21 Secrets Of Success
Get The Full Laws Of Mind® System For $1
Click Here To Get Your Trial Now
In this guide, we’re going to talk about some secrets of success which can totally change your life. Achieving huge success is all about following the fundamentals extremely well, and then spending your days working on perfecting those fundamentals.

Some of these secrets you might know about already, and others you may not have thought of as secrets until you apply them and see the enormous value they hold.

The life you want is there for the taking. It is up to you to put the steps into place and get the life you truly want once and for all. Nobody can do it except you. It may involve you changing who you are deep on the inside but this is positive change that can bring your best self out.

All of the resources you need to succeed are inside you. Once those resources are released, success actually happens automatically.

Finally, we hope you enjoy this guide as much as we did in creating it.

To Your Success!

The Mind One Digital Team
Contact Us: support@mindonedigital.com
Focus Of Mind Is Easily The Greatest Secret Of Them All

You may have heard that a focused mind can lead to success but what exactly does this actually mean? Well, specifically, it means:

1. that you are able to concentrate on a task without having the mind wander from place to place
2. that you are not distracted by the things around you and can commit to performing the actions you need to succeed
3. that your thoughts become very centered, calm and collected. You only have the right thoughts and these help your creativity as well
4. that every day, you are making constant progress and thinking about your goals in a much more positive and optimistic way
5. that you feel good inside, powerful and confident because you are getting on with the things you need to do

To get focus of mind is a very simple process that must be followed exactly. Here are some ways to get focus of mind to transform your life:

6 Different Ways Of How To Get Focus

1. Concentrate on a point for 5-10 minutes at a time. This can be any object, shape, colour or feature. A coin is good. Keep the mind there and really look at the object without moving to a different quality of the object. Only see the object. When done correctly, you will feel your whole mind eventually getting “pushed” into a focused state.

2. Eat more healthy foods. This is excellent for boosting focus as it clarifies the mind. Things to avoid are meat, chicken, dairy products, junk foods, and anything “white” such as white rice, white bread, white pasta. Stick to more vegetable, fruit, seed and natural foods and consume more fish.

3. Meditate. Meditation can be as little as 5 minutes per day. Close your eyes and be silent inside. Calm the mind and relax.
4. Spend your time working to your goals for very long hours per day. This means spending 13-15 hours working to your goals, researching your goals, finding out more information and applying it. In other words, you should spend as much time as possible to put this into place. Only in the 10 hour+ range will you begin to feel the power of focus building in your mind.

5. Remove all distractions. This means only doing the things you need to do and nothing else. When you commit yourself to positive and reinforcing action like this, opportunities and circumstances will open up for you.

6. Follow a routine and system. Doing things haphazardly and without a clear structure will not work. Following a plan and sticking to it will work to your advantage, and make your mind and thoughts more crystal clear and concrete for success.

**What To Expect**

Your levels of focus can change quite dramatically in only a few days. It is up to you to put the steps above into your life. Remember that the more focused you become in anything, the more positive opportunities, situations and power you accumulate accordingly.

You will know you are focused when you start to enter into “the zone”. This is the state of mind when full focus is in swing.
Simplicity Is The Yang Energy Masculine Component Of Success

You may have heard of the concepts of “yin” and “yang”, where one is a feminine energy and the other masculine. Yang energy is accessed when you make things simple. Simplicity is one of the greatest secrets of success.

To achieve your goals is actually “simple” in that all you need to do is set a plan to achieve the goal and get working on it.

We make goal achievement unnecessarily complicated for ourselves by thinking of all the “steps”, “knowledge” and other things required. The truth is, all of the information in the world will not allow you to achieve your goals, until you “simply” take action.

So, once you have all the knowledge and secrets of success, you must make things very simple and simply apply it through action.

Here are some additional lessons which will help you to understand this awesome secret:

1. You must believe goals are achieved in a simple way, if you are going to access the power of simplicity. If you believe achieving your goal is complicated, it will become complicated. What you say is how it will be.

2. Always break things down into very small things, so that they don’t look complicated (and instead, looks simple instead). If anything is difficult to do, understand or think about, it is because it is too complicated in your mind. When you make it simple, it will become simple to put into practice and reality.

3. Only action brings success. Everything else is non-practical. You can learn all the knowledge in the world, but all of it is 100% useless. The only way to achieve your goal is to use Simplicity, which says that you need to put the action in to your goals.

What To Expect

When using simplicity as your guide, you will actually get things done. Instead of sitting around, wondering or trying to “figure it out” without getting anything done, you will actually make the progress you want.

Keeping things simple is the bridge between knowledge and action. When you keep things simple, you will put the right actions into place.

