

Special Report

The Winning Generation: Nine Articles to Help You Win the Game of Life

- By Emmanuel SEGUI

Unlimited FREE REPRINT RIGHTS!

Feel free to reprint this Special Report as a **FREE Bonus**, pass it to your friends or subscribers, post it on your website or distribute it in anyway...as long as you leave all copyright indications in place, do not take credit for writing it, leave the document "as is" - and **DON'T SPAM.**

About the Author



Emmanuel Segui

Emmanuel Segui is an author, NLP master-practitioner and practitioner of neuro-semantic. He's continually helping people develop their potential genius. His vision is to create a new world of possibilities where people are willing to develop their full potential.

His life is dedicated to self-development and excellence. His ability to organize information in our communication age is unique: **easy to learn, simple to use, providing fast results.**

He's the author, publisher and creator of:

→ ["Opportunity to Grow"](#)

Visit the first and free international and multi-media newsletter for personal and professional development. Find proven tips, tools and techniques to improve all areas of your life. Get my unique multi-media mini-course when you subscribe. Find 4000+ articles on self-improvement.

→ ["Moving from Vision to Action"](#)

Sign up to my free mini-course: "The TOP 5 secrets that EVERY highly successful person will teach you on how to turn your dreams into reality and create the life you want in less time and less effort" Discover a system to make the law of attraction work for you faster and easier.

→ ["Fortunes For All"](#)

Who else wants to learn from someone who lived back in the early 19th century, went from being broke to \$80 million dollars in less than 30 years, and who, at 70, was full of energy and confidence in his future thanks to a new philosophy that completely changed his life, almost overnight! Free mini-course reveals how personal greatness leads to financial success.

→ ["Subconscious Mind Exposed"](#)

Long-Lost Manuscript Resurfaces With Over 217 Detailed Instructions on How to Quickly And Easily Unlock Your Deep and Hidden Powers to Naturally Attract Health, Wealth And Success Into Your Life...100% Guaranteed!" Free mini-course and audio report reveals the Dynamic Factor which Master-Controls Your Life.

→ ["Interpersonal Communication System: LINK"](#)

The ultimate and proven system to increase your relationships within your family and your profession. Learn how to build rapport, fast, and to influence with integrity. Sign-up now for our free multi-media minicourse that teaches you the 5 keys to great communication.

How you can make money with this free ebook !

Yes! You can make money with a free ebook, by branding it, redistribute it and earn commission for life!

It is as simple as 1-2-3

1. Go to <http://www.onlinetoolsforlife.com> and sign up for our affiliate program that rewards you with cash when you refer somebody to one of our websites
2. When you sign up, you will be able to download this ebook and a simple software to rebrand this ebook with your affiliate ID.
3. Once you brand this pdf, you can redistribute to your friends and interested in personal development and who care about the future of their own and loved ones life. If a person buys one of our products as a result of your ebook, you get a commission.

See, it is as easy as 1-2-3

A PDF file is viewed by the majority of the population as highly professional. When you give them this ebook for free and redistribute anywhere in the world, people will immediately read it and love it.

Good luck and see you at <http://www.onlinetoolsforlife.com> to receive your new branding tool to make money with this free ebook.

Emmanuel Segui
Learn Yourself into a Fortune
at YourSuccessUniversity.com

TABLE of CONTENTS

The 5 winning beliefs to accomplish anything in life.....	5
5 master qualities of extraordinary achievers.....	6
Six ways to build high self confidence.....	10
7 MUST-HAVE conditions to goal setting.....	13
A Six-step system to live a much more successful.....	15
life, everyday!	15
A simple yet very powerful way to beat your negative emotions.	17
How to bypass your conscious mind and program yourself for.....	19
success?.....	19
Four steps to a new approach of enhancing self-esteem.....	20
The TOP 5 things that keep you from success.....	23

**** Attn Ezine editors / Site owners ****
Feel free to reprint these articles in their entirety in your ezine or on your site so long as you leave all links in place, do not modify the content and include our resource box as listed above.

If you do use the material please send us a note so we can take a look. Thanks.

The 5 winning beliefs to accomplish anything in life.

by Emmanuel SEGUI

© 2004 Emmanuel SEGUI - All rights reserved

<http://www.vision-to-action.com>

A more positive future, a happier life, a body that's in better shape or a wealthier mind begins by a winning belief system. Beliefs shape our destiny and the more supporting they are, the more we are able to achieve our goals.

