

**Give me 10 minutes a day
and I will show you
how to achieve more in your life
and turn all your dreams into
reality.**

- By Emmanuel SEGUI

About the Author



Emmanuel SEGUI

Emmanuel SEGUI is an author, an NLP master-practitioner and a practitioner of neuro-semantic. He's continually helping people develop their potential genius. His vision is to create a new world of possibilities where people are willing to develop their full potential.

His life is dedicated to self-development and excellence. His ability to organize information in our communication age is unique: **easy to learn, simple to use, providing fast results.**

He's the author and creator of:

→ **"Moving from Vision to Action"**

How to turn your dreams into reality through the six levels of success. Take your personal and professional life to a whole new level with NLP and Neuro-Semantics.

Achieve Massive Results: get slim and fit, build your financial empire, grow your business faster and spend all of your working hours happier and more at peace. school!

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Site dedicated to help parents and teachers who are searching for ways to motivate your child to learn and get higher grades. Discover ALL the advantages of NLP and accelerated learning to enhance your children capabilities and to help them succeed in school!

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In Lewis Carroll's well-known Alice's Adventures in Wonderland, Alice was following a path through a forest in Wonderland when it divided in two directions. Standing irresolute, she inquired of the Cheshire cat, which had suddenly appeared in a nearby tree, which path she should take.

And Alice went on: "Would you tell me, please, which way I ought to go from here?"

"That depends a good deal on where you want to get to," said the Cat.

"I don't much care where--" said Alice.

"Then it doesn't matter which way you go," said the Cat.

Goal setting: a skill to master

Every successful person will tell you that goal setting is critical to your success. Every one I know that have set big goals and have dreamt big dreams have achieved great results.

Unfortunately, only 3% of the population seems to know the importance of setting goals for their own life. Here are **the 5 main reasons why 97% of people do NOT set goals.**

So many people don't know where they want to go. Most people walk aimlessly in this life and don't do anything. Napoleon Hill said: "Without a definite major purpose, you are as helpless as a ship without a compass."

On the other hand, many people know that they need to set goals to achieve success, to realize their dreams, to take the direction of where they want to go. However, only 3% of the population set proper goals that improve their lives and drive them to success. Why? Why such a small number?

There are 5 main reasons why only 3% of the population know where they want to go and set clear goals to achieve their dreams.

1. People don't want to take 100% responsibility for their life.

People LOVE to live in their comfort zone. They don't want to stretch. Stretching, for the most part, is uncomfortable.

They love to see themselves as a victim for everything that happens to them.

They act like fools.

They think that success, fame or reputation comes by chance and not by effort.

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They think that successful people became such because of luck. The luck factor, however, is not what they think. Luck is an effect. Lifelong learning and persistence are the causes.

If you want luck in your life, you have to stretch.

If you want success and wealth, you absolutely need to take 100% responsibility for your own life and the life of your family.

Things such as 'Getting rich overnight' or 'Being successful in a week' don't exist. You maybe hear stories like that because they are so rare. Stories like that pollute our thinking because success only comes when you take 100% responsibility for your life and when you set clear goals to achieve your big dreams.

2. People don't understand the importance of goals

Goals are critical to success. You know that by attending a seminar on goals, reading books on goals or listening to audiotapes.

You know the importance because every day of your life, a role model told you to set goals and explained to you the benefits you would come from setting such objectives.

If you come from a family where goals are not emphasized, it is normal that you don't understand its importance. But as soon as you begin to taste the joy you feel when you achieve a goal.

You immediately see your future, and you see it beautiful, excellent in every way.

Personally, I didn't hear anything about goals until I was 21. Like most people at that age, I went to school, studied (just because it was mandatory) and spent the rest of the day with my family and friends.

Then at the age of 21, I decided to do humanitarian service for 2 years. I went to New Caledonia and I began working with the people, helping them deal with their problems and concerns.

There I learned quite a lot about leading a team, managing cultural differences and setting up projects. With the help of other young men from around the world, we built wood houses, created shows and shared our love and knowledge with them.

When I was there, the first thing I learned was the importance of setting goals. Each week, we set goals. Each day, we reviewed our goals. **Goals are powerful. They are like a magnet that pulls opportunities and people to achieve them.**

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Goals changed my entire mission there. They changed my attitude. They made me stretch and enjoy a more fulfilled life.

Goals allow us to focus on what is important to us.

They allow us to manage stress better, not work anxiously but to be at peace, to anticipate and be proactive.

Goals are so important because they are the tools you will use to create the life you want.

