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# **You Can Do It: If You Believe, You Will Achieve!**

## **Topics Covered:**

Nothing to Lose and Everything to Gain  
The Hidden Superpowers Of Your Mind  
What Do You Really Want?  
How to Become the Person of Your Dreams  
How to Visualize and Affirm Your Deepest Desires  
Confidence Creates Power  
4 Powerful Ways To Fire Up Your Motivation  
How to Use The Past, Future and Present In Attaining Success  
Wiping Out Obstacles to Goal Achievement  
5 Great Techniques to Realize Your Goals  
How To Start, Survive, and Finish Your Journey To Super Success  
Live Your Life to the Fullest  
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# You Can Do It: If You Believe, You Will Achieve!

## Nothing to Lose and Everything to Gain

Presenting four scenarios:

1. Nothing to lose and nothing to gain
2. Everything to lose and everything to gain
3. Everything to lose and nothing to gain
4. Nothing to lose and everything to gain

If you are given a chance to pick one, which will it be? By merely looking at the four scenarios, you would obviously pick the fourth. But let's take a closer look, a look inside all four scenarios by means of illustrations.

The first two scenarios are actually the same. This can be likened to a town where the living conditions of the people residing in it did not deteriorate over time; but neither did they progress. People may be moving about but somehow, life has not changed or improved. They are actually losing something that is not visible but real. And that thing is time. Time is being wasted. This kind of scenario or situation does not attract attention; there is nothing spectacular or exciting. What was there five or ten years ago still remains the same. It makes one observing this town feel sleepy because it looks like a sleepy town with people moving about like zombies.

Let's look at the third scenario, everything to lose and nothing to gain. Now, this looks more exciting, only it feels like falling into a pit. At least, there's activity; but it's depressing activity. This can be likened to a financially poor person who suddenly gets a windfall of cash through inheritance or through the lottery. There are countless stories about ordinary workers or employees who win the lottery and get super rich. A few years later, however, they are back where they started, financially speaking. Some of these people even wind up worse than they used to be, accumulating debts rather than wealth. Either they were blinded by the huge amounts of cash they came into or they simply couldn't manage their money well.

The fourth scenario looks interesting and inviting. There was once a person who was working as an ordinary employee. He set aside a portion of his salary as savings. He was saving, not for a rainy day but to use it for a business he intended to put up. In the meantime, he gathered not only savings, but also enough experience related to his planned business. Somewhere along the way, an obstacle occurred. He needed to send additional money to his family in the province to spend for a sick relative. He dug into his savings. But at the same time, he found an extra job to make extra money to fill in the hole he made on his savings. This kept his plan on schedule.

Once the savings and experiences were enough, he left his job and started to put up his business. It was hard work at the start. Frustrations were always part of the daily activities related to his business. There were times he felt like giving up but somehow, a

voice from within him told him "If you back out now, where will you go?" So he held on. Sometimes he felt like he can't hold on any longer. It's as if he was holding and hanging on the edge of a sword; but in spite of the pain, he still persisted. Then little by little, things began to change. His business blossomed. More and more people got to know him from previous customers because of his outstanding products and services. He was glad he made the right decision to hold on during those difficult moments. Occasionally, there were ups and downs, but the downs were not enough to discourage him from pursuing his goal.

This is an illustration of determination and perseverance to accomplish something in life, an abundant life. It is an illustration that if you don't do something to achieve your goal, you end up in the same place you used to be. It's an illustration of nothing to lose and everything to gain.

### **The Hidden Superpowers Of Your Mind**

The mind is an infinite wonder. It has the fantastic ability to transmute your desires into their physical counterparts. You can do anything that your mind can conceive, as long as you have the belief and will power to back it up.

Take the case of cancer patients who were given placebo pills. These are just plain pills that have no healing capabilities. So how did they get well?

The power came from their thoughts. They were told that these pills contain the highest amounts of cancer-fighting ingredients which can effectively cure them in a matter of days.

See how powerful your mind is?

