

How To Develop Inner Confidence, Esteem & Empowerment

**Overcoming Inner Roadblocks To Attain
The Life You Dream Of**

By Asoka Selvarajah, Ph.D

Copyright Notices

Copyright © 2001 by Asoka Selvarajah

ALL RIGHTS RESERVED. No part of this work may be reproduced or transmitted in any form by any means, electronic or manual, including photocopying and recording, or by any information storage or retrieval system, except as may be expressly permitted by the 1976 Copyright Act or in writing to the author. Requests for such permissions should be addressed to:

Dr. Asoka Selvarajah
16 Via Ceppari
06064 Panicale PG
Umbria
Italy

Legal Notices

While all attempts have been made to verify information provided in this publication, the author assumes no responsibility for error, omissions, or contrary interpretation of the subject matter herein.

This publication is not intended to render legal, accounting, medical, health, or any other form of professional advice. The purchaser or reader of this publication assumes complete responsibility for the use of this information. The author/publisher assumes no responsibility or liability whatsoever, on behalf of the purchaser or reader, for the use of these materials and information.

Any perceived slights of specific people or organizations is unintentional.

Table Of Contents

Introduction	4
Radical Inner Change IS Possible	4
Thought Power Is Key To Life Change	5
The Negative Self-Image	5
Self-Image & Self-Esteem	6
The Danger Of Focusing On Your Self-Image Only	7
Taking Responsibility For Your Life	8
Self Love Is Key	9
Associate With the Right People	9
Choosing Your Line Of Work	10
Build A Record Of Your Successes & Be Grateful	11
Your Personal Inventory Of Who You Are	12
Using Affirmations To Build Your Future	13
Creating Goals For Your Life	14
Acting Out Your New Persona	14
YOU Can Do This!	15
Appendix 1: Useful Resources	16
Appendix 2: A Short Course In Goal-Setting	18



[Visit The Mystic Visions Website](#)

Introduction

It is self-confidence that distinguishes the extraordinary people from the ordinary. Indeed, self-esteem and self-confidence are key skills, without which all your other efforts could go for nothing.

Lack of self-esteem is THE single factor that causes people to fail to achieve their chosen goals and dreams. The truth is that by having high self-esteem, you feel empowered and confident. In feeling that way, you actually change your reality. People respond differently to those who have a positive confident attitude, compared to those who do not.

Powerful self-esteem impacts the way you work and how your career progresses. It makes you more popular and better able to get along with others. As a result, opportunities will emerge that would pass a person of low self-esteem by.

People lacking self-esteem does not feel in control of life. They respond to others with suspicion, negativity and doubt. They are fearful and fall far short of their true capabilities. In truth, even a highly intelligent person with low-self esteem will radically under-perform someone with less intelligence but who possess better self-esteem and confidence.

Radical Inner Change IS Possible

However, the good news is that you can work upon your levels of self-esteem, self-confidence and empowerment. The levels of these qualities you have experienced to date is a direct result of your thoughts, and the way those thoughts came about.

Such thoughts may come about through peer pressure, environment, family or whatever. However, once you become conscious of how your thoughts are affected by your environment, and your own mental conditioning, you can work upon yourself to break this negative vicious circle.

It is excellent to know that you can start off from a position of low self-confidence, and actually increase it through systematic training. Indeed, by discovering what confident people of high self-esteem consistently do, and by copying the way they act and think, you too can achieve the exact same inner and outer results.

Thought has power. All you have attained in life so far came through the power of your thinking. In some areas, it is more coherent and focused. As a result, you have achieved more in those areas. In other areas, your thinking is more negative and unconfident. It is thus not too surprising that here, your levels of success are much lower.

Hence, high self-esteem comes ultimately through mental discipline. This is the key step to achieving outer success. Outer success is preceded by inner success. If you get the first before the second, you are far more likely to lose it all and have neither. However, those with inner qualities of success can live in any circumstance, without ever feeling that their outer circumstances are a direct reflection of their self-worth.

Being filled with self-esteem and confidence means that you have a far better chance of

achieving your highest potential.

Thought Power Is Key To Life Change

The key thing to remember is that as you think, so is your life. You draw to yourself whatever your primary dominant thoughts focus upon. Thoughts create your world. Thus, you are ultimately responsible for what happens in your life, and certainly how you react to, and interpret, what happens to you. Depending upon how you interpret events, you increase or decrease your levels of confidence and self-worth. This is how it is possible for some people to achieve positive spirals of self-esteem, and achieve ever more for themselves. Conversely, it is also how others sink ever lower on their descending spiral staircase of negative self-esteem. Eventually, they sink so low that it seems almost impossible to them that they could ever recover.

