

Welcome to the “Change your Mindset to Change your Reality” program.

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A quote from Michelangelo says it all, “the greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it!”

It’s a mind game! If you learn to control your mind, you will begin to control your actions.

When you see someone that is the best, How do you feel?

Everything we do is pre-determined by our thoughts. We do something if we believe we can gain from it but we avoid doing something we know we should if

Our life is shaped _____

I believe in destiny, but I believe _____

One of my mentors in my business was John Frederick who used to tell us, “things are the way you like them or else you’d change!”

Let’s look at some of the reasons people don’t change themselves or their situations.

1. _____ What happens to your body when you are afraid?

What are you going to do to overcome your fears?

What are you afraid of? Why are you afraid of it?

Susan Jeffers in her book "Feel the Fear and do it anyway" has a whole list of things that create fear in people. They include things that "happen" as well as things that require action.

People fear things that will happen

- a. _____
- b. Loss of income
- c. _____
- d. Illness
- e. _____

People fear things that require action

- 1. Going back to school
- 2. _____
- 3. Using the telephone for prospecting calls
- 4. _____

The other level of fear involve our "ego"

- 1. _____
- 2. Success
- 3. _____
- 4. Disapproval
- 5. Being conned

Spencer Johnson asks "what would you do if you weren't afraid?"

“Is there something you really wanted to do that you didn’t because you were afraid? _____

Why were you afraid? _____

Was your fear real or imagined? _____

2. _____ – Anthony Robbins in his “personal power” program says most people will work harder to avoid pain than they will to gain pleasure.

Ask yourself “What am I avoiding because I don’t want to experience the pain?”

Pain and Fear are closely related

3. _____

We choose to look at people’s successes not realizing that most of them had to overcome obstacles and failures to get to where they wanted to be.

4. _____

5. _____

In all cases you need to ask yourself questions in order to discover what's holding you back?

1. What is it I want from my business?

2. What is it I want in my life?

3. _____

4. _____

5. What have I been telling myself as to why I don't have it, or can't accomplish it?

6. _____

7. Why is it preventing me from getting it?

8. _____

9. _____

10. What am I not willing to do in order to get what I want?

11.

Once you have asked yourself these questions it's time to take action.

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Direct Selling Doctor membership site has launched and we had our first teleseminar this past Monday on marketing your direct selling business. We ONLY have 30 spots left for the Inner

Do you find yourself thinking about everything that can go wrong?

Look back at something you accomplished that you really felt good about.

What was your state of mind?

What was the difference in your beliefs?

You NEED TO TRUST YOURSELF!

Celebrate Your Successes

What have you succeed in?
