

2010

The Wakefield Group

Paul Wakefield

wakefield-group.com



[THE DIFFERENCE BETWEEN SUCCESS & FAILURE ...]

REMEMBER: "The Life You Have Lead Until Now Doesn't Have To Be The ONLY Life You Lead ..."

NOTICE: You Do NOT Have The Right To Profit From This Report OR Resell This Report!

You Do Have The Right To Give This Report Away For FREE!

TERMS & CONDITIONS:

The information contained in this guide is for information purposes only, and may NOT apply to your situation. The author, publisher, distributor and provider provide no warranty about the content or accuracy of content enclosed. Information provided is subjective. Keep this in mind when reviewing this guide.

Neither the Publisher nor Author shall be liable for any loss of profit or any other commercial damages resulting from use of this guide. All links are for information purposes only and are not warranted for content, accuracy, or any other implied or explicit purposes.

If you have purchased this report from anywhere you have been subject to the copyright law.

Help stop Internet piracies by letting us know. Send email to

getintouch@wakefield-group.com (Please Do NOT Abuse This email address)

©Copyright 2010 Paul Wakefield – The Wakefield Group. All Rights Reserved.

Introduction:

"Once I discovered this information it Changed My Life for Ever..."

What I discovered inspired me to set up My Own Business ... it has allowed me to meet and work with some really Inspirational People ... in fact, this has helped me through some of the Toughest times of my life ... Financially ... Emotionally and Personally ...

I'm NOW in a position which allows me to offer and Share the very same information with you for FREE..."



Hello,

My name is Paul Wakefield ...

Before I say another word, let me just assure you of one thing. YES, this really is ABSOLUTELY GENUINE!

The life I have ... the secret I possess ... is all thanks to a little book I read 4 years ago and even to this day it sits at the side of my bed where I can read it again and again and again.

And NO I'm not some crackpot. Far from it in fact. I'm just an ordinary guy from the UK... a loving father... a respected businessman... a very level-headed man in his 30's who has a story to tell.

TRUE STORY ... AN AMAZING STORY!

Maybe The Most Compelling and Remarkable Story You've Ever Heard... A story which relates to something very personal to me which happened to me ONLY 4 years ago and I believe it's all thanks' to what I'm offering you today I find myself having such an incredible life...

When I stumbled upon this it totally changed my life.

This has bought me more Love ... Happiness and Freedom than I could ever of dreamt of... an Incredible lifestyle that just keeps getting better and better every single day. Why this works, I must be honest and tell you I do not know. How to make it work, THAT I do know. Yet still to this day after all I have achieved ... all I have seen ... even after everything its brought me and everything it still brings me ... I am just stunned. It's pretty amazing stuff!

In 2006 I started my journey into Personal Development; I was told about this small, rather insignificant looking book that had changed the life of at the time was my Boss and thousands of others from around the world.

He told me to go get myself a copy of what he described as "An Incredible Life Changing Read" ... I'm NOT one for reading I'll be honest with you ... roughly 4-5 weeks after first buying this book I decided to take it to work and read it on my lunch break. It was though some sort of ageless wisdom had been handed to me and I felt that what I had been waiting for my whole life, which I instinctively knew was out there somewhere, had finally reached me. I now had what I needed to change my life.

Little did I know, at the time, the fundamental shift it would bring ... from leaving my corporate job, to sorting out my personal and financial turmoil.

Now I Know What This Sounds Like!

"Believe me, I really do. I know if someone had told me something like this existed four years ago I wouldn't have believed it either. I couldn't possibly have, certainly not from the dire place I found myself in life...

NOVEMBER 2007 I had just lost a lovely 2 bed house ... Split up with my fiancé ... I was out of work and on the doll for the first time in my life ... I was sleeping on the floor in the spare room of a friends flat ... I hadn't seen my daughter for 3 years... in fact I was at such Low Point I decided to go and live in Tenerife and run away from everything ... even that didn't work, I was back within 10 days because I fractured my foot, everything was going wrong ...but this was the start of something Very Special ... I had so much time on my hands ... I was for the first time in my life able to reflect on everything that had happened to me, everything that I thought was so bad turned out to be so Amazing...

