



## Keeping Yourself Positive

The most important thing you do for your success is to take control of the suggestive elements in your environment. Be sure that what you are seeing and listening to is consistent with the goals you want to achieve.

### **Listen Your Way to Success**

Listen to educational audio programs in your car. The average person drives 15,000 to 40,000 miles per year which equates to between 200 and 500 hours per year that the average person spends in his or her car. You can become an expert in your field by simply listening to educational audio programs as you drive from place to place.

### **Take Courses in Your Field**

Attend seminars given by experts in your field. Take additional courses and learn everything you possibly can. Learn from the experts. Ask them questions, write them emails, read their books, read their articles and listen to people with proven track records in the area in which you want to be successful.

### **Get Around the Right People**

Associate with positive, success-oriented people. As we say, fly with the eagles. You can't fly with the eagles if you keep scratching with the turkeys. Get away from the go-nowhere types and above all, get away from negative people. Get away from negative coworkers. If you've got a negative boss, seriously consider changing jobs. Associating on a regular basis with negative people is enough in itself to condemn you to a life of underachievement, frustration, and failure. Associate with positive people. Get around winners.

### **Visualize Your Goals**

The last thing before you sleep and the first thing in the morning, think about and visualize your goals as realities. See your goal as though it already existed. Your subconscious mind is only activated by affirmations and pictures that are received in the present tense. See your goal vividly just before you go to sleep. See yourself performing at your best. See the situations that you're facing working out exactly the way you want them to.

## **Feed Yourself Mental Pictures**

See yourself living the kind of life that you want to live. See yourself with the kind of relationships, the kind of health, the kind of car, the kind of home you really want. Visualize just before you fall asleep at night. The first thing you do when you get up in the morning is to feed yourself mental pictures. Those are the two times of the day when your subconscious mind is most receptive to new programming, when you fall asleep and when you wake up.

## **Action Exercises**

Here are two things you can do, all day long, to keep your mind and emotions focused on your goals and financial success:

First, listen to audio programs in your car and when you travel around. Continue feeding your mind with a stream of high-quality, educational, motivational material that moves you toward your goal.

Second, resolve to associate with positive, optimistic people most of the time. Get around winners and get away from negative people who criticize, condemn and complain. This will change your life as much as any other factor.