They believed that their health will be restored. They have registered in their minds that these pills will cure them of their illnesses. In the process, the belief embedded within their subconscious came to reality.

So how can you use your mind to achieve your dreams? One of the most effective ways is to use the "as if" principle.

Act as if you are the person you want to be. Act as if you are already in possession of whatever you long to have.

So what do you want to be? You want to be a lawyer, doctor, athlete, or newscaster? Think, act, and feel like one. You'll be much closer to your goal if you're constantly intact with your objective. Be obsessed with your dream. It doesn't mean that if you want to be Superman you'll fly out the window. Not a good idea!

It's not enough that you act like one, but you have to actually ACT. Do what needs to be done. You might get so lost in your fantasy dream world that you've forgotten to take some action. Let your visions encourage and motivate you to actualize your purpose.

The problem with the people of the modern world is that they are too preoccupied with worries, anxieties, and negative emotions. As a result, they are adversely affecting their state of health.

White lies have become prevalent nowadays in order to ease the burdens or to persuade others to do things that they thought are unattainable.

There was once a weightlifter who couldn't lift weights in excess of 300 lbs. So his coach devised a clever idea and told him that the barbell he has to carry weighs only 300 lbs. With all his might, the weightlifter managed to put it above his head. After he puts it down, the coach told him that he has just lifted 350 lbs. of weight! It's all in the mind!

A famous person once said, "Whenever you think you can or you can't, you're right."

If you think you are poor, then you are; unless you properly condition your thoughts to the positive mindset. I know it's hard to think rich if your environment is not conducive to such way of thinking. Use your imagination then! Visualize your house to be a mansion, your old car to be a limousine... Well you get the picture.

There is absolutely no limit to what the mind can achieve. But you have to combine belief, will power, and action with positive thinking in order to arrive at your intended destination.

### **What Do You Really Want?**

Ever wonder why some people never get anything good out of their life? That's because they don't know what they want in the first place!

You must be specific in your passions, then you must focus all your efforts on that particular desire.

Some people don't really know what they want. For one moment they're excited over a particular thing or endeavor. The next thing you know they completely abandon it; either because they lose their interest or because they give up when they encounter a little problem.

Those who always change their minds and those who give up easily when the going gets tough will never get anywhere.

Maybe right now you're a bit confused. You don't seem to know what you really want in life. You might want to consider these:

1. What makes your heart beat with excitement?
2. What makes you happy?
3. What are you consistently thinking of day & night?
4. What do you want to do for the rest of my life?
5. What do you enjoy doing?
6. What are your obsessions?
7. What things make you jump with joy?

To help you out, just follow these steps.

1. Write on a piece of paper all your possible answers for the seven questions above. Write anything, even seemingly unimportant ones.
2. Encircle 5 to 7 items that interests you the most.
3. Then evaluate and choose with your heart the one & only thing that is worthy to spend all your time & resources with. The chosen one should really be something that brings out the best in you.

Other than the exercise above, you could also ask your close friends and relatives about their personal dreams. You could also read books & surf the net to help you in your search.

Use your heart. Other people may disagree with you, but you should be firm with what you really want. Others may give comments or advice, but the final decision is always yours to make. You should concentrate on what you want, not on what others want for you.

Don't go sleeping tonight without making a final decision on **WHAT YOU REALLY WANT IN LIFE MORE THAN ANYTHING ELSE!**

### **How to Become the Person of Your Dreams**

"What would you like to be when you grow up?" I bet you heard this question asked many times when you were growing up. But have you given this question any thought lately? Just because we are grown is no reason for us to stop dreaming.

Different people have different dreams. So what's your aspiration? Do you want to become a doctor, lawyer, pilot, or entertainer? Or would you want to be like Tom Cruise or Bill Gates? Let me tell you now, you can become what you want to become. You can be anything you want to be as long as you put your mind and heart to it.

Here are some tips and words of encouragement to get you all fired up.

