

Effective Planning

Article Legal Stuff

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By Paul Richardson Author of the

Power of The Mind – Achieving the Unbelievable

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Setting boundaries

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Mind Control and Conditioning

First, it is important to know what you should choose to make yourself contented. By now, from your route map you put together in article 3 you will certainly know what you will be leaving behind and what you will keep and what new things you are planning to have.

We'll know this now; you can have anything you choose to have, as long as you believe you can have it.

Here is a tip from experience; a good starting point to start to re-create your life.

Your life conditioning has effectively removed your boundaries and has left you vulnerable to other people's opinions and negative responses to your great ideas.

It is long overdue for you to protect your dreams, ideas, well-being and health from well-meaning people who largely apply their own negative re-actions to your exciting new plans and dash them into the oblivion along with your personal feelings.

What can you do about this, read on and discover just how easy it is to change everything just by thinking a little differently.

1. You should keep your new ideas to yourself until you have created the complete picture along with all the outcomes, better still show people the successful outcomes after the event wherever possible.
2. Know that other people do not know or understand what you are planning to achieve and they are blind to the vision to have in your mind.
3. Think the opposite, to all the normal reactions to everyday activities, this will help to break the conditioning or automatic reactions in your mind to your environment, and thus give you control over how you think and take control away from auto-Responses.

It does not take long before you are back in control of your mind.

Some ideas!

- Fancy cold drink – have a hot one
- Always walk on the left path – walk on the right
- Instead of coffee – have tea

Getting the idea? Change as many everyday things as possible, this strangely creates a world where you are in control and soon your mind starts to ask you what you are choosing to do.

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- Look at the issues behind the problem.
- Look at the subject.
- Become aware of what is going on.

In this way, you remove yourself from the problem and you will be able to see the wider view and other otherwise hidden probable answers. The screen in your mind is a good method to deal with these situations.

When following the teaching, try and try again, you simply come up with the same result, failure. Then you start to feel you are unable to achieve no matter what you try.

You have two choices, give up and get depressed or carry on and get stressed.

How about giving up, and trying something different.

This will give you a **whole new dimension** for everyday living.

How about doing it your way for a change?

You are right; you have always had the knowledge of what is best for you, your way really is the better way.

The way that you work is the best, because it suits you and your skills.

This is the way to for you to succeed, have another look at your 'Route Map'

1. **Time now to take control.**
2. **Time to think, for yourself.**
3. **Time to have what you need.**

To have all that you need. All you need is to know, without doubt, is where you want to be and how you are going to get there. All you have to do now is just image what you could do, if only you had the chance, and you will create that very opportunity. You have to keep watching out for it though, as it can come in the un-expected manner.

That is all you have to do, imagine use your subjective method of solving issues that you have practiced. When you imagine something, you have the seeds of success. You will find in these stages how to bring it all together and **create your own future**. You will be able to take these dream seeds, feed them, and bring them into living reality.

Deep down you already do this, but in a negative destructive way, now you have to believe you can use it in a positive way and be creative.

If you can **think it**, you can **visualise it**.

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If you can **visualise** it, you can **manifest** it.

Now you know this, so **believe** also that:

The act of **intention** aligns you with that event and allows it to come into your **awareness** and **manifest**.

Look now at your Route map and make some lists of priorities and works through them and ponder on the issues that are involved.

It takes time and there are many more models to discover and apply, which is why by popular demand I have put together a highly interactive one day overview workshop so you can get to grips right away

“It is **like magic but nobody knows how it works**. It just does.”

More information available

Website www.successgeneration.org.uk

Blog www.successgeneration.com

Email [info@at successgeneration.com](mailto:info@successgeneration.com)

Are you in a hurry to sort out your problems then you will want to consider our Master Class Workshop

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