However, by developing inner belief and clarity about your life, and acting with confidence, determination and persistence, you can achieve life breakthroughs that may once have seemed unthinkable. This is what self-worth and inner empowerment can do for you.

Esoteric philosophy tells us that there are only two forces in the universe: Love and Fear. It is fear that is at the heart of low self-esteem, poor self-confidence, and lack of empowerment. Deep down, we exhibit these symptoms, but the inner problem at the core of it all is fear of something. By contrast, those on the positive spiral exhibit self-love. Moreover, by doing so, they are far better placed to display love to others too. It is only when you think that you are wholly worthwhile that you can truly value another without resentment or jealousy.

The Negative Self-Image

The negative self-image is what lies deep within the subconscious. This is the deep substrate from which all negative self-defeating behavior comes from. Why might you have such a negative self-image, and how was it formed?

Interestingly, you are not born thinking negatively about yourself. Usually, such concepts are formed through your own lack of inner monitoring of your internal self-talk. Self-talk is what you say to yourself about yourself in your mind. In fact, this internal babble does not need to even be framed in the form of words. Simple feelings of negativity and anxiety contribute to the subconscious self-image just as effectively as words could ever do.

The problem is that the subconscious is non-critical. It accepts without question whatever is fed to it, and interprets it as fact. Sadly, all too often, the thoughts we have been feeding into our minds have been far too negative.

This is especially true as we were growing up. Parents, teachers, other children, and life situations contributed to our negative self-image. Often people may have meant well in what they said or did, but the effect is the same as if they had not. Negativity is gradually imbedded deep into your psyche. It is because we respect the opinions of others that we so

readily and uncritically accept their assessments of us. Indeed, the more you respect another, the more their opinion matters deeply to you.

Nobody needs to feel like a failure, worthless, or whatever. Yet, because of what has been fed into our minds over the years, that is how we often end up. Indeed, it can even seem “natural” to feel this way. After all, doesn’t everybody think like this?.....

Moreover, if you have such a negative self-image deep within, it does not really matter what you think consciously. You may actually be quite positive at a conscious level. As a result, you can easily fail to comprehend why you consistently undermine your own best efforts in subtle ways. It seems like you have an enemy within. In a very real sense, you do.

Remember this. The subconscious is actually not out to harm you. Rather, it has uncritically accepted what YOU have fed it; what you have told it that you want to believe about yourself! From then on, it acts like a thermostat temperature control. Whenever it senses that you are acting outside of the bounds of your own self-image, it initiates actions that will bring you back into your comfort zone. You may call this self-sabotage. However, to the subconscious, it is merely acting to keep you out of harm’s way. After all, it has blindly accepted *your own self-assessment* and does not want you to go out on a limb beyond what you have told it you are capable of! Thus, you remain imprisoned by your own negative self-image and your own lack of self-esteem.

In order to get to grips with the problem, merely changing your conscious thinking is not sufficient. You have to dig out the weeds right down to the roots. The good news is that just as you have unknowingly programmed your subconscious negatively, you can now get to work to knowingly program it in a positive manner that totally supports you.

Self-Image & Self-Esteem

The self-image is the image you have of yourself performing in the outer world. However, self-esteem is inner. It is what you think of yourself with regards to your inner worth. It is about how worthwhile you feel relative to others, whether you believe you are worthy of being loved, and so on.

It really does not matter how much natural talent and intelligence you may have, if your self-esteem is low, you will have no energy to put these abilities of yours to work for you. That is why bright and talented people are often out-performed by people they regard as lesser in ability than themselves. The sad truth is that they are probably right in that assessment. Yet, the one area where they are being outperformed is in self-esteem.

Self-esteem depends upon your own self-assessment. It has nothing to do with your outer performance or what you are physically, mentally or spiritually. It is all about how you interpret reality, and how you relate to it. That is why some famous stars, who are judged as tremendous talents by the world, inexplicably commit suicide, or exhibit serious emotional problems. They may have achieved it all on the outside, but without high self-esteem, all these achievements can seem so very worthless.

The Danger Of Focusing On Your Self-Image Only

You need to be quite clear on this distinction between *Self-Image* and *Self-Esteem*. It is important because there is absolutely no point in working on your self-image if you do not improve your self-esteem first.

Self-image is concerned primarily with how you perceive yourself interacting with the outer world. In other words, it is your own self-assessment of how good you are as a father/mother, employee, student, lover, or whatever. It is primarily externally oriented. However, your self-esteem is inner and has to do with how worthwhile you think you are as a human being. This has **no external correlation**.

