

Discover How To Control Ideas, Decisions, And Affirmations



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Discover How to Control Ideas, Decisions and Affirmations by Perry Ritthaler

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Dedication

**Thank you
mom and dad
for your
unconditional
love and support.**

Preface

Discover How to Control Ideas, Decisions and Affirmations is a training manual which can help you move your life in a steadily positive direction. The affirmations and ideas presented here in pictures and text format are designed to enrich your life by opening the doors to the abundance of the Universe.

This unique publication offers information and ideas which will help you to quickly make positive, lasting and effective changes in your life, leading to personal empowerment, and greater wealth, health and happiness. The ideas are presented in such a way that positive thoughts soon become a natural part of your way of thinking. You will receive the benefits of a unique combination of the most powerful psychological procedures for mind enhancement available in the world today. The skills and techniques used in the book include advanced Psycho-Cybernetics and Neuro Linguistic Programming combined with Motivational Coaching.

By reading this book through a few times or so, and with a little perseverance, you can build your confidence, increase self-esteem, improve your mental focus and increase your ability to handle every day stress due to anxiety or tragedy. As importantly, you can greatly improve your performance in your work, enhance your everyday decision-making abilities, and elevate your mood in the process.

Imagine living the life you want! If you can see it in your mind this book can help you make it a reality.

The book has been established to give people access to this internationally recognized approach to rapid behavioral change. The book can provide profound insights into the wealth of knowledge, wisdom and creativity that exists in each and every one of us. Through the use of this book people lead more fulfilling, balanced and happier lives through understanding and utilizing the powerful motivating force of their subconscious mind.

Unlike life coaching, this book accesses the subconscious mind using pictures and written text to resolve issues quickly. Discover How To Control Ideas, Decisions and Affirmations is a manual to get more performance out of the brain and in doing so you can remove subconscious blocks, create a new belief system, tap into powerful resources and anchor your positive state of mind. It's a powerful way to access your belief system and make the lasting changes you desire. Imagine feeling more empowered and having the mental tools to feel so much better when the world treats you cruel.

If you apply information to the mind it may take 21 days of daily exposure to specific ideas to create new behavior patterns. For people who suffer from painful panic attacks, phobias or schizophrenia this type of exposure may require even more time.

What is Neuro Linguistic Programming and how is it combined with this information?

Neuro Linguistic Programming is the scientific study of human excellence. It is the code for how we think, how we organize our mind, our memories, how we perceive words or internal thoughts, and how we make decisions about what we believe or don't believe. Put simply, it's the way that people think and act in their daily lives. It has been described as an owner's manual for the brain and said to be one of the greatest contributions to behavior science in the last 30 years.

Neuro Linguistic Programming will help you maximize success, generate new patterns of communication and gain an insight and perspective on the modeling of excellence and achievements. The new technology combined includes visualization and application to Neuro Linguistic Programming and Psycho-Cybernetics combined with motivational coaching.

What is Psycho-Cybernetics?

Maxwell Maltz was a highly successful plastic surgeon based in New York. He found that though he could change his patients' faces, they often would still feel bad about their appearance for psychological reasons; The people were in need of a "psychological facelift."

Dr. Maltz popularized the term "self-image" to describe the inner face.

In 1960 he published Psycho-Cybernetics in which he introduced his analogy of the brain as a cybernetic "servo-mechanism", like the computer on a guided missile, designed to automatically find a path to the target (self-image) programmed.

His book was highly innovative at the time and became one of the most influential texts on the subject of self-image psychology and goal visualization.

How could continuous visualizing of specific information pictures influence the body in such a profound way?

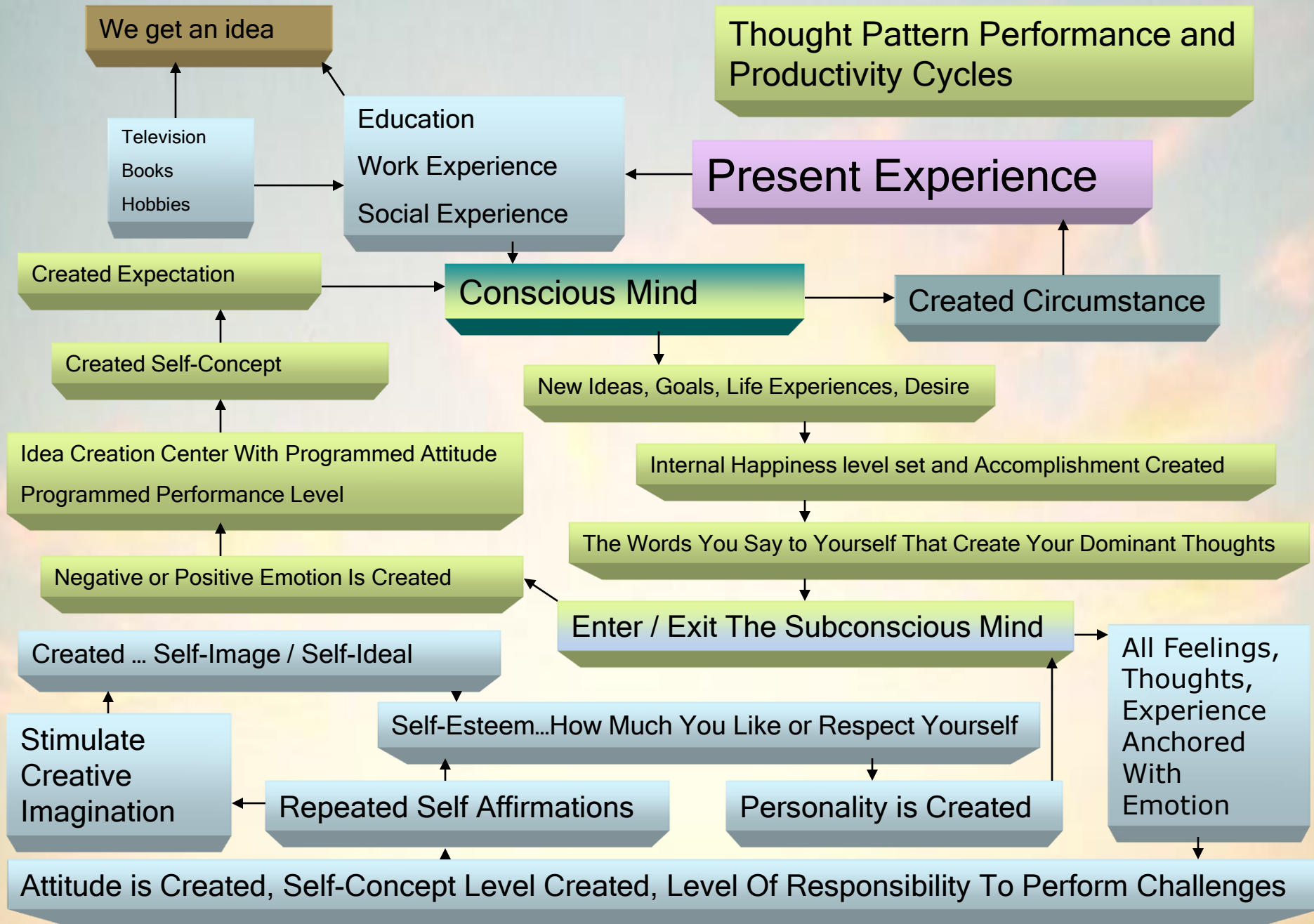
How could people feel happier, experience a more confident mind, improve their performance, de-stress, and overcome fear associated with panic, phobias and unhealthy mental habits that they had previously struggled with, sometimes for many years?

Most of what his readers learned seemed unbelievable, yet undeniable. Huge life changes can come about with small changes in perception and beliefs.

The purpose of this e-book is to give you a tool which can greatly accelerate the changes you want in your life.

The following chart shows the relationship between various parts of your mind and personality and how each element of experience and thought can affect all other parts of your mind.

How the Mind Works



Performance can be improved in all areas of your life and unwanted habits and negative behaviors can be changed rapidly, through simple mind exercises that will make you feel so much better you'll wonder why you never tried them before. This book shows you how to make the most of your mind.

Imagine becoming a new, more empowered you and feeling so much better as a result.

This specialized book deals with performance enhancement, behavior modification towards empowerment and stress management for people from all walks of life.

The book will help assist you in getting rid of unwanted behaviors and bad habits, and help you overcome anxieties, phobias, negative thinking, painful fears or memories and overcome procrastination, so you can live a happier, better life.

Some of the Quotes and Phrases found in this e-book were gathered from the following publications.

I would like to thank Brian Tracy, the author of "Program Your Subconscious Mind For Success", Maxwell Maltz of Psycho-Cybernetics, Napoleon Hill, the author of "Think And Grow Rich", and Anthony Robins and Jay Abraham for enlightening me in these fascinating fields.

Some of the pictures found in this e-book were taken by other people.

I would like to thank Sylvia DiGeorgio and Marvin DiGeorgio

About the Author



Perry Ritthaler grew up in western Canada and now resides in Creston, British Columbia. After his formal education he developed an interest in motivational psychology and researched Neuro Linguistics and Psycho Cybernetics for many years which led to the writing of this book.



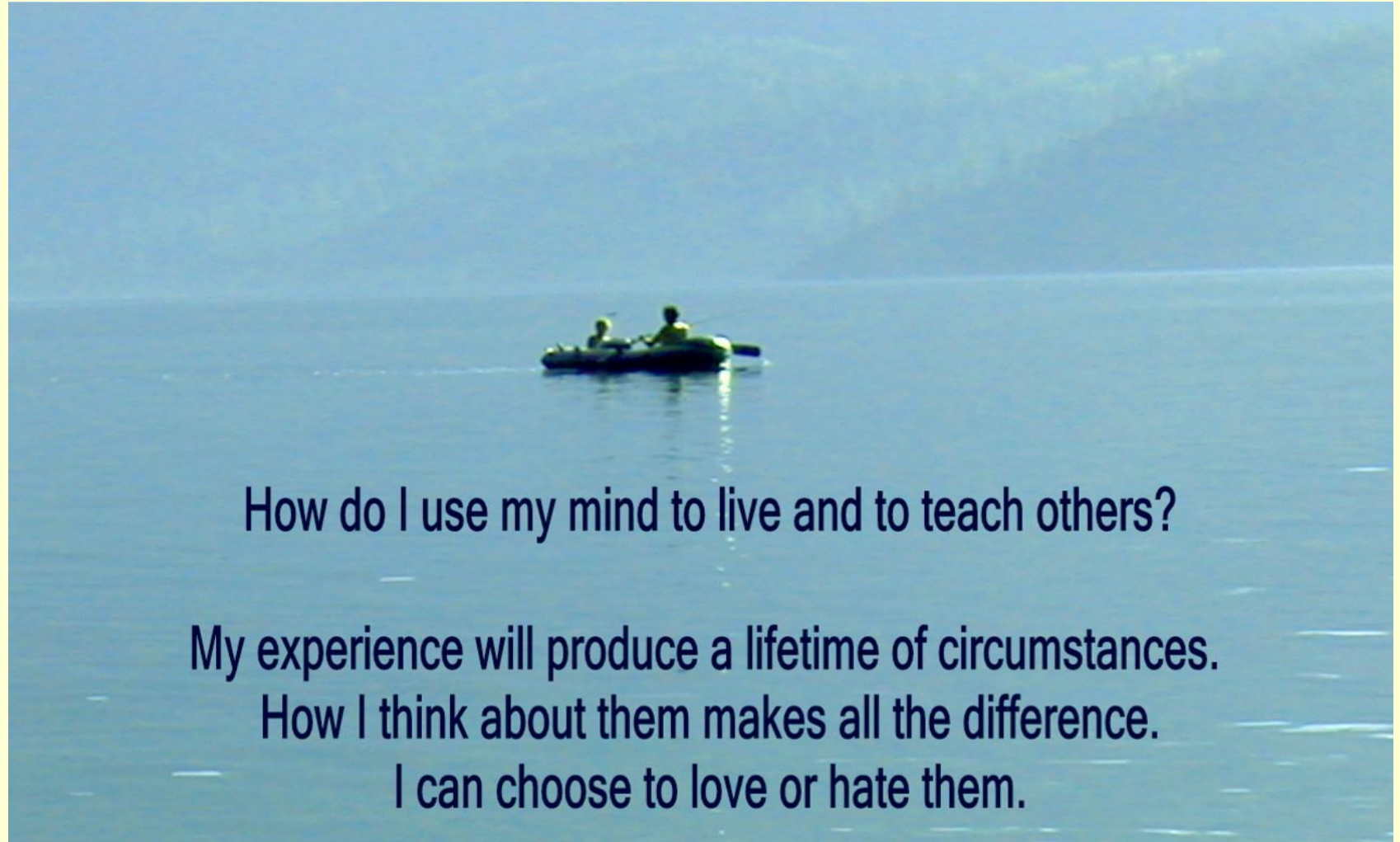
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Reflections and Affirmations



How do I use my mind to live and to teach others?

My experience will produce a lifetime of circumstances.

How I think about them makes all the difference.

I can choose to love or hate them.

I believe in directing my conscious mind through
creative visualizations.

**Visualization over and over produces
a clear picture of who I am.**

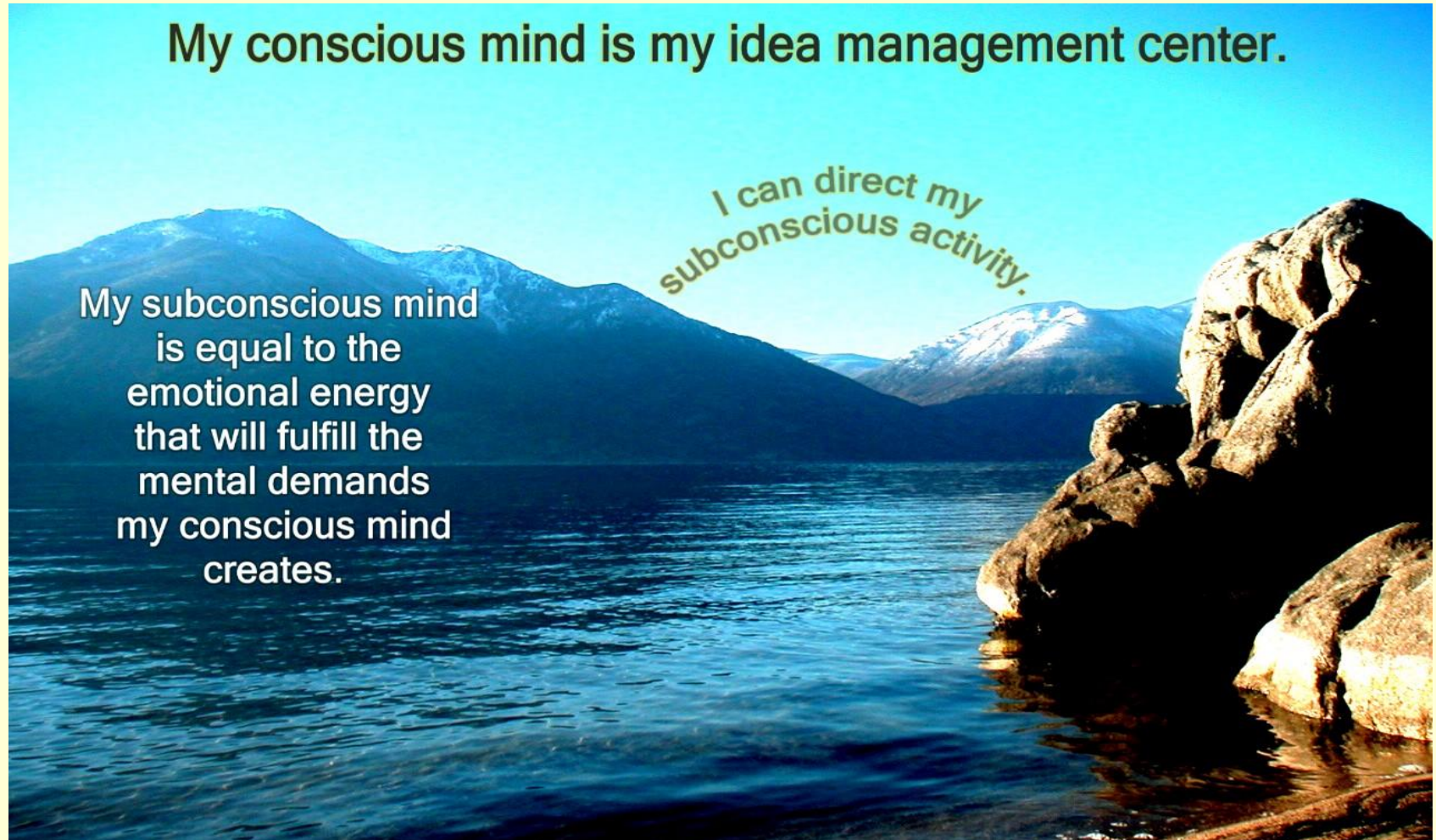
**When I change
my mental pictures,
I can change
my level of performance.**



I can shape my success by building my self-esteem, self-confidence and ability to repeat successful experiences.

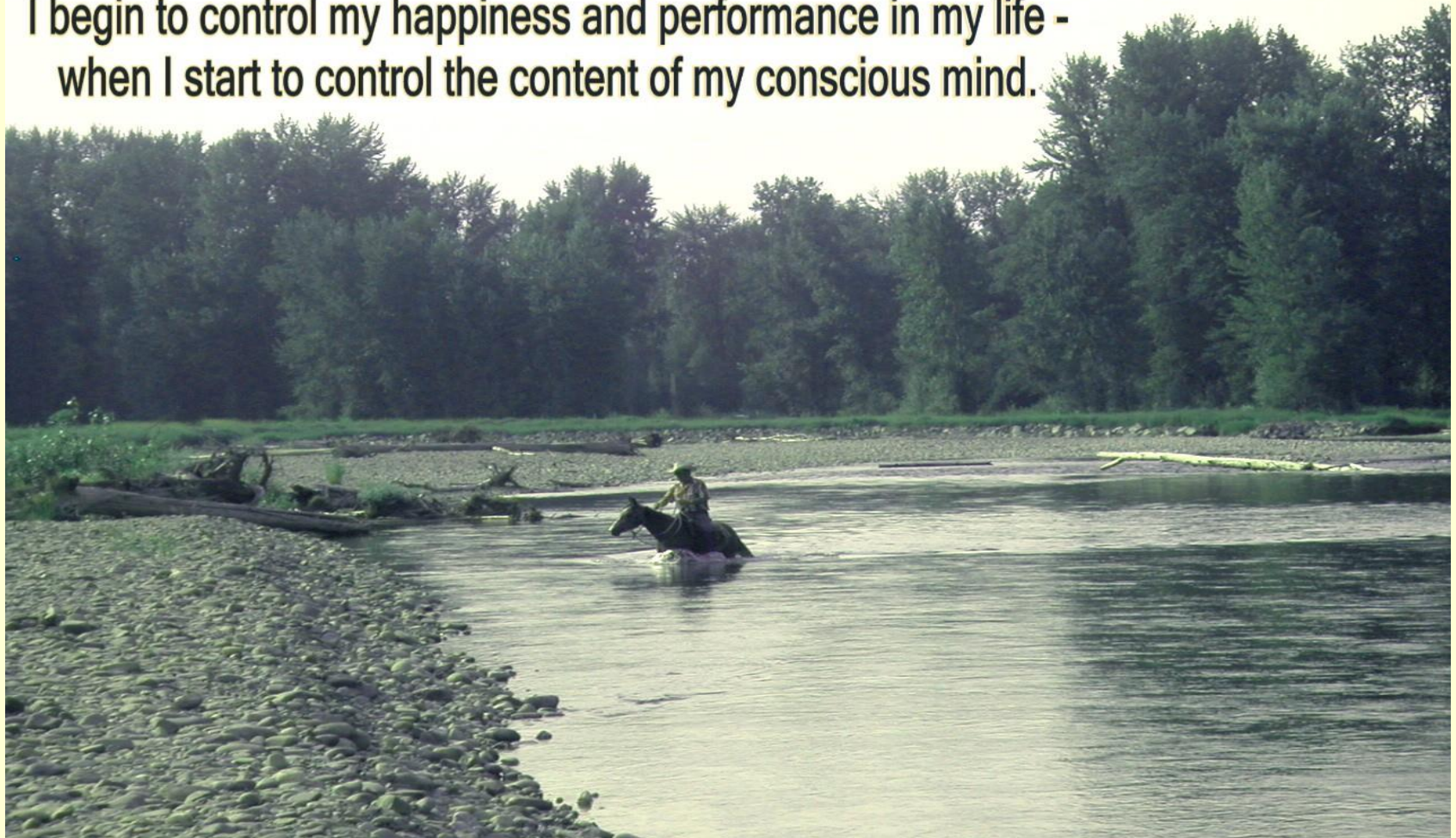


When my focus changes, my reality changes. I can replace old negative habits and thinking patterns with positive new habits and thought patterns.

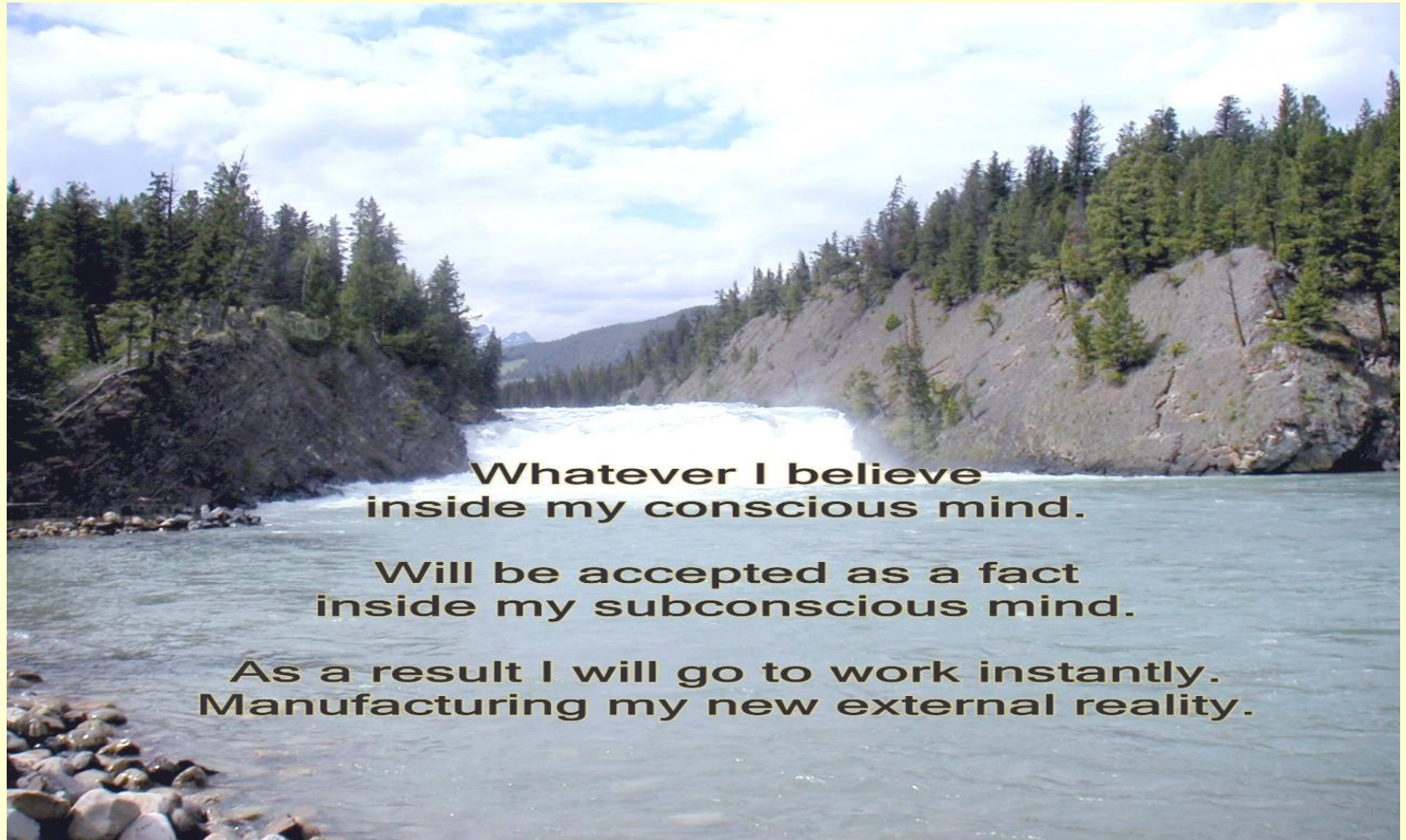


I like the responsibility of creating my life
by setting positive goals that I enjoy accomplishing.

