

The 5-Minute Guide To Shifting Your Mind For Success

- SPECIAL REPORT -

Success, like so many other things, begins with the mind. It begins with giving yourself that 'success mindset' and determining that you're going to go out there and start getting what you want. Until you make this cognitive shift, you won't be able to motivate yourself 100% and you're always going to hold yourself back.

Imagine changing your mindset, changing the way you see yourself, and suddenly being able to get whatever you want. Imagine changing the way that others see you, the way that people respond to you and the way that you *feel* about yourself.

We all know people in our lives like this. People who seem to be untouchable – who always look amazing, who are effortlessly cool and who seem to rise through their careers like nothing can stop them. How do they do it?

I'll tell you: with a success mindset!

Can Changing Your Mind Really Change Your Life?

But can changing your mindset *really* change your life? Can simply thinking about yourself differently really make an impact in your career, your relationships and your health?

Absolutely!

Nearly everything in our lives is down to our own doing. Sure, you can be hit by a tragedy, a natural disaster or an illness that is outside of your control; but beyond these acts of God, the rest is down to you. If you're a highly

successful businessman who is earning millions every year, then that comes down to your own hard work, your own strategy and your own confidence. Your actions and your choices brought you to where you are now. If you are living a relaxed life with your family and having plenty of time to play with your kids at the end of every day, then *that* is down to your choices too.

But at the same time, if you are someone who is stuck in a dead-end job, who feels that they aren't getting their due, who is so stressed they don't have time to do anything they enjoy and who is largely unhappy with their lot in life... *that's* down to you too. You *chose* to be here, even if you don't feel like you did. You chose to let this happen, even if the decision was expressed through inaction rather than action.

And you're choosing to perpetuate that situation *right now* by not actively seeking change! You're choosing it because it's easier than stepping up and going after what you want in life – and in fact it might be so easy that it doesn't *feel* like a choice anymore.

If people seem to walk all over you, then it is because you are letting them. It is because you are presenting yourself in a way that is allowing them to take advantage of you.

So, you need to start making different choices and acting differently. And that is why you need to change your focus, change your attitude and change your belief system in order to start getting the things you want.

Finding Your Passion

So how does it all start? The first thing you need to do is to find your passion, find your goal and find what it is you want in life.

A lot of us have a tendency to drift and to come off as indecisive and the reason for this is that we actually don't know what we want. Very often, we're told to go after the things we want in life and the things that make us excited but it can be hard identifying just what that is!

How do you choose between multiple exciting career paths?

How do you know if you want to go travelling *really*, or if you'd find it too hard being away from your family?

In order to become a decisive man or woman of action though, you need to make up your mind on this. What's important to you? What are you working to accomplish? Once you know the answer, you can begin to take the most direct and effective steps to getting to those goals.

This changes everything because now you have a destination, you can create a road map.

So how are we going to find out what we really want? A good start is to begin with a vision rather than a goal. A vision is a visualization of what you want in life and it means picturing your perfect future in your mind's eye.

Remove all expectations, stop second guessing yourself and just picture the future you think would make you happiest. Just let it come!

So where are you? Are you living in a massive, beautiful house with your beautiful children and wife/husband? Are you a man/woman of leisure? Or perhaps you are standing at the top of a high rise building, wearing a very expensive suit and looking out over the world below as king of your domain.

Whatever the case, picturing your success like this should help you to get an idea of what is more important to you. Just make sure that you are completely honest with yourself and that you don't let stereotypical definitions of success influence you here. If your idea of a perfect future is to have 20 cats, then go for it! This isn't going to work unless you really know your passion...

How to Write Your Goal

The next step, is to break that passion and that vision down into goals. These are the concrete steps that you're going to take in order to build the future you just pictured.

If your vision was seeing yourself in great shape for example, then it can be tempting to think of that as a goal: 'to get into great shape'. Or perhaps you might be more specific and make your goal into: 'lose 2 stone in one year'.

Neither of these goals really works. That's because they make the mistake of being too long term and in the case of the first one, too vague.

