

'To Your Success'

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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 greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." ----- William James

Every day ... is a brand new day. Sometimes the sun shines and sometimes it doesn't. Sometimes you wake up feeling good and sometimes you don't. But whichever way it goes, you're still going to live the day HOW you live it though is entirely up to you.

You can be miserable and grumpy or bright and cheerful. You can see everything that's wrong or all the wonderful possibilities. You can be down in the dumps or on top of the world. And you know what? ... You get to choose all that for each and every one of your days. No, really ... you actually get to choose!

And guess what? Your THOUGHTS always determine whether you're happy or not AND ... the only person who can choose your thoughts is YOU.

Think back ... Have you ever had an experience where someone did something definitely 'not nice' to you ... maybe even 'downright nasty'? At that time, how did you feel?

Probably pretty bad I imagine ... bad as in, hurt, embarrassed, angry, humiliated, disappointed, resentful, depressed, etc.

Have you ever thought of it since? If so, how did you feel? If you're like most of us, each time you think about that experience you get those same 'bad' feelings all over again.

Can you see how your 'thinking about it' brings those bad feelings back and causes you to be unhappy?

Think back again ... *this time though reflect on a past experience where someone did something truly special for you ... really, really made your day! How did you feel?*

No doubt you felt pretty good ... good as in important, valued, loved, respected, etc.

Have you ever thought of that time since? And when you did, how did you feel? Again, if you're like most of us, each time you think about that experience you bring back those 'good' feelings again and are happy ... even if it's only for just a few brief moments.

Sooo? ... So, the point is that whether or not you are happy has everything to do with how you THINK ... so

why not think thoughts that lead to good, happy feelings? Why not CHOOSE to be happy every day?

But how ... you may ask, can I do that?

Great question! ... and the answer is quite simple. All you need do is practice daily the following 5 Step process.

1. Make a CONSCIOUS DECISION.
2. COMMIT to it.
3. Look for the GOOD.
4. Remember your INTENTION.
5. AVOID the negative.

In a moment we'll look more closely at each of these steps and how you can apply them ... but first, it's important to recognize that your thoughts are actually the only thing in life that you have absolute control over. People or circumstances may 'influence' your thinking, but nothing and no one can MAKE you think anything without your permission. And as you already realize, your thinking is what brings about your feelings.

Growing Into Success Training Commercial Break!! ... (Hey, how else can we make this a free newsletter?) ... This summer we are again offering a few public venue courses in July and August for forward thinkers with a desire to learn and grow.

8 Easy Steps to Successful Selling! ... # 2 in our Success Seminar Series will be presented in Abbotsford on July 27.

In this course you will learn a comfortable, common sense, step-by-step selling process that can be applied to virtually any product or industry:

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

If you've always felt uneasy about selling your product or service and would rather feel comfortable and confident doing so, this is a seminar you won't want to miss. (Training manual with full notes and exercises provided for ongoing study and review.)

What others have said about this workshop ... "The short, short story was extremely valuable." ... "It affirmed many things I believe in for business building and relationships, such as authenticity and being sincere." ... "Excellent value, Reg was engaging and a wealth of information." ... "Great value for time and money invested, beneficial sales info, comfortable training atmosphere. Everything was important and beneficial!" ... "Excellent quality. Excellent value." ... "Thank you!"

Now let's return to **5 Steps to Choosing Happy.**

"I am more and more convinced that our happiness or our unhappiness depends far more on the way we meet the events of life than on the nature of those events themselves." ----- Karl Wilhelm Von Humboldt

Step 1 – Before you drift off to sleep at night, make a CONSCIOUS DECISION to have a great outlook and to be happy the next day. Decide not to allow yourself to think negative, unpleasant thoughts.

Understand that at times there may seem to be reasons why you feel you shouldn't be happy, yet even at

those times there will also always be reasons why you should ... things you can be grateful for. So make a conscious decision to focus on THOSE the whole next day.

Step 2 – Immediately upon waking in the morning, reaffirm your conscious decision to ‘choose happy’ today. Determine that for the whole day you will do everything in your power to maintain a great attitude and outlook and be happy. Make a COMMITMENT to yourself, before getting out of bed, to only think positive thoughts.

