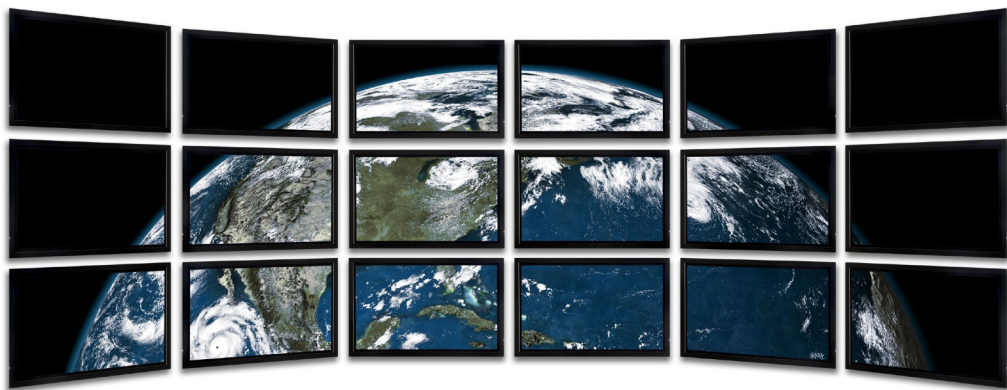


THE CENTER FOR MIND & ESTEEM DEVELOPMENT, INC.

POWER CONSCIOUS



THINK MY POTENTIAL MY POSSIBILITY



INTENTION



DECISION



REALIZATION



ATTITUDE



SURRENDER

BY MARVIN MACK

YOUR PERSONAL & PROFESSIONAL DEVELOPMENT

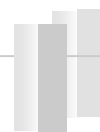


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5 Power Conscious Daily Renewals

Intention

Who do you desire to be and what do you desire to create with the rest of your life?

Health - Power Conscious Goal #1:

I intend to achieve a healthier, stronger mind, body and spirit.

Relationships - Power Conscious Goal #2:

I intend to create successful relationships with all people, both personally and professionally.

Professional Advancement - Power Conscious Goal #3:

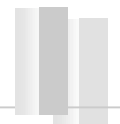
I intend to achieve professional advancement.

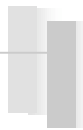
Financial Wealth - Power Conscious Goal #4:

I intend to achieve financial wealth.

Authentic Success - Power Conscious Goal #5:

I intend to achieve the love, joy, peace and great riches I truly desire and deserve.





Decide Now

1. I decide now to **look beyond negative appearances** and seek the truth. Mastering this concept will empower me to discover how profoundly powerful I am to transform negative appearances into positive truths.
2. I decide now to **relax and be patient** with myself and people, while at the same time, doing what must be done in order to materialize my deepest goals and desires. Mastering this concept will empower me to re-energize, think more clearly and take the necessary action steps required in order to achieve my daily objectives.
3. I decide now to **listen to my intuition** and follow through on what it tells me to do. This will allow me to tap into a higher level of intelligence in order to materialize my deepest goals and desires.
4. I decide now to **take back the power** that I have given to negative people, situations or circumstances. Mastering this concept will allow me to re-focus my time, energy and thoughts on materializing my highest potential and possibility. I now realize that I have the power enough to fulfill my purpose and create a great life.
5. I decide now to **take risks and never give up** on discovering how profoundly powerful I am to set goals and do what must be done in order to bring those goals into physical manifestation. I am powerful enough. I am Powerful enough to make effective decisions that will support me in materializing my deepest goals and desires.





5 Realizations for Action

Moving from an Understanding to Action

1. **I now realize that I must Operate At My Highest Potential on a daily basis in order to grow and develop my mind, body and spirit.**
2. **I realize that I must Think Powerfully in order to overcome my life challenges to Succeed.**
3. **I now realize that I must Believe and have Confidence in my ability to “do what must be done” in order to successfully complete my daily objectives.**
4. **I now realize that I must Make Effective Decisions on a daily basis. This will support the achievement of my deepest goals and desires.**
5. **I now realize that I must Take Action Now if my deepest intent is to materialize my personal and professional goals and desires.**

At this level of Power Conscious thinking, ultimately you will be motivated to discover the power within to “Do What Must Be Done” in order to materialize your goals and desires.



5 Power Conscious Attitudes For Success Now

I Can! I Will! It is Done!

I Give Thanks!

1. I can and I will **forgive myself and other people** for any wrongdoings. This will allow me to be open and receptive to Healing and Transforming my life beyond my wildest dreams. I Give Thanks!
2. I can and I will **believe and have confidence in my ability to operate at my highest potential** in order to create love, joy, peace and great riches on this earth. I Give Thanks!
3. I can and I will **react and respond to life powerfully**, regardless of what life puts before me. This will empower me to react and respond to life powerfully in order to create the great life I truly desire and deserve. Not just for myself, but for all the people on this planet. I Give Thanks!
4. I can and I will **stop allowing negative people, situations and circumstances to drain my energy** and take me off focus. I will re-focus that energy on realizing my highest potential to materialize my deepest goals and desires. I Give Thanks!
5. I can and I will **attract into my life positive people, situations and circumstances** that reflect and support my deepest goals and desires. In addition, I can and I will attract the love, joy, peace and great riches I truly desire and deserve. I Give Thanks!



I Surrender To My Higher Power

I Surrender To A Higher Power Within Myself

BE STILL AND KNOW THAT I AM POWERFUL

I am open and receptive to **discovering a higher power** within myself in order to achieve my highest Potential and Possibility.

I **forgive myself and other people** for any wrongdoings; therefore, I am free from guilt, shame and resentment.

I am open and receptive to **learning all that life has to teach** me, so that I am a stronger, more powerful person.

I am open and receptive to using my inner power to **heal and transform** my life to achieve my heart's desires.

I am open and receptive to overcoming my life challenges to **achieve the love, joy, peace and great riches** I truly desire and deserve.

I am open and receptive to overcoming my fears, doubts and insecurities, to **do what must be done** in order to **manifest my desires**.

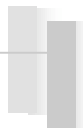
I am open and receptive to **being a powerful person** to give great service and achieve my personal and professional goals and desires.

I Surrender To A Higher Power Within Myself!

BE STILL AND KNOW THAT I AM POWERFUL

I Give Thanks. I Give Thanks. I Give Thanks.





Power Conscious – A Command to Visualize & Produce Your Highest Potential and Possibility

How to Get What You Want

“There is something in the man who succeeds, which enables him to use his faculties successfully, and this something must be cultivated by all who succeed; the question is, what is it?”

It is hard to find a word, which shall express it, and not be misleading. This something is Poise; and poise is peace and power combined; but is more than poise, for poise is a condition, and this something is an action as well as a condition. This Something is Faith; but it is more than faith, as faith is commonly understood: As commonly understood, faith consists of the action of believing things which cannot be proved; and the Something which causes success is more than that. It is Conscious Power in Action.

It is Active Power-Consciousness. Power-Consciousness is what you feel when you know that you can do a thing; and you know How to do the thing. If I can cause you to Know that you can succeed, and to know that you know How to succeed, I have placed success within your grasp; for if you know that you can do a thing and know that you know how to do it, it is impossible that you should fail to do it, if you really try. When you are in full Power Consciousness, you will approach the task in an absolutely successful frame of mind. Every thought will be a successful thought, every action a successful action, and if every thought and action is successful, the sum-total of all your actions cannot be failure.”

The Science of Getting Rich
The Proven Mental Program To A Life of Wealth
By Wallace D. Wattles





I read hundreds of books, listened to tons of audiotapes, attended countless seminars, and exposed myself to scores of successful people, concepts and methodologies on the topic of success. In the final analysis of my research, I have discovered that 1) Success is a self-discovery process and 2) one must access a Power Consciousness in order to materialize success on any level. I have discovered that accessing a Power Consciousness is the key to every motivational, inspirational, self-help, business or professional growth and development process.

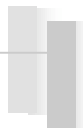
Each of us has the opportunity to access our Power Consciousness in order to heal and transform our lives and materialize great success. If you truly desire to heal and transform your life in order to materialize more health, relationships, career advancement and financial wealth, you must begin by accessing your Power Conscious.

The information in this program is not merely motivational. It will empower you to access the Power Conscious mindset based on where you are in your life, right now. You will learn that no matter who you are or where you are in your life right now, accessing your Power Consciousness will dramatically increase your ability to overcome life challenges to succeed in life.

Who do you desire to be and what do you desire to materialize in your life? In the chapters that follow, we will give you the self-empowerment tools you need to access your Power Conscious mindset. This will allow you to discover the power within in order to be who you desire to be, fulfill your purpose and materialize your deepest goals and desires.

