

A hand holding a magnifying glass over the text 'WHAT YOU FOCUS ON EXPANDS'. The magnifying glass is black and held by a hand on the right side. The text is centered within the lens of the magnifying glass. The background is a dark blue-grey gradient.

**WHAT YOU
FOCUS ON**

EXPANDS

JAVIER CHUA

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What You Focus On Expands

Javier Chua

www.PositivtyToSuccess.com

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Contents

Introduction.....	7
About The Author.....	7
How Positivity Turned My Life Around.....	7
How the World Really Works.....	11
Myth #1: Money is the Root of All Evil.....	13
Myth #2: Successful People are Lucky.....	13
Myth #3: Your Problems Are Other People’s Fault.....	14
Myth #4: Rich People Are Either Greedy or Were Born that Way.....	14
Myth #5: You Are Who You Are and Can’t Change.....	15
Harness the Astounding Power of Thought.....	16
Visual Thought Exercise.....	18
Auditory Thought Exercise.....	19
Tactile Thought Exercise.....	20
Know and Become Who You Really Are.....	22
Obstacles in the Way of Your Best Self.....	22
Steps to Discover Your Best Self.....	25
Master Your Mindset.....	29
Grab Every Opportunity.....	29
To Teach.....	30
To Test.....	31
To Motivate.....	31
Conditioning Your Mindset for Your Ideal Body.....	32
Value Your Body.....	33
Acknowledge Your Mortality.....	33
Learn About Your Body.....	34

7 Steps to Positivity	35
Creating Vital Energy.....	35
Make Positivity a Habit.....	36
Work on Gratitude.....	37
Finding Happiness.....	39
Preventing Out of Sight Out of Mind.....	39
Join a Support Group.....	40
Breaking Big Goals into Small Actions.....	42
Feed Your Mind with Positive Ingredients	42
Listening To Uplifting Music.....	42
Watching Positive Videos, Movies, and TV Shows.....	43
Not Paying Attention to the News.....	43
9 Positivity Mantras to Live By	44
Treat Everyday Like a Brand New Day.....	44
Focus Your Energy on the Right Path.....	44
Always Believe in Yourself. You Can Do It!.....	44
What 5 Things You Are Grateful for Right Now?.....	44
Positive Words & Thoughts Will Make You Happy.....	44
Listen to Motivational Audio Books.....	45
Watch Movies That Will Inspire You.....	45
Meditate to Clear the Mind Clutter.....	45
Eat Fruits, Vegetables and Exercise Regularly.....	45
The 3 Biggest Secrets to Getting What You Want	46
Never Give Up.....	46
Focus, Focus, Focus.....	47
Never Stop Learning.....	47

Top 50 Positivity Checklist..... 48
Resources..... 50

Introduction

About The Author

Hi, my name is Javier Chua, founder of the personal development website PositivtyToSuccess.com and the creator of this *What You Focus On Expands* eBook.

First of all, I want to congratulate you for downloading this eBook. You now have access to these amazing and wonderful resources to help you in your personal development. Internalize it well and it can transform your life.

Probably you may be wondering what this eBook is all about and how it can help you change your life.

In order to answer that question, please allow me to share with you my personal story...

How Positivity Turned My Life Around

At the age of 20, I stumbled upon a book called [Rich Dad Poor Dad](#) during my 2 years of army and it actually make a mindset shift for me as it planted a small seed in my heart regarding financial freedom.

After serving the nation, I was supposed to attend my university/ college education and I did join a local university for a period of 3 weeks before deciding to drop out of school. However, I did not really enjoy my time over there as the pace was moving very fast and everyone including the lecturers were rushing for time to complete the whole syllabus in a very short time frame.

At that point of time, I was thinking is this really what I want in life for the next 3 years and after chatting with a senior student who was in the same class as me for his elective module, I made the decision to drop out of school. I asked a simple question of what he want to do as he was going to graduate soon, he said that he was not sure what he is going to do after getting his degree. Although I did not really know what I want to do if I will to quit school at the point of time, I do not want to wait till 3 years later then figure things out. In my heart, I keep on telling myself that *everything is going to be alright.*

Dropping out of school was not an easy decision to make as you have to face your family members and relatives. My parents were nagging why I quit as I was the only one in my family who managed to get into a good local university in Singapore and why do I waste such a good chance. My relatives were even funnier as they mentioned that their children couldn't even get into a local university due to their grades and trying to persuade me to continue my studies.

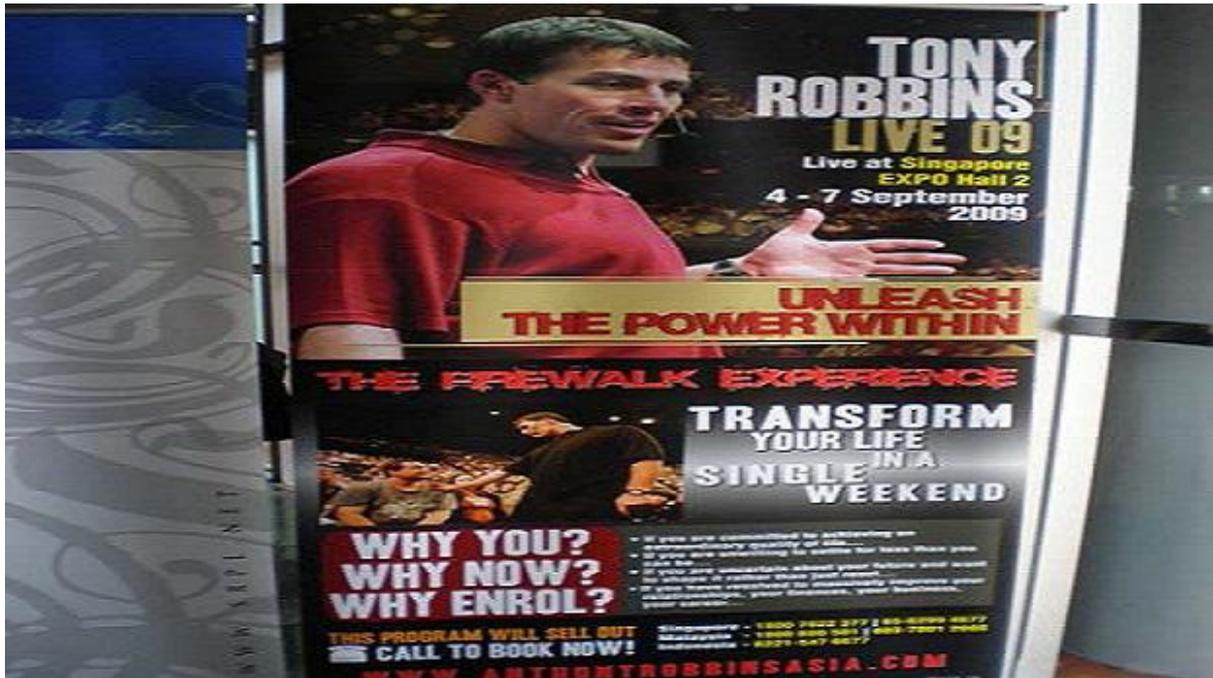
To everyone else, the norm of most parents are telling their kids to go to school, get a good grade and find a good job and it will be happily ever after. However, that's not the case for everyone I see around me as everyone is working so hard trying to earn a living instead of enjoying their life with passion.

