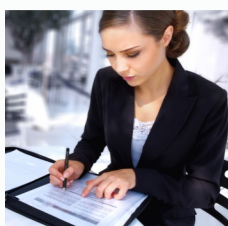


# RE-FOCUS: SUCCESS IS NOW



## SELF-EMPOWERMENT

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CHANGING FROM WITHIN



MY ENERGY



MY BARRIERS



SELF-LOVE



BELIEVING IN MYSELF

BY MARVIN MACK

YOUR PERSONAL DEVELOPMENT COACH



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**It Is A Fact** that success means nothing if our health is failing. If it is our intent to materialize successful romantic relationships, professional advancement or financial wealth, then our #1 goal must be to develop a healthier stronger mind, body and spirit. At this level of empowerment not only are we strong enough to overcome life challenges to succeed, but we are more open and receptive to attracting and drawing to ourselves our true goals and desires.



**Fitting Exercise Into A Busy Schedule** - You can find a way to add simple, quick exercises to your daily regimens for a slimmer waistline, increased energy, and a happier life.



**Amazing Weight Loss & Health Tips and Discover 100 Ways to Lose 10 Pounds, Feel Better & Become Healthier ...** - What you should always do before you sit down to eat if you really want to lose weight fast! What foods are good to eat – and what foods you should stay away from at all costs!



**Banish Bad Habits - How to free Yourself From Bad Habits, Forever** - You'll learn how to replace your bad habits with healthy new habits. Focusing on your new lifestyle is like freeing the hand tied behind your back—suddenly you have power to bring about the change you desire.



**Stress Management- How To Break Free From a Stressful Life** - Do you really want to go through the rest of your life feeling "stressed out?" Do you like the idea of feeling "out of control" and that everything in life is a trial? Perhaps it is time for you to confront this situation and seek help to restore some sort of balance in your life and break free from this cycle.



**Balance Your Life** - Is your life out of balance? If so, then the book, 'Balance Your Life - The Complete Guide to Managing Work and Family', is definitely something you need!

**And Much More ...**



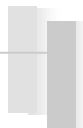


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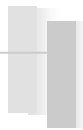
## Re-Focus: Success Is Now



### 4 Daily Renewals For Self-Empowerment

1. 4 Important Questions (A Self-Discovery Process)
2. I Am The Presence and the Power of Love
3. I Am The Greatest
4. I Am Empowered





## A Template for “Discovering the Power Within Yourself” 4 Important Questions

*You must ask and answer for yourself!*

If you need some help getting started, please use the following template for discovering the power within yourself. (Again, you must come to your own revelations as to the meaning of these words in order for them to be effective in your life.)

**Who am I?** You are the presence and the power of love. Therefore, you are powerful beyond measure. Love is more powerful than anything or anyone that attempts to destroy it. This includes illness, negative people or situations, etc. As you come to this realization, you will be a more powerful person. This realization will allow you to overcome your life challenges, whatever they might be, and achieve authentic success.

**What is My purpose in the world?** Your main purpose is to discover how profoundly powerful you are to create Love, Joy, Peace and Great Riches in this world. Your purpose is to be Great and to share that greatness with the world. This attitude will show in the quality work that you do and the service you provide; be it at home, work or school. Whatever you do, you will do it with excellence.

**What do I desire in order to be happy and successful?** Your ultimate desire is to be a powerful person and to consistently experience love, joy, peace and prosperity. As these desires become your focus, you will begin to attract the external elements that you need – to be happy and successful. This is how you will achieve authentic success.

**How should I overcome My life challenges in order to accomplish my goals?** You are supposed to react and respond powerfully to negative situations and people. If your intention is to succeed, it will never matter the situation or person, you will deal with it powerfully.







## **I Am The Presence and the Power of Love**

**I Love Myself Unconditionally** – My love for myself is not regulated by my successes, failures or who likes me or not. I love myself unconditionally because I am unconditional love. At this level of empowerment, I attract and draw to myself the love, joy, peace and great riches I truly desire and deserve.

**I Am Responsible for My Life** – I take full responsibility for healing and transforming my life to achieve my personal and professional goals and desires.

**I Am Perfect Health** – Every bone, muscle, tissue and cell of my body is filled with love and perfection. Therefore, I am eternally youthful, beautiful and in perfect health.

**I Am Forgiving** – I forgive myself and other people for any wrongdoings; therefore, I am free from guilt, shame and resentment. I have learned the lesson and now I am prepared to go to my next level of love, joy, peace and prosperity.

**I Am Standing on Solid Ground** – I am powerful enough to stop allowing negative people, situations and circumstances to have power and control over me. Therefore, there is nothing or no one that can stop me from loving, believing and having confidence in myself.

**I Only Have Loving Relationships With Everyone** (Family, Friends, Enemies, The World) – I love, respect and appreciate myself; therefore, I treat everyone with love and respect. I no longer feel the need to please people or understand why they do what they do. I accept people for who they are because I know who I Am. I give Love. I give Love. I give Love.

**I Am Living my Life On Purpose** – My main purpose is to discover how profoundly powerful I am to create Love, Joy, Peace and Great Riches in this world.

**I Am Free, Free, Free** – I am free because I know who I am, and I know that I can do all things with love that supports and strengthens me. Now, I operate at my fullest potential to achieve my personal and professional goals and desires.

In the name of Love, I am Love and I am willing to see and experience Love in this world.







## **I Am The Greatest**

**I Feel Great  
I Look Great  
I Am Great**

**I Am Powerful** – I am spiritually, mentally and physically strong enough to overcome my life challenges to achieve my goals and desires. I am powerful enough to fulfill my purpose and achieve the love, joy, peace and great riches I truly desire and deserve!

**I Am Intelligent** - I have the brainpower to create, orchestrate and manifest greatness in my life. I learn and master any information or skill because I am a thinker and I use my brain to think. My mind is strong enough to visualize and manifest anything that my heart desires.

**I Am Courageous** – I fear nothing or no one. I am the presence and the power of love. Love is the most powerful force on earth. Therefore, I am powerful enough to overcome my fears, doubts and insecurities to achieve my heart's desires. I can do all things with love that supports and strengthens me.

**I Am Unique** – I am a special individual expression of love. Only I can do things the way that I do them. I add something extra special to this world.

**I Am Beautiful** – I am beautiful because I am the Presence and the Power of Love.

**I Am The Greatest**

**I Feel Great! I Look Great! I Am Great!**

**I Give Thanks!**







## **I Am Empowered**

- 1. I plan, manage and organize myself to focus, execute, meet deadlines and achieve my daily goals and objectives.**
- 2. I present and communicate myself confidently and effectively to get what I need from people.**
- 3. I am mentally, emotionally and physically strong enough to overcome my life challenges, such as: multiple projects, energy crises and negative people.**
- 4. I react and respond to all conflicts in a powerful manner.**
- 5. I give quality service in a professional manner to be successful now.**
- 6. I enjoy harmonious relationships with everyone: family, friends, enemies, and the world.**
- 7. I love, respect and appreciate myself. I believe in myself. I believe that I will materialize my goals and desires.**
- 8. I am open and receptive to discovering my highest potential to achieve the love, joy, peace and great riches I truly desire and deserve.**
- 9. I am Energy. I am Passion. I am Free. I Am Empowered.**
- 10. I give thanks. I give thanks. I give thanks.**





## Changing From The Inside Out



### Master The Process of Change

- ❖ Changing From The Inside Out  
“Lose The Weight & Keep It Off”
- ❖ 5 Misperceptions About “Change”
- ❖ 5 Step Process for “Real Change”
- ❖ Conscious Living – A 5 Step Process





## **Lose The Weight & Keep It Off**

**“A short story about Getting to the root of the problem”**

A few years ago I was overweight, unhealthy and angry. Even though I was successful professionally, I still felt like a failure because of the weight. I never saw myself gaining weight nor did I see myself starting to feel uncomfortable or unhappy with myself. I was 40 pounds overweight before I noticed the excess and my limitations because of the excess. Since I wanted to attract a romantic partner, and be socially accepted, I began a rigid diet and exercise routine. I curbed my intake of certain foods, and went to the gym 7 days a week. In 3 months, I lost 40 pounds.

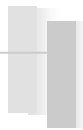
My plan worked! People became attracted to me and I even attracted a romantic partner into my life. I was happy and I felt good. So good, I stopped going to the gym and started eating and drinking like everyone else. Within 9 months, I gained 20 pounds and my new clothes did not fit like they used to. Shortly thereafter, my romantic relationship was over, and friends stopped returning my calls. Within one year, I was right back to square one – overweight, lonely, frustrated and unhappy.

Six months later, I decided to jumpstart my life and try again. Monday morning was my start date and I was pumped and excited. I had my breakfast, which consisted of two pieces of toast and a cup of hot tea. For lunch I had a garden salad with low fat dressing.

By 1:30 p.m., my day was becoming stressful. Normally, I would push those stressful moments down by going to the vending machine for a candy bar and some vanilla cookies, but I was on a diet. By 3:30 p.m., I became more and more frustrated. I thought I







was going to die. At 4:30 p.m., I found myself standing at the vending machine eating a candy bar and some cookies. When I became conscious that I abandoned my diet, I became completely disgusted with myself. "Forget it," I thought to myself. I didn't even make it to the gym. I was thoroughly disgusted with myself.

It was another six months and 10 pounds before I would try dieting again. This time I took a completely different approach. I started asking myself some hard questions like:

- ❖ *Why am I really overeating and destroying my body?*
- ❖ *Who am I changing for – myself or other people?*
- ❖ *What do I really want?*
- ❖ *What am I really afraid of?*
- ❖ *Why was I so angry?*
- ❖ *Do I really love, respect and appreciate myself?*

After spending some quality time answering these questions for myself, I began to analyze and address the root of my problems. I realized...

- ❖ I was overeating to relieve stress and to comfort myself.
- ❖ I was changing for other people, not myself.
- ❖ I really wanted love and acceptance.
- ❖ I feared change, rejection and disappointment.
- ❖ I realized that my anger was stemming from my unforgiveness and resentment toward people from the past.
- ❖ I did not love, respect and appreciate myself as much as I thought.

As I began to address these issues one-by-one, I developed a stronger relationship with myself. I started preparing myself mentally, physically and spiritually to change my life. Within 8 months, I succeeded in losing the weight and keeping it off.







I realized that I could not change myself for other people, because the harder I worked to befriend them, the harder I had to work to keep them. The more of myself I gave, the more they demanded. In this cycle, there was no more me, because I had lost myself. That was no way to live.

Eventually, I came to the realization that if I was going to change, I had to change for myself. This idea naturally gave me a consistent motivation to “be better.” Slowly, I developed a stronger relationship with myself. It was this relationship that allowed me to feel comfortable and confident in myself. I naturally started handling negative people and situations in a more powerful way.

As I became more comfortable within myself, I naturally began to attract people who were comfortable with themselves and we became friends. So, ultimately when I changed from the inside out, I attracted into my life exactly what I wanted. The more I loved, respected and appreciated myself, the easier it became to change self-destructive habits.

The greatest lesson I learned about making the change – *Change starts within and I must be the number one reason I want to change.* As I began to love, respect and appreciate myself more, change came very easily and naturally.







## **5 Misperceptions About “Change”**

- 1. \_\_\_\_ Change the outside and the inside will resolve itself.**  
**“I will feel better about myself when....”** - Most people focus their attention on changing the outside: buy a new outfit, bigger house, landing a better job, more expensive material things, or get plastic surgery. “Now I feel better”, they think. However, after the novelty wears off, they start to notice that same old incomplete feeling creeping back. Shortly thereafter, they are on the search for something else to jump-start their lives. If you desire to feel better about yourself, you must start from the inside and the outside will take care of it self.
  
- 2. \_\_\_\_ Change occurs overnight** “I want success right now.” – Change is a process that in most cases, takes time. So, prepare yourself to master patience. Don’t beat yourself up if you do not succeed in your first, second or third attempt at changing. Relax and make a conscious decision that regardless of how many times you fail, you will never give up until you succeed at changing your life.
  
- 3. \_\_\_\_ Once you succeed at making the change, “you have arrived”** – When you start to think that you have arrived, you have cut yourself off from growing. You are no longer open and receptive to the next level of success. In some cases, you have not devised a solid plan to sustain the change, which may cause a relapse. Remember, there is always another level of success, love, joy, peace and prosperity you can aspire to achieve. You must relax in the process of life, because life is constantly changing and moving forward. Flow with it.