Goals are important. If you don't set any, who you are working for? For those who do!!!

3. People don't know how to set goals

Setting goals is an art.

A goal is effective when it identifies clearly where you want to be. This kind of goal must give you important information on how to get there and it tells you when you have arrived.

A goal properly set is in harmony with your values, with you as an individual and with your spiritual core.

You should set that kind of goal only if you are willing to pay the price.

Finally, you must write down your goal. If all these conditions are gathered, then you can say: "I set a goal".

Here are 7 conditions you should consider when you set your goal:

Be specific and always state your goal in a positive way.

Second, be sure that the goal is self-maintained, that it only depends on you;

Third, visualize what you will see, hear and feel when you achieve it. Begin with the end in mind. Visualize in rich detail. Involve all your senses, especially your emotions.

Fourth, set a context for that goal: a date, an hour, a place, an environment. Be specific.

Fifth, let your body and mind relax for a moment, they will tell you if it is good for you.

Sixth, state what the price is, in terms of time or money or energy. What are the resources you need to achieve your goal? Relax and if you are ready to pay that price, go to the seventh.

Is the goal in harmony with your beliefs, your values and with your spiritual core? When you answer yes to this question, you feel peace, less resistance and above all you feel motivated since it is in harmony with who you truly are.

When you set a goal properly like I just mentioned, I promise that you will succeed.

If you correctly answer the questions above, take care... because you are surely going into the right direction. You are surely going to achieve it. You are surely creating the life that you desire.

Zig Ziglar said : "A goal properly set is a goal half-way reached". When you see where you are going, when you are clear about what you want, you are programmed to succeed. The three keys to a life without limits are:

Clarity

Competence

Concentration

Setting goals properly will allow you to clarify your values and your destination.

You attract more in your life because you focus on what you want instead of what you don't want.

Focus is the quality of the genius. By focusing and persisting, you become competent and life opens up before you like a summer sunrise.

4. The fear of rejection

Fear stands for False Evidence Appearing Real.

What we perceive in life is always subjective. What we experience is filtered by our beliefs and values system, built mainly during our childhood. As every childhood is different from another, every experience is perceived differently.

An evidence for someone may be an absurdity for another. It depends mainly on his belief system and on his self-concept.

We don't want to feel low self-esteem. We want to be recognized somehow. That's quite normal.

Fear of rejection is one of the main reasons why people do not set goals. What if I said that my goal is to be a millionaire?

So here's the key: don't tell anybody. Don't keep them secret, but sacred. They are your goals. That's the direction you want to go. That's your life. In fact, 97% of the people will do everything in their power to hold you back.

So don't tell anybody. Share your dreams and goals with only those who have also dreams and goals.

5. The fear of failure.

The fear of failure is surely the biggest reason of all.

The founder of IBM told one of his employee who asked him "How can I double my success rate?"

- "If you want to double you success rate, double you failure rate!"

The difference between the winner and the loser is simple. The winners understand that every setback, every failure is a lesson or an opportunity that lead towards success. They know that they are designed to succeed and they see every problem as an opportunity to improve and be excellent.

The loser will complain when the SAME problem occur. He doesn't have any vision and therefore any direction in his life.

Failure is a normal part of everyday life. And the most successful people are those who failed forward.

When you set crystal clear goals, you are able to see things differently. You are more able to see problems as normal steps to the achievement of your goal.

When you focus on what you want, you will have both rewards and failures but you will know that both are for your good.

I explained to you the 5 reasons why most people do NOT set goals. My aim is that you set clear goals and understand why you should do it: because you want to live the kind of life YOU want and that you want to

realize your dreams. You want to be at peace. You want to save your family from the storms of life. You want to become financially independent and self-reliant.

Now, you need to set your Master Goal, your Major Definite Purpose. This is done by answering a question like: ***What one great thing would I dare to dream if I knew I could not fail?***

My Major Definite Purpose/Mission Statement/Master Goal

The Value of Leading a Balanced Life

You need a balanced life. Everyone is searching for harmony throughout his life by different means.

Balance is a key element of a happy life. Dalai Lama teaches, 'A balanced and skillful approach to life, taking care to avoid extremes, becomes a very important factor in conducting one's everyday existence. It is important in all aspects of life. For instance, in planting a sapling of a plant or a tree, at its very early stage you have to be very skillful and gentle. Too much moisture will destroy it, too much sunlight will destroy it. Too little will also destroy it. So what you need is a very balanced environment where the sapling can have a healthy growth. Or, for a person's physical health, too much or too little of any one thing can have destructive effects. For example, too much protein is bad, and too little is bad.