Positive beliefs, like "I can do it" "I have tremendous resources to succeed" have been formed through experiences, especially during your childhood. In the same way, negative or limiting beliefs, like "I'm worthless" "I don't deserve to succeed" "I don't have the permission to succeed" have been formed at an early age.

To succeed at any endeavor, you need to develop and maintain five powerful beliefs.

You need to literally transform these limiting beliefs and sure you can, because as they have been learned (through experiences, ideas...), they can be unlearned, restructured and changed.

Ask, ponder and integrate the answers to the five following key questions. For each statement, rate your degree of belief from 1 to 5.

1. Do I deserve it?

This has to do with you. This has to do with your feelings of self-worth. "Do I deserve, do I have the permission to be a millionaire?" "Do I have the permission to remain centered, instead of stressed and depressed" Feel this question in your entire body. This is an essential step that your whole body and mind need to accept and integrate.

2. Am I capable of doing it?

This next part concerns your plan that you've outlined to achieve your goal. "Am I capable of taking appropriate action, following the different steps I set up to succeed?" Once you've answered that question affirmatively, integrate this in your body and mind. You don't only need to know it cognitively but also emotionally. Your body is not just made up of a cognitive mind, but with emotions and feelings and the whole system needs to accept it.

3. Is it appropriate for me?

This has to do with the actions and behaviors themselves. "Are the actions and behaviors I need to take appropriate?" This is an important question. The actions and behaviors need to be ethical, practical and down-to-earth. Evaluate and decide if your actions are appropriate. If not, change them. You don't only want to set goals in your life, you want to become congruent and live in harmony with your core values.

4. Is it possible?

Here we need to look at the path to reach your goal. "Am I convinced that it is possible to achieve my goal with these appropriate steps?" The path may be long or difficult. You need to build a strong belief that it is possible to follow the path that leads to great success. You need to persist and never give up when it becomes tough.

5. Is the outcome desirable?

This point analyses the outcome itself. "Is the goal in harmony with who I am?" Again, this is a congruency issue. Define the big reason why of this goal and you will find that what you really want is truly desirable.

There are five basic elements to reach any outcome: you, the plan, the actions and behaviors, the path and the outcome itself. The belief you will develop for each element will form a winning belief system that will empower you in achieving anything you really want out of life.

If you're not happy with the results you have, consider the following questions. First, what else do I have to know, believe or do in order to be more confident? Second, do I have a mentor that can help me for this particular belief? Third, what advice or message would my mentor give to me?

In doing that for each of the five core beliefs to attaining any goal, you will build high level of self-confidence.

These winning beliefs will give you more self-esteem and you will soon become unstoppable.

Accelerate your chances of success by changing your limiting beliefs, clarifying your vision, and defining your definite purpose. Get our free 5-part mini-course: "Discover the TOP 5 secrets of EVERY highly successful Person to Achieve What You Want in Less Time and Less Effort"

Check out now => <http://www.vision-to-action.com>

5 master qualities of extraordinary achievers.

- by Emmanuel SEGUI

(c) Emmanuel SEGUI - All Rights reserved

<http://www.vision-to-action.com>

You can be a master achiever by developing the same qualities of those who seem to achieve more than others. Here are 5 qualities you need to master in order to become a successful person in your chosen field and in your life.

Achievers are creative.

Creativity is a fundamental quality of a visionary leader. Creativity is also essential for problem-solving, conflict resolution, crisis and change management.

As they are extensively goal and result oriented, achievers need to come up with many solutions to reach their goals, therefore they need to be more creative than others. An effective method for you to be more creative in problem resolution is:

first, sit down in a comfortable chair and think about all the ways to resolve the problem, even if it may be absurd. This is not the time to be critical, but the time to think without any judgment. Come up with at least 20 solutions.

The first eight solutions will be obvious, the second eight solutions will require some effort and therefore creativity.

You will see that the last two solutions will be the hardest to find, but the most creative. And they will surely be the ones that you will stick to.

Second, act out in your head the movie of how you would implement each solution. And third, be critical as far as each solution is concerned. This is an effective way to resolve problems used by effective leaders and managers.

Develop the Habit of Courage.

They have developed the habit of courage. Courage to wake up earlier and go to bed later. They've developed self-discipline. Self-discipline is mastering yourself, your actions, thinking and emotions. They know that in order to become leaders for others, they need to become a leader for themselves first.