**4. \_\_\_\_\_ You need other people to change in order for you to change** – I remember being in a romantic relationship with this very nice woman. However, it seemed like all we did was argue and fight. One day I told her that I wanted our relationship to be more loving and peaceful. She agreed. It lasted two days before we were arguing again. I realized that I was unconsciously waiting for her to change first. Only after I made the conscious decision to stop arguing and fighting did the relationship become more loving and peaceful. When she finally realized that I was not going to participate, she stopped arguing.

Remember, if you want change in your relationships, you must change first and they will eventually follow. If they do not, at least *you* will have peace. Their absence will make room for people that are on your level.

**5. \_\_\_\_\_ You need a healthy, supportive environment in order to change** – Without question, your environment plays an important role in your ability to change your life. However, if you don't have the luxury of a healthy, supportive environment, does this give you a reason not to change in order to succeed? NO! Remember, your environment starts within your mind, body and spirit. When you start to develop your internal environment, via self-empowerment (a) you will find your external environment becoming healthier and more supportive, or (b) you will advance to a level where you are able to move to a healthier more supportive environment.

What Do You Think? Notes, Comments, Commitments:

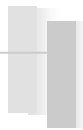
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## **5 Step Process for “Real Change”**

**1. Relax, Relax, Relax** – If you are not relaxed during the process of change, it makes the experience difficult and frustrating. When you are tense and frustrated, the needed positive energy cannot flow through you. When you are relaxed in the process of change, you naturally have a better attitude, are more energized, and feel empowered. This positive energy will make your process of change easier and more enjoyable, even in challenging times.

**2. You must be the number one reason you want to change** – Changing and altering yourself for others will only leave you feeling empty and unfulfilled in the end. You are worthy of being the number one reason you want to change your life. When you change because *you* want to change, it gives you an inner power and motivation that will last a lifetime.

**3. You must start changing from the inside out** – Whether you want to change your financial situation, relationships, career, or your physical body, you must start from the inside. As you begin to develop your mind, body and spirit you will become a more powerful person. This will give you the energy and confidence that you need to change your life externally. You will find yourself setting realistic goals, and following through on completing them one by one.

**4. Start small, be consistent, and never give up** – You must decide on what major changes you need to make in your life. Next, develop a written plan of action. Break your goals down into small tasks that you can work on each day. You must be consistent. Before you know it, you will have changed, reached your short-term goals and will be closer to your long-term or ultimate goals.







**5. Live Consciously** – There is no greater changing force than living consciously. Living consciously allows you to become aware of your mental, physical and emotional needs and make conscious decisions to deal with those needs in a healthy, empowering way. Living consciously will empower you to make effective decisions on a daily basis and react and respond to life's challenges in positive powerful ways.

SMALL SUCCESSES GIVE YOU MOTIVATION TO ACHIEVE  
THE LARGER SUCCESSES

What Do You Think? Notes, Comments, Commitments:

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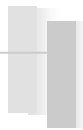
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## Conscious Living - A 5 Step Process

Live consciously. The higher you are in consciousness, the less you allow negative forces to have power and control over you. You do not allow people or situations to steal your time and energy. When you live consciously, you have more time and energy to move forward and live your best life.

### 1. TURN DOWN THE NOISE

Turn off the television, the music and the people. You must spend quality time in silence so that you can hear your authentic inner voice speaking to you. Meditation is the greatest way to get in alignment with purpose and tap into a higher power within you. (It also helps you to do your daily chores in silence.)

### 2. ACKNOWLEDGE UNCONSCIOUS BEHAVIOR

Begin acknowledging when you are reacting and responding to life unconsciously. Being aware does not mean instant change. However, you will begin to see that you have a *choice*.

### 3. BE WILLING TO SEE LIFE DIFFERENTLY

Begin seeing life's negative people, situations and experiences in a positive way. Think powerfully. Ask yourself, "What is the opportunity, the blessing or lesson?" Learn to observe without judgment or getting emotionally caught-up in negative appearances. Sometimes, this can be a big challenge. However, it will force you to think differently. It is your *willingness* to think differently that will give you the power to overcome and rise above negative people and situations in order to succeed in life.

### 4. THINK BEFORE YOU REACT

Begin to think before you react and respond to any situation. This will save you a lot of time and energy. In most cases, overreacting







is destructive and counter-productive. If your intention is to succeed, then you must always focus your thoughts on your desired outcome.

### **5. REACT AND RESPOND IN A POSITIVE WAY**

Begin handling all negative feelings, people or situations in a positive way and you will begin to see the total benefits of living consciously.

What Do You Think? Notes, Comments, Commitments:

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What Do You Think? Notes, Comments, Commitments:

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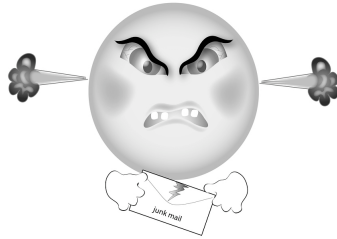
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## Success Misperceptions



We are conditioned by the world around us to seek personal fulfillment and success outside of ourselves. Money, power, relationships, career, and material possessions are props that we have been told will bring us lasting satisfaction and success. And they do... for about as long as a good meal lasts. The joyful sensations that come from, "I finally got that ( ? ) I always wanted" are as fleeting as the glimpse of a fairy in a dark forest. Before you comprehend what is happening – you will be hungry for something else, for something more, to fill the void.

Before long, you will return to a state of "I need something more to make me happy and successful." You will again seek those outward things, which you believe will bring you lasting success and happiness. As a result, you may develop some misperceptions and self-defeating habits about success and achieving it. Meanwhile, you may feel frustrated and overwhelmed with no sense of direction. You may blame your failures on situations and people. You may even believe that your inability to achieve success comes from some innate character trait that cannot be changed. I argue that your inability to achieve success may be due to your misperceptions about success.





As you read the 10 misperceptions about success, place a check mark beside the misperceptions you may be holding on to.

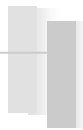
\_\_\_\_ 1. **“Success will fulfill me and make me happy.”** Have you ever said, “Once I achieve this goal, I will be happy and successful - Then I can relax.” Have you ever achieved something you have always wanted? This could be graduating, landing a great job, finding the love of your life, having a child, buying a house or car, etc. More than likely, your answer is, “yes.” You were smiling for days, but did the feeling last? Yes or No - Why? External success will only fulfill and make you happy for a short period of time. Lasting fulfillment and happiness comes from thinking powerfully, loving yourself and believing in your ability to set and accomplish any goal you desire.

\_\_\_\_ 2. **The reason I am not successful is because of extenuating circumstances** (negative people, situations and circumstances) – Have you ever failed at completing a task and then blamed the failure on someone or something else? This is one of the biggest misperceptions about achieving success. The more you realize that you are powerful beyond measure, you will find yourself succeeding more and more regardless of extenuating circumstances. Always remember, at every level of success there will be negative situations and people that you will have to confront. The key is to learn how to effectively deal with your life challenges, NOW. This will make you a stronger person to overcome extenuating circumstances, now and in the future, to achieve your goals.

\_\_\_\_ 3. **You must be a selfish, ruthless person in order to achieve success in today’s world.** Have you ever said “no” to someone, only to have the person label you as a mean, ruthless person? Yes or No - Did you start to feel guilty and think you were a bad person? Remember, you must not confuse making right







decisions with being selfish or ruthless. When you decide to say “no” to someone, you may be viewed as a ruthless, selfish person but don’t take it Personally. If your intention is to succeed and your intuition is telling you to say “no”, then say “No”. You have the power within you to make the right decisions based on what is best for you and the benefit of the whole.

\_\_\_ 4. **“When I achieve success, then people will respect and appreciate me.” Is this your belief?** Yes or No - Without question, when things are good, a flock of people will love, respect and appreciate you. However, there is another flock of people who will envy and even hate you because of your success. Remember, there are two sides to achieving success – a negative side, and a positive side. When we achieve success, and we do not anticipate the negative sides of the equation, that success is soon undermined by negativity. Thus, even when you get the success you want, you won’t feel happy or successful. If you desire for people to respect and appreciate you, then love yourself unconditionally and people will naturally love, respect and appreciate you.

\_\_\_ 5. **Successful people do not make mistakes.** Do you feel like a failure because of some past mistakes you may have made? Yes or No - Please remember, successful people and people who love and believe in themselves make mistakes. However, they do not keep repeating the same mistakes over and over, expecting a different result each time. Truly successful people learn from their mistakes and keep moving forward. If your intention is to succeed, then learn from your mistakes and use them as an opportunity to grow.

\_\_\_ 6. **“When I am Successful, I will not have any problems or challenges.”** Are you effectively dealing with your life challenges now? Yes or No - This is one of the most prevalent misperceptions about success. Hear this loud and clear - every







level of success has its challenges. In light of this, you must learn how to effectively deal with your life's negative challenges in a powerful manner, now. When you do not believe you have the power to overcome a life challenge, remember, there is a higher power within you that can. Turn to it.

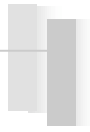
\_\_\_ **7. External success builds my self-esteem / self-worth and value. Do you have high self-esteem?** Yes or No - Your level of self-esteem is based on how you feel about yourself at any given time. It is a mistake to let your current level of achievements determine your present self-esteem, self-worth and value. The healthiest way to build high self-esteem is by 1) learning to love and believe in yourself more and 2) staying focused on creating the life you ultimately desire to live.

\_\_\_ **8. "If I look successful, then I am successful." Is this your belief?** There are many people who have accomplished all the external successes of their dreams. They are viewed by society as being very successful. However, in some cases, after looking beyond the external success, what you see is a fearful person in the process of self-destructing; they live with severe anxiety or depression. Do not fall into this trap. Remember, you must not only look successful, but also be and live successfully.

\_\_\_ **9. "I must 'know the right people' to be successful." Is this your belief?** Yes or No - Remember, it is great when you know the right people. However, if you do not know the right people, do not allow it to stop you from moving forward on your goals. With today's technology (via computers, the internet and networking organizations) it is much easier to advertise and promote your product or service around the world. If you truly believe in yourself, with persistence, you will be successful.







\_\_\_\_ 10. Other:

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If you are guilty of holding any of these negative beliefs, GIVE THEM UP! (Flush them down the toilet.) Negative beliefs steal your energy and keep you from operating at your fullest potential to achieve your personal and professional goals.

Whenever you start to feel frustrated or overwhelmed because you have not achieved the level of success you desire, I encourage you to review these 10 misperceptions about success. This will help you to put success in the right perspective.

What Do You Think? Notes, Comments, Commitments:

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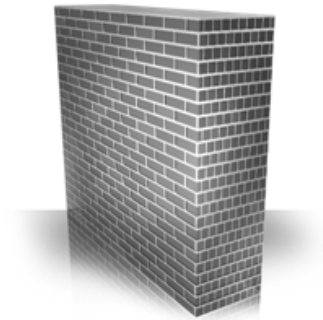
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## Identify Your “ROOT BARRIERS” To Success



You have tried everything to succeed, but continue to fail. You have everything that you need to succeed, but continue to fail. You feel empowered when you achieve occasional success, but shortly thereafter, your success and happiness are sabotaged. If this is you, begin to identify your Root Barriers to success. Root barriers are blind spots that keep you from achieving success, now. When you can identify your root barriers to success, you are able to confront and resolve what is really standing in your way of success.

Once the mind determines there is no value in holding on to these internal barriers, it will begin the process of dismantling the internal thought processes that no longer have value or worth. At this point, you will then free yourself to think clearly, re-energize, make effective decision and produce powerful results in your daily life.

Identify your root barriers and begin the process of healing and transforming your life beyond your wildest dreams.





1. **5 Major Fears** (Negative emotions caused by an expectation of danger)

|                            |                                                                                          |
|----------------------------|------------------------------------------------------------------------------------------|
| Fear of Success            | People will expect more of you and your life will become more demanding and challenging. |
| Fear of Failure or Poverty | The pain of past failures is blocking you from trying again, and again.                  |
| Fear of Change             | Change requires starting over and you just don't have the energy.                        |
| Fear of the Unknown        | You don't know what to expect, so you stay in your comfort zone.                         |
| Fear of Rejection          | The pain of hearing "no" hurts too bad, so you stop trying.                              |
| Fear of Humiliation        | People will laugh at you, criticize and ridicule you.                                    |

You can overcome your fears, doubts and insecurities by re-affirming your power, surrendering to a higher power greater than yourself and by consistently doing something positive on a daily basis to move your life forward.

2. **5 Negative Thoughts Leading to Negative Beliefs:**

- "I don't believe or have confidence in myself."
- "People are always holding me back from success."
- "I need someone to help me."
- "I need more money, education, a better physical appearance."
- "I am not worthy of love, joy, peace or success."

