



SUCCESS MINDSET

*How to Develop and Re-Program
Your Mind for Success*

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Edwin R. Quimby is an entrepreneur living in America who loves sharing knowledge and helping others on the topic of Personal Development.

Edwin is a passionate person who will go the extra mile and over-deliver.

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Introduction: Success

Success: Different people measure it in a whole range of different ways. To some, success might mean opening their own business or getting a promotion at work, whilst to others it could be passing an exam with a high mark, finally buying their first home or car, or even managing to hit their savings goal.

In every walk of life, there is success to be had – whether it be at work or school, at home, within your relationships and friendships or even with your finances.

Successful people all have one thing in common – they've trained their mind to be programmed to achieve.

At the core of reaching your goals and getting what you want is your mind-set, playing a hugely influential part in how you approach working towards your goals and the way in which you pick yourself back up from failure.

Being successful is down to a lot more than pure luck alone; in order to achieve success in almost everything, it's vital to have the right mind-set, strategy and approach. If you're not achieving your goals as often as you

would like to, your mind-set could be in need of a re-vamp. In this book, you'll learn how to:

- Tune into your mind to blank out negative thoughts and increase positivity
- Set achievable goals and work up towards attaining success
- Deal with setbacks and failures in a positive manner
- Think like a successful person
- Imitate the actions and habits of successful people
- Re-motivate yourself when you lose your 'mojo'
- Practice perseverance
- Learn from your mistakes, no matter how catastrophic they are
- Anticipate and prepare for negative people, situations and thoughts
- Change your lifestyle and make decisions which attract success
- Overcome feelings of giving up.

Changing your mind to think positively towards achieving success is not as hard as it may seem. Even if you believe that you think positively most of the time, it's your thought patterns when the going gets tough which can have a negative impact on the results which you experience.

No matter what you want to be successful with in life, training your mind to work in a way which encourages and promotes success in any situation can significantly help to improve your life experience.

Contrary to popular belief, success is not always down to privilege or sheer luck.

Although being in a privileged situation or simply having a streak of good luck can certainly help, many successful people who have definitely not come from privilege and have average luck have proven that anybody can experience amazing success so long as they put their mind to it.

So, how do you put your mind to it and become successful? Read on to discover the mind-set secrets of the very successful and learn exactly what should be going on in your head to attain the goals that you have always dreamed of.

Whether you're hoping to get that coveted promotion at work, achieve an educational goal, hit a savings goal or even buy your first home, these

mind-set strategies can be implemented in almost any situation and in working towards almost any type of goal.

As mentioned above, measures of success vary from person to person – so whatever it is that you wish to succeed in, the secret is having the right mind-set.

Chapter One: Tune Into Your Mind

You may not realize it, but your subconscious mind could be the very thing that is holding you back from being as successful as you dream of.

As humans, there is a lot that goes on in our heads that we don't even realize, subconsciously deciding what we do and don't do without giving the action or choice much thought.

The problem with this is that after years of 'programming', our own minds can become our number one enemy when trying to achieve a goal.

You may not even realize it, but your subconscious mind actually controls a great deal of your behavior. Whilst only around 10% of your brain actually interacts with the outside world, a huge 90% of your mind is comprised by the subconscious, so it's no wonder that it controls so much of what you do.

On duty 24/7, the subconscious can't tell the real from the imagined – which is just one of the reasons why it can be so influential on how successful you are in life.

Your conscious mind (the part that you are aware of) is responsible for identifying various information through the use of the five senses – sight, smell, taste, touch and hearing – and making decisions based on what is

relevant in your life. Subsequently, the decisions that you make with your conscious mind affect your subconscious.

Programming Your Mind

Throughout your life, you are constantly programming your subconscious mind - even without realizing it - as a result of the decisions that you make.

Thoughts, habits and beliefs are all 'programmed' into the subconscious – if you've ever found yourself doing something simply 'on auto-pilot', you have your subconscious to thank for that.

The first step to achieving success in life is to train your subconscious to think successfully. Although this may sound like a difficult or even impossible task, it can be done if you are prepared to put in the right amount of effort.

So, how exactly can you program your mind to think like a successful person? Since you're reading this, you're definitely already on the right path. Now, all it takes is learning the strategies to tweak your subconscious and change those negative habits to positive ones, leading yourself down a path of success rather than failure or mediocracy.

Visualizing Success

One of the most important steps to programming your subconscious mind to think and operate in a matter that encourages success is to visualize the various things that you wish to achieve in life. This could be comprised of a whole variety of different things – whether you dream of starting and running a successful business, owning your own home, working in a better paid job or even becoming healthier, visualization is the very first step that you need to take on the road to success.

Without a specific vision of success, it can be hugely difficult to point your subconscious mind in the direction that you want it to go. Knowing where you are going is, after all, vital to knowing when you arrive.

With that being said, it's also crucial to ensure that your visions are not too general. Having a generic vision for success such as 'have a great life', although genuine and positive, is neither clear nor focused enough to have an impact on programming your subconscious mind into taking the right kind of actions for success.

Your Daily Task

Visualizing your goals and then forgetting about them is not enough to program your subconscious mind to do the things that you need it to do for success.

Unfortunately, your subconscious is not a computer – you can't just input information into it once. To properly train your subconscious for success, you'll need to constantly remind it of what you are working towards achieving.

With this in mind, a daily task of writing down your main goals is essential. Whenever possible, write down your goals on paper before you go to bed at night or first thing in the morning when you wake up. This simple task of writing things down on paper can have a huge impact on your subconscious mind and act as a frequent reminder of the things that you must do to complete your mission.

Take it further by writing down your goals and placing them somewhere that you can see them – the fridge door, or at your work desk, for example.

Being Specific

Be extremely specific when writing down and visualizing your goals. Do you dream of owning a gorgeous house?

Take it further – write down all of the features that your dream house will have, whether it's a bathroom for every bedroom, a walk-in closet full of designer clothes, a cinema room, or a swimming pool.

Maybe you dream of running your own business. Again, be specific with your visualization. Don't just think of the money that you'll make – imagine yourself interviewing staff, pitching your products and services, signing contracts with huge clients and even visualize an office with your name and 'CEO' on the door.

Even if the end result is not exactly the same as what you have imagined, having clear, specific and precise visual ideas of what you're working towards achieving is hugely influential on the way your subconscious works.

Don't Give Up

After years of creating habitual thought patterns, actions and responses, your subconscious mind is in no shape to be re-programmed in a short amount of time.

Think about it this way – it's already taken all of your life to get your subconscious to how it is today.

Thankfully, you won't have to wait another lifetime for new thought patterns and habits to be formed – but it certainly can't be done in just a few days. From time to time, it's normal to find yourself slipping into old, negative habits or thoughts.

Don't let this discourage you – it's to be expected, and being prepared is the best thing that you can do in order to stay in control. Acknowledge that your subconscious will not change overnight, and you are already half way there.

Chapter Two: Setting Your Goals

We've talked about programming your subconscious to carry out the actions needed to achieve your goals, but what about choosing the goals that you set?

Too often, people give up on their dreams because their goals seem far too unattainable. For example, those living on a low income could dream of becoming a millionaire, but quickly give up on the idea as they believe that it is simply impossible.

But, is it? Many low-earning, average people have beat the odds and become hugely successful, even famous.

Each of these people have one secret in common: A successful mind-set.

How to Build Goals

Take a moment to really think about yourself and the way in which you approach things.

Do you quickly give up on goals that you deem impossible to reach?

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