

Your Success Strategies



By Susan Gray

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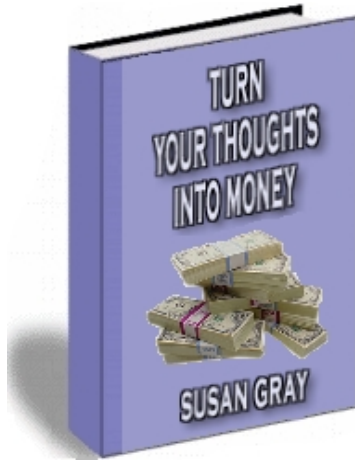
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Introduction

Dear Reader:

In this e-book you will learn the basic principles of success and the importance of goal personal planning process.

You will learn why some people fail on the goal-achieving path and how to avoid it. You will learn about the power of your subconscious mind and how to use it.

Success is different for everyone and means different things to different people. For some it means making a lot of money, for others it may mean being happy and believing in themselves.

Regardless of your definition of success, you can follow these basic principles to achieve your dreams.

My best wishes for your success,

Susan Gray

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Success Personal Growth

We all want to be successful and enjoy our lives, but not everyone in life is successful. Most people want to be winners, but unfortunately many remain where they stand. A lot of people ask what the secret to success and personal growth is. Is there any formula for success in life? What is the key to success and personal growth?

The magic formula for success does not exist. Success and personal growth are a sum of goals and strategic actions to achieve these goals. Success is not a chance, but a choice.

In order for us to succeed in life, we need to know right steps that need to be taken for success and personal growth; we need to develop strong self-management skills.

Here are some practical tips for success and personal growth:

1. Set your goal, know exactly what you want. Some people set goals that are too general. Be as specific as possible about what your desired result is. The clearer goal is, the shorter the path to success. It's like keywords that you type in to a search engine to find something. If you try searching for 'web site' in Google, there are millions of results. To make your search more effective, you have to be more specific. The same applies to your goals.
2. Positive mental attitude. Catch and eliminate negative thoughts, feelings and emotions. Things we do not like, things we do not want cause negative thoughts, feelings and emotions. Negative thoughts prevent you from achieving success, happiness and your goals. If you have thoughts about what you do not want each day, there are chances that it will happen to you. You need to align your thoughts with your goals.
3. Focus on your goal every day. Think of your goals, think of desired end result and visualize your desired end result in vivid details. It is important to have positive thoughts, feelings and emotions when you think of your goal. It's the Universal law that what we concentrate on becomes real. Focus on achievement, success, energy, confidence and joy.
4. Confidence. When you are confident, you become a magnet to success. Self-confidence is the key to success in all areas of life.

5. Take actions. This is essential step for success. Think of all the things you must do to achieve your goal. Just start doing them no matter how big or small they might be. Every inch you move forward gets you closer to your goal.

Not being successful is simple. Success and personal growth require hard work on yourself.

Some people want to achieve financial success and others may want to find a real love or improve existing relationship. This 5 -steps formula for success can produce a real success for you in any area of your life. You just need to master these steps for success and personal growth to start attracting success into your life!

The Power of Subconscious Mind

Our brain is "divided" into two sections: the conscious and the subconscious. You've heard scientists say that we only use 10% of our mind, mostly conscious. The subconscious is much bigger and more powerful. This section of the brain controls about 90% of the rest of our brain. Can you imagine how your life would change if you used the power of subconscious mind to it's fullest? Yes, we can use the magic power of subconscious mind to improve our lives.

What does our subconscious do?

The subconscious mind is there to protect us, to keep us alive. Everything we experience in life with our five senses, all that we can see, hear, feel, taste or smell is sent for future processing and storage to our powerful subconscious mind.

Our subconscious mind creates a reference to these events. Let's say you've had some negative experience in your life, so your conscious mind has sent input of that experience to your subconscious mind for processing and storage. If you ever face the similar event later in your life, your subconscious mind will automatically recall the negative experience and will send you sensations, emotions and images. It remembers your past experiences and how to respond to any input from all your senses and your thoughts.

Good example of it is hot kettle. Subconscious mind remembers that kettle can be hot and can hurt; otherwise we would keep on making the same mistakes.

Our subconscious mind is multitasking and can do several automated tasks at the same time as walking, breathing, keeping the heart beating etc.