These negative beliefs can be completely eliminated by re-affirming your power as often as possible. This will allow you to transform your negative beliefs into positive beliefs that will support you in your growth and development process.





\_\_\_ 3. **Denial** – an inability to see the truth. When you lie to yourself about the root of your problems, you are blocking yourself from moving forward. You may even say, “I love myself and I don’t need to change.” Yet you continue to unconsciously destroy yourself. Some major problems that you may deny include: low performance, the abuse of food, alcohol or drugs, abusive relationships, unhealed pain or un-forgiveness. You must begin to acknowledge your barriers in order to resolve them and reach your next level of success.

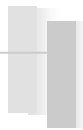
\_\_\_ 4. **Limited Comfort Zone** – Have you become comfortable with *mediocrity*? When you are comfortable with a negative, limited way of living, there is no motivation to move forward. People who become comfortable with mediocrity and limitation can never become truly successful. You must always remember two things: (1) there is a power within you that you must begin to exercise and (2) the world is filled with endless possibilities and opportunities if you are willing to step outside of your comfort zone to encounter them.

\_\_\_ 5. **Abused** – People who were abused often develop negative beliefs about themselves. If this is you, you may think, “I can’t...I am not worthy of success,” “Maybe I deserved the abuse because I am a bad person,” or, “I am a victim, and I cannot protect myself.” Once you start entertaining these negative thoughts and ideas, you unconsciously stop believing in your ability to succeed. In order to achieve authentic success, these inner conflicts must be resolved and healed.

\_\_\_ 6. **Negative opinions of Family, Society and Peers** – Constantly worrying about what people think of you can drain valuable energy and can instill self-doubt. People may say to you, “You cannot accomplish that goal. Your feelings or ideas are not valid.” If you do not know that you are powerful beyond measure, you could conform to their negative opinions and choose not to accomplish the goal. You can listen to others’ opinions; however,







you must never allow those opinions to stop you from doing what's in your heart to do. Listen to your intuition and let it be your guide.

\_\_\_ 7. **Indecisiveness** – anything not clearly defined, which amounts to inconsistent behaviors. If today you want this, then tomorrow you want that, and the following day something else, you are indecisive. If you cannot focus on what you desire out of life, you are indecisive. If you cannot give a direct answer about what accomplishments would make you happy, you are indecisive. The more you crystallize your direction in life, the easier it is to make decisions and be consistent.

\_\_\_ 8. **The Blame Game** – “They (parents, family, friends, supervisor, etc) are the reason I am not successful.” People who refuse to take responsibility for their lives can never become truly successful. If this describes you, acknowledge that there will always be negative situations and persons who will attempt to discourage you. If you are going to be successful, you must take full responsibility for your life. Even though we are not responsible for the challenges that come to us, we are responsible for our reaction and response to them. When you stop blaming others and start taking personal responsibility, you embrace the power within you to transcend negative situations and people.

\_\_\_ 9. **No Discipline** – If you can't seem to focus or be patient enough to complete a small task, it may be due to a lack of discipline. If you lack discipline, you will find it difficult to achieve success. The reason is that you must first be able to focus to complete the small tasks that compound and lead to your ultimate goals. You have the power within you to be disciplined. Tap into it.

\_\_\_ 10. **Negative Drama** – Do you find yourself constantly talking negatively about other people? Or, do you find yourself always being mixed up in some “he said, she said” gossip? If so, you may be using negative drama to avoid focusing on achieving your personal and professional goals. You must come to a realization that negative drama is not going to help you achieve success.







Therefore, you must learn to avoid participating in any negative drama and focus on achieving your goals.

\_\_\_ 11. **Mr. or Ms. “Know It All”** – These are the people who are not open and receptive to what they don’t know because they think they know it all. And they usually don’t. If you fall into this category, and think you know it all, realize that you have unconsciously cut yourself off from growth. If you are going to achieve your next level of success, you must be open and receptive to what you do not know. You must always seek a greater realization of power, love, joy, peace and wealth.

\_\_\_ 12. **Lack of Focus and Vision** – People who do not know where they are going in life usually go nowhere. You must have a clear mental picture of exactly what you desire to accomplish in your life. Next, you must use all your time and energy accomplishing those goals. In addition, eliminate all negative things, situations and people that do not fall in alignment with the accomplishment of your goals.

\_\_\_ 13. **No Energy** – People who procrastinate and are not productive are usually sapped of physical energy. Their lives are usually filled with energy drainers. Energy drainers are negative people or situations that steal your energy. You must learn to (1) protect and conserve your energy supply and (2) focus your energy on accomplishing your personal goals.

\_\_\_ 14. **Baggage** – Baggage consists of negative feelings and attitudes, such as: hidden addictions, anger, not being open and receptive, un-forgiveness, unworthiness issues, or the need to “always be right or feel superior.” People who are carrying a lot of negative baggage cannot move forward. If you are going to be successful, you must unload your baggage. You can achieve this by living yourself more consciously. Who do you desire to be and what do you desire to create? Now focus on that.





\_\_\_ 15. **Consumed with everyone else's needs and wants.**

Do you feel overwhelmed because you are consumed by everyone else's needs and wants? Do you feel you have no time or energy left to take care of your own needs; moreover, you just can't say, "no" to people? People who are consumed with others' needs and wants eventually begin to lose themselves. As a result, they usually do not achieve their personal or professional goals. If your intention is to be successful, then you must 1) put yourself first, 2) learn to say "no," to people, and 3) allow others to learn how to take care of themselves.

\_\_\_ 16. **"Yes, But"** – You have been given a powerful success concept that promises to revolutionize your life. Moreover, you have been given specific instructions on how to implement the concept. The idea has worked for everyone and is guaranteed to work for you. You know that implementing the idea will revolutionize your life. As soon as you say, "Yes, but," you have given yourself an excuse not to implement the concept. If you are going to be successful, you must move your big "BUT" out of the way and "just do it."

\_\_\_ 17. **"I just don't know what I should do"** - Are you constantly saying this to yourself? Could it be true that you do know, but you just do not have the courage to follow through on that knowing? Yes or No? In most cases we know exactly what we need to do, but we don't do it. The reasons usually stem from our fears, doubts and insecurities. Meaning, we just do not have the courage to do it. This internal conflict can go on for long periods of time.

\_\_\_ 18. **"Inability to let go of bad influences"** - Do you have bad influences, such as negative people or bad habits, in your life that you just can't seem to let go of? If so, please realize that before you can have the energy and focus required for success, you must take back your power from these bad influences. You know they are bad influences because they consistently drain your energy and take you off focus. The next time you observe yourself being





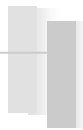
overcome by a bad influence, I encourage you to get in the habit of saying, “No, Not Today”. Next refocus yourself on being who you desire to be and creating what you desire to create in your life. Each time you do this, you will become stronger and stronger within yourself to succeed.

\_\_\_ 19. **Addictions** - Are you addicted to food, drugs, alcohol, sex, abuse, or negative drama? If so, please realize that before you can think clearly, make effective decisions and have the energy to produce powerful results in your life – the addiction must be eliminated. There are many techniques and programs to overcome an addiction. I recommend 1) learning to love, respect and appreciate yourself more, 2) surrendering to a higher power greater than yourself, 3) developing your belief and confidence within yourself and 4) refocusing your time, energy and thoughts on creating the life you ultimately desire to live. Remember, think about your possibility and potential. Other people have completely overcome their addictions and so can you.

\_\_\_ 20. **The Saboteur & Feeling Un-Worthy** - A person who carries out an act of sabotage – Have you ever received something that you truly desired, then, consciously or un-consciously, you sabotaged it to the point it was taken away from you? Do you believe that you are worthy of the love, joy, peace and great riches? When you observe yourself sabotaging yourself in any way, I encourage you to affirm to yourself, “ I am worthy of the love, joy, peace and great riches I truly desire and deserve, period.” This will help you to realize that regardless of the past, present or future, you have the power to attract and draw to yourself the life you truly desire and deserve.







These internal barriers are what trigger FAILURE MECHANISMS and you start to feel:

**Frustrated** – You become disappointed with life because you don't have what you desire.

**Angry** – You are angry because someone has hurt or disappointed you. Anger is a negative emotion that steals your energy, joy and peace of mind.

**Ignorant** – Your ignorance stems from a failure to know how powerful you really are. When you are ignorant to your own power, you respond to negative challenges in fear.

**Limited** – Your perceived limitations are created based on the appearance of lack. When you are limited in your thinking, you are not open to possibilities.

**Uncertain** – Your uncertainty stems from your inability to meditate long enough to listen to your intuition. When you are uncertain, you procrastinate.

**Resentful** – Your resentment stems from what you feel people have done to you. When you have resentment, your annoyance and distrust of people shows in your presentation and communication skills.

**Escapism** – You may escape into food, drugs, alcohol, sex, television, video games, other people's affairs, etc. You escape from yourself in order to avoid your pain and negative feelings. You also escape realizing your highest potential.

Each time you observe yourself procrastinating, making excuses or feeling powerless, I encourage you to identify your root barriers and affirm to yourself, "I am powerful enough to overcome and eliminate my barrier and failure mechanism." This will empower you to discover with power within to overcome and eliminate your







internal barriers and failure mechanisms to materialize positive results in your daily life. Applying and practicing these techniques will help you to think more clearly and will dramatically increase your energy level and improve the overall quality of your life.

What Do You Think? Notes, Comments, Commitments:

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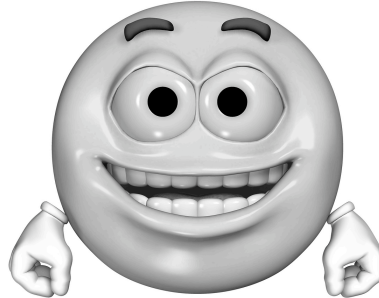
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## Energy!



Energy is the capacity for action and for doing work.  
- Law of Physics

**If you have energy:**

- You think clearly and make effective decisions
- You overcome life challenges powerfully
- You present and communicate yourself effectively
- You get along harmoniously with all people
- You attract and draw to yourself opportunities
- You are constantly moving your life forward

**If you don't have energy:**

- You procrastinate for long periods of time
- You constantly make excuses
- You do not attempt to try new things
- You can't present and communicate yourself effectively
- You may spend most of your time lying around doing nothing for the rest of your life





## **Success & Energy**

Your energy level affects every area of your life. If you are going to be successful in life, you must be energized.

### **Employment & Energy**

If you want to be hired, be successful on the job, or get promoted, you must be energized. Employers want employees who are optimistic, professional, knowledgeable and willing to go the extra mile. People who are self-motivated, efficient and excited about their job are the people who get hired and promoted within the company.

### **Financial Success and Energy**

If you want to achieve financial stability/freedom, you must be energized. The amount of money you are receiving today is a reflection of the amount of energy you are giving. Money is an exchange for energy. The more energy you give, the more money you will make.

### **Successful Relationships & Energy**

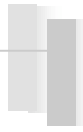
If you want to attract positive people into your life, you must be energized. When you see someone for the first time, the first thing you notice is his or her energy level. Light attracts light. The same is true in relationship. If you are an uplifting, energetic person, with a positive attitude, you will attract people with similar personalities. Moreover, people will like and respect you.

### **Healthy Environment & Energy**

If you want a clean and organized environment, you must be energized. Your environment is a direct reflection of your mental and emotional state. It has been scientifically proven that when your environment is clean and organized, you can think more clearly and manage your emotions more effectively.







**Positive Self-Image & Energy**

If you want to look good and feel good about yourself, you must be energized. Your energy level is reflected in your self-image and presentation to the world. When you feel good, you look good and do good. A positive self-image consists of presenting yourself as a person with power, intelligence, courage and beauty. Moreover, it does not matter what your position is in life. Regardless of where you are in your life today, you must present yourself as a powerful person in order to achieve success.

What Do You Think? Notes, Comments, Commitments:

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## 6 Symptoms of an Energy Crisis



### Are you in an energy crisis?

Most of us experience at least one of these six warning signs of an energy crisis long before we are painfully energy deficient. Yet we typically ignore these symptoms. We are often so consumed with the burdens of daily living that we ignore our own feelings, emotions and physical needs. In most cases we wait until we are overwhelmed, exhausted and totally wiped out before we realize that we are in an energy crisis. Check off the following symptoms that apply to you:

#### 1. “I don’t feel like it”

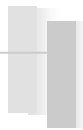
Is this your attitude everyday? If so, you are energy deficient. In most cases your energy level is low and now your body is telling you, “I need you to take better care of me.” If you do not listen to your body, eventually it will shut down completely and you will have no energy.