In order to gain more clarity of what I wanted to do in life after dropping out of school, I went into all sorts of ventures, all of which ended up failing such as MLM, selling real estate and becoming an insurance agent (can't even pass the initial exam). I lost a couple of thousand dollars here and there but I did find something that caught my attention during the journey. I found out that I wanted to start an online business where I can make money even while I am asleep through the use of internet.

However, I realized that knowing what you want to do is one thing, you will need to internalize the positivity mindset on a daily basis and take massive actions in order to reach your goals. It was at this point of time that I came across and watched this movie called "The Secret" and learned about [the principles of the Law of Attraction](#).

Basically, to explain Law of Attraction in a simplest form is that everything which happens in our lives no matter good or bad are attracted into our lives through our thoughts. What this means is that if we keep thinking a certain thought (positive/negative) in our mind with strong emotions, we will manifest what we think about into our own reality.

If we think positive thoughts, we will attract positive result. In other words, we are attracting what we focus on and if we focus on what we are lacking of, we will also attract more of the lacking.



My first Tony Robbins seminar in 2009 (got a free entry pass that I attracted)



My paid for stay in Chang Mai (Thailand) in 2011 (a survey contest that I attracted)

Personally, I had also attended a separate paid seminar by one of the millionaires which was teaching the same theory like what was shown in the Law of Attraction movie that your programming leads to your thoughts; your thoughts lead to your feelings; your feelings lead to your actions; your actions leads to your results. Therefore, just as a personal computer, by changing the programming, you will be able to change your results.

Now, you must be thinking, “How do I change my programming so that it will bring positive results?”

Do not need to worry as I will cover more in detail when you read through the guide. I have started researching extensively in this area and that was what led me to manifest *What You Focus On Expands* into my life.

In fact, it is my mission to share with you what I have discovered that were helpful in my own journey to success and it will definitely be helpful for anyone who are on their own journey.

How the World Really Works

Everything that you know about living your life your way is probably wrong, and that's okay. After all, you can only go by the things that you've learned in your experience and education. You probably went to school just like every other person on the planet and learned the basic ABCs and 123s, a little bit about history, a little bit about science, and a little bit about a couple of other things you probably can't even remember.

You probably learned how to pass the tests and to please your teacher and parents, but you might not have the slightest idea as to how to really please yourself. You probably learned how to stay out of trouble with the authorities at your school, but might not have learned the principles of persuasion, influence and leadership.

You might have learned a little bit about the human body, but what you learned probably didn't help you to gain a healthy body. You probably studied about the great people of history, but you probably never learned how to live by the principles that made them great.

Most important, you probably learned how to count money and to make change, but chances are you don't know as much as you'd like to about earning good money and building wealth.

In other words, what you learned in school did little to help you understand how the world really works.

Sound impossible?

Let's look at a few statistics:

Less than 20% of the world's population controls over 80% of the wealth.

The majority of individuals living in highly industrialized societies are either overweight or obese.

The majority of people living in North America are living paycheck to paycheck . . . and yet it's one of the wealthiest areas of the world!

This is not to mention the nearly astronomical amount of consumer debt that plagues most working and middle-class people.

Now let's take an honest look at the circumstances of *your* life: do you have the relationships you really want?

Are you satisfied with your level of self-confidence and inner peace?

Do you make enough money to have a reasonable amount of financial security and to buy the things you want?

Are you satisfied with the condition of your physical health?

And most important:

If you were to die tomorrow, what kind of a legacy would you leave behind in the hearts and minds of the people you love most?

If any of the above questions caused an unsettled feeling in your heart, a sense of dissatisfaction, shame or even guilt, then one thing is certain:

The rules that you learned to live your life according to aren't producing the results you really want.

As depressing as this might seem, it's actually a very good place to start when it comes to fulfilling your dreams and becoming your best self.

Why is this?

Dissatisfaction presents you with an opportunity to change your approach and thus to get the results you really want. But this starts with accepting the fact that the way the world works is different than what you might now believe. If this were not true, you'd probably be a whole lot more satisfied with your life and have more of what you really want.

So now that we have that out of the way, let's look at a few of the popular myths that keep people from getting what they really want:

Myth #1: Money is the Root of All Evil

The belief that money is evil is a certain way to ensure that you'll never have a lot of it. After all, who would want to willingly acquire more of something in their life that they considered to be evil? Even worse is the belief that having money causes you to become an evil greedy person.

Who would ever want to see themselves as evil or greedy? This alone is probably one of the leading causes of mediocrity and even poverty. Let's just put this into perspective for a moment . . .

Evil is not a term that can applied to inanimate objects such as money. The intention to do evil requires the power of choice, and money cannot make choices. It is only subject to the choices which are being made by the person who possesses it. Therefore, if it has any moral characteristics at all, those are simply the characteristics of the person who has it.

This means that as long as you know in your heart that you are a moral person, money is not evil, and it's perfectly okay for you to want more of it.

Myth #2: Successful People are Lucky

There's no doubt that chance plays a role in all of our lives. There's no doubt that sometimes bad things happen to good people and that good things happen to bad people. But it's also true that billions of people go through their lives tolerating poverty, poor relationships and poor health because of something they call "bad luck."

In his best-selling book [*Think and Grow Rich*](#), author Napoleon Hill wrote about a series of experiments conducted to determine how lucky people got to be that way. Is it really up to fate, or is there something else going on?

The results of the experiment proved that lucky people were simply those who remembered the good things that had happened to them and who focused on what they really wanted.

On the other hand, people with “bad luck” remembered mostly the bad things that had happened to them and focused on what they didn’t want.

As you’re about to learn, this alone is the most important difference between people who get what they want and people who don’t get what they want.

Myth #3: Your Problems Are Other People’s Fault

Most people who aren’t getting what they want out of life will be quick to tell you exactly who or what caused their life to turn out that way. In other words, most people see themselves as victims of either circumstances or the choices of others and thus neglect their own power to assert control over their own life.

Again, there is no doubt that chance plays a role in all of our lives and that we’re sometimes directly or indirectly affected by the choices of others. But the most successful people in the world acknowledge that no matter what happens to them, they are always in control of who they decide to become as a result.

And that makes all the difference.

Myth #4: Rich People Are Either Greedy or Were Born that Way

This is probably the leading cause of poverty and financial misfortune. Believing that rich people are greedy makes it almost certain that you will never become rich yourself. After all, who wants to be seen as a greedy person? Not to mention this belief will also keep you from seeking advice from wealthy people about how to make money and build wealth.

Instead, you’ll end up doing what the majority of people do: They take financial advice from *other* low- and middle-class people and wonder why they stay broke. The belief that rich people were “born that way” is just as crippling. Over 80% of the millionaires in North America are first-generation rich. That means they built their wealth out of nothing.

There’s no reason why you can’t do the same. But first you have to let go of the myth that rich people have to be either greedy or born that way.

Myth #5: You Are Who You Are and Can't Change

There's no doubt that genetics plays a role in our development and in our capabilities to perform certain duties in life. But there are also a lot of people who believe that they were born the way they are and that there's nothing they can do to change. For example, many people are shy or passive and believe that it's just the way their innate nature that can't be altered.

The same is true with people's beliefs about their degree of willpower, self-reliance, creativity, discipline, assertiveness and many other character traits.

