



Better Your Life And  
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# Foreword

*Mastering the mind and reclaiming your power is the most vital step essential to any level of success. Comprehending how the mind works allows you to get at your natural brilliance and to center on the greatest possibilities for your life.*

*So let's have a look at*

***Reclaiming Your Power***

***Better Your Life And Skyrocket Your Money***

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# **Chapter 1:**

*You Are The Pilot Of Your Own Ship*

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# Synopsis

***By controlling your thoughts, you control your total reality.  
You have the power to select what you think about, how you  
feel emotionally, and what mental images you'll hold in your  
attention.***

## **Master Your Thoughts**

Individuals have lived through prison camps by mastering what they thought and felt about. Mankind has defied great physical pain and dreadful conditions with centered purpose.

On a less spectacular scale, you have likely used the might of directed thought in your own life to cope with a miserably tedious job. A lot of us have, at some time, worked a job we despised; and we commonly coped with the workday by letting our minds be elsewhere.

This simple illustration can be applied to explore the true power of thought, and particularly the might of positive thinking. Your power to produce your own truth and to use the law of attraction to evidence the life you wish starts with the simple direction of your day-to-day thoughts and feelings.

I trust we're the co-creators of the cosmos. I do trust in what many individuals call god, divinity, or creation, but I decline the idea that mankind are slaves and/or fodder for a furious and judging deity in the world.

Although our ego minds are not the most eminent form of awareness, I trust a part of our minds are entangled with the divine mind. Therefore the power of thought is like the force that produces the world around us.

There are a lot of heated arguments on this issue. But I submit that particulars are not the vital consideration here.



It does not really matter how creative manifestation works. It does not truly matter if we're affecting the whole of creation or just the dimension we occupy and refer to as "reality".

What matters is that through prolonged, deliberate thought and visualization a homo can produce nearly any result he or she wants. Surely relatively small matters like attaining wealth, healing the self, and drawing in the ideal mate are well within our potentialities.

There's value in humility. But I trust we're at a point in human evolution where it's essential to recognize our greatness.

You're the master of your reality and of your circumstances. You are what you think of, and your life will abide by the course that you hold in your mind's eye.

It consequently seems sensible that you should take care to formulate positive thinking as a habit. How many distinguished books have been written to the theme of change your mind to change your life?

The brain is the topnotch computer of the human machine. And the mind is the elusive beholder that ascertains the outcome of quantum physics experiments.

Every thought of a human is metamorphosed as picture in everybody's mind. The picture transformed in your mind will depend upon your thought. If your idea is about success, the picture translated in your mind, will be as if you're acquiring success.

If your thought is being an unsuccessful person, then the picture translated in your mind will be as if you're bringing forth failure.

Never think that, when you set about something that it will terminate in failure. If you believe so, then that idea or doubt will be translated as a 'failure' picture in your mind and your subconscious will direct your activity according to that 'failure picture', which of course will end in failure.

On the other hand, if you suppose on the other side, the matter will finish in success, your thought will be translated into the picture of success, and automatically your subconscious will bring the end result of success. It's the secret of nature. Because you are able to bring about only what you plant.

Planting rice paddies grants only a rice paddy and not wheat. Imbedding success in your mind only brings about success and not failure.

Thoughts, images, and action all have a close fundamental interaction with one another. They can't disagree. For instance, if you want to get your own house, think profoundly about your dream house as if you've bought a beautiful house. By nature your dream house will be translated into a image in your mind. Your subconscious will direct you to change that dream house into an actual house. It will produce conditions and opportunities for you to change that dream house into a real house out of your own resourcefulness.

One single idea leads to many ideas. If you prefer to be rich you should constantly consider having vast money. That one idea leads to many ideas like a huge bank balance, having beautiful house, assortment of autos, modern amenities, vacation spot, beautiful swimming pool and whatever yu like.

Positive single thoughts bring about power to create so many other positive thoughts.