Successful people set goals in the following 6 areas. You should do the same.

1. Self development
2. Business and career.
3. Financial freedom
4. Family life
5. Health and energy
6. Relationships.

In order to find harmony in your life, while growing and building your self confidence, you now need to set goals in those 6 areas of your life.

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Now, every person is different. Here are several ways to set goals. According to Howard Gardner, we have at least 7 intelligences. So there are several ways to set goals. Choose the one you prefer.

A "Goal Chart" for Logical/Mathematical Intelligence: can be developed scheduling rehearsals.

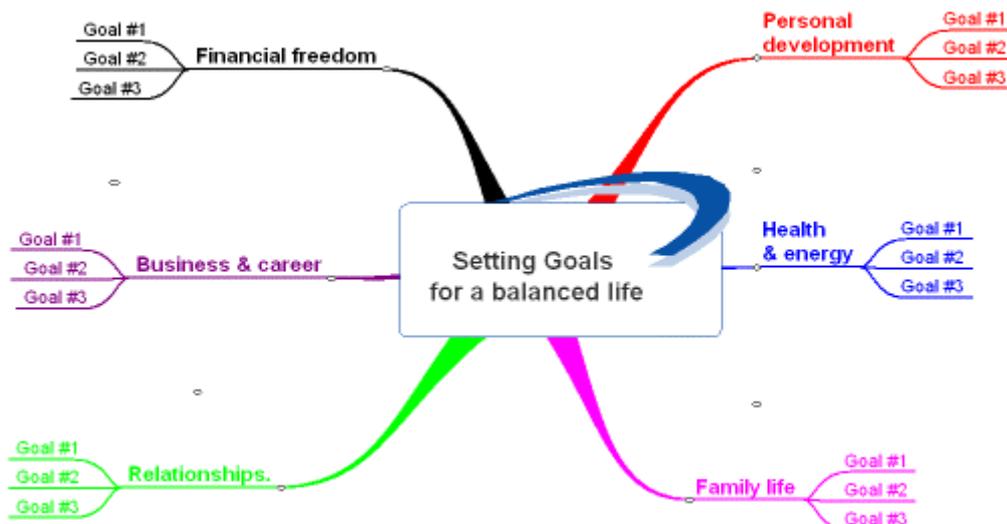
Jan-----July-----Dec-> 1 Year

-1-----2-----3-----4-----> 5 years

5-----10-----20-----25-----> 30 years

Write down your goals on the "time line" and project yourself into the future.

A "Learning Map" for Visual/Spatial Intelligence: can be developed through map making and illustrations;



Draw a similar learning map and define your goals in the 6 areas for a maximum balanced life.

A "Simple Piece Of Paper" for Verbal/linguistic intelligence - the ability to use words

Take a piece of paper and answer the 5 questions I'm going to ask you NOW. You have only 1 minute per question. These questions are crucial and once you've answered them, your mind-body system, your problem-solving brain will work for you and will find solutions to accomplish the 5 answers you are to note on your "Performance notebook"

1. What is your passion in life? From all your activities, which is the one that makes you the happiest, that raises your self esteem?
2. If you only had 6 months to live, what would you do?
3. If I could give you a magic pill that would guarantee success at anything you tried, without failure, what would you dare to accomplish?
4. What are the most important values in your life? List 5 values, the 1st being the most important.
5. Imagine you're a millionaire and you have all the resources to live a wonderful life. What kind of job would you do if you didn't need to be paid for?
6. What is the one skill that, if you mastered it perfectly, would make the most significant difference in your life?

The "Greatest Movie" for Physical intelligence - the ability to use your body well

Using your body is a key tool to success.

You can actually stand up and act out your goals. You become the director, the actor and the producer of your own movie: The Greatest Movie.

Act in that movie as if your goal was already achieved. What do you see? What do you hear? How do you feel? Notice your behavior, your physiology, and the tension in your muscles. This is an extremely powerful tool of motivation because these feelings of success will carry you through to accomplish your goals.

Understand that your body and subconscious mind record every bit of information. Therefore, through acting and then doing, you will finally become what you want to be.

A "Nice Story To Tell" for interpersonal intelligence -the ability to relate well to others.

Tell your goals to others, but don't tell just anybody. Only explain and share your goals with people who also have goals. Why? Because people love to see you fail. And when you say to them, "I want to be a millionaire," they are going to laugh, make fun of you and you'll get discouraged. Be around people like you.

