

Overcoming Human Nature to Succeed More

Most people know what they need to do to reach their goals - to succeed more.

For example, if you want to lose weight, you know you need to eat less and exercise more. If you want to sell more and grow your business, you know you need to make those sales calls and follow up.

The challenge is getting yourself to consistently do those things. That takes mental toughness.

When it comes to getting ourselves to do the things we need to do to succeed both personally and professionally, we are our own worst enemy. Our human nature - our human fears holds us back. Fear of the unknown and fear of failure keep people from accomplishing more.

There are a couple of simple techniques Olympians and high achievers use to win more. Techniques anyone can use to break through the inertia and the shackles of human nature - your self talk and your visualization.

Self Talk

The words we use when speaking to ourselves and to others have the power to hold us down or to help us break through to high achievement. What you say determines what you think. What you think determines what you do. What you repeatedly do becomes your habits and your habits determine your results.

When people don't get their desired results, they try to do different things. But since what they were doing was a habit, soon they go back to doing what they were comfortable doing before.

What they need to do is go all the way back to their self talk. They need to change what they are saying to themselves so they will create new habits and get better long-lasting results.

In his presentations, Ruben talks about the proven way to create affirmations that go straight to the subconscious mind. Affirmations that will condition people to succeed long term.

Visualization

Olympic luge athletes visualize their perfect luge run many times before actually taking a run. By visualizing, they train their subconscious mind to go on "Auto Pilot" and steer the best lines down the luge run. When you are racing at over 90 MPH, there is not enough time to think about how you will steer. You have to "let go" and trust that you know how to do it. You can only do this after hundreds of actual runs and thousands of "mind runs."

Ruben teaches the correct way to visualize your intended outcomes. The words to use, how to incorporate all your senses, how to do it in a passionate, emotional way so the feelings go straight into the subconscious.

He'll even take your audience down a luge run and run them through a visualization exercise so they can experience it for themselves.

Mental Toughness and Success

Ruben's story of his quest for the Olympics gives people hope and strength. His story moves people to commitment and action.

Your audience will learn how to build confidence and destroy fear, how to unleash their passion and drive, how to unlock their full potential, how to turn defeat into victory, and how to achieve their personal or professional ambitions.

In addition, this inspiring presentation is filled with proven methods and techniques that will help your people develop a winning mindset. This program is perfect for a group facing change, challenges or set-backs to overcome. Your audience will learn how to become resilient and how to become unstoppable on the way to the top.

They will learn how to reach their personal and professional Olympics.