Likewise one single negative idea will also produce so many negative ideas. So negative thoughts also have equivalent power .You can't undervalue the power of negative thoughts. Forever think good, think positively. Never let your mind believe negatively and practice thinking positively, then the right things will happen.

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# **Chapter 2:**

## *Understanding Worth*

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# Synopsis

***"The whole theory of the universe is directed unerringly to one  
single individual -- namely to you."***

***-- From Leaves of Grass, by Walt Whitman***

## What Do You Equate Worth To

What is your personal currency? What do you feel you have to provide to the world as a whole, and is that offer given the value, validness, and respect it merits? Are you happy? When you judge yourself, as we all do, how do you measure up? Are you an evenly appreciated part of society? Are you predictable? Do you ever feel compromised in in any case? When you think your worth what springs to mind? This subject may bring out emotions and reactions that surprise you.

For instance, what are the rulers or assessing tools you use? Do you consider:

- ✚ Your marriage?
- ✚ Your power to provide for your youngsters?
- ✚ Your success in your career?
- ✚ Your friends and family relationships?
- ✚ Your spare-time activity and hobbies?
- ✚ Your sense of welfare and fulfilment?
- ✚ Your allegiance to assisting others?
- ✚ Your religion?

Do you even think about your worth in the least? Maybe not in so many words, but the matter of worthiness or validity probably arises for you again and again, and it's demonstrated by behaviors that don't serve you well. Have you ever detected yourself automatically identifying with words like weak?

We live in an era when we're preoccupied with compulsion, a disturbance in which persons become fixated on a perceived or

imaginary flaw in the way they look, so eating disorders, obesity, obsessive-compulsive disorders, and body dysmorphic disorders all fall under this class. Are we making the dangerous mistake of applying such disordered thinking to determine our overall percept of self-worth?

Are we incapable of determining our own standards? Misconceptions and maladaptations to external and inner influences can infantilize us into a state of weakness.

While it's conceivable that a few of us have been preprogrammed with this certain mentality, helpless isn't the word I'd use to describe most people I know, nor should you be willing to bond that descriptor to yourself. But, do be aware that such an unconscious thought may indeed have been included in the messages you were given as a child, and it may invade your behavior when you least expect it. Here's a significant note for you to write down and read often: refuse it. Play to your specialties, not your failings. Self-confidence is your best asset.

Why is it significant to comprehend your true value or personal currency? I'm going to be bold and say that not only is it crucial to acknowledge your inherent worth, it's vital that you do. Your survival, sense of well-being and success literally depend on it.

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**Chapter 3:**  
*Strengthen Your Worth*

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# Synopsis

*This is an invitation for you to recognize, validate, and apply your full potential in all domains of your life.*

## **Gaining Your Full Potential**

Truthful, in-depth personal knowledge is known as "insight." This is a deep, intuitive realizing of yourself that fortifies your core -- the place inside of you that your yoga teacher discusses. Your core calls for being both strong and resilient so it can handle the tectonic shifts your domain surprises you with. Pleased, successful people nurture this inner part of themselves as they know that when they shine an aura of strength, the individuals around them feel better also.

Having quiet, resolute energy will receive instant feedback, as casting a positive sense of strength makes individuals want to be around you. Aha! This, then, is an crucial lesson to learn: when the individuals are safe, secure, and happy, a reciprocally beneficial circle is produced around you also. Your sense of self-regard step-ups, a sense of self-reliance occurs, and assurance blooms.

Start your process of self-evaluation today by spending some person-to-person time with numero uno -- yourself. Find a calm corner and apportion some cherished time to discovering you. Go for half-hour a day, but even 15 minutes will get you going. Let yourself gaze into space, think, daydream, meditate...

You may be thinking I'm crazy. Who has the luxury of additional, disposable time? While it's true that a lot of us have overscheduled ourselves to the point of debilitation, therefore leaving very little time in our lives for gazing into space and contemplation, the time we give ourselves is select time that not only do we require, we merit.

