

June 2007: Four Daily Steps to Success... Part One of Two

Four Daily Steps to Success

Step One:

If you want to be successful, follow your passion.

It really is that simple. But most people don't know what their passion is. To discover your passion, start by just having fun.

Too many people work all their lives in a job they hate, yet do nothing about it. If you don't love your work, look for something that you are passionate about and work in that field. That means doing things you enjoy and doing those things just for the fun of it.

When you're having fun you free up your mind; it is no longer focused on the daily stresses or the things that you are worried about. You free up your subconscious mind so that it can go out and help you achieve your goals. Your subconscious is free to attract the right situations into your life.

On the other hand, if you never have any fun then your mind and subconscious mind are *always* consumed with day-to-day worries. There is no way those thoughts can help you move forward, find solutions and attract the right situations into your life.

When you're having fun you're automatically guided to your passion. Along the way you discover something, or a number of things that you are passionate about. When you do things just for pure joy, just for the fun of it, you're naturally happy and good things just begin to happen in your life.

As you discover your passion, free your mind and subconscious mind to help you achieve your goals. Doors will open for you, people will reach out to lend a hand - you'll be surprised at how many wonderful things will happen. It is true: work at doing something you love and you'll never work a day in your life.

Step Two:

Believe in yourself.

There will always be people to tell you that you can't do something, that what you want to achieve is too difficult, and that you're not being realistic. Take what they say with a grain of salt. Anything is achievable

Don't let the doubters and the negative thinkers hold you back - they don't know you and they don't know what you are capable of doing. They are not you - there is only one such person and you are capable of doing anything that you want. If you don't believe in *yourself*, if you don't believe that you can and will achieve your goals, then there's no hope. You can have all the passion in the world, but if you don't believe you *can* then you won't. When you believe you can't, your subconscious mind creates situations that will allow you to continue believing that you can't, so there really is no better time to start believing that you *can*!

Create a belief system that allows you to achieve your goals and live your dreams. Believe that you can do anything and you will surpass even your highest expectations.

To be continued...

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Testimonials

I found the coaching sessions, precise and informative, very impressed

- Liesi Fimmano

Loads of good information, I wish I had coaching 10 years ago

- Linda Livingston

It was all extremely relevant to my business

- Kathleen Duggan

Very worthwhile - relevant marketing ideas

- Paul Ratcliffe