The trap is that if you mistakenly link your self-esteem with outer things, i.e. the daily interactions that contribute to your self-image, you will invariably end up with low self-esteem and dwindling levels of confidence and inner empowerment. This is because we are constantly being discouraged by society and those around us. The media give us impossible icons of perfection in every field. It is impossible to live up to them. There are invariably people who are prettier than we are, smarter, more talented, and better than we are in our chosen field.

Comparisons are inevitable in life, and can be best used as a stimulus to growth. However, if you base your self-esteem on such comparisons, then you are doomed to sadness. You will always come up as less worthy and lacking. This is why self-image is NOT the area to work on first.

You must focus on developing self-esteem. Once you have a depth of inner worth, simply for being a human “being” (and NOT a human “doing”!), this is the starting point for working on self-image and all your interactions with the outer world. The secret is to work from the inside out. All too many people work from the outside in, judging their worth as human beings upon what they do or how they look. The result is disaster. Low self-worth, minimal self-esteem and a total lack of confidence to do anything in life.

Such people often get locked into a circle of failure. They try something from a position of low self-esteem and little confidence. Inevitably, they fail (or even if they do succeed, thanks to low self-esteem, they *still* judge it as a failure for some reason!).

The lesson here is to work from the inside out. Seek to develop the inner qualities of self-esteem and self confidence. Once you have done this, the outer success you seek, which reflects ultimately in your self-image, will be inevitably yours.

Taking Responsibility For Your Life

One of the key steps in redeeming your self-esteem from wherever it may have fallen, and in boosting your self-confidence, is to take responsibility for everything that happens to you in life.

This means that you stop blaming your employer, the government, your husband/wife, your

parents, your lawyer/accountant, your financial situation, your racial background, or whatever else is your pet excuse for the way you have turned out.

Blaming others for your life is the most disempowering thing you can ever do. For in blaming externals for your situation, you give power away to those very externals you are blaming. When you give power away in one situation through blameful attitudes, it becomes easier to give it away in other areas too.

All the great successes in life take personal responsibility for every detail of how things turn out, *even things you might think they cannot possibly be responsible for*. By cultivating this attitude, you begin to become a creator of your life and not just a passive recipient of whatever the winds of fate may throw at you.

It is our thoughts that shape our future for better or worst. Someone who always makes excuses for why he/she has not succeeded as they might have hoped, and who blames others, guarantees that this situation is unlikely to ever change. The person who takes personal responsibility for the situation is in a place where it is possible to consider a more effective strategy than has been used in the past, and then go to work to put that strategy into effect.

Here is a useful affirmation to use throughout the day, and especially when your mind is about to go into its habitual cycle of blame:

“I am responsible”

Say this often, even when it does not seem clear how you could possibly BE responsible. Remember that you attract to yourself life circumstances in harmony with the thoughts you think most of the time. By adopting the attitude that you are responsible, and by putting definite plans into effect to bring what you desire into reality, you fast forward the tape of your life to put you into the place you most want to be.

Self Love Is Key

We are taught in our society that self love is a bad thing. It is implied that to love yourself is selfish. Instead, we are told we should love other people.

It is easy for people to not love themselves. Society teaches us that others matter more than we do. Yet, if we cannot love ourselves, then we are incapable of truly loving anyone else. It is the very people who judge themselves, and constantly find themselves wanting, who are always judging others and are bitter when others succeed.

How do you fare on the self-love test? If you really find you do not like yourself at all, one powerful way to change that is to use the affirmation:

“I like myself”

Personal Development Trainer, Brian Tracy, believes this to be one of the most powerful affirmations you could possibly use. If you repeat this affirmation often every day, with feeling, the effect it will have on your life can be tremendous.

The key is to say it with feeling and enthusiasm. At first, you may not believe it to be true. However, through constant use, you set up what is called *cognitive dissonance* in your brain. The latter cannot believe two contradictory notions at once. Moreover, it will lean towards the one which is invested with the more energy.

Thus, if you say this affirmation often enough and with enthusiasm, it will eventually displace the negative unloving feelings you have towards yourself. A new confident self-loving you will emerge. Moreover, in loving yourself more, you will find yourself better able to love others too. This will have a transformative impact upon all your relationships, and hence on your personal and professional life.

