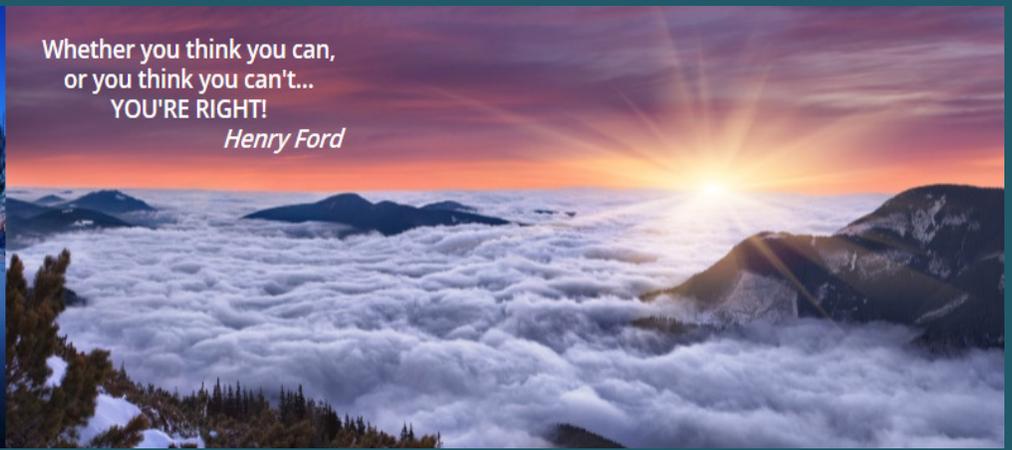




Whether you think you can,
or you think you can't...
YOU'RE RIGHT!
Henry Ford



How To Remove Your Success Blocks

We all have some success blockers in our subconscious mind which were planted there at an age when we didn't know enough to challenge what was being planted. The good news is that you are able to change those success blockers into success achieving beliefs.



The first thing you need to do is identify which success blockers you have in your subconscious mind. The best way to do that is to think back to a time when you were aiming to achieve a goal but failed. What was it that caused you to fail?

There are three main success blockers:

1. If I try, I will fail.
2. No one will want me.
3. I'm not worthy.

You may find that you have more than one success block but once you have identified them, you can start a process of changing them.

You can use positive affirmations to start the process of changing those success blockers.

Break Down Limiting Beliefs

1. Success Belief #1 - Everything begins and ends with you
2. Success Belief #2 - Yes you can
3. Success Belief #3 - Commit to your goals
4. Success Belief #4 - You've got to believe in yourself
5. Success Belief #5 - Ignore the negative talk around you
6. Success Belief #6 - State it in the positive

The other way to change your limiting beliefs or success blockers is through meditation which gives you the opportunity of accessing your subconscious mind in order to switch those limiting beliefs from negative to positive. At the end of this guide you will find the name of an audio file I use regularly and which I have found successful.

Identifying your limiting belief/s takes you one step closer to replacing them with positive beliefs. Let's say for example that your limiting belief was "If I try, I will fail" once you access your subconscious mind through meditation, you can replace it with something like "I allow myself to be the best I can be".

I AM TOO POSITIVE
TO BE DOUBTFUL
TOO OPTIMISTIC
TO BE FEARFUL
AND TOO DETERMINED
TO BE DEFEATED

What you say to yourself and about yourself has a big impact on how you see yourself. Practice awareness of what you say to and about yourself. It is not necessarily what you say out loud but what you whisper to yourself that has the biggest impact.

You are your worst enemy or your best friend...it is YOUR choice.

“Challenge your self-limiting beliefs. Most of them are not true at all.”

Your attitude towards yourself is visible to others around you and they will in turn react accordingly. The same can be stated about circumstances around you.

THINGS YOU NEED TO OVERCOME TO BE SUCCESSFUL 10

- 1 PROCRASTINATION** Just remind yourself that the more you feel about a specific task, the more certain you can be that that task is important to you and your growth.
- 2 LIMITING BELIEFS OF OTHERS** "That's too hard", "That won't work" Remember, if everyone listened to the negative advice of others no one and nothing would really progress in this world.
- 3 BAD ENVIRONMENT** Jim Rohn once said "You are the average of the five people you spend the most time with." Don't hesitate to limit time or to cut off those who continually drag you down.
- 4 LACK OF MOTIVATION** Have a strong image of WHY you want to be successful
- 5 PART-TIME DEDICATION** To be successful you have to continually work towards your goals and not only when it's convenient for you, or when you have nothing else to do.
- 6 TIME IS LIMITED** Every minute wasted is another chance gone to move closer to your dream goal.
- 7 LACK OF SPECIFIC GOALS** Remember there are no lazy people, just people lacking goals.
- 8 SETTLING FOR LESS** Why do you think you don't deserve the best?
- 9 LACK OF PERSISTENCE** You forget that most successful people are overly persistent in reaching their goals and dreams.
- 10 FAILURE** Treat all failures as lessons, they are just stepping stones you must pass on your journey toward success!

Resources:

Success Blocking Remover.mp3

(you can find this file in the Resource Centre under Resources)