#### 2. Living life in the dark

Do you feel dull and out of focus? Are you always running late, missing appointments, forgetting to do things, and playing catch-up? Do you have difficulty concentrating, focusing and thinking logically? When you are unable to solve simple problems in your daily life, this is a definite indication that you are running out of brainpower/energy.







**\_\_\_3. Substance Abuse (food, alcohol, drugs, etc.)**

Do you constantly feel tired, sluggish and fatigued? As your body starts its descent into low energy around 10:00 a.m., do you start thinking, "I need something to pick me up?" This pattern of thinking usually turns into an addiction or bad habit. It may boost your energy level for that moment, but the long-term effects are destructive to your body. You start needing more and more doses to satisfy your craving and to boost your energy level. This is how five cigarettes a day turn into two packs a day, or two beers a night, turns into drinking a six-pack of beer before 9:00 a.m. One sleeping pill a few nights a week turns into every night needing two sleeping pills and a few shots of cognac, just to go to sleep. This does not include the pills you need to get up every morning.

**\_\_\_4. Chronic Unhappiness**

Are you walking around like a zombie? Do you have this "victim" look on your face everyday? Are people always asking you, "What's wrong? It can't be that bad." When something great happens is everyone happy and excited, except you? Do you instead sit there unable or unwilling to enjoy the moment?

**\_\_\_5. Unmotivated**

Do you have no desire to do anything other than what you must do to "get through the day?" Is your life centered on doing as little as possible, including improving yourself? Are you only motivated to escape into *The Young and the Restless* or *Jerry Springer*?

**\_\_\_6. Antisocial**

Do you shy away from being around or communicating with other people? Do you avoid eye contact with anyone because they will see the inner hurt, pain and disgust you feel about yourself? Do you fear criticism and judgment from people?







## Identify Your Energy Drainers



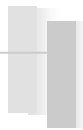
Energy thieves are negative things or people that steal your energy; they leave you feeling drained and powerless. Even though energy thieves may seem harmless, over time they negatively alter and control your life. The more energy thieves take from you, the less energy you have to create the life you desire to live. You are then unable to be motivated or productive. Moreover, you cannot enjoy life. Below are some typically energy thieves. Identify your energy drainers and begin the process of eliminating them. Ultimately you will find yourself having more energy to be who you desire to be and create the life you desire.

### 1. Negative People

Have you noticed that when you are in the company of certain people, you are left feeling tired and drained? These people are called energy drainers or joy killers. They thrive on complaining and stealing other people's energy with their negative drama and need for constant attention. Unfortunately, these people can be your mother-in-law or your supervisor. Moreover, if you are a "people pleaser," or "co-dependent" on energy drainers, you feel







you have no choice but to allow them to drain your energy because you believe you need them in order to survive.

## **\_\_\_2. Unconscious Living**

You make the same mistakes over and over because you are not aware of how you feel and what you are doing. You do not acknowledge the things that are not working in your life and are stealing your energy. Your mantra is, "I just don't understand why my life is not working and why I am not at my next level of successful."

## **\_\_\_3. Other People's Successes**

You are envious and jealous of other people's success. You secretly resent successful people, like Oprah, the Obamas, or Donald Trump, because they started out with the same obstacles in life as you did, but they became successful while you did not. Your friend and coworker gets a promotion and you don't. You are smiling on the outside, but inside you are furious. Next, you are making negative comments about your ex-friend and coworker behind their back.

## **\_\_\_4. Worrying**

Your life is one big anxiety attack. You worry from the time you wake up every morning, until you fall asleep at night. You worry about everything – the future, the past, your health, money, relationships, love, romance, negative experiences, what people think about you, etc. Your mantra is, "What am I going to do? What is going to happen?" Constantly, you ask anyone who will listen, "What should I do?" You spend more time worrying and talking about your problems than you spend doing anything to resolve them. You could run a major corporation on the time and energy you spend worrying.

## **\_\_\_5. Keeping up with the Joneses**

The Joneses are the people who live up the street from you. Only they have more money, a bigger home, sleeker car, the finest clothes and every material item you desire. They are always first







to buy the latest fad on the market to make their lives more appealing. In an attempt to keep up with the Joneses, you must be the second in line to buy the latest fad, even if you cannot afford it. So what if you must charge it, mortgage your home, spend your life's savings or take from the children's college tuition? As long as you look good on the outside, it does not matter if you are poor, internally stressed, frustrated, unfulfilled and dead. You convince yourself, "At least I look good on the outside, people will think I am rich. That is all that matters, right?"

#### **\_\_\_6. Indecisiveness**

You can't make a decision about something and stick to it. So you avoid having to decide by not doing anything. Even though the issue is in the forefront of your mind, you cannot commit to making a decision. Ten years go by and you still have not decided to leave that abusive relationship or dead end job you constantly complain about.

#### **\_\_\_7. Negative Addictions**

This could be an addiction to food, drugs, alcohol, sex, etc. When you have an addiction to something or someone, it consumes and steals most, if not all, of your energy. You feel you have no control over your life because all you can think about is getting your next "fix." The hidden hazard about any addiction is the belief that you do not have a problem. An addiction is a problem that eventually destroys you. Unfortunately, people never see the DANGER until it is too late.

#### **\_\_\_8. Avoidance Mechanisms**

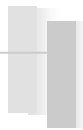
From cooking and cleaning, to going to work, we all have responsibilities throughout the day that we must do. However, some people spend more time thinking about how much they hate doing it than the time it takes to do it.

#### **\_\_\_9. Needing a Relationship**

When am I going to get married, find someone who will love, respect and appreciate me, someone who will take care of me?







Aside from daily responsibilities, romantic relationships are a high priority for most people. They spend countless hours, days, and nights searching for that someone special. For some people, that is all they can think about. They enter into relationship after relationship only to find themselves losing energy, and part of themselves.

#### **\_\_\_10. Gossiping**

Whether you are gossiping about someone else or they are gossiping about you, it is energy draining. Worrying about what other people think of you will not bring you closer to your goal. Likewise, worrying about other people's personal business will not help you reach your goals.

What Do You Think? Notes, Comments, Commitments:

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## How To Re-Energize

### WHERE DOES YOUR TIME, ENERGY & THOUGHTS GO?

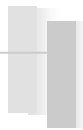
|                                                                  |       |   |
|------------------------------------------------------------------|-------|---|
| Family and Friends                                               | _____ | % |
| Job or Worrying about a job                                      | _____ | % |
| Leisure time (watching television,<br>going to nightclubs, etc.) | _____ | % |
| Educational (reading, writing, learning, etc)                    | _____ | % |
| Self-Empowerment (Personal & Professional<br>Development)        | _____ | % |

#### Three of the biggest mistakes people make regarding where they focus their time, energy and thoughts:

1. They do not consciously know where most of their time, energy and thoughts are going. These are the people who are still asking themselves the question, "Why am I so tired?" or "Why have I not reached the next level of success?"
2. They focus their energy on non-productive things and people. These people are still in denial about what is really important in their lives. Moreover, they allow negative things and people to steal their time and energy. People use this technique to take the focus off themselves so they do not have to think about their desires or future. Their anthem is, "I have no time or energy." This gives them an excuse to avoid going to the next level of success.
3. They believe they have no control over where they spend their time, energy and thoughts. These are the people who usually have a victim mentality and do not believe in themselves.







When your energy level is low, it dramatically affects your life. It diminishes your ability to be productive, communicate well with people, handle crisis, create more Health, Relationships, Professional Advancement and Financial Wealth. When you are energy deficient, you are unable to receive true love, joy, peace and prosperity into your life. What do you think?

## **How To Re-direct Your Time, Energy & Thoughts:**

1. Consciously evaluate and know where most of your time, energy and thoughts are going. When you consciously know where your time, energy and thoughts are going, you are focused on who you desire to be and what you desire to create. Moreover, you make better decisions. In every situation that is taking you off focus, you must ask yourself, "Is this really worth my time, energy, and thought?"
2. Focus and place your time, energy and thoughts on productive things and people. When you know what you want and where you are going in life, most of your energy is focused on accomplishing those goals. You naturally do not allow non-productive things and people to steal your time and energy or take you off focus.
3. Understand that you are in control of where you focus and place your time, energy and thoughts. It starts with believing and having confidence in your ability to say "Yes" or "No" and mean it. Always focus your time, energy and thoughts on positive, productive activities that will bring you closer to your desired goals in life.







## Energy Boosters for Your Mind, Body & Spirit



### 3 Major ENERGY SOURCES

#### 1. Mind

“The Ultimate CEO/President.” The mind acts as the energy force that is in charge of telling your belief system, emotions and body what to do. The mind manages and organizes the details of what needs to be done and how it needs to be done. Then it tells the body exactly what to do. Everything that you see around you, aside from what nature created, was first created in the mind system of a person. You must use your mind to create greatness in your life.

#### 2. Body

“The Ultimate Machine.” The body acts as the energy force that does the physical work needed to accomplish your goals. The body is one of your most important tools; at best, it can do and create anything you desire. Conversely, if you don’t sustain a healthy







body, you will make it difficult to materialize your goals and desires. Take care of your body and your body will take care of you.

### **3. Spirit**

“The Ultimate Motivator.” The Spirit is an invisible force of energy that motivates and inspires you to create and give life to an idea on a physical level. Tapping into this energy source allows you to connect with a higher source of power within you that is more powerful than anything or anyone in this world. You must tap into the power of your spirit to overcome major obstacles in the path to achieve greatness in your life

Ultimately, the mind, body and spirit are supposed to work together to fulfill your divine purpose on this earth. If any one of these elements is lacking in doing their job, the goal is usually not met. Do not wait until you hit “rock bottom” before you decide to develop your mind, body and spirit. To get the best results from each, everyday you must spend quality time exercising and developing your three sources of energy, Your Mind, Body & Spirit.

What Do You Think? Notes, Comments, Commitments:

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TECHNIQUE #1:  
**Meditation for Spiritual Development**

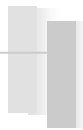


Meditation means sitting in silence and contemplating the truth about who you are, your purpose and your desires. Meditation allows you to tap into the highest source of energy inside yourself. It relaxes you, reduces stress, and increases your ability to focus, listen, and become a stronger more powerful person. Meditating regularly will help to center and balance your mind, body, and spirit. Consistent meditation will move you to a better overall state of health.

Also, Meditation will dramatically increase your spiritual development. Prayer is love and love is one of the most powerful forces in the world. Meditation and prayer are absolutely necessary to overcome life challenges in order to succeed.







**Meditation Exercise:**

Get in a comfortable position sitting or lying down, make sure your back is relatively straight. Your eyes may be opened or closed.

Breathe in and out through your nose and allow your breathing to slow down slightly, letting it be natural and comfortable. As you breathe in, feel your lungs fill from the bottom to the top. Breathing out, empty your lungs from top to bottom. Focus your attention on a spot in the center of your belly about an inch below your navel and in the center of your body; this is a very important part of the exercise. It helps you feel grounded and connected to your inner power. As you inhale, feel your diaphragm – sheet of muscle between your lungs and your abdomen – being pulled down toward the center of your belly. As you exhale, feel your diaphragm return to its natural position.

If you have trouble meditating, try taking an affirmation into your meditation, such as “I am Love,” “I Am Joy,” “I am Peace,” or “I Am Rich.” Repeating these affirmations will allow your mind, body and spirit to focus on the realization and manifestation of these powerful words. Moreover, you will produce positive results in your life. At this level of empowerment, you will heal and transform your life and begin to attract and draw to yourself the life you ultimately desire and deserve.

You can do this affirmation meditation anywhere: at home, in your car, on a bus, or standing in line, etc. Do this exercise daily for 5 to 15 minutes per sitting, and it will energize and renew your mind, body and spirit.





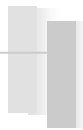


**TECHNIQUE #2:**  
**Affirm: No More Drama**  
**Re-Focus On Your Highest Potential & Possibility**  
**Check Yourself**

1. \_\_\_ No more Blaming and not taking responsibility for your Success and no more playing the victim! (It no longer works.)
2. \_\_\_ No more complaining, sitting in judgment, or gossiping! (Stop Negative inner and outer conversations, Re-focus that energy on creating your highest potential & possibility.)
3. \_\_\_ No more living in denial and not confronting reality! It only prolongs your growth. (The truth will set you free.)
4. \_\_\_ No more being unprofessional and thinking it is funny! (It is no longer worth it; you want people's respect.)
5. \_\_\_ No more getting caught up in other people's dramas! No more power struggles or playing mental games with people. (Re-focus that energy on fulfilling your purpose.)
6. \_\_\_ No more being greedy, needy and un-grateful. (Being grateful will draw to you your greatest good.)
7. \_\_\_ No more sabotaging your successes. (You are worthy of the love, joy, peace and prosperity that you truly desire.)
8. \_\_\_ No more thinking that you are entitled to something without working for it. (You must get in the habit of working hard for what you truly desire.)
9. \_\_\_ No more thinking that you can be mean and underhanded with other people and still succeed in life. (Treat all people with love and respect and you will succeed many times over.)
10. \_\_\_ No more thinking that you are not good enough! (We are all worthy of Love, Joy, Peace and Prosperity. This Include you.)