This is the only way that you can make realistic and strong progress to your goals.
Hard Work Is A Key To Success Because Most People Are Scared Of It

Everybody knows that action is important. However, most people simply do not put the actions in. If you wish to be a success, you are going to have to work for it and that means you have to work hard. This might not be what you wanted to hear, but it is the truth. The reason why most people fail to succeed in achieving their goals is because they didn’t want to put in the hard work. The secret here is that hard work will always pay off positively for you. Hard work pays well. If you wish to be a success, you need to put in hard work for it. You need to make that a hallmark of your daily actions and not be afraid of it. You need to meet the hard work head on. Whether that means working long hours in your office, spending hours in the gym, setting yourself strict dietary plans, sticking to a tight revision schedule or whatever, it can be done.

There are millions of successful people out there. They achieved that success through sacrifice. True, there are some people who appeared to be “lucky” and got everything they wanted fairly easily, but never forget that most successes have always been due to hard work.

Here are some additional tips to help you make the most out of hard work:

1. Hard work will actually become easy after a while. Once you get used to putting in the commitment and the hours for your goals, you will get used to it and form it as a habit. This is ideal, because it means you can automatically push yourself “hard” without putting in so much effort like you perhaps used to.

2. Always follow your day from a plan. Don’t expect to do things randomly and get results this way. You should plan the night before and work from that plan as closely as possible. The plan should be thorough and well thought out. It should take at least 20-30 minutes as a minimum to write your plan.

3. You will start to enjoy hard work after a while, and especially because of the good results you are getting. Hard work will make you very focused and clear in your mind. You will feel good inside that you are making strong progress to your goals. This means you will be even more committed to your success.

What To Expect

You can never work too hard. You can work 100 hours per week (9am to midnight every single day) and still be ready to work even more. The body has a tendency to become efficient and focused on what it is doing the more you work and make it efficient.

So, begin to work and make yourself efficient and the goals you seek will be yours.
Thinking About What You Want Brings It To You

One of the great secrets talked about in many self-help books is that "you become what you think about". What this means is that you will draw into your life what you are predominantly thinking about most of the time. If you think about success, you will draw success. If you think about good things, you will draw good things into your life. If you think about bad things, you will draw bad things. This happens because the subconscious mind will put more attention on the things you are thinking about, and subtly draw you to them.

To think about what you want means thinking about your goals, imagining what it would be like if they came true and getting on with positive momentum and progress.

Here are some additional tips to help you make the most out of this secret:

1. Read inspirational stories and books about how people achieved your goals.

   Have you ever watched a movie, book or seen something that inspired you? When you are inspired to take action, you make progress to your goals. Inspiration makes you feel fantastic inside and makes life worth living.

2. Think positively, confidently and optimistically about your abilities and actions to your goal.

   The confidence always comes first. When you feel confident, you will create luck out of nowhere.

3. Imagine what it would be like to achieve your goal.

   "Imagination is a preview of life's coming attractions", as Einstein once said. He was right. Your imagination is a fuel which ignites the creative energies of the universe for your goals. By imagining what it would be like, you should see yourself through the eye's of the success you want to be. You should hear the things the successful person would hear and feel the emotions that they would feel. Slowly and gradually you will begin to change from the inside out.

What To Expect

You will find yourself becoming the person you want to be. You will feel much more motivated and will want to succeed in the things you do. You will give yourself the edge.

You will also become much more lucky. You will draw unique and interesting experiences into your life, from almost nowhere. You will wonder how they came about. It has come about because of the exceptional powers of your mind and because you have changed your thinking and mental wiring around.
How You Feel On The Inside Will Be Reflected On The Outside

People succeed in life because there is little internal resistance within their body and mind. This resistance is created through negative emotion. A negative emotion acts like a “reset” switch on your subconscious mind and this cunningly bounds you to habits of failure. It is absolutely crucial to learn to always have positive emotions, to say positive things and to exhibit self control so that negative emotional barriers can be completely dissolved.

Here are some additional tips to help you make the most out of this secret:

1. Think and imagine positive things only

When you feel bad, it is because you are thinking a bad thing, or imagining a bad situation. This can easily be changed around by focusing on good thoughts and images in your mind. The more you form good thoughts and images in your mind, the more it will become a habit that propels you to good feelings automatically.

2. Use the laws of substitution and control

At any moment, you are always free to choose what to think. Any negative thought, no matter how crippling, intense or bad, can be substituted for a positive thought whenever it comes.

3. Do not shout, complain, get angry, frustrated or judge

These emotions are negative emotions that will suck the positive power out of you. If you are doing any of these, more self control is required. You get self control by stopping yourself whenever you feel like bursting out negatively, and also by changing the internal thoughts and imagery in your mind (discussed in another secret later). Self control takes time and an active effort on your part. It will not just happen if you don’t put in the effort.

4. Hang about with positive and good feeling people

The people you associate with are the biggest influences on your life. To associate with good feeling people will make you feel good as well.

What To Expect

As you feel good all the time, your life will begin to get good all the time. Your subconscious mind will be free to operate to its full potential, because there is no internal resistance to stop it entering into its peak states.

This means that you will begin to move much more quickly to your goals. You will see opportunities more, feel more motivated and release more of your inner powers for success.
Follow Your Passion Means Never Settling Until You Are Doing What You Love

You need to love what you are doing or else you are not on the right track to success. When you do what you love, you feel good inside. You work harder, do more things and take a genuine interest in your goal. If you are doing something which you are only mildly interested in, you will not have the enthusiasm to do it over the long haul.