In the chapters that follow, I will introduce you to 5 major components of Power Conscious. Each of the components





focuses on fundamental principles of personal and professional development. The theme that runs through each component /success principle is “I Am Powerful Enough to be who I desire to be and materialize my deepest goals and desires. I can, I will, and it is done. I give thanks.” With just this simple concept, you will go to your next level of success again and again. You will heal and transform your life and the lives of the people around you. Here is a brief description of each Power Conscious principle for success.

5 Power Conscious Principles in a Nutshell:

Success Principle #1: Intention - something that someone plans to do or achieve – the quality or state of having a purpose in mind. Our intention is our purpose and our deepest personal and professional goals and desires. After clarifying and confirming our deepest goals and desires for success now, we must visualize them and write a personal mission statement. Having a personal and professional vision and mission statement is critical to our next level of success. This chapter will motivate and inspire you to clarify and confirm your goals and desires for success now.

Success Principle #2: Decision - something that someone chooses or makes up his or her mind about, after considering it and other possible choices. After clarifying our intention, we must make a conscious decision to succeed. When we affirm a decision, we send out a powerful energy into the universe. The universe will then align the exact forces we need in order to bring about our desired success. I will offer you 5 Power Conscious Decisions For Success Now that will allow you, right now, to align the exact forces you need to materialize your deepest goals and desires. This will empower you to eliminate indecision, procrastination and uncertainty to act and produce powerful results in your life.





Success Principle #3: Realization - to know, understand and accept. Once we are clear on our intent and have made a decision to succeed, when we *keep meeting the temporary defeat*, it may mean that we need to come to a higher realization. Here, we will explore some elements that we may need to heal and transform within ourselves in order to materialize successful results. I will offer you 5 Power Conscious Realizations for Success Now. These insights are designed to save us time, energy and thought. By developing this success principle, we will become better prepared to effectively deal with setbacks, disappointments and problems.

Success Principle #4: Attitude - an expression or general feeling about something, a physical posture, either conscious or unconscious, especially while interacting with others. Developing and maintaining a positive attitude is crucial to the process of achieving success. I will offer you 5 Power Conscious Attitudes for Success Now. This will empower you to rise above negative people, situations and circumstances. In addition, a positive attitude will help you to feel better, look better and produce better results. In addition, it will empower you to effectively overcome your life challenges to fulfill your purpose and materialize your goals and desires in a positive manner.

Success Principle #5: Surrender - an act of willing submission to your higher power. No one materializes true greatness in their life by their own human consciousness. Materializing true greatness is a direct effect of surrendering to a higher power or divine intelligence. If it is our deepest intent to materialize greatness in our lives, then we must consciously surrender to a higher power within ourselves. In this chapter, I will offer you a simple but powerful meditation. This will empower you to develop your belief and confidence in a higher power greater than yourself to fulfill your purpose and materialize your deepest goals and desires.



MY 21ST CENTURY GOALS FOR SUCCESS NOW

1. My Mind, Body and Spirit:

a. My Mind _____

b. My Body _____

c. My Spirit _____

2. My Relationships (Personal & Professional)

a. My Relationship with Myself

b. My Relationship with Family

c. My Professional Relationships

d. My Relationship with the World

3. Professional Advancement

a. Technical Skills

b. Presentation & Communication Skills

c. Team Building Skills

d. Customer Service Skills

4. Financial Wealth

a. Annual Financial Goal

b. Wealth - What do you want to Buy In Cash by this date _____?



Intention - 5 Power Conscious Goals For Success Now

Who do you desire to be and what do you desire to create with the rest of your life?

Health - Goal #1:

I intend to achieve a healthier, stronger mind, body and spirit.

Relationships - Goal #2:

I intend to create successful relationships with all people, both personally and professionally.

Professional Advancement - Goal #3:

I intend to achieve professional advancement.

Financial Wealth - Goal #4:

I intend to achieve financial wealth.

Authentic Success - Goal #5:

I intend to achieve the love, joy, peace and great riches I truly desire and deserve.





Intention

What is your purpose? Who do you desire to be and what do you desire to materialize in your life? Ask yourself, now “What is my purpose? Who do I desire to be and what are my personal and professional goals and desires? What is my intent at this point in my life?”

If we truly desire to succeed in life, if you truly desire to fulfill our purpose, if we truly desire to materialize more Health, Relationships, Professional Advancement or Wealth, if we truly desire to overcome life challenges to materialize more love, joy, peace and great riches, **then we must be crystal clear on our INTENTION.** One of the major reasons that we do not succeed in life is because we do not know who we are, our purpose and what we truly desire in our lives. And this is only because we have not taken the time to sit down and ask ourselves the questions, “Who do I desire to be, what is my purpose and what do I desire to materialize in my life, right now?” The good news is, we can stop looking outside of ourselves for the answers because the answers are within us.

INTENT – is something that someone plans to do or achieve. We must consistently ask and answer these important questions for ourselves. We must *Know* that the answers are within us and will be revealed. At this level of empowerment, we will discover how profoundly powerful we are to fulfill our purpose and materialize our deepest goals and desires.

After identifying our goals and desires, we must visualize it and write a personal mission statement. Having a personal and professional vision and mission statement is critical to our next



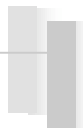


level of success. Once we are clear on our intent or at least have a concept of who we desire to be and what we desire to materialize, five things will happen:

1. We will instantly begin to access our Power Consciousness (to know that you can do a thing) to **attract and draw to ourselves more Health, Relationships, Advancement and Wealth**. As a result, we will feel a renewed sense of positive energy, confidence, peace, power, and focus.
2. We will **believe and have more confidence in our abilities to succeed in life**. As a result, the negative feelings of fear, doubt and insecurity will be replaced with power, courage, and knowing.
3. We no longer will allow for negative people, situations or circumstances to drain our energy or take us off focus. As a result, **life challenges will no longer have power or control over us**.
4. We will **feel a sense of hope and possibility** because we are now realizing that if we have desires in our hearts, then it must mean that we have the power to materialize those desires.
5. We will **send a powerful energy out into the universe**.
Next, the universe will align the exact forces we need in order to fulfill our purposes and materialize our deepest goals and desires.

Implementing the Intention mechanism will motivate and empower us to discover a higher power within ourselves to fulfill our purpose and materialize our deepest goals and desires.





Again, having a personal and professional vision and mission statement is critical to achieving our next level of success. It must be in the forefront of our minds at all times.

Remember, anyone who has succeeded in life had to go through some form of healing and transformation process in order for them to have succeeded. Take it from one of the greatest inspirational classics of our time:

No one drifts into Success

“You don’t have to be a futurist or a fortuneteller to be able to predict some one’s future. You can do so by asking him or her one simple question, “What is your one definite purpose in life and what plans have you made to attain it?”

If you ask a hundred people that question, 98 of them will answer something like: “I’d like to make a good living and be as successful as I can.” While the answer sounds good on the surface, if you dig a little deeper, you will find a drifter who will never get anything out of life except the leftovers of truly successful people. Those persons who have a definite purpose and a plan for attaining success.

To be Successful you must decide at this moment exactly what your goals are and lay out the steps by which you intend to reach it.”

*Think and Grow Rich, by Napoleon Hill
A Year of Growing Rich,
52 Steps to Achieving Life’s Rewards*





In closing, if you are feeling fearful, doubtful, and insecure or if you feel a void or inner hunger, I encourage you to get clear on your intent and start there. This will give you insight and clarity on where you must focus your time, energy and thoughts in order to materialize your highest potential and possibility.

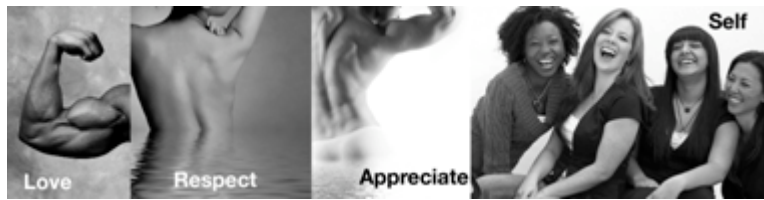
The greatest thing that you can do for yourself and this world right now is to get clear on your intent. Constantly ask yourself the questions, "Who am I? What is my purpose? What do I desire? How should I overcome my life challenges to succeed?" Asking yourself these important questions will allow you to go beyond people, present situations or circumstances and begin operating at a higher level of Conscious Power. At this level of empowerment you will fulfill your purpose and materialize more love, joy, peace and prosperity into your life!

What Do You Think? Notes, Comments, Commitments:



Health

Power Conscious Goal #1:



Ask yourself this question: Am I physically, mentally and emotionally strong enough within myself to overcome my life challenges to fulfill my purpose and achieve my deepest goals and desires?

If you answered, “yes” to the above question, then Bravo to you and keep up the great work that you are doing in the world.

