

YOUR SELF MIRACLE

SESSION 5

Building Your Iron Resolve



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Building your Iron Resolve

Hello again my friend and welcome back. In this session we are going to build on the previous session about supercharging your intuition. So take a deep breath and relax and get ready for it.....

What we are going to focus on today is building your will. Empowering you to go from strength to strength and fear nothing. To build your iron resolve so that any obstacles in your way will appear easy to pass.

One of my all time heroes, Winston Churchill, said “if you are going through hell – keep going”. Truly successful people do that, they never give up whatever situation they are faced with. “When the going gets tough the tough get going” Do you know the stories about Walt Disney and Colonel Sanders? They didn’t give up. If they had then the world would have missed out on two great institutions. Were they successful right away? No. But they knew they would win the day.

In my time I have met and studied a number of successful people. Although their characters were very different, they all had one thing in common – an iron resolve. If they said they would do something you could put your last penny on the fact that they would do it. How did they develop this iron resolve? Simply by committing to actions and achieving them every day. Did they watch soap operas and read the tabloids? No way! In fact most successful people don’t read newspapers or watch the news at all because it is often very depressing and could promote their lower self (yes they have a lower self too). Do they waste their time and energy bitching about other people and complaining about the government? What do you think? A successful person believes they can achieve their desires whatever the state of the economy or the instability in the world. There will always be instability in our world – this is human nature. If you are waiting for a perfectly harmonious world you will never succeed.

You have to push yourself regardless of how you are feeling. We all have bad days where we feel down and tired and in a totally can’t be assed mood. The best way to get out of this is to push through it. Getting into the habit of taking action is just as easy as getting into the habit of doing nothing. The difference is that the rewards are far greater for taking action. And I don’t just mean financial or desire orientated, your sub conscious will change you into an action power house and you will feel that you can achieve anything.

Make the law of inertia work for you. This law simply states that although it is initially difficult for you to change, once the change is made there will be a great force to maintain and build on that change. So if you battle with your lower self to overcome lethargy and procrastination, your higher self will predominate and you will take action towards your desires.

To set you on the path to your iron resolve the best way is to critically examine your strengths and weaknesses in the areas I will explain later. Before we get into detail with this I want to discuss with you the all important subject of being honest with yourself.

Lying to yourself has to rank as one of the most stupid things imaginable, but so many people do it! What do I mean? Well a few years ago I was running this crap business, losing money on a regular basis, but kept convincing myself that it would get better and I would be the next computer millionaire. But this was ridiculous. There was no way that with the resources I had I could reach this status without the fairy god mother intervening! Now I don't care if you lie to your spouse, your boss, the ticket collector or the tax inspector. What you must do is be honest with yourself. This is harder to do than you think but is absolutely crucial to your success. Don't fall into the trap that I did. With a little effort you can say goodbye to this craziest of characteristics. So let's have a look at why people lie to themselves. The resounding winner in this category is:

People lie to themselves because they cannot bear to face reality.

Nobody likes to fail. Even worse is when this is public information. When you face up to this fact it also means you have to do something about it rather than living in la la land. You must do this. After you have broken this pattern once, you will be able to do it again. You don't need to tell anyone else – in fact I strongly recommend that you don't. Taking an honest look at you and your traits will give you a tremendous sense of well being and self belief.

When you are searching your soul for honesty about yourself, here's a very simple way to get the truth. Let's say you ask yourself "are you prone to procrastination?" and you answer "No" then how do you feel about your answer? If you don't feel comfortable then just rephrase the question adding your first name like "be honest Graham, are you prone to procrastination". You will likely get a different answer such as "sometimes" or "yes" or "all the time". Now I cannot emphasize how important this is. In this session you are going to answer questions about yourself which will lead you to applying fixes to the traits you have identified as weak. So the easiest way to get the truth from yourself is to always use the format "be honest [your first name]" followed by the question.

So what traits will make up your iron resolve? Here they are in order of importance:

1. Start
2. Prioritize
3. Focus
4. Persistence
5. Review
6. Organization

Let's look at each one in turn:

Start

Successful people always start, they always get going they don't wait around. The clock's ticking away for all of us and the best time to start is always now. Whatever you do just make a start. What are you waiting for? The next full moon? Christmas? Your positive cycle? Just get on with it!

People often don't start things because they believe that they are too difficult. But things that seemed difficult before you started them are often nowhere near as difficult once you have taken the plunge. So just make a start. If you are feeling tired just imagine how satisfied you will feel after completing your tasks. You will actually sleep better because you won't have the nagging feeling of not completing your actions gnawing away at you.