It takes courage to have self-discipline but it is learnable. They take action even if it is uncomfortable. They go out of their comfort zone, and go for opportunities.

Talk about courage! An effective method to develop the habit of courage is to see opportunities to grow and evolve in every challenge you face. Face your fears and learn from them. There is always a positive intention behind every fear you feel.

Top People are Committed to contribute.

Finally, they take action. High achievers are result and action-oriented. They are committed to action. As they make precise plan for what they really want, they go for it and are committed to reach the goal. An effective way for you to

be committed to action is to set goals. Work every day on these plans and evaluate very week where you are.

Continuous Learning.

High achievers are lifelong learners who subscribe to the process of continuous improvement. They view mistakes as learning opportunities. "There is no failure, only feedback" is always their motto. They know they need to improve, take risks, make mistakes and view these mistakes as opportunities to bounce back.

An effective way for you to develop this habit is to first, read each day a book in your chosen field.

Second, listen to educational audiotapes in your car and go to seminars given by experts in your field.

By doing that, you will be ahead of your competitors and you will become more educated, therefore, you will earn more in your life.

They are Responsible.

High achievers know that they are 100% responsible for what's happening to them. They don't blame anybody else. They look themselves in the mirror and say "You can do it, it's only up to you dude!" You have the ability to respond in every situation you find yourself. Your response is up to you.

Creativity, courage, commitment, learning and responsibility are at the heart of every great achievement.

Success is not always easy. People may be in your way. You may face discouragement. Problems may appear. But by learning how to be responsible, you will find solutions that others won't think of. You will find the courage to change your life and commit to excellence.

You're only one quality away from enjoying the success that you desire and deserve.

Click now and learn the 5 secrets that highly successful people would teach you to Achieve What You Want in Less Time and Less Effort, for free. You're only one dream away from success.

<http://www.vision-to-action.com/>

Six ways to build high self confidence

- by Emmanuel SEGUI

(c) Emmanuel SEGUI - All Rights reserved
<http://www.vision-to-action.com>

Unstoppable confidence is the unshakable belief in yourself and what you are capable of. With confidence, people pursue their goals and persevere until they achieve them. Without confidence, time passes as the people stay stuck in their rigid comfort zones, unable to escape. Here are six ways to build high self-confidence.

1. Clarify your values and set goals

Your values are the guiding forces that tell you what is important to you. your values will determine many things such as how you act within your family, community and culture, The decisions you make, how you behave, the habits you develop, the ideals you hold dear, the rules you live by and the goals you dream of achieving.

You can feel great about yourself by setting goals for yourself and trying to meet them. Try a new dance, audition for the school play, or learn about careers in which you may be interested. Your self-esteem will improve when you have a goal to work toward. So go ahead: dream and plan.

2. Success in personal relationship: practice self-acceptance for greater self esteem.

We're all unique. Having good self-esteem means that you love, respect, and trust yourself. You feel confident about who you are. Your self-esteem is something very personal. It's the way that you feel about yourself and how you think that others feel about you. Everyone has something that makes them special. What makes you special?

3. Communicating effectively with others

Learning how to communicate effectively is one of the best things that you can do. It's important to know how to express your feelings and thoughts to others clearly and directly. You can deal with different situations and make good decisions by learning how to communicate well. Sharing your feelings is hard to do, but communication is the key to

understanding.

A large part of knowing how to express yourself involves knowing how to be firm when it's time to express your feelings. This means being assertive. You can state your opinions, stand up for others, and ask for something you want or need without apologies.

4. Health and self-confidence

There's no doubt about it: increasing your health and eating balanced meals will dramatically enhance your self-image and your self-esteem. When you eat good food and you control your weight, you have more energy, you move faster. As you move faster, you do a lot more, and better. And as you do more, your self-confidence grows up.

To have a healthy body you must give it all the nutrients it needs to grow and develop. But how do you do that? First of all, you need to understand that there are no good or bad foods, only good and bad eating patterns.

5. Analyse your strengths and weaknesses

First, you need to recognize that you have tremendous possibility to succeed and that you have strength, ability and character to achieve anything you want.

You have one or more areas of excellence. Take the time to identify it or them and capitalize on them continuously

What are you interested in? What is your passion? What do you like to do? Harness your strengths and put them into service for others.

6. Practice mental fitness

Mental fitness is like physical fitness. Mind programming, positive thoughts are essential for your well-being. You want positive emotions, "positive" actions and a positive life so you need positive thoughts. It's that simple.

