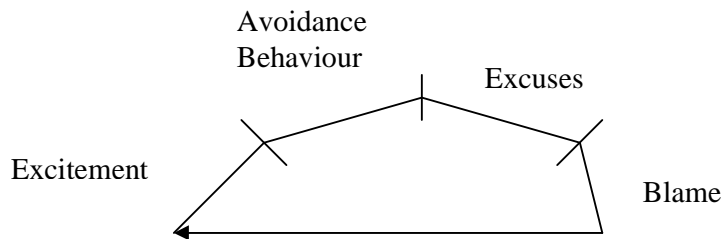




Failure Cycle:



This situation can become a life long cycle. Some people actually like this cycle!!

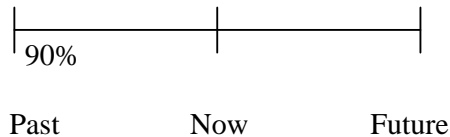
Why? because it's all they have known & to step outside it is very scary for them.....sad isn't it.

The thing is most of us understand this because at some level at some time in our lives we have experienced this

Why do we fail??

1. Negative Thinking
2. Procrastination
3. Wrong Goals (ie too high, too low, conformist goal-others goals?)
4. Unclear Focus (weak & unfocused thoughts = weak & unfocused outcomes)
5. No Action Plan – Setting Goals & Macro Goals & Strategies
6. Mental Barrier – (from past) – lack of self belief

Negative Thinking



We have approximately 40-60,000 thoughts per day.

90% of these are of the past!!

70% of these 90% of 'past' thoughts are Negative!!!

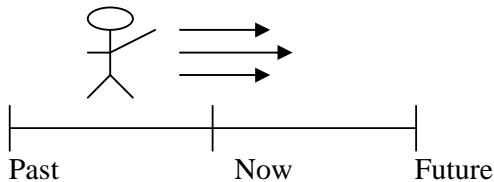
- What we dwell on & what we focus on becomes our future
- Think **POWERFULLY** & cREa tiV eLy

The only real moment of power is **now!**

Do the thing in mind and you will have the Power.



How can I change my thinking?



IDEAS

- Vision (Visualisation – preview of life in future, now also known as PRC – Preferred Reality Conditioning.
- Become other people Centred – really try & help others before serving your own ‘less important’ wants.
- Identify any resistance to change you may have & create strategies to overcome.
NB: If you can’t change your own beliefs – just replace them!
- Reflection time – time to simply listen to self & re-enforce positive self talk & resolutions

- Create an **ENVIRONMENT FOR SUCCESS**

- Let as many people whom are important to you know of your goals & how you plan to get there & how they could help support you during your journey
- Collect all the tools you need for the tasks ahead. Ie Invest in Personal Trainer, Dietician, HR Monitor, Bicycle etc.

- **Take Responsibility for the SUPPORT you need!!**

Ie When your in doubt, low, facing a new challenge etc.- talk to people rather than trying to solve it all on your own – sometimes swallowing personal pride can save you a lot of time & heartache.

(Remember Wisdom is in the knowledge of accepting that you know little & can always learn from others. Stupidity is in the knowledge of knowing much & getting nowhere)

- **Set Goals**

- Clear Definition of where you are & where you want to be
- Commit yourself (list your priorities – just do it)
- Organisation – Logistics (in the real world, kids, work, other commitments)
- The Goal ;
 - Is it right for me
 - Is it challenging
 - Can I commit to it today
 - Does it comply with the theme of my life
 - Is it achievable
- Timeframe – to create urgency
- REWARD yourself when you achieve it – BUT set the Reward now (even pay for it & rap it up or book tickets etc.)

Socrates once said that ‘an unexamined life is a life not worth living!’