### TECHNIQUE #3:

## **“I Am Energy” The Power of Words**

Positive affirmations are positive words, thoughts or ideas you recite in order to produce a desired result, goal or intention. When your energy is low, a negative conversation starts to develop – “I am tired. I can’t go on. I can’t do it.” You must replace these negative thoughts with positive thoughts. Remember that your thoughts motivate what you believe, how you feel and what you do and produce. Even if you do feel tired, you must affirm to yourself that you have the energy to fulfill your purpose and achieve your goals and desire. The following affirmations will give you a boost of energy when you start to feel powerless or drained of your energy.

### **4 Powerful Affirmations to Boost Your Energy Level:**

#### **1. I have an unlimited amount of energy.**

When you start to feel overwhelmed by daily tasks, saying this affirmation will relax your mind, freeing you of stress and worry. This relief will allow you to re-focus, regain your power and do what needs to be done in order to move your life forward.

#### **2. I am a powerful force of energy.**

When you are faced with negative forces or obstacles coming against you, saying this affirmation will empower your mind to focus on solutions to overcome the challenge. When your mind is empowered, it feels equipped and strong enough to conquer the world to achieve its goals.

#### **3. I can. I will. It is done.**

When you start feeling frustrated because you failed or are heading in that direction, saying this affirmation will restore your belief and self-confidence. Affirming and knowing your capability will motivate and give you the energy to push forward until you succeed.

#### **4. I can do anything.**

When you start to feel as though you cannot do something, or a project seems overwhelming, saying this affirmation will empower your mind to get the job done. When you think positive thoughts and have a good attitude, you are tapping into a powerful source of energy that will help you to achieve your goals.





**TECHNIQUE #4:****Tips For Handling Your “Energy Drainers”**

| <b>ENERGY DRAINERS</b>             | <b>TIPS TO SURMOUNT OBSTACLES</b>                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Overcome by negative people        | If you cannot avoid them, become emotionless in their presence. Let them do or say whatever they want, but don't respond. When they see they can no longer affect you, they will try harder, but eventually they will stop. Moreover, you must stop setting yourself up to depend on negative people. Be responsible for taking care of yourself and accomplishing your own goals and desires. |
| Living Unconsciously               | Notice that the first sign of living unconsciously is when you start to feel off-balanced, out of focus, incomplete or negative. These are red flags for you to become conscious to the fact that you are responsible for how you feel and how you react and respond to life. You have the power enough to rise above all negativity.                                                          |
| Consumed by other people's success | You must be inspired, instead of resentful, by other people's success. Their reality can be your reality because whatever is possible for them also is possible for you. Bless them and you will be blessed. Respect and be patient with your personal journey to success.                                                                                                                     |
| Worrying excessively               | When you find yourself worrying, tell yourself, “Worrying is not going to solve this problem.”                                                                                                                                                                                                                                                                                                 |





|                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| excessively                 | Let me do something "now" that will solve the problem." Then proceed to think - then do something positive to resolve the problem. Focus on being successful today, and tomorrow will take care of itself.                                                                                                                                                                                                                                                                                                                                                                |
| Keeping up with the Joneses | You must come to the realization that nothing you can purchase is worth more than your health or peace of mind, nothing is going to ultimately satisfy or complete you, and nothing will impress you more than you being comfortable with yourself. You don't need external props to hold you up.                                                                                                                                                                                                                                                                         |
| Addictions                  | <p>When you start to feel a strong craving for something unhealthy in order to make yourself feel relaxed or good, have the following conversation with yourself. Eventually, you will realize that you are worth more than the addiction. Memorize the following: Is this going to ultimately satisfy me? No.</p> <p>Is this how I want to live my life? No. Is this worth me losing my life? No. What do I really want? Love. Do I want to destroy myself? No. I really want to love, respect and appreciate myself more. This will bring me ultimate satisfaction.</p> |
| Procrastination             | Make the task fun. Put some good music on, recite positive affirmations to yourself, relax in the process and don't procrastinate on it, "Just do it!"                                                                                                                                                                                                                                                                                                                                                                                                                    |





|                                |                                                                                                                                                                                                                                                                                                                                           |
|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Need for romantic relationship | Realize that a romantic relationship is not going to complete you. Next, develop a stronger relationship with yourself by loving, respecting and appreciating yourself more. This will make you feel and look good from the inside out. Ultimately, you will find people that are attracted to people who are complete within themselves. |
| The Gossip Circle              | Each time you are confronted with this situation, affirm to yourself: "I don't have the time or energy to waste on things or people that are not positive or productive in life."                                                                                                                                                         |

What Do You Think? Notes, Comments, Commitments:

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## **You Are Powerful Beyond Measure**

**You are the Greatest  
You Feel Great  
You Look Great  
You Are Great**



### **You are the Greatest.**

You may not fully see it now; however, it is there. As you begin to peel back the layers of your barriers, I guarantee you will see your greatness. You will see that you are the love, joy, peace and prosperity that you seek outside of yourself. At this point, you will begin achieving your external goals. Make a decision to live every moment in a conscious pursuit of operating at your next level of power.

### **You are Powerful.**

Within you is the power to overcome any obstacle that stands in your way of authentic success. This inner power will give you boundless energy, and enduring strength to create the life you desire.

### **You are Intelligent.**

All the knowledge you will ever need exists within you right now. There may be times when you feel like you do not know what you





are doing. Don't worry! Your human intellect is getting caught up in the details. Relax your mind! This will allow your divine intelligence to figure out the details and reveal the right answers to you. You have the intelligence to create and orchestrate greatness in your life.

**You are Courageous.**

Fear is a negative emotion that you have complete control over. The power that is within you gives you the courage to face any difficulty with boldness and confidence. You are able to conquer all of your fears and keep moving forward to achieve authentic success.

**You are Unique.**

You are not a Xerox copy. You are a unique individual expression of love. Appreciate your uniqueness and flaunt it with style and grace.

**You are Beautiful.**

You possess an inner spirit of love that radiates through all that you do, and all that you are. For this reason, you look magnificent. You are attractive and you handle negative people and situations with love and power.

**You are Rich.**

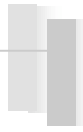
Your wealth is the love, joy and peace that is within you. Visualize in your mind a clear picture of the riches you desire. As you begin to tap into your inner resources, you will manifest the external riches you desire.

**You are Organized and Prepared.**

Divine order rules your life. As you begin mentally preparing yourself via self-empowerment, you will take daily steps to be organized, prepared and equipped to handle life's challenges.







**You are disciplined.**

You have the power of discipline within you. As you become more focused, your discipline skills will grow. As a result, you will find yourself being more consistent with fulfilling your purpose and doing the daily work required to accomplish your ultimate goals.

What Do You Think? Notes, Comments, Commitments:

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What Do You Think? Notes, Comments, Commitments:

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## **Empower Yourself To Produce Powerful Results**



### **Self-Empowerment**

Self-Empowerment means to give myself the power to fulfill my purpose, achieve my personal and professional goals, overcoming all my life challenges to achieve happiness and authentic success. Authentic success is defined as the experience of more love, joy, peace and prosperity in the now.

### **5 Self-Empowerment Characteristics**

1. I take full responsibility for my happiness and success
2. I Love myself and I have great value and self-worth
3. I Believe in myself and in my ability to succeed
4. I Present and Communicate myself in a loving and powerful manner
5. I am a powerful, effective team player





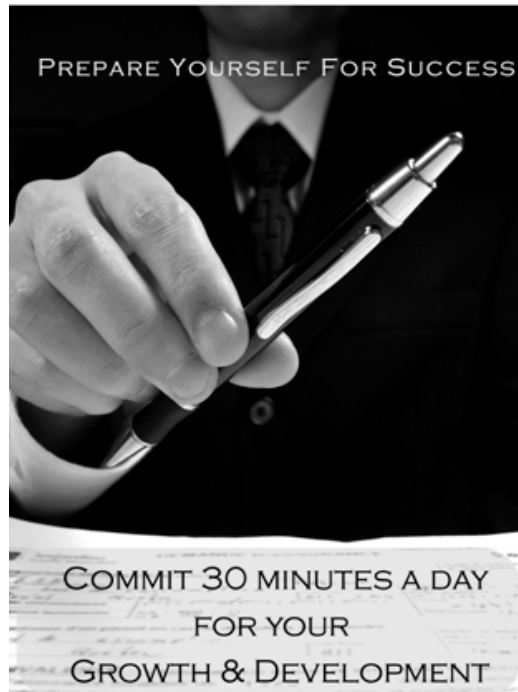
## 5 Self-Empowerment Characteristics

1. **I am an Empowered person who takes full responsibility for my happiness and success.** I do not depend on people or situations to make me happy or successful. I am the love, joy, peace and prosperity that I seek. Therefore, I now attract and draw to myself all that I need and want to make myself happy and successful. Even in difficult times.
2. **I am an Empowered person. I love myself and I have great value and self-worth.** Daily, I love myself by nurturing and developing my mind, body and spirit. I have great value and self-worth because I know who I am, I know my purpose and I have great services to offer in my personal and professional life. Therefore, I do not depend on people, my position or material things to give me value and self-worth. My great value and self-worth comes from my ability to put excellent into everything that I do, both personally and professionally.
3. **I am an Empowered person. I believe in myself and in my ability to succeed.** I am powerful enough to succeed in life. I trust and have confidence in a higher power within me to overcome challenges, fulfill my purpose and to achieve my deepest goals and desires. I am my own cheerleader.
4. **I am an Empowered person. I present and communicate myself in a loving and powerful manner.** I have a positive attitude and self-image. I radiate peace and power. Moreover, I communicate effectively with all people and I have no problem getting what I want from the world.
5. **I am an Empowered person. I am a powerful, effective team player.** I have the emotional fortitude to be open to whatever information I need to hear in order to succeed. I accept constructive criticism and points of view that are the opposite of mine and I deal powerfully with all conflicts.





### **3 Powerful Self-Empowerment Techniques for Personal Growth & Development**



- 1. I Meditate**
- 2. I Affirm My Power via Self-Talk**
- 3. I Visualize My Goals and Desires via Mental Imagery**





## Self-Empowerment Technique #1:

### I Meditate



**Meditation** - To relax and center my mind, body and spirit. To surrender to a higher power greater than myself.

I will take time each day for quiet reflection. I will be still and let my body relax and let my mind be free of all negative thoughts, beliefs and concepts. I will focus on love, joy, peace and prosperity because this is what I ultimately desire to create in my life. Not just for myself but all the people on the planet.

**Meditation will allow me to:**

1. Tap into my higher power
2. Listen to my intuition
3. Get in alignment with what the universe has for me





**1. Meditation allows me to tap into my higher power.** When I am faced with negative challenges and I do not think I can overcome them, my *higher power* will assist me in overcoming the challenges. My higher power is powerful enough to heal and transform any negative challenge into a positive opportunity. Even when I do not think that I can achieve this goal, there is a higher power within me that can. I am learning to trust and believe in my higher power more and more. This gives me great confidence.

**2. Meditation allows me to listen to my intuition.** My intuition helps me to make effective decisions in my daily life. It allows me to react & respond to challenging situations in a powerful manner. Intuition helps me to see people for who they really are. This helps me to not allow negative people or situations to drain my energy or take me off focus. My intuition is always speaking to me and I really am beginning to pay attention to this powerful inner voice. It saves me a lot of time and energy when making decisions.

**3. Meditation puts me in alignment with who I am, my purpose, desires and talents.** This surpasses all outside negative conditioning, people and situations. When my identity, purpose, desires and talents are revealed from within, nothing or no one can stop me from executing what I have come to this planet to accomplish.

**The benefits I receive from my meditation:**

1. It keeps me off drugs, alcohol and other negative addictions
2. It re-energizes and renews my physical mind, body and spirit.
3. It reduces my stress and anxiety.
4. It lowers blood pressure.
5. It reduces my headache and bodily pain.
6. It allows me to sleep peacefully through the night.
7. It helps me to be a more physically, emotionally, and spiritually powerful person.





