

Ten Strategies For **YOUR SUCCESS**

A practical guide to skyrocket your success
in all areas of life.

Written by Paul Thomas



**10 quick and easy ways to get
your life on the fast track to
Success**

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Introduction

Thank you for downloading this eBook. It is packed with important information to help **you** become more successful in life. I have included a number of exercises. Doing the exercises is really important. Having the knowledge is great, but **applying** it will really make the difference in your life. Life rewards action!

I have been interested in Personal Development and Self Improvement for over 20 years. I am a certified practitioner in Neuro-Linguistic Programming (NLP) and have attended many other short courses over the years. Applying this knowledge has changed my life in so many ways. I found my ideal partner and have been happily married for over 10 years. I changed career several times without obtaining further qualifications. Four years ago, I moved from London to Sydney in Australia. I found a new job within a week of arriving and made many great new friends within a few short weeks. I have also appeared on TV several times.

All these things happened by applying the principles in this eBook, believing in myself and taking action. At times, it took me out of my comfort zone. However, the results were worth it in so many ways.

Now it's your turn!

1. Change Emotional States with Anchoring

Anchoring is a technique used in Neuro-Linguistic Programming (NLP). It is based on the idea that an external stimulus, triggers an internal emotional response. The external stimulus could be something that we see, hear, feel, taste or smell. Your response is how you feel and act to the external stimulus.

For example, when a person smiles, you feel good and will probably smile back. This is an example of a positive stimulus response or Anchor. The stimulus is the person smiling and your response is feeling good and smiling back.

If you were walking along the street and you heard the screeching of car brakes, you would immediately feel alarmed, fearful and ready to run away from possible danger. This is a negative stimulus response or Anchor.

Other external stimuli that create emotional responses (good or bad) include a red traffic light, phone ringing, someone touching you on your shoulder, dog barking or the smell of food.

So we react to external stimuli all day and every day. It is something that we do naturally. However, it is also something that we can control. We can purposely create anchors to help create positive feelings when we need them.

Anchoring Exercise

1. Start by thinking of a positive emotional state that you would like to have more of. Examples include confidence, relaxation, playfulness, courage, motivation or focus.
2. Now think of a time when you had the positive emotion that you identified in step 1.
3. Now go back to that time and relive the experience in your imagination. Think about where you were, who you were with, how you were talking, how people were responding and how that felt at the time. As you relive this experience, you will notice that you feel more of this state now. Keep reliving this experience until you feel a powerful emotional state right now.
4. When you are reliving this experience fully, touch your thumb and index finger together for a couple of seconds. Congratulations! - You have just created an Anchor!
5. Now get up, have a walk around and return to the present.

6. Let's test this new Anchor. When you are ready, touch your thumb and index finger on the same hand together for a couple of seconds. You will notice those positive feelings returning as you do this. If you don't, then repeat the above steps several times. As you practice, you will get better and each attempt will create a stronger association between the anchor and the emotional state you want to recreate.

Taking Anchoring Further

To create an anchor for a different emotional state, choose a different finger to touch your thumb and then repeat the above steps. You can potentially have 8 different anchors using finger and thumb combinations on both hands. To create further anchors, you can touch a finger or your hand on another part of your body, such as your other hand or hip. In NLP, these are known as Kinesthetic Anchors, because they involve using touch.

You can also create anchors by saying a word out loud or to yourself such as "Yes", "confident", "relaxed" etc. When you are reliving the experience fully (see step 4 above), say the word out loud or silently to yourself. When you say this word in the future, you will notice those positive feelings return. This is known as an Auditory Anchor in NLP.

Some people combine Auditory and Kinesthetic anchors. In step 4, they will touch their finger and thumb and say a word at the same time. This can create a more powerful anchor.

Stacking Anchors

This process involves anchoring several emotional states one after the other. It can be used to create a very powerful emotional state. For example, to combine the emotional states of confidence, courage and motivation, you would start by reliving a time when you felt very confident and anchor that feeling. You would then relive a time you felt courage and anchor that feeling in the same way (e.g. by touching the same finger with the thumb). Finally, you would relive the feeling of motivation and anchor that with the same finger and thumb.