There is always something which you are passionate about and you should tailor your life to those. What is it that you are passionate about in your life?

Here are some additional tips to help you make the most out of this secret:

1. Think about how you could gear your life for the things that interest you the most

If you don’t enjoy your work, course, career or anything else, it is time to think about moving on and trying something else. You should always be thinking about what you can do.

2. Think about whether you truly enjoy what you are doing, or if you have just learned to accept it

Many people live in denial and pretend they enjoy what they do, when they actually don’t deep inside. Don’t lie to yourself. Dig deep inside and see what truly motivates you.

3. Passion makes you feel more confident in general

When you are doing what you love, you feel stronger on the inside. This is the root cause of high levels of confidence and enthusiasm for what you want.

What To Expect

To find your passion might take some time, but it can be done. When you do things that genuinely interest you, you are always doing things better. It is the quickest and easiest route to your goals, and it will change your life around for good.

Everyone who has ever achieved anything great in life, has always been following their passions and what genuinely interested them the most.
The More You Learn, The More You Succeed

For you to get what you want out of life, you need to learn as much as you can in your field of expertise. You need to learn about success. You need to be constantly improving and giving yourself every single piece of knowledge which can help you achieve your goals.

Knowledge is power. If there is something you aren’t achieving in your life right now, or if there is something that you wish you could do better at, or with more skill, it is only because you lack the knowledge.

Here are some important lessons to help you make the most out of this secret:

1. The answer you seek is out there

For any question, problem or situation you have in your life, there is an answer out there. The knowledge to cure, achieve or get what you want is out there. There are millions of books, audios and people who have the knowledge or are doing the things that you yourself would like to do. There is no shortage of knowledge anywhere.

2. Learn as much as you can about your field of expertise and become an expert

If you become an expert and are always learning more about your expertise, you are eventually going to become the best in the world at what you do. For example, if you are a chef, constantly learning as much as you can about cooking, different styles of cooking, recipes and ingredients will eventually have you knowing more than anyone else on the subject, and having better cooking and better skills than anyone else. The same goes with any other topic, skill, goal or subject you wish to master.

3. Read books and listen to audios on success all the time

If you want to be a great success in life, you need to associate, think and talk about success. All of this will have you feeling more confident, more in tune with your mental powers and releasing the inner energies of the subconscious mind.

4. Know that you can become the expert

Every expert that exists out there at one point started with nothing. You, too, can become an expert just like anyone else. You can access the powers of your mind and achieve extraordinary things in your life.

What To Expect

When you get more knowledge, you get more success. You can learn to do anything with the right knowledge. Whether that means accessing more of the powers of your mind, becoming more confident, achieving the right grades in school, building a multi-billion dollar business empire, running for office or anything else. All of it starts with the right knowledge.
Who You Associate With Will Determine Your Success

If you associate with super positive, super achievers who are confident, getting things done, hard working, honest and getting their dreams, then you will become that type of person too. Whoever you associate with is exactly who you will become.

The biggest influence on your life is without a doubt, the people you are associating with. When you surround yourself with the right people, you will think, act and feel like those people. Their energy, mindsets and vibes will rub off on you.

Here are some important lessons to help you make the most out of this secret:

1. Remove all negative people from your life

People who feel bad, will also make you feel bad. You must begin to associate with positive and good feeling people if you too are going to feel good inside. In the long run, the way you feel will massively affect your confidence. By only associating with positive people, you only set yourself to feel positive and good about yourself on the inside.

2. Know that as old connections close, new connections will arise

You should never feel that you need to “stick” with certain people just because you grew up with them, have invested a lot of time with them or whatever. As your old connections close, new connections will open up for you. These new people will be more in tune with your goals, make you feel more confident about yourself and support your success.

3. Find out who the top people in your field are

Whatever you want to achieve, find out who all the top people are and associate with those people as much as possible. Read information written by them. Understand their mindsets. Imagine what it would be like to be like them and achieve the things they do.

What To Expect

Associating with the right and positive people will set you up to constantly improve and make progress to your goals. The biggest influence in your life is who you are hanging about with. You must learn and work to change the people you are constantly surrounded with, and the success will come much more easily than before.
You Need To Be Confident To Succeed - And Very Confident

It is no good having mediocre levels of confidence. You need to be very confident. Everyone is confident to some extent. It is not something that anyone lacks. Just that everyone has different degrees of it. If you want to get your goals, you need to be very confident about them. You need to be more confident than 99% of people and be the hallmark of confidence.

Here are some important lessons to help you make the most out of this secret:

1. Confidence happens when you are working hard to your goals

Confidence is not something that you sit around for and expect to happen out of nowhere. Confidence always comes about because you are working hard for your goals and being totally focused on what you are doing.