Mark Victor Hansen, the co-author of One Minute Millionaire and Chicken Soup for The Soul asked Anthony Robbins: "How do you earn ten times more than me, you didn't even go very far at school?" Anthony responded: "How much do the people you hang out with earn?" Mark said something like "A million a year." Anthony responded: "That is your mistake. If you want to earn 10 times more, hang out with people that have such dreams, people that earn 10 million a year."

In the same way, tell your goals only to those who set goals and understand the value of goals and dreams.

Accelerate the process of change through relaxation, visualization & affirmation.

I recently wrote an article entitled *How to bypass your conscious mind and program yourself for success*. It has been published in many newsletters and posted on hundreds of websites.

To read the entire article, click now.

<http://www.nlp-and-learning-review.com/free-articles.html>

I explained how relaxation, visualization and affirmations are a sure foundation to program yourself for success.

I would like to explain in rich detail the three steps of relaxation so you can immediately apply these techniques. In doing so, you program your mind and develop good habits to enhance your capabilities.

Relaxation to Oil Your Success Mechanism

Relaxation is the state in which your left brain decelerates and your right brain is allowed to roam free. It's the only condition in which you can access your creative imagination and do the work of reprogramming your automatic mechanism.

Through relaxation we enter into a new state of mind, called the "Alpha state". It is a state of creativity, essential to your success. You can introduce new thoughts and new beliefs into your subconscious mind. The subconscious mind never sleeps, it works 24/7 and absorbs any thought, regardless of its nature. It files, classifies and records every bit of information that comes through your 5 senses.

Clinical researchers have found that it doesn't even know the difference between reality and something visualized in your mind's eyes. So the more positive instructions you give it, the more positive results you will get.

Two simple but powerful ways to relax.

1. Autogenic Conditioning: The Method.

Autogenic Conditioning is also sometimes called self-hypnosis. It goes like this.

Assume a comfortable position. Sit on a comfortable chair or lay down on a bed. You breathe deeply. You close your eyes. And you speak to the 6 following parts of your body: the left and right leg, the left and right arm, the chest and the head.

Repeat the following words 6 times, one breathe to each repetition:

"My left leg is becoming heavy and warm" (6 times) and then

"My left leg is now heavy and warm" (6 times) and then

"My left leg is completely heavy and warm" (6 times).

Each time you inhale and exhale, you speak one command.
Repeat the same process for each of the 6 parts of your body

And as you do this, notice how deep your breathing becomes and how relaxed you are. Notice the inner peace you begin to feel. Notice each part of your body and how warm they are. You don't want to move them. You are in a state of relaxed alertness. Now you're in the ideal state to learn and to focus.

You are now deeply relaxed. You've entered the alpha state and you are ready to affirm and visualize. You are ready for deep programming.

2. The Light Within

1. Sit or lie in a comfortable position. Close your eyes. Breathe slowly and deeply for a minute or two.
2. As you inhale, visualize your breath as a radiant light filling your body. As you exhale, feel your body relax. Continue for several breaths.
3. Now as you inhale, direct the radiant light to your left leg. As you exhale, imagine the light passing out of your body through the sole of your foot, bearing the tension away.
4. Repeat step 3 as many times as needed, directing the light in turn to each of the 6 parts of your body discussed earlier.
5. Enjoy the feeling of complete relaxation for a few minutes.
6. Take one last deep breath, open your eyes and stretch.

Speaker and consultant Romanus Wolter wrote a great article in the [Entrepreneur magazine](#) on the power and necessity of relaxation. He said:

“As entrepreneurs, we often let stress get in the way of our success. But while we are driven to succeed, we need to realize that taking time to relax isn't a gift for ourselves—it's a necessary and indispensable part of performing at our peak and staying sane.

True success comes from appreciating your achievements and managing your business growth. To accomplish this, you must take your well-being seriously. You need to reflect on what you've accomplished and take time to let your nerves go, even if only for a few moments.

It's easy to grow accustomed to an increased level of stress. To avoid getting burned out, don't just make relaxation an item on your to-do list. Learn to rejuvenate your soul and increase your creativity by:

1. Taking a break—even if just for a minute: Relaxation can take any form that's appealing to you and any length of time. Studies have shown that simply tensing your muscles and allowing them to relax is an effective way to decompress. Find a quiet place to lie down, uncross your legs and arms, and rest your palms on your stomach. Close your eyes, and breathe deeply. Tense every muscle from the top of your head to your toes for a second. Then simply clear your mind for a moment.

