



You are Closer to Success than You Think

You are designed with all the resources needed to make your fondest dreams come true. You only need to learn how to condition our mind for success. Ninety percent of the input we get in the world is negative. And ninety percent of the things we tell ourselves are negative. So it is critical to learn techniques to replace the negative with positive.

In life you don't get what you want. You get what you are. The best way to improve yourself is to change what goes into your mind. We are a product of what goes into our minds. What you think determines what you do. What you do determines what you accomplish.

Olympic Athletes understand this. We know that what goes into our mind will ultimately determine how well we do in our competition. Think of each thought as a computer "bit", the smallest unit of information possible. Many thoughts add up to become beliefs. What we believe determines how high we will go. The good news is there are ways to raise your belief level.

Beliefs are extremely important. For example, in April 1954, the belief in the world was that it was impossible to run the mile in less than four minutes. Then along came Roger Bannister. Bannister did what nobody in the history of the world had ever done. He broke the four-minute mile barrier! The phenomenal thing is that later the same month, several other athletes did it too! And since then, over 20,000 people have run the mile in under four minutes. The only thing that changed was the belief. All of a sudden athletes knew "If Roger can do it so can I."

Most people never attempt to do something they don't believe they can do. The good news is that you can raise your belief level through the books you read and through the people you associate with. When you hang around people that think big, you start to think big. And when people you have respect for believe in you, you start to believe in yourself.

Setting goals, visualizing the desired outcome, and finding a mentor are basic yet critical steps to succeeding in life. Every Olympic athlete I've ever met does all three consistently. It's just a decision. By consistently and persistently following these steps, you will reach your goals and dreams faster than 95% of the people in the world.

Put it into action:

Associate with winners. Read good books. Start your own personal development resource library. Find a mentor or coach.

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