I begin to control my happiness and performance in my life -
when I start to control the content of my conscious mind.



The attitudes and emotions triggered by my decisions flowing through my conscious mind will dictate my creativity and performance capabilities as I complete my new goals.



**Whatever I believe
inside my conscious mind.**

**Will be accepted as a fact
inside my subconscious mind.**

**As a result I will go to work instantly.
Manufacturing my new external reality.**

I love understanding how my mind functions while I am experiencing my daily life.

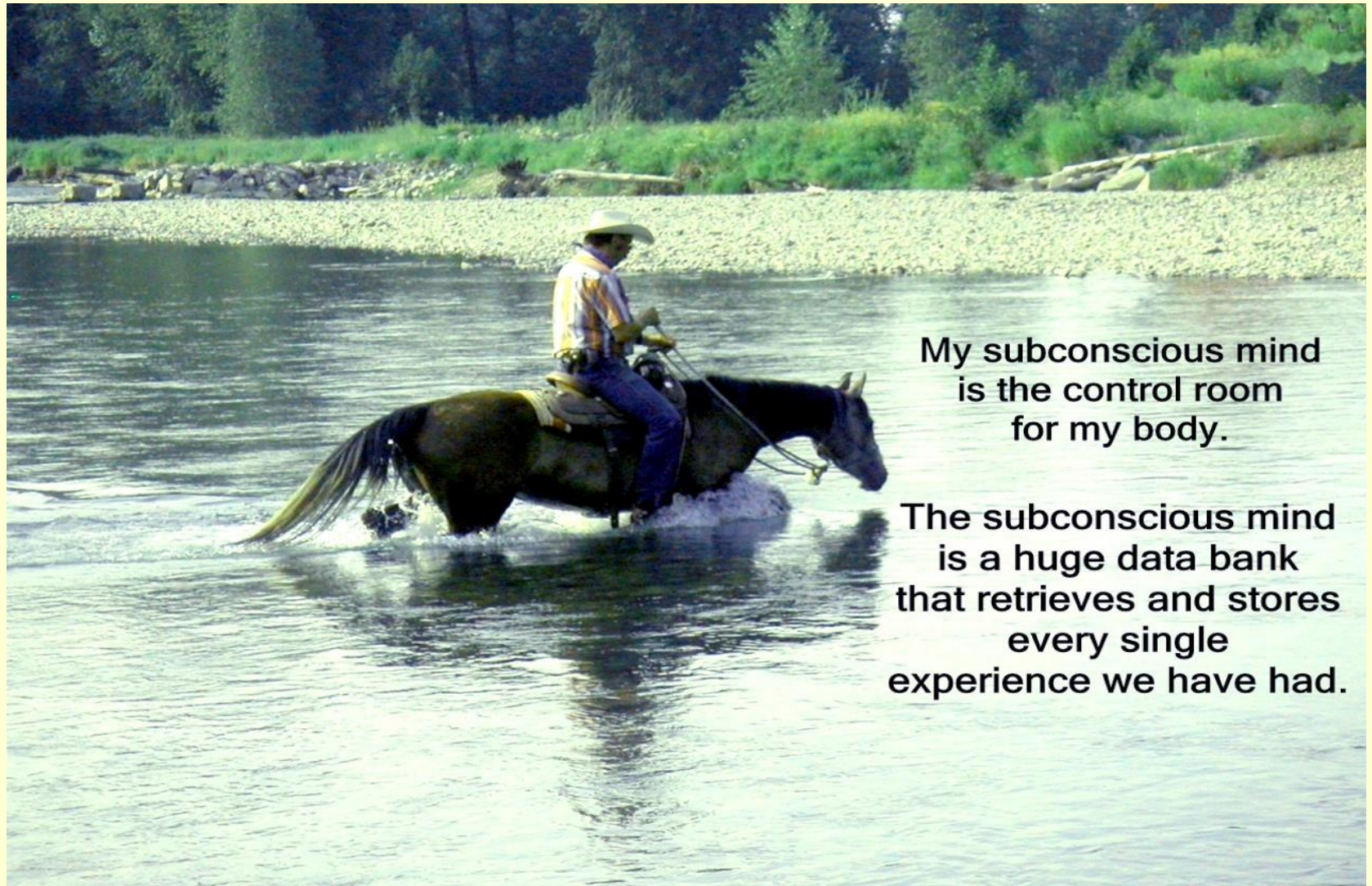
When I make my decisions and analyse situations

my conscious mind is the only part of my mind
that I have complete control over.

In my subconscious mind
I develop the ideas
that my conscious mind has created.

My subconscious mind
pulls every experience from my memory
to help me fulfill the goals of my conscious mind.

Emotions flow naturally through my subconscious mind.



My subconscious mind
is the control room
for my body.

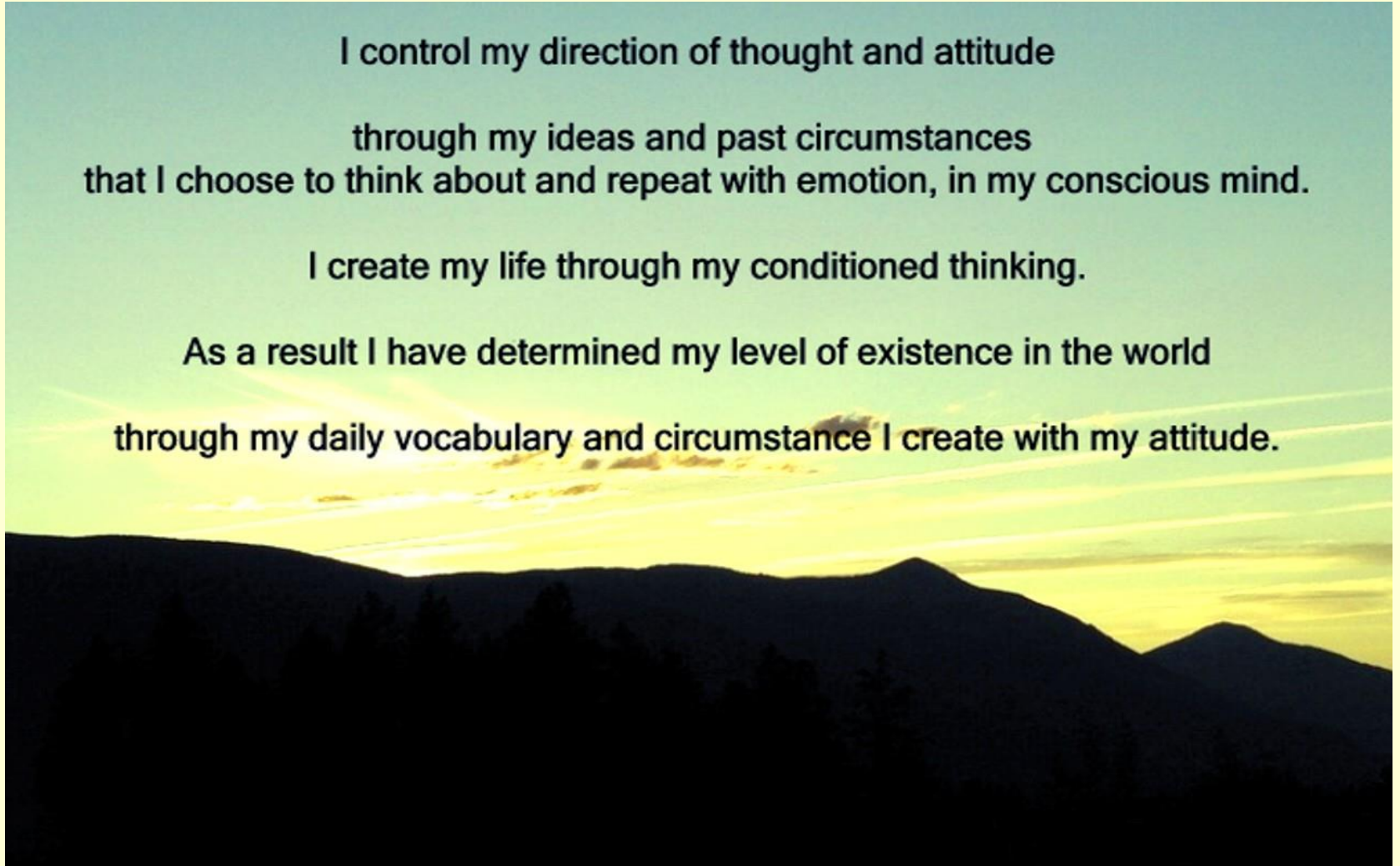
The subconscious mind
is a huge data bank
that retrieves and stores
every single
experience we have had.

Every time I create a new set of positive systematic ideas
I guide and focus my life in the positive direction I desire.

I control my direction of thought and attitude
through my ideas and past circumstances
that I choose to think about and repeat with emotion, in my conscious mind.

I create my life through my conditioned thinking.

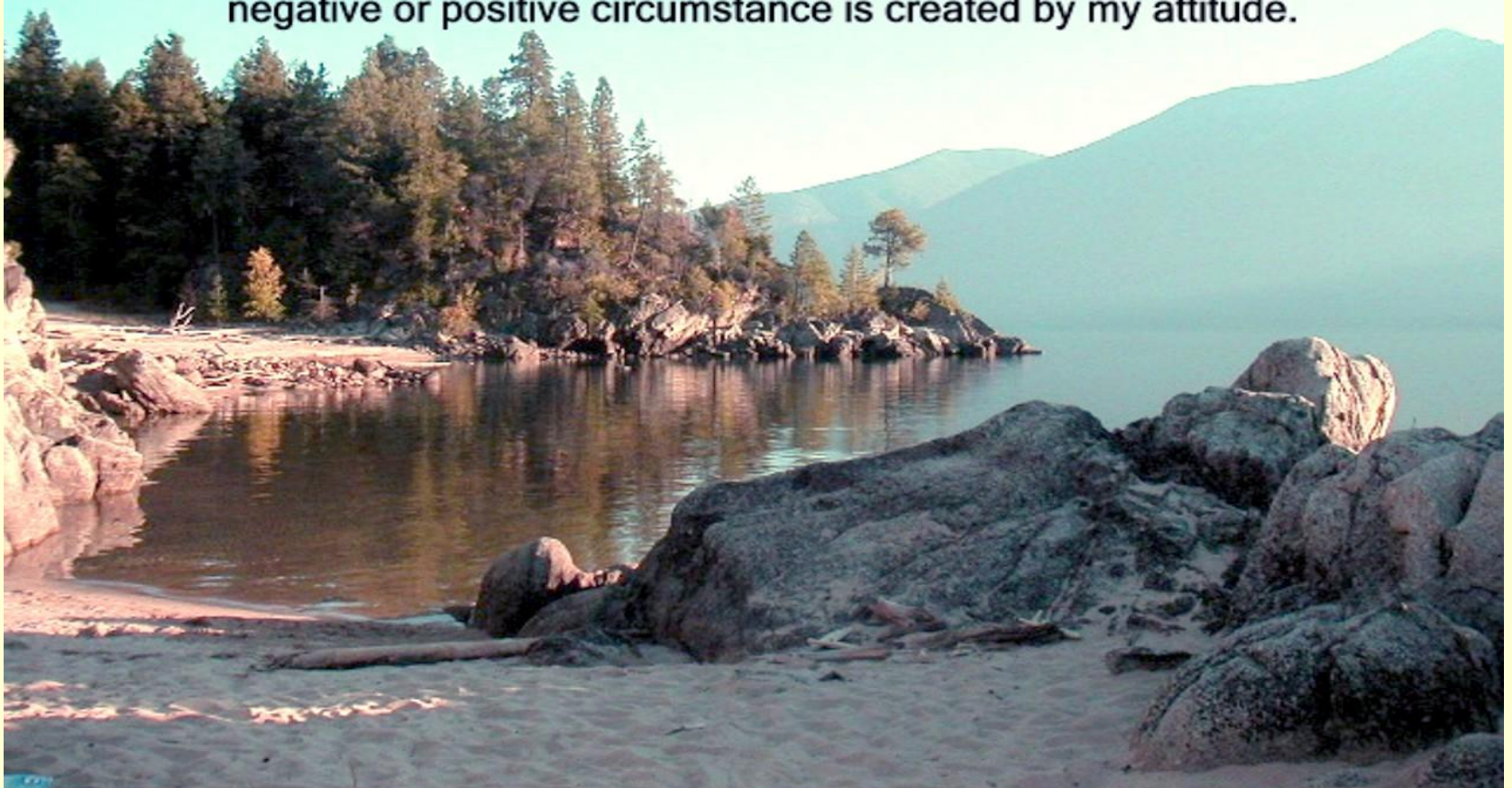
As a result I have determined my level of existence in the world
through my daily vocabulary and circumstance I create with my attitude.



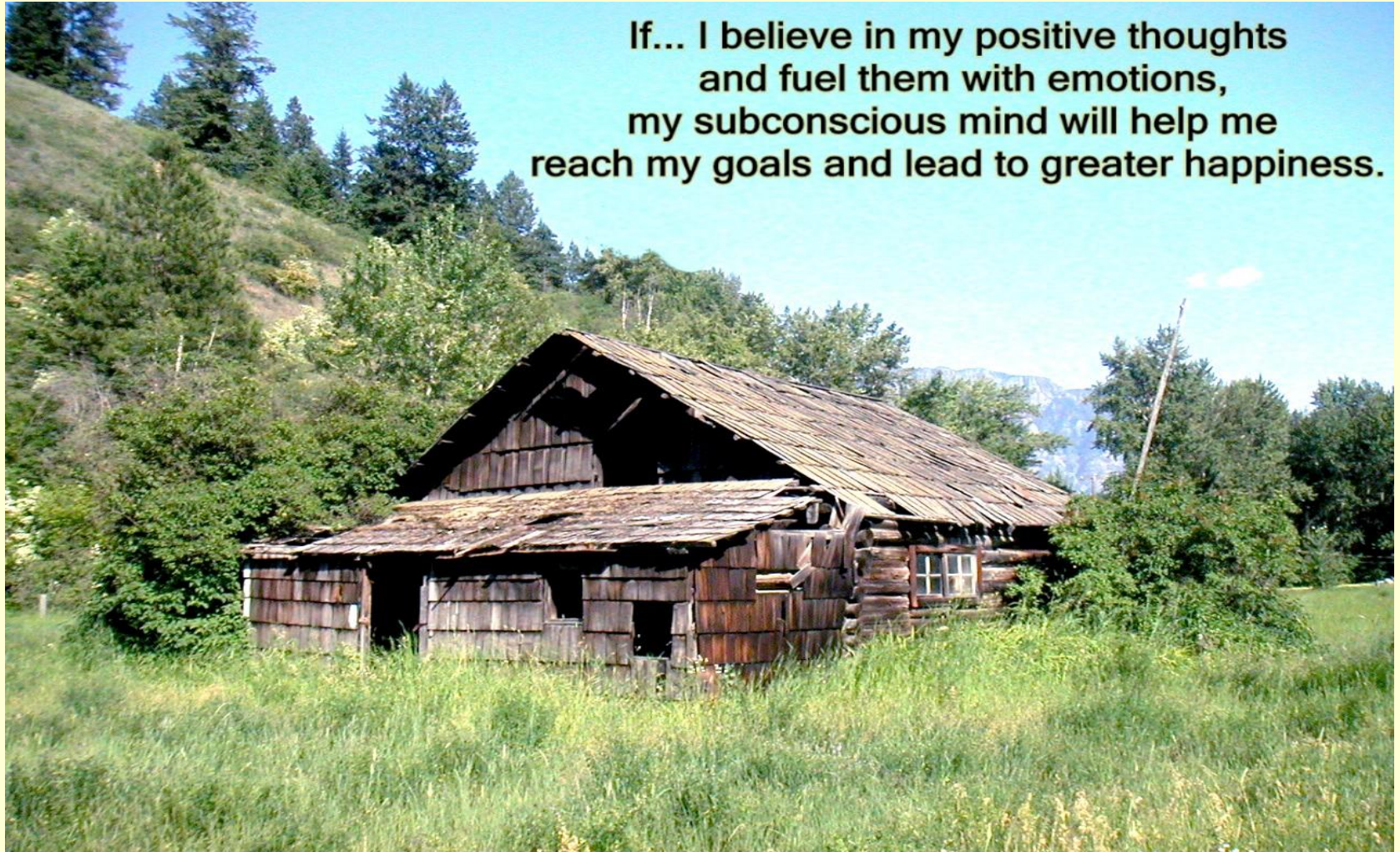
I choose to control my emotional energy.
I can see my new reality forming deep inside my mind.

When my conscious mind believes the concept thinking in my reality to be true
my subconscious mind accepts the idea as reality.

Then I go out into the world and
negative or positive circumstance is created by my attitude.



I can feel the happiness in my life growing daily.
I replace negative attitudes with positive affirmations and
create new goals while building healthy habits for myself.



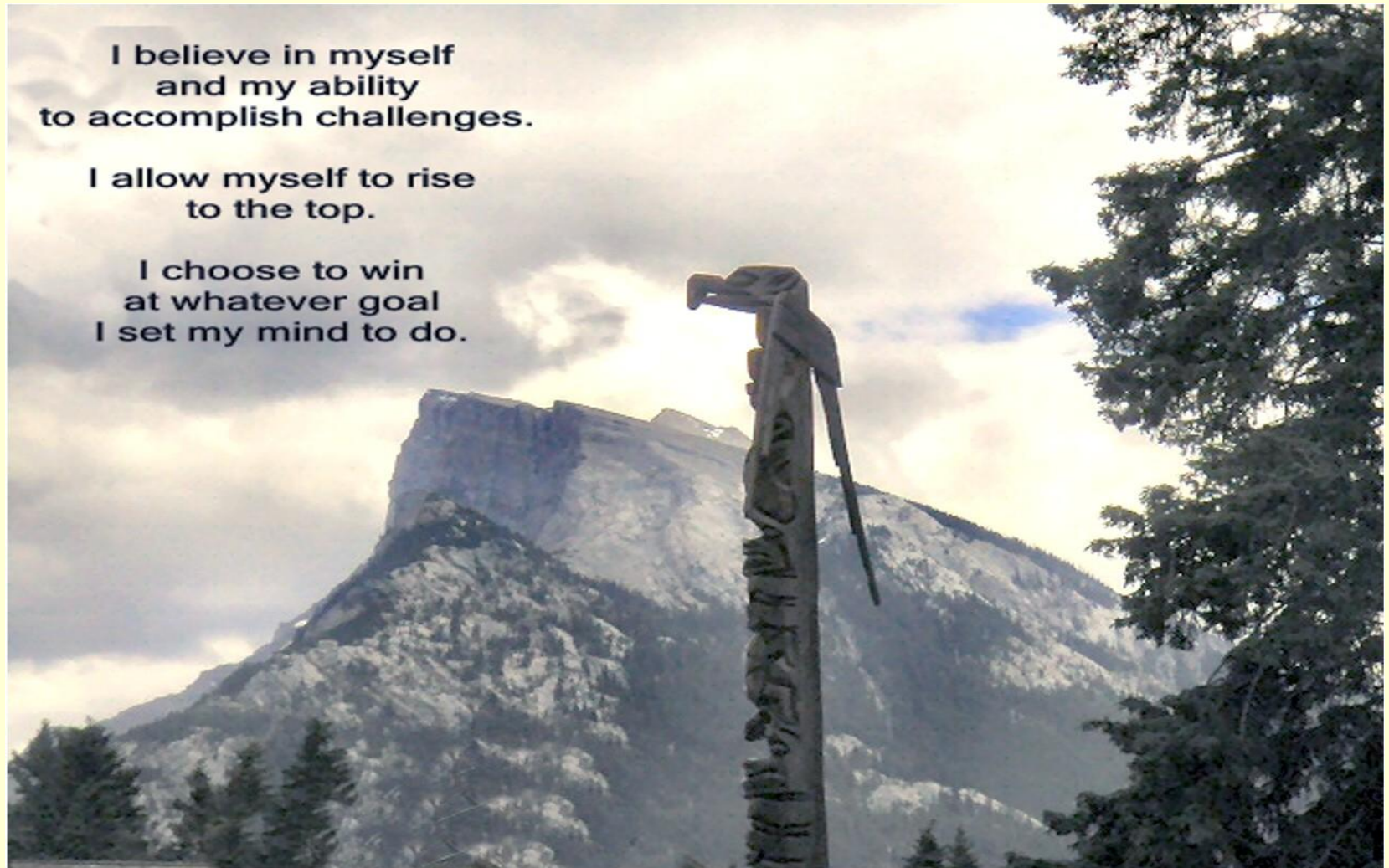
If... I believe in my positive thoughts
and fuel them with emotions,
my subconscious mind will help me
reach my goals and lead to greater happiness.

I believe that my mind and attitude
control my ability to heal myself if anything
or any person hurts me emotionally.

**Word-pictures in my mind create chemicals in my body.
Positive words help direct my ability to heal my body.
Negative words shrink my mind and abilities to help myself.**



I treat myself with kindness
because I always see the better side of who I really am.



I have a great sense of humor
and often catch myself laughing at life or at myself.



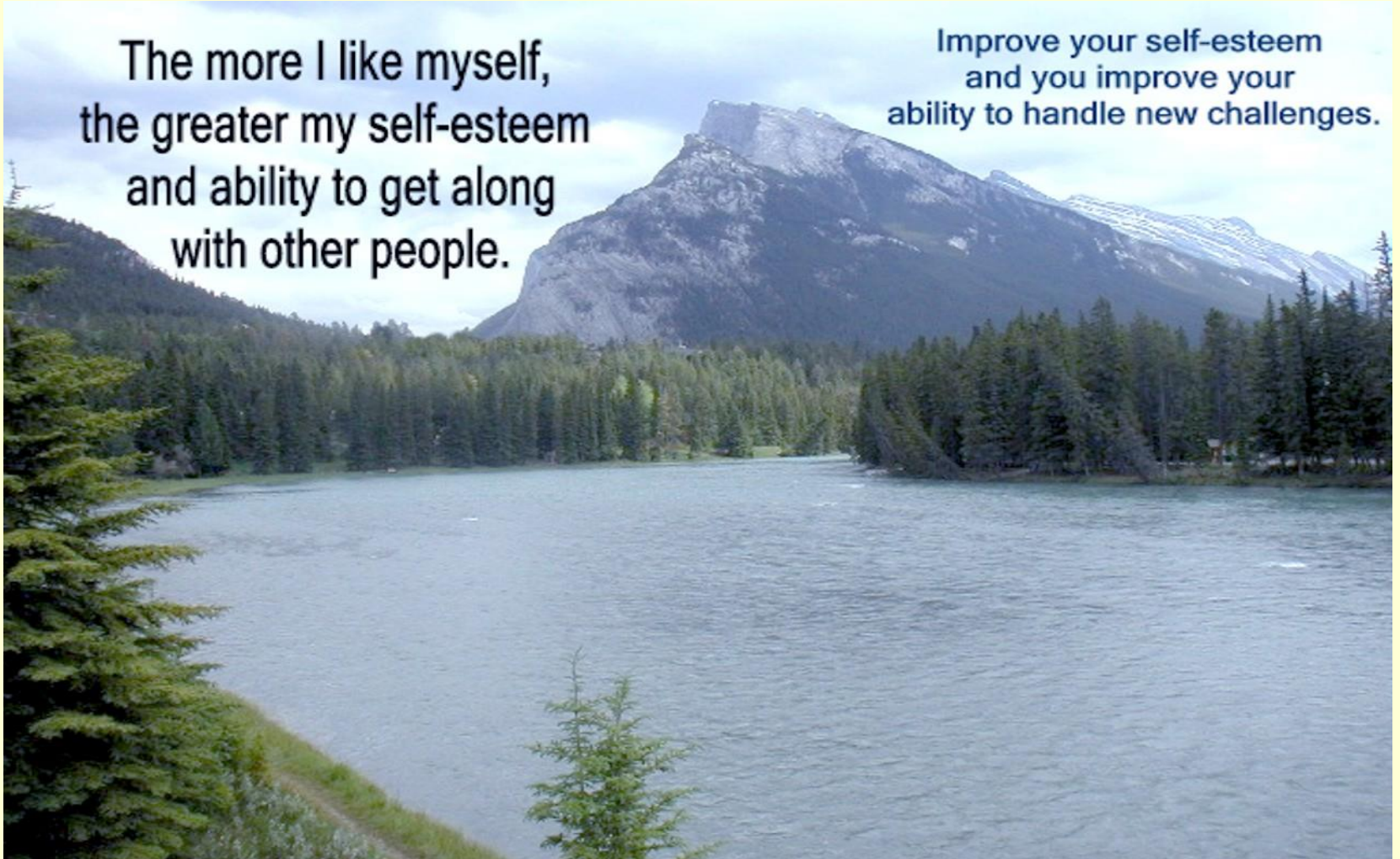
My self-concept
of who I think I am
is equal to
my level of performance.