2. If you are confident tying your shoe lace, you can be confident at anything

Confidence is simply the ability to do something moderately well. It is not some magical quality that makes you do something amazing out of the blue. Everybody has confidence to some degree, or is confident in some aspects of their life.

3. Confidence is not some magical quality

Confidence is something extremely simple and anyone can achieve it. Everyone also has it as a birthright. It is just like a muscle. The more you use and train it, the stronger your confidence will be.

How To Gain More Confidence In Anything

First of all, know that confidence is a masculine energy. As you may know from one of the earlier secrets, masculine means being simple. So, to be more confident, you need to make things as simple as possible:

1. Believe and know that things are very simple

2. Don’t complicate things in your mind. See it as 1 step only.

3. Cut out all the philosophising, over thinking, theory and complicated things. Make it as simple as possible. It should be as simple as you looking at a screen and reading this text. This is all you are doing right now and nothing else matters at all. This is true simplicity. It is about LIVING and INTERPRETING things in a simple way.

Know that when you are lacking confidence, it is because you have made that situation or thing complicated in your mind. Make it extremely simple and you will gain confidence. This means being outside of your head and knowing you are just in a room or outside, doing whatever you are doing. All the analysing and thinking about things too much must stop.

Meditation is one way where you can actively work to learn to focus on simplicity.

What To Expect

With confidence, you move towards your goals super quickly. You feel full of energy. You feel unstoppable and reinforce positive action easily. You form new habits and do all the things you want to do.
Self Discipline Is The Most Important Principle Of Success

Everything is completely useless without self discipline. If you really want to achieve your goals, you must learn to achieve enormous self discipline. People who achieve incredible feats in their life do so because of the power of positive action, positive habit and positive discipline. They get on with what they are doing and constantly improve themselves that way.

Here are some important lessons to help you make the most out of this secret:

1. Anyone can achieve huge self discipline if they understand how it works

Self discipline is about truly understanding more about yourself first of all, and how you work

2. There is always a part of you that doesn't want self discipline

Some people call this the “Hyde” part of their character. A part of you will always not want self discipline and will be like an unruly child within you. You must appreciate that aspect of yourself and not try to punish it. By nature, laziness is a part of you. What you must do is focus on the self disciplined part of you only

3. Self discipline will not happen when you are not clear in the subconscious mind

The reason you may lack self discipline is because of thoughts which you are unaware of, and which are happening in the subconscious mind. Your subconscious mind is incredibly powerful and will always override any action you wish to put into place consciously.

4. Positive self talk will make you focus on the right things

The more you talk and think about what you are going to do and have your attention on it, the more you will want to do it. For example, if you say to yourself “I am now doing my homework” and say this to yourself aloud over and over, eventually you are going to do your homework. You will send the message to your subconscious mind and straighten out your mind.

The important point on positive self talk is to be saying the thing in the present tense. That means saying “I am doing it now”, instead of saying “I am GOING to do”, “I WISH to do”, “I will SOON do”. None of these will work. It has to be talking and said in the now.

5. You need to be aware of the tactics your mind will play on your to reduce your self discipline

Your mind has ways of subtly sending you off course. What you must do is be aware of these tactics. Some of these are:

A. Defeatism

The mind will tell you that it is useless to try and achieve your goal, to be focused on the task or similar. This is simply a tactic to delay you doing the task at hand.

A. Being Cynical

The mind will tell you that the tactics to get self discipline will not work. That you are different and things that work for other people will not work on you. Realise that what has worked for thousands of other people will also work for you. They are the lazy part of your mind attempting to take control.
Be Excellent In Everything You Do And You Will Receive The Best Results

This is all about doing things with an enormous level of skill. You should never be half-hearted about something. Put your full focus and attention into that thing and do it to the best of your ability. When you are constantly doing the best things, you will get the best results. It is the law.

Here are some important lessons to help you make the most out of this secret:

1. Always be improving yourself every single day

If you were to put in one improvement every single day, that would mean 365 improvements every single year. At that rate of improvement, do you not think you will be excellent and achieve great things?

2. Know that you can always get better

No matter how well you are doing something, and how skillful you may seem, there is always a better and more skillful way. There is no limit to skill. Always be improving and getting better.

3. Become the best

Everybody at some level believes that they are the best, that they are significant or that what they are doing is superior. The truth is, most people are more or less the same, with only a few subtle differences between them. For you to excel above others significantly, you need to genuinely become the best. This means being able to control your mind and body, to be dedicated in action and to put all the things necessary for success into full swing.

4. Give, talk, feel and think the best

For you to be excellent, it must extend across all of your mind and body. You need to be putting in the effort to get better in all areas of your life.

What To Expect

When you put in the effort to commit to excellence, you will make more improvements than anyone else. You will understand your success better and how to re-create them over and over.

Mediocrity is not an option if you want to be the best. That includes if you want to be a genius, expert, millionaire or anything else you want to achieve in life.
The Subconscious Mind Is The Power House Of Your Mind

If there is anything you are not achieving in your life, it is because of the subconscious mind. What happens and takes place in the subconscious is what will happen in the reality. If you want to achieve your goals, you need to be leveraging and taking full advantage of the subconscious mind.

