

7 Ways To Program Yourself For Greater Success

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“Many of lives failures are people who did not realize how close they were to success when they gave up”

Thomas Alva Edison

Failure is a part of our lives. It's a fact.

We cannot eliminate failure all together from our every day experiences. There is not a single person on earth, who never failed in anything in his/her life. Even the most successful people have failures, many times during their lifetime.

So accept it, failures exist whether we like it or not.

But don't worry; there is still hope to live a more successful life.

We cannot eliminate failure, but we can eliminate our fear of failure! We can train ourselves not to expect it, but when it happens accept it.

In this e-book I will show you 7 ways to approach a certain aspect of life, in which you want to be successful (and it doesn't have to be financial success) and each way will help you reduce failure along the way, and get you to your final goal, which is.....SUCCESS!

Now let's talk about success.

What is success anyway? Success is the realization of our goals. It's basically to have a plan, and not quitting until we finish it, until we succeed.

Give up, and all you achieved is failure. Keep trying, and sooner or later success will be yours.

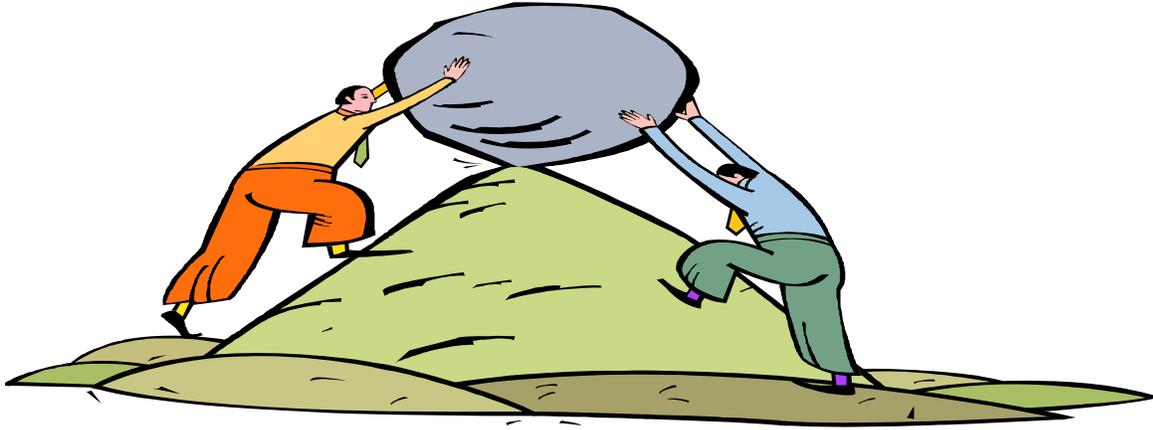
What do you think makes some people successful and others not. Do you think it's because they are simply luckier than others, or more talented than others?

I believe successful people get where they are, because they possess some attributes which are crucial in achieving goals. They have the ability to walk the road, all the way to success, even if it's not an easy walk, not even for them, but they have an approach to the task in front of them, different than most other people.

They don't let failure intimidate them. When failure happens, they (and you should to) take it as it is. Think about it as a lesson. Don't get depressed, and most importantly don't give up.

Keep believing in yourself, have confidence, and this by itself will make the road to achievement already easier.

I know it's easy to say, but life is hard. Well it only gets harder if we believe it's hard.



If you don't believe you can succeed, you already failed you just haven't realized it yet.

And don't forget, failure only becomes reality, if you give up your plan. When you keep going, and reach your goal, failure merely becomes an obstacle, what needed to be removed from the road leading to your success.

So let me correct myself. I said we can't eliminate failure all together.

Well, by achieving success, we didn't let failure to become reality, so we actually did it, we eliminated failure!

See I told you, **DON'T WORRY!**

On the next few pages I will tell you some of the most important aspects of success, which will help you to get into the right mindset, which will give you the power to think and act like successful people do, and which will ultimately lead you to a point in your life, when you can sit back, relax, and you can

finally say: Yes, I did it. I'm SUCCESSFUL!

Well this time will come, faster than you think, but it's all up to you. You have to walk this way, and you have some work ahead of you.

Nothing will come from sitting around and just dreaming about success. You have to do something for it.

And with this we arrived to our first point.

1. Take action

The longer you wait to take action, the harder it's going to be to actually get started.

Every day, every hour you spend waiting, will only give time to question yourself. You will come up with multiple reasons for why you shouldn't go further, and those reasons will only reinforce your fear of failure. And now we are back to the first problem. You thinking - What if I fail? - Or even worst - I'm going to fail anyway, so why bother?

Do this, and you failed before you even started. Remember, you have to believe in success, and not think about failure.