Anchoring Tip

When you are experiencing a positive state in your life right now (e.g. confidence, motivation, fun, laughter etc, anchor it, so that you can recreate that state in the future. This can be more powerful than reliving the experience after it has happened.

2. Changing Beliefs

What is a Belief?

A belief is an acceptance or knowingness that something exists or is true for you. Our beliefs control the decisions that we make and the actions that we take.

Identifying Limiting Beliefs

A limiting belief is something that you believe to be true that isn't. Many limiting beliefs are below your level of awareness, so you don't even realise they are there.

Here is an example. It was once believed that it was impossible for a person to run a mile in less than 4 minutes. Athletes really believed this. Doctors told them it was impossible. However Roger Bannister believed this was possible and managed to run a mile in 3 mins and 59 seconds. Soon after that, a number of other athletes completed a mile in less than 4 minutes. They could now see that it was possible and that changed their belief.

Think about areas of your life that are not going as well as you would like. Maybe, you want to change jobs, but haven't started looking as yet. Or, you want a relationship, but haven't started dating yet. If you haven't taken action, then ask yourself what is holding you back? This will help you identify your limiting beliefs.

Changing Limiting Beliefs

We change our beliefs all the time through our experiences and the events in our lives. Sometimes new information is sufficient to change our beliefs, or taking action will help strengthen a positive belief. Beliefs can also be changed by acting as if it were true, by Visualising, using Affirmations and various Hypnosis and NLP techniques.

Belief Change Exercise

This exercise will help you identify beliefs that may be holding you back and question them. Hopefully you will find that they are not as true as you think they are. This is a simple way to reduce the power of a limiting belief and replace it with a more useful belief.

1. Think of something that you want in your life that seems difficult or impossible to achieve. It could be being a millionaire, overcoming a health challenge or finding the perfect partner.

2. Now ask yourself why this goal is difficult to achieve or out of your reach. Write down your answers. These are your reasons. Some common reasons include.

- I'm not good enough
- I don't deserve this
- I'm not smart enough
- People like me don't achieve this
- I can't do this
- I don't have the experience
- I don't have enough time
- I'm too old (or too young)
- I'm not a good listener, speaker, parent etc.

3. Now take each reason and question it. Get your inner critic involved. Argue against them and prove that they are **wrong**. The goal here is to prove to yourself that these reasons are not true. The table below provides some examples of reasons and questions to challenge them.

Reason	Challenging Questions
I'm not good enough	How do I know that? In what way am I not good enough?
I don't deserve this	Why don't I deserve this? Other people deserve this, so why not me?
I can't do this	Have I ever tried? How do I know that I cannot do it? What would it be like if I could?
I don't have the experience	How do I know that? How much experience do I have? Is experience necessary?
I'm not a good listener, speaker, parent etc	How do I know that? Think of all the times when I was a good listener, speaker, parent etc

Well done! - You have just identified some limiting beliefs. These were your reasons. You then started questioning them and hopefully proved to yourself that your reasons are not true.

One of the best questions to ask yourself is "**What do I believe to be true that isn't?**" This question will really help you challenge some of the limiting beliefs that you currently have. Perhaps it was this question that changed Roger Bannister's mindset into believing that a mile could be completed in less than 4 minutes.

"Whether you think you can, or you think you can't - you're right" - Henry Ford.

3. Play Full Out

I hear the words "Play Full Out" many times from speakers at personal development seminars. Usually it is their way of saying that if you give 100% of your attention, energy and commitment to the seminar, then you will get the most results. I thought about applying this to life in general.

So what does playing full out look like?

- It is being fully present, not distracted by anything else.
- It's about stretching yourself, even if it makes you feel awkward or uncomfortable.
- It's about giving it your best effort, even when you are tired and want to quit.

Playing full out gives a powerful message to your unconscious mind that you are going to give this task your complete attention. Do this regularly and it becomes a habit.