If you answered “no” to the above question, do not feel bad, weak, frustrated or powerless. If your deepest intent is to materialize a healthier, stronger mind, body and spirit, then start now. Visualize and affirm with feeling and emotion this powerful affirmation as often as possible:

- **“Power Conscious, I intend to achieve a healthier, stronger mind, body and spirit. 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.”**

At this level of Power Conscious thinking, we will naturally eliminate all self-destructive thoughts, beliefs and behaviors and replace them with **Self-Empowering thoughts, beliefs and behaviors**. In addition, we **will love and believe in ourselves more**. Mastering this concept will empower us to naturally develop



a healthier stronger mind, body and spirit on a daily basis. At this level of physical, mental and spiritual health, we will **operate at our highest potential** to fulfill our purpose and materialize our deepest goals and desires. In addition, as we heal and transform our lives, we automatically **inspire other people** to heal and transform their lives.

What Do You Think? Notes, Comments, Commitments:

Have you forgiven yourself and people for any wrongdoing? Yes or No – If you answered “no” then ask yourself, “Is the un-forgiveness worth holding on to based on the negative impact it is making on your mind, body and spirit?”

What are your negative addictions and what are you doing to prepare your mind, body and spirit to eliminate your dependency?

What could be preventing you from loving, respecting and appreciating yourself unconditionally?

What do you need to “let go of and/or accept” in order to free yourself from bondage? (What belief, person, thing or behavior do you need to let go of in order have more energy?)



Relationships

Power Conscious Goal #2:



Ask yourself these questions: Am I getting along harmoniously in my relationships with the people in my personal and professional life? Am I attracting positive people who are intelligent, energized, motivated and joyous about life? Am I maintaining intimate relationships that make me feel happy, excited and alive?

If you answered, “yes” to the above questions, then Bravo to you and keep up the great work that you are doing in the world.

If you answered “no” to the above questions, do not feel disempowered, disconnected, alone or depressed. If your deepest intent is to create successful relationships with all people, personally and professionally, then start now. Visualize and affirm with feeling and emotion this powerful affirmation as often as possible:

- **“Power Conscious, I intend to create successful relationships with all people, both personally and professionally. 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 am Powerful. I give Love. I give Love. I give Love.”

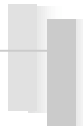
At this level of Power Conscious thinking, we will heal and transform all negative relationships into **positive, loving, supportive relationships**. This will allow us to eliminate the negative drama from our relationships that tend to drain energy and take us off focus. Mastering this concept will **free us to be more joyous, energized and productive** in our lives. Furthermore, striving for successful relationships will allow us to **attract and connect with positive people** who are intelligent, energized, motivated and joyous about life. Lastly, creating successful relationships will empower us to work harmoniously with all people to **create more love, joy, peace and great riches in this world**.

What Do You Think? Notes, Comments, Commitments:

What do you need to heal and transform within yourself in order to produce loving, harmonious relationships with the people in your personal and professional life, now? **I need to heal & transform my:**

1. ____ Defensiveness
2. ____ Fears, doubts and insecurities
3. ____ Resentment, Un-forgiveness, Anger, Jealousy
4. ____ Negative judgments & conversations about people
5. ____ Co-dependence, neediness, and greediness
6. ____ Inability to have empathy for people
7. ____ Controlling and manipulating behaviors
8. ____ Internal battles, because “I am at war with myself”





Who are the people that are draining your energy and taking you off focus and why are you allowing them to do it?

How are people able to make you feel insecure or dis-empowered and why are you allowing them to do it?

When are people able to manipulate and control you into doing things that are not in your spirit to do?

Whenever you observe yourself participating in any of these negative self-defeating behaviors, I encourage you to affirm your relationship affirmations as often as possible. This will empower you to refocus your time, energy and thoughts on creating relationships that are about Love, Joy, Peace and Harmony. You will be amazed at how profoundly powerful you are to transform your negative relationships into positive supportive relationships.

What Do You Think? Notes, Comments, Commitments:





Professional Advancement

Power Conscious Goal #3:



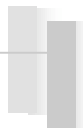
Ask yourself these questions: Am I getting great evaluations for the services I provide the people in my personal and professional life? Am I technically, mentally, emotionally, and physically prepared to advance professionally?

If you answered, “yes” to the above questions, then Bravo to you and keep up the great work that you are doing in the world.

If you answered “no,” do not feel like a failure, discouraged, devalued, or hopeless. Moreover, do not make excuses and do not remain in denial about your weaknesses. This will only prolong your growth or destroy you in the end. If it is your deepest intent to advance professionally, then start now. Visualize and affirm with feeling and emotion this powerful affirmation as often as possible:

- **“Power Conscious, I intend to advance professionally.” I Am A Professional – I am a professional 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 give great service and achieve my personal and professional goals and desires.**





At this level of Power Conscious Thinking, we will develop our **critical thinking, self-management, professional behaviors, and technical skills**. In addition, we will **present and communicate ourselves in a professional manner** in order to get what we desire from this world, both personally and professionally. Mastering this concept will empower us to 1) present and communicate more effectively with all people 2) give great service, and 3) **put excellence into everything that we do**, personally and professionally. Furthermore, we will strengthen **our self-discipline, work ethic and leadership abilities**. All of which are required for professional advancement.

What Do You Think? Notes, Comments, Commitments:

On a scale of 1 – 5, what is your ability to effectively present and communicate your product or service to the world in order for this world to give you the LIFE you desire to live? How can you improve your presentation and communication skills?

What do you need to improve regarding yourself - in order to add more value and worth to your products or services? I need to improve on:

- ☐ Patience with self and people
- ☐ Ability to focus on a project until complete
- ☐ Presentation and communication skills
- ☐ Self-Management Skills
- ☐ Interpersonal Skills (get along harmoniously with people)
- ☐ My negative personality defaults
- ☐ Ability to be more positive and optimistic



- Are you a Leader? What are your strengths and weaknesses as a Leader?

[illegible]

Financial Wealth

Power Conscious Goal #4:



Ask yourself these questions: Am I attracting and materializing the level of financial wealth I truly desire and deserve? Am I mentally, emotionally, and spiritually prepared to receive the Financial Wealth I truly desire? Am I providing professional services at the level I desire to receive Financial Wealth?

If you answered, “yes” to the above questions, then Bravo to you and keep up the great work that you are doing in the world.

If you answered “no” to the above questions, do not feel like a failure with no self-worth or value. If it is your deepest intent to materialize financial wealth, then start now. Visualize and affirm with feeling and emotion this powerful affirmation as often as possible:

- **“Power Conscious, I intend to materialize financial wealth. I now connect with my inner power to grow and receive. I Am Powerful, Intelligent, Courageous and beautiful. I am the love, joy, peace and great riches I seek outside of myself. ”**



Also, I offer you this simple but powerful prayer:

“Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil.”

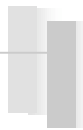
The Prayer of Jabez,
Breaking Through to the Blessed Life
by Bruce Wilkinson

At this level of Power Conscious Thinking, we will naturally **increase our self-esteem, energy level and our self-worth and value**. When we increase these elements within ourselves, we automatically develop a positive attitude and **put excellence into everything we do**. We **attract and draw** to ourselves more opportunities for **financial wealth and independence**. Moreover, at this level of empowerment, once we receive financial wealth, we will not sabotage our success, nor will we fear someone taking it away. Remember, when success is created from the inside out, it can never be destroyed or taken away from us.

We must also keep in mind, financial wealth is not the ultimate goal. Financial Wealth is an energy that allows us to bring into **physical manifestation the lifestyle we truly desire and deserve**. Remember, the more positive energy we give to the world, the more financial wealth and so much more we will receive.

What Do You Think? Notes, Comments, Commitments:





Right now, are you respecting money? Is this reflected in your daily spending and have you gone GREEN?

Right now, are you giving thanks for what you have? If not, what can you give thanks for right now and build from there?

What do you need to heal and transform within yourself in order to materialize financial wealth? I need to:

1. ____ Increase my self-esteem, self-worth and value
2. ____ Give more of myself, personally and professionally
3. ____ Believe there are enough resources for everyone
4. ____ Manage myself more effectively
5. ____ Listen to my intuition when making decisions
6. ____ Spend less than I earn
7. ____ Perform at a level that deserves higher pay
8. ____ Stop being so greedy, needy and ungrateful
9. ____ Stop looking to other people to make me successful
10. ____ Start being honest about my strengths and weaknesses
11. ____ Learn to say "no" to people and mean it

What can you do *right now* in order to create more financial wealth? The answers are always within you.

