

THINKING YOUR WAY TO SUCCESS

Success begins with the mindset, and to build the most effective mindset, it's important to understand what success means to you. You've completed the process of designing your own definition of success. Let's move forward with training your mind to help you reach that success. We'll start with affirmations.

Affirmations can be a powerful tool to keep your mind focused on success. ***Affirmations can be used to keep your thoughts positive and increase your persistence.***

Do you often envision yourself achieving great things, and then follow this up with a negative thought process? Do you talk yourself out of your dreams before you even begin to pursue them? If so, you need to change the way you think.

When you change your thought processes to success thinking you truly *can* change your life. ***Positive thoughts enable you to reach out and grasp the success you seek.***

AFFIRMATIONS AND YOU

Wanting to succeed and being able to envision your success is a great place to start. When you can do this, you're giving yourself permission to change your life, attain your goals, and be a success.

There will be days when it's more difficult to think in a positive and success affirming way; during these times you can turn to a useful tool called affirmations.

Affirmations have helped a lot of people turn their thinking into positive thinking, propelling them toward their goals in a new and exciting way.

Affirmations for success can help you change the way you think about everything.

If you're honest with yourself, you may find that much of your inner dialogue, how you feel about yourself, and even the way you carry yourself are negative. This destructive thinking sets you up to fail or causes you to give up before you ever really get started.

As with anything new, creating a success mindset will take practice to give you the best results. The good news is: you can get all the practice you need with the help of success affirmations.

WHAT ARE AFFIRMATIONS?

Affirmations are positive statements that activate your mind to change your life, one thought at a time. They enable you to accomplish the things you wish to achieve.

Affirmations work because each word we speak has power, the power to evoke emotions. They work because they allow you to program – or reprogram – your thought processes, replacing negative thoughts with positive ones.

For example, if you find that you're telling yourself what you *can't* do, you can replace these negative thoughts with an affirmation for success, such as, *"I am capable of succeeding without feeling overwhelmed or unfulfilled."*

If that statement doesn't quite fit you, there are many affirmations for success, such as *"I am worthy of great success."* All you need to do is want to feel this way, and then every time you say these statements aloud you reaffirm them to your subconscious.

IS IT REALLY THIS EASY?

Many of the most successful people in the world aren't much different than you. The key characteristic that sets them apart, though, is that they have a success mindset.

It seems too simple to be true, but when you talk to people who've experienced success, you'll find that they use statements like these to drive them toward their goals and away from negativity. ***Their inner dialogue is one of success and achievement.***

If success came naturally to all of us, we would all be successful. Unfortunately, in this day and time, many people prefer to focus on the negative, rather than embrace success.

With affirmations, you can overcome your limiting, negative thoughts and make it second nature for you to choose success. Success can be a reality for you, so long as you believe and reaffirm your positive thoughts consistently.

Affirmations provide a stepping stone to our next topic, the ways in which a positive attitude enhances your success. Everything becomes a little easier when you're sporting a positive attitude.

GET STARTED ON THE TIPS FOR THIS LESSON:

Use the power of affirmations to shift your mindset toward success.

- Write 10 affirmations that will have a positive impact on your mindset.
- Read each affirmation at least five times each day.
- Whenever you catch yourself thinking negatively, use that as a cue to repeat your affirmations.