The subconscious mind is subtle in that it cannot be immediately seen. However, its influence is in every single thing you do in your life.

Here are some important lessons to help you make the most out of this secret:

1. Know that the images you hold in your mind influence the subconscious, and also your daily actions, thoughts and feelings

If something is not going your way or if you feel uneasy or unconfident, think about what images you are forming in your mind of that thing or situation. Images in your mind which are big and colourful have more effect than images which are small, black and white and faint.

What you must do is make the positive images in your mind brighter, bigger, clearer and more intense. At the same time, you make the bad images smaller, faint, black and white and so small that you can’t even recognise them. This technique can make you use the images in your mind effectively. You can do that in literally a few minutes or seconds.

2. Watch videos of the thing you want to be in life

For example, if you want to be rich, watch videos of rich people and feel good about them. Watch famous businessmen or celebrities giving speeches or seminars on success on TV shows or similar. Watch videos of a successful lifestyle. The more you have images of success playing in your mind, the more ingrained they become in the subconscious.

The videos are images which influence the subconscious.

3. The subconscious communicates through images, words and feelings

This is exactly why points 1. and 2. earlier have so much power. The images which go on in your mind tell you what is happening in the subconscious. The words you are saying will tell you about what is going on.

More importantly, the feelings that you feel tell you about what thoughts and energy is flowing through your body. Your feelings are simply an energy throughout your body, with its origin in your thoughts. To get what you want, you need to be aware of those feelings because they tell you about the subconscious mind within and how it is operating. Becoming more positive and optimistic in your feelings over time will significantly increase your levels of success, because the subconscious mind is more efficient this way.

4. It is by changing all the experiences you immediately surround yourself with, that will change the subconscious mind

Think about what you want. Watch videos of what you want. Imagine what you want. Feel what you want. Make the good images and words brighter in your mind. Make everything else smaller. This will help to tune the subconscious mind further and greatly enhance your efficiency.

What To Expect

When you put in the effort to commit to excellence, you will make more improvements than anyone else. You will understand your success better and how to re-create them over and over.

Mediocrity is not an option if you want to be the best. That includes if you want to be a genius, expert, millionaire or anything else you want to achieve in life.
SECRET 13 | Maximise Your Time Investment

Time Is A Valuable Asset. Use It Wisely And Efficiently

The time to achieve your goals is now. You can use your time efficiently and make great progress in your life if you are making the most use of your time.

The truth is, most time is completely wasted. About 50% of the time of employees at work goes completely down the drain in idle little things that do not add value to their work. Considering that work forms a significant part of people's lives, it is clear that most people are totally inefficient in using their time.

Those that achieve the most know that their time is limited, and that time will fly by very quickly. This means they need to get a move on now. Every minute and every second should pay a positive reward for you.

Here are some important lessons to help you make the most out of this secret:

1. You must make every minute and every second pay for you

When you reach the point that time is so valuable, that even a few seconds cannot be spared, you are really and truly on the path to success. People who are not succeeding happily waste hours of their day in idle things and do not understand the power of every minute and every second. For you to move with maximum speed to your goals, you need to use time as if every second and minute is valuable. You need to be totally and completely focused for every minute and every second. This way, every thing is a positive investment to your goal. This is how the top achievers think. It is perhaps a way you are not thinking now, but that is a good thing. It means you can change and bring that new mindset and thinking into your life for awesome levels of results.

2. Plan each day, and stick to the plan

One of the best ways to use your time efficiently is to write a plan for the day. Then, prioritise that plan by putting things in a high priority, medium priority and low priority category. Only the most important things should be done first.

3. Create a record of where you have spent your time during the day

This will be difficult to do at first, but once you make it a habit, it will become very easy, and the results will speak for itself. When you keep a record of what time is spent where, you will realise how much time is spent doing virtually nothing. If you were to then invest that time accurately and to your goals, you can triple or quadruple your productivity over night. You will earn 4 times as much, get 4 times as good results, get the edge, feel better and release the powers of your subconscious mind.

4. You can always create more time for yourself.

We do many things in a day. To create more time for the important things is about setting priorities and delegating things that aren’t as important to you. You only have about 15-16 hours of waking time to work with. Every successful person has the same amount of hours as you do. Taking every day as it comes and improving day by day through the best use of your time will have you running to success.

What To Expect

When time is used efficiently, superior results are created everywhere. You will see the bigger picture. You will finally understand that anything can be achieved when you truly put your mind and time to it. The task is for your mind to accept that you can achieve amazing things. When the mind can truly accept it, it will become a reality for you.
Thinking About Your Successes Will Reinforce Them Even More

A fantastic way to become more motivated and driven for success is to remember your achievements. The things you have achieved in the past are the evidence of what you are truly capable of. To think and imagine your achievements will keep them at the forefront of your mind and allow you to take even more advantage of various opportunities you see around you.

