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Have an open mind.

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

- Winston Churchill

Introduction

Stop following the mass.

Take control of your life.

This book is all about facing reality and doing something about it.

What is the meaning of Take Control?

- From Dictionary: To have power over. To direct the actions or functions of.
- From me:
 - It's all about the most difficult things that you don't want to do.
 - It's related to work and effort.
 - It's putting the action into what you choose.

Let's start this...

This book is set up in two sections.

In the first section, you'll find the "No Bull Shit" choice. It's a direct path to unlock your understanding of who you are. No beautiful stories, just the great information to help you learn and grow.

You'll find these three steps in the first section.

- Get free
- Get Moving
- Celebrate

In the second section you'll find small chapters with subject in relation with Take Control. Lots of good stuff presented in short chapter.

First Section

1 - First Step – Get Free

The First step is quite large. Please take the time to read more than once.

Are you free?

Are you happy with your present situation?

If you answered ‘no’ to one of those two questions, maybe this book can help you.

There’s a direct relation between being free and living a happy life.

To get free, you need to understand what is wrong with you. The obstacles that are stopping you from reaching freedom have been placed there by you.

Even if you don’t know how, you did it.

Reading this book is the proof that you want to work on yourself. You’re on the right path, stay on it.

A. Take care of the Bull Shit Spiral

Identify the Bull Shit Spiral

Are you in the Bull Shit spiral?

To know if you are, answer these questions:

Are you feeling bad about your life?

Is it difficult getting up in the morning?

Are you in a state of survival for everything in your life?

Do you feel the need to forget?

If your answer is 'yes' to any of those, then you are in a spiral. And you should do something about it.

The Pharmaceutical industry doesn't want you to think you can do anything about it. They want you to take some pills in order to change how you feel about the spiral. It's a billions dollar business. And they want to keep it rolling.

Here I don't say to stop taking your pills, what I say is that you should start to work on the problem in order to have the chance "someday" to stop taking pills. Always follow your doctor's advice. Never stop any medication without the approval of your doctor.

The spiral is made up with those: Criticizing, denouncing, lamenting, moaning, protesting, bitching, deploring, grieving, imputing, refuting, ranting, reproaching, whimpering, whining, finding fault and making a fuss. I know there's many more, but we'll start with those.

Criticizing: If you feel good about making a negative statement. You're into the spiral.

Denouncing: If you think that you are a victim or you think that someone else is a victim. You're into the spiral.

Lamenting and Moaning: You need to lament and moan about anything and everything. You're into the spiral.

Protesting: You think that it's better to fight against something than to work for the opposite. You're into the spiral.

Bitching: You like to say negative stuff about others. You're into the spiral.

Deploring and grieving: You keep on remembering negative moments and the bad feeling attached to it. You're into the spiral.

Imputing: You never take responsibility for your mistake. You're into the spiral.

Refuting: You feel you need to make a point. You need to be the one who's right (even if you're not). You're into the spiral.

Ranting: You like to rant. You're into the spiral.

Reproaching: You feel the need to put the nose of someone else into their mistake. You're into the spiral.

Whimpering and whining: You like to complain about your victim status. You're into the spiral.

Finding fault: You need to look out for the bad in everything. You're into the spiral.

Making a fuss: You like to create drama. You're into the spiral.

There's many more stuff like those that would bring you into the spiral.

If you want to know if what you're doing is bringing you into the spiral, ask yourself those questions: "Do I generate anything good with this?" "Is this bringing anything good into my life?"

If you answer is yes, then you're not in the spiral. If you can't say if the ending result would be good or bad, then you'll need to ask yourself another question. "Are you doing it with good intention or not?" Intention to do something good is not into the spiral. Many people will say they're doing it with good intention, but the truth is far

from that. They're doing it under the cover of doing it for good reason. They're into the spiral.

Let's talk about the good reason that some people use to destroy your dream. Some people do really think those are good reasons.

Some will say: "It's for your own good."

They'll say: "It's to protect you from failure."

They'll say: "No one has done it before. You don't have what it takes to do it."

They'll say anything just to make you quit.

Why they're doing it?

They don't want you to succeed. Your success will show them how deep they are into the spiral. And they don't want you to get ahead of them in any way. Those people don't deserve your time and energy.

Some of them do really think they're doing this to help you. Don't fight them.

When you find out that you're into the spiral. You have reached the first step to become free from it.

It may seem simple, but it's really hard. All your atoms will fight to stay in ignorance.

When you "understand" that you are in the spiral, it's a big success.

Celebrate! It's the start of your new life.

Stop doing it

Now that you know, you need to stop doing it.

It will be hard. Yes, good effort brings good results.

“Everything of value has a cost. Career and business success don’t come without a price.”

- **Mark Levine**

When you realize that you are living into the spiral, you need to stop.

Yes, stop and think about it.

Ask yourself if this is going to bring anything good? If you think it won’t then stop. Just stop.

It will feel strange. People will look at you and wonder why you stop talking or doing what you were doing. Don’t pay any attention to them. If they insist in knowing what you’re doing, smile and say nothing. You don’t need to justify and share the work you’re doing on yourself. And

your silence will protect you from more negative comment about the work you are doing.

The work you are doing, it's all for you. Don't waste energy trying to explain it to others. You'll need all your energy to keep yourself aware and ready to stop the spiral. And if you still want to help, give them this book.

One more thing you could do to help yourself is to have a note book. Write about each time you stop the spiral. You write down how you stop it and the reason why you were going to do it. This note book is for you only. Reading it will help you identify the problem and stop it from coming back again.

One of the 'magical powers' of the spiral is that most people think it's ok to be in it. You have the supreme power to choose. The spiral can't force you to follow it.

In the beginning, you'll only identify the spiral after the fact. To stop into the action, you'll have to work on yourself. Yes, the most feared word of all. "Work"

Each of us is stuck into the spiral to a different level. We can't compare our amount of work. As hard as this may become, you'll have to do it alone. No one can do it for you.

You'll know the job is done when you'll stop even before taking any action into the spiral. You'll stop consciously within your mind.

Once you know you can stop it. Celebrate; you have reached another big step into being free from the spiral.

Break Free from others influences

You have identified and stop the spiral in the first two steps. This is great!

At this step, you will now look at the spiral in what others are doing.

You have to stop others from involving you into their spiral.

Don't let the spiral take you back in.

Don't try to stop others from being in the spiral; you can only stop them from involving you in it.

Think about yourself first.

You can't change others if they don't want to do it.

You can help others that are already involve in taking care of their spiral, but the job need to be done by them first.

In time, you'll see that you'll meet people that are doing the same work you're doing. You'll find easy to build a relation with them.

A sad reality:

“The people stuck in the spiral will blame you for it. And even more, when they find out that you are working on breaking free from it.”

The fact that you keep yourself away from the spiral will make them blame you for their involvement in it.

Don't defend against them. Let them be and hope they will understand someday. You can't do anything for them. If you try to defend, it could bring you back into the spiral.

Fight against the urge to fight because you want to save someone else from the spiral. Like I told you before, give away this book. Let them take action to save themselves.

