

# THE SUCCESS PRINCIPLES

HOW TO GET FROM WHERE YOU ARE

TO WHERE YOU WANT TO BE

REMEMBER: YOU CAN HAVE IT ALL!

**Worksheets and materials used in this class are used with permission of Jack Canfield, Co-author of the Chicken Soup for the Soul series and materials from “You Can have It All” by John Assaraf, CEO of Neurogym which deals with Brain Training to develop human potential.**

**CLASS INFORMATION IS BASED ON**

**THE SUCCESS PRINCIPLES**

**HOW TO GET FROM WHERE YOU ARE  
TO WHERE YOU WANT TO BE**

**Jack Canfield**

**HAVING IT ALL**

**ACHIEVING YOUR LIFE'S GOALS AND DREAMS**

**JOHN ASSARAF**

**AS A MAN THINKETH**

**JAMES ALLEN**

## **TAKE A MOMENT NOW TO WRITE YOUR ANSWERS TO THESE QUESTIONS**

- WHERE ARE YOU NOW?
- WHERE WOULD YOU LIKE TO BE?
- WHAT HAS TO CHANGE TO GET YOU THERE?
- WHAT DO YOU HOPE TO GAIN FROM THIS CLASS?

**TAKE THE CHALLENGE – LEARN THE PRINCIPLES WE WILL COVER AND TAKE THE ACTION NEEDED TO ACCOMPLISH THEM!**

- **THE LEVEL OF YOUR ACHIEVEMENTS**
- **THE QUALITY OF YOUR RELATIONSHIPS**
- **THE STATE OF YOUR HEALTH AND PHYSICAL FITNESS**
- **YOUR INCOME**
- **YOUR DEBTS**
- **YOUR FEELINGS**
- **EVERYTHING INCLUDING THE HAPPINESS YOU DESIRE!**

EVERYTHING YOU EXPERIENCE TODAY

IS THE RESULT

OF CHOICES YOU HAVE MADE IN THE PAST

IF YOU KEEP ON DOING

WHAT YOU'VE **ALWAYS DONE** –

YOU'LL KEEP ON GETTING

WHAT YOU'VE **ALWAYS GOTTEN!**

WHO ARE YOU?

IF YOU FEEL COMFORTABLE DOING SO, PLEASE, UNMUTE YOURSELVES  
AND SHARE YOUR ANSWERS IN AN OPEN CONVERSATION.

# YOU ARE MUCH MORE THAN YOU THINK YOU ARE!

- YOU ARE MORE THAN YOUR BODY!
- YOU ARE MORE THAN THE NAME WHICH WAS GIVEN TO YOU AT BIRTH!
- THINK ABOUT IT – YOU ACTUALLY EXISTED EVEN BEFORE YOUR PARENTS WERE AWARE OF YOU!



# BEFORE YOUR BIRTH

- BILLIONS OF YEARS OF EVOLUTION PRODUCED AN LIFE-FORM WE CALL HUMANS.
- INTELLIGENT ENERGY CONTINUOUSLY REPRODUCED AND GREW SMARTER WITH EACH GENERATION.
- 2 CELLS CAME TOGETHER AND MULTIPLIED GENERATING A BODY AND A BRAIN.
- THIS ORGANISM MATURED INTO A MASS OF PERFECTLY FORMED INTELLIGENT ENERGY THAT APPEAR THROUGH OUR EYES TO BE SOLID.

## TWO THEORIES OF THOUGHT REGARDING CREATION:

- DARWIN'S NATURAL SELECTION
- BELIEF IN A CREATOR OF THE UNIVERSE AND ALL THAT IS THEREIN WHICH MANY REFER TO AS GOD.
- MANY OF US BELIEVE THAT WE ARE DIRECTLY CONNECTED TO THE INFINITE INTELLIGENCE THAT CREATED US. WE ARE NOT SEPARATE FROM IT.
- IT IS YOU. IT IS THE "I" WE SPEAK OF WHEN WE SAY "I AM.'

