

# Think Yourself to Success

How to activate the Law of Attraction to get EVERYTHING you want out of life!



## Video 1: Take Control of Your Mind

### **The mind and how it works:**

We think in images. Since we think in images, without an image to work with it is difficult to understand.

The Stick Person graphic was created by Dr. Thurman Fleet in the 1930's.

He was trying to explain the mind and how it works, but was having difficulty helping people understand since he didn't have an image to work with, so he created the Stick Person.

The reason it is so important to understand that we think in images, is because whatever you're thinking about is creating images at the conscious level for your subconscious mind to work with. If these images are negative, your results will also be negative.

What we think about comes about. Our thoughts become our reality.

Your results are a reflection of your dominating thoughts. If you want to know what your are thinking about, all you need to do is look at your results!

### **Stick Person Process:**

Your body is the instrument of your mind. Your body is the puppet and your mind controls that puppet.

What you think about moves your body into action and produces your results

Your mind is split into two parts. The upper part is your conscious mind and the lower part is your subconscious mind.

Your conscious mind is your thinking mind. You originate ideas, images and you reason at the conscious level.

Your subconscious mind is your emotional mind or feeling mind. This is where your feeling reside along with your beliefs and habits.

At the conscious level is where you create the images, however nothing really happens here! Once the images are impressed onto the subconscious mind, this is where things

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begin to happen.

At the subconscious level, the image causes feelings or emotion, which move the body into action and produce results.

Your Subconscious mind doesn't know the difference between what is real and what is imagined, therefore your imagination can serve you or not serve you based on the movie your playing at the conscious level.

If the thoughts and images are positive, then the feelings will be positive, if they are negative, the feelings will be negative. Your results will be in harmony with those images!

Your body takes action based on how emotional you are with the image you create.

Those actions cause a reaction which is otherwise known as The Law of Attraction.

The reason why most people struggle is because they focus on their current results. If those results are negative, they create a negative thought, which causes a negative feeling, therefore producing negative actions and negative results. This is a vicious cycle that most people are trapped in.

## **Action Steps:**

Begin thinking about what you are thinking about.

Be aware of your thoughts. If they are negative, deliberately replace the thought with a positive thought.

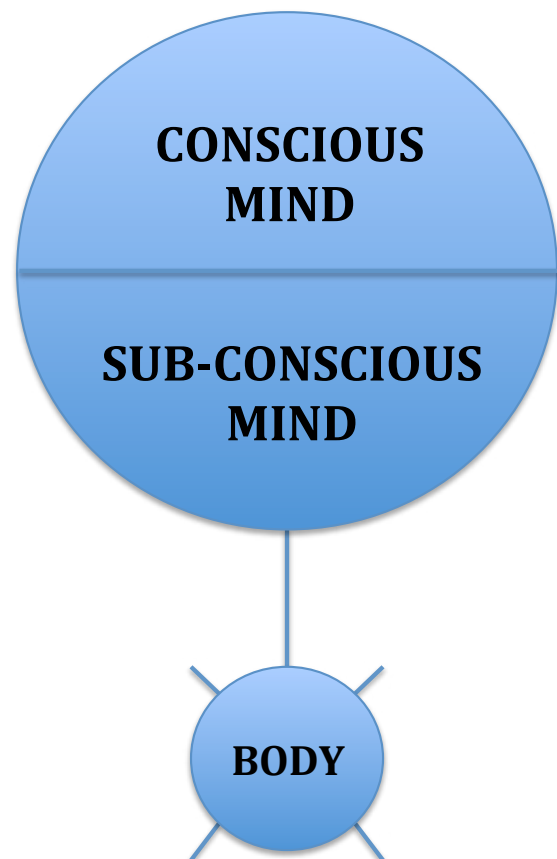
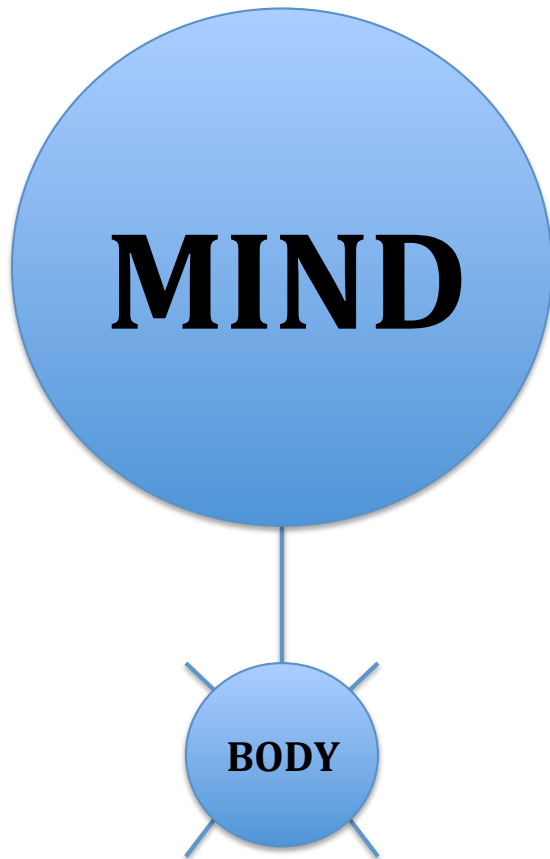
Turn off the news and stay away from negative people.

The difference between a negative person and a positive person is the way that they think!

When thinking about your goals, make sure they are scary and exciting at the same time. Most people set goals that don't scare and excite them, therefore there is no emotion and without emotion there is no action!

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