I spent three months on crutches and three months writing a Business Plan and went on to set up my Own Business...

Suddenly, I found myself in a lovely newly built two bed apartment with electric gates at the entrance and an amazing en-suite bathroom in the master bedroom ... I was back in touch with my daughter ... I had suddenly realised all though I thought my life was so BAD it WASN'T ... I got through everything because I remembered ONE crucial part of the book, and that was to be GRATEFUL for everything I had in life.

2009, between February and December my family and I had 7 funerals to deal with ... I lost 4 grandparents ... my mum's cousin and very close family friend ... I'm no hero and I'm NOT telling you this for sympathy, I'm simply saying at the age of just 33 I have experienced enough in my life time which I know without this Secret I would be in a very different place to what I am in NOW...

At the age of just 33 I have had to deal with 13 funerals, due to loosing friends and family since I was 21 ... In fact my 21st birthday at 09:00am I was sat in a church at a funeral of whom at the time was my best mates dad.

As you read please understand I am NOT saying any of what now follows to sound flash or to show off. Far from it. I'm just an average man from an average family. I had a fantastic childhood and I come from a very close family, something which is very important to me and I am very GRATEFUL for this. So I assure you I ONLY mention what follows so you can know for sure that I am a GENUINE person ... a REAL person ... and that this really does WORK!

You See What I'm writing in here and sharing with you has taken me from near poverty to a life where:-

I'm GRATEFUL for every penny I have earnt, because only two years ago I can remember going to my bank account and my balance read £2.87. Look I'm NOT saying I'm a Millionaire but what I am saying is what I learnt from this has made me financially comfortable...

I have become respected in Business to such an extent that I am now a Volunteer Business Mentor for the Prince's Trust where I Help & Support people aged between 18-30 year old Entrepreneurs set up a business venture... something I never imagined would ever happen to someone like me...

October 2009, I was invited by my Mentor Andrew Reynolds a Multi-Millionaire to his Entrepreneur Bootcamp at the o2 Arena in London to help raise money for Make A Wish Foundation... this raised over £700,000 and every penny went to charity.

I NOW have as much FREEDOM in my life as I could ever dream of ... I Play Golf when I like and I Work when I want to work (Roughly 20 hrs a Week) ... I'm NO longer Travelling and Working around the clock for someone else to have all the financial rewards. I'm NOT saying that this Secret will change your life straight away and I'm certainly NOT saying it's some sort of magic trick ... what I am saying is if you follow everything that myself ... and others have learnt from this Secret your life can be exactly what you want it to be...

Yet behind all this ... behind all the wonders I have witnessed ... I held a secret. A secret which has directed my life and given me so much. A secret which has enabled me to experience all these wonders.

But as I said, I'VE ALWAYS KNOWN WHAT THIS SOUNDS LIKE... as if a secret could even exist. Would people even believe me?

However, it's something which has been playing on my mind recently because prior to beginning my own journey when I stumbled across something TRULY REMARKABLE, my own life was a mess. A complete and utter disaster. Financially, personally, emotionally and physically ... and in a way I wouldn't wish on anyone.

WHAT'S IN THIS eBook I HOPE WILL CHANGE YOUR ENTIRE LIFE FOREVER!

This Was The Start Of Me Finding Out ...

THE DIFFERENCE BETWEEN SUCCESS & FAILURE!

Table Of Content:

Change
The Importance of Goals in Our Life
Should You Dream Big Or Be More Realistic
How to Simply Simplify Your Life
The Power of Gratitude
Secrets To Staying Happy
Why You're Not Happy
How Peace of Mind Can Help You Create Prosperity
How to Become More Positive To Attract A Better Life
Conclusion
And Finally

CHANGE:

I thought it might be interesting to tackle the subject of change and why it is difficult to change. Sometimes we welcome change into our lives, but other times we resist and run the opposite direction. Even if we know we need to make a change, it's certainly easier and takes less effort to stay the same. One of the most important things to realize is that sometimes when we avoid making the changes we want; eventually another person - or life - will make them for us.