## WHO ARE YOU REALLY?

- YOU ARE “INTELLIGENT ENERGY” IN A BODY.
- YOU HAVE A BODY AND BRAIN: THE VEHICLE.
- YOU HAVE A CONSCIOUS MIND AND A SUBCONSCIOUS MIND.
- YOU HAVE AN INTERNAL THERMOSTAT THAT MEASURES DEVIATIONS FROM GOALS YOU SET AND AUTOMATICALLY MAKES CORRECTIONS.
- YOU HAVE A RETICULAR ACTIVATING SYSTEM THAT FOCUSES ON WHAT’S IMPORTANT TO YOU.

**YOU HAVE INFINITE POTENTIAL**

WHICH INCLUDES:

SPIRITUAL INTELLIGENCE

EMOTIONAL INTELLIGENCE

INTUITIVE INTELLIGENCE

WE USE THESE ABILITIES TO NAVIGATE A WORLD WE  
CAN'T SEE WITH OUR EYES, BUT WHICH DEFINITELY  
EXISTS!

# “WHY” DO YOU DO EVERYTHING YOU DO?

- EXAMINE YOUR THOUGHTS FOR EVERYTHING YOU THINK, SAY AND DO BEGINS WITH THOUGHT!

“IF YOU THINK YOU CAN OR YOU THINK YOU CAN’T, YOU ARE RIGHT!”

HENRY FORD

- EXAMINE YOUR BELIEFS!
- EXAMINE YOUR PAST EXPERIENCES!

# UNDERSTANDING THE EFFECT OF THOUGHT

- A MAN'S MIND IS LIKE A GARDEN! CONSIDER: WHAT SEEDS ARE YOU PLANTING?
- YOU MUST WEED OUT ALL THE WRONG, USELESS, AND IMPURE THOUGHTS IN ORDER TO CULTIVATE TOWARD PERFECTION THE FLOWERS AND FRUITS OF PURE THOUGHTS.
- THOUGHT AND CHARACTER ARE ONE! THE OUTER CONDITIONS OF A PERSON'S LIFE REFLECT HIS INNER STATE.
- CIRCUMSTANCE DOES NOT MAKE THE MAN; IT REVEALS HIM TO HIMSELF.
- THERE IS NO ELEMENT OF CHANCE. EVERY MAN IS WHERE HE IS BY THE LAW OF HIS BEING!
- MAN IS WHERE HE IS SO THAT HE MAY LEARN AND GROW.

JAMES ALLEN : "AS A MAN THIKETH"

# WHAT DO YOUR THOUGHTS, BELIEFS, WORDS, DEEDS AND EXPERIENCES HAVE TO DO WITH YOUR SUCCESS AND YOUR HAPPINESS?

TO ANSWER THIS WE MUST UNDERSTAND VARIOUS FUNCTIONS OF OUR BRAIN/MIND WHICH IS THE OPERATING SYSTEM OF THE OF THE BODY.

- THE CONSCIOUS MIND: IS THE DECISION MAKER AND RESPONDS INTENTIONALLY TO THE MESSAGE/S YOU GIVE IT.
- THE SUBCONSCIOUS MIND: RESPONDS AUTOMATICALLY WHETHER YOU'RE AWAKE OR ASLEEP. IT DOES NOT UNDERSTAND TRUTH FROM FALSEHOOD!
- (THE SUBCONSCIOUS MIND IS ALSO REFERRED TO AS THE NONCONSCIOUS OR UNCONSCIOUS MIND.)

# **THE CONSCIOUS MIND = THE DECISION MAKER**

- **IT CHOOSES WHETHER TO TURN RIGHT OR LEFT**
- **IT FUNCTIONS WITH A LIMITED PROCESSING CAPACITY**
- **IT CONTROLS OUR SHORT TERM MEMORY (ABOUT 20 SECONDS)**
- **IT HAS THE ABILITY TO MANAGE 1-3 EVENTS AT A TIME**
- **IT HAS IMPULSES THAT TRAVEL 120-140 MPH**
- **IT HAS THE ABILITY TO PROCESS AND AVERAGE OF 2,000 BITS OF INFORMATION PER SECOND**



# THE CONSCIOUS MIND HAS 6 INTELLECTUAL FUNCTIONS

1. **REASON:** MAKES CHOICES – YOUR THOUGHTS ARE TOTALLY IN YOUR CONTROL.  
WHEN YOU CHOOSE A THOUGHT, IT CREATES A FEELING, YOU TAKE ACTION AND  
THE RESULT IS PRODUCED.