Employ all your multitasking skills to carve out a little time for yourself. While you drive, for example, do some self-analysis along the way. Echo positive affirmations at traffic signals, or take that time to pray. I spend time with myself when I exercise in the gym. This is a great time to assume a "thinking about myself" place. As a matter of fact, I often muster up some of my best ideas while I'm walking on the treadmill.

Whatever you do, even if you simply hide in your bathroom for 10 minutes a day, breathe deeply and give yourself the present of positive reflection. Consider yourself in the best imaginable way, and choose to do whatever you are able to to raise the quality of your life today.

Take stock of your personal currency by filling in the following exercise: put down an honest appraisal of your powers, attributes, and current goals.

- ✚ I feel worthwhile once I \_\_\_\_\_.
- ✚ I am competent and successful in my \_\_\_\_\_.
- ✚ I am most pleased when I \_\_\_\_\_.
- ✚ My accomplishments make me feel worthwhile as \_\_\_\_\_.
- ✚ I am securest when I \_\_\_\_\_.
- ✚ My positive mind-set for my future includes \_\_\_\_\_.
- ✚ My acquaintances and relatives appreciate me for my \_\_\_\_\_.
- ✚ I admire myself because I'm \_\_\_\_\_.
- ✚ I feel satisfied and positive when \_\_\_\_\_.

Go forward to develop your personal inventory, assessment and evaluation as it's a liquid exercise. It's likewise wholly worth every moment you spend on it: by paying attention to the matters that interest you, you'll make breakthroughs about inner strengths and passions that have been out of sight for much too long, and uncover options and opportunities you might not have believed were there.

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**Chapter 4:**  
*Attaining Prosperity*

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# Synopsis

*O.K., it's time for us to learn about how to draw prosperity in to our lives successfully. Here is some information to help you become prosperous easily and effectively.*

## **Get The Gold**

Conceive of yourself hanging out with your acquaintances and family. While you're talking with one another, vocalize your intentions to attain financial freedom for yourself. Now hear your emotions as you envision the reactions of your friends. If you're most individuals, you're probably feeling clumsy and withdraw your announcement to become prosperous quickly.

What just took place? This is how most individuals would react but note that the very rich don't have a problem discussing their wealth building designs and financial aims. Individuals think it's simple for the rich to talk prosperity as they have the income; not everyone knows they have the income because it's easy for them to talk and believe success.

What you're doing is instructing your mind to see yourself as prosperous as you would like to be. The law of attraction will make sure you'll have what your mind believes you already have. You are able to see this law at work.

Your wealth building plans won't be a success unless you're totally comfortable with the concept of money. The heart of the matter is this-if you desire prosperity; your prosperity consciousness must be formulated.

The finest way to do this is by conditioning yourself to think and trust that you're already rich constantly. Your mind can't differentiate between reality and mere visualization strategy; consequently it will trigger the law of attraction to pull in the wealth you're expecting to have.

You can't produce prosperity by believing or discussing your deficiency of money. Centering on what you lack merely attracts more deficiency. Remember it's one of the principles of the Laws of Attraction that we need to understand. If we center on what we lack, we only attract more of the same. But, if we center our thoughts and attention on the positive, like being thankful for the things we already have, then we'll pull in more of what we want. As a matter of fact gratitude is one of the keys to accomplishing true prosperity.

Prosperity means a different thing to different individuals, for some it's monetary and material things, for other people it's spiritual and emotional events. Real prosperity comes from accomplishing balance at all levels, spiritual, mental, emotional and physical. I believe real prosperity is having your inmost needs and desires met at all levels and being able to amply enjoy them. Prosperity is something you go through in your mind and thoughts, it isn't an extraneous state and it's therefore rather possible to feel prosperous at any level of income.

Prosperity is an inner experience, not an extraneous state.

Sometimes, as well, Rather than thinking of the money, just close your eyes for a minute and consider the things you most want in your life, on all levels, write them down if you desire. For you, real prosperity would be to have all those things and to be able to amply enjoy them. We need to discover, at our deepest and most realistic level, what we want for ourselves.