When you finally realise that you can stop the influence from others,

“Celebrate”

You have reached another big step into being free from the spiral.

B. Take care of your reaction

Now that you can identify, stop yourself and stop others from taking you back in the Bull Shit Spiral. You'll still have to work on your reaction to what's coming to you. You can't stop it all (even if you try very hard).

Most people will be "ok" until they come face to face with something that will shake their reality. If you're having problem with what the outside world is throwing at you, then you'll have to work on it.

We don't have full control of what's coming to us, but we have full control on how we react to it.

Understanding how you feel according to what's coming to you will help you changing the way you react. You could use a new note book or you can use the same you used in the step "Stop doing it".

Use it to write the situation.

- Note how you feel.
- Note how you react.

- Identify if it could take you back into the spiral. Or if it did.
- Think about a way to prevent the spiral from coming back into your life from those moments.

At this point, if you can find people working on themselves (as you are). You can ask them for idea to prevent the spiral. Helping each other on this road to freedom will help everyone.

Your reactions are closely involved with your instinct.

As long as you don't take the time to understand your reaction, you will not have any chances to change anything. You'll keep reacting with your instinct.

I'm not telling you to get rid of your instinct. I'm telling you to work with them so they don't end up taking you back into the spiral.

C. Be your own outside observer

When you have cleared most of your unproductive reaction in your life, then you still have to be aware of what you're doing.

It's easy to fall back into old habits.

It's easy to get back into negative energy.

“The acceptance of full responsibility encourages you to become aware of your beliefs.”

- **Joe Vitale**

Breaking free is a job that will go on for your entire life.

There's too many ways to fall back that you can't let your guards down.

One good way to be your outside observer is to take one hour a week. You have to be alone in a peaceful place. During that hour, in your mind, you get back to all the actions you took in the last week. If you find out that you have nothing to think

about, it means that you're not really aware. Note everything and then get back to think about it.

Another good way would be to build a power team with some people you trust. This team can be from 2 to 10 people strong. It's up to you. But you only need one person with you to make this power team work. Each member of the team should have done some work on themselves before getting in the team. Each member of the team will share one thing about his work. Share with honesty. It's a mutual trust association. You need to do this with people that are on the same track as you. As a team, you try to find the better way to resolve what is brought to the team.

2 - Second step - Get Moving

Now, let's talk about taking action to build what you want.

Do you have a dream?

Do you have something that you would like to make real?

If you don't have any dream, then you need to find one. Like a car with no gas, you aren't going anywhere.

A. Your Dream

A lot of people don't have any. They have been hurt so many times (about their dreams) that they just don't want to dream any more.

“Young Elephant are trained with a small rope that is strong enough to hold them at that age. When they grow up, they are conditioned to believe they cannot break away from the same rope. They believe the rope can still hold them, so they never try to break free.”

A lot of people have been trained to stop dreaming.

Maybe you did get some of these “Wrong” pieces of advice before...

“Stop dreaming! Be realistic, you'll never get that!” *Wrong!*

“Someday, you'll follow your dream, but right now you need to buckle down and be responsible.” *Wrong!*

“Only a lucky few can have their dream come true. What makes you think you’re among them?” *Wrong!*

We all did get one of those stopping us from dreaming. Your negative quote is as bad as any other. The saddest thing is that most people don’t realise the wrong in it. They just think it’s a good advice. And they feel good when they’re giving it to others. If it works for them, it should work for you too.

“You have to dream before your dreams can come true.”

- A. P. J. Abdul Kalam

If you really want to stop the bull shit, then you have to dream. Start with something that you feel is within your reach for now. It’s easy to start with something we can conceive first.

Later, you can dare to dream something much difficult (in your own conception). This is where you’ll break free from the bull shit. The more you’ll dare to dream, the more you’ll dream.

“If you can dream it, you can do it.”

- **Walt Disney**

The dream is the fuel. You need a dream so great for you that it will lift you up thinking about it.

Don't dream someone else's dream.

“The size of your success is measured by the strength of your desire; the size of your dream; and how you handle disappointment along the way.”

- **Robert Kiyosaki**

If your dream is to help others, you're still doing it for you first. You're doing it because it's something that make you feel good. You get something from it.

Helping others is always good. All the good you do for others will come back to you in some other way.

It's up to you to choose if you want to share your dream or not. Sharing a dream could bring some negative pressure on you. Be careful with who you choose to share it with.

Sharing your dream can also become another type of motivation. It's up to you. But most people will give up when they face negativity.

“Get excited and enthusiastic about you own dream. This excitement is like a forest fire - you can smell it, taste it, and see it from a mile away.”

- Denis Waitley

Don't tell people your dream. Show them! Yes, some will think that you got lucky, but you'll know the truth and it's the only things that matters.

“If you don't build your dream, someone will hire you to help build theirs.”

- Tony Gaskins

Do you feel like you could do much better at your job?

Do you think that you haven't reach your full potential?

Maybe you should start to think about making it on your own. Maybe you should start to look around for option that would let you make it better.

When you help someone else building their dream. You can't impose your dream to replace theirs. So, if your dreams are much larger than theirs, you end up frustrated. You know it could become so much more.

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

- Harriet Tubman

Dare to dream and work to build them. No one can do it for you. You are the only one who can really grasp what is the essence of your dream. You are the only one who feels that way about it.

Working for someone else could go along with building the dream you have at the time. Don't end up giving up on the ones you have to build theirs.

B. Your Goal

When you have a dream, then you need to set it in time. You need to choose when you want to reach that dream.

“A goal is a dream with a deadline.”

- Napoleon Hill

To transform a dream into a goal, you need to set it in time. Then you need to take action on that goal.

“A dream becomes a goal when action is taken toward its achievement.”

- Bo Bennett

The tragedy in life is not to miss your goal; it's to have none to reach.

There's a lot of technique to set goals. The one I like the most is this simple one.

Dream

Write

Do

You dream, you write it down with a date and then you take action to reach it.

It's ok if you don't reach a goal for a set date. As long as you took action to reach it and that you set another date to continue toward it. It's when you give up that it's not ok.

“You never fail until you stop trying.”

- **Albert Einstein**

If you don't do anything, you are sure to fail. No lazy person will ever achieve anything.

“Failure is success in progress.”

- **Albert Einstein**

Obsessed is a word the lazy use to describe the dedicated.

“Arriving at one goal is the starting point to another.”

- **John Dewey**

C. Your Action

Taking action, even the wrong one, is better than doing nothing. Success is not a destination, it's a trip. You never get anywhere in life if you don't get moving.

Dreams don't work unless you do.

Inspiration is pure energy. You have the choice to take it or let it go away.

If you take action on your inspiration, you are way ahead of all those who didn't.

"If you want to achieve what you dream of achieving, whatever it may be, you're going to have to earn it."

- **Miles D. White**

Inspiration always comes to many people at the same time. In the end, it's all about who will

take action first and do the best job with the inspiration.

If you don't take action, your action is to do nothing.

Even if you think you don't have any responsibility in your unsuccessful life, you do. As long as you are aware, you are responsible.