According to the law of attraction, you will attract people and opportunities in harmony with your dominant thoughts.

You can program your mind so you will attract all that you need to achieve your goals: people, money and circumstances.

When you build high self-confidence, you're capable of great things, things you never thought possible. Self confidence

will bring you to the summit, you will see more clearly, you will feel sharper and you will know that there is nothing or nobody but you that can stop you from succeeding in life, financially, personally, emotionally, professionally and the most important with your family.

Make a difference by instantly boosting your self-confidence, enhancing your self-esteem and shattering your limiting beliefs, forever... guaranteed! The last part of our free mini-course has changed countless of lives including Jim Rohn and Anthony Robbins. Go immediately to <http://www.vision-to-action.com>

7 MUST-HAVE conditions to goal setting.

- by Emmanuel SEGUI

(c) Emmanuel SEGUI - All Rights reserved

<http://www.vision-to-action.com>

The three keys to living without limits have always been the same. They are clarity, competence, and concentration. Goal setting will help you live without limits. Learning how to set goals is an art. Learn why setting goals is a necessity. Here are 7 Must-have conditions to set goals.

1. State your goal in positive terms.

People often set a goal in terms of what they don't want! "I don't want to smoke, to be angry..." It's "what I want to do or want to be" See the difference? Hear the nuance? Are you ready to state positively every goal you want to achieve?

2. Make sure the goal can be self-initiated and maintained

The goal doesn't depend on the attitude of your neighbor, on the behavior of your wife or family. The success of your goal must depend on you, and you alone.

3. Your goal must be sensory specific

Here comes the importance of clarity. The clearer the picture, the more compelling and the more attractive it is, the greater the drive to reach your final destination. Act as if the goal is already achieved. Make a very clear image, in rich details, and you will be so enthusiastic that you will automatically attract the solution.

4. State the context of the goal.

"Where and when will my goal be achieved?" The answer can be obvious for some goals but not at all for others. Try to be as specific as possible.

5. Run a Quality Control check on the goal to ensure balance in all areas of your home/work life.

Above all, you don't want to lose your balance. When you run this 'Quality Control Check', you play a win-win strategy. Everything is one system and the whole system must win. You will find peace of mind in knowing that you are in harmony with the system. Step back and look at all areas of your life. Is your goal worth it?

6. State the resources needed to achieve the goal: what is the price to pay?

There is always a price to pay, for everything. There is always

some kind of sacrifice to make when you set a worthy goal. In this step, you will define all that you will need, in terms of time, money and energy.

7. State the value and the consistency of the goal.

Why do I want to reach this goal? Why is it important to me? Is this goal in harmony with my vision, beliefs and values? Answer these questions. If you don't seem to be satisfied with the answers, maybe you should change your goal. Set a new goal until you feel it is in harmony with your passion, vision or mission.

When you properly set a goal with this model, two important things occur. First, you are in total harmony with your vision, belief and value systems because your entire "You" agrees and offers no resistance. Second, you are programmed to succeed. Indeed, your very (whole) neurology and physiology are both instructed to drive you towards obtaining your desired goal. You're totally focused.

Again, The three keys to living without limits have always been the same. They are clarity, competence, and concentration. When you set crystal clear goals, and you respect the 7 must-have conditions, you can literally live without limits, can't you?

=====

Every Success Coach in the nation stresses the importance of clearly defined goals. But most importantly, have you defined and clarified your master goal in life. Click here to discover more in our free 5-part mini-course at <http://www.vision-to-action.com>

A Six-step system to live a much more successful
life, everyday!

- by Emmanuel SEGUI

(c) Emmanuel SEGUI - All Rights reserved
<http://www.vision-to-action.com>

To live a more successful life, you need to live a more balanced life. The areas where you need to focus your attention are: your personal development, family, business or career, health, relationships, financial independence and the kind of service you can give to your community or church.

These seven areas are fundamental in your life and you will never truly be happy nor successful if you can't find a balance in these areas. Now, if you are having difficulty finding a balance, perhaps this list is overwhelming. But don't stop there.

The following 6 step system, known as the B-ALERT system is meant to help you find a balance and therefore avoid stress and depression, wreck in your marriage and day to day frustration.

B in the B-ALERT system refers to **Blueprint**. A blueprint is a map or a schedule for the day. You can take 10 or 15 minutes and prepare it the night before. List your activities and your most important goals for that specific day. When you prepare it at night, your subconscious will work on your goals during your sleep and when you awake the next day, you will find that you've already solved some of your problems.

