INSTANT WEALTH SWITCHES

by Sandy Gilad
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You’ve imagined the wealth and abundance and possibility of the life you desire.

In a sense, you’ve “switched on” the engine of your success.

Now it’s time to give it fuel.

That fuel is belief in yourself.

Believe in yourself! If you are still entertaining doubts, you will keep yourself stuck. You will hobble yourself.

If you are mad at your situation – and your past – you’re going to need to courage to let go of that anger and simply accept where you are in life.

If you do not, your anger and resentment will pull you backwards into poverty and scarcity like powerful rubber bands.

If you read the biographies of great entrepreneurs like Richard Branson or Steve Jobs or Elon Musk – they ALWAYS face defeats or setbacks with that attitude of, “Well, we tried our best! Onto the next challenge!”

And sometimes those setbacks cost them hundreds of millions of dollars.

In fact, almost every great entrepreneur will tell you the story about the time he or she went broke.

I’ve had less than 4 dollars in the bank – and that’s after years of working 7 days a week and making 6 figures some of the time.

My fiancée went from making over $500,000 in a weekend to losing it all and then more when a big business deal fell apart during the 2008 crash. He thought he had done everything right but suddenly – poof – all his investors were gone and he was carrying a bill for over $250,000 due in two weeks. Which he didn’t have.
He spent a day and half catatonic in bed and then made his own Instant Switch, picked up the phone and called everyone he knew and asked one simple question, “What can I do?” – until someone had a great idea and he spent the next 4 days putting that into action. And he pulled the rabbit out of the hat.

All lasting changes stem from saying, “yes” to possibility and that “yes” always comes from the courage that flows out of self-love.

To review, when you truly love yourself, when you truly believe in yourself, then no matter what happens you will have the “resilience” or “bounce-back” quality that allows you to take corrective action.

This resilience is born of self-esteem.

Self-esteem, according the world's leading expert, Nathaniel Branden, is defined as:

- the confidence in our ability to think, confidence in our ability to cope with the basic challenges of life; and
- confidence in our right to be successful and happy, the feeling of being worthy, deserving, entitled to assert our needs and wants, achieve our values, and enjoy the fruits of our efforts.

Notice there are two parts:
- Confidence in your ability to handle life
- Confidence in your RIGHT to be happy

Parents who praise children’s ability to solve problems give them the biggest gift in the world: the skill of resilience. Parents who tell children they are incapable of solving problems and who don’t tell them they have the right to be happy, hobble them forever.

However, if you were not given the skill of self-esteem and the resilience that grows from it, you can begin that Instant Switch into Self-Esteem starting right now. You can reconstruct your brain by laying down these tracks over and over and over again.

As always, it begins with the thoughts you feed to your subconscious every single day. As always, it’s a matter of changing your neural pathways into self-loving ones.
The thoughts that we believe will determine the truth we create, and the two thoughts we will begin with are of those two categories:

I have the right to be happy.
I have the capability to handle life’s challenges.

This 2-part Instant Switch into Self-Esteem will – if you do this practice daily – utterly change not only your attitude, but your success in life every single day.

Your task right now is to write out at least 50 positive statements about your right to be happy and your capability. From the simplest to the most complex.

For example,

- I have the right to be happy.
- I have the right to be free of trouble.
- I have the right to be free of criticism.
- I have the right to be free of cruelty.
- I have the right to laugh.
- I have the right to love whoever I want.
- I have the right to be loved – and infinitely!
- I have the right to enjoy the pleasures of taste, sight, and sound every single moment!
- I have the right to enjoy my work.
- I have the right to enjoy being a contribution to other people’s lives (even if they are mean or unable to receive love gracefully).
- I have the right to perform random kind acts for whomever I choose.
- I have the right to love the shape of my body no matter what other people say.
• I have the right to enjoy the TV, movies and books I want regardless of other people’s opinions.