The best way to always succeed is to never do anything. You'll be successful in failing all the time.

"You can't just sit there and wait for people to give you that golden dream. You've got to get out there and make it happen for yourself."

- Diana Ross

"It was character that got us out of bed, commitment that moved us into action and discipline that enabled us to follow through."

- Zig Ziglar

Stop dreaming of the lazy success!

It's a lie!

There's no lazy success!

There's no lucky success!

You have to act now if you want anything in your future.

You'll make mistakes, everyone's do.

You'll miss some shot, everyone's do.

Those who don't make mistakes or miss some shots never get to any level of success. They just don't get anything, because they don't do anything.

If you want your place among the best, you have to take action and miss some shots.

When you miss a shot or make a mistake, smile you're on your way to be among the best.

3 - Third Step – Celebrate

Be happy now!

Yes, we have to dream, set goals and take action.
But we should also celebrate what we already have.

Take out a piece of paper and write down 10 things you are grateful for. Read them a few times and feel grateful for them. You're not starting from nothing; you have something to start from.

"The more you praise and celebrate your life, the more there is in life to celebrate."

- Oprah Winfrey

We all have something to be grateful for. Even if you think you have nothing, you still have something. If you're aware of having or not, then you already have that. Start there and build on it.

Being grateful is needed to celebrate. You can't celebrate without it. So, be grateful and celebrate now for what you already have.

“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.”

- Oprah Winfrey

A. Simple is OK

When you celebrate a success, you only need something nice to treat yourself. It doesn't have to be expensive. As long as you acknowledge your success and smile thinking of it, then it's good.

Let's say you like a glass of wine from time to time. Then your treat could be to have a glass of wine when you have reached your weekly goals. It could be to listen to a movie. Anything that is not related to building your business. If it makes you happy it will be just fine.

You must acknowledge you are celebrating. It has to be clear in your head.

You don't have to do this with others.

B. Larger goal and Hanker

When you reach a larger goal, make it a special celebration.

Hanker it.

One way to do so is to take a night out. It could also be a weekend in a special place to relax and have fun. Or even set up a large party with all the people that helped you to reach that big goal.

When it's something that you worked hard for, then it's worth celebrating.

Hanker it in time. Have a good picture, something engrave or a special gift that you can put on a wall to remember that success.

A Hanker is a great thing to have; it will help you remember that you can accomplish great things. Sometimes, we need to look at that

Hankers to keep going on when things get rough.

The small goals that you reach daily will keep you going on. But the Hankers will fire you up on long term.

Hankers are precious to you. It's a personal stuff. That's why you should keep them to yourself. You share the ones that are done with others, Team Hankers can become a big help to all.

C. The good words

Celebrate the achievement of others as they come to your knowledge. Never pass a chance to celebrate their success.

Be grateful for the achievement of others. They show you that it can be done.

Most of us are not use to this. So, we have to train ourselves.

You could start out with saying some good words to stranger you meet. Find something about them that you can praise. Always tell the truth and be nice to them. Do your best to be the shining moment of their day. This will help you develop your capacity to find the good in everything.

Our starting capacity to find something good to say to stranger are different for each of us. Some will be good from the start and others will

have to do a lot more work. But in the end, the ones who will do it as often as they can; they will become the shining light into the life of many people.

Don't underestimate the power of those few good words. They'll change the life of the people you tell them to. Those people will remember you all their life. You'll bring a positive energy into their life and it will do the same for you.

This is the end of the first section. Even if you did read everything up to this point, there's no guaranty that you'll succeed.

You also have to understand that the job on yourself will never be over. It will go on until the end of your life.

With time, you will let your guards down. We all do.

With time, you'll meet new people that will bring the spiral in a way that you never encounter before. You will find yourself in situation that will shake your stability.

Things will come to you and you'll have to stay vigilant.

I believe in you.

You can stay out of the spiral.

Let's do a little wrap up of the first section.

1- Get Free

A-Take care of the “Bull Shit Spiral”

- **Identify the Bull Shit**
- **Stop doing it**
- **Break free from others influences**

B-Take care of your reaction

C-Be your own outside observer

2- Get moving

A-Your Dream

B-Your Goal

C-Your Action

3- Celebrate

A-Simple is OK

B-Larger Goal and Hanker

C-The good words

Second Section

The Whiner

Do you think that you are the victim of the success of others?

Do you feel like you have been ripped the glory that should have been yours?

Do you think that you have been waiting long enough for that promotion?

Do you think that you have been doing the right thing; so you should have got the bonus?

STOP IT!

You don't deserve anything. If it has to come to you, it will. Don't wait for it. Keep doing the good things and it will come.

Would you like to be a Winner?

"If you don't see yourself as a winner, then you cannot perform as a winner."

- Zig Ziglar

Anyone can be a winner, but only a few take the actions needed to become one. Will you be among them?

I'm not talking about one action, but a series of action that are adding up to make you a winner.

There's many ways to become a winner, but there's no easy way to do so.

"The winner's edge is not in a gifted birth, a high IQ, or in talent. The winner's edge is all in the attitude, not aptitude. Attitude is the criterion for success."

- Denis Waitley

If you're ready to do what needs to be done, then maybe you'll become one.

Go back to the first section and do it for real.

The Luck Illusion

There is no good luck or bad luck. It's an illusion.

Nothing happens without a source.

To each action, there's a reaction.

Even if we don't know the source, it still exists.

You can't change the past. What is done is done. You only have the power to influence the now.

Understanding the source should be use to change the now to something better.

It will serve nothing to pity and bitter on the past.

"People can be more forgiving than you can imagine. But you have to forgive yourself. Let go of what's bitter and move on."

- Bill Cosby

Move on to something better. You have to reach for the best if you want any hope to get the best. If you reach for the average, then you'll never get more than that.

"Things turn out best for the people who make the best of the way things turn out."

- John Wooden

Luck is one of the many excuses from people that are doing nothing.

Don't build around excuses, build around action.

"Luck is just hard work that hasn't been noticed yet."

Using Excuses

We all have ours. We have to overcome them to make it big.

What are your excuses?

Are you fast to find excuses?

Do you feel secure with your excuses?

“Leadership is about taking responsibility, not making excuses.”

- **Mitt Romney**

One of the differences between someone who's successful and someone who's not is how much they rely on excuses in their life.

If you use excuses when you face a difficulty, then you have to realize that it will influence your level of success.

Make a conscious action to realize that you are using excuses. This is the start to stop doing it.

You can't overcome what you don't know. Knowing that you are using excuses will help you work on them.

It's not easy. It will take lots of time. But if you want to upgrade your success, then you'll have to work on it.

"Ninety-nine percent of the failures come from people who have the habit of making excuses."

- George Washington Carver

Start to see the good in all you do, and you'll understand that you don't need excuses anymore. In all you do, there are good things. Focus on that and build upon it.

Are you addicted to being a victim?

When things go wrong, how do you react?

Are you among the people who will look for a solution or are you going to whine?

I Just read a good post by Henrik Edberg - How to move away from the victim mentality.