So stop making excuses; that is the easiest thing to do. In one

minute you can make up several “good” excuses for yourself, yet it only takes a second to get things going. Once you passed that first second you are already in the process of doing it, so you over the hardest part, which is getting started.

You can wait for better conditions, or till you going to be more prepared, but the truth is you never goanna be more prepared than at that moment, when you finally decide to go forward, and you finally start to believe: Yes, I can do it!

So let's do it!!

Believe me, once you did, you will feel great about yourself. You just made the first step towards your goal. You stopped dreaming about your future, you actually started creating it.

Now let me give you a couple of tips to get you over that first step.

Stop worrying about perfection. You don't have to know every single detail of the process before you get started.

Perfection will come from experience, experience will come from practice, and practice only comes from taking action.

Don't worry about what others say. They might think they helping you, trying to save you from disappointment, but all they do is get you to start questioning yourself, which we know leads to no good.

Remember, this is your quest, and you are the only reason why you should succeed, or not.

Do you really want change in your life?

Then, what are you waiting for. Not doing anything is worst than doing something, but not too good. At least this way you will gain some experience, so the next time you will know better.

Even if your dream seems to be too big for you at this moment, you don't have to fulfill it right now, but you can start it today.

To just seat around, and do nothing only means, that you making peace with your present situation, it's like you yield to your fate.



Well it's time to move your life forward, and get over your laziness.

To do this you are going to need a fair amount of the following.

2. Will power

The concept of willpower is not always easy to explain.

Some say, that people have different levels of will power. Others think that will power doesn't exist at all. They argue that even individuals, who suppose to have strong will or willpower, can triumph in one task, let's say quitting smoking, but fail in the other, like gaining weight.

For now I'd like to stay with the most widely accepted determination.

Will power is simply our ability to overcome laziness. It's the boost needed to set a course of action, and take that important first step, what we already talked about.

I said boost, because will power thought to be limited. You can only use will power for a short period of time, after it will run out.

So it's seems to be important to use it with such force, that is able to make significant changes at the beginning, so later on, a smaller force will be enough to keep your plan going.

Let's say you decided you want to be successful in internet

marketing. You want to promote somebody's e-book, or write your own stuff.

Once you have a plan how to do it, get to work.

If you need to create a website, get some software to build it. I recommend [XSitepro](#).

If you need a hosting provider for your site, try [Hostgator](#).

For a reliable auto responder (very important in internet marketing) I recommend [AWeber](#).

Try to get done as much as possible in the first couple of days, without overworking yourself. Start working with an intensive and creative force, but be careful, not to exceed your limits. In this case later on, when your willpower starts to fade, you can look back and see how much you already accomplished. This will give you a motivational boost, so you can keep your plan going even with little willpower left.

Even though your willpower is limited, just like everything, it can be built up with practice.

Perhaps it's difficult for you to tackle a big chunk of the task for the first time.

The best approach for you would be than, to break up the task to small pieces.

Let's say, you need to work on that e-book, or report, which you are trying to promote.

Instead of making you doing the whole process, try to take it

step by step.

First just make yourself go to your computer. Then just make yourself turn it on. Will yourself to take one small step at a time. This way tackling the whole thing becomes much easier.

To find out more on willpower, and some of the other subjects I will mention later, I recommend you to check out [Successconsciousness](#).

Remember, you in the process of acquiring a new skill: the skill of being successful.

To get that new skill, you need learning. You need to get as much information on that subject, as you can handle.

I encourage you to gather related material, to widen your knowledge.

Nothing comes free. You get as much result out of something as the effort you willing to put in.

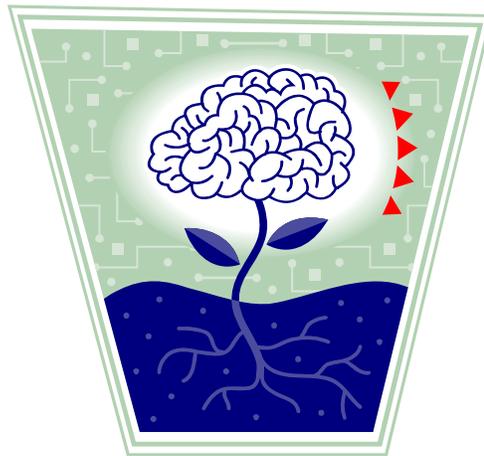
Success not only starts with a good plan. Success also starts with the right mindset. Some people already in this mindset naturally, while others, like yourself, (because who are we kidding? Isn't it the reason you reading this e-book?) need some advice how to reach that.

This is the natural way of how our civilization evolves. People acquire some knowledge, pass it on to others. Those others adopt that knowledge as their own, use it, perfect

it, and pass it to others again.

It's never too late to learn something new!