A refers to Action. Your actions need to lead you to successful activities that move you to your major goals. Everyday, do something specific that will bring you closer to your major definite purpose, your single most important goal in life. Successful people are action and result oriented. They set goals and they go for it. Everyday, they accomplish something that is helping them reach that specific goal.

L refers to Learning. Someone said: "there are two things that will make you wiser: the books you read and the people you meet." Everyday, you can read books or listen to audio programs. You can go to seminars, meet people and learn from them. Successful people have good habits. Some of them are: reading a book everyday for 30 minutes in their area of expertise, listening to learning tapes in the car and going to seminars. By learning this way, you will increase your level of competency

faster than ever.

E refers to Exercise. Don't treat your health lightly. Study nutrition, health and fitness. Walk around for 15 minutes or do some exercises. Control your weight. Begin while you're young. Don't wait to be 50 years old to begin controlling your weight. Remember that when you have more energy, you move faster and you accomplish more. You attract more opportunities to earn more, learn more and live a better life.

R refers to Relaxing - Among the factors related to the development of illness is stress. According to a study on Stress and Illness in the Workplace, it is estimated that up to 75% of all illness is stress-related. To relax, you can take a nap, meditate, listen to music, have some family time, or plan vacations.

T refers to Thinking. At the end of the day, practice reflective thinking. It consists of making a movie of the day. What did you do well? What could be improved?

Finding balance in your life is necessary. With this 6-step system, you can live a more successful life because you can do more, and much more efficiently. When you do more, you can have more: more satisfaction, more happiness. You become more focused on what is more important to you.

The TOP 5 Secrets Of EVERY Highly Successful Person...
Delivered To You FREE in your inbox!

Sign up for our FREE mini-course and receive amazing new tips every week about self-esteem, self-confidence and strengthening the belief in yourself.
To subscribe now, go to
<http://www.vision-to-action.com>

A simple yet very powerful way to beat your negative emotions.

- by Emmanuel SEGUI

(c) Emmanuel SEGUI - All Rights reserved

<http://www.vision-to-action.com>

Negative emotions, like insecurity, fear, despair, discouragement, frustration, anger, deception can pollute your life. Throughout the day, you experience all kinds of emotions, some are positive and others are negative and painful.

Feeling positive emotions, like happiness or peace is a choice, isn't it? Negative emotions are choices as well. Consciously or unconsciously, you choose to generate a feeling.

When you feel negative about yourself or an outside event, you can say to yourself: "I am in a bad mood" or a better way to say it is: "I choose to be in a bad mood". This statement gives you more freedom and responsibility, don't you think?

This freedom and responsibility can help you choose whether you want to immediately change the kind of emotions you're experiencing or not. It is your choice to totally master your thoughts and eventually master your personal life.

Here are the following three steps to get rid of negative emotions, simply but powerfully. With some practice, you can apply it successfully in seconds. This technique is called the cloud technique.

So the next time, you experience a negative emotion, apply these three little steps:

1. The cloud symbol.

First, make a representation of the negative emotion as a cloud. Notice its shape, colour and how it moves? The representation for example could be a big, black cloud that moves around you.

2. Blow the cloud

Step out of the cloud and leave it where you were standing. Look at it, asking yourself the following questions "Is this emotion useful for me right now?" or "Is this emotion helping me as I communicate?" Now you're going to take a deep breath and blow at the cloud which will dissolve before you or float up into the blue sky and disappear. Notice how the negative emotion goes away as well.

3. Feel great

Finally, decide what you want to replace your negative emotion. Choose a new positive emotion to try such as love, kindness, peace, friendship, confidence, humour or curiosity. Imagine another cloud or a door that will represent your positive feeling. Then step into the cloud or the open door and see how you feel. By then, you should be calm, at peace or full of love. This is your choice.

This technique can be surprising at first, due to its simplicity. When you are stuck in a negative mood, it may seem like you have no choice. When you use this technique, you will be more aware of your power to change your thoughts, emotions and even your life. You will be more conscious of your inner gift, which is your free agency or your freedom to choose.

Changing your emotions in a blink of an eye is possible. It is also a choice you can make consciously. Don't let your emotions control you. You can master your life by mastering what happens inside of you. The more you apply this technique, the more you will feel great and the more you will be successful in your life.

