

# Reprogramming Your Subconscious Mind

## Tip Sheet

- \* First and foremost, believe in yourself.
- \* Understand what is holding you back so you can overcome it.
- \* Spend time in quiet self-reflection, prayer, or meditation at least once a day.
- \* Guard everything that enters and leaves your mind.
- \* Know what you want in very specific terms.
- \* Remove all sources of negativity from your life.
- \* Surround yourself with success-minded people.
- \* Create a realistic plan to attain your deepest desires.
- \* Take positive steps each day toward what you want to attract.
- \* Focus on the present – as if you’ve already attracted the things you want.
- \* Create visual reminders of your goals.
- \* Make a recording of your favorite affirmations or buy a self-hypnosis CD.
- \* Avoid conflicting messages by matching your feelings with your desires.
- \* Write a newspaper report about your success as if it has already happened.
- \* Be an advocate for yourself.
- \* Have an attitude of gratitude.
- \* Choose to carry a positive attitude at all times.