Later on I will give you some more recommendations, but now let's get back to our concept.



3. Positive thinking

Your thoughts influence your life more than you think.

The concept of mind, creating reality was present for centuries, and although it was mainly part of the so called mystical, or occult teachings, lately it's started to gain some credibility through scientific fields, such as quantum physics.

But even today, when people hear about such concepts, they take it with a great amount of skepticism.

Well, this is a normal reaction, since people tend to believe only the things, what they can experience with their own senses, or what are easy to explain and understand.

The concept of quantum physics and quantum mechanics is not an easy thing to understand, but I believe it's going to be a very important tool in understanding some of the big mysteries of life. It has the potential to explain things, which are now considered paranormal, supernatural, or simply magical.

No, I'm not saying that you have to start believing in fairy tales, all I'm saying is that you have to keep an open mind.

We certainly don't know everything about the world. We may not go to know everything for sure, but we will definitely going to know more in the following years.

This knowledge might completely change the way we look at our world, our life, and our whole existence, but you should not fear this change. You should be excited about it, because the more you know about the world, the more chance you have, to control it, to be in charge. And once you are in charge, achieving your goals become much easier.

But now let's get back to positive thinking.

Positive thinking should mean, that you think about good ideas, you have a good feeling about yourself, and you expect a positive outcome from your actions.

How many times you heard from someone, when you were down: **Think positive!**

You probably even used this sentence yourself a couple of times.

Well it's easy to say, I know, but it's not that easy to accomplish all the time.

Here comes practice again.

You need to train your mind, to create positive thoughts, and eliminate negative ones.

Think about your brain as a computer. Your mind is the operational system. Your positive thoughts are productive programs. They run your consciousness smoothly, until negative thoughts come along.

Negative thoughts are like viruses. They infect your mind, and if there are enough of them, then the whole system will crash.

When you filled with negative thoughts, you can't do anything productive. You lose concentration, determination, and most of all you lose faith.

Without faith you can't succeed!

You have to believe in yourself, otherwise the effort you put in, won't equal the amount needed to reach your goal. You need positive thoughts to reinforce your faith in yourself, and you need belief to grab your desire and make it come true.

Optimism is one of the most important driving forces behind success. Positive thinking and optimism should become a habit of yours.

Do you know any successful people who are not optimistic? Of course not. They naturally are and if you are not, than you should be focusing on to become one. Optimism will give you energy to complete your plan.

Even reading related materials, found on sites like [MindBooks](#) , will give you a more optimistic look on the future.

4. Visualization

Visualization is the process of picturing a certain scenario in your mind, with a favorable outcome.

It is basically imagining your goal. Using mental images to picture the things that you want to happen.

Visualization is used by people in all sort of life. Athletes, businessman, artists... They all use this technique.

When used in the right way, it can give you a huge increase in your confidence level. Combined with positive thinking, it will ensure a positive outcome for your actions.

The secret seem to be picturing yourself, as you have already reached the wanted outcome. The trick is that you need to fool your subconscious, which doesn't make a difference between real or imaginary images.

Visualizing your success will make your mind believe in it.

Let say, you want a new house. Picture you buying the house, or already owning it. See yourself sitting outside on your new deck, or in the garden.

Pay attention to details. See the colors of the leaves on the trees, feel the scent of the flowers, hear the sound of birds.

Believe what you see, and one day you will actually see what you believe.

Try to avoid picturing negative outcomes. If you are in front of an important task, stop worrying about negative outcomes, by visualizing them. You will only lose focus, and concentration.

Don't write a sad ending for a story you just began to write. Use the method, which works for Hollywood too. Create stories only with happy endings.

But seriously, troubling thoughts not only jeopardize your success, they will have a negative effect on your body too.

Negative thoughts will lead to stress and anxiety, and I don't have to tell you that those things are bad for your health.

The way you think, determine who you are. Without successful thinking, there isn't any kind of success.

Remember the story doesn't only start in your mind. Your mind creates the whole story.

So try to pick a good finish for it.

The power of visualization most recently was presented by the book and movie, The Secret. To find out how to use the Law of Attraction, I recommend you to check out [TheSGRprogram](#). It's also a great tool to start making money, if you looking for financial success.

Remember taking action where it all starts.

5. Affirmation

Affirmations are the thoughts and words, that are create and reinforce you in what you believe.

These words can be actual spoken words, or just the kind of self talk or inner talk, which your consciousness uses to communicate with your subconscious.

Affirmations form your belief system from early childhood.

Just like thoughts, these words can be positive or negative.

Let's use the computer example again. Your mind is like a constantly evolving computer. From the moment you were born, it starts to fill up its memory with information.

The information, what is stored in your mind, will soon lead to creating thoughts, programs.