• I have the right to enjoy the simplest pleasures, like a hot shower or the sunshine on my face!

• I have the right to speak my mind as long as I believe it’s true and doesn’t hurt others needlessly!

• I have the right to my thoughts – including sexual and other fantasies!

• Every human being is worthy of love, including me.

• I am a kind and valuable person.

• I am lovable in a million ways and I discover new ways all the time.

• And then regarding your capabilities:

• I am loving myself to make a better change.

• I take good care of my body.

• I am a fun person.

• I am smart and solve problems as they arrive.

• I am a helpful person and people appreciate my efforts on their behalf.

• I make good decisions.

• Any mistake I make, I can fix.

• Every day, I choose to love myself more and more.

• I am a capable and lovable person.
• I have the courage to solve problems even when they are challenging and hard.

• I am proud of what I have accomplished so far in my life and I will accomplish even more.

• My whole life is full of victories and hard-won lessons, which make me wiser.

Go ahead and add more to both lists – and keep adding them every day.

If you don’t “get” the importance of this exercise and how it changes your brain, let me give you a simple parallel...

Have you ever witnessed a dog who is hit and kicked constantly? How a dog like that cowers and is afraid and desperate? Thankfully we don’t see too much of that in our country but I’ve seen it elsewhere. Well, what’s the difference compared to a dog who is loved and petted and coddled and fed lovingly?

Your brain is that dog. Your thoughts are either that kick or that loving pet.

And the kind of person you are – scared, cowering, defensive – or bold, courageous, light-spirited, adventurous, wealth- and abundance-creating – will be reflected by whether you kick yourself or treat yourself lovingly.

Branden writes,

“The value of self-esteem lies not merely in the fact that it allows us to feel better but that it allows us to live better—to respond to challenges and opportunities more resourcefully and more appropriately.”

He goes on to write one of the most important passages you may ever read. And if you really take this passage to heart – you will do these Instant Switches every single day, and with all your might, heart and intention...because a different life awaits you...

The higher our self-esteem, the more ambitious we tend to be, not necessarily in a career or financial sense, but in terms of what we hope to experience in life—emotionally, intellectually, creatively, spiritually.
The lower our self-esteem, the less we aspire to and the less we are likely to achieve. Either path tends to be self-reinforcing and self-perpetuating.

The higher our self-esteem, the stronger the drive to express ourselves, reflecting the sense of richness within. The lower our self-esteem, the more urgent the need to “prove” ourselves—or to forget ourselves by living mechanically and unconsciously.

The higher our self-esteem, the more open, honest, and appropriate our communications are likely to be, because we believe our thoughts have value and therefore we welcome rather than fear clarity. The lower our self-esteem, the more muddy, evasive, and inappropriate our communications are likely to be, because of uncertainty about our own thoughts and feelings and/or anxiety about the listener’s response.

You now have the power to “train” your self-esteem with the messages that you feed your brain, the way a loving parent feeds a child.

It is my deepest and most profound wish that everybody knows this – which you now do – and that all children (and yes, all pets) will be treated the way you are now going to Switch into treating yourself.

With love.

From love.

The kind of love that is the springboard for making abundant and bold decisions that increase your wealth and happiness.

* A Note on “Training” People to Treat You Lovingly

The more you love yourself and believe in your ability to make good choices, the more people will trust in you. The more opportunities they will give you, and the more they will support you in your march towards greater abundance and wealth.

I call this “training people how to treat you.”
And – no surprise here – it begins with how you treat yourself, how you talk to yourself. Because how you do that, others will follow. As Branden himself has written:

“ If I respect myself and require that others deal with me respectfully, I send out signals and behave in ways that increase the likelihood that others will respond appropriately. When they do, I am reinforced and confirmed in my initial belief. If I lack self-respect and consequently accept discourtesy, abuse, or exploitation from others as natural, I unconsciously transmit this, and some people will treat me at my self-estimate.”

Yours in Abundance,

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