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# **Chapter 5:**

*How We View Money*

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# Synopsis

*"Once money becomes the goal, the dream is left forgotten"*

## **Look At Money Correctly**

We often begin trying to receive money to accomplish a desired goal, but as time passes the money becomes the goal and the dream is left forgotten.

Not everybody is fated or even well suited to having vast sums of money, but I do trust everybody deserves to, and can be prosperous. Money empowers us to obtain and do things in our tangible world, but if some of your inmost needs and wants are things that income can't buy, then no sum of money is going to make you feel prosperous.

As a matter of fact great sums of money often brings unforeseen problems, making life more perplexed, increasing your financial responsibilities and requiring a higher level of financial direction, that you may not want. Did you know that after 2 years, most lottery winners have lost nearly all the money they got, with zero to show for it and are often worse off financially? The trouble with any windfall like this is that it seldom solves any problems.

If you haven't resolved the negative inner beliefs you hold about money or yourself, then frequently when you receive such a windfall, subconsciously you plainly don't believe you merit it. And with such a negative belief the subconscious mind gets busy correcting the state of affairs until you have the sum of money you believe you merit.

What are your opinions about money? How did your parents feel about it and what did they teach you? It's worth taking a minute to really consider this, write matters down if you prefer to. It's a fact that many of our negative beliefs come from our childhoods and if you got

messages like, "Money is truly hard to come by" or "blood, sweat and tears is the only method to get rich", these are very negative ideas. They're effectively negative affirmations that you'll go on to accomplish, until you identify them, let them go and substitute them with a positive affirmation.

Our world is boundlessly abundant and we all merit our share of that abundance, all we have to do is be groomed to accept it. All the same the reality is that at a subconscious mind level many of us merely do not believe that we merit the prosperity that we seek.

This frequently manifests from other fundamental issues like low self-esteem, fright, guilt or any number of other negative beliefs. In order to accomplish real prosperity, it's necessary to discover and release these fundamental negative beliefs.

Remember our outside reality mirrors our inner beliefs, how we think the world is for us becomes our truth. By altering your inner thinking you are able to change your outside reality.

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# **Chapter 6:**

## *Prosperity Blueprint*

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# **Synopsis**

*Here are a few fundamental actions you are able to do to bring outright abundance into your life.*

## **Being Grateful**

### **Distinguish what your core needs and wants are:**

This is where you must truly take the time to get to know your unquestionable self. Use "quiet time" and meditation to help you clear up what is truly important to you and why. Recognizing what you seek is half the way to really accomplishing it.

### **Distinguish any barricades to your deservability:**

As you say your affirmations, or once you think about income, it's likely that you might experience negative responses. If you say something positive, but within your thinking NO! Then you recognize that there's a topic there that must have additional attention. Once you've distinguished a block, spend time reviewing your beliefs and experiences about it; try to distinguish trigger events or influences. Ask yourself if these notions are really honest for you, now. When you're ready just dismiss those negative ideas.

Occasionally, if you have distinguished a serious block, that has a heavy emotional impact on you, or is established on some trauma in the past, it's best to seek a therapist or councilor to help you through your subject, so that you are able to let it go and advance to your prosperity.

### **Distinguish your real beliefs about income:**

Such notions commonly but not always come from childhood. What are your beliefs about income? Also, consider the things your parents taught you about income when you were growing up. What beliefs about money did you experience? Write everything down. Then break down if these beliefs are really true for you today. If they are negative,

you must review the belief and dismiss it, replacing it with a positive, prospering thought.

### **Affirmations for your successfulness.**

Here is a dandy one . Once a day, stand with your arms open and say with delight...

"I'm open and receptive to all the good and abundance in the cosmos, thanks, Life."

Remember, everything you say and believe is an affirmation. Be cognizant of your words and your thoughts, keep them positive. Recognize and dismiss any negative thoughts that arise.