Here are some important lessons to help you make the most out of this secret:

1. Remember your achievements on a regular basis

Never forget what you are capable of doing or achieving. Over the years, it is easy to forget your accomplishments. However, by keeping them at the forefront of your mind and reminding yourself of them, you can continually be charged by those achievements and the things they can do for you.

2. Make the images of your achievements brighter and bigger in your mind

Images in your mind which are bigger and brighter have more power and influence your actions and confidence more. When you make the images brighter and bigger, you will feel a rush of positive energy from it which will motivate you further. You should do this regularly.

3. Write down all your major achievements in the last 5 years

If you can’t remember many achievements, writing down and thinking about the things you should be proud of will help jog your memory. You should keep this list as a record of your achievements. You will probably be surprised by just how many achievements you have actually done.

4. Only think about the good things when thinking of your past

Thinking of the good things when thinking about your past will help to re-wire your subconscious mind. Eventually, you will only be thinking positively and this is ideal to help achieve and reinforce success.

Sports people in fact are always encouraged by top coaches to always watch their best sporting performances over and over. If you think and imagine your best performances over and over, you will eventually always be performing at your best automatically.

What To Expect

Rehearsing your achievements and success in your mind is crucial to help re-wire the subconscious mind. All the energies you need to succeed are already within you, and only require natural and basic things to bring about awesome levels of results. It is up to you now to put in all the right actions and work with dedication and focus.
SECRET 15 | Embrace Your Imagination

You Must Imagine Who You Want To Be And Imagine Being That Person Now

Your imagination is an incredibly powerful mental tool that can help your success. By imagining what your dream life or success will be, and seeing it in your mind in detail, the more likely it is to come true. The truth is that clear, bright, colourful images of your goals in your mind will have you acting and believing deep inside that the goal is attainable and will be yours.

Here are some important lessons to help you make the most out of this secret:

1. Imagine being the person you want to be right now

When you simply imagine that you are the person you want to be and are living the life you want, you will act in the correct way for it. You will have the right level of confidence and progress will occur easily and naturally.

2. Imagination influences the subconscious mind and brings motivation

When imagining what it would be like to achieve your goals, you are imprinting that into the subconscious mind. The subconscious mind then works to bring that image into reality. It does that by giving you more creative thoughts related to the goal, ideas, puts your focus in a certain direction, creates confidence and enthusiasm for it etc.

3. Imagine what it would be like if you had all the opportunities and resources you needed to succeed

Those that succeed imagine themselves having the opportunities and resources to succeed. All you need to do is use mental energy efficiently to make the success come about. There is no need for many abstract tools.

4. Keep your goals to yourself

Your imagination and what happens in your mental world should be kept to yourself. Whatever you imagine in your mind is wholly personal to you and should be divulged to others. The power in keeping your imagination and what is in your mind private is the greatest and most powerful privacy that can exist.

This will help you to retain your thought energies and focus them powerfully on your goals without going off track in any way.

5. Spend 10 minutes each day, imagining

Do this in a controlled way. You are not daydreaming here. You are spending a strict 10 minutes, imagining what it would be like to be the person you want to be. For example, if you wanted to be a genius, imagine what you would be doing. Who would you be talking to? Who would you hang about with? What would your day to day activities be like? How would you feel inside? How would you talk to yourself if you had all the qualities you really wanted? Imagine all of that now, and make it really clear. Make the images brighter, the sounds louder and bring the image closer to you and make it bigger.

All of that will influence your subconscious mind and create more success this way.

What To Expect

The powers of mind to influence your goals are strong. You must constantly be using these powers every day to help enhance the quest for success. As you put the effort in and be more focused and resilient to your goals, enormous rewards will come about.
Lucky Things Will Happen All The Time When You Are Moving To Your Goals

Luck is no accident. Luck happens when your mind is in a state of unity with another mind, so they are drawn together and meet in some way. The more focused and hard working you are, the luckier you will get. This happens by physical law.

Here are some important lessons to help you make the most out of this secret:

1. A focused mind is the secret ingredient to create luck

The more focused you are, the more mental power you are accumulating. As you may already know, focus of mind is all about your thoughts binding and accumulating in power on top of one another. As the accumulation continues, you will reach a “tipping point” which by the thought force is too powerful and a physical event occurs due to the thought. The physical event is the other’s mind creating the event. For example, meeting the right person at the right time, being offered a certain deal at the right time by the right person etc.

2. Don’t go looking for luck. Let it happen all by itself

So long as you are getting on with what you need to do, and are constantly committing yourself to action, luck will happen all by itself. It does not need your conscious interference to happen. Luck happens at the subconscious level of mind. If you become conscious, you will bring yourself out of connection to the subconscious. This is called the law of detachment.

3. Know that every event can be interpreted positively to your goals

Every event is an opportunity to become more focused, more resilient and more knowledgeable for success. You must see every opportunity in a positive light. Every thing is a valuable lesson.

4. People are lucky because of their mindset and beliefs

You may know people who are lucky but don’t seem to be doing much to obtain that luck. This is because of their mindset. Mindset means the thoughts which are happening in their subconscious mind.