On the inside of my mind,
when I have fun in the task,
I do a better job
accomplishing my challenge.

While I go around psychological corners
deep inside my conscious mind,
I encounter other positive concepts that benefit me.

The more I like myself,
the greater my self-esteem
and ability to get along
with other people.

Improve your self-esteem
and you improve your
ability to handle new challenges.



I like myself more every day, and each day I feel more and more comfortable living inside my body.

**Healthy people are always setting new goals.
Inside my goals, I plan my life.
I am building a new level of comfort zone
with new levels of financial security,
confidence and self-esteem.**



I am the person responsible
for my attitude and behavior.

When I complete a new challenge

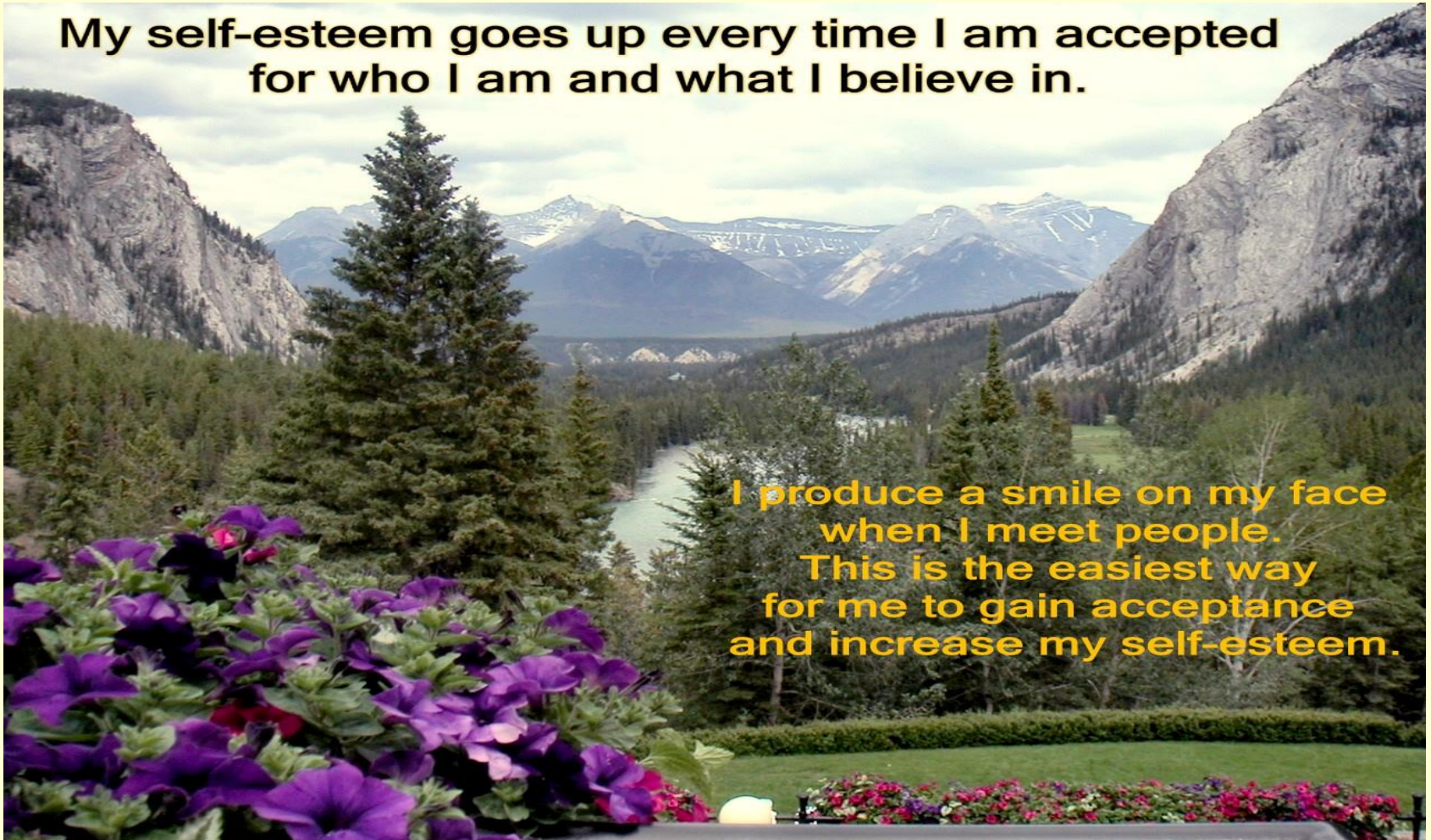
**my level of self-esteem
controls my level of
confidence and self-control.**



I am a lucky person.
I have found tools that safely empower my mind.
I am building a brilliant future for myself.

**My self-esteem goes up every time I am accepted
for who I am and what I believe in.**

**I produce a smile on my face
when I meet people.
This is the easiest way
for me to gain acceptance
and increase my self-esteem.**



Every second, positive or negative thoughts control my decisions automatically.

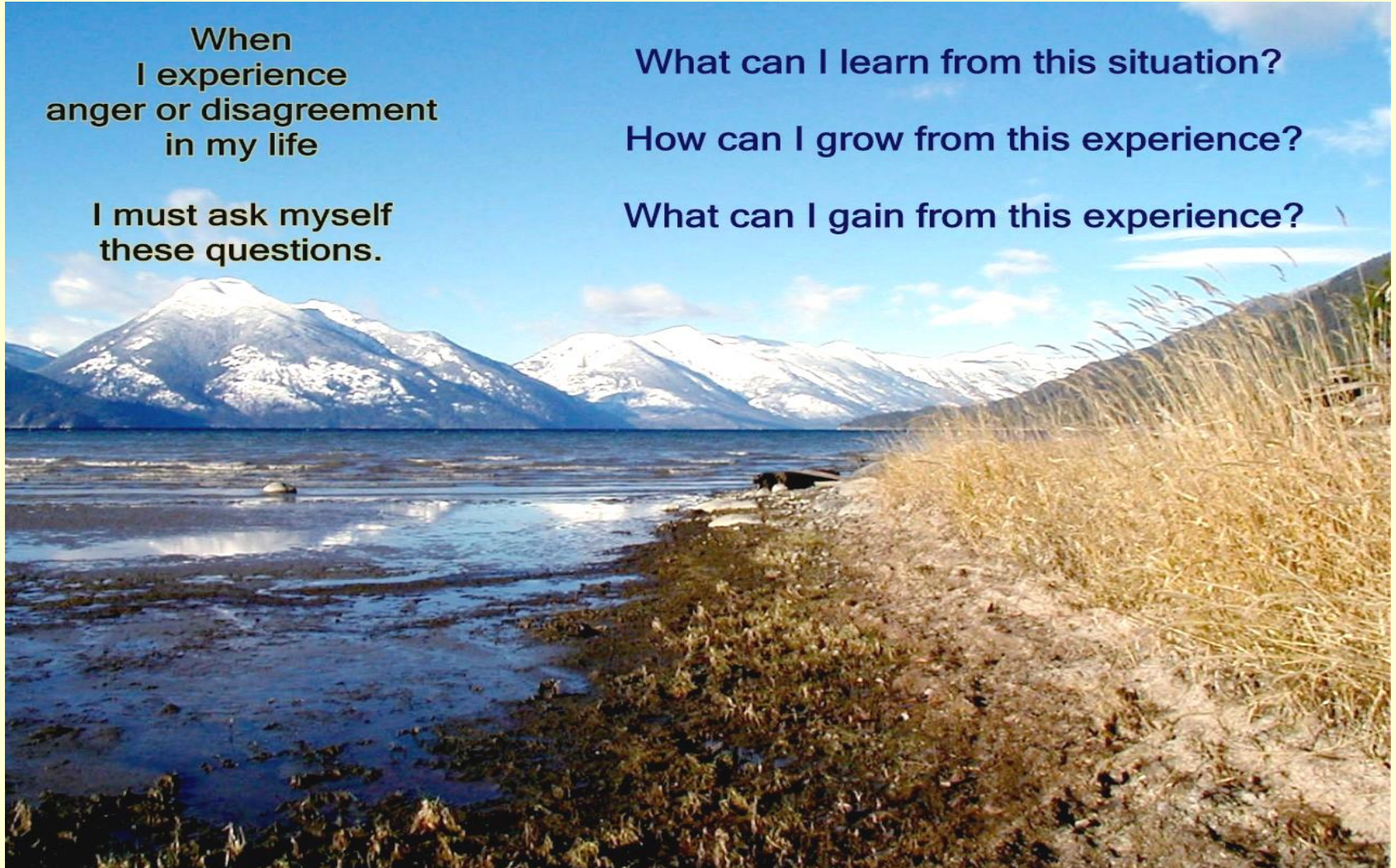
When
I experience
anger or disagreement
in my life

I must ask myself
these questions.

What can I learn from this situation?

How can I grow from this experience?

What can I gain from this experience?



I include some pleasure time in each day.
I like setting positive goals for my future.

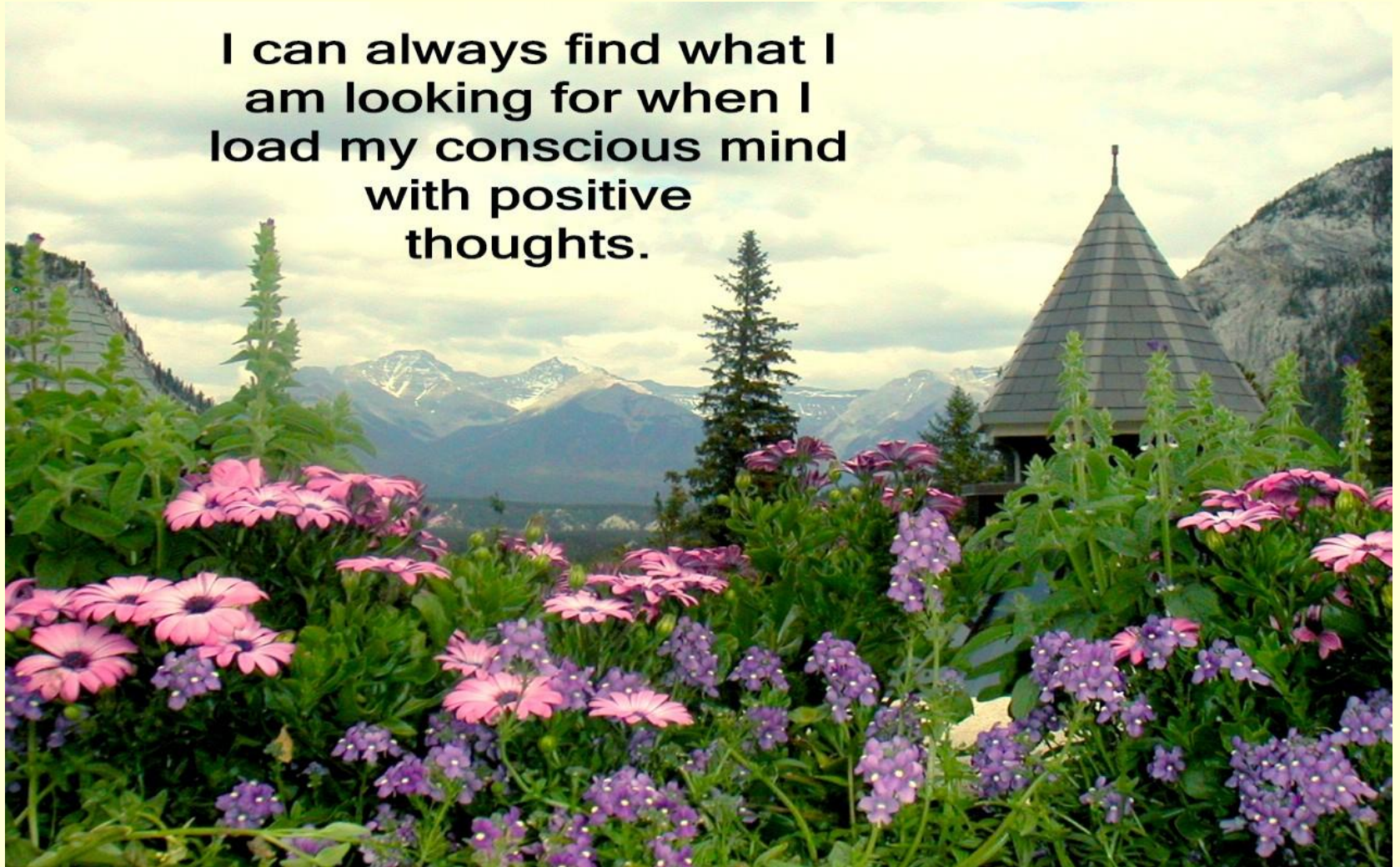
My attitude controls my human potential.

My positive attitude
expands my capabilities
and a negative attitude
shrinks my capabilities.

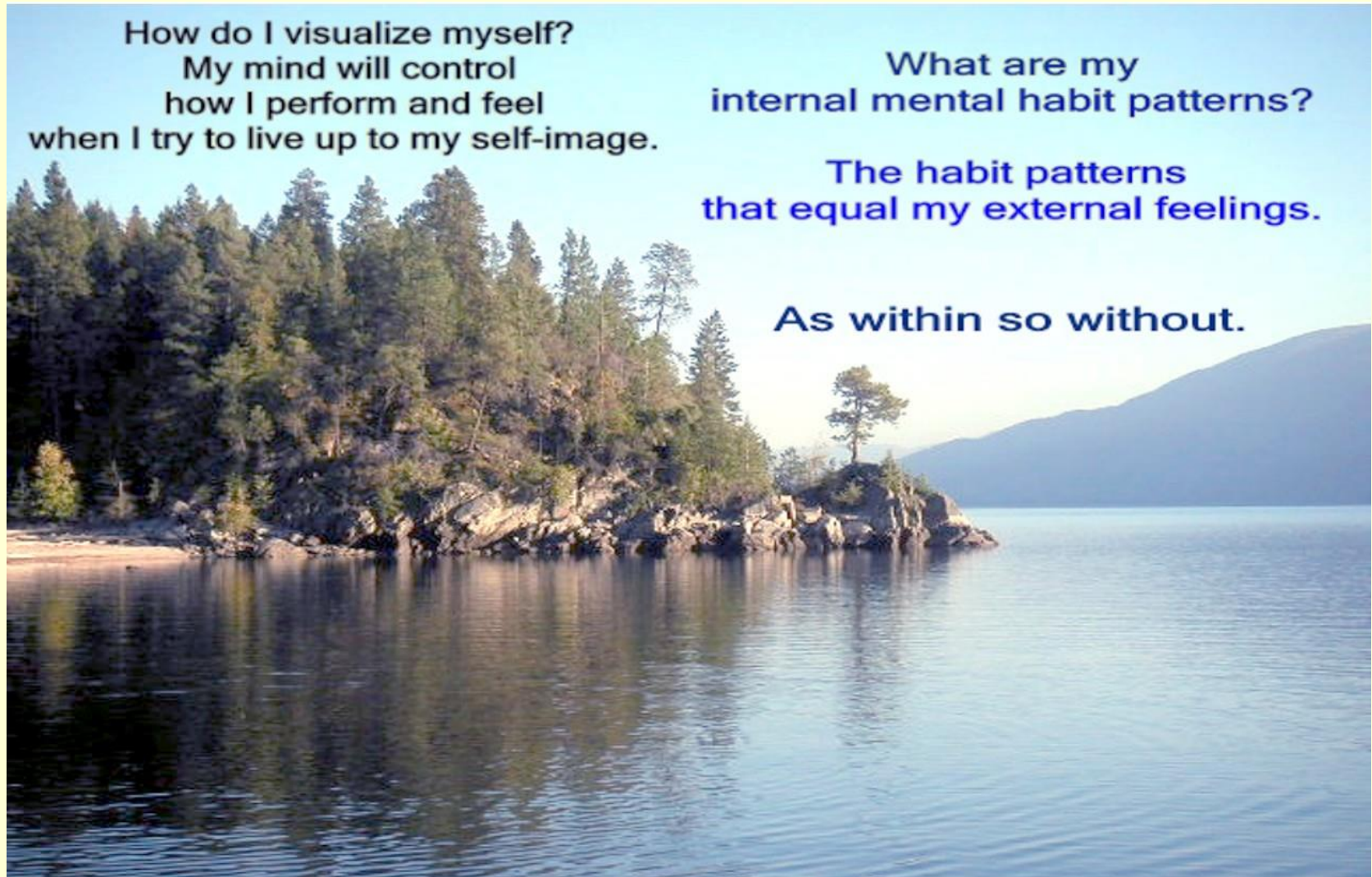


I choose positive ideas to replace negative ones
naturally adding polish to my character.

**I can always find what I
am looking for when I
load my conscious mind
with positive
thoughts.**

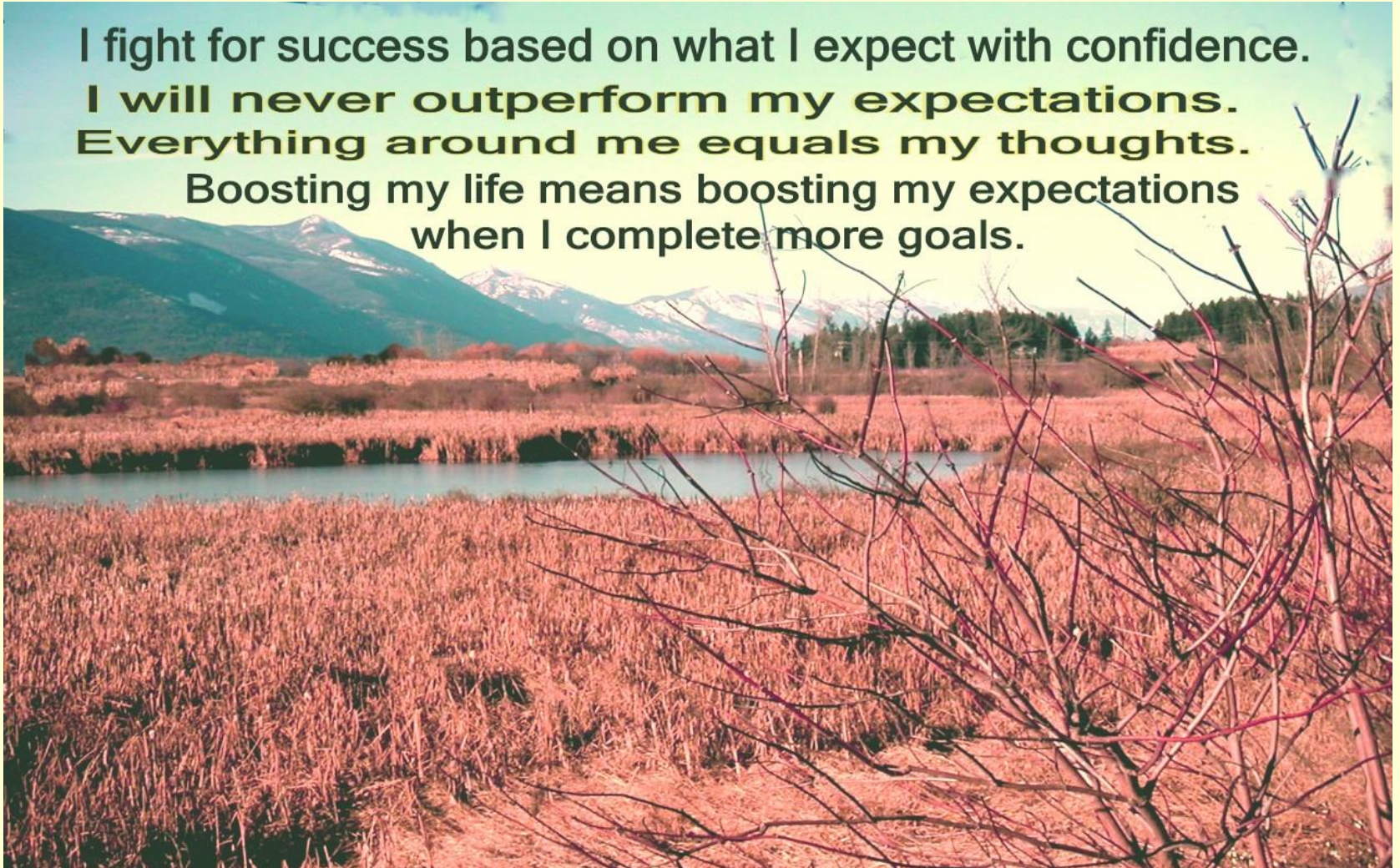


Deep inside my brain I am continually constructing
a beautiful picture of myself through a positive self-image.

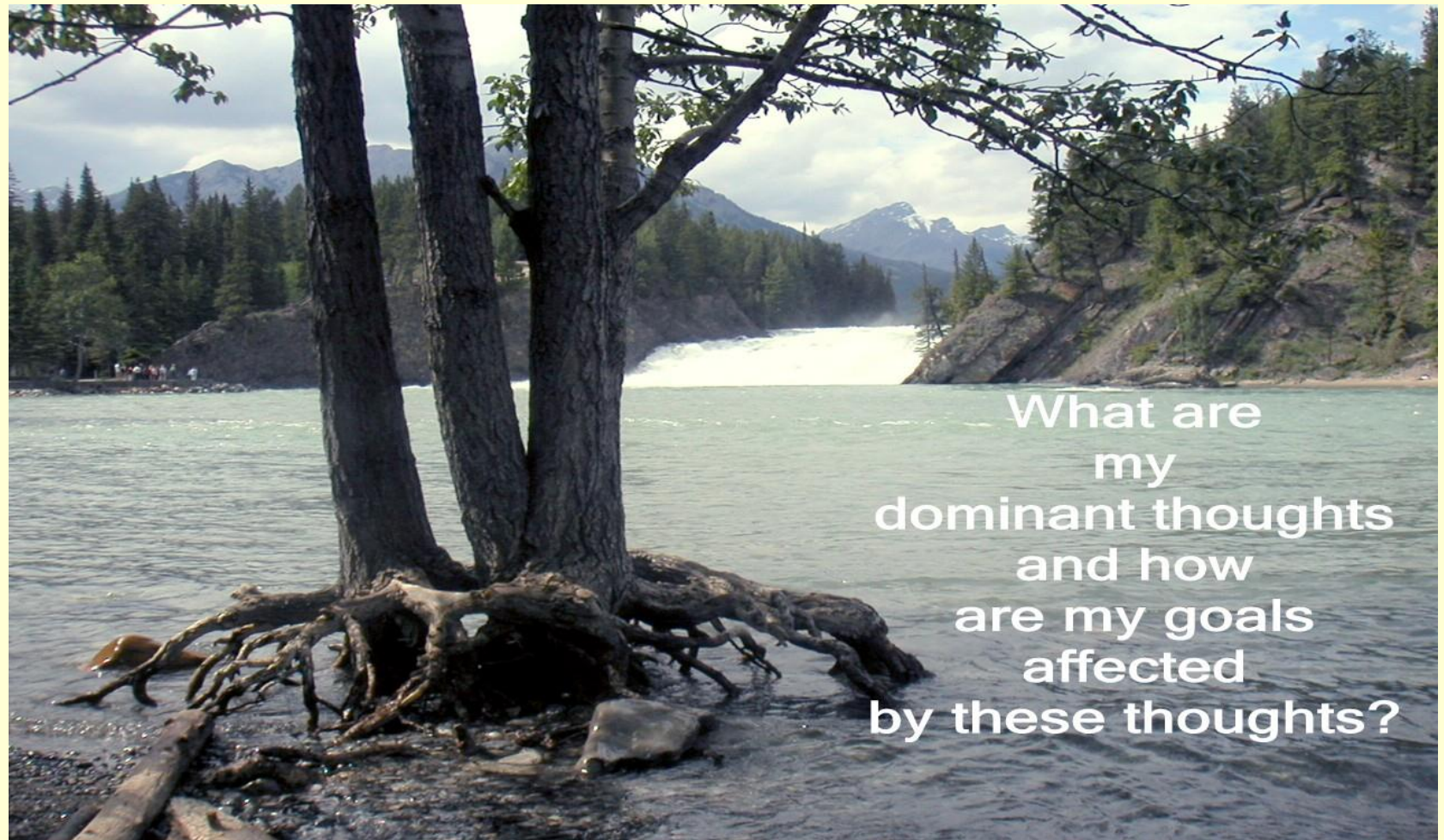


I often catch myself thinking and acting positively
and I share my positive ideas with other people.