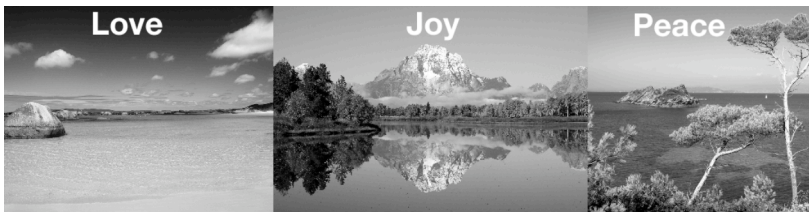
Do you know exactly how much income is coming in and how much income is going out? Are you spending your money appropriately?





Authentic Success

Power Conscious Goal #5:



Ask yourself these questions: Am I attracting and drawing to myself the level of love, joy, peace and great riches that I truly desire and deserve? Am I feeling great, looking great and producing great things in this world?

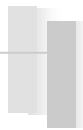
If you answered, “yes” to the above questions, then Bravo to you and keep up the great work that you are doing in the world.

If you answered “no” to the above questions, do not feel dis-empowered, low self-esteem, limited or hopeless. If it is your deepest intent to materialize authentic success, start now. Get a clear mental picture in your mind of you having more love, joy, peace and great riches. What does it look like and feel like? Next, visualize and affirm with feeling and emotion this powerful affirmation as often as possible:

➤ **“Power Conscious, I intend to materialize the love, joy, peace and great riches I truly desire and deserve.”**

At this level of Power Conscious Thinking, we will **attract and draw to ourselves positive people, situations and circumstances that support us in fulfilling our purpose and achieving our goals and desires.** All of these will reflect the





love, joy, peace and great riches we truly desire and deserve. In addition, Authentic Success will physically manifest itself into our lives naturally, consistently and to the degree that **satisfies our hearts and souls.** At this level of empowerment, we will not have to say one word because our energy will shine so brightly that others will see it and be attracted to it. Moreover, they will be inspired to materialize their heart's desires.

Always remember, we are the love, joy, peace and prosperity that we seek outside of ourselves. We must spend time discovering these elements within ourselves. They are there. We must meditate, affirm, visualize and re-direct our energy on the love, joy, peace and great riches we desire to achieve. When it is revealed and discovered from within, ultimately it will be materialized externally. Practicing this concept will always yield powerful results. This is a universal law. Practice!

What Do You Think? Notes, Comments, Commitments:

What or who do you need to stop allowing to have power and control over you, in order for you to materialize more love, joy, peace and great riches in your life?

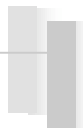




Questions and Answers:

1. Why are we not clear on who we desire to be and what we desire to create? Why don't we know our deepest intent? We are too consumed by the world around us. It is difficult to take time out for "self" outside our tribe or culture. However, the world is slowly but surely realizing that quiet "self" time is essential to our personal growth and development. Moreover, I believe that this process is a critical component to our healing and transforming this world. What do you think?
2. What if we are crystal clear on our goals and desires but things are not materializing in the way that we envisioned? It could be because our personal vision does not match up with our higher power's vision. Or it may mean that we have more to learn, like patience, poise (peace and power) and process. Not to mention, we may need to learn how to treat people better. Seek a realization from within yourself. The answer is there. What do you think?
3. What if you just don't have the time to get clear on your intent or for your personal and professional development? Why can't we find the time? We find time for everything and everyone else. If we cannot find the time to get clear on our goals and desires, then we cannot get angry or frustrated when we are not getting what we desire. When our development and desires become important enough, we will find the time to sit-down in a seat and ask ourselves the questions, "Who do I desire to be and what do I desire to materialize in my life, right now?" The answers will come because they are already waiting for us to bring them into physical manifestation. This will give us the motivation we really need to move our lives to the next of level success. What do you think?





4. What if you are crystal clear on what you truly desire, but you just don't believe that it is possible in two million years? Affirm, I Am Powerful Enough over and over again. This will allow us to rise above our fears, doubts or insecurities, and encourage us to ACT. It will empower us to keep putting one-foot-in-front-of-the-other until we have succeeded. This is how we will discover how powerful we are to materialize our deepest desires, despite our fears, doubts and insecurities. What do you think?

5. What if your intent goes completely against your tribe or culture's intent for you? I will say to you directly: Make a decision now to move on the intent that you truly believe will allow you to fulfill your purpose and materialize your deepest desires, and don't look back. This is if you truly desire to be happy and successful in your life. Otherwise, you will blame the tribe or culture if you are not feeling happy or satisfied with your life. What do you think?

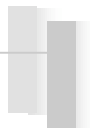




5 Power Conscious Decisions For Success Now

1. I decide now to look **beyond negative appearances and seek the truth**. Mastering this concept will empower me to discover how profoundly powerful I am to transform negative appearances into positive truths.
2. I decide now to **relax and be patient with myself and people**, while at the same time, doing what must be done in order to materialize my deepest goals and desires. Mastering this concept will empower me to **re-energize, think more clearly and take the necessary action steps** required in order to achieve my daily objectives.
3. I decide now to **listen to my intuition and follow through** on what it tells me to do. Mastering this concept will allow me to tap into a higher level of intelligence in order to materialize my deepest goals and desires.
4. I decide now to **take back the power** that I have given to negative people, situations or circumstances. Mastering this concept will allow me to re-focus my time, energy and thoughts on materializing my highest potential and possibility. I now realize that I have enough power to fulfill my purpose and create a great life.
5. I decide now **to take risks and never give up** on discovering how profoundly powerful I am to set goals and do what must be done in order to bring those goals into physical manifestation. I am powerful enough. I am Powerful enough to **make effective decisions that support me in materializing my deepest goals and desires**.





Decide Now

Ask yourself these questions, “Have I made a conscious decision to fulfill my purpose and achieve my goals and desires, no matter what? Have I made a conscious decision to overcome life challenges with grace to materialize the love, joy, peace and great riches I desire?”

Once we are clear on our intent to materialize specific goals and desires, now it is time to make a definite decision to succeed. Definiteness of decision is a requirement for Success, because it gives us the confidence, direction, and focus needed to ACT and produce powerful results.

When we make a definite decision to succeed, this does not mean an over night success. We will have setbacks, people may not support our decisions, and we will face challenges along the way. However, making a definite decision to succeed will empower us to do 5 things:

Making A Definite Decision

1. It will empower us to **develop the mindset to keep moving forward** in life regardless of negative people, setbacks and challenges we may face along the way.
2. It will empower us to access an energy within us that lets the world know that we are serious about what we have decided.
3. It will empower us to **send a powerful energy out into the universe** that aligns the exact forces that we need in order





to succeed in the accomplishments of our goals and desires.

4. It will help us to eliminate negative conversations and **refocus on positive conversations that support our decision to succeed.**
5. This process will allow us to eliminate indecision, procrastination, frustration and uncertainty. In addition, **it will empower us to attract and draw to ourselves - positive people, situations and circumstances that will assist in our success.**

After making a definite decision to succeed, we must trust and believe that the universe will align the exact forces that we need in order to yield powerful results. In addition, we must also trust and have faith that we are powerful enough to follow through on our decision to succeed.

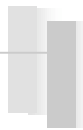
We must remember, only we can create our success and only we can block our success. If our decision to succeed is stronger than our indecisiveness, we will succeed regardless of life challenges. Please do not procrastinate on internalizing this powerful concept.

Think and Grow Rich

“The Mastery of Procrastination”

Analysis of several hundred people who had accumulated fortunes well beyond the million-dollar mark disclosed the fact that every one of them had the habit of reaching decisions promptly, and of changing these decisions slowly, if and when they were changed. People who failed to accumulate money, without exception, have the habit of reaching a decision, if at all, very slowly, and of changing these decisions quickly and often.





The majority of people who fail to accumulate money sufficient for their needs are, generally, easily influenced by the opinion of others. They permit the newspapers and the gossiping neighbors to do their thinking for them. Opinions are the cheapest commodities on earth. Everyone has a flock of opinions ready to be wished upon anyone who will accept them. If you are influenced by opinions when you reach a decision, you will not succeed in any undertaking, much less in that of transmuting your own desire into money. If you are influenced by the opinions of others, you will have no desire of your own.

Close friends and relatives, while not meaning to do so, often handicap one through “opinions” and sometimes through ridicule, which is meant to be humorous. Thousands of men and women carry inferiority complexes with them all through life, because some well-meaning but ignorant person destroyed their confidence through “opinions” or ridicule.

You have a brain and mind of your own. Use it, and reach your own decision. If you need facts or information from other people to enable you to reach decisions, as you probably will in many instances, acquire these facts or secure the information you need quietly, without disclosing your purpose.

Let one of your first decisions be to keep a closed mouth and open ears and eyes. As a reminder to yourself to follow this advice, it will be helpful if you copy the following epigram in large letters and place it where you will see it daily: **“Tell the world what you intend to do, but first show it.”** This is the equivalent of saying that “Deeds, and not words, are what counts most.”