For you to achieve your goals, you must re-program the subconscious mind as much as you can. Imagining, thinking about, watching, learning and surrounding yourself with all the things required to succeed will make it so for you. Then, you too will develop the mindset needed for success. It will be present in your subconscious mind. Outwardly, you may be doing similar things but the inside and subconscious thoughts are where the true change has happened.

5. Luck never happens because of luck. It happens by law

Luck is not a “random” event. It is an event which happens by law because you are thinking, acting and being a certain person. This is when the opportunity you seek will arise.

What To Expect

Become more lucky by being more focused in your life. The rewards from being lucky are simply immense and can transform the way you see things for good.
Know That You Are In Control Of Your Life. You Are Responsible For What Happens And Not Outside Circumstances.

Many people blame their situation on other people, circumstances, the economy, government or anyone else, except themselves. The truth is, you are responsible for what happens in your life. Taking responsibility for the things you control, and creating the life you want instead of expecting it to appear on a plate is a must for success.

Here are some important lessons to help you make the most out of this secret:

1. Take charge of your life, or other people will do it for you

Taking charge of your life means knowing that you need to put in the action and you need to do the things you need to do in order to succeed. No one else is going to do it for you. It may take work, but that is the price you must pay to get the things you desire out of life.

2. Stop blaming other people or things for your life

Flat out stop blaming anyone for anything. Everything that has happened in your life up until this moment is because of how you have been thinking, feeling and doing. By changing what you think, feel and act, you will change the situations and circumstances you experience in your life.

3. Know that you can achieve extraordinary things

You can achieve absolutely extraordinary things. History and present times are full of wonderful stories of rags to riches, genius, brilliance, sportsmanship and excellence. What many other people have achieved, you can also achieve for yourself as well. You must get on the path to achievement and put in the efforts required of you for real success.

4. Begin to create what you want out of life

When you begin to take responsibility, you will then be ready to create the life you want. This means planning, thinking, imagining and being the person you want to be. And, following this up with simple and effective action.

What To Expect

Taking responsibility for your life is you saying, believing and knowing deep down inside that you are in charge. When you take the charge, you can steer the ship in the direction you want it. If you believe other people are in charge or blame something else, you are giving your power away.

Always know and believe that you are in charge and the results will be magnificent.
Diligence is a subtle quality that involves doing what brings a pure return from what you do.

There are many actions you can do on the path to success. However, some actions are much more useful than others. Diligence is about doing those actions which give clear results from those actions. What you must do is be totally aware and clear of what outcome is coming from your actions.

Here are some important lessons to help you make the most out of this secret:

1. Know clearly and in depth, what results will come from each of your actions.

   Most people have a hazy idea of what results will come from an action. What you must do is be crystal clear about what results will come from each and every action you do. For example, if you have a project, and you split that project into 3 separate parts, you must know the result that each of those parts will give. To have a hazy idea and think that “eventually everything will work together” is not good enough. When it comes to important and larger goals, you will need to know clearly what outcome is coming from your actions.

   This allows you to constantly steer the boat in the direction of your goals and to always focus your energy and power on it.

2. Do the things that no one else is willing to do.

   Your quest to be a great success will require you to do things that you don’t want to do. This is the nature of the beast. There will be things that you must do which are boring, hard or tedious, but they must be done either way. If you really want to succeed, you must be willing to go beyond those nitty gritty things and concentrate on the interesting opportunities you wish to create.

3. Focus on improving your ability.

   Focusing on your ability and bringing in every improvement and edge you can will have you constantly moving towards success. You can always improve your abilities even more. By having your attention on your productivity and making yourself as productive as possible all the time, you are always generating new and powerful results.

What To Expect

The more diligent you become, the more efficient and powerful your mind becomes. These steps to progress will enhance and create the results you seek.
To Have A Plan Marked Out Will Put You Ahead Of The Pack And Help You Develop Your Ideas

Planning out your goals and what you want to achieve is a crucial component of success. When you have a clear plan and follow through on that plan, remarkable results can come about very quickly. To think about what you are going to do and writing down a roadmap to get there is one of the cornerstones that allows for achievement.

Here are some important lessons to help you make the most out of this secret:

1. Write out a long term plan, and a daily plan

A long term plan is a plan that you intend to follow in order to reach your long term goals. This will be the most detailed plan you have, and will have many different steps, projects and things that need to be performed in order to reach the goal.

The daily plan is the plan you write for your activities for the day. This will normally be about 1 page long and have between 5-15 things that you must perform during the day. Each point will have basic information about what you must do.

2. At the side of the written plan or the margin, write out how long each step will take and what it is intended to do

This will allow you to keep the focus of what the plan is intended to do and what results should come out of it. It will also allow you to see where your time is being invested.

3. Use a highlighter to mark out key points of your plan

Looking at a piece of paper with many steps to do can be daunting. Highlighting key words and phrases for each step will allow you to concentrate on the important things and make things as simple as possible.