It is far more beneficial to create the changes we want, rather than just waiting for something to happen. Like I said, this process is not always easy, but it's definitely a necessary one to embrace. Exploring why it is difficult to change is a good first step. Let's take a look at some of the reasons why change is so hard in the first place:

We are creatures of habit: For the most part, people need a sense of order and routine. Without these things there tends to be feelings of confusion and discomfort. On some level, making a change causes a temporary sense of chaos, so it might make you think that you should go back to the way things were, even if you were miserable. Many people start to make changes and then get into a cycle of fear and worry, and avoid what needs to be done. In the end, the hardest part about changing isn't necessarily the change itself, but the anticipation.

It's easier to stay the same than to change: Doing the same thing over and over usually produces the same results, and whether you're happy with those results or not, it's simply easier just to stay the same. However, sometimes you realize you've had enough and it's time to shake things up. You might find you're suffering more than thriving if a change badly needs to be made, and it's irrational to think that things will magically transform without some effort. So, even though it can be unnerving, making the decision to change and jumping in with both feet is a celebration in itself.

We're operating on autopilot: This is another reason why it is difficult to change. Now, it's not necessary a bad thing to be on autopilot, but it means that you might not notice when a change needs to happen. Many people tend to do things a same way without questioning their actions too much. It's only when patterns are acknowledged and broken that a change can arise.

Change takes effort: Sure, it's easy enough to set goals and get pumped up for a while, but if you don't put in the honest effort, the changes you want will elude you. Putting in effort means taking small steps every day toward the changes you want to make in life-such as signing up for classes or seminars, doing action-oriented activities, and those big or small steps that lead to achieving goals. In the change process, you have to keep yourself motivated, moving forward, and aware of where you are now and where you want to go.

Fear of the unknown: Changing brings up feelings of vulnerability and the uncertainty that you're exploring unknown territory and there is no guarantee how things will turn out. For some people, this part is exciting and invigorating, but others tend to dislike the unknown and prefer the predictable. In the end, diving into the unknown is usually where some of the greatest growth and feelings of accomplishment can happen.

So, go for it!

The Importance of Goals in Our Life:

Goals lead us to a fruitful life. Without them, we are like just plain logs in the forest standing uselessly. With goals, we become trees that bear fruits. We become meaningful for others and in ourselves.

These goals have to be clearly stated and detailed for us to follow. Otherwise, goals that are vague lead us nowhere.

Once we have the clear goals, we have to find for people we respect to serve as a compass who would tell us if we are on our right track in crafting our goals and later on whether we are achieving the goals we have earlier set.

One of the details in coming with a defined goal is the time frame at each step one has to make in order to reach the highest goal. These steps have to be measurable in order for us to know if we are moving along the path.

Keep goals simple and reasonable. A too bold and aggressive goal that is impossible to achieve would only nurture discontentment. We would abandon these goals later on. Likewise, we should also not come up with goals that are too easy to achieve because the challenge would not be there that would push us to achieve and feel fulfilled once we achieved the goals.

The steps sound like a business development plan, but this time it is applied to your life. Start by writing down important things you would like to attain in your life.

Once you have written these things, set out a plan to achieve the goals and commit to the plan. Remember to set milestones on your schedules. Get other people involved to witness your journey and success in achieving your plan. These people will be there to see that you accomplish your plan in coaching and supporting you even when you feel discouraged.

Get them involved in making you achieve your plan. For you to achieve your goal, you need all the resources you need to work together in getting you there.

Setting goals can be an easy task for many people. However, achieving the goals set is not always so easy. For example, anyone can say, "I am going to lose 10 pounds this month." Saying it is easy; doing it is difficult. Meeting your goals takes dedication, drive, and motivation. Below are three proven strategies for successful goal setting.

1. Keep Your Goals Realistic

One of the most important elements of setting goals is to keep them realistic. You would not want to set a goal to complete an upcoming marathon, if you're not an experienced runner. Those kinds of goals are more like wishes than goals, because they are nearly impossible to achieve. A more realistic goal could be to enter a half marathon and focus on finishing the race, or tackle a smaller

version. The danger of setting unrealistic goals is that you're not likely to achieve them. This can affect your motivation to try something new in the future.

