



OPTIONS CENTER HEALTH TOPIC



Your Belief Becomes Your Reality

The Determinant of Your Success

Perhaps the most powerful single factor in your financial success is your beliefs about yourself and money. We call this the Law of Belief. It says simply this:

- ✓ Whatever you believe, with feeling, becomes your reality.
- ✓ Whatever you intensely believe becomes your reality.
- ✓ That we have a tendency to block out any information coming in to us that is inconsistent with our reality.

Positive Thinking Versus Positive Knowing

You always act in a manner consistent with your beliefs. The most important belief system you can build is a prosperity consciousness where you absolutely believe that you are going to achieve your financial goals. We call this positive knowing versus positive thinking. Positive thinking can sometimes be wishing or hoping. But positive knowing is when you absolutely know that no matter what, you will be successful.

The Foundation of Willpower

Another principle related to your beliefs is willpower. We know that willpower is essential to any success. *Willpower is based on confidence.* It's based on conviction. It's based on faith. It's based on your belief in your ability to triumph over all obstacles. You can develop willpower by persistence, by working on your goals, by reading the biographies of successful people, by listening to audio programs, by reading books about people who've achieved success. The more information you take into your mind consistent with success, the more likely it is that you will develop the willpower to push you through the obstacles and difficulties you will experience.

Beat The Odds on Success

Remember that success is rare. Only one person in one hundred becomes wealthy in the course of a lifetime. Only five percent achieve financial independence. That means that the odds against you are 19-to-1. The only way that you're going to achieve your financial goals is if you get really serious. To succeed, you must get serious. You must get busy. You must get active. You must get going. Remember, everything counts.

Action Exercises

Here are two things you can do to build a belief system consistent with the financial success you desire:

First, continually repeat to yourself the words, pictures and thoughts consistent with your dreams and goals. Whatever you repeat often enough, over and over, becomes a new belief.

Second, set a goal for yourself to think and talk only about the things that you want for the next 24 hours. This will be one of the hardest things you ever do. But if you can keep your mind on what you want and off of what you don't want for 24 hours, you can begin to change your entire future.

Information taken from Brian Tracy's Personal Success Newsletter.
<http://www.briantracy.com/Newsletter/PersonalSuccess>.

OPTIONS ALSO OFFERS YOU

- ✓ Mind-body work and healing touch therapies
- ✓ Hair analysis to keep you active and healthy in order to properly reach your goals