THAT IS WHY YOU MUST ACCEPT RESPONSIBILITY FOR THE RESULTS.

2. **WILL** IS YOUR MENTAL TOUGHNESS: IT GIVES YOU STRENGTH WHEN THINGS SEEM  
TO BE CRUMBLING AROUND YOU.
3. **MEMORY:** NEVER LEAVES, BUT BECOMES WEAK IF YOU DON'T APPLY IT.

## ADDITIONAL INTELLECTUAL FUNCTIONS

- **PERCEPTION:** WE SEE THE WORLD NOT AS IT IS, BUT ONLY AS WE REALLY ARE. OUR BELIEFS AND HABITS ACT AS A FILTER THAT GET IN THE WAY OF TRUTH AND POSSIBILITIES AND CREATE BLIND SPOTS THAT CAN AFFECT OUR SELF-ESTEEM, JUDGMENT, RELATIONSHIPS, MENTAL AND PHYSICAL HEALTH, & PROSPERITY. STORY: STEPHEN COVEY.
- **IMAGINATION:** EVERYTHING IS CREATED FIRST IN THE MIND, THEN IN PHYSICAL FORM. IMAGINATION IS THE DIRECT LINK TO THE WORLD OF POSSIBILITIES. STORY: LEONARDO DAVINCI.
- **INTUITION:** PICKS UP FEELINGS OF VIBRATIONS THAT SEEM EITHER RIGHT OR WRONG TO US. IT IS EXTREMELY IMPORTANT TO RECOGNIZE AND RESPOND TO YOUR INTUITION.

# THE SUBCONSCIOUS MIND: YOUR REAL POWER CENTER

- **AUTOMATICALLY CONTROLS OUR LIFE FUNCTIONS (BREATHING, DIGESTING, HEART BEAT, ETC.) AND HAS:**
- **EXPANDED PROCESSING CAPACITY**
- **LONG TERM MEMORY (PAST EXPERIENCES, VALUES, ATTITUDES, HABITS AND BELIEFS)**
- **THE ABILITY TO MANAGE THOUSANDS OF EVENTS AT A TIME**
- **IMPULSES THAT TRAVEL OVER 100,000 MPH**
- **THE ABILITY TO PROCESS AN AVERAGE OF 4 BILLION BITS OF INFORMATION PER SECOND.**

# THE 3 MAJOR FUNCTIONS OF THE SUBCONSCIOUS

1. EVEN THOUGH YOU CAN'T SEE IT, THE SUBCONSCIOUS KEEPS YOU ALIVE AND OPERATES ALL OF YOUR BODILY FUNCTIONS: REGENERATION OF CELLS; HEART; BREATHING; DIGESTION; SLEEPING; TEMPERATURE; EVERYTHING THAT KEEPS YOU ALIVE.
2. IT IS YOUR PERSONAL OPERATING SYSTEM AND STORES ALL THE MEMORIES, HABITS, AND BELIEFS YOU HAVE EVER HAD. IT DOES NOT DO THE THINKING, BUT IT RESPONDS ACCORDING TO YOUR HABITS AND BELIEFS.
3. THIS MAGICAL PART CONNECTS YOU ON A NONPHYSICAL LEVEL WITH THE ENTIRE UNIVERSAL INTELLIGENCE AND ENERGY FIELDS.