<http://www.positivityblog.com/index.php/2013/05/15/victim-mentality/>

Many years ago, I found out that I was in charge of my life. A good friend, the philosopher Andre Moreau (<http://www.andremoreau.ca/>) gave me the tools to understand that I was in charge.

It's OK to make mistake. We have to learn from them.

Please, stop thinking that others are in charge of your life. Start to take responsibility for what you have and what you get. Good or bad, you always have the choice of how you respond to what happen to you.

The victim mentality will make you a victim.

The outside

There is no outside of you. You are interconnected with everything.

When you hurt someone else, you hurt yourself.

When you help someone else, you help yourself.

“There's no reality except the one contained within us. That's why so many people live an unreal life. They take images outside them for reality and never allow the world within them to assert itself.”

- Hermann Hesse

The outside and the inside are one.

You are linked to everything around you.

The universe is linked to you.

God is directly linked to you.

When you are aware of something, you become involve with it.

When you're not aware of something, you cannot do much about it.

That you are aware or not, things will happen. And you'll be connected to them anyway. In the end, you influence everything even the ones you are not aware of.

As soon as you are aware, you have the power of a direct influence.

Taking action doesn't mean to take it all on your shoulder, but only to do something good about it. Even the smallest good action will bring good into the situation.

You are influenced by things that you're not aware of. But as long as you do some good around you, that good will influence outside of your awareness.

Are you a zombie?

Are you making choices like a zombie?

Are you choosing what seems to be easy?

Zombies never look ahead. If you make choices according to what is in front of you at the time without taking any step back to see ahead at what awaits you. Then you're a zombie.

How can you get out of that zombie state?

- Have clear and define goal. How can you choose the best road when you don't know where you are going?
- You have to take a conscious intention to choose what is best for you (for your goal), not the easy way.
- You have to take the full responsibility for your choices.
- Rectify what needs to be as you go along. There's always something that could be rectify for the better.
- Stay on course toward your goal.
- Don't let anyone slow you down.

Zombies don't care about being a zombie. They think it's ok to be one.

You are way ahead from all the zombies, because you are reading this book.

They don't.

Reacting to Bull Shit from outside

Day to day, you'll have to face people that will bring bullshit into your life.

How do you react?

First: Stay calm. Stay away from emotional reaction. You have to let the shit flow away like water on a duck.

Second: Smile. You don't have to say anything. Smile and walk away. Most will think that you agree with them and they will stop harassing you.

Third: Resist the urge to fight against the bullshit. It doesn't matter if you win or not. Just the action of fighting is taking you into the spiral. And when you enter the spiral, you have lost the fight.

You will find yourself in difficult situation with bullshit thrown at your face. How you will react is all that matters. Your reaction will say if the spiral will take you back or not.

If the spiral takes you back. It's not the end. You can still get out.

The spiral is all around us. You'll find yourself facing it every day.
How you react is the only thing that really matters.

When things go wrong

We have a limited amount of energy that we can use; it's up to us to use it wisely.

The wise will always invest his energy in what he thinks will bring back the best return.

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

- Jimmy Dean

It's always up to us to invest our energy or not. Whatever anyone would say about this, we always have the last say in how we use our energy.

Let me tell you a little story.

Marc was working in a Jeans factory. It was his 15th year working there and things were great. He was earning a good salary. He was living a good life without much worry.

Joe was also working at the same factory and earning the same salary as Marc. He was living a good life without much worry too.

Then someday, the factory closed. Bang! No warning! Joe and Marc just showed up to a lock door with a note indicating that the factory was in bankruptcy. They got a compensation for one month salary and it was all.

Marc got really angry and started a group to protest against the bankruptcy of the factory. He got into the media and worked really hard to build a public response to what they were living. He did spend a lot of his own energy into this. 3 months later, he was still without a job or income.

Joe got angry about what happened. But he didn't join Marc on his anger campaign. He took a few days to think about his options and what he could do to find a way to earn as much as he did with his old job. Joe started to apply for a new job the next week. It was hard, he wasn't alone applying to those jobs, but he didn't give up. He kept going on, investing a lot of time and energy toward finding a new job. 3 months later, he was still without a job.

Marc found out that he would not get his job back with the old factory. He did not get anything back with his anger campaign. The public just got tired of him and he could not find a media to publish anything more about his fight. His fame was fading fast. So Marc started to look around to see what he could do to change his situation. He started to apply for new jobs. 4 month later he was still without a job.

Joe didn't give up and kept applying for new job. He was getting more and more chances to get an interview and sell himself to a lot of good company. He didn't know what would happen, but he kept on applying daily for new jobs. 4 month later he was still without a job.

Marc didn't have enough energy left to really keep him motivated. The angry campaign drained a lot of his energy. He's doing his best to apply to new jobs. 5 month later he was still without a job.

Joe finally found a good job in a good company. He's motivated and looks behind to what happen as a great opportunity to find a better job with this great company. He's positive about the future. 5 month later he has found a great new job.

Marc just can't put enough energy into his job search. His results are low and his interview results are even worse. Some of the new employer recognises him for the anger campaign he did for his old job. Some of those new employers didn't agree with Marc and discard him as a trouble maker. Marc is discouraged; he kept on talking about the way he lost his job and how bad it is for him. He wants others to take care of him and give him a new job. He think he deserve it because he lost a lot. 12 month later he was still without a job.

Joe is happy in his new job. He's investing a lot of energy to make his mark and gain the respect of his fellow worker and employer. 12 months later he's happy.

Marc and Joe are two good people. They didn't deserve what happened.

We all have choices to make. We all have battle to choose. Whatever you choose, you'll have to live with it.

Yes, maybe Marc could have won something with his anger campaign. But let's be real, using negative energy to get something is choosing the hard way to do it. He did make a lot of noise about it, but that's all he got... noise...

Choose your fight! You are the one to choose where you should invest your energy. Choose wisely, because when your energy is spent, it's gone. You can't change the past.

"It is during our darkest moments that we must focus to see the light."

- Aristotle Onassis

Don't focus your energy on negative action.

Look to the future and invest your energy to make it better.

A lot of people will whine and comfort themselves in being a victim. Sorry to say this, but victim can't change what happened to them. But they can change how they want to go on from that point.

"Definition of a victim: a person to whom life happens."

- Peter McWilliams

Don't play the victim game. You'll win nothing with it.

Don't expect on getting back what you lost.

Doing something good

Never underestimate the power of doing something good. Be kind all the time.

“No act of kindness, no matter how small, is ever wasted.”

- Aesop

Yes, if you're doing something kind without any hope of getting something back, then you're truly kind.

Even kindness done to make a show is still a good thing.

“Treat those who are good with goodness, and also treat those who are not good with goodness. Thus goodness is attained. Be honest to those who are honest, and be also honest to those who are not honest. Thus honesty is attained.”

- Lao Tzu

Be good with everyone and at all time. You're never too good.

Those who can't accept your good action will remember it the longest. In the end, good always bring back good.

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."