I fight for success based on what I expect with confidence.
I will never outperform my expectations.
Everything around me equals my thoughts.
Boosting my life means boosting my expectations
when I complete more goals.



I enjoy having the freedom to take unlimited action towards achieving my positive goals. When I fill my mind with positive ideas and set worthwhile goals, I become a better person.



What are
my
dominant thoughts
and how
are my goals
affected
by these thoughts?

I like to compliment all people, and I try not
to criticize others I meet.

A good listener is an effective leader.
Listening helps me build my self-discipline.
Listening helps me build my self-esteem.
Listening helps me build trust.



I enjoy creating positive ideas for myself and others.
My ideas flow naturally and allow me to use
my mind more creatively.



I harbor no negative energy inside my brain and every time I encounter a good new opportunity I safely pursue it. I do not let fear stop me from acting on my ideas.



This is the end of Section One. I recognize that your time is valuable and I respect you and thank you for viewing the information available to you in this book.

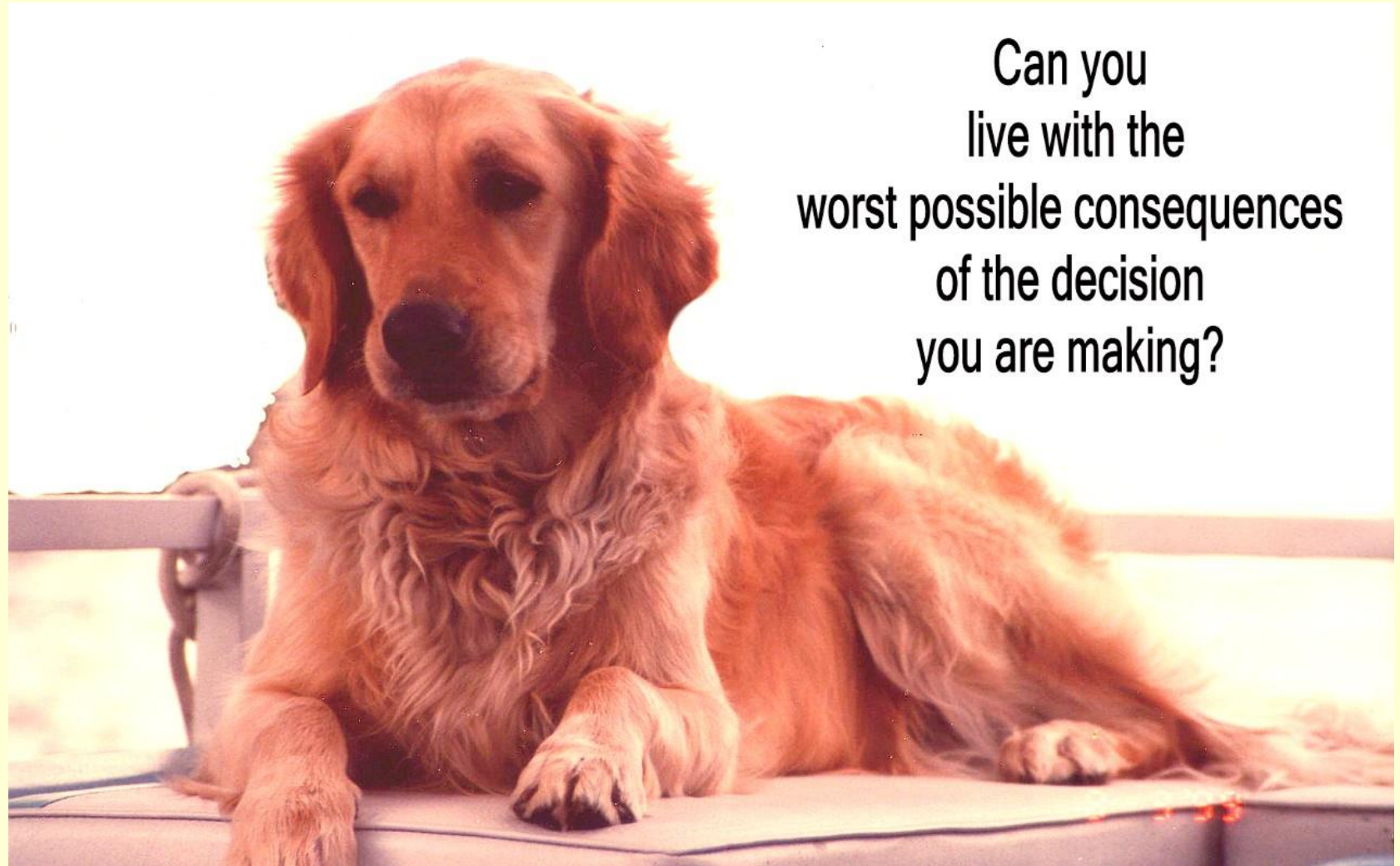


I like making clear positive decisions. I don't make important decisions about my future based on negative feelings.



**When I make decisions
I design my plan
with a backup plan.**

I like to perform my daily tasks and duties properly the first time. I expect success from my actions.

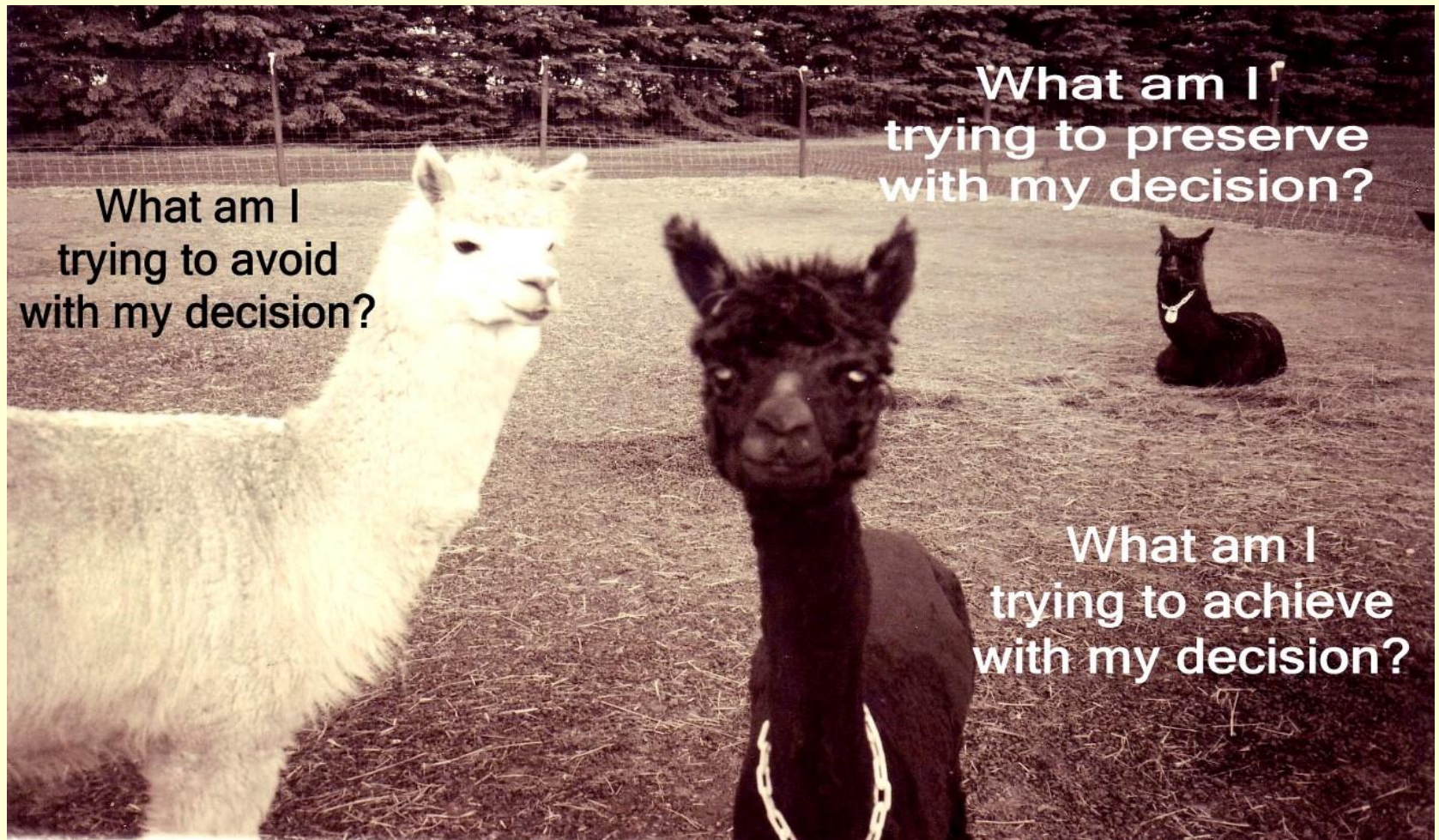


I love to feel the pleasure of learning. I feed
my subconscious mind with positive ideas
as I watch myself grow and change.



**Take the risk
of making
the decision.**

I am a intelligent person
who gets things done on time,
and I am confident in my ability to achieve my goals.



What am I
trying to avoid
with my decision?

What am I
trying to preserve
with my decision?

What am I
trying to achieve
with my decision?

I enjoy reviewing my goals and look forward to
positive planning on a regular basis.
Deep inside myself, I take pride in my accomplishments.

What must I
accomplish with
my decision?

What is the
very minimum
this decision
must achieve?

How will I
measure the results?



My positive attitude allows me to have a flexible and open mind that helps me achieve better performance.

Try to sleep on your big decisions.

**Take more time
to decide choices
and delay
important decisions
when possible.**

**Is it possible
that someone else
could make
a better decision?**

**Can you afford to
make this decision?**



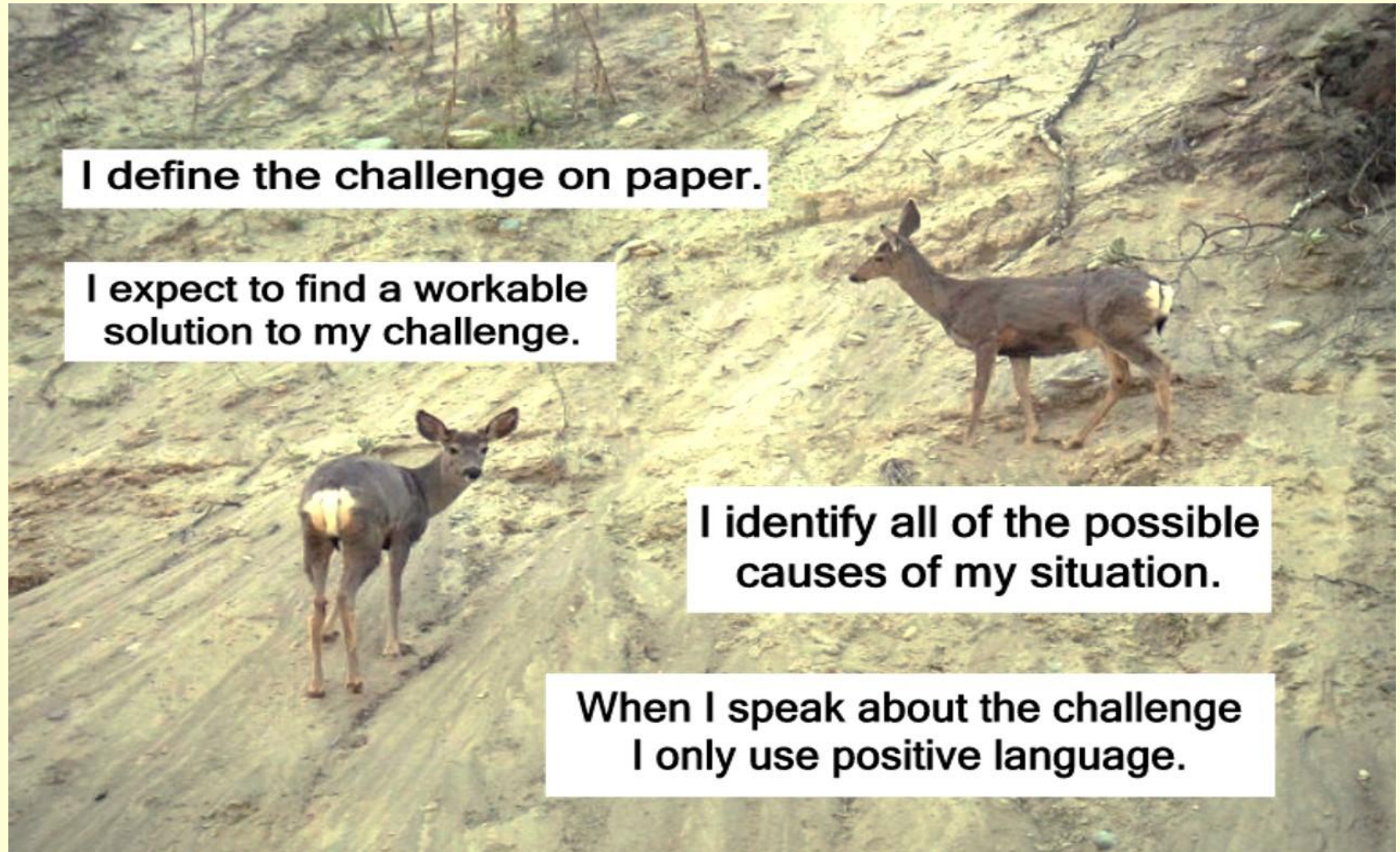
With the proper information at hand,
I am confident
in my ability to safely make correct decisions.



**Assign a deadline
for doing tasks
and
making decisions.**

**I make the
best decisions.
Based on my
information, I
plunge ahead.**

Good habits create positive emotional energy within the brain. This energy is reflected in positive actions and a general sense of well-being.



I define the challenge on paper.

I expect to find a workable solution to my challenge.

I identify all of the possible causes of my situation.

When I speak about the challenge I only use positive language.

I believe in goals and solutions that bring me and others more happiness. I have goals for personal fulfillment, better relationships, financial gains, and for helping others achieve their goals in life.

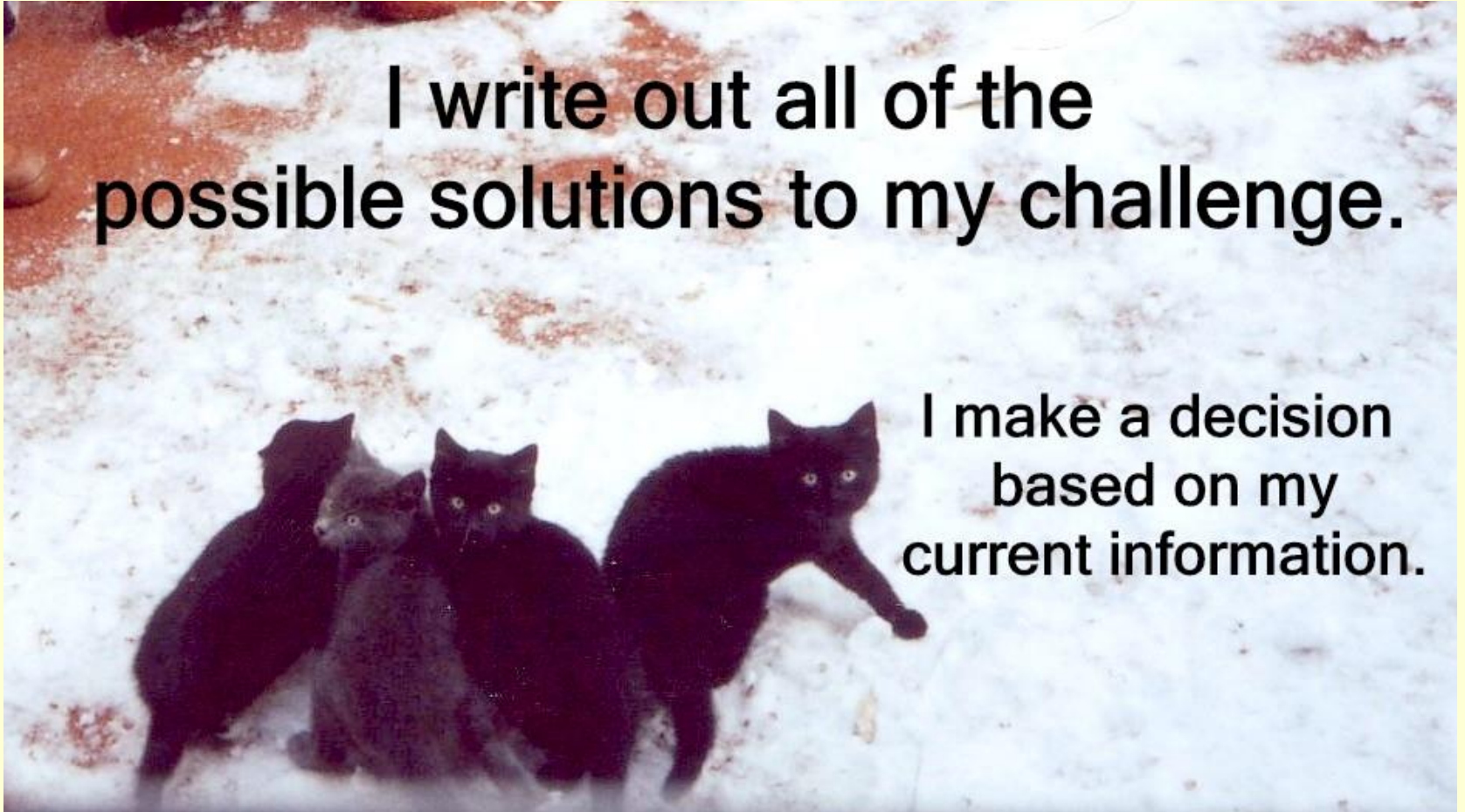


**Your motivation for activity
will become self-evident
when you write out
in detail:
What is in it for me?**

My positive self-esteem builds my capabilities. These capabilities when combined with my positive emotions naturally create the internal synergy necessary for me to win at the game of life.

I write out all of the possible solutions to my challenge.

I make a decision based on my current information.



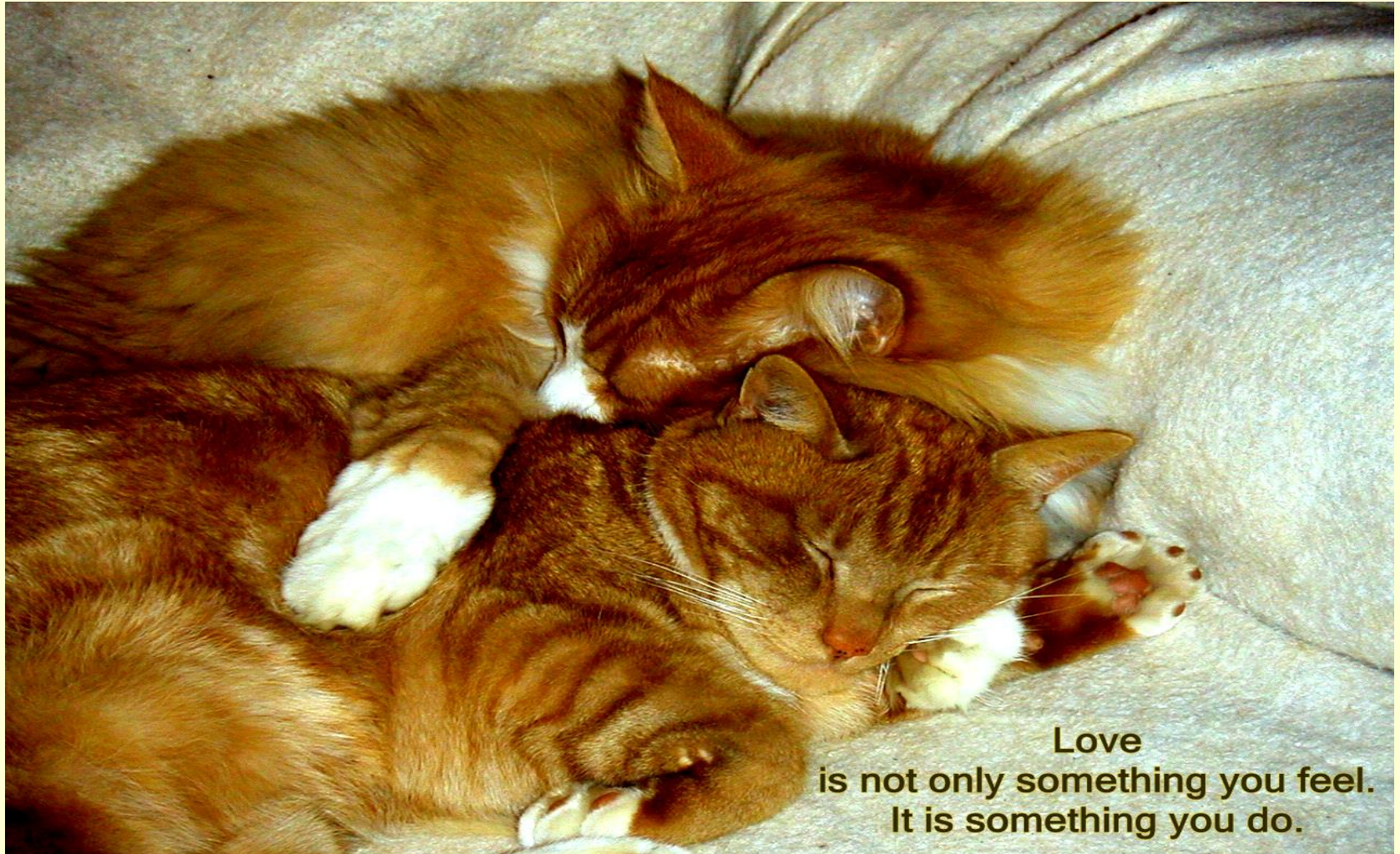
When my mind alone will not heal my medical problems, I will ask my doctor for guidance. I live a healthy, active lifestyle in order to best protect my health.



I start the action process
by doing something
productive.

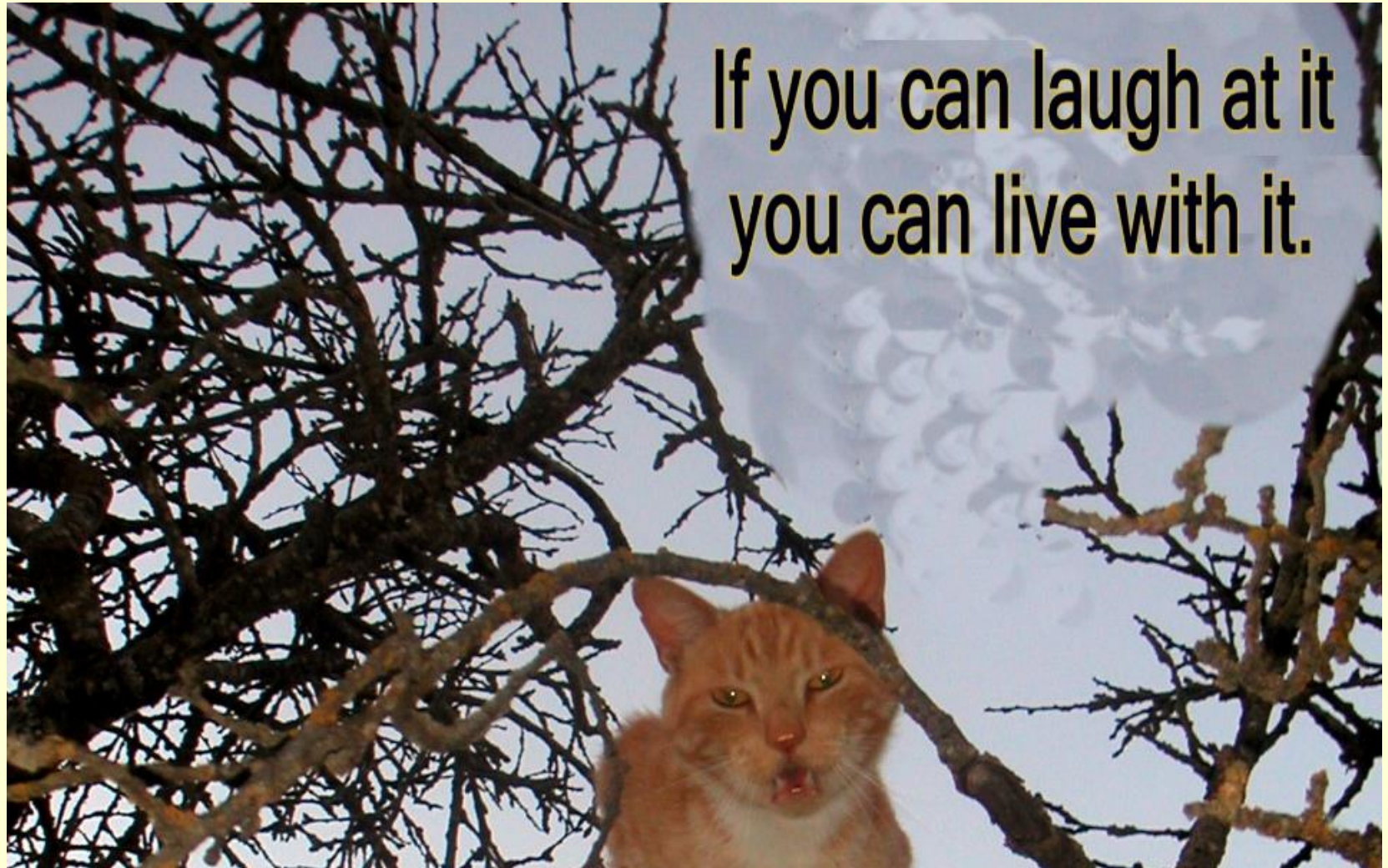
I set a deadline and then I
hold myself accountable.