Many people have problems with anger, poor health, low self-esteem, procrastination or timidity and believe that they are that way because of their parents, their nationality, their cultural upbringing and a whole slew of other things.

In reality, all of these character traits are a result of habits that a person has formed by a lifetime of repeated choices. Once these choices become a habit, people develop the crippling belief that these habits are no longer choices.

Your life and your habits are not products of your genetics or your circumstances; they are the product of your choices. And you're about to learn how to start making the choices that will make all the difference in living your life your way.

Harness the Astounding Power of Thought

Have you ever given any thought as to just how powerful those thoughts of yours are? Most people never do because of the fact that their thoughts aren't something they can reach out and grab hold of. Because thoughts occur in the privacy of the mind, it's all too easy to dismiss them as have no bearing on the reality of outer life.

As a result of this, many people greatly underestimate the power of their thoughts and thus never bother to learn how to control and focus their mind. But when they put conscious effort into what's going on in their brain, thoughts can help them get what they really want out of life.

The mind is an interesting place, full of potential like a plot of land. If you don't make a proactive effort to plant and to nurture the seeds that will bring forth the kinds of fruit you want, you'll end up with a lot of other things that you don't want.

Most people's minds are full of negative and disempowering thoughts – not because they've chosen these thoughts, specifically, but because they've neglected to choose more empowering ones.

But where do such negative thoughts come from? Thoughts are a direct result of past experiences, education and conditioning (which is the programming that we are talking about initially).

It's these thoughts that influence your beliefs about how the world works, and those beliefs in turn affect your interactions with the world. These interactions include your relationships, your efforts to earn money and build wealth, your eating habits, your physical activities, and hundreds of other things that produce the results that make up your lifestyle.

Considering this, it's probably a good idea to give a second thought to just how important your thoughts are. Just imagine what kind of results you could produce in your life if you could begin to choose different thoughts that would build different beliefs about how the world works – beliefs that would inspire different actions and get different results.

How can you choose thoughts that will lead to results that you really want? You begin by choosing thoughts consistent with what you really want.

Think you're doing this already? Here's something to think about:

Most people have a much stronger idea of what they DON'T want than what they do want. Just ask anyone what they really want from their job, their relationship, their financial life and their health. Chances are they'll rattle off a lot of things that they would prefer to avoid.

This is because they're always thinking about what they don't want. These thoughts are what influence their beliefs about how the world works. These negative views affect their actions, and those actions produce results that are consistent with the seeds that led to those actions: thoughts.

Thoughts => Feelings => Actions => Results

Now, here's a question to ask yourself:

What kinds of results are you going to continue to get in your life if your way of thinking never changes? All you have to do is look at the results you're getting, and there's your answer.

Let's look at how your thoughts are produced and what you can do to begin to change them.

First of all, there are three kinds of thoughts: thought pictures (visual), "spoken" thought (auditory) and thoughts that you act out in your head (tactile).

For example:

Picture an elephant . . . that's a visual thought.

Read these words without speaking them aloud . . . that's an auditory thought.

Imagine yourself driving your car . . . that's a tactile thought.

These are all thoughts that influence your external behaviors: the things you notice most easily, the words you speak, the actions you take. Thankfully, these behaviors can all be changed by choosing different visual, auditory and tactile thoughts.

How is this possible?

It begins by understanding that the brain is a physical body part. There's nothing magical or spiritual about the brain or its development. Just as you can condition other parts of your body through repetitious exercise, you can also condition your brain.

It's important to keep in mind, however, that when you first begin to condition your brain, it will seem like an impossible task – just like physical exercise. Think about the first time you tried to run a mile, lift weights, ride a bike, or attempt some other kind of physical exercise you'd never done before.

At first, it might have seemed impossible. You probably wanted to give up. But if you stuck with it, you found that it got easier and easier until it became second nature.

When you learned to walk, talk or read, it took more than a few tries, right? And just think about how easy those things are to you now. So as we look at a few exercises for conditioning your brain, remember that these are going to take some work and that they'll seem almost impossible at first.

But with enough practice, you'll develop the natural habit of choosing thoughts that you really want. These thoughts will become beliefs, these beliefs will inspire actions, and those actions will produce results that are consistent with how you really want to spend your time on this earth.

Visual Thought Exercise

Start collecting pictures of things that you really want, either in magazines or online. Get poster board, and use it to arrange your favorite photos to create a vision board.

In addition to the pictures of what you really want, put a few pictures of yourself on your vision board as well. This way you're actually training your mind to see yourself *and* the things you really want as part of the same picture.

Put your vision board somewhere that you can see it every day, and make sure that you spend some time looking at it. With enough repetition, you'll begin to find that these images will become the dominating thought pictures in your mind.

You'll also begin to notice things throughout the day that are consistent with the life you really want. After enough practice, these new thoughts will begin to influence your actions and produce new results.

Auditory Thought Exercise

Sit down right now, and write down three thoughts that are consistent with what you really want out of life. Be specific. The best way to do this is to ask yourself which character traits you'll need to produce the results you really want. Once you've identified these characteristics, write them down somewhere that you can access them every day: tape them to your bathroom mirror, put a note on your desktop or keep them on your bedside table.

These spoken affirmations will help you to make your verbal thoughts consistent with who you must become in order to get what you really want.

Here are a few examples:

If you want to start your own business or land a better career:

"I am creative, self-reliant and persuasive."

If you want to take better care of your body:

"I am disciplined, active and a mindful eater."

If you want better relationships:

"I am funny, friendly and compassionate."

Now in order for this exercise to work, you have to do it every day. For best results, speak each of your affirmations out loud in the morning and in the evening. Just like your vision board exercise, this will begin to change your auditory thoughts according to what you really want. Those thoughts will change your beliefs, and those beliefs

will produce the actions you must take to become the version of yourself that you dream of being.

Now, you might notice that all of these affirmations have one thing in common: they're primarily focused on who you must be to get what you want.

Sure, you can also say things like:

"I'm healthy, thin, financially secure and I have great relationships."

But if you focus instead on the characteristics and habits which will make you healthy, thin, financially secure and a great friend/partner, the results will naturally follow.

Tactile Thought Exercise

Tactile thought exercises are a little more complicated because they require the use of your entire body. But with a little bit of creativity, you can come up with ways to get physical that reflect what you really want.

For example, author and success coach Jack Canfield once wrote about a party he attended called the "Come as You Will Be" party. Each of the participants came as the person they wanted to be in five years. Some were international business consultants, some were public speakers, and others were success coaches. Some of them even made up fake business cards to hand to their friends at the party.

While it's important to remember that you also need to take action to get what you want, these kinds of experiences can help you to choose thoughts that will inspire you to action.

Here are a few examples of some things that you can do:

- If you have a certain type of house you want to buy, spend some time driving around neighborhoods with those types of houses. Take pictures, or get out to take a walk in the neighborhood. As you do, pretend that you live there and that your house is only a few blocks away.

- If there's a particular car you want to buy, go and take it for a test drive. Sit in the car, and imagine yourself owning it. Really get into the experience until you can clearly recall it in your mind.
- If you have an ambition to run a marathon, but you're only running a mile a day right now, picture yourself on the last of the 21 miles as you complete your daily run.
- If you have an ambition to start controlling your eating habits, practice pushing your plate away while there is still food on it. Practice this several times in a row, and as you do, imagine yourself thin and healthy. It's ok – you can still clear that plate!