It works for us 24 hours a day without taking rest.

Another great example of the power of subconscious mind is driving your car. When you drive a car, you do it automatically without even thinking how to do it, you just drive.

The good thing is that we can use the power of subconscious mind to achieve out goals and dreams. You can program your subconscious mind to improve any aspect of your life.

All your thoughts, actions and experiences that are received through conscious mind, are recorded and stored in subconscious mind, but the subconscious mind does not know the difference in what you perceive as reality and what is imagined. The subconscious mind can only think literally. It also does not understand the humor.

The great tool to program the subconscious mind for the success is visualization. It allows you to consciously attract what you want. You need to visualize images of positive desired result on a daily basis. Include feeling and emotions.

Thinking only good and positive thoughts is also very effective way of programming of subconscious mind. You have the power to choose your thoughts. Be aware of your thoughts, control them. Whatever you think, your conscious mind sends to subconscious mind and your subconscious mind accepts it as true. Don't say "I will fail", "I can't do this", and "I can't afford it". Your subconscious mind accepts these statements as true.

Train your conscious mind to think of success, happiness, joy, prosperity, health and love.

Use the power of your subconscious mind to bring into your life success, money, a job, a house, a car or anything else. Repeat your positive affirmations daily. Feel the joy of achievement and success as you repeat them to yourself.

We were born with the power of subconscious mind; we just never used it to it's fullest.

If you have a strong desire to succeed, you will unleash the power of subconscious mind.

Goal Personal Planning Setting Success. Step 1

One of the most important keys to success is a goal personal planning setting success process. A series of studies and interviews were carried out to find out the secrets of successful people. If we take a closer look at these studies, we will find out that majority of successful people use goal personal planning setting success as a first step to succeed. They know exactly what they want; they know precisely what they want to achieve, they know where they are going and what they are going to do. They have goals that have driven them to succeed in their chosen field.

The process of goal personal planning setting success helps us to determine where we want to go in life.

Start the process of goal personal planning and setting success with creating long term goals in each area of life and then work down to the short term goals, so you can start working on them today.

Goal Personal Planning Setting Success – Long Term Goals

To begin with goal personal planning and setting for success, you need to take your time and think about where you want to go in life, what you want to achieve. Do you want to lose a certain amount of weight? Do you want to enjoy a new car? Do you want to improve your relationship? Do you want to increase your salary?

Here is a first goal personal planning and setting for success exercise for you. Take a piece of a paper and write down what you want to have or achieve in the future on the left side of it. Do not stop until you get at least five – ten or more goals in your list.

Read your goals and ask yourself questions: Why do I need this? Why do I want this? Then write down your answers on the right side across each goal.

Leave your goals for now and then go back to them a day later. Now, rate your goals on a scale of 1 to 10, with 10 being best. Cross out all goals with the rate less than 10. The remaining goals are your real goals. You just created a “big picture” of your life or long term goals.

Goal Personal Planning Setting Success – Short Term Goals

A short-term goal is something to be accomplished in a short period of time. If your goal is too large, it may seem that you are not making progress towards it. Short term goals are small steps that are easier to achieve. They will move you toward attaining your long term goals.

Now, you need to break long term goals down into the smaller and more manageable targets. Here is an example: a long term goal is to lose a large amount of weight while a goal of losing five pounds per month is a short term goal and more achievable.

State each of your goals as a positive statement. Be specific, use dates and amounts so that you can measure achievement. If you have several goals, give each a priority. Write them down where you can regularly read them to yourself. Setting and tracking goals is an important step in achieving success.

Once you set your goals, the first step in the process of goal personal planning setting success being taken.

If you have wanted to change your life, now is the time to start.

Goal Personal Planning Setting Success. Step 2

After creating long term and short term goals we should be ready to move forward to the next step of goal personal planning setting success.

The next step in the process of goal personal planning and setting success is to develop an action plan for each goal.

Goal Personal Planning Setting Success – Action Plan.

Let's go back to your list of goals. You may want to rewrite them on a clean sheet (or sheets) of paper. How many total short term goals do you have? Take the same amount of sheets of paper. Rewrite each goal at the top of a sheet of paper—a separate sheet for each goal. Define a completion date for each goal. Generally a short-term goal should take you no longer than three months to complete.