I like meeting new people.
Now I am making friends with positive people that have
positive attitudes that are reflected in me.



Love
is not only something you feel.
It is something you do.

When I look in the mirror I see my positive self-image reflected in the positive expressions on my face.

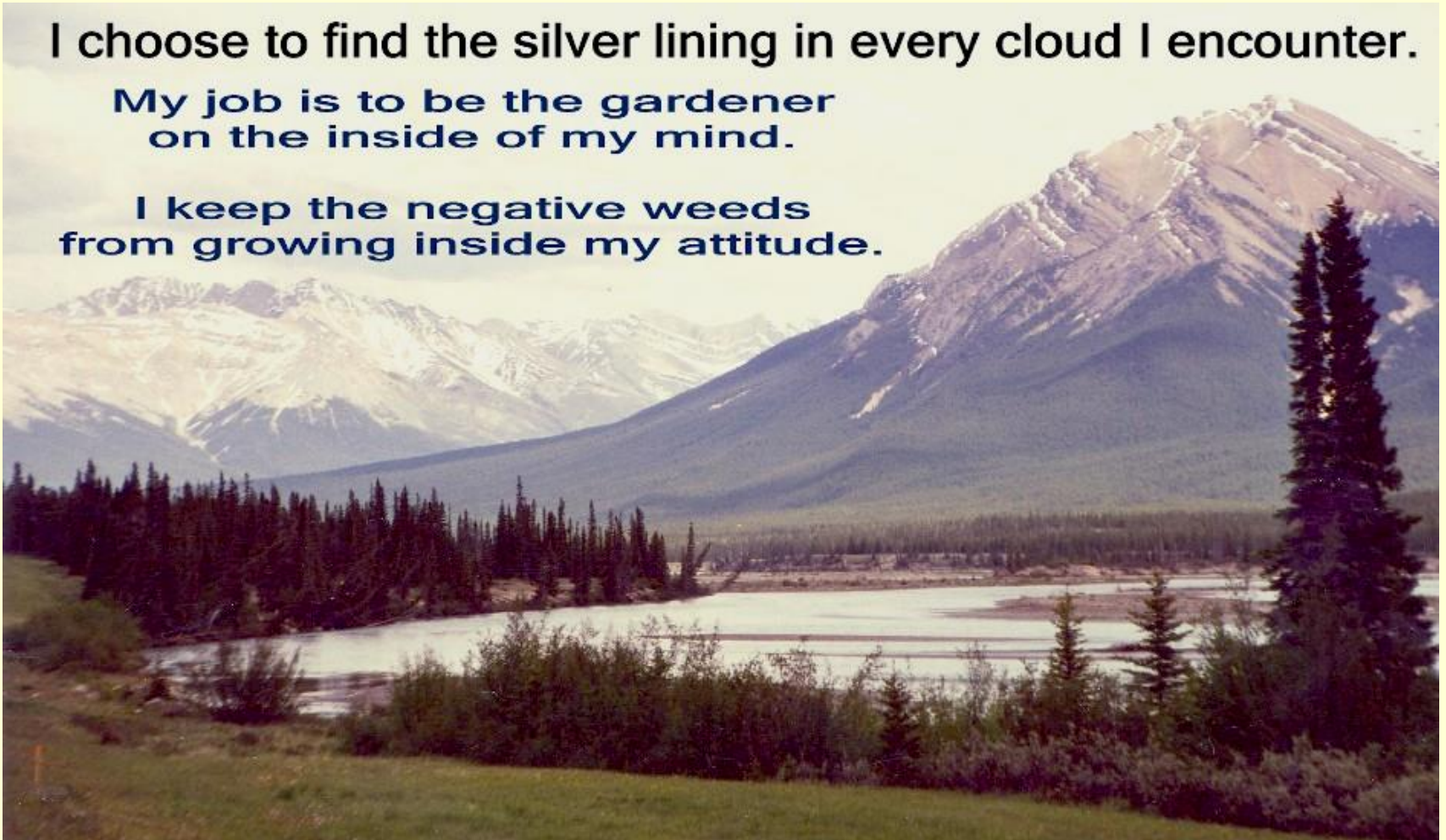


My faith and positive attitude can strengthen my habits and personal expectations. These beliefs become naturally self-fueled by me and become my self-fulfilling prophecy.

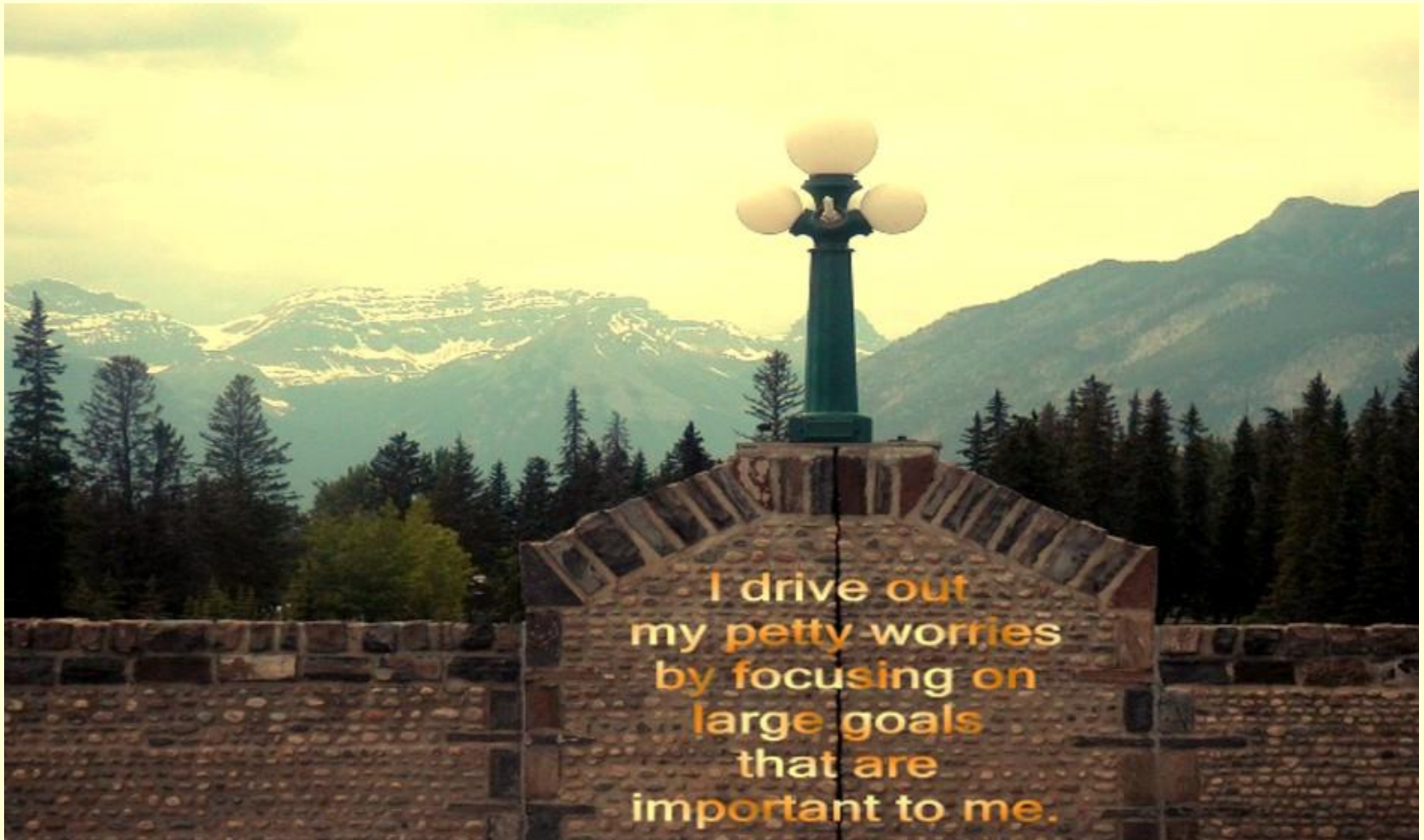
I choose to find the silver lining in every cloud I encounter.

**My job is to be the gardener
on the inside of my mind.**

**I keep the negative weeds
from growing inside my attitude.**



In all of life's diverse experiences, I try to find the positive.
I focus on challenges large enough to quickly propel me
into my version of personal happiness.



I enjoy the way I confront the challenges that
positively build my life.



I see myself getting more and more happiness in my life, because I naturally multi-task in my goal-oriented activities resulting in many positive accomplishments which empower me.

The more I dream up positive thoughts the happier I feel.
My happiness is like a rock slide that multiplies inside my mind.
When I take action on my decisions,
I soon catch myself creating my world of happiness and accomplishments.



I choose to minimize or eliminate negative emotions through finding the positive side to every situation I encounter. I accept responsibility for my negative or positive emotions.



Every night I experience a restful sleep
for at least 7 to 8 hours.
I awake feeling terrific and full of energy the next day.



You cannot get anywhere unless you start.

I love my body and the positive attitude I have while creating my goals. I experience the power to accomplish my success daily, especially when positive emotional energy fills my soul.



I enjoy setting economic goals in my life.
I take control of my financial destiny and personal security.



I am the person who must rise to the challenge of finding love and to share experiences that fuel my life naturally and create more personal happiness.

**We need love
like a flower
needs rain.**



I experience great internal personal feelings of happiness
when I hug and hold or lovingly speak with
the people I love.

My self-concept
determines my level of performance
in my daily activities.

When I change the emotions
that are mentally anchored to my self-concept,
I change the level of performance
in that area of my mind.



I can visualize myself living out my life feeling healthy,
wealthy and happy until I am 110 years old.

**Motivated people work at having a clear picture
of their self-image.**

**Every day I
work on the person I want to be.**



I have focused the positive energy within my brain
to make improving my self-image my new goal.

When I develop
my new self-image

my creative imagination
is the starting point
of my achievement.

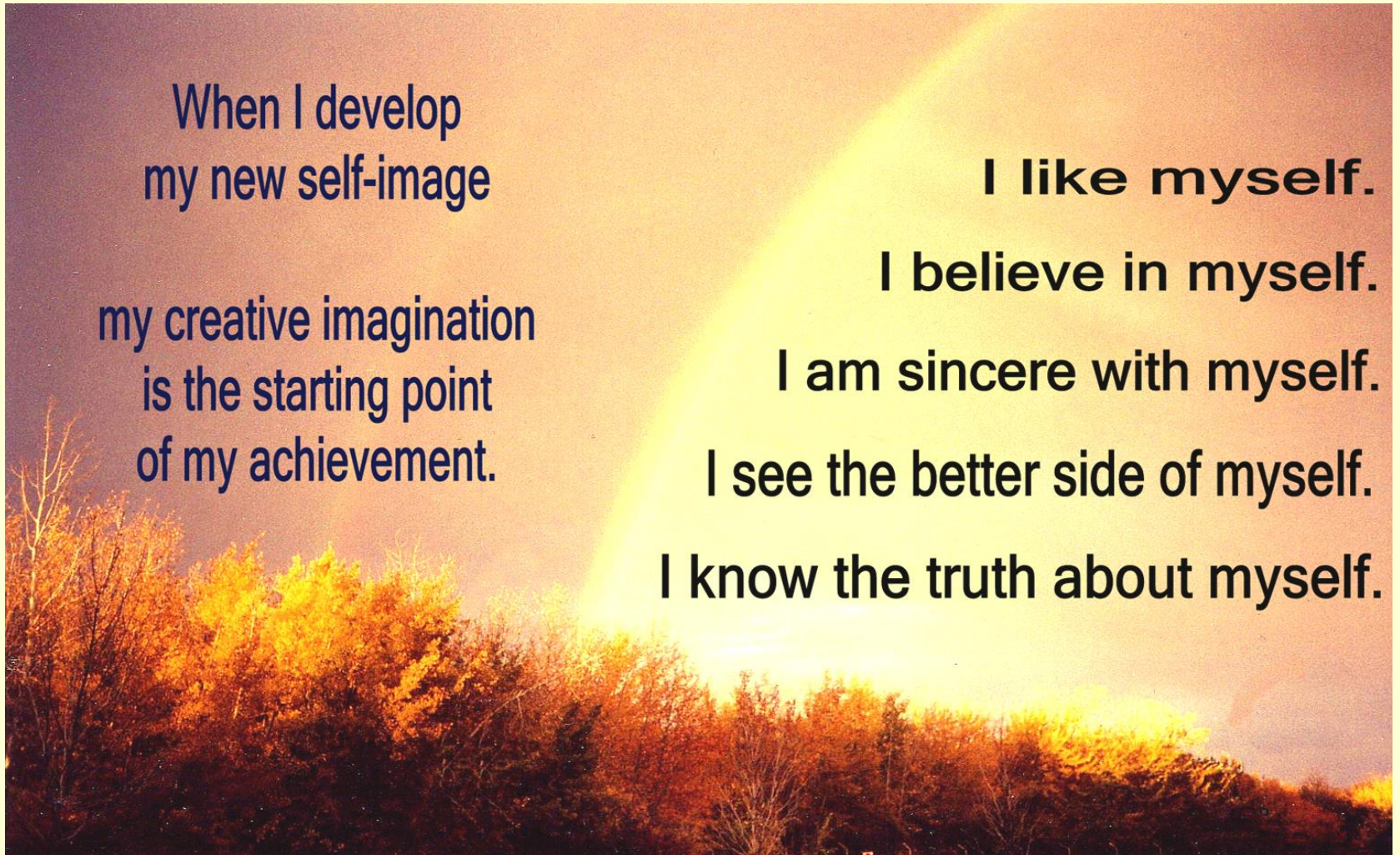
I like myself.

I believe in myself.

I am sincere with myself.

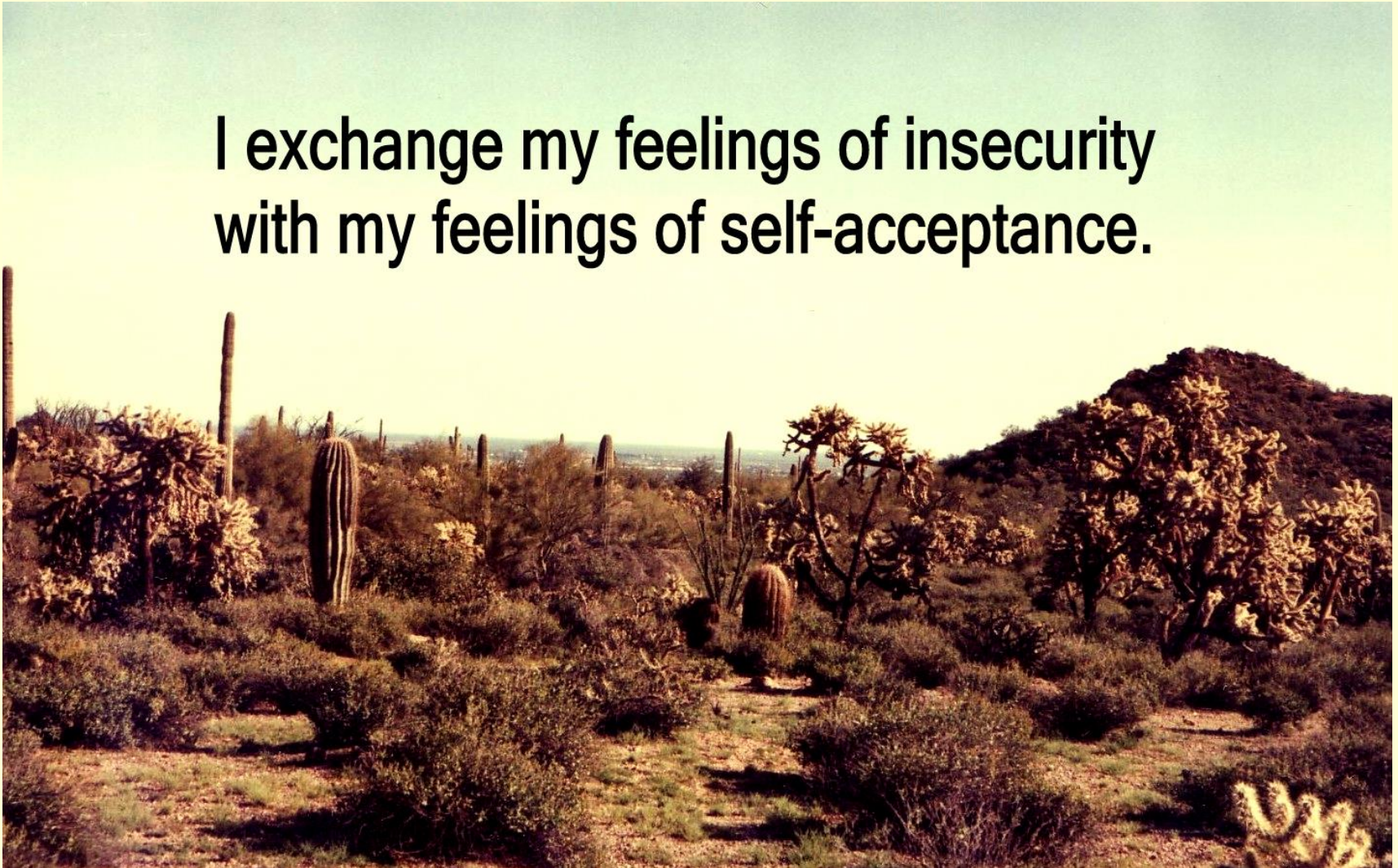
I see the better side of myself.

I know the truth about myself.



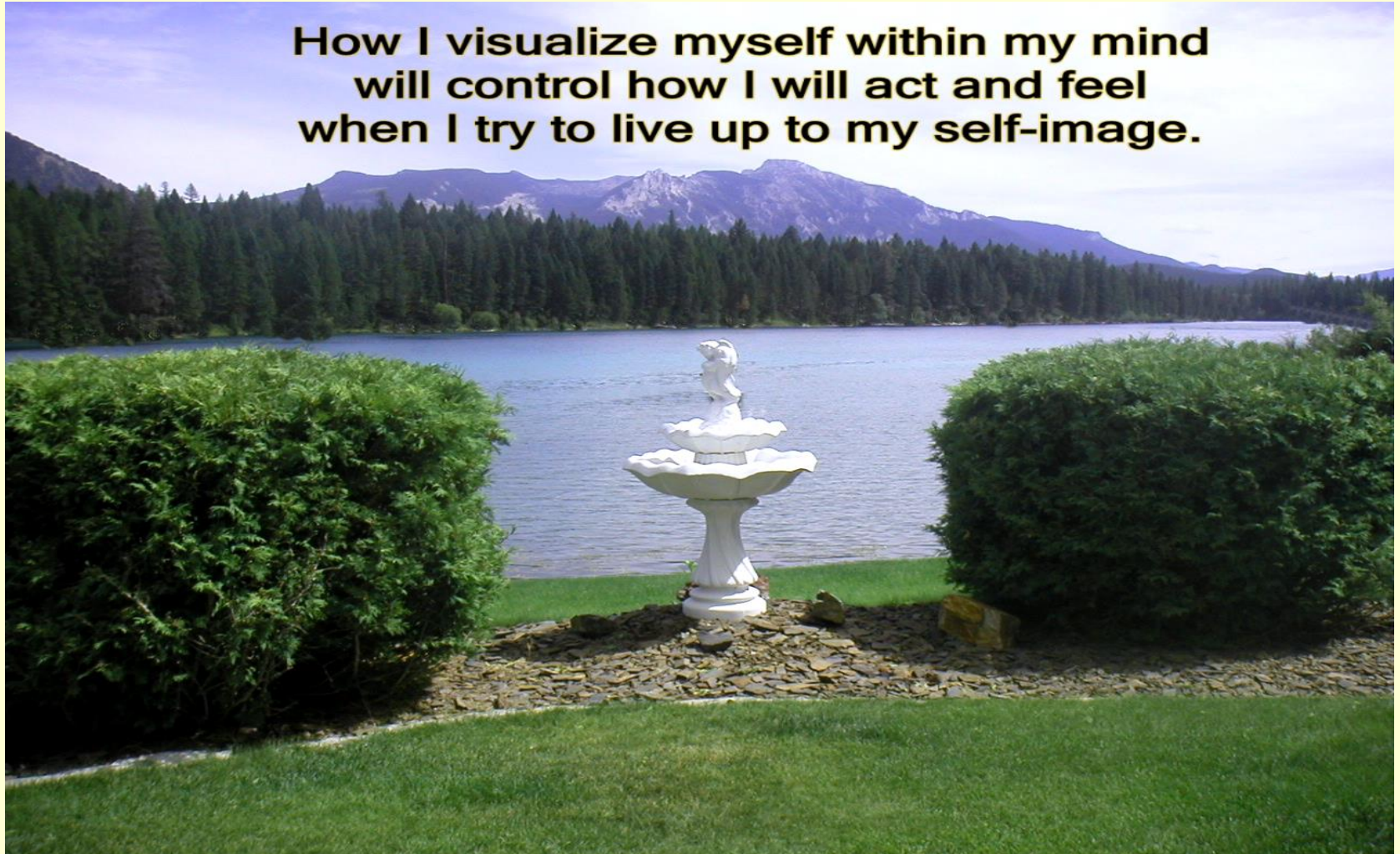
I believe in guiding my positive emotions in my life.

**I exchange my feelings of insecurity
with my feelings of self-acceptance.**



My life can become more fun and more rewarding when I engage in powerful, positive mental programming.

**How I visualize myself within my mind
will control how I will act and feel
when I try to live up to my self-image.**



I create personal happiness in my heart
through the positive energy in my mind which enables
me live out my goals and dreams.