There are other benefits too such as:

1. **You make others raise their game.** Being fully present in a meeting or project has a noticeable impact on others. You raise their energy and enthusiasm.
2. **You learn more.** When playing full out, you are leaning forward, fully engaged, you will absorb and take away more information.
3. **You change more quickly.** We know that it can be difficult to change. It's a lot harder if you're half-hearted or not fully committed. By playing full out, you accelerate your rate of change.
4. **You get a whole lot more done.** If you are 100% involved in a meeting, task or project, you will learn more and do more in less time. This leaves you with more time to have fun or focus on what's really important in your life.

Attention Focusing Exercise

A good area to practice this skill is when listening. I'm sure you have had experiences of your mind wandering when you are listening to other people or information on the Radio or TV. If you are used to Meditating, then you will probably be familiar with this technique already.

Start by focusing 100% on what you are hearing on the Radio or TV. I often do this when listening to music. Listen to every single word or sound. As soon as you notice your mind wandering, gently bring your attention back to what you are hearing. You may need to do this a number of times and that's OK.

Sometimes a minute might go by before you become aware that your mind has wandered. That's OK too. However, as soon as you notice, **gently** bring it back to what you are listening too.

Physiology

Another technique is to adopt the physiology or body language of someone that is playing full out. A person playing full out while listening is likely to be sitting forward, with head up, eyes on the person speaking and probably nodding every so often. By applying this physiology, you will notice that your concentration and listening skills improve.

This is also a good technique to apply when feeling down. Try keeping your head up and smiling. You should notice an immediate change in emotional state. It is impossible to feel down with your head held up high!

When doing an activity that is challenging for you, imagine how a person who has great confidence and ability would do this activity. Take on their physiology and notice how you feel now.

Create a **sense of urgency** with whatever task you are doing. Set a time limit on larger projects. This will give you the mental shift to become more fully involved and will stop procrastination. This can also challenge your beliefs about how long you think a task should take.

Playing full out also means **working smarter rather than harder**. I once heard a saying that "managers do things right, but leaders do the right thing." So, are you doing the right things? - The actions that will take you towards your goals? It is much easier to play full out doing activities that you are passionate about or inspire you.

Practice Playing Full Out

Pick a boring every day task like cleaning, washing up or filing.

Complete this activity, but pretend that you are an actor. This actor is truly passionate about this task. Really play the part. Pretend that every detail is crucial and that you must act with great precision and care. Complete the task with energy and enthusiasm, even if you feel bored. Imagine that there is a \$10,000 cash prize as your reward for the perfect completion of this task. Play full out.

So what was this like? - Hopefully it gave you a greater sense of what playing full out feels like, or at the very least, made that boring task somewhat more interesting!

4. You Get What You Focus On

The BIG mistake that blocks many people from success is THINKING ABOUT WHAT THEY **DON'T** WANT.

Your unconscious mind is like a giant computer that stores every thought, action and experience in your life. The unconscious mind does not decide which experiences are "good" or "bad", it just faithfully stores them. Your unconscious mind then uses previous thoughts, actions and experiences to shape your personality. It also brings these into conscious awareness as the need arises.

A good example of this is buying a new car. You immediately notice other people with the same car. The cars were always there, but you just didn't notice them. Buying that new car impresses that thought on your unconscious mind. The unconscious mind then responds by noticing other cars of the same model.

When presented with a goal, challenge or problem to solve, your unconscious mind will start looking for solutions without you even knowing it. Often the solution comes as an intuitive thought at a time when you are relaxed or thinking about something completely different. Or you pick up on an opportunity that you wouldn't have noticed before.

The unconscious mind doesn't really understand negative language. Here is an example. I would like you to think of a blue elephant. Get a clear image in your mind of a blue elephant right now. Now, I would like you to **not** think of a blue elephant. Could you do that? - No, it's impossible. You have to think of a blue elephant in order to not think about it.

So the more that you think about what you want, the more this impresses on the unconscious mind. The unconscious mind then responds by providing intuitive thoughts, gut feelings and noticing things in your surroundings that will help you achieve what you want.