Ask yourself the following questions:

What can I do today about that goal?

What can I do tomorrow about that goal?

What can I do this week about that goal?

What can I do next week about that goal?

What can I do this month about that goal?

Write down your answers for every goal; give yourself deadlines for each step. The list of steps can be as detailed or simple. Some steps could be really small like writing emails, making phone calls, gather information on the achievement of your goals, while some steps will require firm actions such as gaining new skills and new knowledge.

Assign a target completion date for each long term goal. Your long term goals can not be broken into a detailed step-by-step plan. Long term goals are the end point of the goal personal planning and setting success process. Long term goals are the place you want to get to. Focus on achieving short term goals to reach your ultimate goals.

Goal Personal Planning Setting Success – Work on Immediate Tasks.

Once you created your action plan, start working on it towards your goals. Create a To-Do list every night and do all the things on it the next day. This will help you organize your process and prioritize your actions. Determine which task needs your immediate attention verses those that will wait and assign a priority to each task. You may carry unimportant low-priority tasks from one To-Do list to the next.

Make it a point to cross out goals after you achieve them or write the word "achieved". Visual records of successful accomplishment of your goals will encourage you to move forward and provide you with the motivation and enthusiasm necessary to reach your desired results in life.

The important thing about the process of goal personal planning and setting success is that you can reconsider your goal at any time.

You may face an unexpected obstacle on the way to achieving your goals. Don't get frustrated, upset or discouraged. Look at your plan, use new information to revise your goal and adjust your plan to fit your situation. You may want to make changes in dates of completion or change the goal. Learn from your mistakes.

Creating an action plan and working on it is the second step in the process of goal personal planning and setting success.

Goal Personal Planning Setting Success. Step 3

We have learned how to create long term and short term goals, how to create plans of actions and "To Do" lists from *Goal Personal Planning Setting Success. Step 1* and *Goal Personal Planning Setting Success. Step 2*.

There are a couple of biggest reasons why people fail in the goal personal planning and setting success process: they do not focus on goals and they do not stay motivated.

Goal Personal Planning Setting Success – Focus.

Focusing on your goals is very important component of a goal personal planning and setting success process.

Sometimes we spend too much time focusing on things that did not work out, on failures and mistakes instead of learning from them and focusing on our goals and on the things that did work out.

Train yourself to concentrate on what you are doing. Focus your mind on positive things. Focus on things you can control and do not focus on what you cannot control.

You have a better chance of achieving your goals if you focus on them one at a time. If you focus on too many goals at the same time, you will lose focus.

Remember, you will get what you focus on.

Goal Personal Planning Setting Success – Stay Motivated.

Sometimes we face the ups and downs of life; we get discouraged and give up. How to keep yourself motivated as you work towards achieving your goals?

Here are some tips to get motivated in the process of goal personal planning and setting success.

- Remind yourself of the benefits and outcomes of reaching your goal. Go back to your goal sheets and re-read your answers you wrote across each goal to the following questions: Why do I need this? Why do I want this?
- Do you reward yourself for the things you did well? Notice every success, even small one and reward yourself.
- Focus on the positive achievements. Any failure can be turned into success. With every failure we gain an experience and new information which we can use to reevaluate our goals and adjust our plans.
- Stay away from negative people or from those who have different definition for success. Find like minded and supportive people.

Goal Personal Planning Setting Success – Visualization.

Visualization is a powerful tool in a goal personal planning and setting success process. This is a process of creating detailed mental images of what you want to achieve. Visualization is really quite simple and fun.

Imagine that you have already achieved your goal. What will you see, hear, feel, and smell once you have achieved your outcome? If you want a new house, imagine yourself living there. What are the size, style and color of your house? Visualize the furniture you will have, the color of walls. How does it feel to have this house? Make the visualization fun and pleasant.

Dream board, dream book or dream folder can help you with the visualization in a goal personal planning and setting success process.

If you want a new house, you can find a picture of your dream house, cut it and put on the board or keep it in your special dream folder.

If your goal is to take a trip to an exotic island, find a picture of the island and put it on your dream board. Begin collecting pictures for your goals. You might find them in magazines and newspapers.

Visual reminders can help you remember and focus on your goals.

Visualization is a fun and effective activity in a goal personal planning and setting success process.