reports and editing manuals, then putting together and writing a monthly newsletter for the firm. At the job she “fell” into, she started as a secretary, after having moved to another state. Being used to a heavier workload, they finally gave her a small job to do for their technical writer, who was writing an employee handbook for the firm. Between her regular duties, Diane, who had written a similar handbook at her previous job, filled in the gaps, extended the contents so the handbook was complete, and gave a draft to the technical writer for review. Her assignment was only to lay out what he'd written. To make a long story short, they offered her a job as a proposal writer, and then a position as their engineering documentation coordinator, where she wrote customized engineering manuals. Though it seemed to Diane that she “fell” into the job of professional writing, she had “determined” it years before while writing those short stories in middle school. She has now been writing professionally for over 20 years, including books and novels. When I once asked her why she didn't just go to school for English or Journalism, she said she never thought about it. Her love was

psychology. She considered herself to be a halfway decent writer and always believed she would write on some level. She didn't discount writing professionally; it just never crossed her mind.

So, what was Diane's problem? Though on a subconscious level, she had "determined" to be a writer. Why did it take so long? Because there was no clear goal in which ...

to believe!

Being successful is a two-part process — determination and belief! Both of which begin in the mind. Diane was fortunate that her determination to write became a career. She began to believe, because the determination was creating opportunities — her bosses praised her writing and gave her more, college professors praised her abilities, and once a man wept after having read one of her poems. That's when she began to believe in her ability to write. She began to believe she had talent — if she hadn't, she would not be a writer today. It was enough to thrust her forward to enter the profession her heart desired. She might have achieved her success much sooner had she been consciously working toward it.

It's important to be consciously on your path to success, and equally important to prepare your mind, spirit and body for the success you seek. It's not enough to be an anonymous member of society, who lets others decide your fate. To allow life to "pull you along" creates conflicts, resentments and lost opportunities. Without a clear notion of where you want to be means that you:

- **End up in situations not to your liking.** Why? Because if you don't have a clear idea of what you want in life, you get whatever is left over, causing conflicts by not having what you believe you desire but never

determined, being in one bad relationship after another, being in one bad job after another, and so on.

- **Resent your life and many of the people in it.** This isn't what you imagined for yourself! In truth, if you had taken the time to truly imagine something for yourself and went beyond dreaming and wanting it to determining and believing, you would be there now and would not be reading this book.
- **Pass up many opportunities** that could help you get to where you're going faster. You don't take risks — you play it safe. Why? You don't recognize the opportunities as such, when they present themselves.

The chapters that follow show you the steps to take to change your life NOW! We teach you how to be consciously on your path. It's never too late to start. The principles herein are used for any type of success you seek, regardless of what it is.

So, get ready to open yourself to new opportunities and to succeed in any way you desire — you can be anything at any time, anywhere. You only need to open your mind to the possibilities, then ... **Change Your Mind — Change Your Life!**

"If you think you can or
You think you can't,
You are always right!"

Henry Ford

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Open Your Mind to the Possibilities

Determination and belief are the starting points for success. They open you to new opportunities to do and be anything you desire, and you only need a subconscious thought to plant the seed. How do we do this?

The first and most important element of success is to ...

open your mind.

A closed mind seals off creative solutions and eliminates any possibility for new opportunities. A closed mind keeps you where you are in life, where you always have been, and will continue to be. A closed mind creates:

- Constant struggle to achieve or get ahead,
- Constant conflicts and obstacles, the ever-present resentments that rear their ugly heads for each new situation you encounter,
- Remorse of not doing or having what you truly dream, and
- The envy you feel each time you meet, read or hear about someone more successful than you, knowing you should be in that person's shoes.

None of these feelings are conducive to success. Envision wild horses pent up in a corral. They yearn to be free. As long as the fences are up and the gate is locked, the wild horses that desire freedom more than life, itself, will never be

free. What does this do to them? They become angry and willing to trample the person who caged them, just to get free. They blame and resent their keeper for their situation. Each time they see other horses roaming free in the distance, all their anger, resentment and hatred surfaces; and they envy the freedom of the other horses. Now, see these wild horses as you and your dream for success, corralled and caged by your closed mind. Can you see how, as the horses, you become angry, resentful, hating, and envious? Can you see how a closed mind and the emotions it provokes affect your reactions to situations? Wild horses will kill their keeper for freedom and react viciously at seeing other horses that are free. What reactions do you have to situations, where you feel anger, resentment or blame?

All the horses need to gain their freedom is to unlock and open the gate. All you need do to be on your path to achieving success is to **open your mind**.

When you truly open your mind, the anger, resentments, hatred and envy are gone; however, it takes some work on your part. Let's look at how the mind works.

A thought, just like an action, is energy in motion. Emotional thoughts carry even more energy. When you create a thought, especially one you feel emotional about (such as your dream of success), you have created energy that goes out to the universe¹ and allows you to explore, create and grow the thought. The process takes care of itself.

We all have thoughts, but we don't all achieve our dreams. That's because **thoughts may be negative or positive in nature**. Even thoughts you believe are positive may, in truth, be negative to achievement. For example, your

¹ We use the term "universe" in this book to include all readers. The term could just as easily be God, Allah, Yahweh, or any other source you believe controls this universe in which we live.

dream is to own a new home. The thought you constantly hold is, “I want to buy a new home.” This sounds like a positive thought, but it’s actually keeping you from getting your new home. Why? The phrase “I want” keeps you **wanting** to buy a new home, rather than actually buying it. So, you continue to want to buy it — never achieving your goal.

Focus is another problem in how thoughts are formulated in our thoughts. You constantly think about that new home you “want” to buy. You look at different homes and floor plans, comb the “for sale” home classifieds, pick out the color you’ll paint the outside, look at landscaping ideas, and so on. You would believe that this is a positive focus, because it keeps the goal constantly in your mind and your actions are that of someone who is buying a new home. The problem, however, is that the focus is on “getting” versus “doing”. Rather than moving toward your goal, you are dreaming about it.

(We’ll cover both of these negative thought patterns, as well as other elements covered in this chapter, and how to make them positive in the chapter entitled, “Rewriting Your Reality”. Here, we want to emphasize the power of your mind, and how thoughts create your reality.)

With an open mind, you plant the seed, distance yourself from it, and let the universe do the rest. You must, however, be open to all possibilities without exception. **That means only positive thinking, no attachments, and no labeling.**

An open and positive mind allows the universe to act upon your inner thought energy and create that which you seek. It’s like watching a little miracle take place. It can astound you, when you realize it’s happening.

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