

*Andrew Considine*

Presents

***How to Release YOUR  
Potential and Achieve  
Success***

**A Special Report**

By

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## Introduction

As you well know, being successful in life means different things to different people. For some success means having a loving family, a great job and a satisfying career.

For others, it's having health, wealth, and happiness and the time to enjoy family and friends. And for some people, it's having the 'freedom' to choose exactly what they wish to be, have and do.

Having the freedom to choose how your life unfolds might seem impossible, but I can tell you this is not the case at all... Whatever success means for you, I am certain you can achieve success. And it's because of this that I thought you would be interested to discover more about achieving what you truly desire. In fact reading and acting upon what's in this report could dramatically transform your whole life.

Quite simply, this special report contains proven steps to your success which are written with the clear aim in helping you discover how to create the life you truly want.

Follow these steps and you will be amazed at what you will achieve in your life.

Your success is within you; now discover how you can release it!

To Your Success

*Andrew Considine*

# Steps to Achieving YOUR Success

## Know exactly WHAT it is you want

One of the greatest and most common reasons why people do not achieve success is because they often find themselves confused as to what exactly it is they desire.

In my experience of the people who attend my seminars, workshops or have coaching, is that they are often unclear as to what it is they want. Many people do have goals but they are not specific enough and they are a bit vague, to say the least.

If you are to achieve your life purpose goals, if you are to achieve what you want to be, do or have in your life, then it is going to be really important that you focus your mind on what you want.

As you set goals, be sure to be very specific, otherwise you could end up like the Cheshire cat in the book: 'Alice in Wonderland', who says:

***"If you don't know where you're going then any road will take you there."***

## Know WHY you want what you want

If you are clear as to *why* you want something, then you become clear and focused on what you need to do to achieve it.

Have you ever been to an interview and have been asked: 'Why do you want the job?' Those who are the clearest show that they really know what it is they want because they know why they want it.

Knowing why increases belief and determination. Imagine you were following a guide up a rocky mountain and you asked him or her: 'Why are we going this route?' and the reply is, 'I don't know'.

Would you feel secure in getting to your destination?

I don't think you would. So, if you know what it is you want and why you want it, then the ability to achieve it becomes so much greater.

A little exercise you can do before you take action on a new goal is to write down as many reasons as you can as to why you want to achieve the new goal; try to think of at least 20 reasons. Doing this helps you to become clearer as to what it is you want and in turn help you feel more secure and focused as you journey towards your goal.

## **Select the date WHEN you want to achieve your goal**

When it comes to setting goals then time is of the essence. Setting a date by which time you want to achieve your goal creates not only order but also the will to achieve your goal. When you have the will, then the possibility of achieving your goal by a specific time becomes more achievable.

Whether or not you like deadlines, there is no escaping the fact that when you set a date, you are more likely to achieve your goal.

Can you imagine saying to a top athlete, 'Don't be concerned when you get to the finish line, just take your time and you will get there one day'. This would be highly unlikely.

By setting a time when you want to achieve what you want to achieve focuses the mind. And when the mind is focused, then your energy is focused on that which you truly desire.

As Ralph Waldo Emerson once wrote:

***"Energy grows where energy goes"***

## **Visualise having already achieved your goal with feeling**

Your ability to visualise in your mind the very things you want to be, do and have, and to bring those images into your reality is as old as the thinking mind.

Take a brief look around you and you will observe something that originally began as an image impressed upon someone's mind. Everything you see was once in the mind of an inventor or designer, then he or she translated that image from within their own mind into reality.

The imagination is the most wondrous faculty which has been gifted to you. Without it you would not be able to read these words.

All thoughts, ideas and images begin as a picture impressed upon the mind and the kind of feeling associated with the idea, image or thought will determine its growth or demise.

For example, if you think of your favourite car, you don't see the letters of the name of your desired car printed within your mind. What you actually see is an image of the actual car, the type, its colour and if you stay with the picture you can see yourself actually driving it. Van Gogh, made this point very clear when he once said:

***"I dream my paintings and then I paint my dreams"***

In order to bring your dream goals into reality and with greater speed, then begin right now to assume the feeling of your wish already fulfilled – thinking alone, without engaging the feeling is not enough – the feeling is where the passion comes from and only desire with passion brings dreams in to reality. You must therefore not only see in your mind the end result already fulfilled but equally feel your desire already fulfilled.

By doing this you condition your mind to attract exactly what it is that you desire.

## **Think BIG – Think Cosmically!**

It takes the same amount of energy to think Big One than it does to think small. The greatest and most common denominator of all successful people is that they choose to 'Think Big'; they think possibility, not limitation.

You see, most people live on the side of caution; they think small, safe and plan towards 3, 5, or maybe 10 percent increases. If you do this, then you must not be surprised with the small, safe, incremental increase you receive. After all, this is exactly what you asked for isn't it?