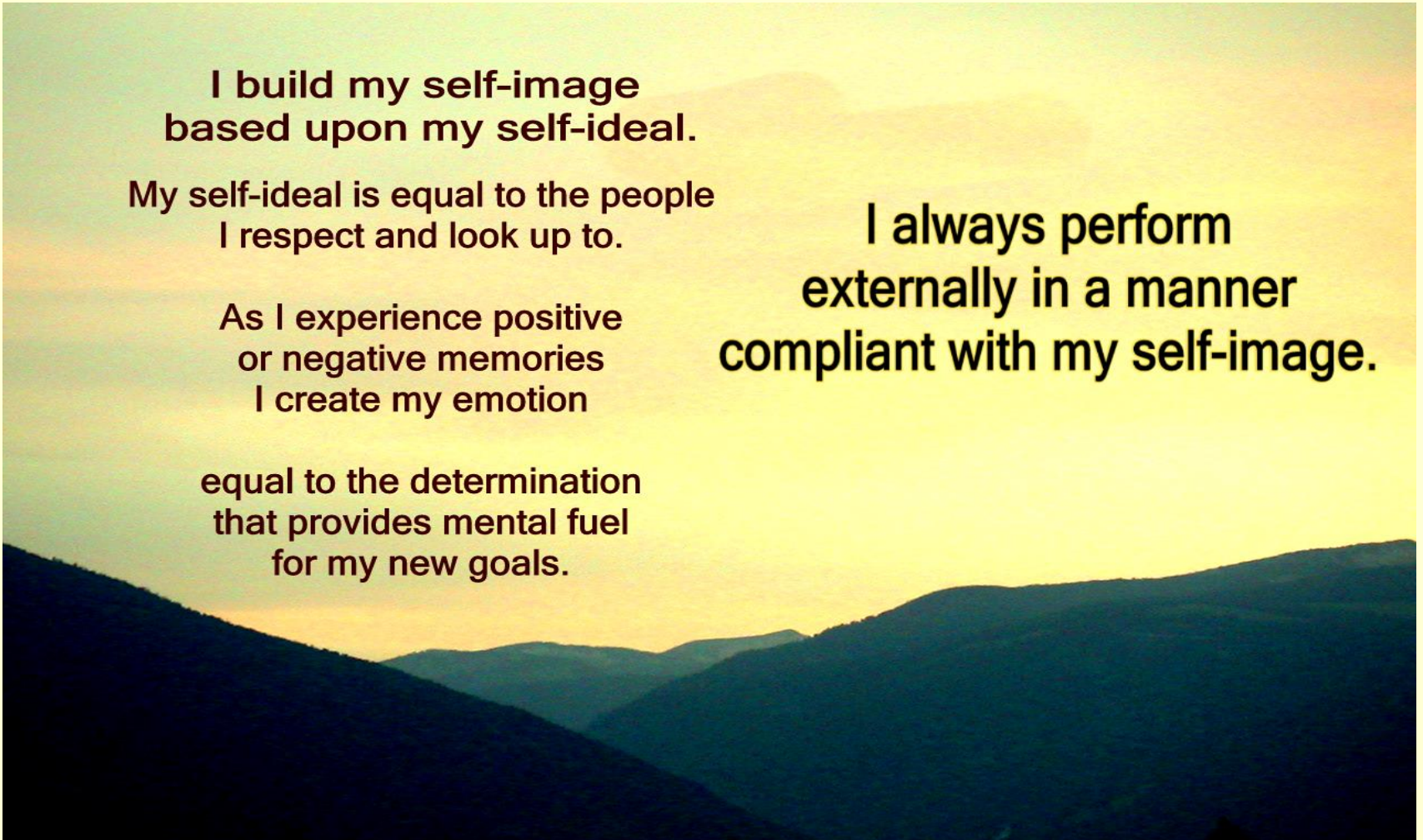
**I build my self-image
based upon my self-ideal.**

**My self-ideal is equal to the people
I respect and look up to.**

**As I experience positive
or negative memories
I create my emotion**

**equal to the determination
that provides mental fuel
for my new goals.**

**I always perform
externally in a manner
compliant with my self-image.**



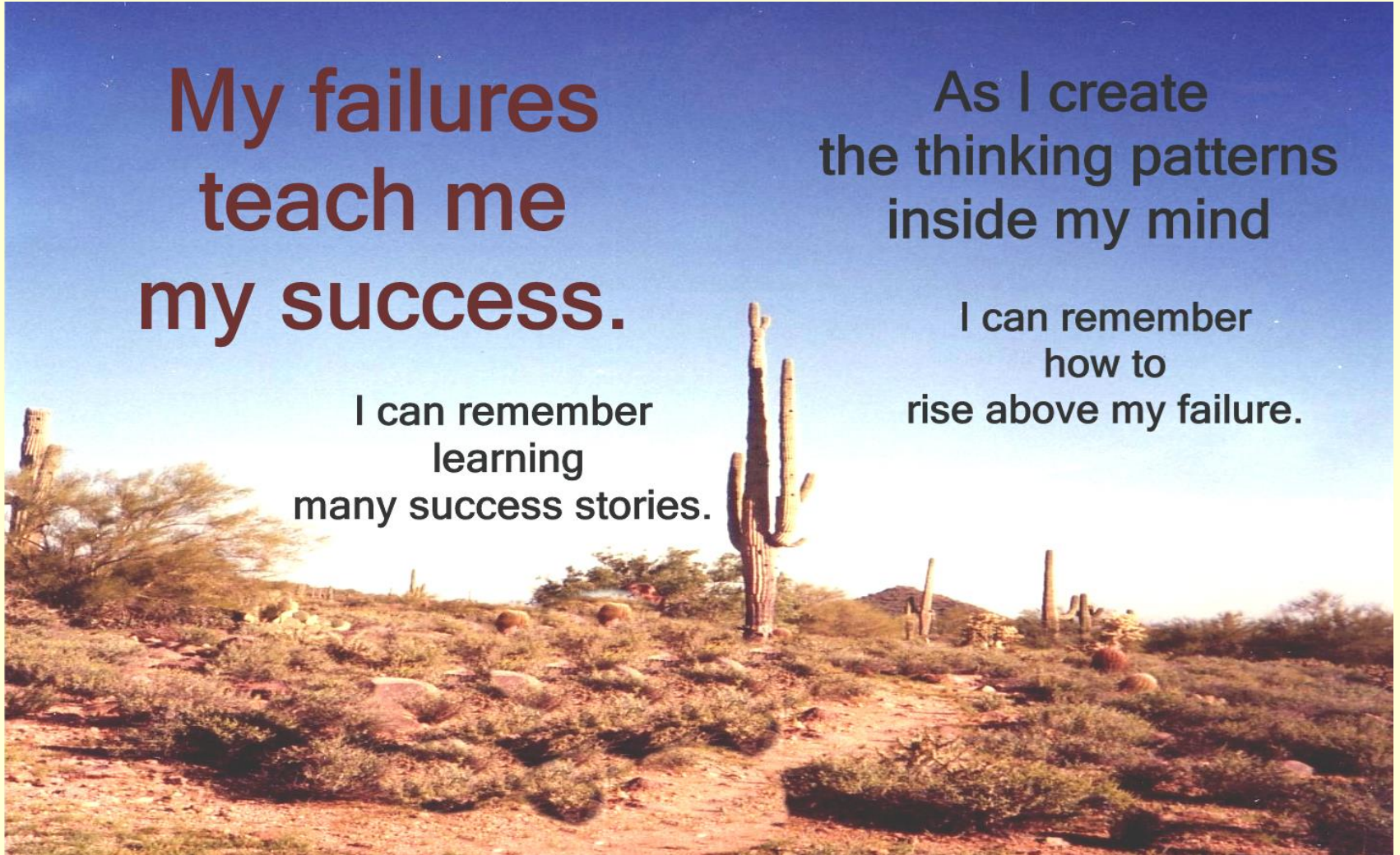
I change any lonely feelings inside my heart when I create a positive self-image and have high self-esteem.

**My failures
teach me
my success.**

I can remember
learning
many success stories.

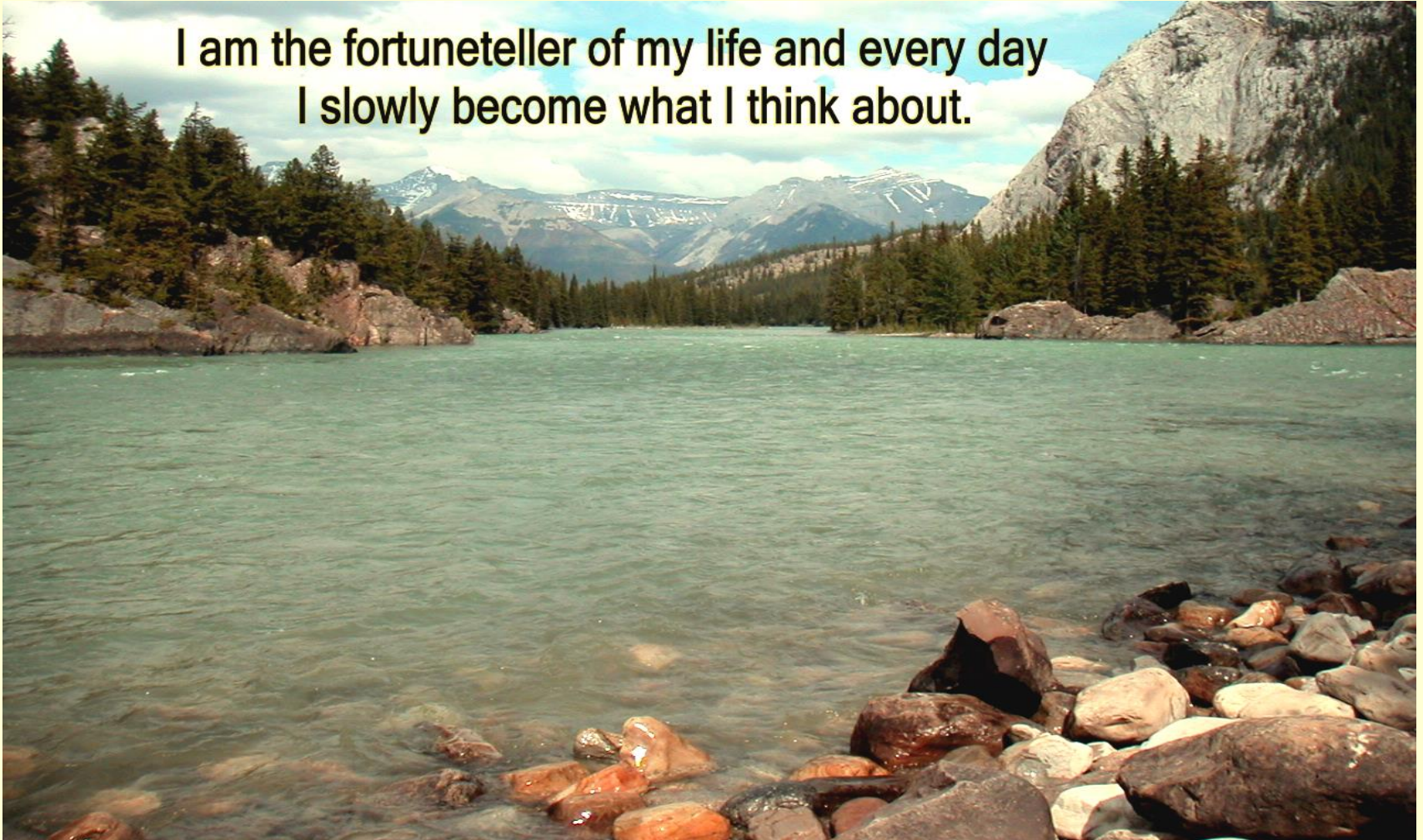
As I create
the thinking patterns
inside my mind

I can remember
how to
rise above my failure.



I experience myself growing larger and more powerful in my soul. This happens naturally as I consciously and honestly accept more responsibility for my failures and successes.

**I am the fortuneteller of my life and every day
I slowly become what I think about.**



I build more value and ability into myself
when I act with a positive attitude. *As a result, I perform
better in whatever I try to do.*

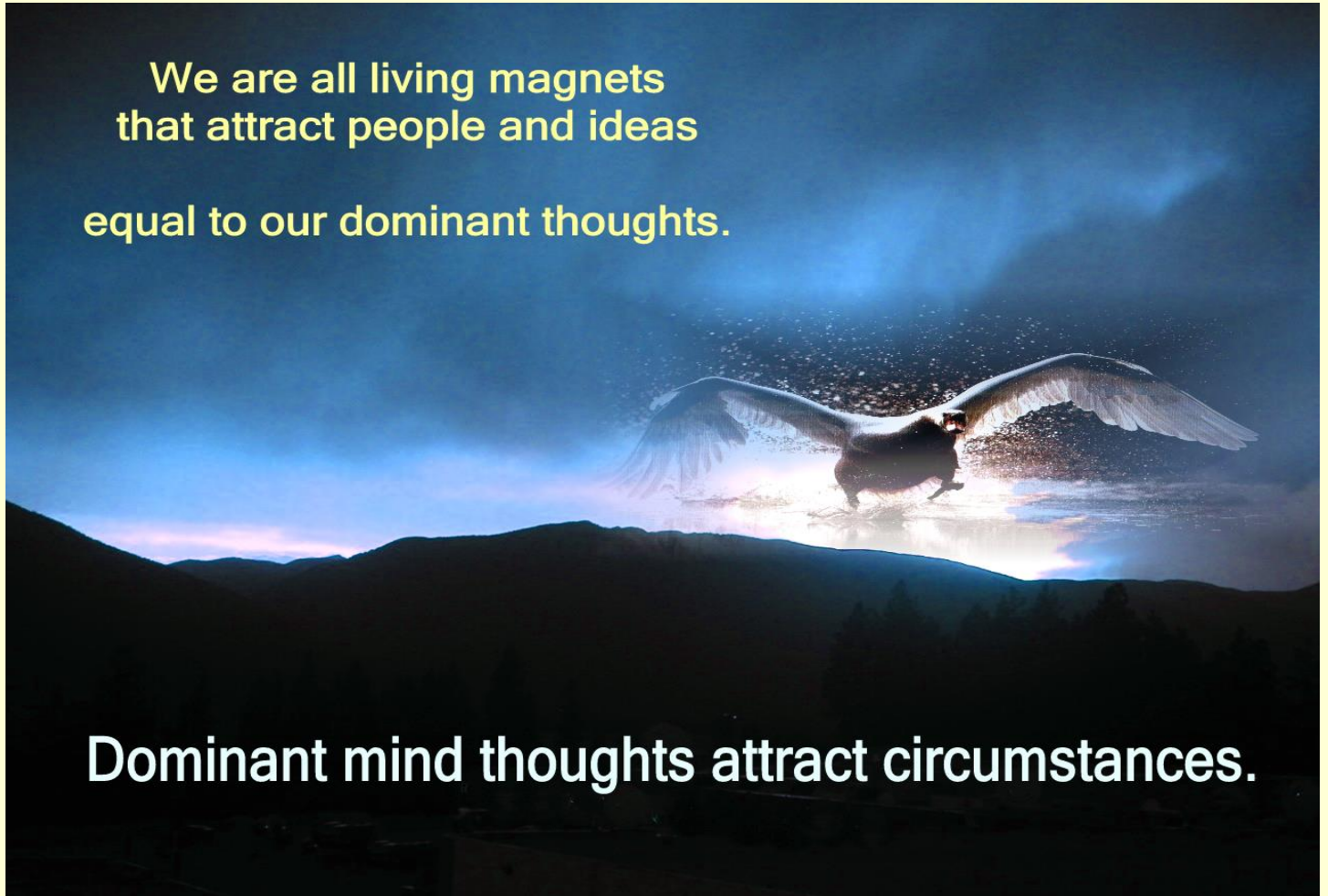
**The world is a competitive place to live.
Make sure you really want what you are going after.**



I enhance my life by acting creatively and
designing the goals that will empower my life.

We are all living magnets
that attract people and ideas
equal to our dominant thoughts.

Dominant mind thoughts attract circumstances.



I create positive new mental habits every day.
Now I feel my mind
growing stronger and sharper in beautifully creative ways.

Every night before I fall asleep
I program my mind.

I like myself more every day.

I wake up every morning feeling terrific.

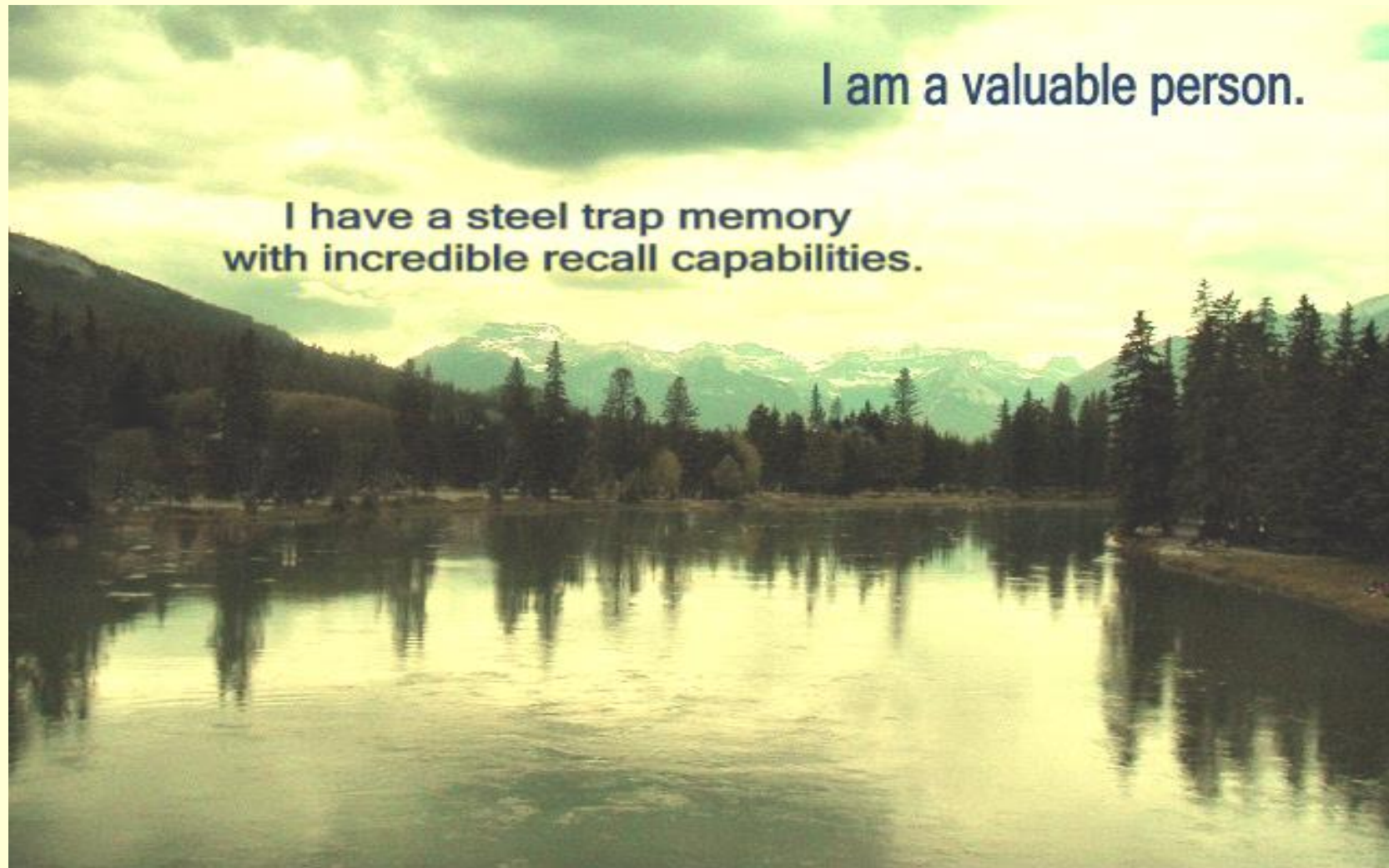


I have decided to use my positive attitude to increase my personal potential and to build on my goal-creation capabilities.

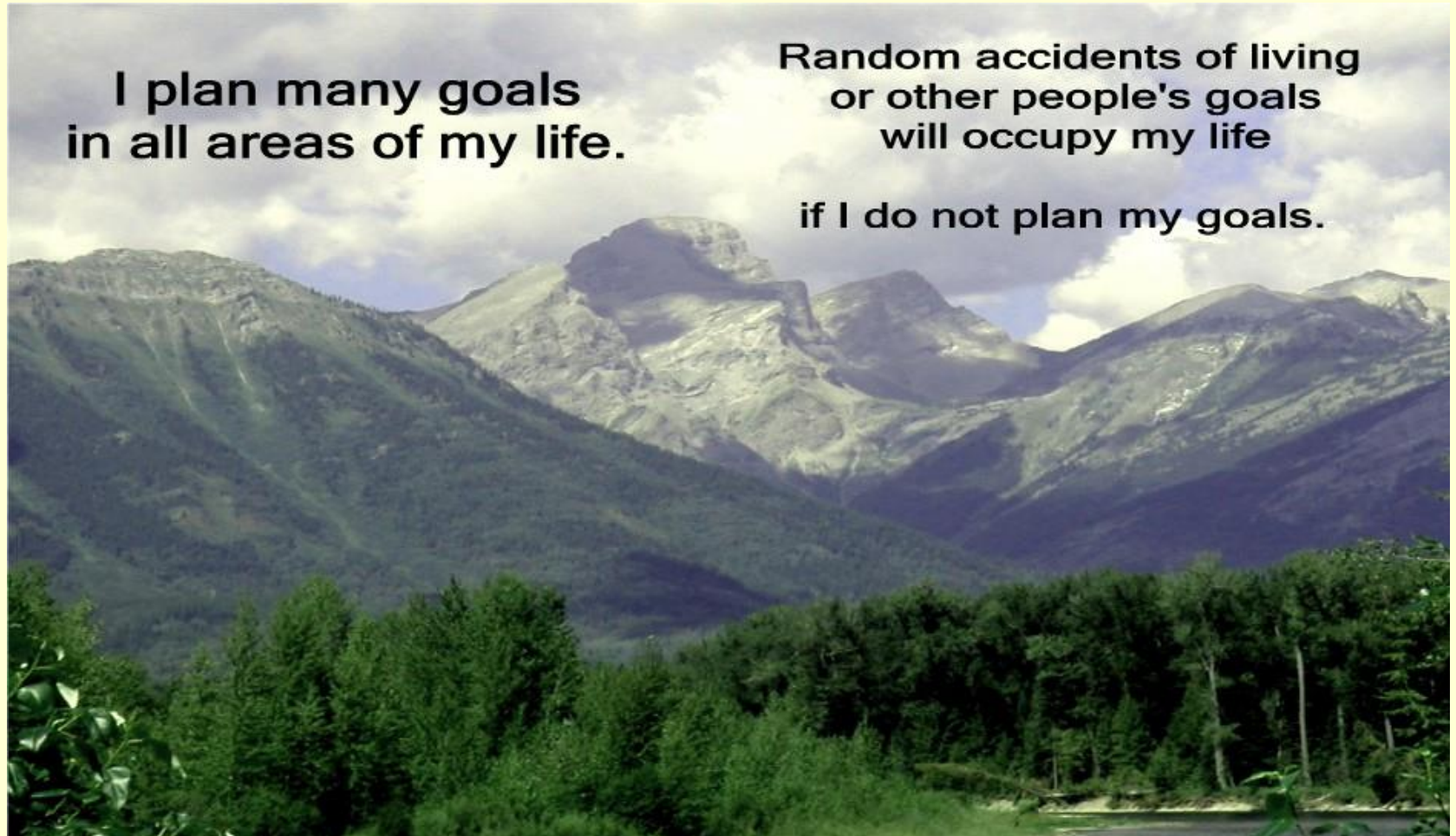


**It is lonely at the top
but you eat better.**

I enjoy feeling optimistic about my life, and
I experience more self-confidence when I think positively.



I forgive anyone who has ever hurt me and in doing so,
I live my life in the present and I prevent the infection
of old negative circumstances from reappearing in my life.



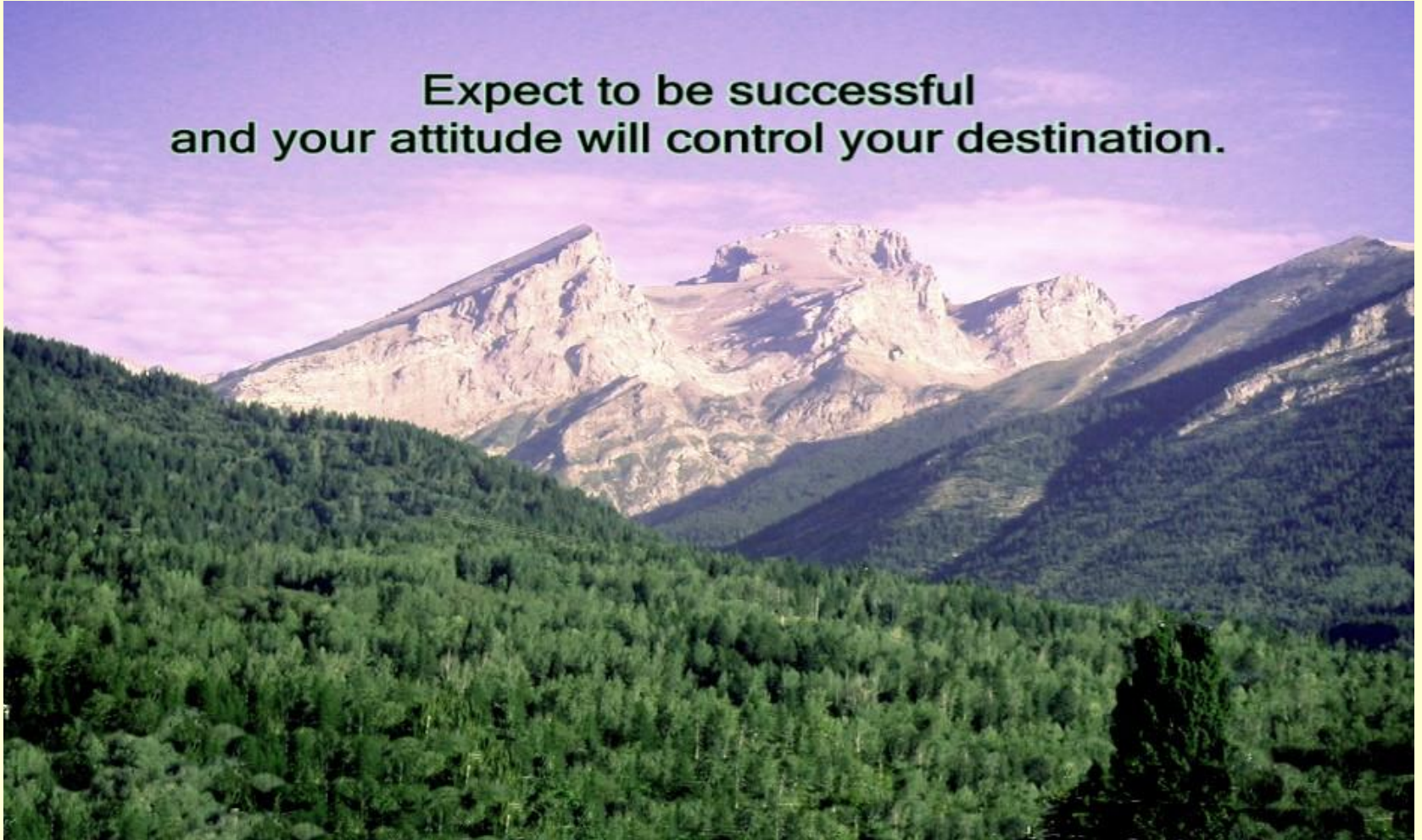
**I plan many goals
in all areas of my life.**

**Random accidents of living
or other people's goals
will occupy my life**

if I do not plan my goals.