Associate With the Right People

It is sadly all too often true that “birds of a feather flock together”. People with low self-esteem associate with other such people. Indeed, for such negative people, those of high self-esteem and confidence may even seem unbearable. After all, the latter make no excuses. They are going forward in life to where they want to go. They show up people who lack belief in themselves, and makes it hard for them to deal with the truth. Consequently, it is much easier to avoid this confrontation, associate with people of their own kind, and either pass off the great successes of others as “good luck”, or else find even more reason to blame their own circumstances.

As a person determined to improve your own self-esteem and boost self-confidence, you want to start associating with people of like mind. Do a personal inventory of the people you “hang out” with and determine to minimize, or eliminate altogether, contact with people who are not taking you where you want to go. Instead, seek out people who are going places, with the sort of mental attitude you wish to see in yourself. Spend increasing amounts of time with such people. The influence will definitely rub off. If there are non in your immediate circle, find and join a club where you know such people may be found! Do whatever it takes to gain access to the positive energy of people who are filled with enthusiasm, positive thinking and confidence. It can only rub off on you in the end.

Choosing Your Line Of Work

In developing high self-esteem and empowering self-confidence, you need to give very serious thought to your line of employment.

The ideal vision for your working life is that you should be employed doing something that you truly love. If you are just working to pay the bills, and tolerating numerous indignities to do so, then it becomes very hard to retain much self-esteem. It will be constantly under attack, and your confidence in yourself must decline at the same time.

Interacting with your work colleagues fills so much of your day. Does it not make sense to find a vocation filled with people you would actually like to be with?!

The financial NEED to remain at a job, i.e. the “wage slavery” aspect of employment that most people succumb to, is one of the most disempowering things you can do to yourself. Whilst you remain in this trap, it is very hard to think positively about yourself or your future.

It was Joseph Campbell who said that you must “follow your bliss”. This means finding out what you most love to do in life, and then determining a way to do it for a living. This may sound easier said than done, but it IS possible if you are prepared to approach the matter with determination and persistence. Yes, it may take some sacrifices initially. However, in the end, the rewards of living life authentically will far exceed any perceived losses.

The first step involves determining what you would love to do for a living. An excellent question you could ask yourself in this respect is; “If I had all the money in the world, so that finances were no longer a concern, what would I do with my life?”.

“Spend the rest of my life on the beaches of Barbados” is NOT the answer! You will find that all the great successes in life were unstoppable. They would have done their work even if there was no money involved. Indeed, the classic proof of this is that those who **do** go on to make a lot of money continue tirelessly with their work. Indeed, they work far harder than their less successful colleagues. If money was the only issue, they would stop working once they had made enough. Hence, those people who ask why such a person keeps working, when he/she has made so much money already, have completely missed the point.

Determine your own answer to this question. What would YOU do if time and money were not an issue at all? What is the one thing you have always dreamed of doing or being? Then create a plan for how to make this come about. Most people cannot simply drop their jobs. However, everyone can start to save money. Through doing this for some time, you could eventually have six months, or even a year of salary, saved. Imagine what that alone would do for your self-esteem. Knowing you have money in the bank makes you far less susceptible to employer bullying than you would otherwise be.

Also, begin to study your new chosen field and investigate ways in which you can break into it. Remember this. **Nothing succeeds like Persistence.** There is always a way to achieve whatever you wish for in life, as long as you are determined.

If you are in a job that destroys your self-esteem and undermines your confidence, you want to trade it in as soon as possible for the job you desire the most. Give some serious thought to this. *Freeing yourself from wage slavery is possibly the best thing you can ever do for yourself.*

Behind all this is what Napoleon Hill called a “**definite major purpose**”. You should give considerable time to finding **one** major aim to which you can dedicated your life. From this, your work should ultimately flow in a harmonious and congruous manner. Without this major purpose in the daily work you do, it is hard to remain happy in it. Of course, you can claim that your definite major purpose is to feed your family and keep a roof over their heads.

Yes, this is a major purpose, and it will doubtless keep you employed. However, it may not ultimately keep you happy at your job. If your job is not congruent with what your life is all about at its deepest level, if you secretly feel that you sold yourself out, it is nearly impossible to maintain high levels of self-esteem and inner confidence.

The following books are excellent courses on learning to find a harmonious career:

[“Do What You Love & The Money Will Follow” by Marsha Sinetar](#)

[“The Work We Were Born To Do” by Nick Williams](#)

Build A Record Of Your Successes & Be Grateful

An excellent way to build your self-confidence is to record all the successes you have had in your life. Most people are surprisingly good at disparaging their achievements, and many feel they have nothing to be proud of at all.

