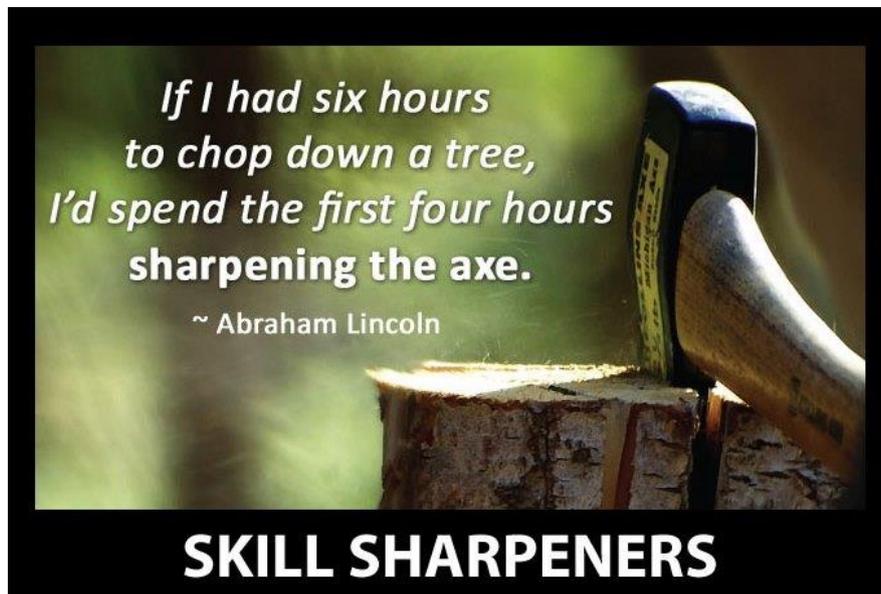


Skill Sharpeners

Success – It's All In The Mind – Contents



This Skill Sharpeners series is all about the power of your mind and is suitable for anybody who wishes to achieve success, happiness and wealth in their life. It is also highly suitable for any age group. It is written and recorded by Richard Denny who is often called 'The millionaire maker' and is based upon practical, usable techniques that work and have been tried and tested. This is the stuff from which theory is inevitably based.

1. What is success?

- What is failure?
- What is a positive mental attitude?
- We are all born positive
- We can change our attitude
- We must expect to achieve success
- It's a tough world we live in

2. Your most valuable asset

- What is it?
- You own the most important tool
- How do we communicate?
- The history of human endeavour
- What the mind can accurately conceive
- The story of the bumble bee

3. The balance of life

- Creating a work / life balance
- Getting the purpose right
- Life going into three compartments
- The road sweeper story
- How some destroy their lives
- If you are unhappy at work

4. Happiness – what is it?

- We are all born positive
- The Nicolas Darvas story
- Does prosperity make happiness?
- Three ways to guarantee happiness
- Removing the negatives to success
- One activity to do today

5. Take ownership of your mind

- Help your mind to have the right attitude
- Your mind is like a muscle
- The causes of depression
- Believe in your tools
- The importance of thinking time
- Do this before you go to sleep

6. Your most valuable resource

- What is this valuable resource?
- The difference between activity and achievement
- If you want something done ask?
- The Ivey Lee system
- Take ownership of your time
- Making every day a day of achievement

7. The greatest success law

- What is the greatest success law?
- Is knowledge really power?
- Is ability more important than desire?
- Selling the water jug
- You can if you want to
- Using your success tools

8. Deciding on and setting goals

- A person going nowhere!
- What is a goal?
- People don't believe they can
- Deciding and setting goals
- The difference between tangible and intangible
- Setting a deadline

9. Goal planning

- Don't leave goals to chance
- Taking control and ownership of your success
- One of the laws of success
- The story of the ship
- A stepping stone goal
- Planning its achievement

10. The power of the sub-conscious

- What we think about we become!
- Learn how to release the hidden power
- Thinking with the conscious mind
- The subconscious does not reason
- The subconscious leading towards wealth and happiness
- Understanding hypnotism

11. Affirmations

- What do we say to ourselves and others?
- What the mind of man can accurately conceive etc.
- The danger of negative self-talk
- The power of a present tense statement
- Affirmations going into the subconscious will deliver
- An attitude of gratitude

12. Visualisation

- Visualise what you want
- You visualise subconsciously
- Now visualise your goal
- Never again visualise what you don't want
- The power of your imagination
- Another thing to do before sleep

13. Don't let stress get to you

- Stress can be good
- What causes stress to be dangerous
- Managing stress effectively
- Does hard work really cause ill health?
- What not to say
- How to care for you

15. Could do better

- The false ceilings in our mind
- A definition of stupidity
- Don't live in the past?
- The set of the sails story
- How to seriously bounce back
- Teaching an old dog new tricks

17. Life's destroyers – the power of the negative

- Developing a good understanding of what is negative
- The negative is more powerful than the positive
- Dealing with other people's opinions
- The story of the wasp
- Building a bullet proof screen to deal with negatives
- Using the best neg-repellent

19. What you hand out in life

- The universal law – sow and reap
- See the oak tree in the acorn
- The printer story
- Building relationships
- Avoiding bitterness
- Don't poison your own mind

14. How to handle the tough times

- Life is a roller coaster
- What about the crisis?
- What is a crisis?
- How to handle a real crisis
- How to turn things to your advantage
- Reduce and destroy the fear of failure

16. Failure can't live with persistence

- The failure/success law
- The value of mistakes
- Overcoming the fear of failure
- Motivation by fear
- Knowing when to stop
- Motivation by the fear of loss

18. Be aware of conditioning and conformity

- What is conditioning?
- What is conformity?
- We are conditioned three ways
- The influence of past conditioning
- Avoiding video nasties
- Mixing with the right people

20. Worries

- The negative use of creative imagination
- What do we worry about?
- The powerful worry story
- Having a worry list
- Turning problems into situations
- Preventing a worry becoming a reality

21. Self-motivation

- Who motivates the motivator?
- Seeing ourselves progressing motivates us
- What is a feel good factor?
- Motivation does not last
- Take ownership of your life
- Record your own success experiences

22. Making money

- Why make a million?
- The money and happiness balance
- Don't chase money
- The difference between luck and chance
- How to make a lot of money
- How to become a millionaire

23. How to fail fast at success, wealth and happiness

- Do become a negative person
- Actively criticize, condemn and complain
- Expect and imagine the worst
- Have no goals or plans
- Do invest in the lottery
- Expect others to make you happy

24. Enthusiasm

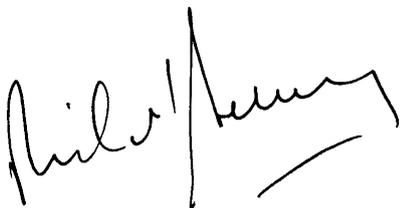
- Enthusiasm is attractive
- Can we all be enthusiastic?
- Laughter is good for our health
- Enthusiasm will inspire others
- Enthusiasm is infectious
- There is so much to be enthusiastic about

Just let Richard be your own personal success coach, he will help and guide you to get what you really want in life. Start the success achievement and happiness journey today.

'Skill Sharpeners' guarantees results and will develop your skills in whatever areas you need to.

To benefit from your very own personal coach and mentor simply visit www.richarddenny.co.uk
Email success@denny.co.uk or simply phone 01608 812424 and take the first step to success today.

Good luck and great success.



Richard Denny

www.skillsharpeners.com