2. Write Goals Down

When you set personal goals for yourself, you are more likely to achieve them if you have written them down. There are several reasons why writing down your goals is an effective tool, they are:

- Provides clarity
- Strengthens motivation
- Keeps you accountable
- Builds self-esteem

When people write down their goals, they have a much greater degree of success in achieving them. It's also an excellent visual reminder to keep you focused, when goals are posted in places you'll see every day.

3. Remain Positive

When you are working toward your goals, you're likely to encounter a few challenges along the way. This is perfectly normal. In order to move through your challenges more quickly, stay focused on the positive effect achieving the goal will have on your life and consider the following:

1. Rewarding yourself for reaching milestones.
2. Visualizing your success.
3. Reading your goal list daily.

Achieving your personal goals can heighten your self-esteem and improve your overall quality of life. If you set realistic goals, write them down, and remain positive, you are much more likely to achieve the goals you set.

Should You Dream Big Or Be More Realistic?

We had vivid imaginations as children. As an adult, have you lost some of that child-like ability to imagine the future?

Is the ability to dream big a valuable goal setting / achieving skill or an unrealistic time waster?

When it comes to setting and achieving goals, I often see coaching clients divided into two groups - the dreamers and the realists. The dreamers are reaching for the stars and the realists are going for the sure thing. Which is the best approach for setting and achieving goals? In my opinion it is a combination of both.

Here's what I believe:

The Dreamers: It is an asset to be able to focus on the future. To vividly see what you want and to picture how you're going to achieve it. Sometimes though, the dreamers don't realize their limitations. On the positive side, the dreamers are excellent at creating goal achieving affirmations and visualizations.

The Realists: They know their strength and weaknesses. They have a firm grasp on what works and what doesn't work. Often though, they will stop themselves from coming out of their preconceived comfort zone. The realist is excellent at mapping out step-by-step and day-by-day plans for achieving their goals.

The Realistic Dreamer: They have a down to earth ability to dream big and bold. The realistic dreamer knows how to set goals that stretch beyond their current comfort zone and yet, they don't find themselves getting discouraged with frustrating and unworkable expectations.

Here are a few examples:

The Dreamer: A five-foot five adult person whose goal is to stretch and become a six feet seven professional basketball player is unrealistic. A more realistic goal may be to play basketball for fun and also spend time coaching others who love the game.

The Realist: The middle-aged mother who wants to go back to school but is sure that she has lost her edge. She's been out of school for many years and refuses to enrol in college classes. A more realistic approach would be to take one class at the local community college or an adult education course to help her feel more comfortable learning and growing within a structured environment.

The Realistic Dreamer: The woman in business who decides to expand her business into a foreign country although she has never been outside of the United Kingdom. She develops a business plan and then seeks out a mentor or coach who is knowledgeable in foreign commerce. This entrepreneur reads, learns and begins growing toward her dream one positive step at a time.

A realistic dreamer does not allow uncertainty or insecurity to stop them from setting goals. They do though; realize that coming out of a comfort zone means seeking out advice, help and support.

Becoming a realistic dreamer is about knowing what you want to achieve, why you want to achieve it and being able to map out a viable and doable plan of action. Combining the child-like ability to dream with a realistic assessment of what can be done is a powerful and extremely valuable goal achieving skill.

Which are you - The dreamer, the realist or the realistic dream?

How to Simply Simplify Your Life:

It's kind of funny how people get when they decide that they need to simplify their life. Instead of figuring out an easy and relaxed way to do this, they freak out over it. They make all sorts of massive lists, all sorts of pie charts and Venn diagrams. They read thirty books on the subject, and eventually end up complicating their life tenfold in their attempt to simplify it. Think about it this way- doesn't it make sense that a system that will effectively help you simplify your life will be, well, simple?

