

Women of Courage



6 Principles To Succeed At Anything!

Oh yeah??? *Oh yeah!!!*

Loads of us were told that 'life's a struggle' when we were growing up. So no surprise then that life or even just knowing what we want turns out to be hard or difficult. We believed what we were told and made it real.

In fact, life and achieving can be a delicious adventure. Use these 6 Principles To Succeed At Anything and discover how...

#1 Know What You Want! We're usually trained to talk about and focus on what we *don't* want. Crazy, huh? 'I don't want to be *poor*.' So what does the brain programme?!

Use what you don't want as a starting point. Ask yourself, "What do I want instead?" Then your brain programmes the correct message in big time every time!

#2 Be Aware & Alert! Use all of your senses to monitor what's happening so you can check out whether you're moving towards what you want or not.

Want to pass your brain surgeon exams? How good are your knowledge and practical skills, how positively does your consultant behave with you, what's the quality of the feedback you're getting and did your last patient survive??? If not...

#3 Be Flexible! If what you're doing isn't working then change it! Einstein said that to keep on doing the same old thing and to expect different results is insanity.

Think about and experiment with different ways to achieve what you want. That hammer's not opening the tin? Well just find the right tin-opener then!

#4 Establish Excellent Rapport! Get sensitive with what's going on with you to be able to do that Aware & Alert thing. *And* build mutually rewarding relationships with other people who can support you in achieving what you want.

#5 Keep Your Spine Straight! Check that out now. How do you feel when you straighten your spine? 'Nuff said!

#6 Take Positive Action! If you don't get your butt into gear and do something positive to achieve what you want, and then the next thing, and the next thing... absolutely nothing will happen! So... go girl go!

Visit www.womenofcourage.co.uk for my Women Only Internationally Certified NLP Training. You'll learn loads more about how you can succeed at anything... *and* how to develop and how to connect with and use your WomanWisdom™ Purpose, Passion and Power.

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