As your mind evolves, the programs needs to evolve as well. The same thoughts that you had as a child, might helped you through difficult situations then, but they won't necessary work for you as an adult, they might even work against you. Those are the ones that needs to be updated.

With positive affirmation you can rewrite those counterproductive programs (thoughts), and turn them into positive ones.

This will help you create productive beliefs, and will move you towards your ultimate goal, which is success.

By doing this, you already reached success in one thing, and that is taking control of your life. You do this by taking control of your mind.

Don't let your mind produce thoughts you wish you never had, but learn to dictate your mind to create only thoughts, that you want.

Affirmations are tools to make changes for a better you, and let

go off the past, in order to get rid of those unwanted programs.

They are basically statements to strengthen your belief in certain things.

And the most important thing to believe in is **you**.

6. Self-esteem

Self-esteem is your own image of yourself, what you built up through your life experiences.

It is the way you value yourself, and it is the way you measure your own worth, or how much you think you worth.

Low self- esteem means, you undervalue yourself, and don't believe you are capable of doing something, even when that same thing would be an easy task for you, with a little more confidence.

It makes you feel insecure, and unhappy. It can cause you depression, or can give you the feeling, that the things you want to achieve, are too big for you, so it makes you hesitate, it makes you feel lost, and powerless.

This is clearly not the way to became successful.

If your self-esteem is low, than you need to work on it. You have to improve your confidence, to be able to live a happy and self-fulfilling life.

You create your image not only from the way you look at yourself, but from what others say, and think about you.

Criticism can be a positive thing, when it helps you evaluate your mistakes, or your imperfections. However in many cases it will only drag you down, and lower your self-esteem.

So what to do?

I'm not saying, that you shouldn't listen to anybody at all (although your self confidence is only in your mind, so you should be the one in charge of it), but you have to be selective when other people criticize you, and most importantly you should never let criticism discourage you.

Take a look at the people who are criticizing you. Does he/she really in a position to give you lessons? Does he/she have a good intent in mind? Does it really matter what he/she saying?

Even if it does, don't worry. **Nobody is perfect!**

When you realize your mistakes, don't be depressed by them. Try to use them as a confidence builder, because the moment you know, what was the thing you did wrong, you already became a better person, since in the future you will know not to make that same mistake.

It's not like you failed in something. The only thing happened is, that you became wiser, and you gained a little more knowledge to help you out in your quest of achieving your goals.

Of course building self-esteem might be a difficult thing to do on your own, so you might need some help.

In this case sites like [Self-esteem Now](#) can help you out.

Don't forget that you need to change your attitude, maybe even your personality, in order to reach your goals. For this you have to gather information. You need to study, how to get your mind working for you, to turn it into a successful mind.

When you look for this information, you will find different sources with maybe different approaches, but they all have the same purpose, and that is to guide you through this process. So look around, find the ones that suit you, and follow them. They will help you, all you have to do is listen and keep your focus.

And with this we arrived to the last segment.

7. Concentration

Concentration is focused attention. It's your ability to direct your attention towards one subject or thought.

By doing this, all other subjects or thoughts become irrelevant, so you use your mind in the most efficient way.

You don't waste energy on unimportant subjects, or on troubling thoughts, so you have more energy pointing towards the desired subject.

Keeping your focus sharp, will enable you to handle situations better, and get things done faster.

It will help you to obtain and understand information with a greater speed, and make you study new things much faster.

All together it is essential for success, and it plays a crucial part in mastering all the above mentioned attributes.

It will give you the power to keep your thoughts organized. You can separate important ones from not to important, and gives you a chance to focus on positive thoughts, instead of those annoying negative ones.

To keep your concentration is not an easy task to do in today's world. Take a look at how many people suffer from ADD (Attention Deficit Disorder).

It is not surprising since we live in a world full of devices that keep bombarding us with information all day long (television, cell phones, the internet). Especially if you live in a big city, there are multiple factors and noises what can break your concentration at any minute.

So today it's more important than ever, to develop strong concentration, as a skill of your own.

To help you in that I recommend you to try [Hypnosisdownloads](#). This site can help you to develop strong focus, as well as many other skills I mentioned before, thru the power of hypnosis.

Well, with this we arrived to the end of this introduction, which was meant to give you some advice on how to prepare yourself, and especially your mind, to achieve what you always wanted to achieve, and to become the successful and happy person you were meant to be.

But remember, you have to educate yourself to do this transformation. Do your homework well, and the life you always wanted to live will be shortly reality, not just a dream.

I wish you a long, healthy and very successful life!

Szabolcs Biro

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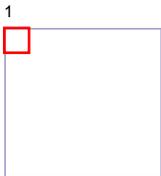
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Refund policy

Refunds Accepted
Refunds must be requested within
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