Think And Grow Rich, The Inspirational Classic
By Napoleon Hill



What Do You Think? Notes, Comments, Commitments:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Seek The Truth

Decision #1:

We must Decide now to **Look Beyond the negative appearances and seek the truth.** Looking beyond negative appearances and seeking the truth will empower us to “judge not according to appearances but judge positive judgments.”

Mastering this concept will empower us to stop getting caught-up in negative appearances and re-focus on seeing positive truths. One truth is that all is in divine order. Another truth is that we are powerful beyond measure. And yet another truth is that all appearances are not real. At this level of power conscious thinking, negative appearances will melt away and positive truths will be revealed.

The next time that you are faced with a negative appearance and you start to feel fearful, overwhelmed or depressed, (this could be a negative person, situation or circumstance), I encourage you to affirm this powerful affirmation:

- **I decide now to look beyond negative appearances and seek the truth. Mastering this concept will empower me to discover how profoundly powerful I am to transform negative appearances into positive truths.**

What Do You Think? Notes, Comments, Commitments:





Relax and Be Patient

Decision #2:

Decide now to **Relax and be patient with yourself and people** as you go through the process of fulfilling your purpose and materializing your goals and desires.

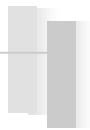
We must learn to relax and be patient, while at the same time, we must **take the necessary action steps** required fulfill our purpose and to materialize our goals and desires. Relaxing and being patient will empower us to **feel energized and confident** about materializing success, verses feeling discouraged and stressed. Also, relaxing and being patient will allow for **our lives to unfold in divine order**. At this level of conscious awareness, all that is ours by divine right will physically materialize itself in divine order. Be still and “know”, relax and be patient.

The next time you start to feel frustrated, angry, overwhelmed, impatient, stressed-out or if you start to feel consumed by the world around you, I encourage you to affirm this powerful affirmation within yourself:

- **I decide now to relax and be patient with myself and people, while at the same time, doing what must be done in order to fulfill our purpose and materialize my deepest goals and desires. Mastering this concept will empower me to re-energize, think more clearly and take the necessary action steps required in order to achieve my daily objectives.**

What Do You Think?





Listen to Your Intuition

Decision #3:

Decide now to **listen to your intuition and follow through** on what it tells you to do. This will allow you to tap into a higher level of intelligence in order to fulfill your purpose and materialize your deepest goals and desires.

Our intuition is that **inner VOICE** that speaks to us directly. It may say, “Be patient because there is a greater opportunity for advancement up the road.” Intuition might say, “Listen to this person because they have your best interest in mind” or “don’t listen to this person because they do not have your best interest in mind.” Our intuition might say, “Get out of this environment because something negative is about to happen” or “Stay in this environment because there is something greater to be gained.”

If it is our deepest intent to succeed in life, then we must get in the habit of listening to our intuition. Our intuition is **our highest level of divine intelligence**. It will empower us to **make effective decisions that support our true purpose and ultimate goals and desires**. In addition, it will help us to avoid future mistakes, setbacks and disappointments. Lastly, when our intuition speaks, we must **trust and believe that we have the courage to follow-through on what our intuition is telling us to do**. And do it, no questions asked. Our intuition is powerful.





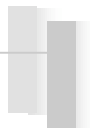
The next time you observe yourself feeling that something is not quite right, or if you feel indecisive or unsure of what you should do regarding a specific person or situation, I encourage you to be still and affirm the following affirmation to yourself.

- **I now decide to listen to my intuition and follow through on what it tells me to do. Mastering this concept will allow me to tap into a higher level of intelligence in order to discover solutions, achieve my purpose and materialize my deepest goals and desires.**

These powerful words will allow you to do two things, 1) access a higher level of divine intelligence and 2) develop the courage to do what it tells you to do.

What Do You Think? Notes, Comments, Commitments:





Take Back the Power

Decision #4:

Decide now, we must **take back the power** that we have given to negative people, situations and circumstances and refocus that energy on **being who we desire to be and creating what we desire to create in our life.**

Mastering this concept will empower us to take back the power we have given to negativity and refocus that time, energy and thought on creating more health, relationships, advancement and wealth.

The next time you observe yourself losing power or feeling dis-empowered, discouraged, defeated or drained of your energy, I encourage you to affirm the following affirmation:

- I decide now to **take back the power** that I have given to negative people, situations or circumstances. Mastering this concept will allow me to re-focus my time, energy and thoughts on materializing my highest potential and possibility. I now realize that I have the power enough to fulfill my purpose and create a great life.

What does taking back our power mean? Ultimately, the things or people that use to dis-empower or dis-encourage us will no longer have power or control over us. Moreover, we are freed-up to fulfill our purpose and materialize our deepest goals and desire in this world. This is one of the greatest feelings that any one can have.

What Do You Think?





Take Risks

Decision #5:

Decide now, we must **take risks and never give up on discovering** how profoundly powerful we are to set goals and do what must be done in order to bring those goals into physical manifestation.

In other words, we must get in the habit of **successfully completing what we start**. When we make a decision to achieve a specific goal, then we must not allow for outside influences to discourage or block our success. When we make a decision to succeed in life and we meet with temporary defeat, we must not allow it to dis-empower us from continuing to **move forward, no matter what**.

Mastering this concept will empower us to take risks and never give up on discovering how profoundly powerful we are to set goals and do what must be done in order to bring those goals into physical manifestation.

The next time you observe yourself feeling fear, doubt or insecure or the next time you want to give-up because of negative influences, such as negative people, situations or circumstances; I encourage you to affirm this powerful affirmation:

- **I now decide to take risks and never give up on discovering how profoundly powerful I am to set goals and do what must be done in order to bring those goals into physical manifestation. I am powerful enough. I am Powerful enough. I am Powerful enough to make effective decisions that support me in materializing my deepest goals and desires.**

What Do You Think?



Assignment

Here are some personal statements of people who made a decision, and have gotten life changing results. Check the items that speak to you directly and review them often when you start to feel indecisive or unsure of yourself.

1. _____ I made a conscious decision to give up the victim role. It no longer works. This is teaching me how to stand up for myself. I am learning how to tell people “no” and mean it. Plus, I do not feel guilty or bad for saying, “no”. This has changed my life because now I have more time and energy to create the life I truly desire.
2. _____ I made a decision to stop worrying and re-focus that energy on creating the life “I say” is important to me. This has allowed me to dramatically decrease my stress level and become more focused. Now, I am far happier and productive in my daily life.
3. _____ I made a decision to stop looking back over my past mistakes and setbacks. It feels like a big burden has been lifted off my shoulders. Making the decision to let-go-of-my-past has freed me up to think more clearly about what I have the potential to create for myself, from this point forward.
4. _____ I decided to stop allowing negative people to have power and control over me. This was, and still is, one of the hardest things I have done in my life. But, it has brought me the greatest peace and harmony. Now I feel like I am powerful enough to do anything I truly desire to do.



5. _____ I decided to forgive myself for bad things I have done in the past. This decision has healed and transformed my life. I am so much happier and excited about my life. Even in challenging times, I am still motivated and determined to succeed.
6. _____ I decided to leave my relationship that was no longer working. Even though we are still in the same household, I am at peace and I have clarity. This has allowed me to think more clearly and realistically about my life. It has forced me to develop a stronger, more powerful relationship with myself. This has given me the inner strength I needed to move my life forward.
7. _____ I decided to start my own company; no one supported me and everyone told me I was crazy. This year we are celebrating our 12th year in business. It was not always easy. However, I am so grateful that I listened to my intuition, because I am happier than I ever thought possible.
8. _____ I decided that if I did not materialize the life I envisioned for myself, it would not be the end of the world. I will still give 110% to my goals, but not in a self-destructive manner. This has allowed me to be at peace and live more in the present. I also realized I no longer have to compete with other people. This has made me feel more balanced and secure within myself.
9. _____ I decided to stop allowing my fears, doubts and insecurities blocking me from “doing what must be done” in order to materialize my goals and desires. This has allowed me to truly understand what it means to surrender



to my higher power. When I find myself procrastinating or making excuses, I affirm: "I am Powerful enough to do this." This helps me to re-focus myself and keep moving forward.

10. _____ I made a decision to stop making excuses for not stepping-up to the plate and delivering. Now, when I miss a deadline or forget to take out the trash, I do not beat myself up. I just apologize and re-commit myself to doing better. Plus, this concept is healing and transforming my relationships with the people in my life.