Self-Empowerment Technique #2:

**I Affirm My Power via Self-Talk “The Power of Words”**



**Affirmations/Self-Talk** - Positive Affirmations are powerful words, thoughts or ideas that are aimed at producing a desired result. “I am Powerful. I Am Intelligent. I Am Courageous. I Am Beautiful.” Positive affirmations reflect and dominate my inner conversation with my inner self.

**Positive affirmations allow me to:**

1. Regain my power
2. Transform negativity into something positive
3. Open my mind to possibility thinking
4. Develop and reinforce good habits and behaviors

**1. Affirmations allow me to regain my power** – When I am feeling fearful, doubtful or insecure and need emotional support, affirming, “I am Powerful, I Am Intelligent, I Am Courageous.” allows me to regain my power. Affirming my power as often as possible makes me believe and have confidence in my ability to do what I say that I am going to do. At this level of empowerment, I feel better and when I feel better – I produce better results in my life. Moreover, affirming my power energizes me to transcend all negative conditioning to be the powerful person I need to be in order to overcome life challenges to succeed in life. At this level of empowerment, I can be, do and create anything that my heart desires.





**2. Affirmations allow me to transform negativity into**

**something positive** - When I am confronted with negativity; I have the power to transform that negativity into something positive. Now, I realize that it is my inner thoughts that create my reality. If my intention is to be successful, then I must focus my thoughts on the positive, regardless of negative appearances. This does not mean to ignore the negative; however, when I focus my thoughts on the positive, eventually, the positive will outweigh the negative. At this level of empowerment, I will produce positive results in my life, because this is a universal law.

**3. Affirmations allow me to open my mind to my greatest potential and possibility**

- When I speak the words, "I am Powerful and I am Intelligent," I am sending a powerful message to my brain to produce powerful results. When my mind is open to my highest potential and possibility, it allows me to think beyond negative appearances - to realize powerful solutions and produce powerful results. This allows me to tap into a higher power and intelligence greater than myself in order to succeed. At this level of empowerment, I will realize my highest potential and possibility - not just for myself, but for all the people on this planet.

**4. Affirmations allow me to reinforce good habits and behaviors**

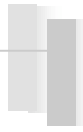
- Affirming, "I am the presence and the power of love." reinforces good habits and behaviors that support me in materializing the love, joy, peace and prosperity that I truly desire and deserve. This will also allow me to be consciously aware of when I am not performing at my highest potential. The more I affirm my power, the more control I have over developing good habits and behaviors that support real authentic power and success.

**The Benefits I receive from affirmations are:**

- It helps me to believe in myself and in my ability to be successful
- It opens my mind to possibilities that I had not thought of







- It re-enforces the importance of developing good habits and behaviors
- It allows me to put things in the right perspective
- It helps me to feel better mentally and emotionally
- It allows me to gain control over my negative emotions and feelings
- It allows me to take back the power that I have given to negative situations or people
- It renews my mind, body and spirit so that I am able to be more powerful in the world.

What Do You Think? Notes, Comments, Commitments:

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What Do You Think? Notes, Comments, Commitments:

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Self-Empowerment Technique #3:

I Visualize My Goals and Desires via Mental



Imagery

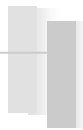
**Visualization** – Having a clear mental picture in my mind, body and spirit of who I desire to be and what I desire to create.

**As often as I can, I will close my eyes and visualize myself doing, being and accomplishing my highest potential and possibility.**

I will maintain a clear mental picture of my goals and the steps necessary to achieve them. Then, I will mentally rehearse them. Ultimately, I will discover the power within to create what is in my heart to create. At this level of awareness, I am motivated and energized to accomplish anything I desire to accomplish. Moreover, visualization will prepare me to take full advantage of life's greatest opportunities.







### **Benefits of Visualization:**

1. Visualization allows me to create a powerful new self-image and lifestyle
  2. Visualization allows me to develop my belief and confidence in my higher potential and possibility
  3. Visualization allows me to give powerful performances every time
- 
1. **Visualization allows me to create a powerful new self-image and lifestyle** - If my intention is to be successful, then I must have a powerful self-image and lifestyle. I can achieve this by visualizing myself being a powerful person and having a rich lifestyle. I will not allow my logical mind to discourage me because if I can clearly visualize it, I can achieve it. This will allow me to tap into a higher power within myself in order to orchestrate and engineer my greatest potential and possibilities.
  2. **Visualization allows me to develop my belief and confidence in my higher potential and possibility** - Before I can manifest my desires, I must believe in my ability to achieve them. Visualization forces me to use my imagination to stimulate my feelings and emotions into powerful beliefs. These powerful beliefs will empower my ability to do anything I put my mind to. At this point, I can go out into the world and create and produce anything I truly desire in my life.
  3. **Visualization allows me to give a powerful performance every time** - If my intention is to be successful, then I must always give a powerful performance; be it in front of one person or twenty million people. I must constantly visualize myself being the powerful person I know that I can be. Rehearsing my performance in my mind gives me the self-confidence I need to give a great performance every time.







**Tips for Creative Visualization:**

1. If you have trouble getting a clear mental picture, try cutting out pictures from books, magazines and catalogs. Whenever you see a picture that you are attracted to or that inspires you, cut it out. You may want to create a collage with pictures that really inspire you. Next, put your collage of pictures in a place where you can see it as often as possible. This will dramatically help you to get a clear mental picture in your mind of what you desire.
2. You can increase the benefits of visualization by reciting positive affirmations while looking at the pictures. As you are looking at the pictures, say to yourself, "I am powerful enough to achieve this in my life." This will help to increase your chances of attracting and drawing to yourself exactly what you need in order to materialize your deepest goals and desires.
3. To get the maximum benefit out of these visualization techniques, you should visualize once upon getting up in the morning, throughout the day and once just before going to sleep at night. Doing these visualization exercises consistently will assist you in staying motivated, focused, and conscious of who you desire to be and what you desire to create in your life.

What Do You Think? Notes, Comments, Commitments:

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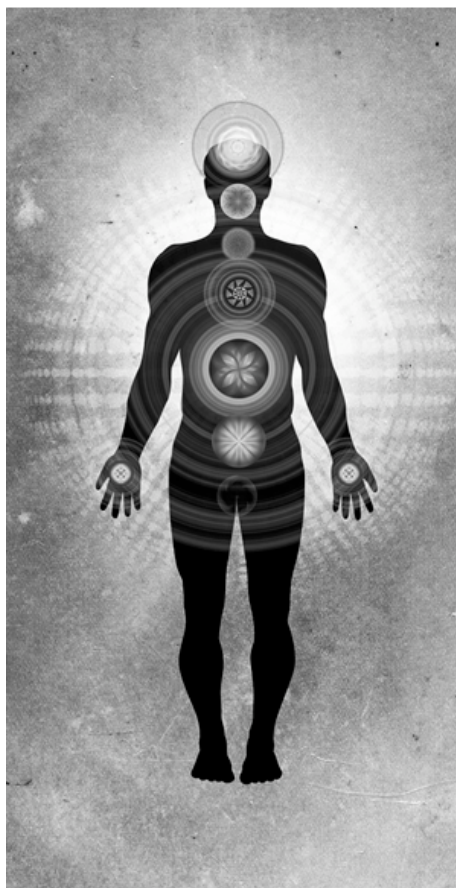
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## **Do The Inner Work Required for Success Now**







## **Affirm: I Am The Presence and the Power of Love**

**I Love Myself Unconditionally** – My love for myself is not regulated by my successes, failures or who likes me or not. I love myself unconditionally because I am unconditional love. At this level of empowerment I attract and draw to myself the love, joy, peace and great riches I truly desire and deserve.

**I Am Responsible for My Life** – I take full responsibility for healing and transforming my life to achieve my personal and professional goals and desires.

**I Am Perfect Health** – Every bone, muscle, tissue and cell of my body is filled with love and perfection. Therefore, I am eternally youthful, beautiful and in perfect health.

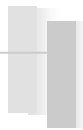
**I Am Forgiving** – I forgive myself and other people for any wrongdoings; therefore, I am free from guilt, shame and resentment. I have learned the lesson and now I am prepared to go to my next level of love, joy, peace and prosperity.

**I Am Standing on Solid Ground** – I am powerful enough to stop allowing negative people, situations and circumstances to have power and control over me. Therefore, there is nothing or no one that can stop me from loving, believing and having confidence in myself.

**I Only Have Loving Relationships With Everyone** (Family, Friends, Enemies, The World) - I love, respect and appreciate myself; therefore, I treat everyone with love and respect. I no longer feel the need to please people or understand why they do what they do. I accept people for who they are because I know who I Am. I give Love. I give Love. I give Love.







**I Am Living my Life On Purpose** – My main purpose is to discover how profoundly powerful I am to create Love, Joy, Peace and Great Riches in this world.

**I Am Free, Free, Free** – I am free because I know who I am, and I know that I can do all things with love that supports and strengthens me. Now, I operate at my fullest potential to achieve my personal and professional goals and desires.

**In the name of Love, I am Love and I am willing to see and experience Love in this world.**

### **The Power of Self-Love**

Philosophers, psychologists, medical doctors, and motivation gurus agree that Love is the most powerful force on earth. The human mind cannot possibly understand, intellectualize, or limit the power of love. Love is so powerful and infinite that it is synonymous with only one other word: God. God is love and you are an expression of that love. The desire to express this love is part of your being, so fundamentally woven into your essence that you cannot be separated from it. It can be suppressed or denied, but never extinguished. Love is so powerful that it is patient - until you choose to tap into its power. If your intention is to achieve success now, start by tapping into the power of love within you. You can achieve this by learning to love yourself via self-empowerment.

Self-love is not about being vain or perfect. Self-love is about being authentic, regardless of the challenges you may face. It allows you to peel back the layers of your life and discover your most authentic self. It is an awesome way of existing in the world. It also entails certain actions, like flowing with life rather than against it; moving toward conscious living rather than unconscious living; treating facts with respect rather than living in denial; acting







responsibly rather than irresponsibly. Self-love creates a confidence in your ability to think, learn, and make effective decisions. It helps you to react and respond to negative situations and people in a powerful way. Self-love is the basic ingredient for true happiness and success “now.”

Remember, Loving yourself does not just require accumulating more things, people or accomplishments. It requires that you seek the truth about Love from within you. This concept will revolutionize your life and take you to your next level of authentic success.

What Do You Think? Notes, Comments, Commitments:

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## **Self-Love Evaluation**

Answer the following 10 questions, Yes or No. Remember, only you can ask and answer these questions for yourself. Be honest with yourself for powerful results.

1. **Y/N** Now, when asked, “Who is the most important person in my life?” do I answer “myself”?
2. **Y/N** Now, am I nurturing my mind, body and spirit on a daily basis?
3. **Y/N** Now, have I stopped allowing negative things and people to control me by draining my energy and taking me off focus?
4. **Y/N** Now, I Have I forgiven myself for any mistakes or bad decisions that I have made?
5. **Y/N** Now, am I treating everyone with love and respect?
6. **Y/N** Now, do I acknowledge and confront my internal barriers, energy drainers and addictions?
7. **Y/N** Now, am I creating success based on what I authentically desire for my life?
8. **Y/N** Now, do I feel like I am a beautiful person?
9. **Y/N** Now, have I stopped depending on external props to make me feel secure within myself?
10. **Y/N** Now, am I sensitive to my internal needs (love and attention) and am I fulfilling those needs in a way that supports self-love?





Add up your number of “Yes” responses and write down the number: #\_\_\_\_\_

Add up your number of “No” responses and write down the number: #\_\_\_\_\_

*If you have 8 or more “Yes” responses:*

- You love yourself and are on your way to a healthy, bright and exciting future.
- However, don’t forget that loving yourself is a daily process and you must continue to empower yourself to love yourself even more.
- Remember, there is always a next level in the evolution of “love” to evolve to and you must continue to keep moving forward.
- Do not allow other people to make you feel guilty because they perceive self-love as being self-centered. The more you love yourself, the easier it is to allow other people to love themselves.

*If you have 3 or more “no” responses:*

- You don’t love yourself as much as you should or could. If you are hurt or disappointed by your score, don’t be. This is not a bad thing. It just means that you must work on loving yourself more. Remember, if you are not open to your own truth, you may find yourself falling deeper into self-destruction and a dead end future.
- They say, “Knowledge is power.” However, knowledge is only potential power, because if you don’t use the information/results from your self-evaluation, then the knowledge will not be powerful to you. Use this information to re-evaluate your desires, acknowledge root barriers and





commit to empower yourself to overcome your life challenges to achieve your goals. Remember, regardless of the challenges in your life, you have the power to transform every situation from a negative to a positive one.