I also believe that the unconscious mind is linked to the "collective unconscious". Many people refer to this as "The Universe". Have you ever wondered why migratory birds navigate vast distances without getting lost? Could it be that the collective unconscious is guiding them to their destination, like a universal Sat Nav!

So focusing on what you want (rather than what you don't want), allows the collective unconscious to work in your favour. This is one of the principles behind the Law of Attraction.

Start noticing your thoughts. If you are thinking about what you don't want, turn it around into what you do want.

5. Being at Cause

This is another statement that I often hear at seminars or in personal development books.

You can choose to live your life “**at Cause**” or “**at Effect**”.

Being “**at Cause**” is about taking responsibility for everything in your life. It is about being decisive about what you want in life. It is about having choice in how you react to people and situations. It is about seizing the opportunities available. Being “at Cause” gives you the power to change.

Being “**at Effect**” involves blaming others or circumstances for how you feel or for what is happening or not happening in your life. You become dependent on others to feel good about yourself. If you are waiting for something to happen or someone else to change, then you are at effect and have given away your power and choice.

Something might happen to you that appears to be outside of your control. You might lose money because of the recession or develop an illness. It is easy to blame someone or something else for that situation that arose. However, when you do this, you feel helpless and give away your power to the situation that caused the problem. This is an example of being “at Effect”.

You then decide to resolve the situation. You become aware of the many ways to make money or deal with a health concern. You take action. If one thing doesn't work, you explore other possibilities until you reach your goal. This is an example of being “at Cause”.

It is pretty hard to live your life entirely “at Cause”. I know I don't some of the time. However, being aware of Cause and Effect (as you are now) will help you to identify times when you are “at Effect”. You can then change your thoughts and actions to be more “at Cause”.

If it takes some time to change your situation, being “at Cause” will allow you to react to that situation in a positive way. After all, stuff happens, and it's how we react to the stuff that happens that really matters.

Finally, being “at Cause” means that you consider the consequences of your actions on other people, while not taking responsibility for their emotional wellbeing. That's their job, although they may not know that yet! Believing that you are responsible for the emotional wellbeing of someone else, places a heavy burden on you and can be pretty stressful.

“Shallow men believe in luck or in circumstance”. Strong men believe in cause and effect” - Ralph Waldo Emerson.

6. Creative Visualisation

Did you know that your unconscious mind cannot tell the difference between a real experience and one that is vividly imagined. Read that again! So, it really doesn't matter whether you actually experienced the situation or simply visualised it. Your unconscious mind has still faithfully recorded the images, sounds and feelings.

Also, if there is a conflict between your willpower and your imagination, then your imagination will always win. Read that again! So, if you are trying to lose weight by following a strict diet and you imagine the sight, smell and taste of your favourite food. Guess what, you are going to eat that food and then probably feel frustrated, because you gave in to your willpower.

Creative Visualisation is a wonderful technique. It's fun to do and a nice way to improve your emotional state at the same time.

Does Creative Visualisation work?

If you are a little sceptical about Creative Visualisation or would like further information to strengthen your belief, here are some interesting facts.

Most of the best athletes use Creative Visualisation. A study split Olympic athletes into 4 groups. Group 1 received physical training only. Group 2 received 75% physical training and 25% mental training (i.e. Creative Visualisation or "mental rehearsal" as it's sometimes called). Group 3 received 50% physical and 50% mental training. Group 4 received only 25% physical training and 75% mental training.

The researchers found that Group 4 performed the best, highlighting the importance of mental training. The study concluded that mental images affect muscle impulses (or muscle memory). This is now widely understood and accepted in neuroscience and sports psychology.

There are several important requirements for Creative Visualisation to work.

- The visualisations need to be very detailed
- Visualisation exercises need to be performed frequently and consistently (in the case of athletes, as frequently as physical exercise)
- You need to really believe that this technique will work. This will help you stay focussed and practice regularly.
- You want to be in a relaxed and calm state.

