

PILLARS OF SUCCESS

1. MEDITATION: **The act of meditating; reflection; continued or extended thought.**

- A. Calms, quiets and centers your internal world.
- B. Clears mind, enabling you to increase focus.
- C. 1-hour or more daily is mastery level.

2. JOURNALING: **A daily record, as of occurrences, experiences or observations.**

- A. You should spend at least 20 minutes Journaling daily after Meditation, freely writing down thoughts & feelings that come to mind.
- B. For best results write with white paper blue ink.

3. VISUALIZATION: **To recall or form mental images or pictures.**

- A. Mental Imagery is a natural link to R-Brain and Subconscious Mind.
- B. One of the most powerful tools used regularly by the world's most successful people.
- C. 20 minutes or more daily is mastery level.

4. AFFIRMATIONS: **A statement or proposition that is declared to be true.**

- A. Say Affirmations daily in the morning aloud and write Affirmations daily in morning.
- B. 20 minutes or more daily is mastery level.

5. FEEL GOOD NOW: **Feel-good Factor; intended to make one happy or satisfied.**

- A. Feeling Good & Appreciative continuously is a very important factor in attaining your goals faster.
- B. Also See Resource PDF "**Feel Good Now**"; these resources will assist you to feeling better in real-time.