I write my positive goals on paper focusing on what I want to happen in my life. I choose to overcome the challenges that interfere with achieving my goals.

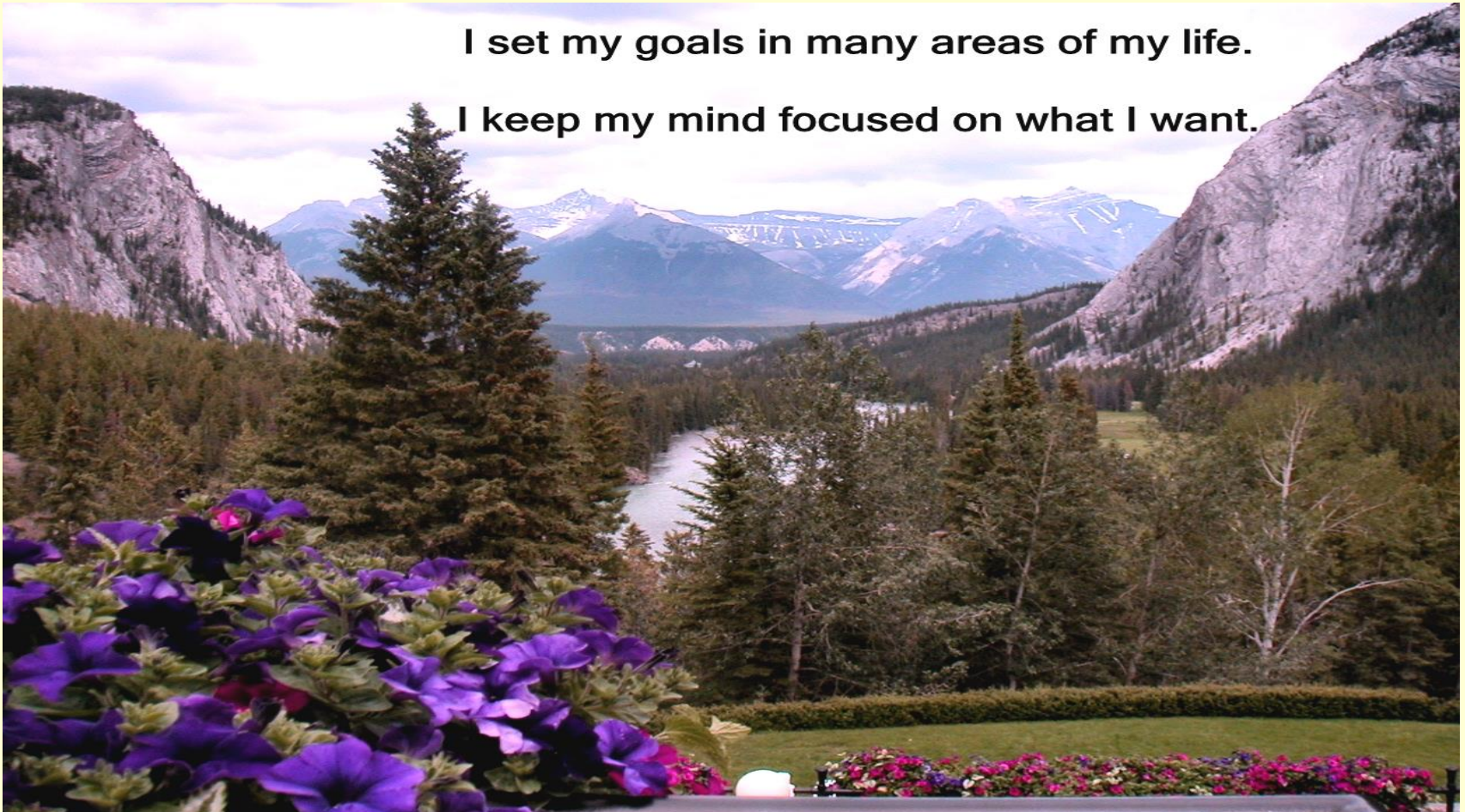
**Expect to be successful
and your attitude will control your destination.**



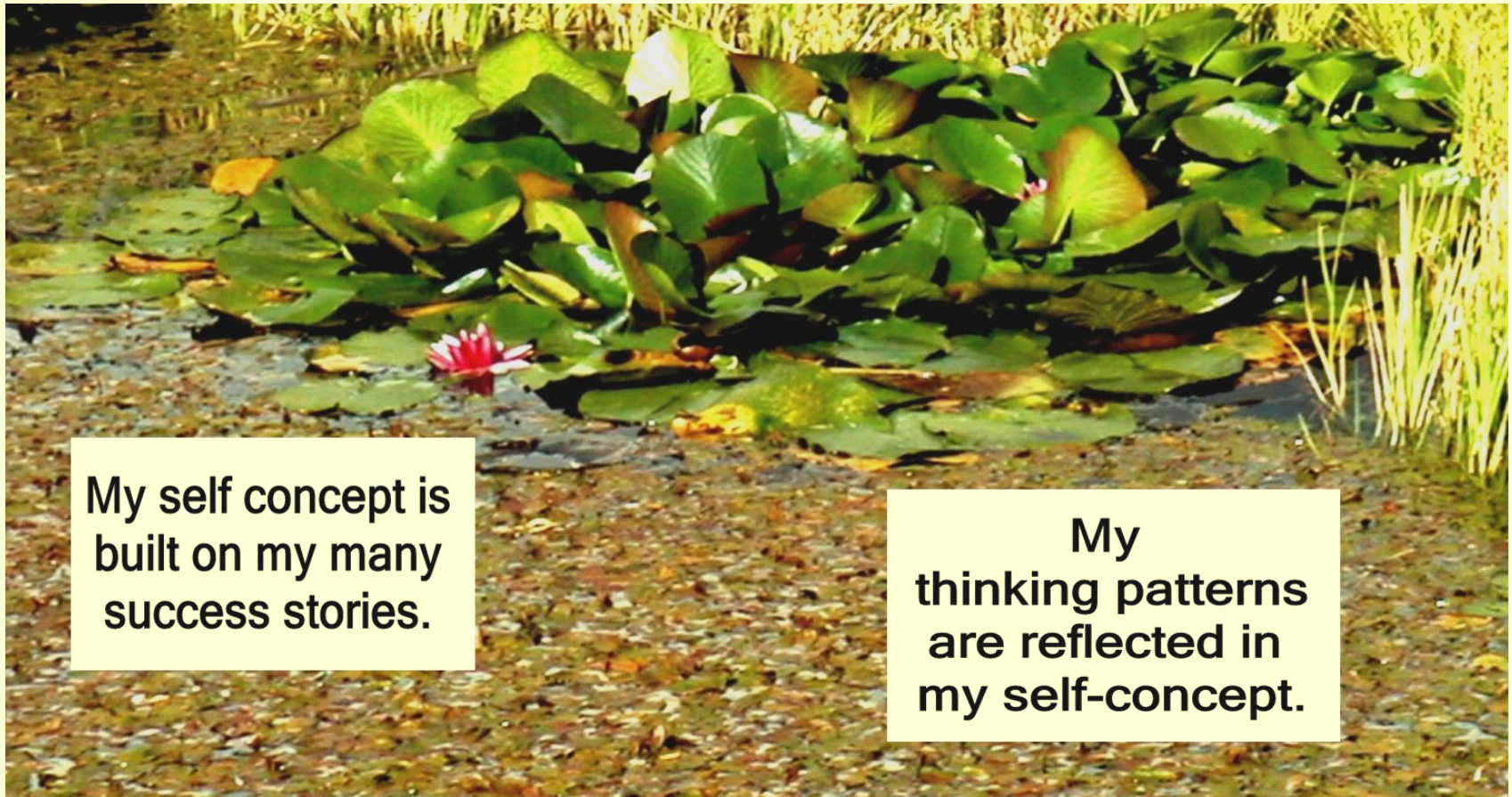
Consider these examples of goals below and define your own ideal goals similarly. ***I will have the automobile I desire within 2 years. I will be on the way to financial independence within 5 years. I will...***

I set my goals in many areas of my life.

I keep my mind focused on what I want.



Consider these examples and define your **own** ideal goals.
I like to stay busy setting goals and designing my life.
I enjoy computers, psychology, body building,
photography.



My self concept is
built on my many
success stories.

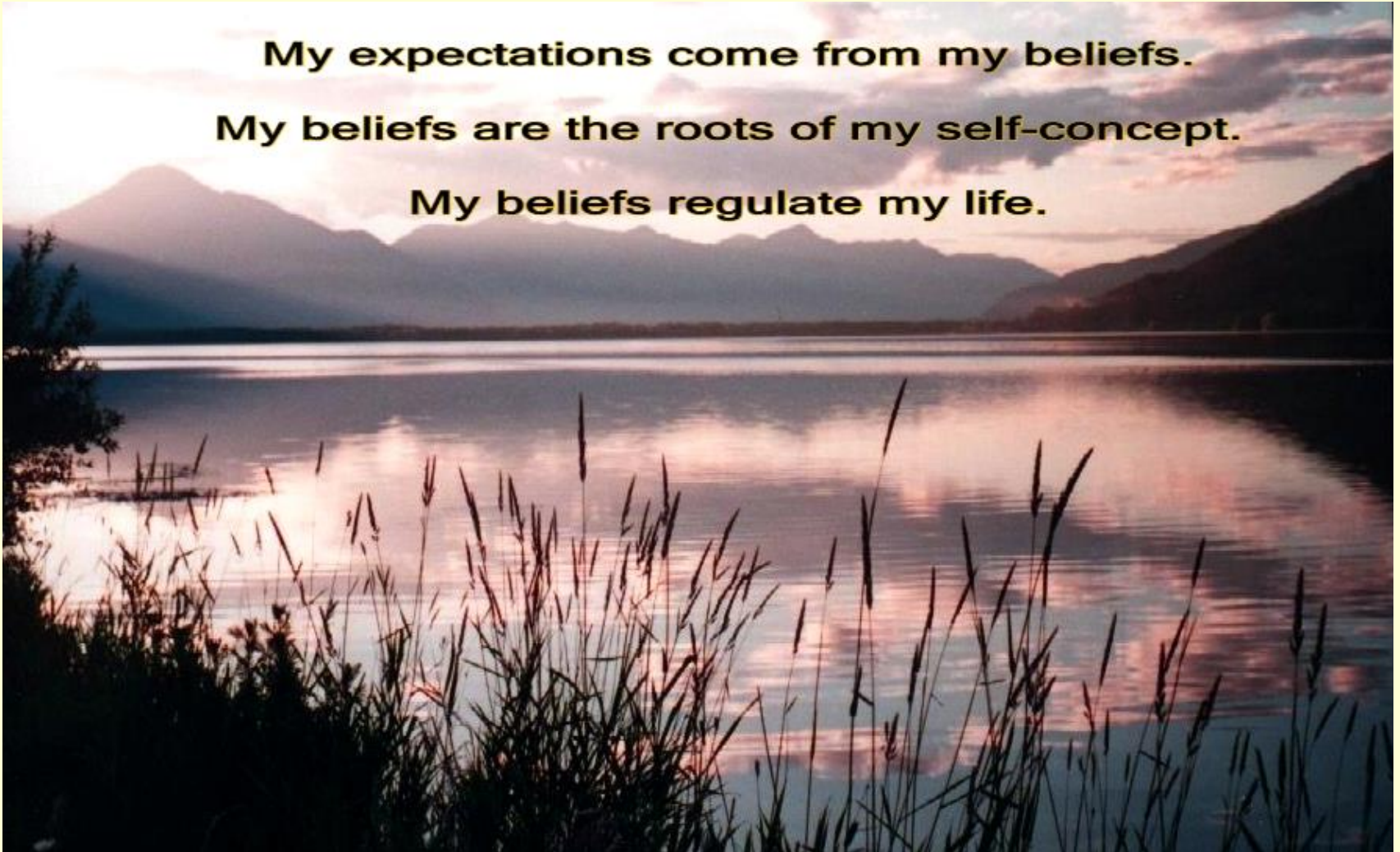
My
thinking patterns
are reflected in
my self-concept.

I can see myself having more fun, increasing my feelings of self-worth, and enjoying the accomplishments of my life.

My expectations come from my beliefs.

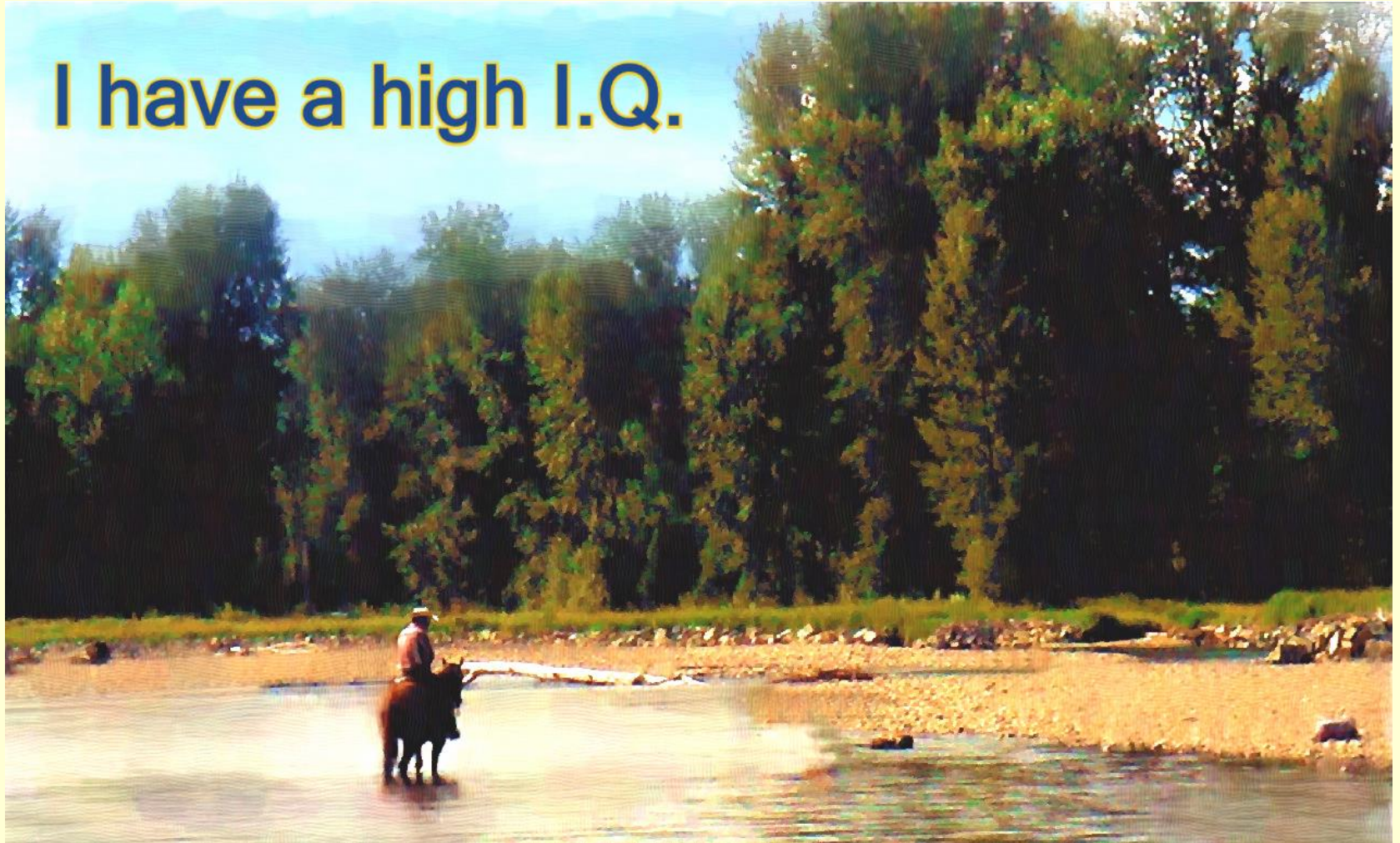
My beliefs are the roots of my self-concept.

My beliefs regulate my life.



I am on a wonderful journey of discovering my brain's potential. When I look in the mirror I like myself and I personally feel great.

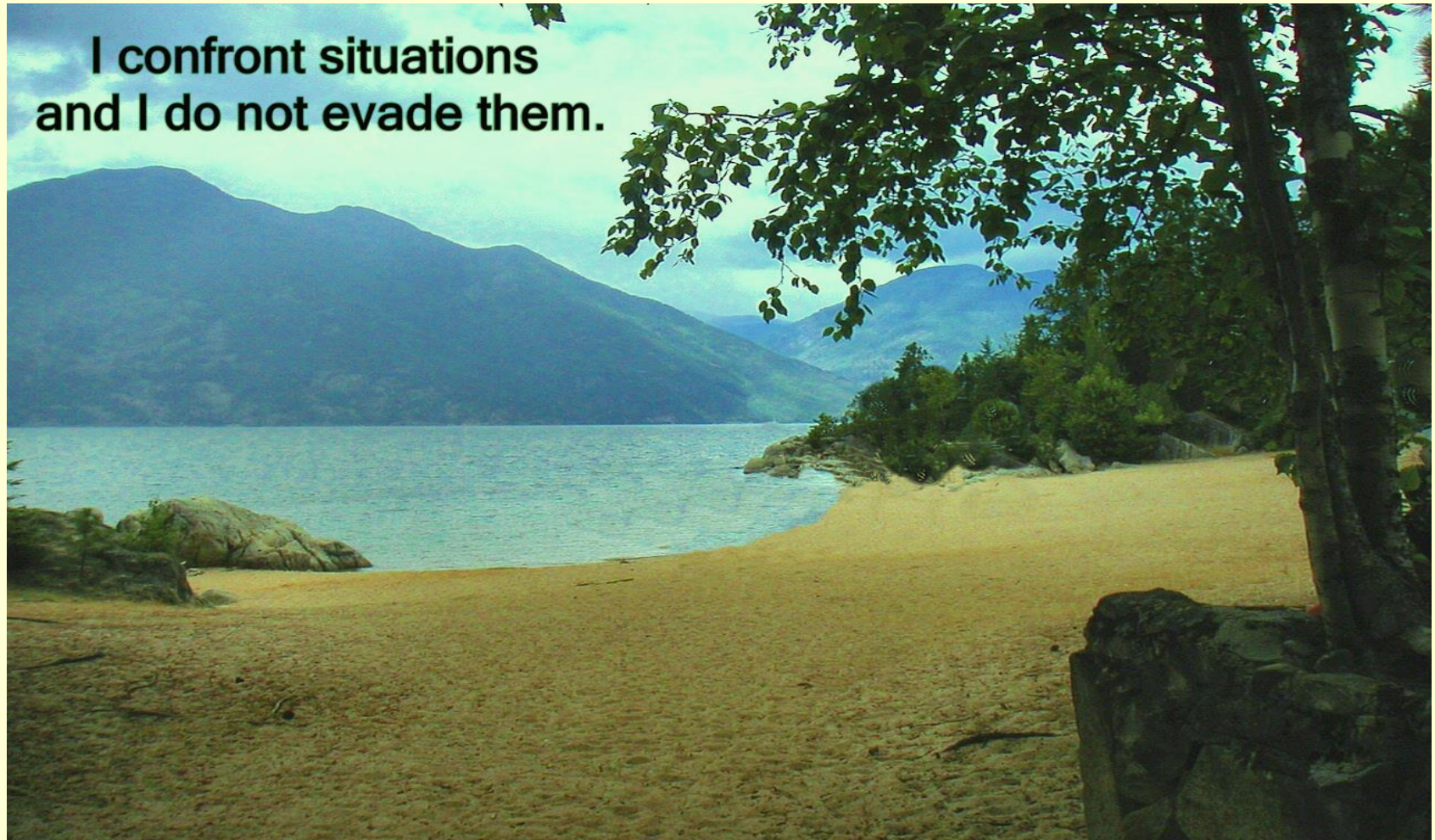
I have a high I.Q.



I choose to save at least 10% of the money I earn.

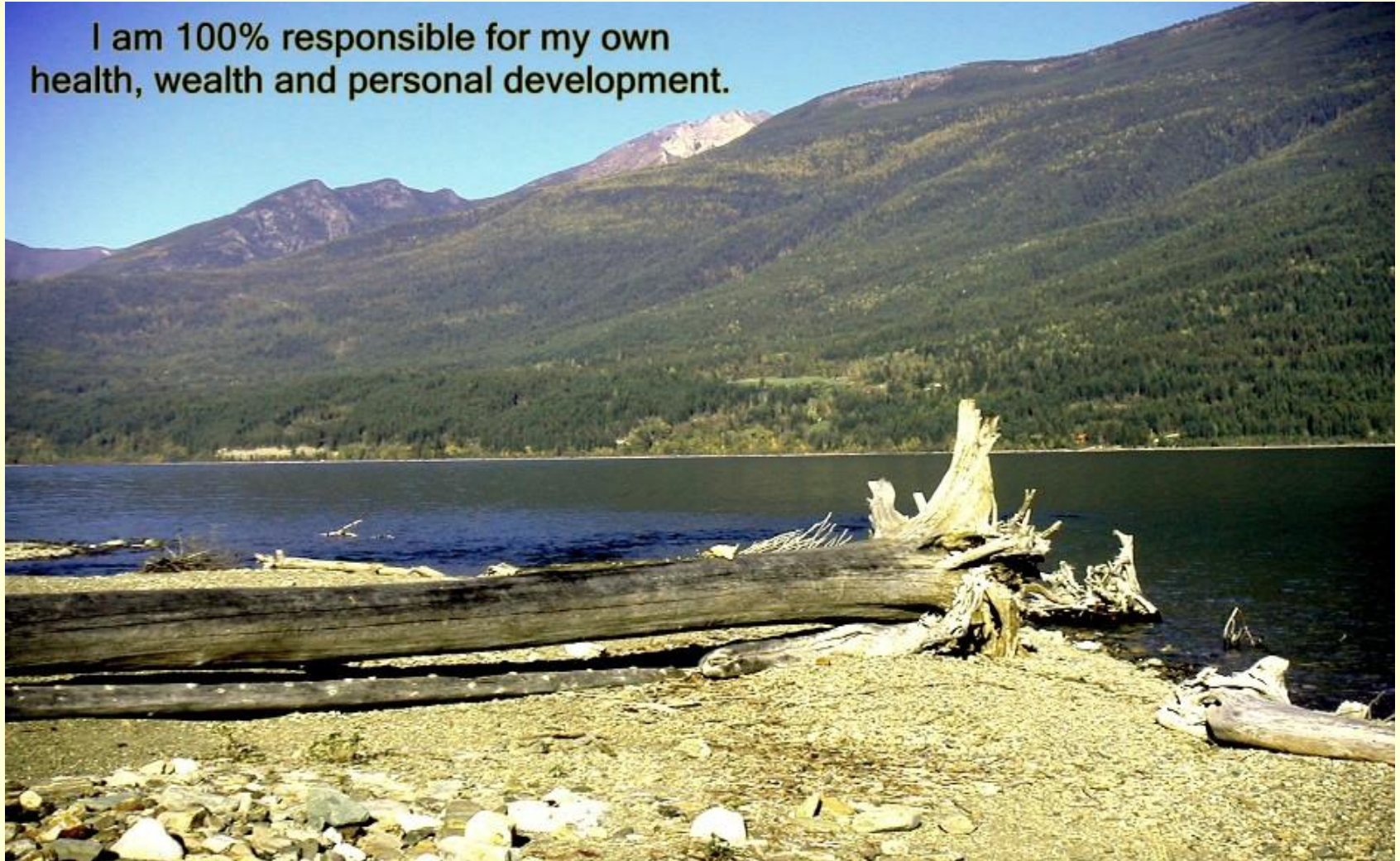
I safely invest this money for the future.