These kinds of exercises, in conjunction with the auditory and visual exercises, will help you to get your mind in shape. When you learn to get your subconscious thoughts on the same page about your long-term ambitions, the rest of the exercises in this book will become easy.

Know and Become Who You Really Are

What does it mean to become your best self?

What if you've never been this person before? What standard do you use to determine what characteristics to shoot for? How do you know if you're aiming too high . . . or too low?

How do you even know who your best self is – let alone how you can become that person?

Don't worry about all that. Instead, think about becoming your best self as a process of getting rid of things that are in the way.

Obstacles in the Way of Your Best Self

Becoming who you really are should never feel forced or awkward. Instead, it will feel completely natural in every way. You'll feel at home in your own skin. You'll no longer feel that you're an imposter who's trying to fake it till you make it.

The first step toward your best self is understanding the things that are keeping you from discovering who you truly have the potential to be. Let's look at a few of them now.

1. Other People's Opinions

Everyone has opinions about the way that things should be, and that's okay. But you should never feel that your life and your choices are at the mercy of other people's opinions. As you're reading this, you can probably think of at least a few people who have an opinion about who you should be or what you should do with your life.

Sometimes these opinions are negative, and sometimes they are positive. But one thing is certain:

These opinions have nothing to do with who you really are.

They simply represent people who are realizing their own perception of you. At times, these opinions can be positive. But if they aren't a genuine representation of who

you honestly believe that you are, they can be a hindrance toward you becoming your best self.

Imitation has never caused anyone to become great. Even if you're imitating someone you admire and respect, you're never going to be as good at being someone else as you can possibly be at being yourself. You're not responsible for becoming anybody but the person you want to be, and that's a decision only you can make.

You're also not responsible for other people's opinions or perceptions of you, whether those opinions and perceptions are good or bad. The only thing you're responsible for is being true to yourself and who you know yourself to be.

No matter who you become, for better or worse, somebody somewhere is always going to have a negative opinion about it. That's not your problem; it's their problem, and it's their responsibility . . . so leave it at that!

2. Your Weaknesses and Doubts

Everyone has things about themselves that give them doubts about what they can achieve, just as they have traits and talents that they are confident about. The person you become in life is dependent upon whether or not you focus on your strengths or your weaknesses.

Of course, it's important that you examine the areas of your character that you need to change in order to get what you want. But it's better to focus on a specific plan of action for correcting the weakness than to focus on the weakness itself.

Think of it like this: If you're constantly focusing on masking your weaknesses and insecurities or feeling ashamed, it's as if you're placing a magnifying glass over them. As this happens, they become the predominating thoughts in your mind until they begin to affect your self-image and your beliefs. Those beliefs affect your actions, and those actions create your results and lifestyle.

Sound familiar?

In case you're wondering whether or not other people recognize this, they do. In fact, it's probably more obvious than you think it is. That's the bad news.

The good news is that your strengths are the same way. If you're constantly focusing on developing the strong points of your character, it's as if you're placing a magnifying glass over all the good stuff. As this happens, what you're doing right becomes the dominating thoughts in your mind, and they begin to form your positive self-image and beliefs.

These beliefs begin to influence your actions, and those actions reinforce your beliefs and create your lifestyle and your identity.

3. Your Current Results

As you're considering the fact that your thoughts create your beliefs and your self-image, that your beliefs influence your actions, and that your actions form your lifestyle and identity, it might be easy to feel bad about yourself if you're not happy with your current results.

But it's important to remember that the current circumstances of your life are a representation of who you were, not who you are. If you begin today to focus on becoming a different person, you can be certain that your current results will change, but first you have to let go of the idea that those results represent who you are.

In fact, it's important that you never allow the exterior circumstances of your life to define your identity. If you do, your self-image and confidence will vacillate just as the circumstances of your life do. Better to develop a rock solid self-image based on a standard that you and you alone determine.

This will help you to endure any difficulty in your life and keep your actions consistent with your true values instead of allowing them to be influenced by circumstances.

Steps to Discover Your Best Self

Now that you know what's standing in your way, let's look at a few things you can begin to do today in order to become your best self tomorrow.

1. Decide What You Really Want

Make a list of what you really want in your financial life, your health, your relationships and your career. Don't stop for a second to think about how you are going to achieve these things; that's not the purpose of this exercise.

You're going to build self-understanding based on what YOU really want out of life. As you do this, you'll discover that your deepest desires are the most accurate representation of what's in your heart. The better you understand your dreams, the better you're going to get to know your best self.

As you do this, it's important to be honest. Don't worry about what other people might think – again, that's not your problem. Don't worry if others believe that your dreams are stupid, unrealistic, selfish or immoral.

Remember that their opinions only represent the experiences and perceptions of who you "should" be or how you "should" live. These people are not responsible for living your life or making the most of the talents that you have.

You're the only one who's responsible for becoming your best self and pursuing your dreams. No one else is ever going to do that for you, and it's unfair to expect them to.

In addition, don't allow your weaknesses or insecurities to get in the way of deciding what you want, and don't allow your current circumstances to influence you. You'll only end up with more of what you have right now.

2. Decide What You're Going to Give in Return

You're never going to get something for nothing. Anyone who tells you differently is selling something. As you're determining what you want in your financial life, your health, your relationships and your career, it's important that you decide what you're going to offer in return for your ideal lifestyle.

If your dreams are big in any of these areas, your commitment to taking action must be equally big. If not, you'll end up falling short of your goal, or you'll reach it only to find that you can't keep it for long.

For example, if you decide that there is a certain type of person you'd like to attract into your life, ask yourself what kind of a person you'll need to *become* in order to attract them and build a meaningful relationship.

If you want to have a certain amount of financial security and a steady position in your dream career, you must first determine what you're willing to sacrifice in order to get what you want. Do you need to dedicate a lot of time to education right now, or will you have to put in several years of work to build your own business?

And finally, if you want to be thin and in good health, determine what you're willing to give in return for your ideal body. Every year millions of desperate people spend billions of dollars on weight-loss pills and fad diets only to find that they've wasted their time, money and hope on these quick-fix solutions. That's because they weren't willing to put in the effort to change their long-term eating habits or the time to develop a better body.

Similar mistakes are made in the way that people pursue their ideal career, their ideal relationship and the acquiring of financial security.

The sooner you accept that there is no shortcut to good health, financial security, great relationships and a good career, the faster you'll be able to get to work on a practical plan of action for achieving them.

3. Write a Plan of Action

This step is very simple, but most people never bother with it because they think that it's enough to know what they want. It's not. Sit down and write out a specific plan of action as to how you're going to make the changes you need in order to get what you want.

As a part of your overall plan, include the thought exercises from the previous chapter. This will help you to become the person who you need to become in order to get what you want.

Most importantly, *write your plan down*.

Your plans are going to change as you begin to put them to work. You're going to need to measure what's working and what's not working and correct course. The only way to do this is to keep a written record of your plan so that you can go back to it and revise it.

4. Take Action

There's no such thing as tomorrow when it comes to getting what you want. You have to take action, and the only good time that you can take action is right now.

You can think about tomorrow and dream about tomorrow, but that's all that you can ever do with the future. The same is true with the past.

If you've gotten into the habit of putting things off until later, you've allowed yourself to neglect one immutable law of success:

Nothing happens without action, and action can only happen right now.

