18 WAYS TO PROGRAM THE MIND FOR SUCCESS

Brian Tracy

1. All Causation Is Mental

- How You Use Your Mind Determines
 Your Success
 - Improve the Quality of your Thinking and You Improve the Quality of Your Life

2. The Law of Expectations

- Whatever you Expect with Confidence (positive or negative) becomes your Reality
 - Expect to Succeed and you Will
 - Apply Talents and Abilities to Opportunities

3. The Law of Attraction

- You are a living Magnet
 - Your Emotionalized thoughts create a force field
 - Energy that radiates out from you
 - Energy that attracts people and circumstances
 - These are in Harmony
 - Emotionalized thoughts are the Key

4. The Law of Correspondence

- As Within, so Without
 - The outer World Reflects our Inner world
 - What's happening outside corresponds to what's happening inside
 - Conscious and subconscious levels
 - Outer world of people
 - Relationships
 - Wealth

5. The Parable of the Talents

- Fill the Mind with Thoughts, Pictures and the Consciousness of Wealth
 - The Rich get richer
 - Accumulate Knowledge
 - Books, Magazines, Audio, Video and Seminars
 - Begin now to save and Accumulate Money
 - This starts the corresponding flow of money towards you
 - Use your accumulated Experience
- Everything that You do Counts
 - Everything you do should move you towards your Goals

6. The Law of Accumulation

- Everything accumulates over Time
 - The sum total of many, many tiny efforts
 - Planting and reaping a harvest from a grain of corn
 - A snow ball rolling forward

7. The Law of Belief

- Whatever you believe with Feeling, Becomes Your Reality
 - Successful People Believe they have the Ability to Succeed
 - Build a Prosperity Consciousness
 - Make it Inevitable that you Succeed
 - Positive Knowing

8. Will Power

- Confidence, Conviction, Faith in the Ability to Triumph
 - Repetitions
 - Reading Biographies
 - Working on Goals
 - Tapes
 - Books

9. Success is Rear

- Positive Knowing
 - No Matter What, You Know You Will Succeed
 - Get Active
 - What is your Aim

10. Self Mastery is Essential For Success

- Control over Your thoughts and Emotions is The Key
 - Talk and think only on the things you desire
 - Master and Control your Actions
 - If Your are hard on yourself, Life will be easy on You
 - Fill The Mind with thoughts that are Consistent with your Desires

11. A Burning All Consuming Desire For Wealth

- This the Beginning of Financial Success
 - Decide that you want to make a lot of money
 - That you want to be a Millionaire

12. Set a Specific Goal For Financial Achievement

- Write it down
- Set a Deadline
- Set a detailed Plan for its Achievement
 - Set a 12 month plan to increase income by 50%
 - Begin, Act, Get Going
 - Raise the goal as you get closer to completion
- Be Clear about the Goal
- Be Flexible about the Process

13. Practice Visualization

- Clear Mental Pictures
 - Causative Thinking
 - Steps to be taken for achievement
 - Clear Mental pictures activate the sub and super conscious minds
 - Length of Visualization
 - Frequency on a day to day basis
 - Intensity, emotion, passion
 - Vividness, how clear is the visualization
 - Develop a Treasure Map Watch it over and over

14. Positive Self - Talk

- Talk to yourself positively all the time
 - I Can Do It
 - I Make a Million
 - I'm The Best
 - A continuous positive inner dialogue that is consistent with goals

15. Always Feed the Mind Positively

- Read Stories, Books, Seminars and Articles about other Successful People
 - Visualize, Fantasize, Emotionalize
 - Role Models magnetize the mind
 - Read everything you can about financial success
 - Become a Roads Scholar utilize driving time

16. Associate only with Success Oriented Positive People

- Get around Winners
 - Fly with the Eagles
 - Seek out Positive People

17. Think about and Visualize your Goals as Realities

- Last thing at Night, First Thing in the Morning
 - See the Goal as already in existence
 - Activate the Subconscious with present tense pictures and affirmations

18. Reflect on Goals Daily

- 30 60 Minutes in Morning
 - The Golden Hour (The Rudder Of The Day) by Yourself
 - Review Plans for Accomplishing Goals
 - Think of Better ways to Accomplish Goals
 - Reflect on the valuable Lessons learning
 - Visualize goal as a reality
 - Rewrite major goals in present tense as if already reality