The first easy step towards effectively simplifying your life is sitting down and making the smallest list possible about what you find to be most important in your life. Don't do this on your computer. A txt or word document is potentially infinite in size, and this will make it possible to make a massive list, or to use a complicated process to create your list. Instead, just take a regular piece of paper (either ruled or computer sheets) and fold it up a couple of times. Ideally, you want to only give yourself to write five things down. Figure out what the top five commitments are, the five most important factors in your life are. Think about what you value, think about what makes you most happy to spend your time on, think about what helps you grow and move forward in your life. Figuring out your priorities is the most important thing to do.

Once you know what your priorities are, subtract one from the list. Go through, figure out what's least important to you, and then remove it from the list. Chances are there's at least one item on your list that you put down there because you feel obligated to rank it as a top priority, even if it brings you neither joy nor progress in your life. Don't kid yourself, and cut the emotional hold it has on you now by removing it from your list. You will not have a mostly accurate list of what's most important in your life. Focus on these things to the exclusion of everything else. Do what you need to so that you can pay your bills and what not, but do the minimum to fulfil your obligations and the maximum to pursue your priorities.

Now that you've made an emotional and intellectual commitment to that which really matters to you in your life, you need to make it a physical reality. Go through your life and remove those things that don't contribute to your priorities and that aren't needs like earning enough money to fund your life. Clean out your desk, clean out your drawers- clean out your computer desktop your inboxes and your to-do lists. Remove all those things that are simply weighing you down and doing nothing for what really is important to you. Just purge those things in your life that will continuously be associated with unimportant aspects of your life. For those items and folders that are related to your financial and other necessary obligations, put them out of sight when you're not using them. For everything else, make sure what you see at all times has a positive association.

Now that you've decided what's important and cleared out space for it in your life, I'm going to make one last suggestion. Look over your list of priorities. If one of them is having a fulfilling social life, then great. You need to be with people to be happy in your life; you can't just be an focused goal machine at all times. If enjoyable human interaction is nowhere on the list, then remove the least important thing remaining on your list and replace it with leaving your house and enjoying your life with people you love.

The Power of Gratitude:

Gratitude is the use of the Power of Thought in a way that will put you in Harmony with the Energy of the Universe. The same way that there is a Law Of Attraction, there is a Law Of Gratitude. You must learn to use this Law in order for The Law Of Attraction to work.

The Law Of Gratitude works this way. When you give thanks or praise for the things you already have, you make way for more to come to you because you are thankful. The Law Of Gratitude is a Natural Law and will always respond in a Like Nature. Remember Reaction and Action are always equal. The response you receive will be the same as you send out.

What this means is the Universe will give you more of the good things you deserve because you are thankful for all the good things you already have. As you give thanks for what you have, you are saying that you are happy and pleased with what you have attained thus far. You appreciate the better things in life, and want and deserve more. The Energy of the Universe will comply with this, bringing more of the better things into existence.

You want the best in life; the best that life has to offer. Think these thoughts in your mind, and feel the best feelings that you can feel. See yourself with the best; the best of everything and that is what The Law Of Attraction and The Law Of Gratitude will produce.

Be Grateful for everything good that comes into your life, and more will come into your life as well. Be thankful every time you get a chance throughout your day. Expect the best; expect good things, and you will receive the best and more good things. Showing Gratitude will bring more things into your life to be Grateful for. Where is your future heading? If you really take the time to answer this question, you will find that your future is within you. Within You, is the Power and Energy to change your Destiny?

Everything you see and touch, everything surrounding you, from the air you breathe, the food you eat, to the sun you feel on your skin, is made up of Energy. Think of the Love you feel when you hold a hand. Think of the way you feel when you kiss a child. The deep inner emotions and feelings that drive our consciousness. This is your Life; this is created by your thoughts, your energy.

Imagine what it would be like if you looked out on the vast ocean and didn't see any water. Now think about how you would feel if you never saw a star. What would the world be like if there was no music? What if tomorrow all the trees were gone, every blade of grass, and every plant and flower dried up and blew away.

What would the world look like then? How would a future artist ever paint a landscape? Where would we be if there were no animals? What would you eat if there were no fruits and vegetables? How many salads can you make with dirt?