If you have a habit of indecision or procrastination, just remind yourself of this truth every time the temptation comes to put things off.

There is no later. There is only now, anything short of real action, and you qualify as a dreamer.

For a little inspiration, consider this quote from the famous Hong Kong/American martial arts expert and action film actor, [Bruce Lee](#):

I, Bruce Lee, will be the first highest paid Oriental super star in the United States. In return I will give the most exciting performances and render



the best of quality in the capacity of an actor. Starting 1970 I will achieve world fame and from then onward till the end of 1980 I

will have in my possession \$10,000,000. I will live the way I please and achieve inner harmony and happiness.

He said this in 1969, and in those short years between that time and his passing in 1973, he had achieved what he had set for himself and maybe even more. But, his journey didn't really start at that point. By 1969, he had already experienced a string of personal successes that gave him the confidence and knowhow to reach for the stars.

Master Your Mindset

As you begin to put your plan of action into practice, you're going to find that fear and uncertainty cloud your mind and make it difficult for you to stay focused on your goal. In fact, most often it seems that a negative mindset based on fear and uncertainty is completely voluntary, and there's nothing you can do about it.

But there's actually a lot that you can do about it.

First, make a consistent practice of the thinking exercises that we've already covered in the chapter: Harnessing the Astounding Power of Thought. Second, have a clear picture of what you want and a solid plan of action for achieving it.

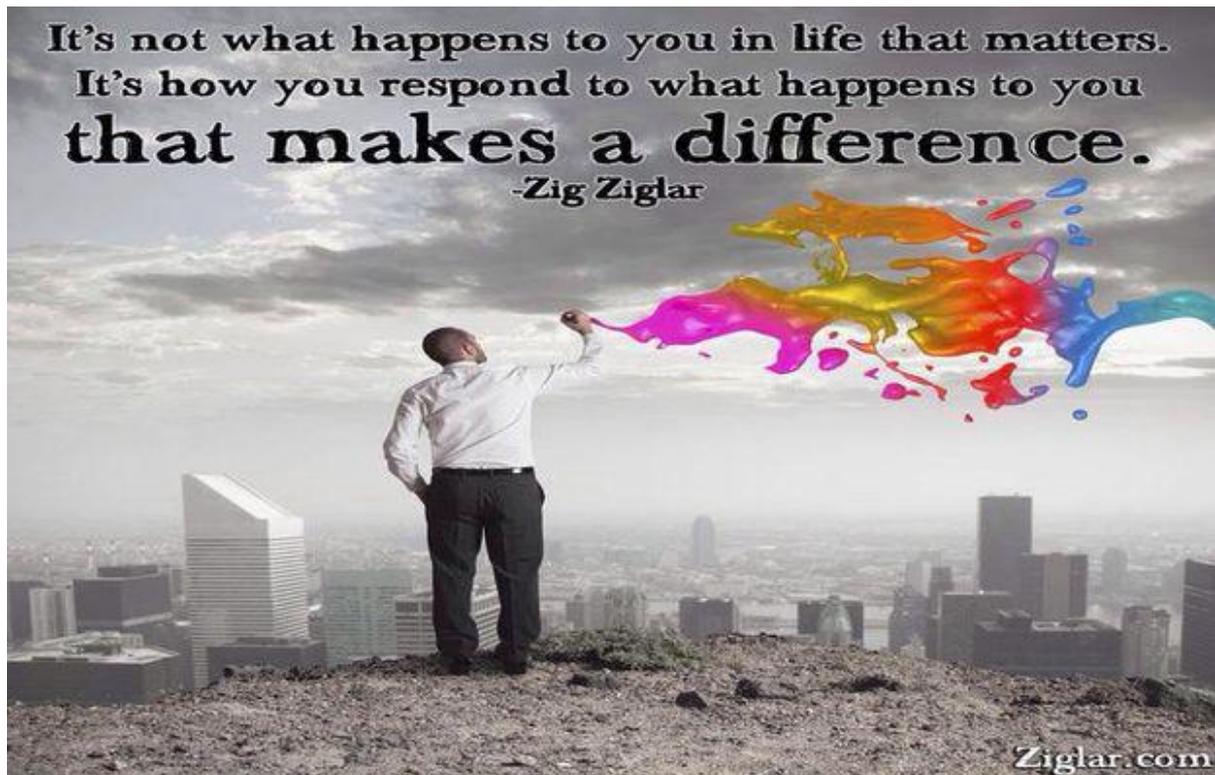
The third principle of mastering your mindset, however, is the one that most people struggle with. That principle is learning to control the automatic thoughts and emotions that result from negative circumstances.

You've probably experienced something like this before. You have a clear idea of what you want and are taking action towards achieving. Then one day something happens that completely takes the wind out of your sails, and your motivation dissipates.

Grab Every Opportunity

What causes you to lose your motivation is not what's important. What's important is your response to it and to the sudden change in your mindset and your emotional state.

In other words, do you view such occurrences as obstacles, or do you take them to be opportunities to learn something and to update your plans of action based on new information?



The difference between a problem and an opportunity is your response to it. Every problem carries with it the seeds that you can plant towards the achievement of your goal and of becoming your best self:

In order to live this difference, you must understand the three opportunities that every negative circumstance in your life presents:

To Teach

Problems are great teachers, and so are failures. In fact, they are often better teachers than success. Just think about the last problem or failure you were faced with in your life – did you learn anything from it? If not, stop and think about the problem again, and ask yourself what lesson you missed.

The more that you learn to do this, the more you'll be able to view negative circumstances as opportunities instead of obstacles. It will also help you to become wiser about your future choices, which is where the second opportunity comes in . . .

To Test

Every time something negative happens to you, a choice is presented: you can either allow it to make you a better person or a worse person. Therefore, every negative circumstance is a test as to whether or not you're going to grow through it or allow it to chip away at your self-confidence and your motivation to pursue what you really want.

If you choose to become a worse person because of a negative circumstance, then you've allowed the circumstance to defeat you.

If you choose to become a better person, then you've defeated the negative circumstance. In that case, you're free to take advantage of the third opportunity that every problem presents . . .

To Motivate

As you're considering the fact that every negative circumstance provides you with an opportunity to learn and to become a better person, it's easy to see why a negative circumstance can be motivating. If you choose to take advantage of this motivation and to press onward with greater wisdom, enthusiasm and determination, you can turn the negative circumstance into a positive one.

It's human nature to become complacent when things are going well. The problem with being too comfortable is that it doesn't allow us to continue to reach beyond our comfort zone and experience new things. Even the most self-motivated person needs negative circumstances in order to challenge and motivate them to learn and to grow.

So as you're executing your plans to live your life your way, remember these three things, and treat every circumstance as an opportunity to refine your plans, to grow and to continue on your journey toward being your best self.

Now, as you're reading this, you're probably wondering how you can get the resources that you need to execute your plans: the time, the money, the knowledge.

But there's one other resource that's far more important . . .

Conditioning Your Mindset for Your Ideal Body

No matter what your goal is, there's one thing you're going to need in order to achieve it: energy. Even thinking requires energy, and the more you have, the easier it will be for you to gain control over your thoughts.

How many times have you known that you need to do something but were just too exhausted? When was the last time you sat down in front of the TV because you lacked physical or mental energy required to do anything else? Have you ever planned to exercise in the morning but couldn't even muster the strength to get out of bed?