Questions and Answers

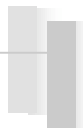
1. What should you do if you have so many options, you just cannot make a decision on 3 or 4 things? Please realize it is time to grow-up and make some concrete decisions before you don't have a choice any longer. If you need some help making a decision, decide on a few things that will empower you the most. What do you think?
2. What if you are clear on your desires and you have made a decision to succeed, but you keep failing over and over again? Remember Thomas Edison had 10,000 failures before he succeeded in inventing the incandescent light. If you are serious about creating greatness in your life, take off your watch and don't feel like a failure until after your 10,000th attempt at creating greatness. What do you think?
3. What if you have decided to succeed, but you keep going back on your decision, for one reason or another? This is a major part of success. If you are truly serious about succeeding, stop worrying, you will succeed. But, if you are



not serious about succeeding and have no real intent on following through on your decisions, then you are only kidding yourself. Moreover, you are wasting energy that could be focused on discovering how powerful you are to create greatness and serve humanity. What do you think?

4. What if you can't make a decision because you are waiting for him or her to make up their mind about what they want to do? Please realize, your decision to succeed in life has nothing to do with what anyone else decides. Make decisions based on what is in your heart to do. And when that person makes a decision about what they are going to do, if it is in alignment with your decisions, great. If it is not, even greater because then you will not have that uncertainty pulling on you. Furthermore, you will save yourself time, energy and thought, that can be refocused on creating the life you ultimately desire to live. What do you think?
5. What should I do when I find myself wavering on my decisions to succeed? Keep Deciding Now to Succeed until you Succeed. Practicing your affirmations will empower you to keep moving forward. What do you think?





5 Power Conscious Realizations For Action

Moving from an Understanding to Action

PC Realization for Action #1:

I now realize that I must **Operate At My Highest Potential** on a daily basis in order to provide great service and put excellence into accomplishing my goals and desires.

PC Realization for Action #2

I now realize that I must **Think Powerfully** in order to overcome my life challenges to Succeed in life.

PC Realization for Action #3

I now realize that I must **Believe and have Confidence** in my ability to “do what must be done” in order to successfully complete my daily objectives.

PC Realization for Action #4

I now realize that I must **Make Effective Decisions** on a daily basis that will support the achievement of my deepest goals and desires.

PC Realization for Action #5

I now realize that I must **Take Action Now** if my deepest intent is to fulfill my purpose and materialize my personal and professional goals and desires.

At this level of Power Conscious thinking, ultimately you will be motivated to **discover the power within, to “Do What Must Be Done”** in order to materialize your goals and desires.





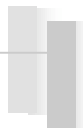
Realization - Moving from an Understanding to Action

Do you UNDERSTAND the basic mental, emotional, spiritual and physical processes that must take place before YOU CAN effectively fulfill your purpose and MATERIALIZE your goals and desires? Do you know what you need to heal and transform within yourself, before you can effectively take your life to the next level of Success?

Realization - to know, understand and accept. Now that we are clear on our intent and have made a decision to succeed, when life is not moving in divine order or when we keep meeting the temporary defeat, we should ask ourselves these questions: What is it that I need to realize within myself, in order to materialize success, now? What do I need to realize from within myself in order to materialize more Health, Relationships, Professional Advancement and Financial Wealth?

Consistently asking ourselves these questions will allow us to realize what we need to heal and transform within ourselves in order to bring about positive results that lead to success. We may need to change our thinking about a particular person or situation, from negative to positive. It may mean that we need to take responsibility for something or someone even though we do not want to. It may mean we need to come out of denial and realize a higher truth about ourselves. Once we realize what we need to heal and transform within ourselves and address the issues, the universe will assist in our success. At this point, authentic success will be the result. Our external successes will begin to match-up with our internal successes. This is a universal law. In other words, before we can effectively materialize external success, we





must first effectively materialize internal success. If we do not internalize this concept, we will blame external forces for our lack of success in life. Please note again, we cannot continue to “blame” or have conversations that “blame” and expect to discover solutions and produce positive results.

One of the greatest things that we can do right now to influence external success is to take responsibility for our part in the whole of success. We can do this by realizing specifically what we need to heal and transform within ourselves in order to discover positive solutions and produce powerful results in our lives.

How do we know if we need to come to a higher realization before we can materialize our next level of success?

- a. Whenever life is not moving in divine order or when things are not moving fast enough, it means we need to seek a higher realization.
- b. When we keep meeting with the same defeat, setback, negative person, addiction, etc., over and over, it means we need to seek a higher realization.
- c. When we observe ourselves saying one thing and doing another, and then cannot understand why we keep meeting with temporary defeat, it means we need to seek a higher realization.
- d. When we keep having the same argument in our relationships with people, it means we need to come to a higher realization about the root of the problem and not just the top surface issues.





Practicing this concept will motivate and empower us to do the inner work required for personal success. Moreover, realizing what we need to heal and transform within ourselves to succeed in the external world will allow us to:

1. **Take the focus off the external world and place it on the internal world.** Remember, it has been concluded that we must first create internal success before materializing external success, (our internal world is a reflection of our external world.) Change the internal world and the external world will change automatically. Practicing this concept will empower us to take responsibility for our destiny in life.
2. Develop the mindset and critical thinking skills required for us to **come up with solutions for our life challenges.** This concept will empower us to overcome life challenges in order to succeed in life.
3. Empower ourselves to discover the power within to “**do what must be done,**” and “master what needs to be mastered,” in order to succeed in the external world.

At this level of empowerment, we will realize the Power of the Human spirit to transform negative results and failures in to Positive Results and Successes.





Operate At My Highest Potential

Realization for Action #1:

I now realize that I must Operate At My Highest Potential on a daily basis in order to provide great service and put excellence into accomplishing my goals and desires.

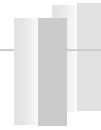
Operating at our highest potential simply means to consistently focus and **re-focus our time, energy and thoughts on doing what must be done in order to fulfill our purpose and materialize our deepest goals and desire.** And we must do it with love and grace. When we are operating at our highest potential, we will approach every task in a powerful manner. Every thought will be a powerful thought and every action will be a powerful action.

Each day we will **grow stronger and become more powerful within ourselves.** Practicing this concept will empower us to become more focused and productive in our daily lives.

What Do You Think? Notes, Comments, Commitments:

Where do I need to step-up in my personal and professional life?





Think Powerfully

Realization for Action #2:

I now realize that I must Think Powerfully in order to overcome life challenges to Succeed in life.

To Think Powerfully simply means to think, **“I Am Powerful, Intelligent, Courageous and Beautiful.”** To think powerfully also means to eliminate all limited, negative thoughts, beliefs and concepts and re-focus on powerful thoughts, beliefs and concepts. Practicing this concept will empower us to think at a higher level of intelligence in order to **1) clarify our highest vision, 2) develop and implement a plan of action, 3) find solutions to challenges and 4) succeed in the accomplishment of our deepest goals and desires.**

What Do You Think? Notes, Comments, Commitments:

What areas of my life do I need to think more powerfully about myself?

What negative thoughts do I need to replace with powerful thoughts?





Believe and have Confidence

Realization for Action #3:

I now realize that I must Believe and have Confidence in my ability to “do what must be done” in order to successfully complete my daily objectives.

Believing and having confidence simply means to **be who we desire to be and create what we desire to create** in this world, regardless of negative people, situations or circumstances. It also means to eliminate all fears, doubts and insecurities from our consciousness and **surrender to a higher power** within ourselves in order to succeed in life. At this level of empowerment, we will develop our belief and confidence in our ability to materialize ANYTHING that we put our minds towards achieving. If we put our minds to healing and transforming our lives, then we will succeed. If we put our minds to materialize more health, successful relationships, professional advancement or financial wealth, then we will succeed. This is a universal law.

What Do You Think? Notes, Comments, Commitments:

What is my “**Do what Must Be Done**” that I have been procrastinating on for one reason or another? Would “just doing it,” allow me to take my life to the next level of Success?





Make Effective Decisions

Realization for Action #4:

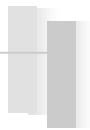
I now realize that I must Make Effective Decisions on a daily basis that will support the achievement of my deepest goals and desires.

Making a series of Good Decisions will allow us to dramatically increase our success rate and eliminate stress, confusion and indecision. In addition, it places us in a stronger position to take full advantage of life's greatest opportunities for personal and professional advancement.

What Do You Think? Notes, Comments, Commitments:

What are some areas in my life where I need to start making better decisions to support my deepest goals and desires?





Take Action Now

Realization for Action #5

I now realize that I must Take Action Now if my deepest intent is to fulfill my purpose and materialize my personal and professional goals and desires.

If it is our deepest intent to succeed in life, then we must **take consistent action towards fulfilling our purpose and materializing our deepest goals and desires**. After meditating, visualizing and affirming our deepest goals and desires, we must take the necessary action steps required to bring those goals and desires into physical manifestation. Period!

What Do You Think? Notes, Comments, Commitments:

What are some consistent action steps that I can take that would move me closer to my goals and desires?





