

# **'To Your Success'**

Issue 2 – January, 2004



## **GROWING INTO SUCCESS** T R A I N I N G

Our Mission:

*To help you harness the incredible power of your mind so you can actually achieve everything important to you and realize your full potential.*

*"The fact is, that to do anything in the world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through as well as we can." ----- Richard Cushing*

**Happy New Year!** ... Well here we are again at the dawning of a New Year, a time when many choose to actually begin doing this or that ... or possibly to quit doing this or that. Interestingly, the 'beginning to' isn't nearly as difficult as 'continuing to'.

*Have you resolved such a thing? If so, the greatest challenge you face will come from you ... your mind, to be exact. It's the part of you that will justify the 'just this once' and 'I'll make it up tomorrow', not to mention the 'this little thing really won't matter'. Following through on any resolution requires gaining control of your mind ... your thought process.*

*Can you do it? Sure you can ... you can do absolutely anything you 'set your mind' to.*

*The key is to get your mind (thoughts) working for you instead of against you. It's hugely beneficial if you understand the Mental Laws of Nature ... what they are and how they work ... but even if you don't yet, there are things you can do to help your cause.*

**Resolution Tip # 1** ... Make REALISTIC resolutions. Making resolutions too far beyond anything you've done before sets you up for a high probability of failure. Begin small and work up to big. As you gain successful achievement experience you can advance to more challenging objectives. A child beginning his or her education doesn't jump right into high school, but rather begins in grade one, then two and so on. If you haven't enjoyed a lot of success at this in the past, you're probably better off choosing something achievable that you BELIEVE you can accomplish.

**Resolution Tip # 2** ... Make a FIRM COMMITMENT to yourself that you will follow through on whatever it is that you resolve to do. Don't say to yourself, "I'm really going to try to do this" ... instead say to yourself, "I WILL do this!" Make a commitment to not let yourself off the hook even if things get a little challenging or uncomfortable.

**Resolution Tip # 3** ... WRITE OUT your resolution ... then reaffirm your commitment by writing it out again first thing every single morning for at least 30 days or until achieved.

**Resolution Tip # 4** ... Create a clear VISION (movie) in your mind of you succeeding at whatever it is that you resolve to do. In this vision of you having already succeeded, involve all of your senses (sight, hearing, touch,

taste, smell.) For example, if your resolution was to become more physically fit, in your vision you would SEE the way you would look, HEAR the compliments from others, FEEL your toned muscles ... and bring into your vision something that would allow you to involve taste and smell ... such as the SMELL and TASTE of a cup of coffee or glass of juice that you're sipping on as you admire your new self in the mirror.

*Then RE-VIEW this movie several times throughout the day ... especially whenever you need motivation.*

**Resolution Tip # 5** ... Pay very close attention to your SELF-TALK ... those silent conversations you have with yourself ... and begin forming supportive Self-Talk habits. Instead of saying to yourself, "Boy, this is going to be hard" or, "I sure hope I can do this" ... say things like, "I AM becoming successful at this" and "I AM succeeding."

For added benefit whenever possible, say those positive affirmations out loud and with great conviction ... ummm, you may want to be a little careful WHERE you do this though or you might find yourself as the recipient of some very questioning looks.

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**Recommended Reading** ... What To Say When You Talk To Yourself, by Dr. Shad Helmstetter, who also has an audiotape program called The Self-Talk Solution. Both of these are several years old now and despite the fact that they're not well known works, can sometimes be found at bargain prices in second hand bookstores. EXCELLENT reading and listening for anyone interested in realizing the benefits of gaining more control of his or her thought process.

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**What's happening at Growing Into Success Training** ... As mentioned in our last newsletter, the second seminar in our *Success Seminar Series* ... **8 Easy Steps to Successful Selling!** ... will be presented in Abbotsford on January 29. In this course you will:

- Discover your natural selling style
- Learn WHEN to sell ... and when NOT to.
- Develop your own magnetic, "What Do You Do?" short, short story.
- Learn a COMFORTABLE method of selling effectively.
- Lose the FEAR of selling ... and love the process!

If you've always felt uneasy about selling your products or services and would like to feel more comfortable and confident doing so, this is a seminar you won't want to miss. Complete support materials are provided with exercises for learning as well as home study and review.

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*A decision is made with the brain. A commitment is made with the heart. Therefore, a commitment is much deeper and more binding than a decision. ----- Nido Qubein*

**Resolution Tip # 6** ... BREAK DOWN your overall objective into smaller ones, at least a few of which you will be able to reach in a relatively short time. It's important to begin realizing successful achievement as quickly as possible.

**Resolution Tip # 7** ... CONGRATULATE and REWARD yourself in some appropriate way for every success ... even and especially the little ones. The size of the reward is less important than the fact that you acknowledge your achievements, which gives you a boost and helps you stay keen on reaching your overall objective.

*"The principle of all successful effort is to try to do not what is absolutely the best, but what is easily within our power, and suited for our temperament and condition."  
----- John Ruskin*

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**For serious students of Life Success** ... we are committed to offering the 15 hour **Masters Series** program where along with many other valuable concepts, the Mental Laws of Nature are clearly explained. This program is the root core of *Growing Into Success Training*.

If ... your desire is to truly understand who you are and acquire the knowledge and tools to gain mastery of your future, this is where you need to be. The insights gained and concepts learned here are not only life expanding ... but also often truly life changing.

**Just a few comments from participants** ... “What was the most useful idea that I learned and will apply from this presentation? ... Everything! ... How to think positive, how to replace negative thoughts with positive ones. Really learning to understand myself and figuring out how to control what happens instead of sitting back and just letting things happen! ... I would absolutely recommend this Workshop.” ..... “This course is making me re-analyze everything I ever thought about and how it has affected my life. It’s made me realize the power I can achieve by changing simple daily thoughts.” ..... “Quite intensive! The information presented was easy to understand ... very logical, methodical and practical and useful right away ... I’m very happy to say that all I have learned in a few weeks has helped me already with a few private hurdles ... I would definitely recommend this Workshop. It’s great for anybody, young or old! ... This series has been an eye-opener for me. I can’t thank you enough!”

**The Masters Series** is being offered in Abbotsford as a weekend program January 23 –25 ... Friday 7:00 – 9:30 pm, Saturday 9:00 am – 5:00 pm, Sunday 9:00 am – 4:00 pm.

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**Masters Series Tip** ... Are you familiar with The Law of Control? It’s one of the Mental Laws of Nature and it tells us that we feel positive about ourselves to the degree that we feel we are in control of our lives and we feel negative about ourselves to the degree that we feel not in control. This applies to each and every area of our lives.

With that understanding, why not review the various areas of YOUR life to determine where you are and where you are not in control? ... Then resolve to take action to gain back more control in at least one area where you feel that may benefit you.

*“There are only two options regarding commitment; you’re either in or you’re out. There’s no such thing as life in-between.” ----- Pat Riley*

To Your Success,

Reg Neufeld and Peggy Allen

Growing Into Success Training  
[www.growingintosuccesstraining.com](http://www.growingintosuccesstraining.com)

Our intent for this FREE newsletter is that it be brief, informal and include articles, tips or suggestions to help you achieve the life success you desire ... and for each one to be of real value to you. Also included are dates, times and locations of some of our upcoming programs. (Complete Calendar of Events on our website)

If you know someone else who might benefit from receiving ‘To Your Success’, just have them drop us a line or subscribe from our website. Should you however not wish to receive it, just hit Reply on your Toolbar ... type UNSUBSCRIBE in the subject box ... and we will take you off the list immediately.