However, this is quite untrue. You should record on a sheet of paper, or in your journal, all the things you can justifiably be proud of, and that you did well. They do not have to be extraordinary by anyone else’s judgment. Go back over your life and build up a list of these things. They can even include things you achieved as a child at school.

Once you have built up your list, review it often. Think how good you felt on each of these occasions. The great news about self-confidence is that you can build it up through recalling times when you expressed it in abundance. By dwelling on these times, and realizing that you ARE successful in many ways, you build up the confidence to act in the future.

Also, it is very helpful to create a *Gratitude Journal*. This is a little book where you record every day something for which you are thankful. It could be making a new friend. It could be being glad to be born in a country where you have freedom of speech. Indeed, it could even be something as simple as having air to breathe.

Remember that what you focus upon multiplies. If you harbor thoughts of restriction and negativity, you will manifest more of this in your life. If you are continually grateful, you open the doors of heaven to provide you with yet more.

Being grateful also takes the focus off YOU and your problems. Instead, it helps you see all the good things that have been given to you. When your focus is upon the good, and upon the gifts you have been given, you have less time to dwell upon perceived inferiorities, develop an attitude of blame, and fear, and let them affect the whole of your life. Rather, you develop the attitude of Abundance, and therefore joy, peace, self-esteem and confidence must surely fill your life.

Your Personal Inventory Of Who You Are

In order to make real progress in this process of developing self-esteem and self-confidence,

you need to take a good hard look at yourself as you are right now, as well as how you would like to be.

Take a sheet of paper and write about yourself as if you were an objective observer, viewing you from the outside. Be honest about your strengths, AND the areas where you could do with improvement. How do you perform in all areas of your life; family, career, education, financial, recreation, and so on? Try to be perfectly honest with yourself. Do not con yourself, or there is no point to the exercise. In any case, no one else is going to see this write-up unless you leave it lying around!

Once you are done, what you see may surprise you. If you have been willing, perhaps for the first time, to be ruthlessly honest with yourself and reveal yourself as you really are, you may not like what you see.

However, do not be condemnatory about it. Instead, get to work with a sheet of paper once more. This time, design the person you would like to be. Describe that person down to the finest detail. What does that person look like? What job does that person do and what salary does it bring in? How is he/she as a family member? Make the blueprint for the new you as real and detailed as you can. Literally design your future.

Once you are done, you have a valuable blueprint for yourself. You have something concrete you can work on. After all, an architect does not build a skyscraper without detailed plans. Why should it be any different in your life?

Consult this blueprint every day. Read it regularly and visualize that person. See yourself performing the actions, and demonstrating the confident successful air of that person you have imagined.

Using Affirmations To Build Your Future

You can use the affirmation technique to help you with this exercise. Go through the areas of your life, and create an affirmation for each. For instance, you might create one that says “I go the extra mile in my work and attain excellence in my field, respected by my colleagues.” If it is your income, you might say “I earn \$X,000 a year”, and so on.

The key is to make your affirmations (1) Positive; (2) Personal (i.e. use the word “I”); (3) Present Tense.

For instance do not create an affirmation that says “I will NOT be angry”. This actually has the exact opposite effect because the subconscious does not register the word “Not”. Instead, the affirmation seems to read “I will be angry”. This is the reason why affirmations must always be positive expressions, and not negative ones.

They must also be present tense. If they are not, the subconscious will accept that you want this to be true at some unspecified time in the future, and will not do much to bring it about. However, if the affirmation is present tense, the subconscious realizes that it is NOT in fact true, that you do not have this reality in your life at present, and will immediately go to work to bring it about as soon as possible.

Many people fail with affirmations because they do not realize this important truth. In order to work, affirmations must be invested with plenty of emotional energy. If they are not, they will not impact at a deep subconscious level. Remember that you already have plenty of emotional energy invested in the negative beliefs imbedded in your inner psyche. How did they get there? Simple. You repeated them over and over again, **with plenty of negative energy invested**. In order to replace them, your affirmations must be similarly invested with energy, and repeated over and over.

The subconscious is uncritical of what you feed it. That is how it willingly took all your negative suggestions on board in the first place. It will therefore just as willingly accept positive affirmations as long as they are provided in the right way.

You can add the affirmations you create to the new definition of yourself that you are writing. In addition, if you write these affirmations onto 3x5 cards, you can carry them around with you throughout the day and repeat them to yourself silently whenever you have the opportunity.

Creating Goals For Your Life

It is imperative in developing self-esteem and inner empowerment that you have goals for your life. Goals are the driving force for success. It is difficult to feel good about yourself if your life is constantly drifting, and your future is at the mercy of fate.