4. Make planning a daily habit

Planning every single day will pay off huge rewards when you stick to it. When every day is followed strictly according to plan, you will make maximum progress and development to your goals. You will feel good inside and satisfied that you achieved what you set out.

Achievement always feels good. This will make you feel even better over time if you keep doing it and the cycle of positive motivation and achievement continues.

What To Expect

Progress will happen daily when you have a plan, and follow through with that plan as best as you can. It is the best and easiest way to get real success for whatever you want to do.
Keep Going And Never Ever Give Up

Sheer persistence on its own is enough to achieve any goal you want. As long as you never ever give up and are always working to the goal, and making sensible and correct actions, you will reach your goal without a doubt. You must be able to stand up and persist when the going gets tough and never back down. Keep working, getting better and improving when the going gets tough, and you will eventually break through to new levels of understanding and success.

Here are some important lessons to help you make the most out of this secret:

1. You will encounter obstacles on your journey. You must persist through these.

Obstacles happen due to a lack of knowledge on your part, and this is perfectly normal. However, you must never give up at the first hurdle, or even the tenth hurdle. You must keep going, working, improving, learning and taking on every edge you can to succeed. You must be resilient and totally persistent through every obstacle you encounter.

2. Know that hardly anyone persists, but those who do will get monumental results

You will set yourself apart from 99% of people when you actually keep going and working to your goals no matter what. Every single day of working to your goals is you being more of who you want to be in life.

3. Take advice and listen to experienced people as much as possible

Those who have been there and done that will tell you that you can overcome obstacles and achieve amazing things in your life. What you must do is get the knowledge and encouragement from highly successful people. This will keep you on the right track all the time.

What To Expect

Persistence is the grand daddy secret of success alongside self discipline. Self discipline in action and a solid persistence to keep going and working to your goals will put you in the bracket of greatness. To keep going and resolving never, ever to give up no matter what will give you the best chance of success in whatever you wish to achieve.

History is full of stories of people who were rejected, lost out or had things happening the wrong way, and those people managed to turn things around and become a great success, due to the persistence and absolute dedication that they put in to their goals.
Those That Keep On Improving And Taking Every Edge They Can Are Those That Rise To The Top

Never think that you know enough. You need to keep seeking every single improvement and every single little edge you can to succeed. No matter what field you wish to excel at, you must be committed to listening, learning and taking in every edge you can from all the people who are doing well in your field. This way, you are getting maximum improvement, instead of going along in a mediocre way.

Here are some important lessons to help you make the most out of this secret:

1. Associate with the experts and listen to their advice

Take opinions from multiple experts (and not just one). The more experts and experienced people you listen to, the better you will understand how to get your goals. Relying on yourself and expecting your little feeble mind to know all the answers will never work. You must talk, associate, ask and listen to the experts to become one yourself.

2. Look for every nugget of gold in every advantage

If you see an edge, advantage or positive quality that you are yet to possess yourself, you must work to bring that quality into your life or situation. Every advantage can be yours. You can put in every improvement, take on every piece of advice and work to be the best in your field with the most knowledgeable information at your disposal.

3. Look at what every advantage or edge subcommunicates

Most communication is non-direct and subtle. That means that the lessons and tools for success are not directly stated and in plain sight for you to understand, no matter where you look.

The truth is that there are subtle qualities that contribute to success.

Whenever you read about lessons or tips for success, or any subject, you must understand what it is subcommunicating. Subcommunication is the “unspoken” and “underlying” meaning that is conveyed by the sentences, phrases and words of what you read. This level of thinking means you are seeing the true meaning of what things are, instead of accepting them at surface value.

When you learn to see the underlying meaning and what is subtly being conveyed by a point of advice, you will then know how to truly apply it. Subcommunication is how real communication takes place. Learn to see the subcommunications and you will see the reality of what the message being given to you actually is.

What To Expect

Taking on every improvement and seeing it from many angles allows maximum development to what you want. You will move at lightening speed and be better, more knowledgeable, more efficient and more productive than anyone else.
Amazing Success Can Be Achieved By Anyone

Huge success is not designed for just a select few. It is designed to be attainable by you. You can become a great success in life when you dedicate yourself, make daily action and work in following simple, clear steps to your goals.

The journey to success may be tedious but that is why so many people do not get what they truly want out of life.

If you wish to succeed, you need to make a solid resolve to achieve it. You must resolve never ever to give up and always to work to your goals, every single day. You will be thrown off track by your own mind which will want to take the easy route out.

But that is where these secrets can seriously help you. When you re-wire the subconscious mind, change the imagery, feelings and words which occur inside, get more self discipline and keep things simple so that full masculine energy is flowing through your system, extraordinary results can be created.

This guide has aimed to show that success is simple, when you make it so. Keep making the steps, improving, learning, developing and most of all, implementing every lesson, strategy and edge you can, and you will reach the top no matter what you want to do.

This is a journey that every person who has achieved enormous success has been on, and it is now your turn.

Good luck!