Assignment

Here are some realizations that have healed and transformed lives in major ways. Check the ones that speak to you directly.

1. ____ I realized that I must stop living in a fantasy world before I can influence external success. This has allowed me to come out of denial and face the reality of my life. It also is helping me to stop playing mental games with myself and other people and refocus on creating the life I have the potential to live.
2. ____ I realized that I must stop blaming everyone else for the reasons that I do not love, respect and appreciate myself. This has allowed me to re-focus on learning to really love, respect and appreciate myself more, and develop stronger, more meaningful relationships with the people in my life.
3. ____ I realized that I have to let some people go before I can effectively materialize the external success I truly desire and deserve. This has freed me up to have more time and energy to materialize the life I truly desire and deserve.
4. ____ I realized that I must stop getting intoxicated before I will materialize external success and happiness. This has empowered me to face my addictions that are destroying my life and the lives of the people around me. I now realize that I must refocus that time and energy on creating the life I truly desire and deserve.



5. ____ I realized that I must stop beating myself up because there is no value or worth in doing it. This has empowered me to be more forgiving of myself and others. In addition, it has allowed me to build a stronger relationship with myself and others.

6. ____ I realized that I can no longer get caught up in negative drama if I intend to materialize a great life for myself. Also, I must let go of everyone else's drama. This means that I must no longer participate in negative drama on any level, if I intend to materialize the great life I desire to live.

7. ____ I realized that I am my own worst enemy and I am at war with myself. Moreover, if I am at war with myself, then I will be at war with the people in my life. Realizing this has allowed me to end the war with myself and end the war I had going on with other people.

8. ____ I realized that I was blaming my family for me not being able to be all that I can be. Coming to this realization has empowered me to create a new life for myself. This has given me a renewed sense of power, peace and purpose.

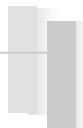
9. ____ I realized that I have been putting the cart before the horse. Meaning, I have been seeking love, joy, peace and great riches outside of myself, before I have discovered these traits within myself. This knowledge has empowered me to put my life into perspective and set some priorities. In addition, it has empowered me to live a more balanced and peaceful life regardless of life challenges.



Questions and Answers

1. What if you intellectually understand the realization but you don't have the energy to act upon it? If we do not have the energy to reinforce our realizations through our actions, it is usually because we are allowing something or someone to drain our energy. With this understanding, we must learn to effectively manage our energy if our deepest intent is to succeed in life. What do you think?
2. What if you avoid coming to any realizations because it would mean that your entire life would have to change and you are just not ready?
 - First, we do not have a realization unless we are ready and it is time. Remember, change is challenging. However, the benefit of change is healing and transformational and will materialize great results.
 - Second, you may want to stop saying, "I am not ready. I am not ready." And replace it with, "I am ready. I am ready." Remember, words are very powerful and will manifest themselves when we affirm them. "I am powerful. I am ready for change."
 - Third, do not fear change because the universe is always working with you to move your life forward. Trust, have faith and believe in a higher power. What do you think?
3. What if the people with whom you associate have a "whatever" attitude about life and this encourages you to have a "whatever" attitude about life? I would say, back away slowly from such people. If you need some motivation, remember, people with a "whatever" attitude will





draw “whatever”/negative results. People with a positive attitude draw to themselves positive, successful results. Which do you truly desire to attract and draw to yourself, negative “whatever” results or positive successful results? What do you think?

4. “What if things are failing because of “them”... the negative people? I am doing all that I can do.” Stop playing the victim because it no longer works; discover a power within you and take the focus off the external world and place it on the internal world. This will allow you to influence successful results. What do you think?
5. What is the greatest realization that a person can come to? One of the greatest realizations that we can come to right now is, “I Am Powerful Enough and I can fulfill my purpose and I can materialize my deepest goals and desires.” To realize right now that we have everything that we need to succeed in life and to start acting on that possibility is the greatest realization we can come to for this planet and ourselves. What do you think?

What Do You Think? Notes, Comments, Commitments:





5 Power Conscious Attitudes For Success Now

1. I can and **I will forgive myself and forgive other people** for any wrongdoings. This will allow me to be open and receptive to Healing and Transforming my life beyond my wildest dreams. I Give Thanks!
2. I can and **I will believe and have confidence in my ability** to operate at my highest potential in order to create love, joy, peace and great riches on this earth. I Give Thanks!
3. I can and **I will react and respond to life powerfully**, regardless of what life puts before me. This will empower me to react and respond to life powerfully in order to create the great life I truly desire and deserve. Not just for myself, but for all the people on this planet. I Give Thanks!
4. I can and I will **stop allowing negative people, situations and circumstances to drain my energy and take me off focus. I will re-focus that energy on realizing my highest potential** to materialize my deepest goals and desires. I Give Thanks!
5. I can and **I will attract into my life positive people, situations and circumstances** that reflect and support my deepest goals and desires. In addition, I can and I will attract the love, joy, peace and great riches I truly desire and deserve. I Give Thanks!





I Can! I Will! It Is Done! I Give Thanks!

A Power Conscious Attitude

Your Attitude today determines your success tomorrow!

Keith Harrell, Attitude Is Everything

Do you have a positive attitude or a negative attitude about the way in which your life is unfolding? What does your inner conversation say about who you desire to be and what you desire to materialize? Is it positive or negative? In other words, are you optimistic about the possibilities of LIFE and your potential to fulfill your purpose and materialize your deepest goals and desires?

You must be the observer of yourself to answer these questions. No one else can tell you if you have a positive or negative attitude. Ask yourself the following questions to determine if you have a positive attitude or a negative attitude.

1. How am I feeling inside myself right now? Positive or Negative
2. How am I reacting and responding to what is unfolding in my life? Positive or Negative
3. How are the people in my life reacting and responding to me? Positively or Negatively
4. How do I feel about my current situations and circumstances and am I managing them effectively? (Health, Relationships, Career, Finances as a whole of success) Positive or Negative
5. What level of confidence do I have that I will fulfill my purpose and materializing my deepest goals and desires? Positive or Negative





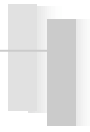
When we have a negative attitude, we get negative results. When we have a positive attitude, we get positive results. If it is our deepest intent to succeed in life, then we must develop and maintain a positive attitude about the above questions. This is regardless of negative people, situations or circumstances. Right now, we must affirm with power and authority: "I can, I will, It is done, I Give Thanks," as often as possible. This will empower us to master a positive attitude. When we have a positive attitude, regardless of life challenges, we will yield positive results.

Remember, this is a universal law. Developing a positive attitude will allow us to:

1. **Overcome life challenges in a powerful manner** in order to fulfill our purpose and materialize our deepest desires.
2. **Manage and control the quality of our thoughts** leading to what we do and how we react and respond to life.
3. Put poise, peace and power into **executing our daily tasks and objectives with excellence.**
4. **Attract and draw to ourselves positive people, situations and circumstances** that support our life mission.
5. And lastly, a positive attitude empowers us to **feel better, look better and do better**, thereby improving the overall quality of our Health, Relationships, Career and Finances.

The great part about our attitude is that if it's negative, we can make it positive. Each of us has the power to exercise a positive attitude over a negative attitude.





At this level of empowerment, we will go on to improve the overall quality of our lives. In addition, we will go on to fulfill our purpose and to materialize our ultimate personal and professional goals and desires. In addition, we will attract and draw to ourselves more love, joy, peace and prosperity into our lives.

What Do You Think? Notes, Comments, Commitments:





I Can! I Will! It is Done! I Give Thanks!

Forgive

Power Conscious Attitude #1:

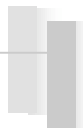
Ask yourself this question, “Who do I need to forgive in order to expand my consciousness to receive more love, joy, peace and great riches into my life?” (I need to forgive_____.)
Now, develop a “power conscious attitude” by affirming:

- **I can and I will forgive myself and forgive other people for any wrongdoings. This will allow me to be open and receptive to Healing and Transforming my life beyond my wildest dreams. I Give Thanks!**

If it is our deepest intent to succeed in life, then we must forgive ourselves and other people for any wrongdoings. In addition, **we must re-focus that energy on fulfilling our purpose and materializing our deepest goals and desires.** Remember, one of the most powerful things that we can do to succeed in life, is to forgive. Why? Un-forgiveness is an energy drainer that blocks us from being open and receptive to receive love or success. When we are willing to forgive and **get the lesson**, we expand our consciousness to attract and receive greater love, joy, peace and great riches into our lives.

What Do You Think? Notes, Comments, Commitments:





I Can! I Will! It is Done! I Give Thanks!

Believe In My Highest Potential & Possibility

Power Conscious Attitude #2:

Ask yourself this question, "Today, what is my highest Potential and Possibility? (It is possible for me to _____.)"

