

The Excel To Success Newsletter

This Month: The Power Of Positive Change

There's an old story of a middle-eastern philosopher who set out at twenty to change the world and returned at thirty having changed nothing. He set out at thirty to change his country and returned at forty having changed nothing. He set out at forty to change his province and returned at fifty having changed nothing. At fifty he set out to change his town and again returned ten years later at sixty having changed nothing. At sixty he decided to try to change his family and once again returned ten years later having had no effect on them. At seventy he decided that he needed to change himself and set out on his quest of personal improvement. He read great books, listened to the teachings of the world's wisest men, and practiced mind strengthening exercises daily. Ten years later he returned a highly empowered wise man with exceptional abilities. He now had the power and wisdom to produce massive change in the world. But it was time for him to leave this earth. It was too late for him to begin and then he realized:

If only I had changed myself at twenty then I could have changed my family at thirty, my town at forty, my province at fifty, my nation at sixty, and the world at seventy!

The Five Power Forces For Positive Change

For positive change to occur you need "Five Things". Positive change occurs when you have:

1. **Want Power:** Want Power is desiring something with intense passion.
2. **Belief Power:** Belief Power is believing that you will get what you want. It's knowing that what you're striving for is yours. It's being certain that your effort will produce your desired results. It's expecting that what you want will soon be in your possession.
3. **Know How Power:** Know How Power is knowing and using the best, most effective and efficient strategies to make positive changes and get what you want. If you are traveling to a city and have the wrong directions you're never going to get there. But if you have the right directions you will progressively move towards your desired destination moment by moment until you arrive.
4. **Focus Power:** Focus Power is the power to keep your desired outcome in your mind without distraction. It's the ability to concentrate on your

- objective and not allow anyone or anything to cause you to stop seeing what you want or doing the things necessary to get it.
5. Will Power: Will Power is the ability to will yourself to do what you must do to make positive change. It's the power to decide, to choose and to act. Will power comes easily when you have the first four powers working in your life. When you have want power, belief power, know how power, and focus power; then you will have an abundance of Will Power!

My challenge to you today is that you spend time on each for the rest of your incredible life cultivating and developing the "Five Powers." Take time each day for affirmations and visualization that will produce more want power and belief power in your life. Take time to listen to success tapes and read great success books that will give you the "Know How Power" to do the best and most effective things each day. Practice keeping your dreams and goals clearly in your mind as you go through the day. Have them written on paper and keep them in front of you, on your desk, dash board, and in you day timer. Then will yourself to change. Choose your destiny each moment. Choose to think the best thoughts and do the best things as you go through the day.

You are an incredible human being with almost infinite potential for positive change and growth. Maximize your magnificent potential daily using the "Five Powers."