Learn as much as possible about the person you aspire to be. Let's say you dream to become a basketball player. Gather all facts and information about the sport. Research on the internet, read books, watch the games and analyze team strategies; in other words, strive to be an expert.

You must have the desire and passion to know everything you can about the subject. If you can have a real person to imitate or look up to, the better. For example, you may see yourself as Michael Jordan (for basketball), Mariah Carey (for singing), or Heide Klum (for modeling). Feel, talk, and act as if you're that person you're emulating. You'll quickly acquire the behavior and qualities of that person. This formula works like a charm, so just give it a try.

Take motivated action and start pursuing your dreams. Don't wait for everything to be perfect. That will never happen. There will always be bumps and obstacles ahead. The important thing is to start right now and adjust along the way.

Persist until the very end. Never let failures distract you. Just keep pushing yourself to the limit. If you think that a task seems impossible to accomplish, banish that thought immediately. Your mind has the capacity to bring into reality anything you desire. As long as you stay focused and patient on your objective despite any setbacks or discouragements, you will become successful much sooner than you may think.

### **How to Visualize and Affirm Your Deepest Desires**

It's been a long time since I played basketball. But I have a passion for it. Everyday I would visualize myself making jump shots from every angle of the court. I would also imagine that I'd won the championship, that I was the highest scorer in the big game. I would really love to play again, but I'm too busy with my job & other stuffs.

Then one day an opportunity came when my friends invited me to play a game of basketball with them. Now, despite all my imaginings, I hadn't actually set foot on a basketball court in years, being too busy with work and my family obligations. So, I hadn't been practicing, but despite this, I found myself making more accurate shots than many of my team mates who had been playing every day.

What made the difference?

Well, that's the power of imagination & visualization. If you want to be a lawyer, visualize as one. Act like one. Think of what suit you're wearing, the judge you're convincing, the case you're handling, and the courtroom you're in. Visualize the evidences. Smell the victory. Make everything real.

You should also affirm. Believe that you are what you are visualizing. So you want to be a lawyer? Tell yourself, "I'm the best lawyer in the world." Don't say to yourself, "I will be the best lawyer in the world."

Affirm strongly. Say "I am," not "I will," because "I will" suggests something that will occur only in the future. You have to experience it NOW, not in the future.

You must sink into your subconscious your deepest desire. The subconscious mind can do what the conscious mind cannot.

Here's an exercise.

1. Get a comfortable & quiet place to rest.
2. Relax your whole body. Command every part of your body to relax starting from your feet up to your head.
3. Count back slowly from 20 to 1, where in each count you relax deeper & deeper. Upon reaching 1, you are completely relaxed.
4. Now affirm your deepest desire. If you want to be a lawyer, say, "I am the greatest lawyer in the world." As you're saying that, picture yourself to be the best lawyer ever, winning every case you've come across. You may say "I am now explaining to the jury my winning proposition" or anything that will affirm what you're conceiving in your mind as of the moment.
5. After about 10 to 20 minutes of continuous confirmation and visualization, count slowly from 1 to 20. Upon counting, slowly be aware of your surroundings. Feel refreshed and invigorated after doing this exercise.
6. Repeat this exercise everyday.

What you have just learned is a very powerful technique to greatly enhance the power of visualization & affirmation by imbedding it into the subconscious. What once is nearly impossible to achieve will become easier to reach from now on.

### **Confidence Creates Power**

If you feel like you are battling with your own self-confidence, it is time to take a look at some of the most confident people of our time. Confidence made them the successful people they are today, without it; they wouldn't have climbed corporate ladders or been leaders in very public positions. They would have lived ordinary lives and it would have been such a waste of great talent.

Think about some of the very successful people in this day and time. Donald Trump, Peyton Manning and President Clinton, just to name a few. What do these people have in common with one another? They sure aren't a bunch of pessimistic-thinking individuals. They are confident, successful leaders and people that carry power.