Learn proven techniques to master your emotions, thoughts and therefore master your own life.
Stop living in your dreams and feel depressed or angry but discover now the top 5 secrets that EVERY highly successful person will teach you on how to turn your dreams into reality and create the life you want, for free.
Check out at <http://www.vision-to-action.com>

How to bypass your conscious mind and program yourself for success?

- by Emmanuel SEGUI

(c) Emmanuel SEGUI - All Rights reserved
<http://www.vision-to-action.com>

Emile Coué, the French psychotherapist once said: "When the imagination and will power are in conflict, are antagonistic, it is always the imagination which wins, without any exception." Then you can program yourself for success by understanding the power of imagination.

Imagination builds cities. Imagination makes dreams come true. Imagination will drive a lot of people to success, and you are a part of it.

We know that imagination and rationalization don't go each other so well.

When you dream, the right hemisphere of the brain and your subconscious mind are working and usually, you feel peace, you see compelling pictures and you hear beautiful sounds. Success is within your reach. But the problem is that the left hemisphere of the brain is also working and usually tells you "you can't do that" or "it's not for you" "You don't deserve it" "what if I tell my friends and family?" "You are crazy".

The truth is that you are unique and your contribution is important. You can make a difference and have success. High achievers are only what you will become in a few years, aren't they?

There are some "tricks" I would say or some proven methods and techniques to program yourself for success. The only and necessary step to do that is to bypass your conscious mind. When done, your subconscious mind takes it over. You can freely dream, visualize yourself win the game of life. You turbo charge your mind and you program yourself for success. This is how successful people do and that's what you will do from now!

The three components of the programming of your mind are relaxation, visualization and affirmation.

1. **Relaxation:** the first key to mental programming for success. As we start to relax our brain wave cycles start to slow down and our brain would enter what is called the Alpha State in which the

conscious mind has effectively fallen asleep, and our subconscious mind remains in control of our Autonomic Nervous System. During relaxation, the mind relaxes, the body unwinds. It is here where our thoughts slow down until they become so light they begin to float. It is here that we are able to restore, re-energize and empower ourselves and harness the power of the subconscious mind to help create long-lasting change. Alpha state is the gateway, the entry point that leads into the subconscious.

2. Visualization: the second key to mental programming for success.

Through relaxation you enter a state of creativity, essential for your success. You can induce new thoughts and new beliefs to your subconscious. And now you hold the image of what you really want and act as if you already possess it. Remember, imagination rules your lives, frightens you, excites you or undermines you. Pictures make you worry or happy. Clear pictures, and rich details, of what you really want is one of the critical factors for your success.

3. Affirmations: the third key to mental programming for success.

You can induce new thoughts and new beliefs to your subconscious by affirmations or suggestions. One of the power principles of the subconscious mind is the compliance principle meaning that part of the mind complies to where you direct him to go. In the book, "the one minute millionaire" from Robert Allen and Mark Victor Hanson, one of the affirmations they encourage us to say is "I walk like a millionaire, I act like a millionaire, I'm a millionaire". When you add feelings, it doubles or even triple the result. Really believe what you're inducing.

You can program yourself for success. It is all about using the same tools and techniques that high achievers used. Relax, visualize and affirm what you really want out of life. You can win and you deserve to win. It is reserved only for those who really want to go for it. Are you ready to take your personal and professional life to a whole new level?

=====
Condition yourself for success with our step-by-step and down-to-earth program to turn your dreams into reality. You are important and you make a difference in other people's lives. Get our free ultimate success series right now.

<http://www.vision-to-action.com>

=====

Four steps to a new approach of enhancing self-esteem.

- by Emmanuel SEGUI

(c) Emmanuel SEGUI - All Rights reserved

<http://www.vision-to-action.com>

You have the power to run your own thoughts and to decide to increase the level of your self-esteem. Here is a new approach on self-esteem using the kind of states and emotions you experience every day: acceptance, appreciation and esteem. You will use these feelings or states of mind to increase your level of self-esteem whenever you want.

Practicing these four steps to enhance your self esteem will change the way you see yourself and the way you feel about yourself.

1. A state of acceptance

First, access an experience of acceptance of an outside event, for example a traffic jam or the weather. It is something you may not necessary like but you can accept it. Feel the emotion and notice your posture, your sensations and how you look. What are you thinking and how are you thinking it? Notice the tension in your muscles. Are you relaxed?