It's a fact that you have choices in your life. You can aim for the sun and miss and land on the moon or you can aim for the top of the street light, miss and fall to the pavement.

This point really struck home when one morning I was driving my 9 year old son to school and on the way he asked me a question. He asked: 'Dad, what's the biggest mountain?'

I replied, 'It's Mount Everest, son'.

My son replied: 'No it's not.' But I said back to him, 'Well son, it actually is.'

My son then said: 'Well actually dad, it isn't.'

So I decided to ask him, 'If it's not Mount Everest, then what is the biggest mountain?'

And my son said, 'It's Olympus Mons'

Obviously I then asked him, Olympus what? And he replied 'Mars'. He then proceeded to inform me that Mount Everest is 8.85km (5.5mls) high, whereas Olympus Mons is 26km (16mls) high and the width of Canada!

This was a tremendous lesson which I received from my son that morning; the lesson of learning to think beyond our current situation, beyond our current understanding, or our perceived reality. You see, while I was thinking within the confines of the world, thinking globally, my son was thinking beyond the world – he was thinking cosmically.

If you think small, you prepare to create possibilities and opportunities that can only be small. But when you think big - you prepare big, you meet big opportunities and you achieve big!

Think about this very carefully and see how you may be sabotaging your success by the limits you place upon yourself. Remember, the only limits you have are the ones you place on yourself.

If you want to be successful, then quite simply Think BIG!

### **Be unconcerned with what other people think**

So many personal and professional failures have been attributed to being too concerned as to what people might think about your ideas.

Have you ever had an idea or belief about something that you wanted to achieve and the moment you mentioned your idea with someone else – close family or friends – you hear from them all the reasons why you should not run with the idea?

Such opinions could come over in many different ways such as: 'You'll never be able to do that', or 'Where are you going to get the money?', or 'It will never catch on', or 'What do you know about that?' A popular one is: 'How on earth are you going to make any money with that idea?'

Of course, it is important to listen to people and get proper advice and guidance but make sure it is from the right kind of people. It is wise then to ask people who are knowledgeable, who hold credibility and experience. As one of the greatest teachers in history, Jesus Christ is reputed to have said: '*You shall know them by their fruits.*'

So, don't be concerned with what other negative people think - they're not thinking!

Try to remember the following, it will help to keep you focused on what is important and you work towards your desired goals in life:

**'What other people think of you is none of your business  
but what you think of you  
IS!'**

## **Surround yourself with like-minded people**

Successful people associate with success-minded people. People who are successful are not any better or worse than people who are not success-minded. No, rather, it's that they choose to think differently.

You don't need to be successful before you move into the company of successful people. But if you're not yet successful and do associate with successful people, your chances of becoming successful and reaching your desired goals greatly increase.

People who have acquired success in any area of their life are more often only too willing to show an 'up and coming' success-minded person the way to become successful; they don't keep it a secret.

Napoleon Hill, the great author of the classic book: 'Think and Grow Rich', was able to achieve success through the support and belief of the wealthiest man at that time – Andrew Carnegie. In the beginning of his journey to understanding why the most successful people of his time were so, Napoleon Hill was not well off at all, yet he began to associate with Carnegie and the likes of him and the results of these associations can be found in his amazing book, a book I highly recommend.

If you've not read it yet, or better – you've not studied it yet, then you are probably missing out on arguably the best book ever written when it comes to understanding certain proven principles that have led to untold thousands achieving success.

Today, via the media, we see people like Bill Cullen, Alan Sugar, Donald Trump, Bill Gates and Richard Branson and countless unknown successful people providing other like-minded people with the opportunity to develop their desires and ideas.

If you are thinking of starting a business or developing an idea, then move within the circles of people who welcome and encourage those who also have dreams and desires and believe that they can achieve them.

## **Write down all your goals**

Earl Nightingale once said that: 'Ideas are like slippery fish, if you don't catch them with a pen they get away.'

When you write your desired goal or idea down on paper, you focus your mind on committing yourself to taking a step close to the achievement of your desired goal or idea.

To write your goals down also frees up your conscious mind to continue on with creating the steps to achieve your goal, rather than merely trying to remember it. To write your goals, no matter how big or small, is to bring order and clarity to your mind. Your mind is very powerful and is instrumental in you achieving everything you desire.

As Mahatma Gandhi said:

**‘A man is but a product of his thoughts. What he thinks, he becomes.’**

To write down what you think about and desire will bring your goals alive. The writing of your thoughts and desires strengthens the belief within your subconscious mind which in turn then creates the feelings to move you towards the creation of your desired goal.

*Remember, an unwritten want is a wish, a dream – a never happen. The day you put your goal in writing is the day it becomes a commitment that will change your life.*

## **Write your goals in the positive present tense**

Your subconscious mind – the feeling part of your mind – does not distinguish between what is real and what is imagined. Your subconscious mind can only deal with facts and those facts are determined by your conscious mind – the thinking part of your mind.

You see what you think about most of the time you become. Put another way, what you think about you bring about.