Like it or not, these are all signs that the condition of your physical body is insufficient for achieving what you really want in life.

Above time, above opportunity, above knowledge and above money, physical energy is the one source that you **MUST** have in order to become your best self.

So what can you do about this? Well, two things you're probably already aware of are proper diet and regular exercise.

Yes, there are people selling solutions for developing your ideal body that don't require you to diet or to exercise. But, the bottom line is that your body is a natural system, and these solutions aren't grounded in natural principles. If you lose weight with them, you'll gain it right back without.

If you want to achieve your ideal body, you need a diet and activity level that supports the building of an ideal body. But what if you don't have the energy, the discipline or the willpower to get started?

That's where most people run into trouble because there's one more primary thing they're missing. You must do this in order to form the habits that lead to a great body and a greater energy level. That is, you have to develop the right state of mind and beliefs that will naturally lead you to eat a balanced diet and exercise regularly.

So, how can you develop the ideal mindset required to achieve a healthier body, one with energy to spare?

Value Your Body

The body you're living in has to last you for the rest of your life. It's the one thing you depend on to provide you with everything you need to enjoy the life you've always desired. If you don't take care of your body, every single area of your life is going to suffer as a result.

You'll lack the focus and discipline required to do well in your career and to manage your relationships. You'll lack the energy to squeeze every ounce of potential out of every moment of your life. In short, having an energy level that is not consistent with your full potential is a direct hindrance to living your life your way.

The way you care for your body is going to determine the quality of your life and your physical independence more and more as you get older. Your body cannot be replaced at any price, and the benefits which it provides you with are priceless.

Think about this the next time you decide to put junk in your body or to neglect physical activities that will encourage you to have a healthy body. This will help you to value your body and to begin caring for it better.

Acknowledge Your Mortality

Your body is a natural system, and it governs itself according to natural principles that you have no control over. The only thing that you can control is whether or not you align your physical health habits with these principles. The key point to acknowledge is the fact that your body is not going to last forever.

It's going to age, it's going to fall apart, and one day it's going to stop altogether. As depressing as this might sound, many people age, fall apart and die MUCH earlier because of the fact that they don't acknowledge the mortality of their body when they're young.

They neglect the simple principles of routine exercise, healthy diet and restful sleep as if their body were indestructible. But it's only a matter of time before this neglect begins to take a physical toll on a person.

When it does, most people regret that they didn't start taking care of their body earlier in life, which would have likely prevented the conditions that caused the deterioration of their health.

So acknowledge the mortality of your body now, and begin caring for it accordingly.

Learn About Your Body

As a commitment to conditioning your mind, make it a point to learn about your body: how your diet affects its functioning, how your activity and lifestyle impacts your energy, and any other thing that will raise your awareness about the importance of caring for your body.

Most people who have unhealthy habits are completely unaware of how those habits affect their physical body. This ignorance causes them to develop bad health habits, and it keeps them from developing a sense of urgency about changing them.

But as soon as you start learning about how your body really works, you'll begin to develop a new appreciation for how valuable it is. You'll also develop a stronger sense of your own mortality. Both of these will motivate you to get your body into a condition that will provide you with the physical energy required to pursue your dreams with enthusiasm and perseverance.

7 Steps to Positivity

Even if success is a subjective experience, when it comes to positivity, there are fundamental principles and steps that can help all people. Below, we will be touching on the various steps that you can use to achieve a more positive mindset.

Creating Vital Energy

In order to achieve anything in life, you need the necessary vital energy. Energy is not only the basis of existence, it is the fuel that makes everything in our lives real and possible. Therefore, we need to understand the importance of having the vital energy to bring the goals and ideas we have in our mind into this physical world.

This process starts with maintaining a healthy body and mind. Regardless of whether you are currently working for someone else or working as your own boss, it is extremely important to set aside some personal time for yourself every week to exercise. If you work a sedentary job, then this is not just about vital energy, it's about having the health you need to live a quality life.

1. Stay Hydrated

One thing that you should keep in mind regarding a healthy body, is that water is essential to good health. Your body consists of about 70% water, and it is thus very important that you have enough water intake on a daily basis in order to upkeep the right percentage of water in your body.

The truth is that different people, based on their size and physical nature, have different water needs. Thus, the recommended eight glasses of water per day may not be enough for you. Realize that if you do feel thirsty, it is a sign that you are already dehydrated, and you should hydrate yourself as soon as possible.

2. Clear Your Mind Through Meditation

You will need to have a sound mind in order to think clearly. If your mind is too full of distractions, your thoughts may not create an accurate picture. It is just like using a calculator where you always start with zero in order to get an accurate answer. Just imagine if you keep on using the same calculator without resetting it back to zero.

Whenever you use it, you just keep on adding on new numbers onto the old one. How accurate do you think your answers will be? You also need to learn how to reset your mind “back to zero” so that you can have a fresh start every time when you are trying to solve new problems along your journey.

An easy way to do this is to meditate on a daily basis before you go to bed so you can clear your mind and have a good night rest. For those of you who are new to meditation, you can start with a 5 minute sitting position meditation first and slowly increase the duration along the way as you feel more comfortable



with it. You will definitely appreciate the benefits of meditation when you start to practise doing it on a daily basis.

One thing to note is that whenever focus goes, energy follows, and having an energetic body will definitely allow you to stay more positive towards your journey to success.

Make Positivity a Habit

We have the choice to look at life either positively or negatively, and the result of that choice has the ability to affect every aspect of our lives:

“Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behaviour. Keep your behaviour positive because your behaviour becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.”

- Mahatma Gandhi

All thinking comes from our inner mind - be it positive or negative. Therefore, actively choosing how you think is very important. You can make the decision to give positivity a permanent place in your mind.

Often, when something negative happens, people tend to keep on focusing on the negative aspects and their consequences. This in turn attracts even more negativity. For example, a person wakes up on the wrong side of bed and then proceeds to have a bad hair day, spill his coffee, bump his toe, and miss the train.



If, on the other hand, you can learn how to appreciate something positive in a “negative” situation, then your day can actually get better instead of getting worse.

But, a person accustomed to negativity does not just become positive overnight.

He will have to go through some pre-conditioning exercises before he can get to the point of always thinking and reacting positively.

The next few steps can help you prepare yourself to react more positively on a day to day basis.

Work on Gratitude

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough”

— Oprah Winfrey

The above statement may sound so easy and straight forward, yet most people don't practice it. It's only through consistently giving thanks and appreciation on daily basis that a person will truly end up having more.

Being thankful and appreciative is a very important ritual that one must practice. It can be as simple as being thankful that you are:

- Able to wake up to a brand new day.
- Able to have 3 proper meals a day.
- Able to drive a car around.

Giving thanks is *FREE* and brings with it a significant return, yet people are so reluctant to give it. When someone says “Thank you,” it triggers a lot of good feelings, both for the person making the statement and the one receiving it. This will in turn lead to better things.

How can one learn to have gratitude on a daily basis? Here are three suggestions:

- 1) Take 5 minutes each morning and night to think about what you can be thankful for. It will allow you to kick-start your day with gratitude and help you end your day with it as well.
- 2) Say thank you at every opportunity. Thank the colleague who offered to buy lunch for you or gave you a helpful idea. Thank the bus driver for his service. If you are too shy about it, even writing a small note for the person is good.
- 3) Find an item that you carry with you every day. It can be a ring, a watch, or a chain. Each time you touch the item, find something to give thanks for.

