

**Focus Your Mind  
For Success**





# Advantages of Focusing

- Whether you're a success or failure, healthy or ill, wealthy or poor, happy or stressed or even depressed is all down to your state of mind.



# Solution Is In Your Mind

- If your life is just OK or not too bad, if you're not over the moon about your job, if you'd like to have more money or be more impressive or more attractive, the solution to your problems, real or perceived, is entirely in your own hands or, more to the point, in your own mind.



# How It Works

- The processes of focussing works because your mind creates an image of what you want. It creates pictures, sounds, feelings and sometimes even smells and tastes. The way that the pictures are made up will be unique to you as an individual.



# The Subconscious Mind

- These pictures are then fed to the subconscious mind, which will then take them and start figuring out how to get the pictures you've been showing it. Over time, with persistence in focussing on one thing, and taking the actions that occur to you, you will find that you will obtain the thing you have been picturing, step by step.



# Mind Power For Success

- Now, the good news is that you can use this same mind power to achieve all your goals. What you have to do is build a dream about any goal that you want to achieve.
- Once you have your dream, use mind power to play back that dream as often as you can. Once a day is good, ten times is much better. I find that one good visualization session a day combined with playing back highlights at other times is very effective.



# Mistake To Avoid

- One mistake people sometimes make is to focus on what they don't want. For e.g. your goal might be "I don't want to be poor" rather than "I want to be rich".
- The problem is that if you focus on not being poor, rather than being rich, you are going to form pictures of being poor and show these pictures to your subconscious mind. The bug is that your subconscious mind doesn't understand the word "NOT" so it take the pictures at face value and gets you what you've shown it - poverty.



# Conclusion

- As well as using your mind power for positive focussing on your goals, you must use your mind power to make sure you don't inadvertently focus on what you don't want. It's not easy and it may take some time to master this, but it's worthwhile if you can.
- Use your mind power to focus on what you want and to avoid focussing on what you don't want. Use your mind power persistently and take action and you will achieve your goals and dreams!



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