

Tapping into Your Money Potential Create the Conditions for SUCCESS!!!

By Gayle North

"Each of us is a magnet"

We often unknowingly sabotage our own success, thinking that we are doing what we have to do to motivate ourselves.

Clients who come in for coaching to clear up their weight problem, or their performance issues like procrastination, report that they have been prodding themselves, chiding themselves and they are usually in a highly critical state because of their failure to solve the problem.

Early childhood programming instilled the idea that we must scold ourselves and force ourselves to change. Instead, may I suggest a more cooperative effort considering that you have many parts – that you are actually a community of cells that each has its own independent intelligence and takes direction from your thought.

The Problem is in the Software not the Hardware. To start, let's consider that our brains are a kind of computer, and our thoughts and beliefs are like software. Limitations are primarily in the software, not the hardware.

You can use your brain's own language to change it's programming and get immediate positive changes in your performance, thought, and beliefs.

What is the brain's language? Our brains learn best through pictures, sounds and feelings. Everything we create in life starts with an imagined outcome. The more colorful the images, tastes, smells, and sounds (music or voices) and the more emotionally charged the visualization is, the more impact it will have

These images, sounds and feelings act like a magnet to bring to attract the content of the image ... whether it happens to be something we strongly desire it or something we do not want.

The deeper mind does not discriminate – after all, it is only the hardware.

Pain is a sign that we are using a poor approach. Sometimes the harder we try, the farther our goal seems to move away. Some get hooked into the perverse no pain, no gain idea that measures the value of attaining a goal by the amount of difficulty it took. In reality, a lengthy struggle without success is a sign that what we're doing is not working and a *signal to try something else*.

Expectation vs. Hope

Imagine you have planned an outdoor activity for tomorrow and the weather report says it will be a nice day. Say to yourself "I hope it will be sunny tomorrow," and notice how you represent hope inside your head through pictures, sounds, and perhaps words. Now say "I expect it to be sunny tomorrow," and notice how you represent expectation inside your head.

Many people represent expectation as one picture that is in true color, bright, perhaps with a voice that is distinct and clear saying "Of course, that's going to happen." Expectations feel real. In contrast, most people represent hope as two pictures – of what might happen and what might not happen with a voice saying "maybe, maybe not". Expectation is usually much more solid and real. You may not be able to influence the weather, but you can influence the success of your goals by creating expectation rather than hope.

Pre-Experience your desired goal.

Once you have your desired outcome firmly defined as a positive statement, relax yourself into a receptive state of mind. Now begin visualizing your outcome using lots of color, bringing the images in close and add feelings and sounds to the images. Imagine that the outcome is complete and what that will be like. How will you feel, what will you see, hear, taste, smell? Actually enjoy the experience of the outcome until you feel complete with it.

Listen to any critical inner voices that put you down. If you listen to the critical voices you may hear at this point in the process, you can discover something very interesting. These voices are almost never located where your own personal voice is created when you speak – in your chest, throat, and mouth. Instead, critical voices seem to be coming from another location and the voice will usually be directed toward you instead of coming out from you. Often these voices feel as if they are located outside the body, or at one ear, or at the back of the head or some other location.

Consider befriending your critical voices by realizing that they are generated by parts of you that have a positive intention for you. Discover the positive intention of your critical voice by asking what it trying to do for you – or what it wants for you by being so critical. Then invite it to support you in your new objective by changing its statements to positive ones beginning with "I," followed by "feel," "see," "hear," "think." As you befriend these voices, they become softer and more supportive.

Build your self confidence daily. Before drifting off to sleep at night, run a movie of your day and activities. Stop when you come to a scene in the movie where you're not fully pleased with your behavior. Review the scene to gather information about what happened and what your goals and intentions were. Replay the movie with you doing it the way you want to do it next time so you get you better results. Now imagine that you are right there in the situation in the future – doing it the new way and getting the results you want. Each time you do this, you will build your new way of doing it in the future and give yourself encouragement to continue moving toward your goals.

Integration and cooperation of all parts of your being will bring about the results you desire and will foster emotional, physical, and mental health rather than sabotage.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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