With life goals, you know where you are going and can work consistently to get there. In itself, this is a tremendous boost to your self-esteem. It gives your life a direction and a meaning. In particular, you should make sure that your goals are congruent with your major definite purpose; the one overall purpose which you have decided to achieve in your life.

Creating goals is not hard. The best way to work with goals is to actually write them out. In Appendix 2 of this report is included an article on goal-setting. You can use it to create your written goals and put them into practise straight away.

Acting Out Your New Persona

What do you do with this new definition that you have written for yourself?

First of all, read it when you awaken in the morning, read it at mid-day, and read it before you go to sleep at night. This will deeply drive the ideas into your subconscious. In addition, use the affirmations you have created as often as possible throughout the day. Remember to repeat them often AND with tremendous positive enthusiasm.

Second, start putting your new persona into practice. Literally act out your new self. At first, it may seem absurd and awkward. "This isn't me" you may think to yourself. Of course, it may feel strange. That's quite normal. However, remember this. When actors are called to play a new role, they may feel awkward in it when they first commence rehearsals. However,

once they have performed the part several times, they get so “into the role” that they almost come to believe that they are the person they are acting.

Constant repetition of any skill makes it your own. Likewise, living out your new persona immediately will drive it forcefully into your consciousness.

Third, visualize being your persona as often as possible. See, hear, smell, taste and touch your new future. You are achieving your goals and displaying high self-esteem, which shows itself in tremendous self-confidence and empowerment. This leads to respect from all who know you, and takes you to the places in life that you have always dreamed of.

Now, you may think that you cannot visualize anything. Do not let this stop you. People’s brains function differently. Not everyone is primarily visual in their way of processing information coming into them through their senses. If you are simply able to answer the question, “What color is your front door?”, you can visualize. To have answered this goal, you would have had to have seen, in your mind’s eye, your front door. It does NOT have to have been vivid like a 3-D movie. Just an impression is quite enough.

If you work with these three steps consistently, you are well on the way to developing the empowerment, self-esteem and self-confidence that you deserve to enjoy. Remember that persistence is key. Since all this is so strange and seemingly threatening to your subconscious, there will be frequent temptations to give up. **Stick with it!** Even if it seems ridiculous to you, keep at it for the rewards will manifest themselves in the end.

Once again, you are really doing nothing more than you have already been doing all your life long. To get where you are, you have been visualizing, affirming, and thereby driving beliefs deep into yourself with emotion. *All we are doing now is taking conscious control of the process to direct your inner mind to create the life you most desire to create, and to bring into being the person you most desire to be.*

YOU Can Do This!

In conclusion, you have been shown a process which, if faithfully applied and persisted in, WILL increase your self-esteem. It will help you achieve the levels of confidence and empowerment you need to blast through all round blocks in your life that previously seemed so impossible to deal with.

The key to all this is Persistence. Do not keep digging up the seeds to find out how they are growing. Simply engage in the strategies suggested and leave the results to work themselves out. Fear not though, because you WILL see them far sooner than you might think. Remember that “practice makes perfect”. It may all feel strange and awkward at first. You may even experience subtle resistance from your inner being. However, gentle application of these principles will work in your life in the end.

At the same time, be kind to yourself. Remember that it has taken decades to build up these deep inner psyche habits of negativity and low self-esteem. Hence, it will also take some time to undo them. An oil tanker cannot turn on a dime. It takes about half a mile or more. Likewise, you have to break forever the forward momentum of your mental habits and

replace them with new ones, in order to permanently change direction. It will take time, but the results are assured, provided you practice these ideas with diligence.

I hope this report will be worth a million dollars to you, and that you will put the ideas presented to work immediately. Then, and only then, will I know that I have done a good job here.

Best Wishes,

Asoka Selvarajah

Appendix 1: Useful Resources

Ideal Mindset Personal Learning Course From Learning Strategies Corporation.

The following review is taken from the *Aspire To Wisdom ezine*:

When it comes to getting all you want out of life, are you often your own worst enemy? Do you consistently fail to achieve all you are capable of, due to negative thinking, self-sabotage, low self-esteem or fear? If so, you are in need of a total transformation of your mindset.

That is the promise of **Ideal Mindset** from Learning Strategies Corporation. It is an audio learning course whose primary purpose is to help you eliminate self-defeating behaviors and cultivate the inner strength and beliefs you need to create a spiral of success in your life.

