

# Being in Control

## Living in the Now



First and foremost, believe in yourself.

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Understand what is holding you back so you can overcome it.

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Spend time in quiet self-reflection, prayer, or meditation at least once a day.

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Guard everything that enters and leaves your mind.

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Know what you want in very specific terms.

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Remove all sources of negativity from your life.

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Surround yourself with success-minded people.

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Create a realistic plan to attain your deepest desires.

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Take positive steps each day toward what you want to attract.

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Focus on the present – as if you've already attracted the things you want.

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Create visual reminders of your goals.

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Make a recording of your favorite affirmations or buy a self-hypnosis CD.

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Avoid conflicting messages by matching your feelings with your desires.

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Write a newspaper report about your success as if it has already happened.

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Be an advocate for yourself.

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Have an attitude of gratitude.

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Choose to carry a positive attitude at all times.