**Donald Trump** "The Donald" has more confidence than the whole New York Jets team. He is larger than life and seems to find a way to stay that way. Even after past financial devastations, the man just keeps coming back. What is it about him that makes him so capable of doing this? He is confident, almost to the point of arrogant, the man is most definitely impressed with himself, and that's OK because he earned the right. His confidence has taken him to the very top of the corporate world. Even before his show, The Apprentice, everyone knew who he was. It's a name that means business.....Trump.

**Peyton Manning** The Manning name may have gotten him his very first public coverage from ESPN when he first went to the University of Tennessee, but "Peyton" is the name that everyone will remember. He is the most confident NFL Football Player on the scene today, and why wouldn't he be? Peyton Manning had a fire in his eyes this year as the season began, there was no question, this was going to be his year to shine. If you gamble on football, bet on Peyton's Indianapolis Colts, this man is not going to let his team lose. It's a sure thing.

**President Bill Clinton** President Clinton is so likeable, that you will hear people from all walks of life refer to him as BILL CLINTON. With the exception of the news media, everyone just feels compelled to refer to him as Bill. Maybe it was because of the way he confidently stood in the Presidency or perhaps it was the way he became more like the average man once scandal after scandal rocked The White House, but one thing is for certain this man is Confidence.

So, you might ask, "what do these people have in common with me"? The answer would be a lot. They all came into this world the same way you did and they put their pants on the same way you do. They just learned the power of confidence relatively early in life and decided to do something positive with it. They have overcome adversity and many challenges, but they always rise above and stand taller than ever before.

If you are having problems with your level of confidence, find what it is that is stopping you from achieving the self-confidence you need to be all that you were meant to be. Empower yourself with confidence by reading stories of people that define it and then take control of your life and own it.

## **4 Powerful Ways To Fire Up Your Motivation**

It's so difficult to go on when everything seems to fail, isn't it? Are there times in your life when you really want to call it "quits" because you just can't see any good results from all the hard work you've done?

Hold your horses!

Never ever think of giving up. Winners never quit and quitters never win. Take all negative words out of your mental dictionary and focus on the solutions with utmost conviction and patience. The battle is never lost until you've abandon your vision.

But what if you're really exhausted physically, mentally and most of all emotionally? Here are some sources of motivation to prompt you in reaching the peak of accomplishment.

### **1) The Overwhelming Feeling of Attaining your Desired End**

How would you feel after accomplishing your mission? Of course you will feel ecstatic. You might be shedding tears of joy. Let this tremendous feeling sink in and encourage you to persist despite all odds.

When I was studying for the Board Exams, I used this technique to motivate me. I would envision the sweetness of folks calling me a CPA. It would command respect. People will look up to me as a higher level of authority. And I would have better chances of finding a good job. I absorbed all these great perceptions into my inner being in order to achieve my ultimate goal.

### **2) The Reward System**

How would you feel if you've entered a contest, but there are no prizes for the winners? It's not very encouraging, isn't it?

The same principles apply to your vision. Reward yourself after accomplishing a goal. Set a particular incentive for every objective.

Let's say if you've achieved a particular task, you'll treat yourself to your favorite restaurant. When you've finished a bigger task, you'll go on a vacation.

Got the idea?

Just set something gratifying to indulge in after completing a certain undertaking.

### **3) The Powerful Force of Humanity**

If you want to succeed, surround yourself with the right kind of people who will support and encourage you all the way.

Be with people who have the same beliefs and aspirations as yours. Positive aura is generated by this fusion of collective energy from people of "like minds."

On the contrary, being with people who oppose your ways of thinking may trigger a negative, yet very powerful, kind of motivation.

Has anyone ever said to you that "You'll never get anywhere" or "You're wasting your time with what you're doing?"

Didn't it made you furious and determined enough to prove to them how wrong they were? This is what I'm talking about.

When aggravated, you will do anything to make those who are against you swallow their words. But of course, your main focus should be on the accomplishment of your goal and not for the purpose of revenge. Never let your emotions toward others alter your main objective.