So when you write down your goals, be sure to write them in the present tense. By this I mean that you write them down as though you have *already* accomplished them.

Instead of saying, “I will earn €50,000 in the next 12 months,” you would say, “I earn €50,000 per year.” See the difference?

You need to also state your goals *positively*. Instead of saying, “I will not do this job all my life” you need to say instead, ‘I have achieved the career of my dreams.’

The command that you consciously give to your mind must be positive and definite because your subconscious mind will only be able to create the fact in relation to the level of believed instruction you give it.

So write your goals in the present tense as if you have already achieved them and write them down in the positive rather than the negative. For example ‘I run my own very successful business’, rather than, ‘I am no longer an employee.’ Or, ‘I am happy’ rather than ‘I am not sad.’ Doing these two things will dramatically increase your energy and confidence.

## **Successful People choose to see the silver lining...**

Your success will greatly depend on how often you choose to see the silver lining in the challenges of life. Successful people become successful because they more often than not recognize the opportunity in any perceived difficulty.

Successful people welcome challenge, successful people stay successful because each challenge they meet they choose to see as another opportunity to grow in awareness and experience more their life purpose goals.

Successful people hold the belief and attitude that everything turns out for the good and therefore they choose only to see the good in every situation.

If you think back to certain times in your life that were really challenging and difficult, did those times and experiences nevertheless serve as a catalyst for something positive, strengthening and ultimately help you to grow? Thinking this way is a choice, and though initially difficult and strange, will nevertheless give you the confidence to continue and persist through times of adversity.

No matter how many setbacks successful people experience, they believe and expect that something good always comes out of everything that happens to them. Success minded people *believe* that every setback is part of a greater plan that is moving them towards achieving the great success that they believe is inevitable for them.

## **Develop daily, weekly, monthly and yearly plans towards achieving your desire**

If you are to achieve success of any kind in your life, it will be crucial to begin to develop daily, weekly, monthly and yearly plans to achieving your desired goals.

We know that not everything goes to plan in life. Nevertheless, to have plans is a sure way of keeping focus and concentrations and with persistence will create the results you truly want. To have a plan is to be prepared.

As Louis Pasteur, the famous French scientist said,

**'Chance favours the prepared mind'**

One very creative way of being assured of implementing your plans is to set out a yearly plan.

Ask yourself what is it that you would truly like to have achieved a year from now?

Then ask, what is going to be important for you to do in order for your goal to be realised?

An exercise that has helped me greatly was to choose specific goals to be achieved within a set time line. For example, you can choose a goal that you desire to be achieved within the next 12 months, write it down, doing the same for a 9 month period, then for a 6 month period, then for 3 months from now.

When you have named your goals then choose to do 3 things differently each week that by doing so will move you closer towards your 3 month goal plan, then to your 6 month goal, then to your 9 months goal plan and then to your 12 month summit!

The key point here is to do something **every day** that will move you closer to your ultimate goal.

It's a fact, that:

**'If you fail to plan, you plan to fail!'**

### **Take small steps**

As it is often said, 'Rome wasn't built in a day'. Whoever originally said that statement was probably trying to impress upon the listener that while it is important to have great purposeful goals, the very act in achieving those goals demands patience and wisdom.

It would, for example, be unwise to have the noble idea and desire to climb Mount Everest without firstly taking small and yet purposeful steps in creating the realistic possibility for such a feat to be achieved.

Just like starting out on a fitness programme, it will be necessary to ease into a programme, still having your mind fixed on the ultimate result that you desire, but working towards your goal step-by-step.

As Confucius said,

***'A journey of a thousand leagues begins with a single step'***

## Conclusion

The above steps have been designed to be practical, doable and helpful in supporting you on your journey to realising your infinite potential even more and achieving the successful life you desire.

If you begin by simply adopting a few of these steps right now and commit to adding the others as you go along, then there is absolutely no doubt that you will swiftly see the success you desire begin emerging in your life. And isn't that exactly what you want for yourself?

To be successful, requires the courage to change. If you do what you've always done, then your results will be like you've always had.

You need to know two things to achieve success:

Know where are you right now in your life and  
Know what you want to be, do and have.

When you are aware of these two aspects then begin immediately to take action, doing something differently each day towards your desired goal.

Make necessary changes and strive for the success that is waiting for you.

To Your Success

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**Note:** If you have a story to tell that you would like to be considered in my Success Gems Newsletter, click the link below and send an email:

<mailto:andrew@lifesuccessmentor.com>

Because of space restriction in the Newsletter, we may need to edit your story which we hope is acceptable. Include your name and your website details so we can give you credit for your contribution.

**Thanks in anticipation of receiving your personal success story.**

**And finally:**

*If you would like to know more about my services such as my talks, seminars and workshops on a wide range of success related topics as well as my courses, mentoring programmes and private consultations as to how I can help you achieve even more in your life then please feel free to contact me at:*

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