Creative Visualisation Exercise

1. Think of a goal. Something that you would like to achieve. The more specific, the better.
2. Sit in a comfortable chair (or lie down). Close your eyes and become aware of your breathing for a couple of minutes. Then imagine a white light over your head. See that light going over your head and face, relaxing all the muscles in the face, neck and shoulders. Then imagine this light moving down your body relaxing your arms, torso, buttocks, legs and feet.
3. Now imagine that you are sitting in your favourite cinema (or at home watching the TV if you prefer). See yourself on the cinema or TV screen having achieved your goal. Notice what you can see, hear and what people are saying to you. Look at all the details, including how you look, your posture and what you are wearing. Notice other people smiling, enjoying talking with you if that's relevant to your goal. Be as specific as possible. If the goal is about earning \$100,000, see that money on your bank statement.
4. Now, jump into the Cinema or TV screen, so that you are now the actor in your own success movie! Continue to notice what you see and hear as graphically as possible. Make the images as big and as colourful as possible. Now notice what you are saying to yourself. Your internal dialogue or self-talk. If it's useful to your goal, notice any smells, taste or touch sensations.
5. Now that you are visualising this goal with all your senses, notice how you feel. You should feel good. Now really intensify this feeling.
6. Finally (and this is optional), you can Anchor this feeling as I explained in the Anchoring section of this eBook. This will make it easier for you to relive this experience in the future.

Your imagination is like a muscle and it will improve with practice. So, if your Visualisations were a little fuzzy, keep at it. Practice regularly and continue to add as many details as you can. This will help implant this "memory" into your unconscious mind.

You can also visualise with your eyes open in the same way as you would when day dreaming. This is great for fitting in some visualisation while doing other tasks such as walking, using public transport or even when staring at a computer screen.

"If you can dream it, you can achieve it" - Zig Ziglar

7. Habit Changing Strategies

Your life at the moment is basically the sum of your habits. If you are in or out of shape, that's a result of your habits. Your level of happiness is also a result of your habits. And how successful or unsuccessful you are is also a result of your habits.

What you repeatedly spend time thinking about and doing each day impresses on your unconscious mind. Over time, this makes you the person you are, affects the things you believe and influences your entire personality.

Our unconscious mind automates as much as possible, so that we don't need to consciously think about everything we do. A good example of this is learning to drive a car. At first, steering, changing gears, breaking and watching the road takes our full attention. As you get proficient, you can do all these tasks automatically and hold a conversation at the same time.

I remember hearing someone say something along the lines of "I have been like this for 20 years. Does that mean it will take me another 20 years to change?" Well, thankfully the answer is No. If you drove the same route to work for 20 years and then a new quicker road is built, you would take the new road straight away. It would become a new habit immediately.

One of the challenges with personal development techniques is making the change habitual. A good way to do this is to **Form a Trigger**. A trigger is something that you do immediately *before* doing your habit. For example, if you wanted to quit smoking, you could practice snapping your fingers each time you felt the urge to pick up a cigarette.

To create a new habit, you want the trigger to be something that is guaranteed to happen each day. Examples include having a shower, brushing your teeth, flushing the toilet, stopping at a red traffic light, receiving a text message or watching a TV commercial.

When this trigger happens, you will remember to perform your new habit. Here are a couple of examples.

1. To lift weights more regularly, place a couple of dumbbells near the entrance to your kitchen. Then every time you enter the kitchen, you will see the dumbbells and perform a couple of dumbbell exercises.
2. When you pick up your toothbrush to brush your teeth, you will remember to perform a quick visualisation exercise. Perhaps even visualise whilst brushing your teeth.

It generally takes around 30 days to change a habit or create a new habit, so persevere until the new habit becomes automatic.

8. Handling Negative Thoughts

The average person has around 60,000 thoughts per day. That's a lot of thoughts and we are usually only aware of a few of them.

All your thoughts are stored in your unconscious mind. If you have a certain thought frequently (positive or negative), then this thought will create a greater impression on your unconscious mind. This causes the thought to come back to your conscious awareness more often.

The unconscious mind tends to take everything literally. Remember about not thinking of a blue elephant? The unconscious doesn't know the difference between a positive and negative thought. It just faithfully stores this information and then uses it again in the future. So, it makes sense to make your thoughts as positive as possible.