Now, develop a "power conscious attitude" in order to believe and have confidence in your ability to succeed by affirming:

- **I can and I will believe and have confidence in my ability to operate at my highest potential in order to create love, joy, peace and great riches on this earth. I Give Thanks!**

Oprah Winfrey said, "You do not become what you want or what you dream, you become what you believe inside of yourself." If it is our deepest intent to succeed in life, then we must believe and have confidence in our highest potential to be who we desire to be and create what we desire to create, while mastering our God-given gifts and talents. Moreover, we must be able to accept constructive criticism and give constructive criticism with love, compassion and grace. Practicing this attitude will empower us to master what needs to be mastered in order reach our highest potential and possibility in this life time.

What Do You Think? Notes, Comments, Commitments:





I Can! I Will! It is Done! I Give Thanks!

React & Respond to Life Powerfully

Power Conscious Attitude #3:

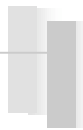
Ask yourself this question, "What challenge am I faced with that is draining my energy and blocking me from materializing my next level of success?" (I am challenged by _____.) Now, develop a "power conscious attitude" to regain your power and affirm:

- **I can and I will react and respond to life powerfully, regardless of what life puts before me. This will empower me to overcome my life challenges in order to create the great life I truly desire and deserve. Not just for myself, but for all the people on this planet. I Give Thanks!**

If it is our deepest desire to succeed in life, then regardless of what life gives us, good or bad, **we must react and respond to life powerfully**. Please realize, at every level of success, there will be life challenges that we will have to overcome. **This is what makes us stronger**. Although we may not be responsible for the life challenges that come to us, we are responsible for our reaction and response to them. Remember, the blessing in every life challenge is the realization that we are powerful beyond measure. Adopting this attitude will empower us to **use all life challenges as opportunities to discover how profoundly powerful we are to create more love, joy, peace and great riches in this world**.

What Do You Think? Notes, Comments, Commitments:





I Can! I Will! It is Done! I Give Thanks!

Re-Energize & Re-Focus

Power Conscious Attitude #4:

Ask yourself this question, "Right now, what is draining my energy and taking me off focus?" (I am tired and unfocused because _____.) Now let's get our energy and focus back by affirming this powerful affirmation:

- **I can and I will stop allowing negative people, situations and circumstances to drain my energy and take me off focus. I will re-focus that energy on realizing my highest potential and possibility to materialize my deepest goals and desires. I Give Thanks!**

Hear this loud and clear, if it is our deepest intent to fulfill our purpose and materialize our heart's desires then we must NOT allow negativity (in any form) to drain our energy and take us off focus. Period! Remember, we have the power within us to choose not to allow negativity to drain our energy and take us off focus. Internalizing this attitude will empower us to stop allowing negativity (in any form) to drain our energy and take us off focus. At this level of empowerment, we will have the energy and focus required to realize our highest potential and possibility.

What Do You Think? Notes, Comments, Commitments:





I Can! I Will! It is Done! I Give Thanks!

Think Powerfully

Power Conscious Attitude #5:

Ask yourself this question, “Who do I desire to be and what do I desire to create with the rest of my life?” (I desire _____.) Now, develop a “positive attitude” in order to bring these desires into physical manifestation by affirming:

- **I can and I will attract and draw to my life positive people, situations and circumstances that reflect and support my deepest goals and desires. In addition, I can and I will attract and draw to myself the love, joy, peace and great riches I truly desire and deserve. I Give Thanks!**

To think powerfully is to think, “I Am Powerful, Intelligent, Courageous and Beautiful” To think negative is to think, “I am a failure.” Please remember, we attract and draw to ourselves our most dominant thoughts and beliefs. If it is our deepest intent to succeed in life, then we affirm the positive versus the negative, “**I Am The Greatest, I Look Great, I Feel Great, I Am Great.**” In addition, we must dominate our every thought with Love, Joy, Peace and Great Riches. Not just for self, but for every person on this planet. Understanding and adopting this mindset/positive attitude will empower us to develop powerful thoughts, beliefs and behaviors that support and reflect our deepest goals and desires. Please note, this does not mean to ignore or deny the negative. However, if we focus on the positive versus the negative, eventually the positive will outweigh the negative. As a result, **we will attract and draw to ourselves a consistent flow of positive successes into our lives**, (Love, Joy, Peace and Great Riches).





Be optimistic, while at the same time, be aware of your strengths, weaknesses, opportunities and threats. This will allow you to effectively prepare your mind, body and spirit for Success Now.

What Do You Think? Notes, Comments, Commitments:

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What Do You Think? Notes, Comments, Commitments:





Assignment

Here are some attitude changes that have healed and transformed lives in major ways. Check the ones that speak to you directly.

1. ____ When I changed my attitude about people and started to have a positive conversation versus a negative conversation about them, my interactions with people became positive and uplifting. We really started to relate to one another on a higher level. Now, I am more confident and secure in my relationships with all people. In addition, it has allowed me to present and communicate more effectively in the world.
2. ____ When I changed my attitude about being victimized as a young person, it empowered me to forgive them and myself. This allowed me to let go of a lot of guilt and shame. This concept has allowed me to heal and transform my life.
3. ____ When I changed my attitude about my former relationship being over, and found peace with it, I attracted into my life a person who loves, respects and appreciates me. And, I truly love, respect, appreciate and enjoy them.
4. ____ When I changed my attitude about my team member not stepping-up-to-the-plate, shortly thereafter we pulled together and landed a major two-year contract with a company we have been trying to secure for over 5 years.
5. ____ When I changed my attitude about my spouse and children, they did not change. However, I do not allow



them to have power and control over me any longer. This has allowed me to focus on “doing what I need to heal and transform myself”. My hope is that my light will begin to shine so brightly that my family will be attracted to it and be inspired to heal and transform their lives.

6. ____ When I changed my attitude about losing everything and having to start over in life, it instantly made me feel better about moving forward. In addition, life started presenting powerful opportunities to me in a bold way. This gives me an inner “knowing” that everything is in divine order.

Questions & Answers

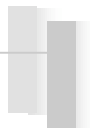
1. **What if I have a positive attitude but everyone around me has a negative attitude, and this influences me to have a negative attitude?** I say to you directly, “be clear on your intent and remember that you must make a decision to succeed in life, no matter what. Learn to let people do them, and you do you. If people want to hold on to negative attitudes, let them. But do not allow their negative attitudes to influence your positive attitude. And lastly, trust me, people with a negative attitude will eventually develop a positive attitude - if they intend to survive in the 21st Century.” What do you think?
2. **I try to have a positive attitude about life, so why do things just keep going wrong for me?** Remember, a positive attitude is a universal law that promises to yield powerful results. In addition, a positive attitude is a requirement for success. Re-affirming this concept to yourself will motivate and empower you to keep moving



forward. Maintain a positive attitude and trust that this universal law will yield positive results beyond your wildest dreams. What do you think?

3. **I can have a positive attitude at work, so why is it that as soon as I get home with my family, it instantly turns negative?** Remember, it is easier to have a positive attitude in a controlled environment, but it is difficult to have a positive attitude in an out-of-control environment. What is the lesson? Learn how to have a positive attitude in an out-of-control environment. This will allow you to go to your next level of success. What do you think?
4. **Can you fake a positive attitude?** Yes, but you would only be fooling yourself. Truly successful people can always spot the fakers. Faking a positive attitude may get you an interview or the romantic date with him or her, but it will be short lived. Fakers are always eventually exposed. Instead of faking a positive attitude, refocus that energy on seeking a higher truth from within yourself. "Who do I desire to be and what do I desire to materialize in my life?" What do you think?
5. **How do you develop a positive attitude?** Re-Affirming your positive attitude affirmations will empower you to develop a stronger, more powerful attitude. This will give you a great start. What do you think?





I Surrender To My Higher Power

I Surrender To A Higher Power Within Myself

BE STILL AND KNOW THAT I AM POWERFUL

I am open and receptive to **discovering a higher power** within myself in order to achieve my highest Potential and Possibility.

I **forgive myself and other people** for any wrongdoings; therefore, I am free from guilt, shame and resentment.

I am open and receptive to **learning all that life has to teach** me, so that I am a stronger, more powerful person.

I am open and receptive to using my inner power to **heal and transform** my life to achieve my heart's desires.

I am open and receptive to overcoming my life challenges to **achieve the love, joy, peace and great riches** I truly desire and deserve.

I am open and receptive to overcoming my fears, doubts and insecurities, to **do what must be done** in order to **manifest my desires**.

I am open and receptive to **being a powerful person** to give great service and achieve my personal and professional goals and desires.

I Surrender To A Higher Power Within Myself!

BE STILL AND KNOW THAT I AM POWERFUL

I Give Thanks. I Give Thanks. I Give Thanks.