- Lao Tzu

Only good can come to someone who is kind in everything. And when something bad happen, they find the good in it and change it into something good.

We filter the information we get. It's our choice to see the good or the bad in every situation.

We can't change what happened, but we can choose how we respond to it.

About Peace?

Face and find peace. Deny and find regrets.

When you face your problem, you'll feel pain for some moment.

When you deny and flee, you'll feel pain for all your life. You choose, because no one can for you.

"You will find peace not by trying to escape your problems, but by confronting them courageously. You will find peace not in denial, but in victory."

- J. Donald Walters

Power can bring good and bad, it's all about how you use it.

"When the power of love overcomes the love of power the world will know peace."

- Jimi Hendrix

When you leave your own power to someone else, you'll never be happy with the outcome.

When you give away your power of change, you are doom to experience the same, again and again. You have to face the problem if you want any hope in ending it.

“Peace has to be created, in order to be maintained. It will never be achieved by passivity and quietism.”

- Dorothy Thompson

Idle people never accomplish anything. They float on the river of life. They don't know where they'll end up. And finally, all they do is whining on all the wrong things happening in their life.

Peace is directly in relation with each of us. We are the source of peace. Don't hope for someone else to bring it into this world, do it yourself in your everyday life.

“I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word.”

- **Martin Luther King, Jr.**

If you do your best to bring peace into your life, you'll be adding some power to change the world and bring peace globally.

It all starts with you.

The first step to bring peace in your life is to be at peace with yourself.

You can't change the past.

Believe in yourself and do what you think is the best.

Be in harmony with your heart in all that you do.

If you do good with all your heart, then in the end peace will be the result.

“Peace is not a relationship of nations. It is a condition of mind brought about by a serenity of soul. Peace is not merely the absence of war. It is also a state of mind. Lasting peace can come only to peaceful people.”

- **Jawaharlal Nehru**

Talk is cheap. Don't talk about peace, do something for it.

You don't have to build something big to have influence on peace in the world. Just do something good with all your heart.

“While you are proclaiming peace with your lips, be careful to have it even more fully in your heart.”

- **Francis of Assisi**

To work for peace doesn't mean to be a slave to the un-peaceful people.

“Nobody can bring you peace but yourself.”

- **Ralph Waldo Emerson**

As long as you stay true to your own heart. Working to bring good in the world will always help peace.

Your good doing could be used by someone else to bring hate and pain. Keep doing the good and don't let the wrong doer bring you into the spiral of hate and anger.

If you let anger and hate take your heart, then you'll become an actor into the building of violence and war.

“Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.”

- **Henri Nouwen**

Your influence in the world

You have influence in what the world will become.

You are part of what is the world.

“You must be the change you wish to see in the world.”

- Mahatma Gandhi

It all starts with you. You are the first step into changing the world.

Don't wait for someone else to do it for you.

Do it for you and the world will respond to it.

As soon as we are aware of what happens in the world, we can't deny our responsibility into it.

Don't underestimate the power you have to change things even without a way to physically touching it.

Your influence will mix with the influence of others and it will become the reality.

We don't always become aware of the influence we have on the world.

Things change for good or bad without us knowing about it.

Beware of what you send in the world around you.

Whatever you let out will have influence on the world (Verbal, action or intention).

Your influence comes through your filter. Your filter is built with what you learned. Using that filter, you influence reality. At the same time, your filter also works on how you perceive reality.

Reality will react to what you sent out. Good or bad, it will influence what shall become.

“Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another.”

- Napoleon Hill

There's no outside, you are linked to everything. And everything is linked to you.

The filter can be changed. It is built with experience and knowledge. Good or bad, your filter is created with it.

Even if the filter is created in the worst environment that can be found, the user has the power to change it. As soon as you understand it's wrong, you have the chance to change it.

Before you understand how it is created, it's almost impossible to change it.

A lot of people are really sincere in thinking they are doing the best to help others.

They act according to their filter not knowing it is wrong.

When you act according to your filter and doing the best you can, your action will be filled with good energy and reflect back (good energy). If you know it's wrong to do what you do, then it will be filled with bad energy and reflect back (bad energy).

You can't lie to yourself. If you know something is bad and still do it, then you'll get back what you sent.

Be a good student

Be a good student and learn what is needed to be among the best.

“You have to learn the rules of the game. And then you have to play better than anyone else.”

- Albert Einstein

Too many people think that they can do it better and just fail to learn before they try to make it better. Without the learning process, how can you know you are making it better?

If you're willing to learn and keep on learning, then maybe you'll earn.

“Take the attitude of a student, never be too big to ask questions, never know too much to learn something new.”

- Og Mandino

Becoming an expert is not an end. We always have something to learn. If you're open to it, you'll keep on learning until your last days.

All expert still have to learn new things. After you become an expert, you have to keep on learning.

Learning success

Learning is great. But doing is always better.

“You don't learn to walk by following rules. You learn by doing, and by falling over.”

- Richard Branson

We all need to start up with the learning. Some will learn fast and some will be slower. It doesn't matter, because it's what they do with what they learned that will make an impact.

In the end, the doers will always take the lead on the idle learner. Learning from the experience of other is great, but it won't ever be as great as learning from your own experiences also.

The more you'll do the better your special alarm senses will become. That special sense will tell you if one thing is better than the other. That special sense cannot come from the experience of others; you have to build it on your own.

About that special sense, I have a story to tell you.

My wife was working as a dispatch for a security alarm company.

On that night, she was working as usual and doing her job. You have to understand that 98% of the alarms are false. So, to have a positive alarm is really rare. They were taking care of many thousands of signals in a shift.

Among all those alarms, she got one alarm for fire detection in a snack bar. She sent the fire department and went on with the other alarms. The fire department came back and reports that there was no fire in there. She felt that something was wrong. She got a few more alarm from that place and she got that feeling that something was wrong. So she called back the fire department and told them that she kept getting an alarm and something was strange with that alarm coming back again and again.

So the fireman got back to the snack bar and did some other test. They tested the place for gas and found out that there was a leak in there. It was a major leak. If it would have exploded, it would have been a major disaster.

In some way, she followed her feeling and saved many people. The feeling was good because she understood how the alarm where working and she had experience on the job. If this would have happen in her first week, she would not have pushed it further after the first check up from the fire department.

We all need to start up with some learning. Those who don't take the time to learn the basics first will have to learn it while doing it.

The problem with learning is there's a lot of people that can't take the next step into doing.

You'll have to find your edge in this. Some will need a lot of time and some a lot less.

It's ok to take the time you need. Because, in the end the ones who are doing and keep on doing will be the one to succeed.

You need to keep on doing. A mixt of doing and learning is the best.

A lot of people who quits, do it because they don't have the tools needed to keep going (or they don't understand how to use them). They don't know what they should do. This is why you need to learn the basic first.

You should keep on learning as you are doing. It will help you face the problem you'll get on the way to reaching for your goal.

Learning the basics is like building a strong foundation for your project. It will not assure you of success, but it's a good way to start.

“There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning.”

- Jiddu Krishnamurti

There's no end to learning, even if you think you don't have anything more to learn, you'll learn anyway.

