

# LIFE'S KEY CONCEPTS

**1.** We can dramatically improve our life by harnessing the power of attraction through the proper use of affirmations, visualizations, positive mental self-talks and pictures. The law of attraction simply means you get what you think about. Whatever you put in your conscious mind goes into your subconscious mind and your subconscious mind goes about trying to create your thoughts in your life and it does so without passing judgment on your thoughts. This is why it is said the subconscious mind can't take a joke. Consequently, we get positive things if we think positive thoughts and vice versa. The amazing thing about this natural law is that it works whether we believe in it or not, understand it or not, or know about it or not same as the natural law of gravity works whether we know about it, understand it or believe it. Using affirmations along with visualization, positive mental self-talks and pictures will dramatically improve your life, your ability to accomplish your goals and your opportunity to create a happy health prosperous life.

**2.** Take total responsibility for everything that happens in your life. This includes those things you have control over and those things you do NOT have control over. You always have control over how you react! Pouting, hiding out, making excuses, rationalizing, blaming others, feeling sorry for yourself, avoiding the difficult task and procrastination are all indications that you are not taking responsibility.

**3.** Never play the victim role or the blame game. There is absolutely no payoff to this attitude. Never look at what you've lost, avoid running your misfortune over and over in your mind, stay calm and accept setbacks gracefully. Realize that problems, bad people, tough times and mistakes are your teachers. Problems are guidelines not stop signs. The question is: What do I need to do to capitalize on these events?

**4.** It Doesn't Matter Where You Are. It Matters Where You're Going. Right or wrong, your fault or not, you are where you are and you can't change the past. Focus on the things you have left, learn from your mistakes, take advantage of your new wisdom and make a plan. Then take the action steps necessary to begin moving in the direction of your choice. This is an attitude that helps you get back up when you've been knocked down and keeps you looking forward and moving forward.

**5.** Be courageous. Recognize the most debilitating human emotion is fear. Learn

ways to keep it in perspective, minimize it when applicable and harness it to your benefit when need be.

**6.** Maintain integrity, sense of fair play, compassion and inner strength. Do the right fair honest thing. An excellent reputation will inspire people to support and help you and visa versa. There is no replacement for pride and self-respect.

**7.** Evaluate the results of your choice making. Learn from your bad choices and avoid making the same mistakes. Do more of what is working. Sleep on important or emotional decisions overnight. Remember our life is predominantly the result of our past choice making and we can change our life by making different choices.

**8.** Reliability matters. Say what you mean, do what you say, show up on time and return messages promptly. This is an important way to stand out from the crowd.

**9.** Choose a healthy lifestyle. Exercise regularly, eat right, maintain a healthy weight, moderate alcohol/pot use, and completely avoid cigarette smoking and hard drugs. Good health is the cornerstone of all good things in life.

**10.** Success and happiness is a journey, not a destination. It's the trip that counts. Make your trip a great adventure, the good times and the bad.

## **CHANGE YOUR MIND, CHANGE YOUR LIFE**

1. An affirmation is nothing more than a statement about what you want in life as if you already have it being careful to avoid using the words "no, not or don't" so affirm what we want not what we don't want and avoid using the words "will or going to" which refers to your affirmation taking place in the future. Affirmations are an exceptionally powerful tool providing we write them correctly, say them once or twice per day, affirm something that is realistically accomplishable and are prepared to add the action steps when people, ideas and opportunities come our way. In other words the law of attraction implemented with affirmations works providing we take advantage of those things that are attracted into our life so we still remain at a point of choice and must be actively involved to accomplish our objective. This is why it is important for us to regularly evaluate our choice making and the results we are getting from our choices.

2. Positive self-talks: Listen to what you are saying in your head and keep it positive. You get what you think about. Thoughts become things because of the Law of Attraction.

3. Visualize what you want in your life as if you already have it. Visualize events you handled badly as you would more successfully handle them in the future.

4. Post pictures of what you want in your life and look at them frequently.

Also read a list of all of the things you have to be happy about in life to help you gain perspective when you feel depressed.

**MY DIET AFFIRMATION** (I lost 30 pounds and kept it off for over 35 years)

I maintain my highly disciplined strict exercise and dietary program for the rest of my life and weigh between \_\_\_&\_\_\_. I eat lots of vegetables, a moderate amount of protein, a small amount of fat, one or two fruits per day and lots of pure, clean, healthy, refreshing water. I only eat bread in an open-faced sandwich and eat a small amount of beans, corn, pasta, potatoes, rice and sugar.

**INCORRECT AFFIRMATIONS**

1. I am going to be more patient with my kids (This refers to it happening in the future).
2. I will read my affirmations daily (This refers to it happening in the future).
3. I do not lose my temper (Stated in a negative way. State what you want to happen).

**CORRECT AFFIRMATIONS**

1. I am patient with my kids.
2. I read my affirmations daily.
3. I am calm and composed.

**FURTHER STUDY**

Read or listen to Think and Grow Rich by Napoleon Hill. Available at [Amazon.com](http://Amazon.com) and [success.com](http://success.com).  
Condensed version is available on audible.com by Mitch Horowitz

Watch The Secret. Available at [www.theseecret.tv](http://www.theseecret.tv) and Netflix.

Read NIXLAND My Wild Ride in the Inner City Check Cashing Industry  
Available at Amazon.com

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