#### **4) Take Care Of Your Health**

Exercise regularly. Fill your brains with enough oxygen to allow you to do your daily tasks with more vigor and energy.

Take regular breaks if time allows. Having the will power to continue despite all hardships is extremely important, but you should still know your limits.

If you don't take enough rest, you will not be able to think clearly and you will not be able to do your tasks properly. In the process, you will just get more frustrated.

Take sufficient sleep and recharge yourself after a hard day's work. Never, ever ignore your health. I've learned my lesson when I sacrificed my health for the sake of success. I've worked very long hours everyday and just got minimal sleep. As a result, I became ill. It's not worth it. Success won't matter if you don't have good health to enjoy it.

Fire up your motivation and live life to the fullest!

### **How To Use The Past, Future and Present In Attaining Success**

Did you know that your past, present, and future can affect directly or indirectly your outlook in life?

#### **THE PAST**

Have you ever done something that is so regrettable you couldn't forgive yourself? Have you ever made a mistake that up to the present time you're still blaming yourself? Are

you still torturing yourself with the thought that only if you could've done it differently, you're living a much better life right now?

Good news for you! You don't have to keep this burden in your heart for as long as you live. Release it. Set yourself free.

If you keep bad memories, you're depriving yourself of good mental and emotional health. You're making yourself a prisoner of the past. This will adversely affect your capacity to act at the present moment. You will not be able to think clearly and you will lose your focus if you are still lingering in the shadows of your dark past.

No matter what you do, you couldn't reverse or otherwise change history. So let bygones be bygones. Why worry about something you have no control of?

Let go of the past, but keep the LESSONS. Whatever lesson you've learned will be of utmost importance to the fulfillment of your goals in the future. These lessons are your mentors that may sometimes teach you the hard way; but nevertheless, success comes to those who are willing to take the risk and pay the price for their actions.

And what about the successes you had in the past? How did you feel when you've accomplished something exceptional? It feels great isn't it?

Well then, use these past experiences in your present endeavors to encourage you and to motivate you. These memorable experiences will bring a positive aura of enthusiasm and will remind you that you have the power to achieve anything with the right attitude.

Recall these affirmative memories in everything that you do and you will see amazing results in all your undertakings.

## **THE FUTURE**

Now how can the future influence your success if it hasn't occurred yet? The answer is simple.

Your burning passion to attain your ideal life in the future will become the motivating factor that will prod and push you to take the essential steps at the present moment.

Conceive your future in the most vivid and comprehensive way possible.

For instance, if you want to get rich, then take into consideration:

- 1) How much money you desire to make, when you intend to get them, and your action plan to have that exact amount by your target date
- 2) The vision of your lifestyle when you've attained the money; like the people you are in contact with, the activities you are engaging in, the food you are eating, the places you are visiting...Well, you get the picture.

These are the guiding forces that will chart the right path to your intended destination. If you envision yourself as having attained them and focus all your efforts regardless of the impending obstacles ahead, then your inner power will release the right kind of energy that will enable you to do nearly anything in pursuit of your desired end.

## **THE PRESENT**

The present moment is the time to ACT. Ready or not, you must do some action now! Mistakes will be made, but you could always revise them.

Put procrastination aside. One delay or excuse will generate a chain reaction of more postponements and alibis that will never end. Before you knew it, open opportunities have already passed you by.

Never let fear get on your way. Some people are struck by the threats of failures, setbacks, or criticisms. What they don't realize is that majority of successful people had to pass through "the eye of the needle" in order to get where they are now.

Act intelligently. Use your past mistakes as guides to avoid future blunders. Let the vision of your ideal life in the future compel you to carry out your plans and catapult you to reach your deepest desires.

## **Wiping Out Obstacles to Goal Achievement**

Life is an obstacle course. It is normal to encounter obstacles in the pursuit of a goal. Actually, it is expected to pop up once in a while, causing delays or revisions to one's plans.

However, when obstacles start to become a nuisance to the point of almost putting a stop to one's goal; or worse, making one completely abandon his/her goal, a think over becomes a necessity.