The course is composed of eight cassettes and a 48-page workbook. On side A of the tapes, you receive gentle in-depth coaching from the course's creator and learning expert, Paul Scheele. Mr. Scheele is also noted for creating the Photoreading system for reading at 25,000 words per minute. On the coaching sessions, he gives you detailed information about the causes of your self-limiting behaviors, plus how to overcome them.

However, there is much more. You also get six Paraliminal sessions. These work directly upon your inner mind to deeply imbed the positive changes you wish to make, and uproot the deep-seated negative self-sabotaging attitudes at the same time. Paraliminals have the same transformative power as Hypnosis, except that you hear all the suggestions being given to you, and do not go into a trance.

The coaching and paraliminal sessions cover the following: developing prosperity consciousness, freeing yourself from fear and anxiety, creating the supportive beliefs you need, and replacing negative interpretations/conditioning from the past with positive ones. You also get a Personal Celebration session called BEING. In this amazing experience, a group of supportive people gather around you. They speak or whisper statements of encouragement and positive acceptance to you. It's like having your own personal support group, ready for you whenever you want them!

If you need to focus in depth on a specific life area, you can work with the same paraliminal session, driving the learning ever deeper into your subconscious. Indeed, many of the paraliminal tapes in the course were originally sold separately. When combined together into one course, with the additional benefit of the coaching sessions and the workbook, you really have a powerful tool to transform your life in whichever direction YOU choose to go.

Best of all, **Ideal Mindset** can be used for ANY life issue you wish. It adapts itself completely to your needs. Thus, you can come back to it throughout life to benefit again and again.

If you really want to make a new breakthrough in life, you should consider the Ideal Mindset

course. Invest in yourself and you will be definitely be repaid time and time again.

Connect to the internet and.....

[Click Here To Learn More About *Ideal Mindset* Personal Learning Course](#)

Excellent Books

Career:

[“Do What You Love & The Money Will Follow” by Marsha Sinetar](#)

[“The Work We Were Born To Do” by Nick Williams](#)

Self-Improvement:

[“The Law Of Success” by Napoleon Hill](#)

[“Success Through A Positive Mental Attitude” Napoleon Hill and W. Clement Stone](#)

[“Permission To Succeed” by Noah St. John](#)

[“The Magic Of Thinking Big” by David Schwarz](#)

[“How To Stop Worrying & Start Living” by Dale Carnegie](#)

[“As A Man Thinketh” by James Allen](#)

Appendix 2: A Short Course In Goal-Setting

Why Goals Are Vital To Your Success

The art of goal-setting is correctly said to be the key to life-long success. At the same time, it is admitted that those who set goals often fail to follow through. Yes, they may be more likely to succeed than those who set no goals whatsoever. However, how can you learn to set goals and then follow through consistently to create the life you dream of?

First, be in no doubt about the critical importance of having goals, and preferably creating them in writing. What is a goal exactly? Tony Robbins defined a goal as a dream with a deadline. In other words, you define your dreams, and then come up with a time estimate of how long it will take for you to get there.

Tests repeatedly prove that those with such goals outperform those without. In one US study, it was found that university undergraduates with specific written goals constituted only 2-3% of the entire student population. However, several decades later, this 2-3% were found to be worth more, in financial terms, than the other 97% put together! Admittedly, money in the bank is only one measure of success. However, you can be sure that the same general effect is true in arenas other than the financial. If you have specific written goals that you review often, you are far more likely to succeed than those who merely dream about the future with no action plan at all.

The Basic Goal-Setting Method

The traditional approach to goal-setting is still very effective, if sincerely persevered with. The first step consists of doing a brainstorming exercise in all the major areas of your life. This has also been called "blue sky thinking". The idea is to write down your dreams without inhibition and without giving any thought as to how you might achieve them. You simply list them all, as if a genie is going to appear and miraculously give you everything you ask for, just as long as you can write it down. The goal areas should cover Health, Finances, Family, Career, Spiritual, Social, and as many other areas as are important to you.

Once you have these listed, then go through your lists and rank all the items with a score from 1 to 5. Give the ones you really **MUST** achieve a ranking of 1, whereas the ones that are nice, but not that important can be ranked 5. Try to ensure that you have at least one rank 1 item in each category. Then eliminate all those with rank 2 or more, so that only the rank 1 goals remain. You should have at least one of these for each life area.

Next, assign a time deadline to each goal that remains. For instance, your goal may be to become a proficient landscape painter. For this, you may decide to allocate a time deadline of three years. Or you may decide to double your salary, and you give yourself a one-year deadline for this. Come up with a deadline for each, but make sure that you have at least a few goals with a one-year deadline.