2. Making relaxation part of your routine: Take 15 minutes each day to reflect and have downtime. No amount of regret can make up for lost time or opportunities. Achieve clarity by recognizing your successes, letting go of your stress, and deciding on the best step for you to take next.
3. Turning frustration into inspiration: When obstacles cross your path, it's much easier to get riled up than it is to calm down. No one can predict the future. Instead of becoming aggravated about occurrences out of your control, relax and try to spot opportunities. Ask yourself "How can this situation fuel my success?" You'll be amazed at the possibilities you discover.
4. Saying no to less important things: You are in control of your to-do list. Learn to use your intuition to decide if opportunities are right for your business. Saying no is a big part of your overall success, and people will respect your honesty. In fact, they will begin to approach you with the right ideas that will help you achieve success on your terms.

To truly relax, you must be true to yourself. Pay attention to any physical or emotional symptoms that arise in response to stress. When you feel anxious, recognize that it's OK to relax, slack off for a short period, or get more sleep. Success comes from attaining your goals—and relaxation has to be one of them. "

Relaxation is becoming a necessity. Brian Tracy, author, speaker and consultant, often says that in our information age we formulate new ideas and knowledge is much more accessible. But we are also more stressed and frustrated.

It shouldn't be that way.

This is a pivotal time in the history of man where we are able to access information with a click, apply it to ourselves and learn at a faster pace. We can apply new techniques of personal development to change our behavior and our attitudes. We can learn from professionals how to earn more money and how to communicate better.

But this is an alarming time too. Because of stress and frustration, urgent things must be dealt first. Important things come only second. That's exactly the reason why Stephen Covey came up with the Fourth Generation of Time Management.

He said: "effective management is putting first things first". His time management Matrix helps us to do important things first. The results of

doing that are: "Vision, Perspective, Balance, Discipline, Control, Few Stress"

It is important to first step back, center yourself and reflect. Meditation and relaxation really are essential ingredients for personal and professional success.

They are the gateway to learning, the prerequisite to creativity and problem solving and they can change the way you perceive yourself. You can increase personal self-esteem and self-confidence through relaxation and deep programming.

A Success Story:

Bobbe Sommer said: "Several years ago I was working with a seven-year-old hemophiliac patient I'll call Timmy, whose parents had brought him to me for hypnotherapy at the suggestion of his hematologist. After we had had several sessions together, Timmy's doctors observed that Timmy had developed a remarkable ability to control his bleeding. When asked how he did it, Timmy replied 'Oh, it's easy. I just close my eyes and get mushy all over my body. Then I see the little holes where the blood comes out, and I plug them up with Silly Putty, and it stops."

Timmy knew how to relax. Most people think of relaxation in much the same way Mark Twain defined play: it "consists of whatever a body is not obliged to do."

Creative Visualization For Success

By now, you're excited to know what I'm going to teach you about visualization and affirmations, aren't you?

In the previous chapter **I gave you two powerful techniques** for deep relaxation.

Now you're ready for deep programming.

Visualization is a technique in which you see yourself with your mind's eyes, achieving your goals and fulfilling your dreams.

It is performing an act the way you want it to be.

Through visualization, you bring your ideal future into the present. You impress your subconscious mind with strong and vivid pictures. You shape your destiny.

Great leaders like Brian Tracy, Jack Canfield, Stephen Covey, Michael J. McCarthy, Anthony Robbins have all used the power of visualization to transform beliefs, habits, performance...

Brian Tracy said "the better you get at visualization, the more rapidly you move forward to accomplish your goals and aspirations".

Success is not an accident. Every highly successful person know that visualization is an essential ingredient to success. And the faster you master it, the faster you move towards your goals, dreams and toward your success. All improvement in your life begins with an improvement in your mental pictures.

There are four factors that determine how rapidly your visualization turns into realization.

First is the duration of your visualization. How long can you hold the picture in your mind?

Second is the frequency of visualization. How often do you hold that picture in your mind each day?

Third is the intensity of visualization. How much emotion is involved in the picture that you're holding in your mind of your goal?

And **fourth** is the vividness of the visualization. How clear is your mental picture?

You can increase the speed at which you achieve your goal by increasing the length of the visualization, or holding the picture longer, increasing the frequency by visualizing more often during the day, increasing the intensity by generating more emotion to go with the picture and by increasing the clarity or the vividness of the picture.

The way you do this is to play and replay the picture of your goals on the screen of your mind. The more you visualize, the more intensely you will desire your goal and the less you fear failure and rejection and the possible risks that are involved.