Ultimately, giving thanks and complaining both take up the same amount of energy. So, why not channel that energy into feelings of gratitude even for the little things that happen to you?

Finding Happiness

A man is as happy as he thinks he is – Unknown

Ask someone on the street to define happiness, more often than not, the person will not be able to answer you. Many people do not know what truly makes them happy. They get caught up in a societal trap where earning \$20,000 per month means you are happy. The truth is though, that those who succeed in earning a big pay check and have all the materialism they could want, are often the most unhappy people in the world. They tend to lose out on a lot of happiness as they go through the journey of being rich.

On the other hand, a person may be earning just enough to survive, but every little thing truly makes him happy, things such as having a coffee while reading newspaper, going for a walk, playing with his kids, or even watching the wind blow through the trees.

A big part of our struggle with life is trying to figure out what makes us happy, and perhaps more importantly, what makes us consistently happy.

Preventing Out of Sight Out of Mind

We all have those moments where we have in mind certain things that we need to do, even important things, but in the end, we forget to do it and have to re-schedule them. When we did not consciously put it in front of us, it simply disappear right out of our minds.

Do you know how many thoughts the average person have per day? Research shows that an average person thinks about 12,000 thoughts per day, and if he or she thinks deeper, it will put forth about 50,000 thoughts per day! That's a lot of thinking, so maybe a little forgetfulness doesn't sound so bad after all.

But, consider this: Do you forget to brush your teeth every morning? Do you forget where your front door is or on which side of your bed you should put your head down?

The reason you don't easily forget these things is that they have become habits. If you are used to brushing your teeth every morning, walking out the front door, and sleeping on the same bed every day, then you can do these things without thinking.

If you want to make success and happiness a habit that you can do almost without thinking, then the first thing you need to do is put reminders of your past successes and the things that make you happy in front of you in places where you will see them often, such as the wall of your room or your cellphone's wallpaper.

The reason why you should frequently look at your past successes and at the things that make you happy is because this will help to keep you in a positive state of mind and keep you motivated when your current journey gets tough.

Let me give you a personal example. I remember when I was a small kid and I would watch people riding their bicycles around the neighbourhood with the wind blowing against their faces. One day, I thought to myself how great it would be if I could do it on my own. I went to get my mother's red big bicycle and tried to ride it along the corridor. I fell down and injured my legs so many times I had lost count. But, I persisted, and in the end, I figured it out. There I was, joining the others riding along with the wind blowing in my face. Years later, whenever I think about this experience, I always feel very positive, and it gives me the energy to push forward in my daily life.

Join a Support Group

If you are having difficulty staying positive during challenging times, you are certainly not alone. Many of us tend to give in easily to negativity whenever the tough times kick in. For this reason, it is very important to have a supportive community to turn to in order to both give and receive help from others. Support groups bring together people facing similar issues, whether it's illness, relationship problems, or major life changes.

The best way to cheer yourself up is to try to cheer somebody else up.

— Mark Twain

Personally, I have a goal to bring together those who are seeking positive energy in their journey to success. By doing this, everyone in this support group can encourage and remind one another about the importance of staying positive. I would like to take this opportunity to invite you to join us in our mission towards bringing more love, hope, and positive energy to our world.



I have founded the [Positivity To Success Facebook community](https://www.facebook.com/PositivityToSuccess) with the dream of touching more lives and bringing more positivity to the world. In this empowering Facebook community, you will discover positive quotes, songs, books, and inspirational videos that will serve to uplift, inspire and motivate you on a daily basis.

Breaking Big Goals into Small Actions

Do you have a habit of setting goals, yet you can't seem to achieve them? Most people make New Year's resolutions, such as losing weight, or making some big changes in life, but by the end of the year they are all but forgotten.

One of the main reasons why people aren't able to achieve the goals that they have set for themselves is that they make them too big and overwhelming. Those who want to be successful know how to break their goals down into small, manageable tasks, and they do this right away without delay. The longer you wait to define your goals and break them down, the more you risk losing your motivation.

There is a saying: *How do you eat an elephant? One bite at a time.* Ignoring the wise words can lead to many disappointments along the way.

In order to stay positive and motivated, you must learn to break things down into small baby steps so that you can easily take actions that will move you forward. In this way, you will build the necessary confidence and momentum to bring you closer to your goals, and as times goes by, your baby steps will become bigger steps in life.

Feed Your Mind with Positive Ingredients

In order for a tree to grow tall and strong, it needs several ingredients: sunlight, water, and soil that is rich in nutrients. In a similar way, for us to grow positively as individuals, we need to constantly feed our mind with positive ingredients.

So what are these positive ingredients? We are going to touch on a few common things that you can do on a daily basis to turn the knob up on your positivity.

Listening To Uplifting Music

Are you someone who loves to listen to music? Listening to music has the power to lift your mood and ultimately lead to a greater quality of life. Just make sure that you pay attention to what you are listening to. The "wrong" music can make you feel sad, angry, or moody.

Watching Positive Videos, Movies, and TV Shows

People spend an inordinate amount of their time watching online video, going to the movies, and sitting in front of the TV. Given this, be careful that you don't always choose to watch the blockbuster movies or those television shows that do not bring any meaning or inspiration to you. Choose wisely. Make time to watch shows that leave you feeling inspired, that make you think, or even just get you to laugh at life.

Not Paying Attention to the News

Did you notice that most newspapers and other news outlets tend to focus on negative stories? I personally have stopped following the news in this form. What I need to know I learn from my friends and acquaintances. I know some of you may say that reading the news allows you to keep up to date and have more conversations with your friends and colleagues. But, you have to consider the cost. There's no point letting the bad news make your day go bad when you can make an effort to avoid these situations.

Let others lead small lives, but not you. Let others argue over small things, but not you. Let others cry over small hurts, but not you. Let others leave their future in someone else's hands, but not you. - Jim Rohn

9 Positivity Mantras to Live By

Treat Everyday Like a Brand New Day

The past is over the moment you are sleeping at night. So when you begin your day in the morning, do not let yesterday's events affect you in any way. You can no longer change anything that has already happened.

Focus Your Energy on the Right Path

Stop worrying about what you cannot control. Focus on what you are doing at the moment, and do not let other things so easily distract you. When you focus on something with all your energy, you will be able to complete the thing well.

Always Believe in Yourself. You Can Do It!

Whatever happens, always believe that you can do it! Otherwise, before the battle has even begin, you've already lost half of it. Our inner belief system is a very funny thing. It's like what Henry Ford said: *"Whether you think you can or you think you can't, you are usually right."*

What 5 Things You Are Grateful for Right Now?

Every morning make it a habit to write down 5 things that you are thankful for. This small step can go a long way towards making you appreciate even the little things in your life. Challenge yourself by writing different things that you are grateful for every single day.

Positive Words & Thoughts Will Make You Happy

The human brain acts like the memory inside a computer. It will simply record whatever it hears, sees, touches, tastes, or smells. When we use words, whether they are positive or negative, it gets recorded in our brain.

Say these words many times and your mind will believe it's true. So, real change starts with the active choice to use positive words.

Choose these positive words carefully:

“I can do this”

“I am good at what I do”

“I can be successful”

...and your brain will be maximised to its fullest potential.