“Cancel” Exercise

Before you change your thoughts, you first need to become aware of them. Here is a great exercise to help you identify and then change negative thoughts right away. You can do this exercise at anytime or anywhere, and ideally whenever you become aware of a negative thought.

When you notice a negative thought, mentally say the word “Cancel” to yourself and then gently change this thought to something positive. That's it. The key here is to do this gently and whenever you remember.

What you are doing is catching the negative thought, before you start to dwell on it. You are also strengthening your mental muscle. The one that let's you choose what to think.

Have fun with this exercise and don't beat yourself up if you forget or have many negative thoughts. We all have to start somewhere.

You are Not your thoughts

Most of those 60,000 daily thoughts are simply our unconscious mind bringing previously stored thoughts back into our awareness. We have very little control over these thoughts and it's important to realise that these random thoughts are not you. They are just mental traffic.

When you notice a thought and say the word “Cancel”, that is **You** controlling your thoughts. When you change a negative thought into a positive thought, that is **You** changing that thought. When you multiply 32 by 13, that is **You** performing that calculation in your head.

Think of the thoughts that you consciously initiate or change as being part of You. All other thoughts (although useful sometimes) are simply mental traffic, as your unconscious mind replays old thoughts. The only exception is when an **intuitive thought** appears. That is your unconscious mind processing information and coming up with a solution for you.

Detaching the You from your thoughts, makes it easier to detach the negative feelings that come from negative thoughts as well. It's like you are creating some distance between You and your thoughts.

Self Talk

Many people think by saying things to themselves. This is known as Self-Talk or Internal Dialogue. When becoming aware of your self-talk, notice what you say to yourself and **how** you say it.

Is your self-talk loud and authoritarian? - perhaps sounding like a parent or school teacher. If it is, ask yourself, would I speak to my best friend like that? - probably not! Also notice the words that you use and ask yourself again, would I say this to my best friend? - probably not!

Thinking of it this way is a great way to change the tonality and language that you say in your own head.

Self Talk Exercise

1. Find a quiet place, close your eyes and become aware of what you are saying to yourself.
2. Change the tone of your self talk so that it's the same tone of voice as your favourite comedian.
3. Now change the tone and the words of your self talk to the way that your best friend would talk to you.
4. Practice slowing down your self talk, so that it's really really slow.
5. Imagine your self talk becoming quieter and quieter until you can hardly hear it.

So how was that? What you will have found is that any negative feelings associated with your self talk will have reduced as you experimented with the different changes in this exercise.

Finally, it is important to remember that everyone has a few negative thoughts. It's part of being human. It can also be the mind's way of saying that something is not a good idea.

9. Gratitude

One of the keys to happiness is being grateful and appreciating what you already have. When day to day life is broadly the same, the mind tends to ignore the good things and focus on the things that we want. We do something different like go camping for the weekend and we suddenly appreciate our creature comforts again. Or you have an injury that makes you less mobile and you really appreciate being able to walk or run again when the injury heals. Or you spend time away from a loved one and you really appreciate it when he or she returns.

The mind tends to notice differences and ignores things that are the broadly the same each day. That's why we often take people or things for granted until they are not there anymore.

Gratitude is simply appreciating what you already have. Noticing things to be grateful about on a daily basis is a great way to feel happier. Do this regularly and it becomes a habit and starts to influence your personality in a positive way. It feels good too. Being grateful is also associated with increased levels of energy, optimism and empathy.

Regular thoughts of gratitude will impress your unconscious mind and you will start to notice more things to be grateful for. It is also a key component of the Law of Attraction. By being grateful for what you already have, you send out a signal to the universe that you want more things to be grateful about. So you attract new people, opportunities and things into your life by giving out a vibe of gratitude.

Gratitude Exercise

1. Write down a list of all the things that you are grateful for. Consider all areas of your life such as your career, friends, home, relationships, health, finances, interests and possessions. Aim for a list of 20 or more things that you are grateful for.
2. Refer to this list often, ideally once a day as a minimum. See if you can memorise it.
3. Take a few minutes each day to really appreciate what you already have.
4. When you notice negative thoughts, you can mentally say "Cancel" and then replace them with something in your life that you are grateful for.