“The brighter you are, the more you have to learn.”

- Don Herold

Some very intelligent people think they know enough. That's one more thing they'll have to learn, that they have to keep on learning to the level of their capacity.

The end of your learning is directly linked to the end of your life.

The right moment

Don't wait for the right moment to do something. You'll end up doing nothing.

Result will come to you, that you take action or not. But if you take action, you'll have at least some influence on the result. Your action will not always bring what you want, but it will bring some of it.

Every fail has some part of success in it. You have to be looking for it.

“If you wait for the right time or the good times to start a business, you wait all your life.”

- Fran Tarkenton

There will never be a good time to do something. It's because you always end up knowing this after the opportunity has gone.

As you never really know if it's the right time, you can't know if it will work or not. Take action on every opportunity you get.

Struggle brings opportunity

We all tend to stay in our comfort zone.

We go for the easy way. It's also the best way to keep our present situation.

If you read this, maybe you want to change. And if so, then you'll have to get out of your comfort zone.

You have to open yourself to change.

Your present has to change.

You need to change.

Anyone can take the hard road, but only a few will.

Among all the people reading this book, only a few will take action.

A lot of people will understand this book, but they just won't do anything with it.

Most will not act because they're not in a struggling situation.

People who are not struggling will not see the need for changes.

They won't make an effort to change because they don't see the urgent need to do so.

When you find yourself cornered, you're forced to do what you wouldn't have done before. You're forced to find creative way to change the situation.

“Financial hardship has a way of beating the pride out of you.”

- Joe Vitale

Many call this the bottom of the barrel.

At the bottom, you'll face a low self-esteem. Sadly, most people when they reach that point, they can't find the will to get out of it.

Among those who find the power to overcome and rise above,
you'll find some of the best leader.

But, you don't have to wait until you find the bottom of the barrel
to rise up. You can do it right now and be where you deserve to be.
Don't wait until you reach the bottom.

“The desperate usually succeed because they have nothing to lose.”

- Jodi Picoult

Be your master

You already know what you need to do.

This book will not give you anything new. This book is only a focus to help you take action.

The only reason why you haven't been successful is because you didn't take action.

You are ready to do it.

Most of us are ready to take action, but we don't.

Facing your fear will get you going. This isn't easy. Most will stop before taking action because they fear the fear.

You have the power to build the life you want.

Success is when you get up after you fall down.

Success is to keep going even if you haven't got any good results.

Success is doing it and keeps doing it.

You are a master, but you still have to "Do the Do".

I'm not the first to tell you this. You already know all that.

“I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do.”

- **Leonardo da Vinci**

You're Mindset

“If you don't have the mindset of a champion, you'll never be one.”

- Joe Vitale

We're in charge of our life.

Our brain is creating our life.

Our choices are shaping what we get and what we don't.

What is wonderful is that you can shape your mindset to become what you want. If you work on it with a lot of will and action, then you can shape your mindset.

Joe Vitale proposes to get rid of the three beliefs that are stopping you (from the book *Attract Money Now!*).

Get your free copy here:

www.attractmoneynow.com

These are the three beliefs that will stop you.

1. Don't love myself

Get rid of the core belief "I don't love myself". Seems simple, but this is the most difficult core belief to get rid of. Don't take this lightly; you really need to love yourself if you want to get anything good in your life.

2. You don't deserve to succeed

Get rid of the core belief "I don't deserve it". This one is directly linked to the first one. They go along but they're not the same. You always get what you deserve.

3. Money is not a tool for good

In the book of Joe Vitale, it was about making money. But you can apply this to anything. If you really build your core belief that you do it for good, you'll succeed. Don't underestimate the power of your mindset. It's the key to success or failure.

As in the technique to fight the bull shit, this start with you realizing what you think. It all starts with you and how you look at the reality. The biggest obstacle to your success is you.

Don't lie to yourself; because you know it's a lie.

So, you really have to believe in what you're saying to yourself.

The more positive you'll be, the easier it will be for you to be positive.

Idea into reality

How many good ideas have you left undone?

How many times have you left someone else earned a lot of money with a product that you thought wasn't good enough for the market?

The reality is "You were afraid to do it".

Whatever the excuses you choose, it will all come down to one thing, you were afraid.

How can we learn to go over our fear so we can be as successful as we should be?

- The first thing to do is to acknowledge there's a fear involved. If you don't acknowledge your fears, you can't work on them
- The second thing is to identify the fear. Don't skip this step.
- The third thing is to understand why you have that fear. You need to understand the root of that fear. This is one of the hardest parts. On top of that fear, there's a lot of justification that has been put there. Justifications are usually seen as a

good thing. But, when we think about it, we can understand that they're just tools to help us reason about not taking action and face our fear.

- The last thing is to face your fear. Among all these steps, this is the hardest one. Look at all the people that are successful, they all do what most won't. If you want to be among them, you'll have to face your fear.

The stronger the fear, the harder it will be to overcome them. You could be in need of the help of someone else to take care of them. If you have the budget, you could use a coach or a specialist like a psychologist.

"Action is the foundational key to all success."

- Pablo Picasso

Take action to get out of the fear zone. It's better to start and work on it then to put it on the side for another day.

Taking action now will make all the difference in the end.

"To fight fear, act. To increase fear - wait, put off postpone."

- David Joseph Schwartz

One more thing about idea. You should put them on paper as they come to you.

“Don't think it! Ink it!”

- Mark Victor Hansen

Ideas tend to come and go. That's why we all need to write them down. Even if they're not complete, you can do that later. It's better to write something that you'll change later than to forget it.

Books, note pad, voice recorder, cell phone, computer, type writer, tablets or toilet paper; whatever you can use to write it down.

Ideas are the mortar that will help you build your wealth. Don't take them lightly.

Come back and revise them. Do this at least once a week.

Keep them safe and make copies so they'll be secure.

You don't know what could come out of them.

Emotional anchor

Emotions are strong and could hold you back from progressing.

A lot of people will never get over the blocking belief they have because they can't fight the strong emotion related to it.

Those emotions will have to be dealt with, if you want to get over those blocking belief.

This means "Releasing" the belief to remove the blocking.

This is a personal work. But you can use the help of someone else. If you have the budget, you could use a coach or a specialist like a psychologist.

There's also self-help method that you can find in bookstore or online.

Whichever the method you choose, without releasing the block you'll never get the progress you deserve in your life.

We all go for the good feeling first. It's instinctive and if we don't make a conscious action to fight it, we'll stay idle because it's easier.

You really have to make a conscious choice to work on the blocking.

As you'll work on your blocking, you'll find out that it's deep into the BS spiral. And if you don't do anything to work on it, the BS spiral will keep on growing. As it is growing, it will become stronger and stronger until one day you will be absolutely sure that it's the very best way for you.

“Don't let 'mental blocks' control you. Set yourself free. Confront your fear and turn the mental blocks into building blocks.”

- Dr. Roopleen

Hiding wealth

You already have all you need to be as wealthy as you want. It's all inside you.