You may keep all of these many goals you have created for later reference. However, the

best thing to do is to set aside all goals with a time horizon of more than one year for the time being. Keep the one goal in each area that would make the biggest single impact on your life if you were to achieve it. In this way, you end up with one goal in each of your major life areas that is achievable in one year or less. Multi-year goals are certainly important, and you can even break them into a series of one-year goals once you have learned the process. To begin with though, sticking to on-year goals is best.

This is by no means the only goal-setting technique, but it is one that is immediate, easy and effective.

Once you have elicited your goals, the next job is to break them up into mini-goals. Rather than attempt to do one gigantic task, you break it up into mini-goals, each with their own time deadline. Thus, with the landscape painter goal, your mini goals might be: (a) Buy Art Materials (Deadline: 1 Week), (b) Join an Art Class (Deadline: 2 Weeks), (c) Become proficient at Watercolors (Deadline: 9 Months), and so on.

Some of the larger mini-goals may themselves be broken up into components in the same fashion. You continue this process of mapping the whole thing out until you are left with small easily accomplished tasks. As they say, "By the yard it's hard, but by the inch it's a cinch!".

Then, the next important thing is to do something EVERY DAY in the direction of your goals. One thing you can do that will accelerate them tremendously is to write out your top ten goals every morning. This keeps them foremost in your mind. However, it also triggers your subconscious to move the universe to manifest them in reality. In fact, creating a short daily routine around your goals helps to make them a real present part of your life, and not just some hoped-for future. You should also review your goals periodically and make any necessary changes. Often, you will find you no longer want the goal for perfectly good reasons.

It also super-charges your goals to employ visualization. See yourself doing/acting/being whatever you desire, and you accelerate your progress towards that goal tremendously. If you employ all the senses - seeing, hearing, touching, tasting and smelling your imagined future - then you make the visualization even more powerful. The inner mind cannot tell the difference between imagined reality and reality itself. Therefore, it will work to manifest your imagined reality, i.e. it will rapidly make it real in your outer life.

Important Considerations Beyond Goal-Setting

All of this is sound advice regarding goal-setting, and will produce tremendous results if acted upon. However, we have to realize that life is more than just one long to-do list. You should create goals, review them, and engage in visualizing your future in each and every area.

However, at the same time, you have to also realize that life is a process to be lived. Any discipline you wish to master is the same way. There is really no time at which you can have said to have mastered any discipline whatsoever. Scientists, artists, musicians and all others at the very peak of their profession will be the first to agree.

Therefore, although goals are important, an attitude of commitment is even more so. You have to be willing to give what it takes in order to achieve what you wish. Moreover, you have to be prepared to give what it takes for as long as it takes, which is often much longer than you initially envisaged.

Incessant practice of any discipline is vital to achieving any form of mastery. This is a well known principle in martial arts. Although it IS possible to learn to break a six inch wooden board with a blow of your hand within a couple of hours, truly mastering a martial art is a life-long endeavor.

In the West, we are too much oriented around "quick fix" solutions. That is often why goal-setting programs fail. They are either too ambitious, or else motivated by this "have it now" mentality. Goals WILL help you achieve all that you dream of. However, be prepared for the commitment of time and effort too.

It will also help you tremendously if you spend a lot of time discovering the ONE major thing you really want to achieve in life above all else. A person can spectacularly achieve any ONE goal if that is the sum total of his/her endeavor. In other words, if you want to be a top Hollywood screenwriter, you almost certainly can be if you are prepared to make it the ONE THING that matters to you. However, it will require years of single-minded study, practice and patience to achieve. It IS possible, but most people are not prepared to pay the price.

Conversely, if you are unwilling to do this, you can spread your efforts across a range of worthy goals. You may not achieve world fame with any of them, or even be outstanding, but you will probably achieve a high degree of proficiency. It may be enough to make you happy and contented.

Thus, achieving goals is not merely a matter of setting them. It is also crucial to decide how important they are to you. You must also determine what price you are willing to pay to achieve them. The key is to make goals congruent with your life; set goals in areas that you actually WANT to be increasingly important to you; that you would happily get up early and go to bed late to achieve. Once you do this, almost anything is possible for you for it is truly said that: "What the mind of Man can conceive and believe, it can achieve."

Copyright 2001, Asoka Selvarajah. All Rights Reserved.

The above article on goal-setting was first printed in the free ezine, "Aspire To Wisdom".

You can subscribe by sending visiting the following page:

[Aspire To Wisdom Subscription Page](#)

*You will receive a **FREE E-Book**, "Inner Light, Outer Wealth", just for doing so!*