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7 Secrets To High Performance Thinking

By John Colanzi

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So far we've discussed relaxation and visualization. In this report we're going to talk about autosuggestion aka. self-talk.

Autosuggestion is the simplest of the 7 secrets. It's also my favorite.

It's simply talking to yourself. You pick a habit or quality you wish to acquire and repeat it to yourself over and over.

It's my favorite technique, because it literally changed my life.

Don't shrug it off.

It may appear simple, but it's oh so powerful.

I was in my late 40's, my business had gone bust and my health was shot.

I saw no way out.

I just knew the odds were against my ever getting out of the situation I found myself in.

Broke, the clock ticking and unable to work.

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Well as the song says, if you ain't got nothin, you ain't got nothin to lose.

Since I had nothing to lose, I started using autosuggestion.

I admit it. I talked to myself.

Luckily I was alone when I did it, or I'm sure they'd have thrown the old net over me.

I wasn't even sure it would work, but I did it anyway.

It was nothing fancy, just two sentences I repeated, day in and day out.

The first sentence was, "I am a lot more creative than I ever imagined."

The second was, "I have an unlimited number of creative ideas in my subconscious."

Two simple sentences.

So what happened?

At 50 years old I've been given a second chance.

I've gone from throwing in the towel and preparing to lead what Walden called a life of quiet desperation, to making my living as a writer.

I can work from anywhere.

I make money doing something I love.

If autosuggestion isn't powerful, I don't know what is.

It's changed my life.

John Colanzi has been writing for the Internet for 3 years. He has shown hundreds of webmasters how to use mindset medication to join the ranks of the successful, prosperous marketers. His latest eBook, "7 Secrets Of Success" is available free at:<http://www.internet-profits4u.com/secrets.zip>

7 Secrets To High Performance Thinking – Part 7

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The first six secrets were the blocks building up to the real secret behind high performance thinking.

High performance thinkers recognize the awesome power of their subconscious mind.

- * Relaxation
- * Visualization
- * Autosuggestion
- * Goal Setting
- * Whole–Brained Thinking
- * Humor

All of the above are designed to help you unleash the awesome power of your subconscious mind.

The subconscious has been called the sleeping giant. It's like a big bear hibernating during the winter.

It's waiting for you to wake it so it can do its work.

All systems from Silva Mind Control and NLP to the mystical traditions such as Yoga and Martial Arts are designed to take us beyond our cultural conditioning.

They are all designed to help us realize that there is more to high performance thinking than our logical analytical thinking.

Hunches, intuition etc. are the results of our subconscious working behind the scenes.

In the words of Maxwell Maltz, "Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as you can change

your beliefs."

That power to make your dreams come true is your subconscious mind.

Maybe it's time you woke the sleeping giant and put it to work for you.

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