Here are **4 techniques** you can apply right now to help you in your visualization process to program yourself for success.

1. Create clear mental pictures of your ideal lifestyle.

Take a piece of paper and make the list of the 6 major areas in which you're going to work to live a happier life.

They are:

1. Your personal development.
2. Your family.
3. Your business and career.
4. Your financial freedom.
5. Your health & vitality.
6. Your relationships.

For each one of them, what would be your ideal life When you say "Personal development", what are the thoughts that you would think, what are the qualities you would have, what kind of character you would own? Write your answers down.

What is your ideal life with your family? Write it down.

Do the same thing with each one of the 6 areas.

Now take several minutes each day, ideally 10 minutes to review and visualize these goals and dreams

2. The End Of The Movie

Here is a technique to use when you want to improve a situation, make new habits or change your limiting beliefs.

Imagine you go to a theater to see an exciting adventure movie. You arrive at the theater ten minutes before the earlier scheduled movie is over. Instead of waiting in the lobby, you go into the theater, sit down and watch the last ten minutes of the movie.

You see how the entire plot unfolds and how everything turns out for the principal actors. You see the problems resolved and what happens to everyone when the movie ends.

Then, when the next showing begins, you go back and sit through the entire movie from the beginning. Only this time, instead of being caught up in the suspense and drama of the unfolding plot, you relax and watch the movie objectively. You take time to appreciate the cinematography, the dialogue, the way that the scenes are connected and how the plot unfolds and develops. You are calm and relaxed. You are far less anxious or emotional, than you would be if you had not already seen the last ten minutes. Because you already know how it ends.

3. The Treasure Map

Here's a technique you can use to aid in visualization. You make a poster — say, the size of a travel poster — and you put your goal or even a picture of yourself in the middle of the poster. You then surround your picture on the poster with pictures and clippings from magazines and newspapers that are related to your goal.

Take time regularly to sit and look at that poster over and over again. Feed your mind with the images. Let your mind photograph all those words and pictures consistent with the goal that you desire. Images of affluence, pictures of the car that you want, the home that you want, pictures that have amounts of money written on them cut out from magazines and newspapers. Anything that stimulates your subconscious mind by imprinting on it a picture of what you desire starts to move you rapidly toward the accomplishment of your goal and starts to move your goal toward you.

A Success Story

Dr. Jerry Jampolsky lives in Marin County in California, and he's a psychiatrist. And he works right now mostly with terminally ill children, people who have leukemia, and who have cancer. And if you go and see him you got these little kids in there and their bald heads because of the chemotherapy and the radiation treatment and so forth.

He's a beautiful man. He teaches these kids how to visualize themselves in terms of releasing themselves to the disease, sometimes overcoming it,

but sometimes just accepting, you know, how to die and surrender to that in a way that's graceful and at peace with yourself.

And he mentioned in an interview in the newspaper that he used guided imagery and visualization as a way to help people do that. And he said in the interview that visualization was the most powerful tool that was available for change.

Someone of the school board of Marin County read this and came to him and said, "Look, we're having a real difficult time with our remedial reading students. I wonder if you could come over and use this visualization stuff and see if you can speed up their ability to learn reading." He said, "Well, I don't know if that will work or not, but let's give it a shot."

What he did was go over and have the kids close their eyes and visualize going into a building, going up to the tenth floor, coming out of the elevator into a lobby of a movie theater. In this lobby is a bathtub. They go over to the bathtub and they stand in it and there's a hose coming out where the faucet would be. And they unzip the top of their head, they take out their brain and with this hose they wash out all of the negative thoughts. "I can't read." "This is too hard." "I'll never learn." "I'm stupid," that kind of thing. And the students watch all of these thoughts, like little gray dirt, go down the drain. Then they put their brain back in their head, they zip it closed, they get out of the bathtub, they go into the movie theater and they sit down.

And then they see projected up on the screen a picture of them reading well. They see themselves sounding out the words, having their parents say, "I'm so proud of you," hearing the teacher say, "Good job, Johnny or Mary. I'm so proud of you." And then they go out of their chair and they walk up to the screen and they literally go in the screen.

And now they look at the movie as if they're in the movie. See, right now if you're watching a movie of you, you see your whole body up on the screen. But when you're in the movie, you just see your own hands. You're looking out through your own face. You can't see your own face right now. We call this associated imagery versus disassociated imagery, which is more powerful to produce change. So whenever you visualize something you want, visualize it from inside of your body, what it would look like if you had it. Don't see yourself outside of yourself. It's not as powerful.