Here are some helpful, tested pointers to keep one's attention focused in achieving a goal:

1. First and foremost: " Think positive." This means: "Do not quit." Especially when one is midway in working for a goal, there should be no room for quitting. To quit is tantamount to going back to the starting line of goal accomplishment. That is time, energy, money, and a whole lot of things wasted and lost. It is more costly to quit than to find a solution to the problem, not to mention the frustration one feels.
2. Keep a clear, open, and tense-free mind, ready to receive new ideas. Focus and concentrate. Think on a wide scale manner, open for options (even unconventional ones) to eliminate the obstacle.

3. Persist and persevere. Exhaust every possibility even to the point of trial and error (if doubtful), just to test a solution to correct the problem.
4. Simulate. Try to picture in the mind a possible solution to solve the obstacle.
5. Get assistance from other people who may be more knowledgeable on the work being done. They may be able to help. Their suggestions might not necessarily be the right or exact ones, but they may trigger new ideas in finding the right solution.

Consider this scenario: Let's say you thought of a new product and you are confident this product will be sellable once it hits the market. You tell a friend about it, but your friend says otherwise - that it will be a flop. Your friend tells you why it will be a flop and his/her reason is: "if the product will be a success, how come nobody's doing it?" So you decide to forget about your new product because of your friend's comment. This scene is repeated many times all over the world.

The lesson: Be firm in your belief. Follow your heart's desire.

## **5 Great Techniques to Realize Your Goals**

Goals keep us motivated. But sometimes, people find it too hard to achieve their goals. Perhaps because they have set long-term goals before setting short-term ones, or they did not plan their goals carefully.

Goal-setting strategies are important especially for those who want to achieve long-term goals. Here are five goal-setting techniques to help you realize them.

1. Start with short-term goals that will lead you to long-term ones. Sometimes, people start with short-term goals unconsciously. Why unconsciously? Some of them may have considered the goals to be long-term at the time they planned them; and after achieving a goal, they realize that they are in fact, looking forward to a longer one. Some are contented with their short-term goals, but after a while will realize that they also need to attain long-term ones. Short-term goals seem to be our set off for longer ones. They will motivate the person to plan for longer goals, which will usually take some time before achieving them in full.
2. Make sure you really want the goal. By this, you have to ask yourself: "Do I really want this goal? Will this goal give me a better life?" Answering these questions will give you more passion to achieve your goal. Some people recall their past to find out why and how they came up with such goal.
3. Speak up. By this, it means you shouldn't keep your goals to yourself only. Sharing your goals could help you get the support you may need from others. Some people are too shy to tell others about their goals for reasons like they are afraid they cannot achieve these in the end, or they lack the courage to speak up their minds. This is not a

good habit because when the time comes that you really need their support, you will have a difficult time to get such support. You will then have to achieve your goals all by yourself. Also, sharing the fruits of your goals is uplifting to the mind and spirit.

4. Write down your goals. This strategy is more advisable for those who have a long list of goals. After writing them, it is advisable to review them because this will encourage you to achieve them.

5. Stay on track and don't give up. Reviewing notes will help open your mind to see if you are on the right track. While on track, you may have to face challenges that might change your personality. A person who is overconfident might suddenly feel depressed after finding out that he is going the wrong way in achieving his goal. Thus this might lead to abandoning the goal. Never be discouraged. Facing obstacles is a test on how passionate one is to realize his goal.

### **How To Start, Survive, and Finish Your Journey To Super Success**

"The more you hate, the more you love."

What an ironic statement. Whoever said those words must have been drunk. The bottom line is this: It is extremely difficult to like or love something that you despise.

But what can we do to solve this dilemma? What if you're trapped in an environment that you don't want to be involved in? What if you're sick and tired of your job that you feel like puking every time someone mentions your work?

Of course, you take inspired and motivated action to get out of your present rut and start living the life you've always dreamed of.