### **Get really truthful:**

Whatever you claim from life, life will claim from you. You must avert any sort of dis-honesty. This can in reality be truly hard, as I don't just mean the obvious matters, but likewise little things, like not being honest with your change if the sales assistant has made a error, or borrowing little items from the office. Or perhaps you sneaking time or relationships or respect from others. All these matters count, it's like saying to yourself... I don't merit the good in life, so I'll steal around and take it.

### **Thankfulness:**

Thinking negatively about the things you desire is what is addressed as "poverty thinking". To accomplish your prosperity you must dismiss this thinking. Alternatively, start "Prosperity Thinking". Look around in your life, everyplace you'll find both huge and small things to be thankful for, individuals you know, little events that put a grin on your face, your youngsters, income you receive.... our lives are full of abundance already, but frequently we choose to dismiss it. You'll



never draw in more abundance into your life if you brush aside what you already have. So daily set just a little amount of time aside to consider and be thankful for all the good things you already have in your life, by treasuring and centering on the good things you have, you'll attract even more into your life. It's simple but true.

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# **Chapter 7:**

*A Short Look At Mental Power*

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# Synopsis

*What is the difference between somebody who's a champion and somebody who's the runner-up? What makes somebody able to look an unimaginable situation in the face and willingly subdue it?*

## **A Look At Mind Power**

It's the same thing that Super Bowl MVP's, successful chief executive officers, and leaders of all forms possess. It's something that you should have! It may be the one element that regulates whether your goals are realized or not.

In all of my years in training, I don't think that there was any class that specifically schooled me on how to be mentally powerful. Those who play competitive sports may comprehend mental power to a higher degree than those who don't play sports but just because you played a sport, doesn't make you mentally powerful. Here I'll breakdown what mental power is and the benefits of having it. Then I'll present following chapters all of the ways you are able to become mentally powerful and hence dramatically increasing your chances of success.

I've been seeking the perfect definition for mental power but there seems to be a slim disagreement on what it really means to be mentally powerful. I found a couple of adequate definitions but most of them addressed exclusively athletics. But since I'm convinced that mental power is essential in order to overachieve in many other functions of your life, this is the way I'd like you to comprehend what mental power is.

**Mental Power-** Having a physiological advantage that enables you to be orderly, confident, centered, and determined during hard-hitting situations in order to execute at maximum potential.

Listen to me folks, you need to have this. Individuals may think that this is a skill or trait that somebody is born with. I don't trust that

altogether. I'm leaning more toward the thought that some learn how to be mentally powerful earlier than other people but I stick by the belief that this skill can be learned. It isn't an easy property to adopt however, that's why so many individuals don't have it but believe me its well worth the work. Just envisage the advantages of being power minded.

- ✚ Stand out during high stress and pressure spots
- ✚ Bear a mental vantage over rivals
- ✚ Being able to spring back fast after a setback
- ✚ Get results even when the odds of success is low
- ✚ Be unwavering through most any condition

More specifically, here are a few scenarios when being mentally powerful is convenient

- ✚ Your business or investiture has been bombing
- ✚ You've received a sorry management and/or peer review at your job
- ✚ Everything at the party/wedding/meeting that may go wrong, has failed
- ✚ You've been delegated to work with a group of individuals that you don't get on with

✚ You just got dismissed

✚ You have to talk before of a small or big audience

✚ You're way behind on a project and the deadline is fast coming near

You'll come across something this week where your mental power will be tested.

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# **Chapter 8:**

*Are You Mentally Powerful*

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# Synopsis

*Those who are strong willed are not hard to pick out. True mental power, however is sometimes hard to find.*



## Do You Have What It Takes?

There are a lot of features that a person may own that may mimic the characteristics of a mentally strong individual. If somebody is obstinate, self-opinionated, blunt, bossy, or demanding some may see them as strong minded and may confuse that with power. Power isn't usually seen in the actions of a individual, instead in the response of that individual.