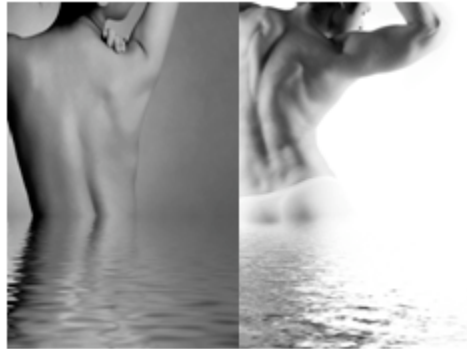
- One of the first questions I ask my audiences is, “Do you love, respect and appreciate yourself?” In most cases, 95% says, “Yes”. However, after completing our self-love test, they realize that they do not love, respect and appreciate themselves as much as they thought. One of the major reasons people do not succeed in living a better life is that they are in denial. Denial means to refuse to admit the truth about the root of your problems. The root of their problems usually stem from their inability to love, and believe in themselves. People who live in a state of denial, in most cases, live their lives blaming people or situations for the reason they do not love themselves and cannot be happy or successful. As long as there is something or someone “out there” to pin their dissatisfaction and failures on, they never have to face themselves.
- The Big Void – If you have a big void in your life and have not found anything satisfactory to fill it, you may want to fill it with the power of self-love. I guarantee that you will fill the void.
- Do not procrastinate. Do not wait until you get a new job, relationship, house or car to love yourself. Love yourself today.





## The Power of Self-Love

### 10 Tips for Improving Your Next Self-Love Evaluation



1. **\_\_\_ When asked who is the most important person in your life, do you answer “myself”?** “No, my children, (or spouse, or friends) are.” When you are the most important person, you naturally nurture and develop your mind, body and spirit, which ultimately empowers you to operate at your fullest potential. When you are solid and strong within yourself, then you 1) fulfill your purpose and materialize your goals and desires and 2) you inspire and help other people to fulfill their purpose and achieve their goals and desires.
2. **\_\_\_ Am I nurturing my mind, body and spirit on a daily basis?** “No. I just don’t have the time.” Your mind, body and spirit are your most important and valuable resources to you achieving a successful life. In order for you to overcome your life challenges to achieve the life you desire, you must possess a strong mind, body and spirit. Learn to make the time to nurture your mind, body and spirit. You will be so glad you did.





3. **\_\_\_ Have I stopped allowing negative people, situations and circumstances to drain my energy and block me from completing my daily objectives?** “No, because I feel too overwhelmed.” Please realize, without a sufficient amount of energy, it is almost impossible to complete your daily objectives. When you stop allowing your energy to be drained, you will find it much easier to “do what you must do” to overcome life challenges to complete daily objectives. No excuses.
4. **\_\_\_ Have I forgiven myself for any mistakes or bad decisions that I have made?** “No.” Not forgiving yourself is an energy drainer that makes it difficult to attract love, joy, peace and riches into your life. Why? Because, you will not believe that you are worthy of it. Please realize that we will all make mistakes in our process of growth and development. So forgive yourself and do not give your mistakes or bad decisions any more thought or energy. The key to forgiving yourself is to learn the lesson and *re-focus on a higher vision for your life*.
5. **\_\_\_ Am I treating everyone with love and respect?** “No, because they do not treat me with love and respect.” In most cases they are treating you like you treat yourself. The relationships we have with other people, usually, reflect the relationship we have with ourselves. Treat yourself with love and respect and people will eventually treat you with love and respect - regardless of their past behavior.
6. **\_\_\_ Now, do I acknowledge and confront my internal barriers, energy drainers and addictions?** “No, because I have too many other things on my plate to deal with first.” Please realize, those things that are on your plate will always be there - in one form or another. If your intention is to



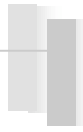


succeed in life, then you must first resolve your internal barriers, **energy drainers and addictions**. This will set you free to realize your true power to accomplish any goal that you set for yourself.

7. **\_\_\_ Am I creating success based on what I authentically desire for my life?** “No, because the world’s definition of success is different from mine.” Which definition do you think will bring you the greatest satisfaction? Remember, building success based on other people’s definition of success is like building your empire on sand. It would only take a strong wind to destroy in seconds what you took years to build. Building success based on your internal definition of success is like building your empire on solid ground. When you build your success on solid ground, nothing or no one can destroy it, not even you.
8. **\_\_\_ Do I feel like I am a beautiful person?** “No, because I do not look like the people on television or in the magazines.” Always remember you have a unique beauty that radiates from the essence of your being, if you allow it to. Re-Focus on exercising your inner beauty, regardless of your physical appearance. This will empower you to radiate your true authentic beauty. Moreover, this authentic beauty will be reflected in your self-esteem, attitude, confidence level, self-image and reaction and response to life.
9. **\_\_\_ Now, have I stopped depending on external props to make me feel secure within myself?** “No.” Please realize - evaluating your level of self-worth and value based on what you have or don’t have is self-destructive and dis-empowering. If it is your intent to increase your level of self-worth and value to achieve the life you desire, then re-focus on operating at your fullest potential at every given moment. This will allow you







to develop the confidence and security within yourself to overcome any life challenge to fulfill your purpose and achieve your deepest goals and desires.

10. **\_\_\_ Am I sensitive to my internal needs (love and attention) and am I fulfilling those needs in a way that supports self-love?** “No, because I am still dependent on other people to take care of my internal needs.” A lot of time and energy can be spent manipulating other people to fulfill your internal needs. This is an energy drainer that can prevent you from moving to your next level of success. Moreover, eventually people are going to get tired of taking care of you. So get the lesson now, start fulfilling your own internal needs. Ultimately, this will set you free to create the life that you authentically desire.

What Do You Think? Notes, Comments, Commitments:

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## **Affirm: I Am The Greatest**

**I Feel Great**

**I Look Great**

**I Am Great**

**I Am Powerful** – I am spiritually, mentally and physically strong enough to overcome my life challenges to achieve my goals and desires. I am powerful enough to fulfill my purpose and achieve the love, joy, peace and great riches I truly desire and deserve!

**I Am Intelligent** – I have the brainpower to create, orchestrate and manifest greatness in my life. I learn and master any information or skill because I am a thinker and I use my brain to think. My mind is strong enough to visualize and manifest anything that my heart desires.

**I Am Courageous** – I fear nothing or no one. I am the presence and the power of love. Love is the most powerful force on earth. Therefore, I am powerful enough to overcome my fears, doubts and insecurities to achieve my heart's desires. I can do all things with love that supports and strengthens me.

**I Am Unique** – I am a special individual expression of love. Only I can do things the way that I do them. I add something extra special to this world.

**I Am Beautiful** – I am beautiful because I am the Presence and the Power of Love.

**I Am The Greatest!**

**I Feel Great! I Look Great! I Am Great!**

**I Give Thanks!**





## Do You Believe In Yourself?



### Believing In Yourself – Self-Evaluation

For each of the following questions, answer Yes or No:

1. Y / N Now, do I have an internal “knowing”/Belief that regardless of the challenges I now face – I will prevail in the end, not weakened but stronger? (Regardless of what people think or believe.)
2. Y / N Now, when negativity starts to attack me and I start doubting myself, do I immediately surrender to my higher power? (Regardless of where I am.)
3. Y / N Now, am I maintaining a clear mental picture in my mind of my goals and who I need to be in order to achieve those goals? (Regardless of present appearances.)
4. Y / N Now, am I presenting and communicating myself confidently – with a powerful self-image that reflects my deepest goals and desires? (Regardless of people, situations or circumstances.)
5. Y / N Now, am I reacting and responding to life’s challenges in a powerful manner? Meaning, have I *stopped allowing* negativity to: 1) drain my energy and destroy my spirit, 2) make me feel angry, fearful, frustrated and insecure, or 3) stop me from fulfilling my purpose and accomplishing my goals?





Add up your number of “Yes” responses and write down the number #\_\_\_\_\_.

Add up your number of “No” responses and write down the number #\_\_\_\_\_.

*If you have 4 or more “Yes” responses:*

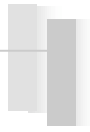
- ❖ You believe in yourself and are on your way to a bright and exciting future.
- ❖ Don’t forget that believing in yourself is a daily process and you must continue to develop a higher belief in your abilities.
- ❖ Push yourself to new levels of believing in your ability by setting higher goals for yourself.
- ❖ Assist other people in believing in themselves by reaffirming their power.

*If you have 2 or more “No” responses:*

- ❖ You don’t believe in yourself as much as you should or could. If you ignore this revelation, you may find yourself overcome by self-destructive habits and a dead-end future.
- ❖ If you are hurt or disappointed by your score, don’t be. Use this information to empower yourself to gain control over your belief in yourself.
- ❖ Remember, if you don’t believe in yourself – this is not a death sentence. If you ignore this information – it is a death sentence. Start the process of believing in the power within you. It will transform your life.







What Do You Think? Notes, Comments, Commitments:

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What Do You Think? Notes, Comments, Commitments:

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## 5 Tips to Improve Your next “Believe In Yourself” Evaluation



1. **\_\_\_ Do I have an internal “knowing” that regardless of the challenges I now face – I will prevail in the end, not weakened but stronger?** (Despite what other people think or believe.) “No.” If you are reacting to your challenges negatively, it means that you are fearful that you are not going to succeed in the end. Make it a ritual to surrender to your higher power via self-empowerment. Ultimately, this is how you develop an inner “Belief” or “Knowing” that you will prevail in the end, not weakened but stronger.
2. **\_\_\_ When negativity starts to attack me and I start doubting myself, do I immediately surrender to my higher power?** (Regardless of where I am physically.) “No.” Remember, at every level of success there will be negative attacks; learn to react to them powerfully. Make it a ritual, when you are under attack, to immediately start to re-affirm your power. Repeat to yourself, “I am powerful beyond measure. I will not allow this attacker to destroy or keep me from accomplishing my goals.” Ultimately you will discover the power within to overcome the negative attacks in order to keep moving your life forward.
3. **\_\_\_ Am I maintaining a clear mental picture in my mind of my goals and who I must be in order to accomplish those goals?** (Regardless of present appearances.) “No.” Remember,





negative appearances will keep you from focusing on your highest potential and possibility. Don't fall in to this trap. As often as possible, close your eyes and see yourself being a powerful person and having exactly what you desire. Eventually, negative appearances will fall away and you will manifest your desires in your physical world.

4. **\_\_\_ Am I presenting and communicating myself confidently – with a powerful self-image?** (Regardless of what I have or don't have.) "No, because I do not have what I need physically to present myself powerfully." Remember, your presentation and communication skills are key elements to getting what you desire from people. Make it a ritual to practice your presentation and communication skills 24/7. This will allow you to develop a powerful self-image. At this point, you can go out into the world and powerfully get whatever you desire.
  
5. **\_\_\_ Now, am I reacting and responding to life's challenges in a powerful manner?** "No. Well it depends on the life challenge." Hear this loud and clear, No, it does not depend on the life challenge. If it is your intent to succeed in life, then you must make a conscious decision to react and respond to every life challenge powerfully. Accepting this concept will allow you to perceive every life challenge as an opportunity to discover how profoundly powerful you are. Remember, practice makes perfect. The more proficient you become at reacting and responding to life challenges powerfully, the easier it will be for you to fulfill your purpose and materialize your deepest goals and desires.

Internalizing these simple but powerful concepts for loving and believing in yourself will allow you to discover what you need to do in order to fulfill your purpose and achieve your deepest goals and desires.





In addition, these Success Principles are what trigger your **SUCCESS MECHANISMS** and you start to feel SUCCESS:

**Success** – Your success stems from you and only you. It is not dependent on what you have or do not have or whether people like you or not. When you feel successful, you react and respond to life successfully. At this level, you are open and receptive to an unlimited amount of success to flow into your life.

**Understanding** – Your understanding stems from your “knowing” who you are and the source of your supply. You are the power of Love and your supply comes from a higher power within you. Therefore, you attract positive opportunities and people that support you in becoming successful.

**Courage** – Your courage stems from the power of love within you to conquer all your fears and life challenges. When you exercise courage, you can do anything you put your mind to. This allows to you to create the successful life you truly desire and deserve.

**Change** – Your ability to change/transform allows you to make the necessary adjustments, internal and external, in your life that leads to success.

**Established** - The more established you feel within yourself, the easier it is for you to materialize your goals and desires in the face of life challenges.