Does that mean you WILL only have positive thoughts? ... Heck no!! But it does mean that that’s your intention, and you’re going to work at making it happen. And if you do fall off the wagon, you’re going to get right back on again!

Step 3 – As you go through your day, instead of criticizing or noticing what’s wrong with situations or people, look for what’s GOOD in them.

Example 1 ... If you’re stuck in traffic and there’s nothing to be done about it, don’t think thoughts of impatience or frustration, focus instead on really being aware of what you’re experiencing.

In the words of Dr. Wayne Dyer, *“Traffic, in itself, can never irritate anybody. It just does what it does. Traffic doesn’t care!”* The thing that causes us to ‘feel’ irritated by traffic is our ‘thinking’ about it

So instead, notice how the steering wheel feels in your hands. Pay attention to the rhythm of your breathing. Notice how your lungs fill as you inhale and empty as you exhale.

Take deeper breaths than normal and notice how that relaxes you. Then turn your thoughts to pleasant things, whether it’s doing a certain activity or being with someone you like. Take deep breaths, focus on your breathing and think of whatever makes you feel good. Appreciate the opportunity to slow down a bit and relax.

Example 2 ... When you’re faced with a task that you really don’t like, focus all of your attention upon it and do it as well as you can. Ask yourself, “How can I do this better than I’ve ever done it before?” and then focus only on doing that. You’ll probably find that you really begin to get into it and next thing you know, it’s done.

Again, it’s not the task; it’s only how you think about it that causes you to be unhappy.

Would you like to learn how to effectively manage your life? ... Beginning July 29 we will again be presenting our core 15 hour workshop ... **The Masters Series** ... on Thursday mornings in Abbotsford for 5 consecutive weeks.

Is this for you? ... Only you can decide ... but following are a few of the many important benefits others have received from learning and applying what this course teaches ... all of which are available to you should you decide to participate.

- Understand, work and live in harmony with your values.
- Learn to set and achieve ‘important to you’ goals.
- Learn to develop practical, effective action plans.
- Enjoy the satisfaction of continuous improvement.
- Develop self-motivation and self-discipline.
- Choose and manage your attitudes and outlooks.
- Manage stress and worry.
- Deliberately choose your personal life direction.
- Enjoy improved health, fitness and energy.
- Create balance in your life.
- Enjoy positive feelings of confidence and self worth.
- Enhance your relationships.

- Live with purpose and passion.

This workshop is casual yet intense, interactive yet private ... it offers insights that stimulate positive choices, and provides practical tools that can help you build the future you choose. (Training binder with full program notes and exercises provided for continuing study and review.)

Step 4 – In your day planner (you do have a day planner, don't you?), write out that your INTENTION is to be in a positive frame of mind, to be happy, and to enjoy what you are doing and experiencing whatever that may be. By doing this you'll be reminded several times throughout the day as you check your schedule that your intention is to think positively and choose happy.

Step 5 – AVOID negative conversations and people as much as possible.

Have you noticed how when you're participating in negative thinking or conversation, you have a heavy and uncomfortable feeling in the area of your solar plexus? And when you're engaged in positive, optimistic thoughts and conversations, the feelings there are light and comfortable? If you haven't noticed, begin paying attention.

So ... don't talk with others about all that is wrong or could go wrong. Instead, change the subject or leave ... seek out positive, optimistic people instead. After all, which feelings would you rather experience?

Remember, everyday is another day that you are going to experience life. How you experience it is up to you ... it's your choice. Why not choose happy?

*"There are two ways to live your life. One is as though nothing is a miracle.
The other is as though everything is a miracle." ----- Albert Einstein*

Masters Series Tip ... To help keep you focused on 'good thoughts', begin keeping a Gratitude Journal. Get yourself a diary, journal or coil note pad and make a personal commitment to each day write out at least 3 things that you have to be grateful for. You'll be amazed at all that's good in your life.

To Your Success,

Reg Neufeld and Peggy Allen

Growing Into Success Training

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)

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