You may know a individual who seems to be a rock mentally. This individual seems to understand what they want and know how to acquire it. Not only that, they have an answer to every query, an view for every topic, and an thought for every circumstance. That might seem to be the formula for success in the head, but what happens when something fails? Or a plan or project fails again and again? This is where those who are mentally powerful strive and excel. There are 6 major features of mental power:

✚ Assurance

✚ Focus

✚ Motivation

✚ Bravery

✚ Calmness

✚ Resiliency

## **Assurance**

Having the belief in yourself might increase your mental power if utilized correctly. If you trust in your power to succeed, then you're developing yourself for success and bracing yourself in case of obstructions.

## **Focus**

When an individual can't stay centered it's easy for them to mentally break down in high pressure spots. The power to center on the task impending and stay centered on that task is an incredibly crucial skill that many can't seem overcome.

## **Motivation**

Have you ever been truly charged up about a goal and then weeks later you misplace your excitement? Naturally you have, everybody has. Discovering motivation is easy, maintaining motivation is a challenge. Motivation links up closely with focus as the bulk of lost motivation stems from the deficiency of or a shift in focus. In spots when the climb is uphill, motivation, focus, and resilience should be your best acquaintances.

## **Bravery**

Remember that being brave isn't being fearless; instead it's having fear but acting as if you don't. Acts of bravery are commonly followed by a mountain of dread but a brave individual will do what they have to do in order to get done that which has to get executed.

## **Calmness**

The dictionary has many good synonyms for calmness like self-control, coolness, equanimity and control. They have fortitude listed but I think that's more to do with strength and endurance than it does calmness.

## **Resiliency**

It does not matter how positive, focused, motivated, brave, or calm you are, if you don't see your goal to the end then it might turn out to be purposeless. Being resilient is pressing through till you reach your goal.

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# **Chapter 9:**

## ***Ways To Acquire Mental Power***

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# Synopsis

*Now you should be ready to develop mental power and also  
reap the benefits of having it.*

## **How To Brawn Up Your Brain**

I strongly believe that the mind is the most complex and advanced computer the world will ever see. It does what it is programmed to do. What your brain is now is what you have already programmed it to be. You must be aware of how you will react in situation where your mental strength may be tested.

In sports, it's knowing how to react when your opponent is stronger, smarter, faster, than you are. In business it's knowing what to do when your employees come up short of your expectations, your deadlines are not going to get met, and profits are way down. In your personal life it's knowing how to deal with heartbreak, handle those who try to con or take advantage of you, and assert yourself in order to project the image of the person you want to be.

This begins with programming the mind to do what you wish it to do in those spots. Start to comprehend the best possibility or response for a condition that will require you being mentally powerful. I advise putting down how you'd usually respond in those spots, then putting down how you'd like to respond in those spots. Get the difference? The shortest length from point A to point B is a straight line. Start centering on point B which is how you would like to respond until you start to feel like you are able to respond that way. Run the scenarios in your brain and you'll start to feel easier in your new mind.

### **Baby Steps**

Before you are able to run you need to walk. Every chance that you neglect to beef up your mentality is a step backwards. Get on the lookout for ways that you're acting as mentally feeble throughout your

day. Chances are your activities and responses are habits that must be broken. Assign a small goal or challenge for yourself so you can test your power. It's really crucial that you set innovative yet feasible challenges or else the exercise is worthless. Do this on a day-to-day basis and you'll start to observe that the test will start to become greater and more ambitious. The reason for this is because those little steps are becoming bigger steps and your mental power is developing. Don't quit, keep testing and challenging yourself.

### **Rehearse Calmness**

I detest being uneasy. Jitteriness is among the more uncomfortable feelings an individual can feel. The more powerful you are mentally, the less uneasy you'll get. Individuals who are perpetually uneasy are allowing outside things to determine their mood and the result of their situation. Now consider it. Once you have calmness and are in control of yourself, you are able to then move on to mastering your situation. I can't accent enough how crucial a skill this is to learn and master. The finest way I've discovered to stay calm and keep composure is to rehearse calming yourself and readying yourself for high stress spots. Make certain you do this exercise as though it were a real world situation so that you're more equipped to handle the real stuff.