Then he had the kids come out of the screen, sit back in their chair, take this movie screen and shrink it down to the size of a postage stamp, still a three-dimensional, Superscope, Technicolor, Dolby sound movie. Okay? And so then they would take this picture of themselves reading well, stick

it in their mouth and chew it up. And each of these crumbs from this chewing up would go down their throat, into their stomach and then out into their bloodstream. And then every cell in their body eventually had a picture of them reading well.

Two and a half months later they retested the kids. They also retested kids who had not been in the study, who'd not learned this technique. What they found was that these children increased their reading scores, their reading levels, two and one half years in a little over two months. The average kid that had been in school had not done this technique had only increased a little under two months. That's how powerful it is when you change your self-image. They didn't change the reading teachers, they didn't change the textbooks, they didn't change the instructional technology. The only thing that changed was what? That's right, the self-image. The image they had of themselves in their heads.

The Power Of Positive Affirmation

As you probably know, Doctor Emile Coué made a giant step in personal development when he discovered a method that transformed and accelerated the process of change.

His method was so simple that it was not accepted or believed to work for along time. However, his clinic was achieving recovery rates 5 times faster than any other hospital or clinic in Europe.

He simply taught each of his patients to say: "Every day, in every way, I'm feeling better and better."

This is an affirmation, which, when it enters your subconscious mind, is accepted as true.

Affirmations work because of the two principles of the subconscious mind: the agreement principle and the compliance principle which say that whatever you say with the conscious mind, the subconscious mind accepts it as it is.

The subconscious mind doesn't know right or wrong, real or unreal. It stores every bit of information, every command. Affirmations are strong statements or commands from your conscious mind to your subconscious mind.

And it is accepted faster when you're relaxed. That's why you want to begin by doing some relaxation exercises.

I'm going to give you **2 affirmation techniques** you can apply right now for deep programming.

Remember that affirmations are based on the 3 "P's": They are positive, present tense and personal. An affirmation such as "I like myself" is positive, present tense and personal. It is also simple. The simpler it is, the better.

1. The written affirmation technique.

To use this technique, sit down with a notebook, in the morning, and write out 5 - 10 goals you want to achieve in the day - week - year.

Then close your eyes, take a deep breath (or do a relaxation exercise) and visualize the goal as accomplished and say your goal, with an authoritative command and with emotion (calm, happiness).

Then release it, completely, let it go, open your eyes and carry on with your day.

2. The quick affirmation technique.

This technique can be used in any situation. It takes 10 – 30 seconds and is very effective. Professional speakers, actors and top business people know and understand the importance of this technique.

The way it works is simple. You get by yourself, close your eyes, affirm the ideal outcome, visualize it, emotionalize it and release it. See and feel the event working out successfully. Then go into the meeting, or whatever situation, with calmness and confidence. Let the law of belief work on you at that moment.

These are two simple affirmation techniques you can use right now to program or re-program yourself for success.

A Success Story

Brian Tracy told some success stories about the power of affirmations: "We've had a variety of interesting experiences with people quitting smoking. One of our graduates repeated, "I am a nonsmoker," several times a day for two months. Simultaneously, he visualized himself as a nonsmoker. Over that time, he gradually found himself reaching for a cigarette less and less often. By the end of the two months, he was down to one cigarette a day, and he finally quit and had no further desire to smoke even two years later.

Another seminar graduate did the same thing. He repeated, "I am a nonsmoker," over and over, but nothing happened. He continued to smoke two packs a day. He affirmed and visualized himself as a nonsmoker every single day, patiently trusting that the process of mental reprogramming would eventually work.

At the end of eight weeks, he woke up one morning, reached for a cigarette, lit it and almost choked. He said that he thought he had gotten hold of a "rotten" cigarette, whatever that is. He tried a second cigarette and a third. Each one of them made him retch. He suddenly realized that he had programmed himself into believing that smoking was a totally distasteful habit. He never touched a cigarette again."

You cannot change habits overnight. You must be patient and persistent in affirming and visualizing, confidently believing and expecting that, when you are ready, the desired changes will occur, and not before.

Weekly Planning, a Transformational Key to Reclaiming Your Life

Stephen Covey has created a six-step weekly planning process

1. Review your own personal life mission or purpose.
2. Review your key roles, beginning with SELF.
3. Identify what you choose to do this week for each of your key roles.
4. Schedule into your calendar the choices you identified in Step 3.
5. Exercise integrity in the moment of choice as you live your week.
6. Evaluate how your week went as you prepare for the next week.