Guess what? It's not going to be easy. You will have to come out of your comfort zones to discover potentials and opportunities waiting for you. You have to conquer your fear and take calculated risks. You have to stay focused and persevere despite the difficulties you will encounter.

Success doesn't come easy. It takes heart and passion. It may also take some time before you can actually reap the fruits of your labor.

But how do you actually survive this stage? This is the moment when you're working extra hard to reach your goals. This is also the instance when you're enduring whatever adversity hits you.

For example, you're employed in a job that you hate. You know deep inside that you would not like to stay in the rat race throughout your life. So you decided to engage in a part-time business or to study night courses. Good move, my friend.

So far so good. A few days later, time started running out for you. Your family complains that you've never spoken a word to them in such a long time. You're getting crazy over your very hectic schedule. Soon enough, your attitude changes negatively. You get mad and frustrated over the tiniest setbacks. You hate the world for all the misery it has brought upon you.

Stop right now!

That is not the way to go. You are attracting negative elements into your life. Yes, you have to work harder, dig deeper, and sacrifice more to attain your ambitions. But no, you don't have to hate the world and feel bad about your difficult situation. Remember the Law of Attraction. If you hate the world, the world hates you back.

So what do you have to do?

Learn to love your current situation. See all the positive sides of life. Be enthusiastic. Love your boss, your coworkers, your family, your friends, and even strangers that you meet on the streets. It may not be easy, but nothing is impossible with a strong will power. Just don't fall in love so much that you totally forget about your dreams.

Balance is the key. Dream and take some positive action to move you toward your goals. Take it one step at a time. But while you're slowly crawling into the long journey to success, be patient and be as enthusiastic as possible. Don't hurry up too much that you totally forget how to enjoy life.

One fine day, you will finally attain what you have always longed for. But when that day comes, don't spit back on the face of those who belittled you before.

Stay humble. Don't look down on others when you see that you are becoming more successful than they are. Help them. Inject your positive aura into their personalities. When you give, you will yield back equal or greater rewards.

Are you ready to begin the journey? Start it with the courage and desire to improve your life. Survive and go through it with persistence, enthusiasm, and positive thinking. Finish it with a resounding bang of accomplishment and with the desire to help others succeed as well.

### **Live Your Life to the Fullest**

Do you sometimes feel that you're living a boring life? You just can't seem to find anything exciting.

You wake up in the morning, then do the same old rituals. You go to the office or to school. You meet the same people, do the same job, travel the same road, booooring. Next day, same story.

Do you want a change in your life? The solution is YOU! You're the master of your destiny. You decide if you want to have a change or not.

Take the situation of a high school graduate. He have 2 choices - to continue through college or earn money working as a clerk.

He's intimidated by the difficulties of studying, thesis, etc. He doesn't think he will pass the exams because he thinks he's below average. He doesn't like to take the risk of failing college and earning no money at present.

So he works as a clerk earning meager income. He's happy because he's earning money at such a young age while his friends are having a hard time.

But then his friends graduated and got high-paying jobs. He envies them. If only he have sacrificed a few years and faced all the challenges of college, then he could've had a better life. If only he had taken the risk!

There are also some people who want to improve their lives, but they're just too afraid to come out of their comfort zones and explore the endless opportunities out there.

Yes, there may be challenges and problems; but if you try your best to move forward, you'll get more out of life.

Explore and diversify. Take a different route to work, eat exotic foods you've never tasted, do something outrageous (not dangerous).

Life could be exciting. It's your choice. Are you satisfied with your life right now? If not, then you need to do the things that you think will make your life complete and meaningful.

You've got only one life to live. Maximize every opportunity. Go out and do those things which will leave lasting memories in your mind. Live every day as if it's your last.

Seize every moment!

### **Personal Development Goals - Make Goals and Exceed Them**

Setting personal development goals is usually a much easier task than meeting those goals. Part of the reason for this is that most people do not have a true goal in mind, but rather a fuzzy picture of their goal. Another mistake people tend to make when setting personal goals is that they set too many and space them out too far in the future.