"Gratitude feels so good because it is a state of mind closest to your natural state in which you were born to live" - Abraham Hicks.

10. Affirmations

An affirmation is a carefully worded statement about something that you want in your life. It is a sentence or phrase that you repeat regularly to yourself.

Affirmations are a great way of impressing what you want on your unconscious mind. The more often you think, say or write down your affirmations, the more your unconscious mind thinks they are real. Your unconscious mind will then start bringing into your conscious awareness, people, situations and things that will help your affirmation become true for you.

Tips for writing great Affirmations

Here are some tips for writing a great affirmation.

1. Always state your affirmation in the **Positive**. For example, "My arm is healing perfectly" is better than "The pain in my arm is going away".
2. State your affirmation in the **Present Tense**. For example, "I **now** have \$100,000 in my bank account is better than "I want \$100,000 in my bank account". Or "I **am** confident and successful" rather than "I will be confident and successful".
3. Make your affirmation **Specific**. For example, "I have \$100,000 in my bank account now" is more specific than "I am making more money now".
4. Use qualitative words such as "faster, "easier" or "even more". For example, "I find exercising even easier now", or "I am even more relaxed now".
5. Start your affirmations with "Everyday", "Everytime" or "Everywhere". This will emphasise the present tense even more, cover more contexts and help make the affirmation stick in the unconscious mind. For example, "Everyday, I find it easier to speak confidently to my manager"

When to use Affirmations

Affirmations work great when you are in a relaxed state. In this state, your unconscious mind is more receptive to information and your concentration is better. This is a great state for learning which makes it great for affirmations too.

This is why affirmations are often used in Hypnosis and Meditation. In Hypnosis, affirmations tend to be known as "suggestions". So, find times when you tend to be relaxed and repeat affirmations then. First thing in the morning and last thing at night are often good times.

I also recommend repeating affirmations when you notice negative thoughts or feelings. When you notice a negative thought, mentally say "Cancel" and then mentally state one or more of your affirmations.

If you find that you forget, then refer to the previous chapter on habits and find a trigger that will prompt you to recite an affirmation.

Making Affirmations More Effective

When repeating affirmations, say them with passion and energy. This positive emotion will impress your unconscious mind more fully. It also creates a more powerful thought vibration that resonates with the collective unconscious mind or the Universe. It makes you feel good too!

Involve other senses. For example, you can visualise a situation where you see your affirmation becoming true. Or you can visualise the words of the affirmation as you say them.

Writing affirmations down will involve your sense of touch as you write them down or type them into a computer. You also see the words as you are writing or typing them.

You can record your affirmations on your smart phone or computer and then listen to them when doing other tasks. Although your mind will be occupied on other things, you will find that your mind will pick up on the affirmations at the same time. You can also add some of your favourite music as a background track.

When repeating affirmations, look out for thoughts or mental imagery that contradicts the affirmation. For example, if after repeating your affirmation, your self talk says something like "You will never do that", then use the belief exercise to convince yourself that this is not true.

Watch out for mental images that contradict your affirmation. For example, if you have an affirmation to eat healthy food and then you visualise the smell and taste of pizza, then your imagination is likely to impress your unconscious more than your affirmation. If this happens, try making the image smaller, further away and in black and white.

Create at least five affirmations. Repeat them several times a day for 30 days and notice how your life changes.

"Affirmations are our mental vitamins, providing the supplementary positive thoughts we need to balance the barrage of negative events and thoughts we experience daily." - Tim Walker

Conclusion

Hope you enjoyed reading this eBook and have started applying these strategies and techniques in your own life right now.

Did you do the exercises? - If not, go back and do them NOW! Becoming successful involves taking action on what you've learnt. Doing the exercises is also fun and helps you learn more about yourself. Remember "Life Rewards Action!"

If you have any questions on anything covered in this eBook, please feel free to email me at paul@selfhelpforlife.com.

To your success and happiness.

Paul Thomas
Author
Ten Strategies for Your Success