How many times have you been in a situation where you have many things to do but just can't make a start on them? Or you just don't know where to start? Probably many times, I certainly have. The way I recommend that you overcome this is by looking at your list and.....

Prioritize

Let's say that you have six actions on your list today that you want to achieve. Look through the actions and prioritize as follows:

Is there anything on the list that will nag you or stress you out if you don't do it first? This could be paying a bill, or writing an important letter or email, or something you have been putting off because it was too difficult and now you are under immense time pressure to achieve this? Do this first. If you let things linger that you know will cause a minor disaster in your life then just do it. The task may not have anything to do with achieving your desires, but if you don't do it you will not be able to concentrate fully on your other tasks. Once you have completed your stress busters, examine your list again and select the tasks that are the easiest and will take the smallest amount of time to achieve. Do these next. Now you might be thinking "in the past I have been taught to do the hardest things first". The reason I recommend doing it this way is it builds up a momentum of action and achievement that sends the right signals to your sub conscious. Once you have achieved these easy tasks you will find that the harder ones don't seem so hard. Try it, I know it will work for you.

Am I suggesting you put off the difficult tasks? **Absolutely never.** I am just suggesting an order in which you should approach them. Now all of this assumes that you are going to finish all of your tasks the same day. If this is not looking likely for whatever reason then look at your tasks in order of importance. Again the stress busters must come first, then go about the rest in order of importance for example meeting a deadline or fulfilling a commitment to a customer. The bottom line is to achieve all of your tasks the same day unless it's absolutely unavoidable. This again will cement firm high achiever values in your sub conscious which will be invaluable to you in your life.

Focus

The ability to fully concentrate on what you are doing until you achieve it is one of the most powerful tools in your iron resolve arsenal. As I said before we live in a world of constant distractions and there are so many ways that you can be distracted. The way to tackle this is as follows:

Avoid obvious distractions – don't try to work on your tasks with the television on in the background or in a crowded place where you know someone will want to talk to you. Some people tell me that they concentrate better if they have music playing in the background. If that works for you then fine – it doesn't for me. There is nobody better placed to know what things will distract you, than you. So avoid them. Everybody's different. My younger brother scored straight A's in his college examinations by studying with his favorite rock music blaring in his ear holes. Some people can just do these things. As I said – only you know.

If you do get distracted, just refocus on your task. If you need help refocusing, just read your desire and your emotional driver again and this will do the trick. Now you maybe someone who's mind wanders continuously. I used to be like this. The best way to fix this is to refocus. It takes a bit of patience and persistence sometimes but it will pay you back in spades later.

One thing I must add here while we are talking about focus is avoiding the “grass is always greener” syndrome. I don't just have the T-Shirt for this, I have a complete wardrobe. In the past I have invested in hundreds of how to publications in the areas of self development and making money. Now I don't regret spending a penny of this money but what I do regret very much is not following through on most of the information I paid for. This is like expecting to be a champion bodybuilder by just watching other people work out. Now I am by no means alone, there are thousands of information junkies out there who just can't get enough hype about making money and being mega successful. Now it's true that there is some crap out there but I have to admit that most of the stuff I chose was pretty high quality information. The mistake I made was falling for other hype that was telling me “hey it's easier over here” or “there's more money to be made over here”. I am sure you get the gist of this. Whatever you do don't be sidetracked by this. If you come across something that interests you, just put it on the back burner as a later possibility. I have done this over the last year and it has worked wonders for me.

Persistence

Never give up. I am going to say that again – never give up. What happens when you give up? You give your lower self some oxygen and the chance to surface. Give up enough times and your lower self will be prominent and starting on a new desire will be doubly difficult. Never be afraid of failure. If you fail at something so what? Do you think that successful people get everything right? You're kidding me right? Of course they don't, but what they are good at is looking at why something did fail and then driving on to fix it or do something in its place.

This is definitely where you want to be and it's so easy to achieve this state of mind as long as you don't give up. So how can you counter against giving up? If you feel like giving up think this to yourself “if I give up now I will be like all the other drifters and not achieve my true desires”. If you

need more than this read your desires and pay particular attention to your emotional drivers. Stir up strong emotions in your body. Stand up, punch the air and say “come on”! Do this with total feeling not with a limp wrist – come on!