“Your wealth is hiding under the very thing you are afraid to do.”

- **Joe Vitale**

This is simple. What you are afraid to do is what you need to work on. If you are afraid to talk in public, then you have to work on it.

Work on the fear related to your wealth.

Look at what you don't like to do in your business or job.

Start to work on it. Do it every day.

You already know what you should do to improve your wealth.

You know what needs to be done.

Stop doing the small stuff. It takes times and keep you from doing what you should really do.

Start your day by doing the hard stuff that needs to be done. It's simple, do what you don't want to do first. End your day with the stuff that you like. You'll end your day with a smile.

Feel Good

Doing good will make you feel good.

“Good actions give strength to ourselves and inspire good actions in others.”

- Plato

Doing good things will always bring good things to you.

“We make a living by what we get, but we make a life by what we give.”

- Winston Churchill

Smile when you give, it will change a lot of things inside you.

Give with a good heart and without any means to ask for anything back.

Don't think about getting anything back.

If you expect something to come back, it will not come as you expect.

Sorry, but giving without expecting anything back, it means without expecting anything back.

Now you'll say, how can I know if this is working if I don't look out for what is coming back? If you need to know, it means that you haven't done it without expecting anything back.

This is simple, but a lot of people don't believe in this and just don't trust it to work. So they end up destroying anything good they're doing because they expect it to come back.

I found a post on

<http://www.huffingtonpost.com/good-news/>

It was about an unidentified man that was passing near a burning building in Fresno, California. Someone on the scene told him that there was a man trapped in the burning building. Without a word, the man went into there. He then came out with the person who was trapped in the building. Leaving the man with the medic he then went away. Without saying a word or even asking for the medic to take

care of his burning.

That story is an extreme example of giving without expecting anything in return.

When you do something without any expectation on getting anything back, you don't feel the need to know if anything is coming back to you.

The good feeling of doing it is what a lot of people will take as the return in doing it, but it's only a part of what's coming back.

Don't be egocentric and give away without expecting anything more than the good feeling of doing it.

Nicer is better

Be nice, it's very cheap.

“Few things in the world are more powerful than a positive push. A smile. A world of optimism and hope. A 'you can do it' when things are tough.”

- **Richard M. DeVos**

The reward is the warm feeling you get when you are truly nice with someone else.

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

- Leo Buscaglia

Would you like to earn the reputation of being a life changer?

Would you like to be remembered for the good you have done in your life?

Be nice.

Greatness is about many occurrences. Leave a positive trace in many people life's and you'll be immortalizing.

How can you be nice?

1. Smile: It may seem obvious, but so many people don't smile. This will help to be taken as a nice person. Your smile needs to be sincere.
2. Make small talk: Don't underestimate the power of asking how someone is doing. Again, be sincere doing so. Everyone knows if you're not, and it will make all the difference. Small talk is the start when you want to build a relation with someone.
3. Be polite: Simple things can earn you a very good reputation. Opening the door for someone else, leaving your seat in the bus, using mister and misses when you talk to someone you don't know and using please - thank you.
4. Offer help: When you think someone need help, then offer to do so. A lot will not want it, but it will be taken as a very nice gesture to offer.
5. Use their name: Make the effort to remember the name of every people that is presented to you. Instead of

- apologising because you forgot the name, it will become a very positive energy into this relation as you remember their name.
6. Don't judge: Don't judge people on their look. Take the time to know them a little before you choose to respond to them. Be nice to everyone, even the people who are not nice with you.
 7. Be a good listener: People who can listen are seen as nice people. You'll need to respect your agenda and learn to stop when you don't have any more time to give to that person. You can set another meeting for later if that person still wants to share with you.
 8. Avoid gossip: Don't play the gossip game. Be polite and let people know you don't want to join in gossip. In the short term, people will see you as an outsider. And later, you'll become the friend of everyone who doesn't want their life expose to all. In the end you'll win.
 9. Share: All that you share will come back to you. It could come back in some other form, but it will come back. Share all that you possess. Do it with a sincere heart.
 10. Treat: Always treat people the same way you want them to treat you.

11. Try to see the other side: Do your best to see the point of view of the other. Placing yourself on the side of the person in front of you will help you relate to them.
12. Keep the mood light: When you have to be with someone who's stressing you, try to light up the mood. Don't enter the mood of the other; impose yours with some goof or jokes that will light it up.

Usually, nice people will get more invitation to join project and activities.

When choosing between two people with the same qualities, we always go for the one we think is nicer.

Love

Love is what makes this book real.

Love is what makes you read this.

I did this book because I want to help you.

Even if I don't know you personally, I did write this book as an act of love for you.

Reading this book is also an act of love from you to me.

I write this book with the hope that someone will read it.

And as you are reading it, you send love to me.

You never love too much. Loving someone without any return is ok; the act of loving is good for you. And doing so will also help others.

Remember, there's no outside of you. We're all connected. When you give love, you receive love.

Positive reality

Most people think its ok to bash and whine about anything.

Because a lot of people are doing it doesn't mean its ok to do so.

“It's easy to get negative because you get beat down. You go through a few disappointments and it's easy to stay in that negative frame of mind. Choosing to be positive and having a grateful attitude is a whole cliché, but your attitude is going to determine how you're going to live your life.”

- Joel Osteen

A lot of people think that positive people are not living in reality.

Understand that reality is created with intention. Good or bad, they make reality.

No one can deny the reality of what happened, but everyone can choose how to respond to it.

Positivity is not denying reality. It's a way of thinking. It's a way of filter what we take from reality. It's a conscious choice to be positive.

"Positive anything is better than negative nothing."

- **Elbert Hubbard**

Being negative is not easier. It seems easier because we're used to be negative. But if we would have had the chance to be more positive in our childhood, it would seem easier to us as we become an adult.

"Once you replace negative thoughts with positive ones, you'll start having positive results."

- **Willie Nelson**

Even the most negative people will talk about getting positive result.

We all want positive result however how positive we are.

What the negative people don't understand is that they work against themselves. Negative will always work against the positive.

If you want positive result, better be as positive as you can in order to get what you want.

The need of suffering

Suffering is needed in our world. We need it to understand what we did wrong.

This doesn't make suffering less painful.

“We create our own unhappiness. The purpose of suffering is to help us understand we are the ones who cause it.”

- Willie Nelson

I believe that we have to do our best to help others and lift the suffering so they can come back to health. They're so mangle into their pain that they don't want to think it's their doing.

When you're in pain, it's hard to see a way out. That's why we need someone else from outside to guide us back to health.

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

- **Helen Keller**

When suffering, most people will not see the road to success.
They'll only want to get out of the pain.

Be around greatness

Choose your friend carefully. There's no good in being around people that aren't pushing you.

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.”

- Mark Twain

Associate yourself with greatness and do your best to be deserving of that association. Great people will accept you around if you are willing to do what is needed.

Take the chance to be around greatness when it is offered to you. Even if you don't get to join permanently, you'll do better the next time.

“When you fail you learn from the mistakes you made and it motivates you to work even harder.”

