LIFE’S KEY CONCEPTS

**1.** We can dramatically improve our life by harnessing the power of attraction through the proper use of affirmations, visualizations, positive mental self-talks and pictures. The law of attraction simply means that you get what you think about. Whatever you put in your conscious mind goes into your subconscious mind. Your subconscious mind then goes about trying to create your thoughts in your life and it does so without passing judgment on them. This is why it is said “the subconscious mind can't take a joke”. Consequently, we get positive things if we think positive thoughts and vice versa. The amazing thing about this natural law is that it works whether or not we know about it, believe it or understand it, just as the natural law of gravity works whether or not we know about it, believe it or understand it. Using affirmations along with visualization, positive mental self-talks and pictures will dramatically improve your life, your ability to accomplish your goals and your opportunity to create a more prosperous, happy, healthy life.

**2.** Take total responsibility for everything that happens in your life. This includes those things that you have control over and those things you do NOT. You always have control over how you react! Pouting, hiding out, making excuses, rationalizing, blaming others, feeling sorry for yourself, avoiding the difficult task and procrastination are all indications that you are not taking responsibility.

**3.** Never play the victim role or the blame game. There is absolutely no payoff to this attitude. Never look at what you’ve lost, avoid running your misfortune over and over in your mind, stay calm and accept setbacks gracefully. Realize that problems, bad people, tough times and mistakes are your teachers. Problems are guidelines not stop signs. The question is: What do I need to do to capitalize on these events?

**4.** It Doesn't Matter Where You Are. It Matters Where You're Going. Right or wrong, your fault or not, you are where you are and you can't change the past. Focus on the things you have left, learn from your mistakes, take advantage of your new wisdom and make a plan. Then, take the action steps necessary to begin moving in the direction of your choice. This attitude helps you get back up when you’ve been knocked down and keeps you looking forward and moving forward.

**5.** Be courageous. Recognize the most debilitating human emotion is fear. Learn ways to keep it in perspective, minimize it when applicable and harness it to your benefit when need be.

**6.** Maintain integrity, sense of fair play, compassion, an attitude of gratitude and inner strength. Many people derive their inner strength from their spiritual/religious faith. Do the right, fair, honest, honorable thing. An excellent reputation will inspire people to support and help you and vice versa. There are no substitutes for pride and self-respect.

**7.** Regularly evaluate the results of your choice making. Learn from your bad choices and avoid making the same mistakes. Do more of what is working. Sleep on important or emotional decisions overnight. Remember, because our life is predominantly the result of our past choice making, we can improve our life by making better choices.

**8.** Reliability matters. Say what you mean, do what you say, show up on time and return messages promptly. This is an important way to stand out from the crowd.

**9.**Choose a healthy lifestyle. Exercise and stretch regularly, eat right, maintain a healthy weight, moderate alcohol/pot use, and completely avoid cigarette smoking and hard drugs. Sit in silence or meditate for 15 minutes everyday to reduce stress, gain perspective and create the space to hear ideas and intuition. Good health is the cornerstone of all good things in life.

**10.** Make life a journey, not a destination. It's the trip that counts.  Make your trip a great adventure, the good times and the bad.

**CHANGE YOUR MIND, CHANGE YOUR LIFE**

1. Simply put, an affirmation is a positive statement about what you want in life as if you already have it, being careful to avoid using the words "no, not or don't" (affirm what you want) and "will or going to" (refers to taking place in the future). Affirmations are exceptionally powerful tools providing we write them correctly, say them once or twice per day, affirm something that is realistically accomplishable and are prepared to take the action steps when people, ideas and opportunities come our way. The law of attraction, implemented with affirmations, works when we are actively involved and take advantage of those things that are attracted into our life.

2. Positive self-talks: Listen to what you are saying in your head and keep it positive. You get what you think about. Thoughts become things because of the Law of Attraction.

3. Visualize what you want in your life as if you already have it. Visualize events you handled badly as you would more successfully handle them in the future.

4. Post pictures of what you want in your life and look at them frequently.

Also read a list of all the things you have to be happy about in life to help gain perspective when you feel depressed.

**MY DIET AFFIRMATION** (I lost 30 pounds and have kept it off for 40 years)

I maintain my highly disciplined strict exercise and dietary program for the rest of my life and weigh between 190 & 195 pounds. I eat lots of vegetables, a moderate amount of protein, a small amount of fat, one or two fruits per day and drink lots of pure, clean, healthy, refreshing water. I only eat bread in an open-faced sandwich and eat a very small amount of beans, corn, pasta, potatoes, rice and sugar.

**INCORRECT AFFIRMATIONS**

1. I am going to be more patient with my kids (refers to happening in the future).

2. I will read my affirmations daily (refers to happening in the future).

3. I do not lose my temper (Stated in a negative way).

**CORRECT AFFIRMATIONS** (State what you want to happen in present terms)

1. I am patient with my kids.

2. I read my affirmations daily.

3. I am calm and composed.

**FURTHER STUDY**

Read or listen to “Think and Grow Rich by Napoleon Hill”.

Available at [Amazon.com](http://Amazon.com/) and [success.com](http://success.com/).

Condensed version is available on audible.com by Mitch Horowitz

Watch “The Secret”.

Available at [www.thesecret.tv](http://www.thesecret.tv) and Netflix.

Read “NIXLAND My Wild Ride in the Inner City Check Cashing Industry”

Available at Amazon.com

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