# UNDERSTANDING THE LAW OF ATTRACTION

- EVERYTHING YOU SEE THOSE THINGS YOU CANNOT SEE ARE ESSENTIALLY FORMS OF ENERGY CONSTANTLY IN A STATE OF VIBRATION.
- IT'S THE ENERGY AND INFORMATION YOU CAN'T SEE THAT THE SUBCONSCIOUS CAN ACCESS.
- ONCE YOU ALIGN YOUR HABITS AND BELIEFS WITH WHAT YOU WANT, YOUR SUBCONSCIOUS VIBRATES IN HARMONY WITH WHATEVER YOU NEED TO BRING YOUR THOUGHTS INTO THEIR PHYSICAL EQUIVALENT.
- NEGATIVE THOUGHTS ATTRACT NEGATIVE RESULTS;
- POSITIVE THOUGHTS ATTRACT POSITIVE RESULTS.

# ONLY FOCUS ON WHAT YOU WANT

- THE SUBCONSCIOUS DOESN'T RECOGNIZE TRUTH OR FALSEHOOD.
- YOU MUST NEVER SAY WHAT YOU DON'T WANT BECAUSE THAT IS WHAT YOU WILL GET, SINCE THE SUBCONSCIOUS DOESN'T RECOGNIZE THE WORD "NOT". (EX. I DON'T WANT TO ...)
- BE CLEAR ABOUT WHAT YOU DO WANT.
- YOU CAN ONLY CHANGE YOUR OLD BELIEFS AND HABITS BY CONSTANTLY REPEATING WHAT YOU DO WANT UNTIL THEY TAKE OVER AND BECOME SECOND NATURE REPLACING THE OLD HABITS AND BELIEFS!!!
- THIS UNDERSTANDING IS CRITICAL TO CREATING YOUR DREAMS.

# LET'S BEGIN THE JOURNEY TO FULFILLMENT OF YOUR LIFE'S DESIRES

- TAKE CONTROL OF YOUR LIFE BY ACCEPTING RESPONSIBILITY FOR EVERYTHING YOU CREATE.
- START WITH RECOGNIZING AND ELIMINATING ALL NEGATIVE ATTITUDES AND THOUGHTS - REPLACING THEM (IN WRITING) WITH HEALTHIER, POSITIVE ONES.
- ON THE LEFT SIDE OF A PIECE OF PAPER: CREATE A LIST OF THINGS THAT YOU BELIEVE WILL HOLD YOU BACK; ON THE RIGHT: CHANGE THE WORDS YOU USED TO POSITIVE ONES.

**TAKE 100% RESPONSIBILITY  
FOR YOUR LIFE**

$$E + R = O$$

**Event + Response = Outcome**



**YOU MUST GIVE UP -**

**BLAMING  
and  
COMPLAINING**

# WHAT DOES SUCCESS MEAN TO YOU?

- ASK YOURSELF: WHAT HAS TO HAPPEN FOR ME TO FEEL TOTALLY SATISFIED WITH MY LIFE:

PERSONALLY

PROFESSIONALLY:

# DARE TO RISK

- FACE FACTS SQUARELY!
- DURING THE WEEK MAKE A LIST OF THE THINGS THAT ARE HOLDING YOU BACK.
- THEN MAKE A LIST OF STEPS YOU NEED TO TAKE TO OVERCOME THOSE THINGS AND READ IT DAILY!
- RISK TAKING THE STEPS NECESSARY TO CREATE YOUR DESIRED OUTCOME.

## WRITE AN OUTLINE OF THE STEPS YOU COMMIT TO TAKING TO CREATE THE LIFE YOU DESIRE

- FOR EXAMPLE: I COMMIT TO MAKING A LIST OF MY CONCERNS OR FEARS OF MOVING FORWARD.
- I COMMIT TO REWORDING THAT LIST TO REFLECT A POSITIVE DIRECTION. (ex.: IT'S NORMAL TO BE APREHENSIVE WHEN IN NEW TERRITORY, BUT I CAN RECOGNIZE IT AND MOVE FORWARD BECAUSE I HAVE SO MUCH TO GAIN.
- I COMMIT TO BEING AWARE OF MY THOUGHTS, WORDS, & DEEDS.
- SEE HOW THIS MAKES YOU FEEL! BELIEVE AND HAVE FAITH!