

Motivating Tips

~ By Jan Tincher

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WELCOME! My name is Jan Tincher and I am a Hypnotherapist and a Master Neuro-Linguistic Programmer in Forest City, Iowa. I trained with Richard Bandler and Anthony Robbins and, *yes, I did the famous fire walk*. Now, I show people how their mind works and explain to them in down-to-earth language that if they can think, they can change their thoughts. If they can change their thoughts, they can change their lives.

Check out the tips offered in this free ebook, they are written to help you feel better. It has four sections, stress, goals, self-esteem, and success.

Stress

Motivating Stress Tip #1

Did you know there was a cure for heartache?

There is.

Laughter.

Have you ever sat through a funny Marx Brothers show and felt the same way you did before you started watching it? Probably not. I taped a whole video cassette of World's Funniest Videos and I watch it when I want to feel more joy and laughter. I can't help but laugh. It may not cure everything, but it takes away anything from heartache to headache for as long as you're watching, and many times way beyond. Many times, when your heart is healed, your body follows suit.

What makes you laugh? Figure it out and use it often.

Do you have stress in your every day life? Let Jan Tincher, Master Neuro-Linguistic Programmer, help you. Great articles, great strategies you can implement immediately!
Go here: <http://www.tameyourbrain.com/stress/index1.htm>

Motivating Stress Tip #2

Are you stressed? Are your friends stressed?

Have you ever thought about starting a Laughter Club?

Here's how you do it. Invite a few of your friends over to your home. Once everyone is there, just stand around and laugh. It's not that hard to do. Just start telling jokes that make people feel good.

Do it first thing in the week day morning for fifteen minutes.

TIP: It would be nice if you could make it a point to meet on Mondays, which is when a majority of heart attacks take place.

Many people seem to be too busy, but if they see that you are having fun AND accomplishing something - preventing heart attacks -- that will entice them to join you.

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Motivating Stress Tip #3

Love is the polarity of fear.

Every time you experience fear, ask yourself: "What is going on that I have substituted fear for love at this moment?"

Fear is a current of energy that runs through your body and is produced when you feel cut off from the source of all unconditional love -- God, Allah, or whatever you feel that love coming from.

Make it a habit to NOT cut yourself off from your source. He NEVER cuts himself off from you.

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Goals

Motivating Goal Tip #1

What are your goals?

The difference in your ability to fully tap your personal resources directly affects your goals.

People who have a clear specific set of goals written down, with a plan for achieving them, succeed far more easily in life than those who do not. Also, the level of happiness and joy that you feel when you go after those goals makes them much easier to attain.

Are you happy about your goals? If you aren't, take responsibility now and change them to goals that work for you. Make them goals that work for you spiritually, mentally, socially, emotionally, physically, and financially. Once you've defined those goals to fit your parameters, those are the ones you will attain.

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Motivating Goal Tip #2

What do you really want?

One of the most important duties of your conscious mind is to tell your subconscious what you want -- and then to believe with all your heart that you have received what you have asked for.

You must shut the door of your conscious mind on every thought, or suggestion, of worry or fear of failure. You must exclaim "Cancel, cancel!" whenever you have a thought that even hints at worry or fear of failure. Get that thought out of there and replace it with a good thought. One that says to you that all is well, all is going to work out.

Once you learn how to do this, the sky is the limit.

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Motivating Goal Tip #3

How committed are you to living a better life?

Being committed means -- increasing your awareness so you have control of your emotions.

Being committed means -- deciding how you're going to stay focused without losing sight of everything and everyone that is important to you.

Being committed means -- creating and maintaining a vision of your dreams and goals.

Being committed means -- developing a plan to accomplish those goals.

Being committed means -- KNOWING that you are going to take the risks necessary to move forward.

Being committed means -- having a support group.

Being committed means -- learning all the time.

Do you want a better life? Are you ready to make a TOTAL commitment?

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Self-esteem

Motivating Self-Esteem Tip #1

How To Get A Positive Mind Set

Eliminate negative expressions of thought and speech. You may not think you have very many, but if you really look at a whole conversation you've just had, you will see the total effect of those seemingly harmless negative thoughts. They have cluttered up your conversation and the total effect is what conditions the mind negatively.

Analyze your conversational habits. Do you say, "I'm afraid I'll screw up." Or "I'm always wrong anyway." Or "I can never seem to get anywhere on time." Or "I can't do that."

It's surprising how fast they accumulate. If you say something enough times, your brain starts to accept it as true, and encourages it to happen more often.

How does a successful person program his/herself for success? They give instructions to their brains repeatedly.

Realize you are not programming success into your life if you are continually programming failure in even the littlest of things. Pay attention to your thoughts. Encourage success in little areas of your life so that you are ready and able to succeed in the big areas.

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Motivating Self-Esteem Tip #2

How To Feel The Power

Pay attention. Pay attention to everything that goes on around you. Look at and feel the essence of the people around you, your environment, and your relationships.

Speak the truth. When you live in the truth, it aligns you with your Higher Source. Speak from your heart.

Ask for what you want. Take responsibility for what you want and for receiving it. Be prepared for it -- AND everything that comes along with it.

Keep your agreements. Align with the energy as you build your integrity. Massive energy is yours when you feel the power of keeping agreements.

Walk your talk. Show by example. Live your beliefs and let it be seen.

Pay attention, speak the truth, ask and take responsibility for receiving, keep your agreements with integrity, walk your talk, and live your beliefs. Watch as your life shifts toward success.

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