Losing weight is something that is out of your control. If you want to lose weight in a year, then you can try very hard but there's always the possibility that it won't work out. You might have issues with your metabolism, or

you might get injured and be unable to train. Either way, you only play a role in losing weight.

What's more, is that it can be very hard to quantifiably measure success right at the start. So if you're trying to lose weight over the course of a year, you might not know precisely how to go about it or whether or not you're actually being successful.

And it can be *all* too easy to put it off. You might think, for example, that you don't need to work hard to lose weight today because you can always do it tomorrow – you have a whole *year* for heaven's sake!

But gradually, you get closer to that deadline and you realize you haven't been motivated. And when that happens, you realize that you're not going to make it. You've failed in your goal and this then will completely remove all sense of motivation and drive from your objective.

And you'll give up.

So, let's go about this a different way. Let's take the vision and instead break it down into small, concrete steps that we can take. Ideally, these will be daily or weekly steps that we can pass or fail and that are completely within our control.

Now your goal is to: 'exercise for 15 minutes every day' or 'only eat 1,800 calories every day'.

This is a simple and straightforward objective that you can accomplish every day. Every day is a simple 'pass or fail' and if you do it every day, then eventually you'll find that you get the results you want. It makes it that

much easier to stay focussed on what you need to do, because the task is so much smaller and right within your control.

This same principle can be applied to countless other types of goal. For example, the goal 'write a novel' doesn't work as well as the goal 'write 1 page a day'. Likewise, the goal of 'start a business' will work less well than 'work on my business for 2 hours a week'.

Write your goals correctly and you'll find they're that much easier to accomplish!

Staying Focussed

Of course, it is still going to be a challenge sometimes to actually stay focussed and motivated to complete the task. Sometimes, you will find that you just don't have the energy or the will to complete the tasks you need to complete. What do you do in this case?

The key is once again to keep your eye on the prize. Whenever you feel yourself lacking the motivation to continue, visualize the vision that you had right at the start. This will help you to make the connection between that mundane action and the amazing results that you want to accomplish. When you do that, you'll find that it's hard *not* to be motivated – afterall, it's your passion!

That's why it's so important that it's your true passion you're going after too. If you don't feel it, you won't have the motivation and energy to go through with these steps.

And passion changes the way you hold yourself too. The way you talk. You become *magnetic*.

Think about a guy like Dwayne ‘The Rock’ Johnson. He has been highly successful in multiple disciplines and now there’s talk of him running for president! He’s in incredible physical shape too – so how did he get to this point?

If you follow him on Instagram, then you’ll have an idea. Here is a guy who wakes up at 4am on most mornings to get outside and train. He does this because he is so passionate about his films, about his training and about his social media that he can dig deep and find that will every day.

And this comes across in interviews too. It’s *clearly* obvious that he loves everything he does – you can tell from his gesticulations, from his smile and from the way he holds himself. This *gives* him a huge amount of magnetism and charisma.

And science backs this up. When we are passionate about something, we gesticulate *more* to emphasize our point. And audiences rate people who do this as being more charismatic, more trustworthy and more believable. So you see, by following your passion you can *instantly* become more magnetic and start to give off that successful aura!

Invest in Yourself

The other way you do this is by investing in yourself. That might mean buying nice clothes, it might mean taking care of yourself physically, or it might mean going on training courses.

Whatever the case, your objective is to spend some more time and some more money on yourself in order to become the best version of you – and in order to *feel* amazing. When you do these things, you'll find that you look and feel the part. This instantly changes the way that you walk, the way you present yourself and the way that others respond to you.

This is the 'law of attraction' at work and you'll find that the way you act will ultimately end up influencing the way others act toward you and what you get out of life.

We talk much more about the law of attraction and how to use it in the full ebook. Here you'll learn how to achieve happiness, how to avoid the pitfalls of success, how to reprogram your mindset and how to overcome fear. By the end, you'll be talking and walking like an absolute winner and you'll start getting the things you want out of life.

Otherwise, I hope you've learned enough in this free guide to get out there and start making some changes. Discover your vision, break it down into steps and then invest in yourself and believe you can accomplish anything!