You may want to substitute other words here, even expletives if this helps you. It really doesn't matter as long as it stops you giving up. Now the good thing about this technique is that you create an anchor. This means that when you are feeling in this mood again, you can instantly motivate yourself with a few come on's or whatever you used. Remember to use the physical side as well, like punching in the air or whatever works for you. Now at this stage you may think I have completely lost it, but go with me on this. Think about how you will celebrate once you have achieved your desire. What will you do? Shout, scream, punch the air? Whatever you come up with use it to keep you going whenever you feel like stopping. Give it large as we say in the UK. The more you do this the less you will feel like quitting in any situation as you are sending the right signals to your sub conscious to keep your higher self prominent.

Review

You might think that this is a strange trait to have in your iron resolve but it is so important. What I mean here is that you must test that your actions are drawing you closer to your desires. Let's say that one of your desires is to earn \$100,000 by this time next year and your plan is to start a home business to supplement your current day job income. You have decided to launch a business on the Internet selling how to manuals from your web site. So you steam into creating or sourcing your products, building your web site, writing that killer sales page that you know will have people reaching for their credit cards in droves. You launch your site and nothing happens? Now I cited this example because it has happened to me many times. What could be the reason for this? Well in the internet marketing world there could be many. Like there isn't sufficient demand for your product, people don't believe your sales pitch, there are better products in your chosen market, you don't have enough visitors, your price is too high or too low and so it goes on. Now how do you tackle this? Well the first thing I would do is research the market. We are fortunate to have the Internet at our disposal and a few simple free tools can tell us in next to no time whether there is demand for what we are trying to sell. Another important thing is to test what you are doing. If you need to increase the number of visitors to your web site then there are a number of ways that you can track where your visitors are coming from. The important thing is to know what is giving you the best results and again this is easy with the Internet. OK this is not a course on Internet Marketing. But the principles apply to any desire you are trying to achieve. If you are learning to play the piano, then get someone to listen to you play who will give you an objective view on your progress. You can also record your sessions on tape regularly so that you can hear what a difference you are making.

Conducting reviews of your actions are actions within themselves. Make it a regular occurrence to review how you are doing. One of the key strengths of any business manager or leader is their ability to review progress against an agreed objective. If you find that it isn't progressing as expected then find out why and change what you are doing to make it work. If you are a runner and are trying to shave a second of your lap time but can't achieve it then there maybe other factors preventing this. Maybe you are a little overweight or need a little more sleep. There is always a reason and you need to find it to move forward.

I review some things daily – especially if they involve money or health. Others I review weekly or monthly. You will know what is right for your actions. At the end of the day it is no use spending all of your precious time and energy on something that's not working. A little research at the beginning and regular reviews will save you much time and energy. If the method you are using to achieve your desire isn't producing the results you may need to ditch it and find another method. There are always other options.

I have learnt this lesson the hard way in business. Through my enthusiasm and optimism for something I have spent countless hours and often lots of money running with something that didn't work. Do I regret this? Not at all. The experience I have gained from this has been invaluable. You just have to know when to stop if it's not working and focus your mind on an alternative path.

Organization

You need to be able to organize your life to save your precious time and ensure you don't have to complete an action from scratch because you lost the output or can't find it. I have fallen foul of this in the past. I have accidentally deleted files and saved important stuff to floppy disks that have subsequently failed to load. Make sure you make back ups of your important stuff. Computers are generally very reliable, but they do go wrong. Hard drives fail and this is the worst possible scenario. All of your work is lost in an instant. Make back ups to CD or flash memory or something reliable because you never know. Now if this hasn't happened to you before I can't tell you how demoralizing it is to have to complete a large and important task all over again. It could be worse, it maybe important data that you just can't get again.

Put your work in folders that are logical and easy to retrieve from. Don't just lump stuff all in the same place. If you have to keep papers, have a place to keep them where you know you can easily retrieve them. Spending hours trying to find stuff on a computer or ransacking your home to find it is so frustrating and so preventable. It just puts you in a bad mood which is not a good start to a task.

Now unfortunately I don't have any magic cures for you if you are disorganized only to point out how important it is to spend a bit of time structuring things to make it easy for you in the long run. So just get organized.

The more you apply these traits the stronger your resolve will be. If you are not particularly strong in one of the traits take comfort from the fact that with a little effort and in a small amount of time you can be proficient at it.

The other important area that I haven't mentioned is time. Everybody has the same 24 hours each day that you and I have but some people can achieve incredible results with that time while others just waste it. I mentioned in an earlier session the concept of dead time like traveling or waiting for a plane. Utilize this time wisely. Here's another great idea, get up earlier in the morning. Go on try it, set your alarm for an hour earlier tomorrow morning and get up and work on your tasks.

Ok then to summarize this session:

You want to build an iron resolve that makes you a focused, action orientated achiever.

This will bring you everything you desire in your life.

The traits you need to adopt are start, prioritize, focus, persistence, review and organization.