- **Natalie Gulbis**

Greatness will accept you around not because you succeed, but because you are actively reaching for it. Failing is not the end. It's just one more step unto greatness.

“Never be afraid to fail. Failure is only a stepping stone to improvement. Never be overconfident because that will block your improvement.”

- **Tony Jaa**

Improvement is the consequences of keep doing it.

Fear of death

I know there are many reasons why we fear death.

I'm going to talk about one of the most underestimated reason.

It's the fear of leaving something unfinished. Finding out that you're leaving without accomplishing your goals and dreams.

For most of us, it's an unconscious fear. A lot just don't realize they have that fear until they face death.

“The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time.”

- Mark Twain

Live fully your life.

Yes, we all have responsibilities.

It's within the choices we make every day that lays the source of this fear. Deep inside, we “Know” what we can do right now. But we choose to do something else that is not taking us anywhere near

our goals and dream. We sent those actions to tomorrow. Within ourselves we have a listing of all those things we didn't do and should do. It's that listing that will come up as we face death.

“To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent.”

- Buddha

Delay is never good. When it is within your capacity, always do what needs to be done. You can't lie to yourself; you'll know what you can and cannot do.

“Life is in the living, in the tissue of every day and hour.”

- Edward S. Evans

Life is now.

Never take for granted that you can do it tomorrow.

Using Ho'oponopono

There are a lot of good books on this technic. I will not talk about the reason why you should use this.

When you feel the need to set things right for you or for someone else, you need to take a moment of peace and calm saying these words. Invest all your energy will into them.

I'm sorry.

Please forgive me.

Thank you.

I love you.

You can also write them down if you can't say them aloud. Write them a few times on a clean sheet of paper. Put you energy and will into each of the word you write.

This technique is powerful. It will help setting things right. You can use it to help anything that you want to help. That you are involved or not in the situation, you can help using Ho'oponopono.

If you want to know more about this technique I can recommend you this book: “Zero Limits” by Joe Vitale and Ihaleakala Hew Len.

You can also find some great video on Youtube about Ho’oponopono.

Want it bad enough

Against all odds, dreams can come true if you want them bad enough.

It's all about how bad you really want it.

Quitting is easy when your dream isn't that important to you. The closer your dream is to you, the more you'll lose if you quit on it.

If you want to succeed, you need to have a dream that has a lot of meaning to you. Make it as personal as you can.

“Sometimes things become possible if we want them bad enough.”

- **T.S. Eliot**

Don't dream someone else's dream.

Whatever your dream may be, it has to be the best for you.

Take action

We all want a successful business. On line or off line, it's the same.

If I can give you one tip on how to build a business online, I think that it would be to take action.

Some will say: "Hey, I take action and I don't get the results! Why would I keep taking action if I don't get what I want?"

- To that I will say this: "If you stop taking action and wait to see the result, you will never get what you expect."

And the reason why... As you stop taking action, you destroy any progress you did make with the previous action you took. And doing so, you don't get half as much as you expected.

Yes, you need to look at your results, but you need to do this while you keep taking action. Never stop! If your results are not what you want, adjust your action to get better results.

"There is no failure except in no longer trying."

- **Albert Einstein**

The best way to fail all the time is to take no action at all.

You want result; you need to take the shot.

“You miss 100% of the shots you never take.”

- **Wayne Gretzky**

Some will say: “Hey, I don’t know what to do? I don’t know how to start my own business! Can you show me the way?”

To that I will say this: “There’s a lot of ways to start a business (online or off line). There’s as many ways as there’s people on the planet. And maybe even more... Whatever I can give you will never be perfect (for you). You have to make your choices. That way, it will be perfect for you. Stay away from what is presented to you as easy money.”

Smiling to life

Smiling will improve your day. It will have a benefit influence on your life.

You can force yourself to smile, but its way better when it comes naturally. Good reason can be very helpful.

This is the List of 10 Smiling Stimulant.

1. Green paradise

Living plants can bring a smile to your face. Taking care of them can calm you and create a bond. Build your green paradise at home. You don't need a large garden, one flower on the table is good enough.

2. Magic of water

Clean water is not only needed to live, but it's also a source of peace. Have you notice that you smile when you take a bath or a shower? Water could be a very good inspiration to help you change your mood of the moment. The relaxing sound of flowing water can also help you.

3. Feeling music

We all have some music that makes us smile. When your spirit is down, put some music that will lift it up. There's some great recording of natures that could be a good option also. Whatever you like, use it as often as you can.

4. Good memories

You should make a list of the good memories bringing a smile on your face. Have that list with you all the time. When you feel you need a mood boost, you pic something from the list and relive it in your head. The more you'll get back to them, the more vivid they'll stay in your mind. Making a list will help you get back to them often so you won't forget them. They are precious and you should cherish them.

5. Loving family and friends

Be around people that are bringing a smile on your face. You know who they are.

6. Stimulating knowledge

Did you notice the joy you feel when you learn a piece of knowledge that is helping you. Learning can bring a smile on your face. It doesn't have to be complicated.

7. Joy to give

Giving should bring a smile on your face. If it don't, then you should look deep inside you and find out why. Most of the time, when giving isn't bringing a smile on your face it's because you expect something in return. If you expect something in return, then you are not really giving.

8. Bliss of creating

When you create, you leave your mark in reality. Creating is all about making choices and producing something. It can be as simple as putting 3 words on a paper. You don't have to be a top musician or a best seller author to feel the bliss of creating. As long as you feel good about what you did, you are into the flow of it.

9. Boy scout help

When you see someone needing help, do it. It doesn't have to be complicated. Holding the door for someone who's got a big box in their arms, helping someone to pick up something they drop, giving a helping hand to someone who's needing it and anything that you can do to help someone else.

10. Unconditional love from pets

Pets will love you without reserve. Playing with your pet will bring a smile on your face.

Use the power of smiling in your life. People that are smiling on the phone find out that the person on the other end will notice it. Smiling People are treated better than those who don't.

It's all up to you.

Choose to smile and do whatever you can to bring it into your life.

“You'll find that life is still worthwhile, if you just smile.”

- **Charlie Chaplin**

So many people can't be wrong

Are you thinking like that?

If you are, then you're on the road to be one of the many
“Average” people.

Is this what you want?

If you want to be average, then why are you reading this book?

You need to make a change if you want to lead the pack.

Realize all the junk you feed your mind.

Cut all the negative junk that you let in your head all day long. If you listen to TV, then you should listen to stuff that are helping you to grow. Listen to stuff that will lift your spirit up and give you energy.

"Do the Do". You need to take action.

What is the difference between someone who's among the 1% and the rest? They are taking action when all the rest are looking at what they're doing.

You have all you need.

You can be among the top.

Take your place among the best.

I believe in you.

Conclusion

I'm no genius.

What I did is taking all the sparkles I found and put them together in this book.

I wrote it to inspire the reader to work on themselves and improve their life.

This book is only a tool. Without your investment of time and energy it will not change your life.

Take responsibility for your life.

Even if you use everything in this book, there's no guaranty it will change anything.

Keep working and improving every day.

Thank you

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