

Do You Expect Success?

Many people I talk with describe their success in 2008 with much trepidation. Many are hesitant and include discussion of 'the economy' and the financial markets. I hear about 'a bad year', 'business is slow'; 'things are hard right now'.

Do you know each time you say words, whether they out loud or in your own head, you are both revealing your beliefs about success and directing your unconscious mind to follow your direction?

How do you describe your experience?

And how does our language reveal are true expectations for success?

Below are several sentences. Read each of the sentences aloud, pause, really step into each sentence as you say it and notice the level of expectation in your body.

- I hope things turn around in 2009.
- I will work hard in 2009 to meet my goals
- I should be able to be successful in 2009.
- I would like to have more success in 2009.
- I might be successful in 2009, depending on (x, y, z)
- I plan on being successful in 2009
- I might be successful in 2009
- I expect great success in 2009
- I will be successful in 2009

Our language; the structure we use to understand and describe our experience. The structure of our speech: the words we use are 'picked' on a largely unconscious level. Because of this, really hearing our own language and the words others choose is vital in understanding the structure of our experience.

Why is this important?

Because our language reveals our beliefs about the world, about ourselves, and are key to are success, that's why.

I have heard people say "well, I'll just say it differently" and certainly that does help. The more we say and think the same thing, the more we point our unconscious in that direction. The beliefs that are reflected in our language are beliefs we hold on multiple levels, are largely unconscious,

and the most core beliefs, are learned early in life and contribute everyday to not only our 'success', but shape the way we exist. Oh, and are often severely limiting...yes, severely.

These belief statements have been documented well in the literature, I'll list a few examples here, along with a positive alternative to each belief.

Old

Life is hard
The world is not a safe place
Life is unfair
There's not enough time
I can never relax

New

Life is fun!
The world is a safe place
Life is a joy
There's plenty of time
I can choose to relax

Directions for change: What can you do?

1. You may already be aware of the statements you make about your success. If so, skip to #3 ☺

2. Say the below sentences out loud. As you say each one out loud, step into the experience and imagine really experiencing each. Give yourself about 5 seconds to experience what each statement feels like:

- I hope things turn around in 2009.
- I will work hard in 2009 to meet my goals
- I should be able to be successful in 2009.
- I would like to have more success in 2009.
- I might be successful in 2009, depending on (x, y, z)
- I plan on being successful in 2009
- I have a good chance at being successful in 2009
- I might be successful in 2009
- I expect great success in 2009
- I will be successful in 2009

3. Self awareness is the next step. What have you been saying to others and to yourself about your success? Are your statements and images beset with doubt, pictures of difficult times, hardship, struggle. When you picture your bank account, your free time, what do you see?

****these are the images and words that are determining your fate, and its up to you to change the images and words, to determine your own fate!****

4. For each picture of your future that is **not** the success you want to create, make it a still picture, then make it black and white...then let it shrink and move away as it gets smaller, the size of a postage stamp, then let it ‘poof’ disappear. Then, in the same location, create another postage stamp size picture, a new picture, of the success you want. Let the postage size stamp get bigger, full of color. Create a movie of you enjoying your success, lot’s of money in your bank account as you make still another deposit. Make the movie even bigger, IMAX style, bring in the sounds of success: laughing, congratulations, vacations. Enjoy these new movies as you think about your future. (note, if you have any discomfort or doubt while you create these movies, there is more work to do, call me!)

5. Each morning look in the mirror, I mean really look at yourself, like you are looking at someone you want to say something intimate to because what you are going to say is very important, to you! Look in the mirror and say:

“I am capable of great success. I will be successful today and each day”

6. For any of the ‘limiting belief statements’ you might be making, create a new statement with the same syntax as the first. There is a great visualization I can bring you through in one session to help with this.

Try on these simple techniques to change your neurology, the things you tell yourself and the images you make. When you talk about your success and your future out loud, listen to your words. Practice the morning mantra as you tell yourself with great intention “I am capable of great success. I will be successful today and each day”. Then, notice the difference in your own feelings about yourself, your success, and specifically, notice your increased success!

NOTE: Want more success? Visit: <http://www.trulyhumancoaching.com/resources.aspx>