You will now amplify this state and emotion inside of you until it reaches 8 or 9 on a scale from 1 to 10. Let the feeling of acceptance build and make an anchor by touching your left wrist, or whatever part of your body that seems ok for you.

2. A state of appreciation

Secondly, access an experience of appreciation for something outside of you, for example your baby, a sunset or your health. In the same way, notice your posture and your sensations in your hands head and body? Let this feeling of appreciation build as well and make an anchor by touching the same part of your body as in step1.

3. A state of esteem.

Third, access an experience of esteem of something marvel about, someone you admire, something you honour and esteem highly. Notice your posture and the sensations in your body. What do you look like when you are standing in awe? How is your breathing? Let this feeling of esteem/awe build as well and make an anchor by touching the same part of your body as in step1.

4. Apply to Self and Your Life.

Now, you're going to think about yourself and touch the part of the body you selected in step 1. And as the process of "esteeming yourself" continues, notice how your thoughts and emotions change about yourself because you can now easily feel appreciation for your skills and abilities; you can feel acceptance about those things in your life that you may not like; you can feel esteem for yourself as a human being.

Finally, every time you are tempted to feel critical of yourself, you can do this! It's up to you!

The fact is that you're important and it's like the world tries to pull you down by saying "you're not enough good...thin enough...smart enough..." The fact is that you are somebody and you have value. Your contribution to the world is important. This exercise helps you so you know it emotionally and not just intellectually.

Learn more proven NLP and hypnosis techniques to enhance your self-esteem, reconnect with your SELF and enjoy the kind of life you always wanted.

Discover now the top 5 secrets that EVERY highly successful person will teach you on how to turn your dreams into reality and create the life you want.

Check out at <http://www.vision-to-action.com>

The TOP 5 things that keep you from success.

by Emmanuel SEGUI

© 2004 Emmanuel SEGUI - All rights reserved

<http://www.vision-to-action.com>

Everyone wants to be rich. A lot of people want to be successful. Yet, only a few people are willing to pay the price. There is a price to success as there is a price to failure. Here are 5 reasons that keep people from accomplishing their dreams.

A lack of motivation.

Success comes from loving what you do. Is your current job your passion? When your study highly successful people, you understand that they have at least 1 thing in common: they love what they do and they do what they love. Is this the case for you? If the answer is no, you can start by identifying your passion. This is the best way to get motivated.

A lack of faith.

Faith is a firm belief in yourself, God or others that you can do it. Build up a strong vision of what you want to accomplish. In developing a vision, the law of attraction is going to work for you. You are going to attract people, opportunities and money that will allow you to develop an unstoppable confidence.

The fear of failure.

The fear of failure doesn't exist. Neither does the fear of success. Fear stands for False Evidence Appearing Real. Micheal Jordan said himself that "Fear is an illusion". It is hard to overcome fears. One simple way to overcome the fear of failure is to read inspirational stories and quotes of people that achieved their dreams. Read one every morning. That will give you strength and hope.

The wrong strategies.

When you want to build a business, to achieve something really big, you need to have mentors. You can't allow yourself to loose time, money and energy. Mentors are people that will give you the right strategies; they will provide the right information and will inspire you. They will coach you through the process. Choose correctly your experts, your models. Work with them and adopt the same thinking patterns, the same strategies, the same beliefs. If he did

it, you can do it too.

Limiting beliefs.

Often times we have limiting beliefs about what we want to achieve. For example, you can really want to achieve a goal but at the same time something tells you: "It's not for you, you don't deserve that" or "You can't do it, remember".

These thoughts pollute our minds and darken our life. A quick way to stop these damaging thoughts is to use the power to say no! First, represent in your mind the "limiting belief" and say NO! to it. Now, represent in your mind what you want in its place and say a big YES! You will be amazed how your attitude suddenly changed about the old belief. Can you remember it?

I have just shared with you strategies to overcome the TOP 5 things that prevent people from success. When you apply these recommendations, your life will be enriched. You deserve success because you are special and unique. Everyone of us is. The fact is that we are potential geniuses. But the other fact is that often we refuse to admit it because it pushes us out of our comfort zone and most people don't like that. Get out of your comfort zone; this is the only way to succeed in life.

Ever dreamed of a life you'd like to live, but didn't think you could have. I would love, absolutely adore, hearing you, in detail, the kind of life you'd like to live but don't think you can have.

Get our free 5-part email mini-course right now.

Click now => <http://www.vision-to-action.com>