Listen to Motivational Audio Books

If you are an auditory person or you spend a significant amount of time commuting, then listening to audio books can help you use that time to stay inspired and learn something new. You can download the [Audible app](#) onto your iPod or iPhone as it has a wide range of audio books and programs for you to choose from.

Watch Movies That Will Inspire You

As mentioned above, watching inspirational movies is one of the ways to keep us motivated and positive. A good movie can give out positive energy and pass on important messages in a memorable way. (We have [a list of inspirational movies on our website](#) that you may want to check out.)

Meditate to Clear the Mind Clutter

Meditation helps to improve concentration and awareness of your mind. There are also some health benefits that meditation brings, such as stress reduction, better sleep, and better focus.

Eat Fruits, Vegetables and Exercise Regularly

Fruits and vegetables are great sources of vitamins, minerals, and fibre for our bodies, and eating 1-2 servings a day can be a big mood and energy booster. Exercising is another important factor to help to stay positive. It helps to keep you in shape and strengthen your body and thus prevent unnecessary illnesses. Try to ensure that you exercise 2-3 times per week.



The 3 Biggest Secrets to Getting What You Want

Never Give Up

The biggest secret to getting what you want (no matter what that is) can be summed up in three sentences:

Never give up.

Never give up.

Never give up.

As simple as this advice sounds, it was one of the last speeches that Winston Churchill ever gave in his lifetime. He got up in front of the audience, spoke these three sentences, and walked off. Considering all the things that this man had accomplished in his life and all of the wisdom that he could have shared with the audience, it means a lot that he chose only these three words.

Why is this?

He had learned that the leading cause of failure in any endeavour was the decision to accept failure by giving up. You've already read that every negative circumstance carries with it the opportunity to learn, to become a better person and press on towards the achievement of your dreams.

Considering this, it's easy to understand that the only way to truly fail at something is to fail to learn, to fail to grow and to fail to press on. Giving up is failure. Everything else is simply the opportunity to develop the skills that will eventually lead to success.

Nobel Prize winning scientist Niels Bohr said that an expert is nothing more than someone who has failed many times within one narrow field. Just think about what this means when coupled with Winston Churchill's advice to never give up.

It means that if you continue to learn, to grow and to persist, you'll eventually develop the status of an expert. That is, provided that you know exactly what it is that you want – a clue to the second biggest secret of success.

Focus, Focus, Focus

Even if you refuse to give up, it is possible to miss out on living your life your way. All that you have to do is have your attention and interest scattered in several different directions instead of focused on one thing. Lack of focus is a common problem that every person must master.

Many people never get what they want out of life because they never determine what they really want. And they never determine what they really want because their attention is scattered in too many different directions.

A laser beam is nothing more than light that is focused on one central point. Lasers have the power to cut through almost any substance in existence. This ought to give you an idea of just how important it is to focus your energy on one central goal.

If you do this, and if you never give up, there's only one more thing you'll need to do to live your life your way . . .

Never Stop Learning

Eric Hoffer once said that in times of drastic change the learners will survive while the learned would find themselves well-equipped to deal with a world that no longer exists. When it comes to achieving one's full potential, this is probably one of the wisest things that has ever been said.

There is no such thing as standing still in life. The world around you will always be moving ahead, and by standing in one place you're choosing by default to be left behind. The commitment to lifelong learning is one of the wisest and most rewarding commitments you will ever make.

You've taken the first step by reading this e-book, but don't stop here. Continue to use and to apply the information you've learned. Read the book again and again as you continue to put these things into practice.

Find more resources to learn from as well. The more you do this, the clearer the picture of what you really want will be. The more persistent you are, the greater your rewards will be.

Top 50 Positivity Checklist

1. Are You Taking Responsibility of Your Life? Don't Play The Victim As You Create Your Life
2. Remember That No One is Perfect; Imperfect Action Is Better Than No Action.
3. List 5 Things That You Are Grateful for Right Now Daily
4. Take Regular Breaks To Recharge
5. Do You Exercise On A Regular Basis?
6. What's The Worst That Could Happen?
7. Realize That You Cannot Please Everyone - Do Not Let People Affect Your Mood
8. Listen To Motivational Audio Program To Feed Positive Thoughts into Your Mind
9. Are You Eating And Hydrating Well?
10. Find Someone To Talk To; A Positive Friend or A Mentor
11. Keep Learning and Focus on How You Can Grow Stronger
12. Always Look At The Bright Side of Life - Embrace Everything With Positivity
13. Meditate to Clear the Mind Clutter
14. Keep Track of Your Own Success Journal
15. Use Positive Words and Shift Your Daily Thoughts To Become Positive
16. Read Inspirational Books
17. Watch Motivational or Funny Movies To Uplift Your Spirit
18. Learn To Be Comfortable With Other People's Views Of You
19. Never Give Up
20. Be Flexible and Willing To Try Different Ways
21. Refuse To Let Fear Take Over
22. Don't Cry Over Spilled Milk
23. Have A Mindset That Always Feels Lucky
24. Treat Everyday Like a Brand New Day
25. Focus Your Energy On The Right Path
26. Become Aware Of Your Self-Talk
27. Look For Quotes That Can Inspire You
28. Choose Your Top 5 Friends Wisely

29. Do Charity and Appreciate What You Already Have
30. Always Refer Back To Your Own Goals
31. Calculate And Keep Track Of Your Net Worth
32. Use Self -Talk To Make Yourself Happy
33. Fill Your Day With Love And Laughter
34. Give Thanks To Whatever Happened Because It Happen For A Reason
35. Find Like Minded Partner To Work With
36. Always Believe In Yourself That You Can Do It
37. Do Not Let Your Past Bother You
38. Find Something Uplifting To Do When You Feel Unhappy
39. Pick Up A New Skills
40. Keep a Journal of Gratitude – Appreciate Every Small Little Things
41. Find A Mentor To Learn From
42. Smile When You Wake Up
43. Celebrate Little Joys and Accomplishments
44. Recall Your Best Moments Regularly
45. Create Your Own Music Playlist To Uplift Your Mood
46. Remember The “Why” When You Are Working
47. Spend 15 Minutes Of “Me” Time Everyday
48. Learn To Say No To Certain Un-important Things
49. Turn Off Your Gadgets To Stay Focused
50. Have A Slogan Or Mantra That You Subscribe To

Resources

Resources for Wealth, Abundance and Prosperity

[FREE: The Forbidden Number Masterclass](#) – Manifesting with Numbers is a personal manifestation coaching program created by expert Numerologist and Coach, Nat Olson, to help you unlock the secret manifestation power of numbers. On this newly remastered video masterclass, Nat Olson, guides viewers through her insanely powerful numerology technique for unlocking the shortcut to your dream life.

<http://www.PositivtyToSuccess.com/QuantumSuccess>

Resources for Healthy Body

[Drink THIS First Thing in the Morning](#) – This is a simple daily trick that actually helps to detoxify and improve your digestion system. It will boost your daily energy level significantly!

<http://www.PositivtyToSuccess.com/SpecialDrink>

[Sitting is the New Smoking](#) - Do you sit WAY too much? I Do...and it's a problem! Supposedly even doing an intense workout each day, won't undo the negative long-term health problems caused by sitting most of the day.

<http://www.PositivtyToSuccess.com/LongSitting>