Each one of these can be easily developed.

The key to an iron resolve is to never give up – whatever the situation.

To finish this session please go to the web link I sent you with this download. You will see a number of questions related to the traits needed for your iron resolve. Answer each of the questions honestly by asking yourself each question and clicking on the appropriate answer. This will tell you which traits you need to spend time developing to strengthen your resolve. Send your answers to me and I will send you the next session called “be as confident as you want to be”.

Until the next time my friend - go for it....and remember I'm watching you.

Graham Bowall

<http://www.selfmiracle.com>

I have recommended some further great resources for you on the next few pages

Resources

Here is a handpicked list of fabulous resources (some free some not) that will build on your success you achieve with Your Self Miracle. They are highly recommended:

1. Stop Living Paycheck to Paycheck by Jim Donovan

Who else wants to earn more money, raise your standard of living, and know how to increase your income in 72 hours?

Are you serious about wanting to earn more money? Would you like to know simple, practical, easy to implement ideas, in plain and easy to understand language that will show you how to increase your income . . .

I'll teach you 9 different ways you can make more money, starting right today.

Proven techniques and strategies to keep more of the money you earn — legally.

Ways you can develop multiple sources of passive revenue that earn you money even while you're sleeping or sitting on the beach.

How to slash your debt, live free and become financially smarter.

Stop Living Paycheck to Paycheck by Jim Donovan Check It Out Here:

<http://www.selfmiracle.com/recommends/paycheck>

2. "As a Man Thinketh - The Study Guide" by Buz McGuire

Before "The Secret," there was a brilliant British philosopher who had already discovered that "thoughts become things."

"As a Man Thinketh - The Study Guide" is a brand new, modern presentation of James Allen's 100 year old classic, As a Man Thinketh.

You need this new Study Guide if...

You've never read the original.

You've read the original but had difficulty following its outdated wording.

You've read the original but haven't been able to use its wisdom to skyrocket your happiness and success.

I'm Buz McGuire of the Viral Happiness Expansion Initiative, and I guarantee that my Study Guide contains every bit of James Allen's original, life-changing philosophy presented in a way that's easier to read and understand. I've also included a complete set of study questions, so you can be sure that you're getting the information you need to make dramatic improvements in your life, as quickly as possible.

You can get “As A Man Thinketh” - The Study Guide Free Here

<http://www.viralhappiness.com/asamanstudyguideinfo.htm>

3. Seven Mental Laws Of Success – Pat Hicks

If you are not sure what to do or how to get started attracting, creating and enjoying the life you want, it's time to know!

Thoughts lead to feelings, feelings lead to actions and actions create results.

Now you can know what you want, attract it and take the action to bring it about with the amazing and complete “Step by Step Action Guide” to unlocking the Seven Mental Laws of Success.

Check Out The Amazing Seven Mental Laws Of Success Here:

<http://www.sevenlawsofsuccess.com>

4. Creative Problem Solver Workbook and Audio Relaxation Package by Amanda Goldston

Designed to allow you to create the answers to the day to day challenges that occur in your life.

You can use this MP3 at bedtime, so that your creative mind can work on your problems for you, while you sleep.

You can also listen to it during the day if you need some creative inspiration for a project, or you would like to create an ideal outcome to an important task or simply to pamper yourself with some chill out and de-stress time.

Check Out The Creative Problem Solver Package Here:

<http://www.selfmiracle.com/recommends/problem>

5. How To Be A Red Hot Persuasion Wizard by Michael Lee

How To Easily Persuade and Influence Anyone **(Even the Most Coldhearted Person)** To Do Anything You Want, Using Persuasion Techniques So Powerful You'll Say It's Magic!

You'll Discover The Exact **Secrets, Tips, Techniques, And Strategies** To Help You Get Anything You Ever Wanted In Life And FASTER Than You Dreamed Possible!

Check Out The Amazing 20 Day Persuasion Program Here:

<http://www.selfmiracle.com/recommends/persuasion>

6. Success Programmer by Michael Varada

"How to Achieve Success in Any Area of Your Life, The Fast, Fun & Easy Way "

Are you ready for a ***proven and easy*** way to effortlessly bring success to any area of your life?

Ready to learn **the fastest way to accomplish your goals and dreams?**

Would you like to learn **the principles of success** from some of the most successful people of all time?

Would you like to **get rid of negativity and easily keep yourself constantly motivated**, focused and driven to succeed?

Would you like to **harness the power** of your stacks of books, tapes and videos on success & self improvement and put them into action in your every day life?

Then Check Out Success Programmer Here:

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