**Security** - Your sense of security will stem from your understanding that you are powerful enough to adapt to any environment or person to materialize your goals and desires.

**Serenity** – Your sense of Serenity will stem from your ability to overcome worry and stress to still operate at your fullest potential to achieve your goals and desires.





## BELIEVE In Yourself



To believe means to accept in your mind that something is true or real, often underpinned by an emotional or spiritual sense of certainty/knowing. Belief is a feeling or emotion that motivates us to act, do, or accomplish something.

Believing in you - means to trust and have confidence in a Higher Power within yourself to achieve authentic success.

### Ingredients for Believing in Yourself

- a. **Trust** - Trust in your ability to succeed. This will give you an inner “knowing” that regardless of the challenges you now face – you will prevail in the end, not weakened but stronger.
- b. **Faith** – Have faith in a higher power within you. This will give you the power to overcome any challenges that could keep you from accomplishing your goals.
- c. **Hope** – Be optimistic. This will give you a positive attitude in difficult times to keep moving forward, no matter what.
- d. **Confidence** – Present and communicate yourself powerfully. This will give you the self-assurance needed to sustain the respect of people around you and to accomplish your goals.





Your beliefs about yourself are evident in the way you react and respond to life. When you say that you believe in yourself, it means that you consistently exercise the power within you to create the life you desire.

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## Empower Your Belief System



1. **\_\_\_Your beliefs translate into powerful feelings and emotions that motivate and control what you THINK, leading to what you do.** Everything that you do stems from your beliefs. Have you ever asked yourself, "Why did I do that?" or, "Why did I react that way?" You may want to look at what you believed the outcome was going to be. Consciously or unconsciously, you did it because you believed it would bring a specific outcome.
2. **\_\_\_Faith and hope fuels your belief system.** To accomplish anything, you must have faith and hope in your ability to achieve it. Have you ever asked yourself the questions, "Why can't I accomplish this goal?" or "Why can't I master this skill?" You may want to look at your belief in your ability to accomplish the goal. Believing in yourself means starting out with nothing except an idea and a vision, then doing the daily work needed to accomplish your goals. This will allow you to build faith and hope within yourself.

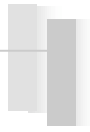




3. **\_\_\_Protect your belief system so that you cannot be manipulated into doing things you do not desire to do.**  
Can you say, “No” to people, without having them manipulate you into saying, “Yes”? If your answer is, “No, I cannot say no to people,” then you have a major challenge. If you cannot say ‘no’ to people and mean it, then you will make it more difficult to accomplish your goals. Why? Because you only have a certain amount of time and energy in any given day. If people are able to manipulate you into doing what they want you to do and dismiss or invalidate what you want, then you cannot focus on your goals. Do not allow people to manipulate you into believing that you are a bad person because you did not do that favor for them. Please note, this does not mean that you cannot do favors for people. Just make sure that 1) it is convenient for you, 2) it does not take away from your goals, and 3) it does not go against what you value and believe in.
4. **\_\_\_Your belief about yourself motivates and inspires other people.** When you believe in yourself, it shows in your energy level and enthusiasm about life. Your self-image and presentation to the world is positive. People are attracted to powerful people who believe in themselves and have positive attitudes and self-images. This is how jobs are secured, promotions are granted, and major sales are made.
5. **\_\_\_Your belief in yourself controls your self-image.** As soon as you walk into a room full of people, you have told everyone what you believe about yourself by the way you present and communicate yourself. When you believe in yourself, it is expressed by your self-confidence, energy and a powerful presents and self-image. This includes the way you walk, talk, dress, communicate and interact with people.







6. **\_\_\_ You attract to yourself what you believe about yourself.** We are living magnets that attract people, opportunities, material possessions and experiences based on what we believe and think about ourselves. If you have a negative attitude, you will attract negativity into your life. If you have a positive attitude, and are open to the possibilities of life, you will attract positive things, opportunities and people into your life.

What Do You Think? Notes, Comments, Commitments:

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## **Master Relationships by Developing a Solid Relationship With Yourself**

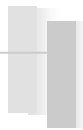


The only way to have a successful relationship with anyone is to first have a successful relationship with yourself. You must first love, respect and appreciate yourself before you can love anyone else. One of the most damaging mistakes that people make is looking for love and self-worth outside of themselves before they have found love and self-worth inside of themselves.

If you want to be successful in life, you must first develop love, respect, and appreciation for yourself. There is no getting around this fundamental law. Ninety-five percent of the time we attract to ourselves what we really believe about ourselves. This is very difficult to accept, but nonetheless, it is true. If you are into abusing yourself by feeling ashamed of who you are, then you will attract abusive people. These negative people will verbally and physically abuse and victimize you. On the other hand, if you genuinely love yourself, you will attract people who will support you in love.







## **8 Tips for Enhancing Your Relationship with Yourself**

**1. Make a Commitment to spend at least 20 minutes a day with your personal and professional development!** You can start by meditating, reviewing your goals, planning a strategy to achieve your goals and empowering yourself with powerful affirmations and visualization exercises. This will allow you to become a stronger, more powerful person in the world.

**2. Do the “Amazing Mirror Exercise”**

Look at yourself in the mirror and affirm, “I love you.” Make eye contact with yourself. This will help you to develop a stronger relationship with yourself. This affirmation also will increase your sense of self-worth and value. Affirming to yourself, “I love you” and internalizing it, will heal and transform your life beyond your wildest dreams.

**3. Nurture Yourself**

Do not dismiss this exercise as being crazy. By touching yourself, you acknowledge the beautiful body that God has given you. Lovingly touch your face, arms, legs, feet, hands, etc. Even if your body is not what you desire it to be, love it as if it is. Be willing to see the beauty in your body because it is there. Take time to groom and appreciate your physical appearance. It is yours, so you may as well love it with all of your heart. If you do not love your body, how can you expect anyone else to love or appreciate it?

**4. Implement a daily exercise program into your life**

If you are going to maintain a healthy body you must exercise 3 to 5 days a week. This will help you to be mentally, spiritually and physically stronger. As you increase your strength, you also increase your potential for success.







### **5. Learn to spend quality time alone**

Daily, you must spend time alone doing something that you enjoy. This could be meditating, listening to inspirational music, reading motivational books, thinking and planning for your future, writing in your diary, etc. This will bring you closer to your self. The closer you are to your self, the closer you can get to other people.

### **6. Be aware of your body language**

Always be aware of your body language. Negativity can be reflected in your body language. Your body language must express power and self-confidence at all times. This will allow you to send positive messages to your mind, body and spirit. It doesn't matter what others think. Initially, they probably will say, "Who do you think you are, part of the royal family?" Remember, you do not have to justify yourself personal development process to anyone.

### **7. Dress in a fashion that fits you**

Find a fashion that you love. Don't do it because it is in style or because it brings you a lot of attention. Wear it because you love it and it fits your personality and the direction in which you are moving.

### **8. Learn to relax**

Regardless of what is going on in your life, you must learn to relax. Relaxing will help you to think clearly and give you energy. Relaxation is extremely important for your overall health, relationships, advancement and financial wealth.





## Avoid These Relationships Pitfalls



### 1. Stop being a “People Pleaser”

Do you go to the extreme to please people hoping to be loved and accepted? Always remember, you cannot please people 100% of the time, because – the more they get, the more they want. The more money you give them, the more money they need. They never learn to create money for themselves. The more sympathy you give people, the more drama they create to obtain sympathy. The more energy you give them, the more they will take, and before long, you have lost yourself. You must do things to please your heart and soul. If it pleases others, great, but if it doesn't, you still will continue to grow. When you are living your life based in love and truth, all things will happen for the higher good.

### 2. Believe people when they show you who they are!

Intuition is always speaking to you. Listen when people tell you, “I am in your life to destroy you by stealing your energy and holding you back,” or conversely, “I am in your life to support you in love and assist you in growing and moving forward.” Do not waste your time and energy on people who are not interested in growing and moving forward. This concept will save you a lot of time and energy when communicating with people.





### **3. Stop trying to understand why people do what they do -**

People will do and think whatever they want, it is a waste of time to analyze their motives. The only person you truly can understand is yourself. Ultimately, when you understand yourself, you will better understand others. If you really want to help people, help them by being a good example of a loving person, without judgment.

### **4. Stop defining yourself by the standards of others**

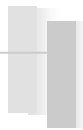
Stop defining yourself by the master narrative. The master narrative includes people whom you allow to dictate what beauty, success, and happiness are for you. The master narrative will say: This is beauty, success and happiness. Upon review, you realize that you are not it. Then you go through life unconsciously – feeling and thinking that you are ugly, a failure, and worthless. You must write, produce, and star in your own movie called, “This is my life.” In this movie you are love, beautiful, intelligent, successful, and secure within yourself. You become what you think about yourself. It is only logical that you should think very highly of yourself. You must look beyond your negative flaws and focus on your positive attributes. Define your own level of success and happiness.

### **5. Don’t mistake the fantasy for the reality**

You see someone that you are extremely attracted to; you start to hyperventilate because they are walking in your direction. “Hello, can I take you to dinner?” they ask. You take a deep breath and smile, “Yes, I would love to.” You love birds go to dinner at one of the finest restaurants. This person is affectionate and attentive to your every need. They ask, “Do you want to spend the night at my house, because I think I love you?” You say, “Well...yes.” It was a night of passion and excitement. You arrive home the next morning around nine o’clock feeling like you have found “the one.” Your heart sings, “I am going to the chapel and I am going to get married.” You call all your friends telling them about your extraordinary night. Now, it is 1:00 p.m. and you just need to hear their voice, so you call. Instead of hearing their voice, you hear, “I am sorry but this number is not in service.” You try again and







again. Now, you are feeling hurt, betrayed and confused. Did they make you feel special just because they wanted sex? Were you so consumed with your fantasy that you could not see what was really going on? Was the night worth the hurt and pain that you feel? Are you now scared by this event? In the future, will you separate the truth from fantasy?

**6. Are you an extra in your own life? Don't be!**

Are you attending to the needs of family and friends before taking care of your own needs? When you value "self," you intuitively and naturally take better care of yourself. You are a stronger, healthier, more confident person and you become a positive inspiration to everyone around you. This puts you in a better position to uplift other people. In addition, by loving and valuing yourself, you are teaching people how to love and value themselves.

**7. Do not allow people to make you angry**

Their negative disposition has nothing to do with you, and everything to do with how they feel about themselves. People are usually rude and disrespectful for the following reasons:

- They want to get your attention but do not know the proper way to do so.
- They are angry with themselves because they are not where they want to be in life.
- They are jealous and envious because you are happy and feeling confident about yourself.
- They have an insatiable need to feel superior by belittling you or other people.

Remember, people do not have any real power or control over you unless - you give it to them. Do not allow people to make you angry, your life is so much bigger than that.

The next time you are confronted with a negative person, learn to tell them directly, "\_\_\_\_\_ you are not going to disrupted my life or take me off focus with your negative drama. I have a







purpose and a dream that I am working on.” And move on.

**8. Do not create relationships based upon selfish desires**

Do not seek to befriend people for what they can do for you, i.e. how much money they have and the company they keep. This will only weaken you in the end. Focus instead on creating your highest potential and possibility and how you can enhance the lives of people around you. You do not need someone else's life, money or friends when you have your own. Befriend people who have a good energy and spirit and because they are moving in the same direction as you are.

**9. Learn to Let people go gracefully**

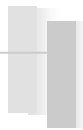
Many people get stuck in unproductive relationships because they can't let go. They fear that they will not be able to find love again or attract a better job. When you are a loving, powerful person, you will always attract love and great employment opportunities into your life. Learn to let people go gracefully, so you may open yourself up to new and exciting possibilities and opportunities.

**10. Possession is Poison “I own you!”**

Possessiveness can end good relationships before they blossom. The attitude of the possessor: I own you; you cannot have any friends I do not approve of; you cannot be attracted to other people or do any activities without me; you must do what I want you to do, when I want you to do it. The person being possessed feels special – for about five minutes. After five minutes, they are left feeling confined, controlled and unhappy. Next, they stop complying with the “ownership agreement.” Now, the “owner” feels incomplete and off-balance, so they react with jealousy, manipulation and resort to bullying. At this point, the relationship is moving backwards and each person's level of self-awareness will determine whether they will grow or be destroyed by this communication breakdown.







**11. Don't waste your time or energy worrying or complaining if someone else is getting more than you.** This will only steal your energy and de-motivate / dis-empower you. You must stay focused on reaching your highest potential and ultimately you will get exactly what you desire. Be patient!

What Do You Think? Notes, Comments, Commitments:

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