We take for granted this world, this life, and this wonderful place where we live. God planned it all, every last grain of sand. Every plant and every animal, every fish and every seed, and He did it with His Mind, with His Thoughts, with His Intentions. Be Grateful. Start using the Energy. Start right now! Think of the future you want to have. Visualize and Picture it in your mind. Start feeling good about it, and know that it is yours. Know that you deserve it. Know that the Universe will create it for you in Abundance.

Secrets To Staying Happy:

The reason why many people are living miserable instead of happy lives is because they miss the entire point of why they exist. They focus too much on the less important things (which they think should be prioritized). This article will show you how to fix your eyes on the more important things so that you can have the kind of life you want to live.

Thinking too much about keeping the house perfectly cleaned will just stress you out, so I suggest you take a break from cleaning the house. It's important that your house is free from dust and dirt, but you don't necessarily have to perform a general cleaning every day. The house will still get cleaned, if not today, so relax.

While you're taking a break from your housekeeping duties, find a way to hang out with your friends and loved ones. Be a child or a teenager again. You used to spend hours talking and laughing with your friends, so why stop now just because you've grown to become an adult? You can be an adult and still have the heart and mind of a little child.

Never ever do multiple things at the same time. You're not a Pentium 4 processor so why try to accomplish ten tasks in one sitting? Do things one step at a time. I'm not promoting laziness; I'm just saying you would probably be able to get things done if you don't multitask. Again, I say, relax and enjoy what you're doing.

Having so many accomplishments doesn't make one happy. It may even add up to your insecurities in life. If you really want to learn the secrets of staying happy, talk to someone you know who is contented with his or her life. I know this is a cliché, but being contented with your life is really what's going to make you happy.

Your life doesn't go on forever my friend. Even if you don't get more things done today, it's okay. What's important is that you enjoy what you have in life; your spouse, your children, your friends and even your career.

Be Happy And Stay Happy All The Time!

Why You're Not Happy:

Do you dare to love each moment as if it were your last?

Does your heart fill with tears every time you awaken to live a new day?

Does your heart drop to its knees at every sunset, every song?

No grand activities are required to express your reverence for every moment. In fact, it may be the simple and the mundane - imbued with a sense of awe and wonder - that fills your life with joy.

If good things come to you, and your life is filled with blessings, then savour every moment - and don't overlook the joy of simply being alive.

Nothing is guaranteed. Every relationship, every experience, every success is an offering from life. But life itself is the greatest offering!

YOU ARE ALIVE!

Taste it, love it, honour it - for it could be taken away in a flash.

Don't lose yourself in plans for the future without first falling in love with this moment - right Now.

This moment - life itself - contains within it the deepest fulfilment you could wish for. And all it requires is for you to fall in love with it.

Discover the endless depth in gratitude - gratitude for life itself - and you will always be happy. Happiness will hunt you down and invade you. It will break into every cell and never leave you.

Never stop loving. Love for a reason, for sure. And love without a reason too. And say thank you for everything - even when it seems crazy.

If you're not happy it's because you forgot that to be alive is the greatest gift. If you're not happy it's because you forgot to feel eternally grateful for every breath. If you're not happy it's because you forgot to fall in love with life itself.

You have the power to live a life of undying joy. Start now by saying thank you - with humility and devotion - say thank you for simply being alive. And then see if there's anything you need to simply be happy...

How Peace of Mind Can Help You Create Prosperity:

There are so many things that get in the way of our experiencing prosperity in our lives, but the most important thing we can do is to develop a prosperity consciousness. By the time we get to midlife, we have a tendency to look too much to our past and sometimes it stops us from revealing our good.

Here are some simple thoughts to raise your consciousness about money in midlife and beyond.

1. Focus your energy on the good that is already in your life. When you focus on what you already have, rather than what appears to be missing, your imagination is freed to develop more. Focus is the most important ingredient of any manifestation. You cannot just do affirmations for a few minutes and then spend the rest of the day worrying. Peace brings prosperity, not the other way around.
2. Do whatever it takes to convince yourself that you will make it - no matter where you have been, today is a new day and the past does not equal the future.
3. By now, you may have gathered that there are many ways to earn money. You might want to start by making a list of at least 10 ways that you could earn money now if you had to. Let your imagination soar. Soaring in mind, yields soaring in pounds.
4. Watch the thoughts you may have about having to borrow money now or in the past. Allow money to circulate.
5. Worry will never produce more. And worry is not only limited to those who have little. Choose to release worry from your life, regardless of the appearances.