### **Back On Your Feet Quickly**

Obstructions can be deterring and can produce the feeling of failure. When that feeling is there you might flirt with thoughts of quitting the journey. In order for you to get back on your feet quickly you must ready yourself for these obstructions internally and outwardly. Do all that you are able to preclude these setbacks from going on but if they

do go on, remind yourself of your goal. Circle yourself with positive individuals who will encourage you when you're tempted to quit. Keep motivational materials around likewise. Placing motivational quotes around or reading success stories might give you that reload that you need to keep you going. The faster you get back on your feet the quicker you'll accomplish your goal.”

If you've rehearsed calmness then your mind should be clearer and you should be able to think better the clearer your ideas, the better your decision making will be. Initially you may be hesitant to take charge if you're not accustomed to doing so. But constructing power is like constructing muscle, you have to work on it in order to get more power.

Watch out for chances to take control of a situation. Watch out for chances to do something that calls for you to be in control even if it's something that you've never executed before. If you're already mentally powerful, raise the bar and set a farseeing challenge that will test the toughness of your power.



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## **Chapter 10:**

*A Last Look At Reclaiming Your Power*

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# Synopsis

*Do you prefer to be successful? Do you prefer to savor life while you achieve all your goals? You are able to change your thoughts, regain your power and change your life.*

## **What This All Means**

Frequently it is your subconscious mind which is keeping you from doing all the things you want to do. That's because it's adopting all your time and energy in centering on troubles and setbacks and it's blanked out the info about your intentions and the ways to go around obstructions. You need to call up some positive thoughts and regain your power.

You recognize this, as if you are able to quit worrying and panicking for even a couple of minutes and you are able to state what a problem is, all of a sudden, a potential resolution to the problem comes to you. What you've got to do is program your subconscious mind to center more effectively on figuring out problems when they arise, don't get scared and draw on your power.

You are able to change your thoughts, change your life, change your success and skyrocket your earnings. The conscious mind you control is the boss of your subconscious. Get your subconscious mind on a training platform now!

Your subconscious mind only recognizes what your conscious mind tells it. It's bombarded daily with millions of thoughts, ideas and beliefs then it sets to work on processing them. Your subconscious mind can consequently be easily persuaded and distracted by what the conscious mind tells it.

Your conscious mind may be the honcho of your subconscious mind, but you're the overall chief of both of them. Behave like it. Take charge of what you're consciously thinking and turn it around to

positive thinking before your conscious mind plunges the thought on the sub-conscious mind as a negative.

All right – so how do you take charge of what your subconscious thinks?

Everything you do, say and conceive is picked up by your subconscious mind. Using your mind to simply record and process data wastes a lot of its possible power. You only get one opportunity at this life, so why not use your mind's power to its full potency? Change your thoughts- change your life-change your success and change your money.

Straining out the negative, unhelpful matters from that won't happen overnight but you are able to do it. Positive, strong and powerful thoughts just take time and practice.

Success is inevitable when we comprehend how thoughts can work for us and when we have mastered our mindset. In order to master your income, or be financially successful, it's essential to connect the dots between mind and power.

A prosperity consciousness is compiled of thoughts that support our aims for wealth. A prosperous individual has mastered how the mind works. They comprehend that the thoughts they center on create their reality. A money master knows the difference between the ideas that support wealth and those that undermine it. They're vigilant about centering on only those thoughts that support wealth. And they comprehend that those thoughts are also aligned with their greater purpose in contributing to life. In this domain money is a sort of energy.

Energy is judged by the level of our feelings, where fantastic feelings indicate high energy. Feelings always come after thoughts and fantastic feelings always follow the fantastic thoughts. They're the essential fuel of manifestation. The power to create money requires the fuel of great feelings and a powerful mind.

# Wrapping Up

*When we connect with our power, our thoughts and feelings resonate with universal energy. Science has proven that there are infinite connections between all levels of existence and incredible possibilities through these connections.*

*Connecting with our power links us to our personal truth and our highest ambitions and desires*

*Hopefully this book has given you the tools reclaim your power and skyrocket your money in the process.*