Six Step Weekly Planning Process in details

1. Review your Master Goal/Mission Statement

This is your Master Goal, your major definite purpose you defined at the beginning of your trip to success. Your Master Goal represents your values, vision, and purpose for your life.

2. Define your key roles

Start with self, and then identify a maximum of seven roles of greatest importance to you.

Example:

Role #1: Wife

Role #2: Mother

Role #3: Family Member (sister, daughter, niece...)

Role #4: Business Owner

Role #5: Friend

Role #6: Community Volunteer

3. Identify weekly goals/choices -- in writing

Think of two or three important results you want to accomplish during the coming week in each role you identified in step two. Write this week's goals/choices next to each role.

Goals can be focus areas (example: focus on using reflective listening skills with my daughter) or scheduled activities (example: work out at the gym three times for one hour each). Remind yourself of this truth: Every

time I say "yes" to someone or something, I am saying "no" to someone or something else!

4. Organize your time weekly

Schedule a weekly one-hour appointment with yourself and follow this Six Step Planning Process as you plan each week. Look at the week ahead with your goals in mind and schedule time to take the action required to achieve them.

NOTE: Schedule some unscheduled time. If every minute of every day is already booked, you are setting yourself up for failure. Allow time for some unexpected but important activities when planning your week.

Tool Tip: Use a weekly planner rather than a daily or monthly planner. If you use a hand-held organizer, do your planning at a computer screen where you can see the whole week at once.

5. Exercise integrity in the moment of choice

When making schedule adjustments, connect with your Master Goal to stay on track. If something more important comes up, reschedule the planned activity for another time. Decisions are based on your priorities. Be a gatekeeper - say no to activities or responsibilities which will derail you from living your mission. Don't play the victim; it's your life and you are in control!

6. Evaluate and learn

"If you keep doing what you're doing, you'll keep getting what you're getting! One definition of insanity is to keep doing the same things and expecting different results." (Stephen Covey)

Evaluate weekly - learn from what didn't work the week before - and try something different in the coming week.

Give me 10 minutes a day and I will show you how to achieve more in your life

SUMMARY

- 1. Understand the importance of goals to succeed in your life.**
- 2. Define Your Master Goal.**
- 3. Define your goals in the 6 major areas of your life.**
- 4. Start with a relaxation exercise to Oil your Success Mechanism**
- 5. Visualize your goals already accomplished and feel the calmness and happiness that comes with it.**
- 6. Use the power of affirmation to boost your “success session”**
- 7. Schedule a weekly one-hour appointment with yourself and review your Master Goal, your mission statement and your goals for a balanced life.**



Be one of those who share the secrets of a whole and successful life. Today is the time of DECISION, of RESPONSIBILITY and SUCCESS, isn't it?

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Michael Lee

Author, "How To Be A Red Hot Persuasion Wizard"

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Moving from Vision to Action focuses on wholeness-not goals-as the quintessential "force" for turning dreams into reality.

Drawing deeply from his own life and his years of experience as a NLP (Neuro-Linguistic Programming) practitioner, the author provides a well-organized, workable roadmap to success based on the model of "logical levels" developed by Robert Dilts, one of the pioneers of NLP research.

You'll find practical, down-to-earth advice on how to become fully powered (whole-ly) in the present physically, mentally, emotionally and spiritually, along with exercises at the end of each chapter to help you absorb and apply what you've learned to your own life.

In the author's own words, "This book is an invitation to walk a higher road of excellence, to stand a little taller." His personable writing style and judicious use of inspiring quotes make this book a joy to read. I highly recommend it to anyone who dares to dream and make a difference in this world. May the "force" be with you!

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I read your book, you are an awesome writer. I don't know how much time and thought you put into it but it is well organized and illustrated. I think you did a great job.

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This book can be a blessing to all who read it! It explains the reasons for the past and allows you to grow from those experiences. Then it helps you catch all the opportunities for the future. It is helpful in all areas of your life: in your career, as a husband or wife and as a parent. Putting into practice these very helpful strategies will allow you to unlock strengths hidden behind. It is a must read for anyone trying to improve themselves. The strategies are easy to use and well explained. You can immediately put them into practice.

**Sue D. Druin,
Mother of 6, Registered Nurse, Teacher**

Emmanuel SEGUI is a NLP Meta-master practitioner and the author of an amazing new ebook, "Moving From Vision To Action" that will teach how to easily empower yourself and other people to bring true power, focus, health and energy into their life.

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