Okay, some of this sounds like it may go against what you are used to thinking. So, it is important to feed your mind with lots of positive and new understandings about prosperity and its true source. If you go now to <http://www.paul-wakefield.co.uk> you will find several articles and videos that can support the process of change. There's even a course you can take that will take away all fear around money.

How to Become More Positive To Attract A Better Life:

We all know that we have to be positive and, more importantly, feel positive to attract the things we want to manifest in life. But how do we change our negative beliefs and our outlook on life that we have believed for so long? We just have to keep learning and putting that knowledge to use for our advantage.

We all know how to effectively manifest stuff we don't want into our life. Being late, getting the wrong order at a restaurant, and not have things turn out the way we wanted it to turn out. We expect these things to happen on a daily basis and then we exclaim "I knew that was going to happen!" or "Why do bad things always happen to me?" but we don't realize that thinking like that is the very thing that is holding us back from manifesting our dreams.

Those common phrases add negativity in our lives and they almost become a staple in our lives - two things that do not help us become more positive about life.

So how do we become more positive? The solution is to flip these negative sayings around and start exclaiming things like "It always works out for me!" or "Great things happen to me every day!" and get rid of the negative sayings altogether.

It feels weird to talk positive like that right? But why should it? Why is it so easy to talk negative and so hard to talk positive?

It stems from our beliefs which stem from our experiences which ultimately stem from what we've been taught in life.

We've been taught that life is hard and bad things happen to good people and because we have manifested those bad things over and over again into our life we believe that it must be true. It becomes easier and easier for us to attract bad things to us because with each negative experience we believe it's going to happen more and more.

Soon we start to believe that we can't have what we really want. The perfect home, job, spouse, house, and so on and so forth become farfetched and hopeless so instead of trying again we spend our lives saying more of those common negative sayings like "You can't always get what you want!". We have to learn to wake up and realize that all of that is complete crap.

All we have to do is change the way we talk and think and talk about life and its rules and make those new thought into our beliefs. That's it.

Those beliefs will then change the way your life plays out and you will start to believe that you deserve the better things in life and that you will obtain the things you want.

All the effort in the world will not get you what you want unless you really believe you deserve it.

Wherever you are in life and whatever you are doing remember this, you deserve to be happy and you deserve to have what you want in life. Everyone deserves happiness and joy in life and by changing your outlook you will change your outcome.

Start living the life you want to live and not the life you're expected to live.

Conclusion ...

Let's hope that your path to Success and self-fulfilment is truly mind blowing, and that the process, as well as the achievements, is positive, and energizing.

Remember ...

We are programmed to survive, but really to want to do our best, and to achieve our best means some self-examination, some effort and some dedication.

Don't be fooled into thinking there are quick fixes to getting the most out of life, or that it is a question of this method or that method.

The questions and the answers are always inside you, as are the unique abilities to discover and enjoy your potential.

Good Luck!

Paul Wakefield

Founder, The Wakefield Group

www.wakefield-group.com

AND FINALLY ...

This is a Motivational Quote I Received April 20th 2010 and I wrote it down in My Vision Book, that's something I suggest you get yourself actually.

If you don't know what I mean by a Vision Book here is an example picture ...



You can get these on eBay for about £12.00 ish, most of them are hand made in India.

In mine I have all my goals written down, pictures of places and things that I want to do ...

I refer to my Vision Book every day and carrier it with me everywhere I go.

Anyway the Motivational Quote, I hope you like it ...

“You must accept that you might fail; then, if you do your best and still don't win, at least you can be satisfied that you've tried. If you don't accept failure as a possibility, you don't set high enough goals, you don't branch out, you don't try – YOU DON'T TAKE THE RISK.”