So the first thing you need to do when setting personal goals is to clearly define what your goal is. Want to lose weight? That's great, but exactly how much weight do you want to lose? Knowing exactly how many pounds you want to lose goes a long way in helping you do just that because you can find a diet and exercise plan that will most effectively help you lose that amount of weight.

Having a clear goal in mind also helps you plan how best to accomplish your personal goal. For example, say you have decided that ideally you'd like to lose 15 pounds. Now you know the number of pounds you're aiming at losing and you can set up a realistic time frame for that to be possible.

Don't make the mistake that many people do of telling themselves they'll lose that weight in a week, a month or a year. Those goals are both too short and too long. Break the goal of losing 15 pounds down into more manageable chunks that can be done in a week and you'll be much more likely to get the results you want.

And don't forget to reward yourself when you meet your goals. No, you don't have to spend a great deal of money or eat a huge meal that wipes out your calorie allowance for a week. Just take a nice walk or a glass of your favorite wine and celebrate sticking with your plan and meeting your small goals. Doing this ensures you'll meet your large personal development goal, no matter what that goal may be.

## **Personal Growth Coaching**

Personal growth coaching is a field that's seen a huge increase in the last five years. Before that, people were forced to rely on counselors and therapists, who really were not qualified to coach someone in personal growth as most counselors and therapists are trained in more traditional approaches to growth.

A true personal growth coach can help you determine what you want from life for everything from finances to relationships to spirituality. They help you figure out what you want, then develop a plan and set goals for attaining those things. It's great to have a personal growth coach to help you decide on career changes and relationship changes in particular.

Personal growth coaches can also help you with self improvement issues such as dieting and self esteem. They don't generally make you look at your past in-depth, but will start with where you are now and help you see where you want to be--then help you set goals for making changes you want to make in your life.

Personal growth coaches are much more affordable than psychotherapists, but most insurance companies will not provide any insurance help with paying them. You can find many personal growth coaches, however, that will set up a payment schedule that you can easily afford. And as mentioned, their rates are generally much less than

traditional therapists and are therefore a great deal easier on and agreeable to most people's budgets.

You can find many personal growth coaches online. They will work with you by phone or email. The Internet is also a great way to track down personal growth coaches in your local area. After an initial meeting, if you don't feel the coach is a good fit for you, keep looking. Your personal growth is too important not to have a personal growth coach you feel one hundred percent comfortable with and who you feel has your best interests at heart.

### **Personal Development Seminars**

Deciding to go to personal development seminars can be exciting. It's always great to take part in a seminar where you have a great leader and speakers, as well as other people who share your interests to chat with.

When looking into a personal development seminar, you will be surprised at how many are offered in or near your local area. This is especially true if you live a college or university town or a city with a large hospital, as seminars seem to spring unbidden out of these places. You will find seminars held in these areas are information rich and highly useful.

With the advent of web conferencing equipment, it is also now possible to take part in seminars for personal development online and never leave your own home. This trend is one that is growing and will see the number of seminars for personal development rise dramatically in the next couple of years.

So if you're looking for a personal development seminar, you may not have to look any further than your computer screen. Do some online research for popular seminars on personal development and visit some discussion groups for information about any seminars you may be interested in attending, online or off.

Before paying any money, however, be sure the person or persons leading the seminar are professionals in personal development. Unfortunately, there are a good number of scams in this area, so take care that any seminar you're paying for will be headed by personal development experts. You want to get true value for your money with a personal development seminar as you would with anything else you pay for, so make sure you're dealing with experts and professionals.

Finally, find out about any refund policies in the event that the seminar is cancelled or if you cannot attend. Since attendance to many seminars must be booked several months or weeks in advance, things can come up that could prevent you from attending or cause the seminar to be cancelled. So make sure you can get at least a portion of your payment back in case you can't attend. If there isn't a good and reasonable refund policy, check into others, as this could be the sign of a scam.

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