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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**THE PATHWAY TO SUCCESS -- IN WORK AND IN LIFE**

**By Craig Lock**

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Who and what are winners?

\* Winners take responsibility for themselves. They know what they want and set realistic goals for themselves.

\* Winners make it happen, losers let it happen (but then losers I believe are only misguided winners). "Losers" probably lack only a right attitude, maybe a bit of knowledge or perhaps motivation or direction at crucial times.

\* Winners have a positive self image. They read biographies of famous people. They watch educational and inspirational cassette tapes for self improvement, as well as stimulating television programmes in general. Winners have a quest to gain knowledge and make the most of themselves – they know their time is limited and precious and so they make the most of it.

It is easy for you to become a winner too. You can read positive books and other inspirational works. Like this one. You can listen to motivational tapes, which can also serve to improve one's attitude to life. At first I was very skeptical, but they definitely do work if you allow them to sink in through repetition (it is not brainwashing, but controlled learning). I feel I am learning something new every day. There is such a great amount of truth and knowledge to be found in books.

Feed your mind continually with positive thoughts.

## THE PATHWAY TO SUCCESS -- IN WORK AND IN LIFE

Remember to take time out to relax and unwind. Before the mind can be relaxed, the muscles must be. A relaxed body makes for a healthy mind, which can absorb information more easily. So you can watch the "soapies", if that gives you enjoyment and relaxes you! But **DO EXERCISE** as well. I definitely don't get enough of that. Winners visualize success and positive outcomes to their endeavours and they know when to relax. Remember how and what you think determines the way your life will turn out; because our thoughts determine our attitudes.

It is said that winners have only 5% of the available talent, but have 95 per cent of the drive. Usually there is not such a great difference between the world's top sportsmen, in terms of pure talent. Much of what distinguishes the winners amongst them comes from the mind ... thinking

positively that you are a winner and handling pressure. Think of the sportsmen who got to the top through sheer hard work, far more than their natural talent. I often think of a small man, like South African (my former country) golfer Gary Player. A man not physically endowed (sounds rude that!), who was out-driven metres and metres by the far larger American golfers. He was always at his best, when the "chips were down". Not French fries.

Remember, on your journey to the top (if that's what you want ... and it's not for everyone), sheer hard work and **DETERMINATION** is just as important as your intelligence and ability. Together with a **POSITIVE** attitude (mindset), it is probably the single most important step on your stairway to success.

To be successful yourself, associate with winners – not because they are successful people whose coat-tails you want to hang onto. Rather, because they are positive people who have achieved something in life, no matter how small it may be. They do not have to be rich and famous – as long as you enjoy their company ... and them yours. There's nothing wrong with admiring or envying them as role models.

Ask yourself: Would I like to "fly with the eagles, or scratch with the turkeys"?

There's a famous t-shirt that states:

"It's hard to soar like an eagle when you're surrounded by turkeys."

"Eagles may fly high, but weasels don't get sucked into jet engines."

Remember:

"Success comes from 90% perspiration and 10% inspiration."

– famous American inventor, Thomas Edison and one of the men, who has had the most impact on the world in the twentieth century.

What will YOUR impact be on the world?

Craig Lock <http://www.craiglock.com> The Winning Mind and Craig's other books are available at: <http://www.bridgeniche.com/CLOCK/zaniestbooks.htm>

## **The Power Behind 'Mini-Prayers'**

**By Alan Tutt**

### **The Power Behind 'Mini-Prayers' by Alan Tutt**

The Power Behind 'Mini-Prayers'

by Alan Tutt

<http://www.KeysToPower.com>

We have all heard that our beliefs shape our lives. Some will say that our beliefs will influence the Universe to become what we believe it will be. Others say that our beliefs simply direct the course of our actions, which in turn shape the pathway we take through life. Either way, I'm sure you will see that the more your beliefs allow you to take a rewarding pathway, the more rewarding life will become. And a tool that is used quite often for changing beliefs is called an affirmation.

Affirmations are generally used as a sort of 'mini-prayer'. If there is something that you want in your life, the general instructions are to repeat an affirmation that basically says that you already have it, and this will influence the causative force (either the Universe or your behavior patterns) to bring it into your life. In other words, if you want a fulfilling relationship in your life (assuming you don't already have one), then you would repeat to yourself "I am loved by a very special person who makes me feel wonderful. I am in a very rewarding relationship that fulfills my every desire." By repeating this affirmation, you will eventually find that desired relationship.

Of course, there is much more to the process than this, but you get the basic idea. Whatever affirmation you have decided to work with, the guidelines are to repeat it to yourself over and over again hundreds of times over a period of time, like a week or so. The question that most people have at this point is not "What makes affirmations work?", but rather "What kind of affirmations will work best for me?".

Here are a few general-purpose affirmations that may be used to improve your life in all areas. One of the most famous affirmations was developed by a French scientist by the name of Emile Coué, which is "Every day, in every way, I am getting better and better." Here are a few others.

"I am One with the Universal Mind Power, and so being, I am One with Universal Success. All ideas for my personal success come to me from the Universal Mind in a way that is certain for me to see. I am constantly guided to do the right thing, say the right thing, and be at the right place at the right time."

## THE PATHWAY TO SUCCESS -- IN WORK AND IN LIFE

"I am Powerful. There is Power in everything I do."

"Wealth comes to those who serve others."

"I am more valuable than I think I am."

"When I'm excited about what I do, others will get excited too."

"The only failure in life is the failure to try."

"I am divinely blessed, and my blessings grow every day."

"As I breathe in, I bring myself closer to God and His absolute Power. As I relax into the Power of God, I am connected into the matrix of creation. I can now set the course of events in my life. The results of my creation bring me much happiness."

"LIFE IS WONDERFUL!!!"

Alan Tutt is the creator of the phenomenally popular Keys To Power Mastery System. Christ taught that anyone can perform the same miracles He did as long as they had enough faith. Learn the secrets to miracle power with the Keys To Power Mastery System. ==> <http://www.KeysToPower.com>



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