

Envision Success

Step by step to success:

1. Be clear about what you want. Begin by making a written list of everything you want and want to do. Then sift through the list several times, striking out the weaker, less insistent desires each time. As your list grows smaller, you will find that the value of the remaining desires has grown stronger.

2. Keep the flame in your desire alive. Make a habit of visualizing- in graphic detail- the benefits of realizing your goals. Recognize that the essence of what you want can come to you in many different ways, some of them far superior to anything you could have consciously imagined or previously desired.

3. Believe that what you visualize will happen . You must affirm that what you have visualized will come to you. Get yourself a wristwatch that beeps at frequent, regular intervals. Stop what you are doing, and then read or say out loud your affirmation each time you hear the beep. Feel yourself believing it.

4. Be Grateful. Gratitude is an immensely powerful, cleansing emotion. It sweeps away the deadly toxins produced by fear, insecurity, and anger. Make a list of your blessings. Feel gratitude for each of them in your heart. As Sanaya Roman writes in her book *Living with Joy*, "Whatever you appreciate and give thanks for will increase in your life."

5. Be patient, and trust in the outcome. Always remember that trust is the link between the world of the mind and its physical manifestation. You must trust that everything will come in the perfect way at the perfect time. Invite and allow good things to come into your life.