I've learned how to live well on the other 90% of my money.



I like using my mind to create positive energy and ideas that naturally empower me.

I am 100% responsible for my own health, wealth and personal development.

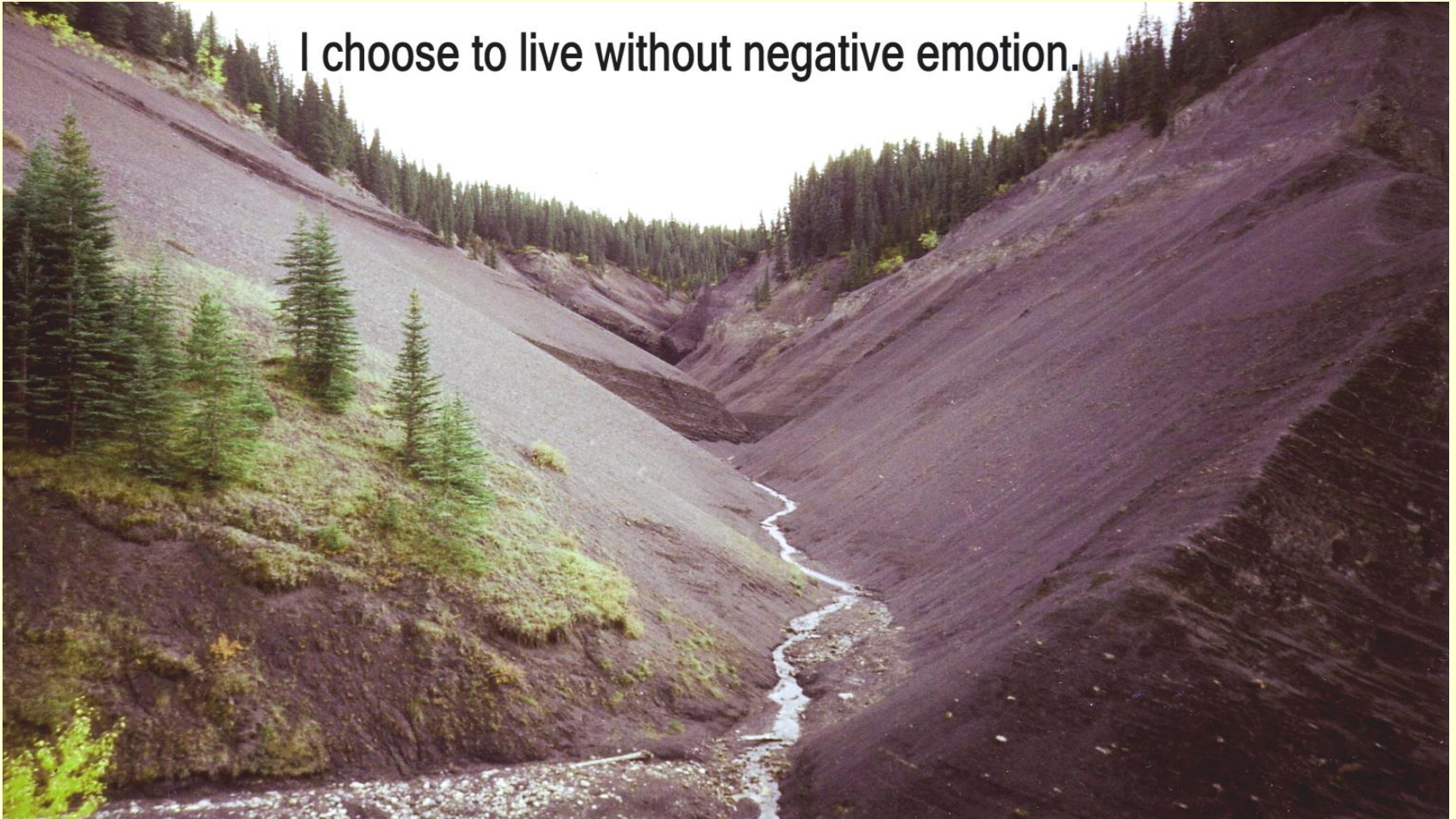


Consider this example and define your ideal picture in a goal.

I will weigh --- pounds/kg and have a --- inch/cm waist.

Remember write a list of what is in it for you,
the goal setter when you accomplish the goal.

I choose to live without negative emotion.

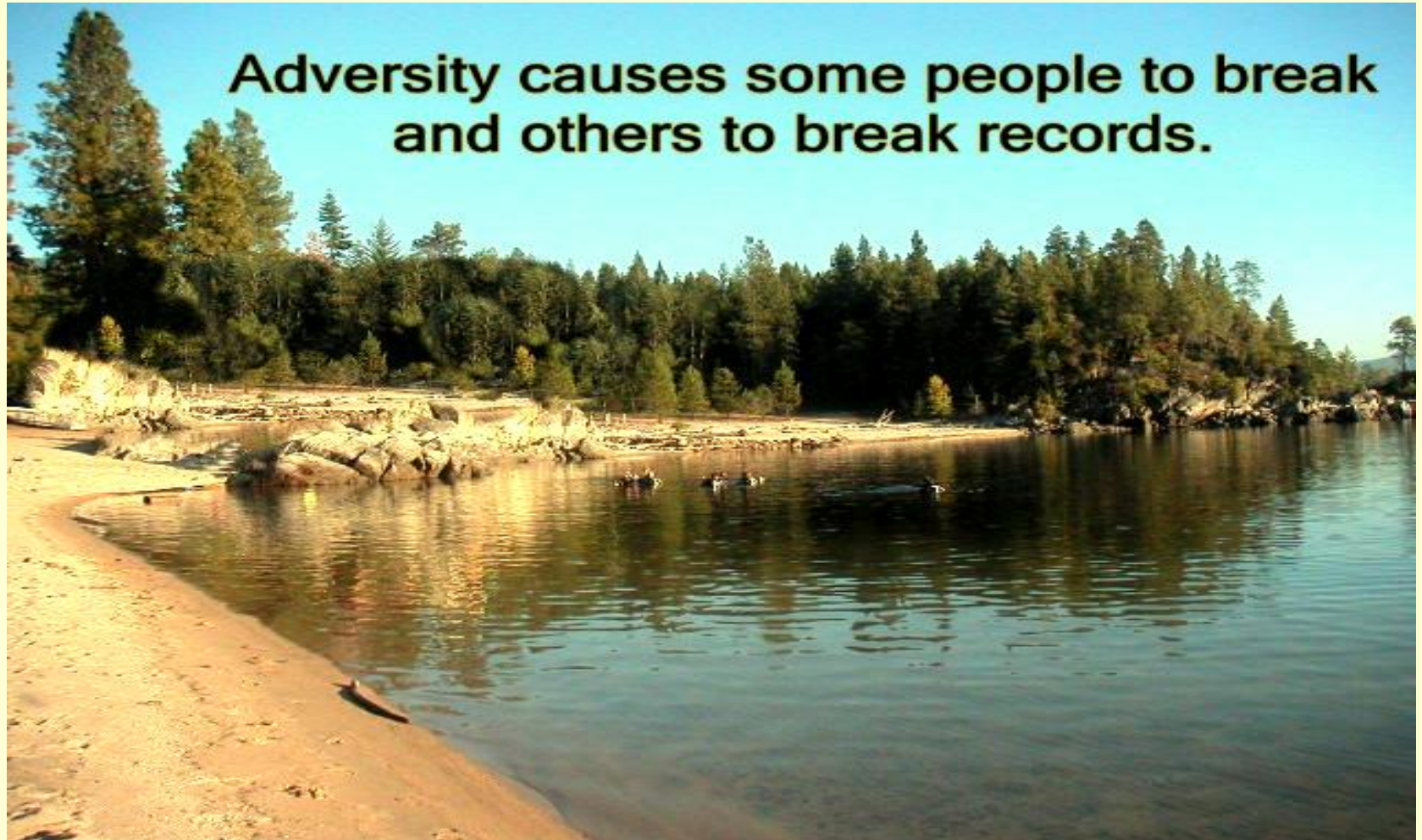


I choose to be careful when releasing my emotions in situations when the emotions can influence my decisions to needlessly spend my money.

**Opportunities multiply
as they are seized.**



I dedicate myself to achieving what I want, and I commit myself long enough and fast enough to accomplish my goals.



I am 100% responsible for the abundance and pleasure
I receive created naturally by the goals
I set and environment I create.

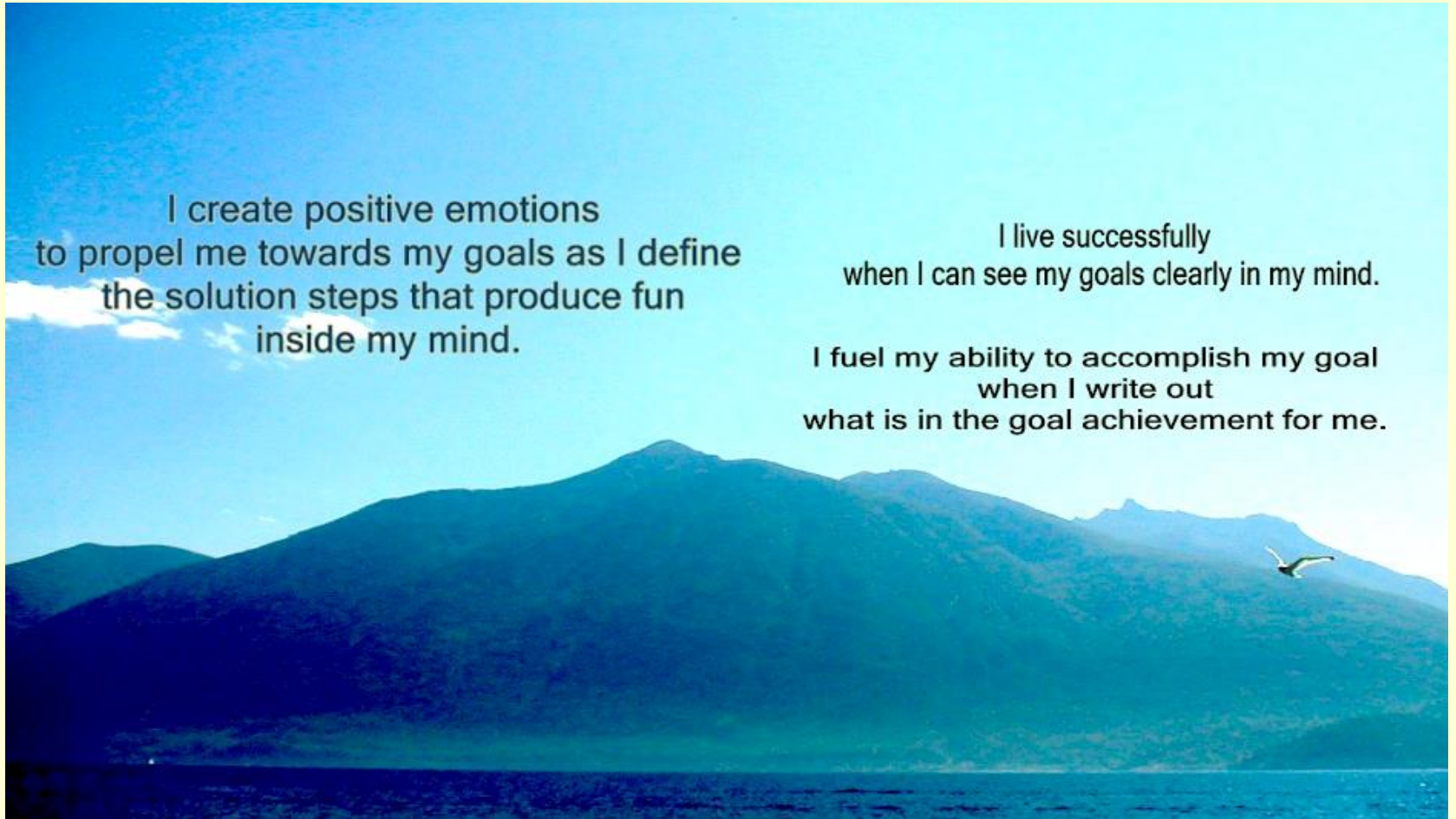


I keep my body clean on the inside when I drink clean water and eat nutritious food. I keep my trim figure and maintain a healthy body when I include less sugar and salt and fewer calories in my diet.

I create positive emotions
to propel me towards my goals as I define
the solution steps that produce fun
inside my mind.

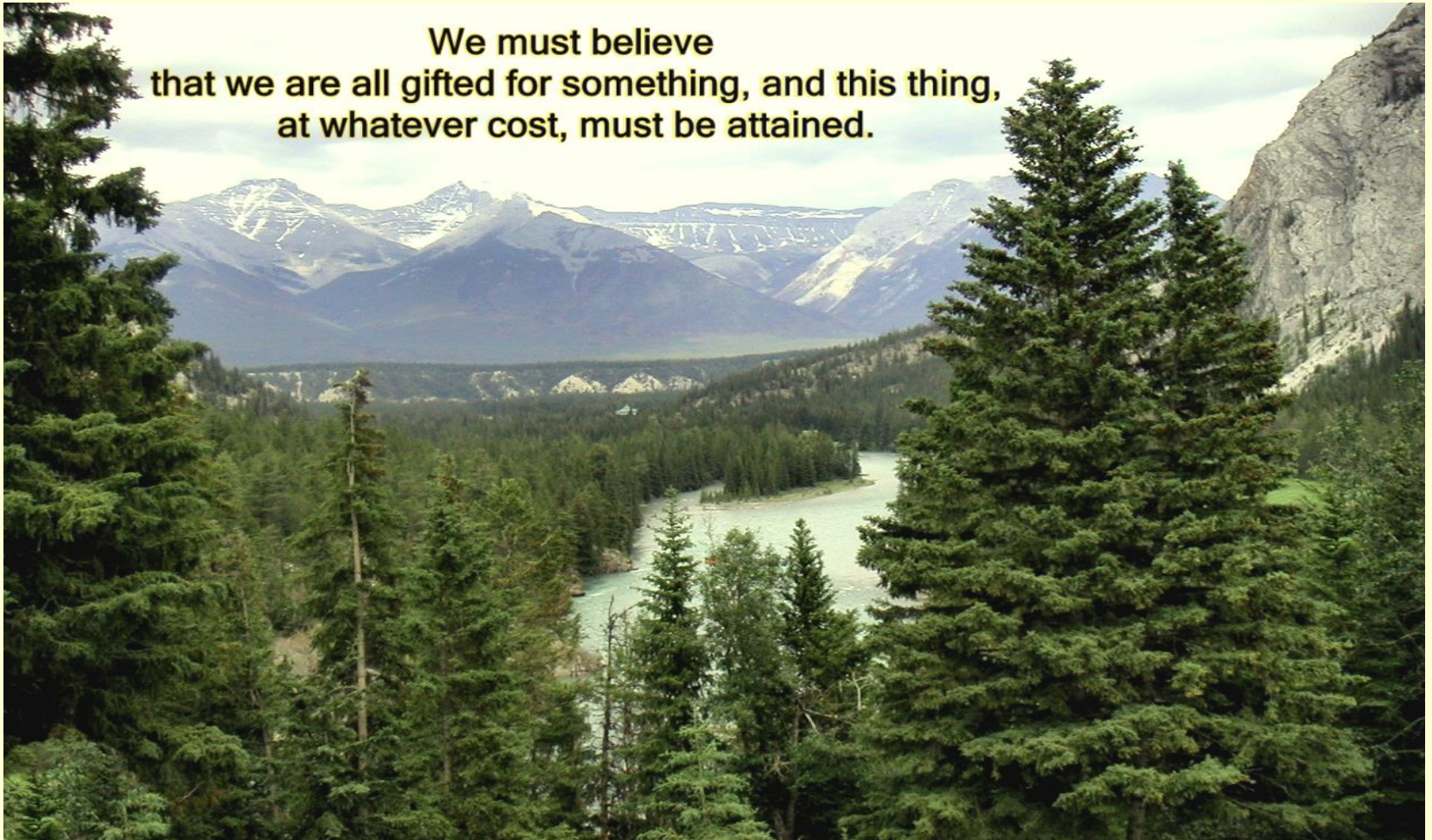
I live successfully
when I can see my goals clearly in my mind.

I fuel my ability to accomplish my goal
when I write out
what is in the goal achievement for me.



I have added specialized education to my life.
I have also improved my ability to
focus on setting positive energy goals.

**We must believe
that we are all gifted for something, and this thing,
at whatever cost, must be attained.**



I can increase happiness and add to the accomplishments
in my life when I positively focus my mind.



I feel the burning desire in my mind to live a great life as I focus on the benefits I am waiting to receive.

If I am going to play

I always play to win.

I win with peace of mind
and happiness in my heart.

I visualize my goals
completed with the ideal result.

In doing so,
I am programming my success
and future.



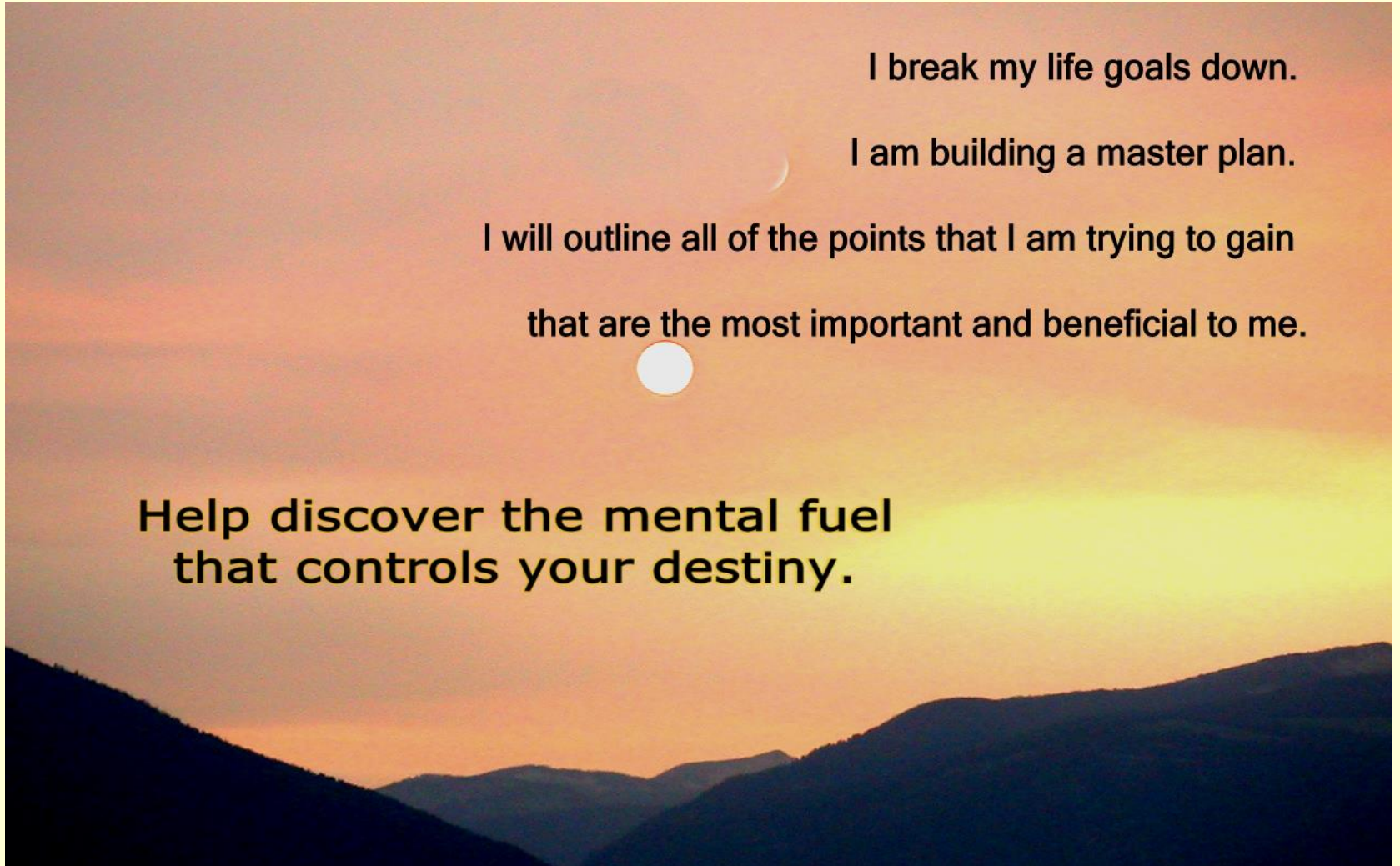
My goal is to create a long, happy and healthy life.
I Keep a healthy mind in a healthy body.

I break my life goals down.

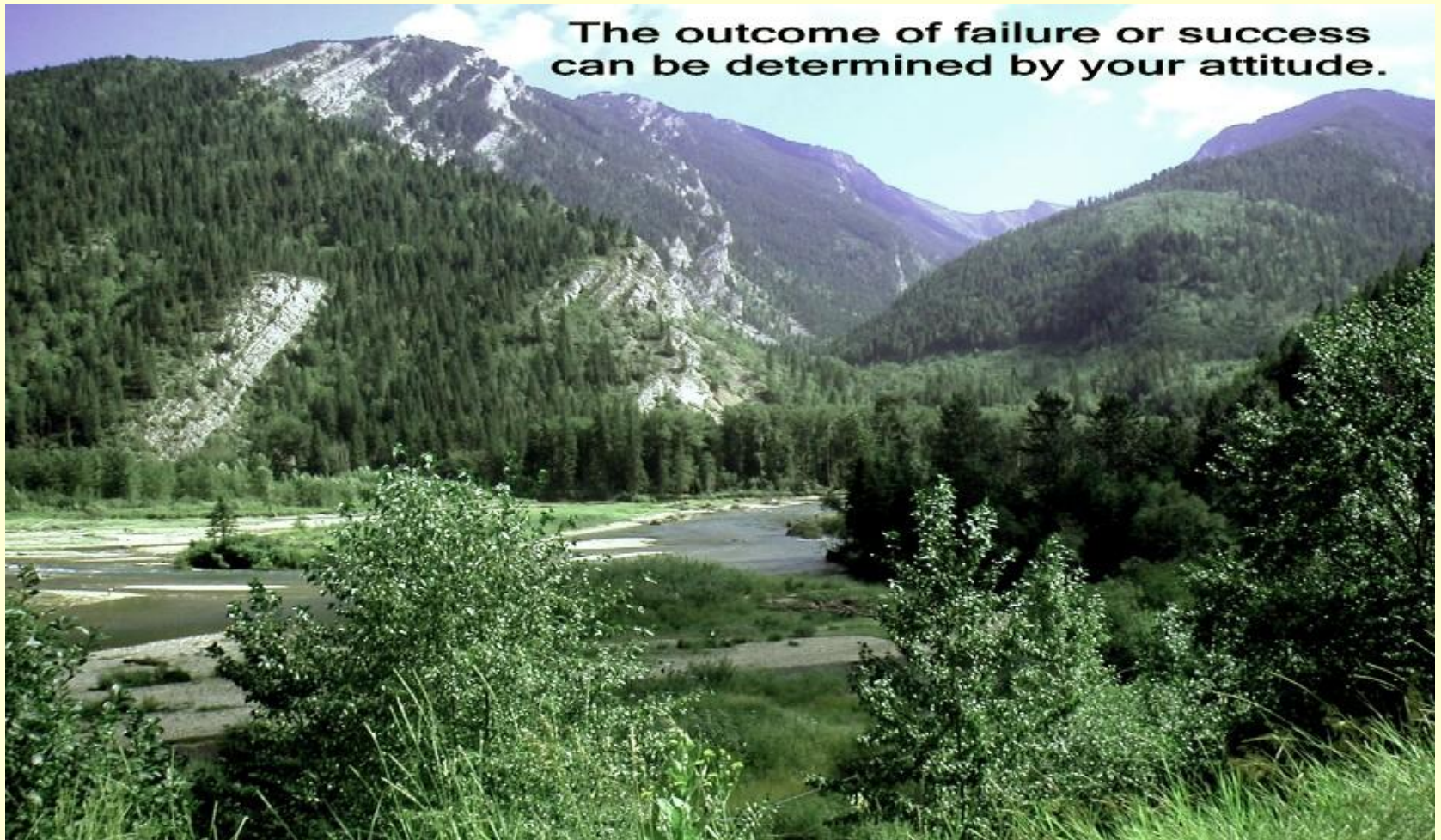
I am building a master plan.

I will outline all of the points that I am trying to gain
that are the most important and beneficial to me.

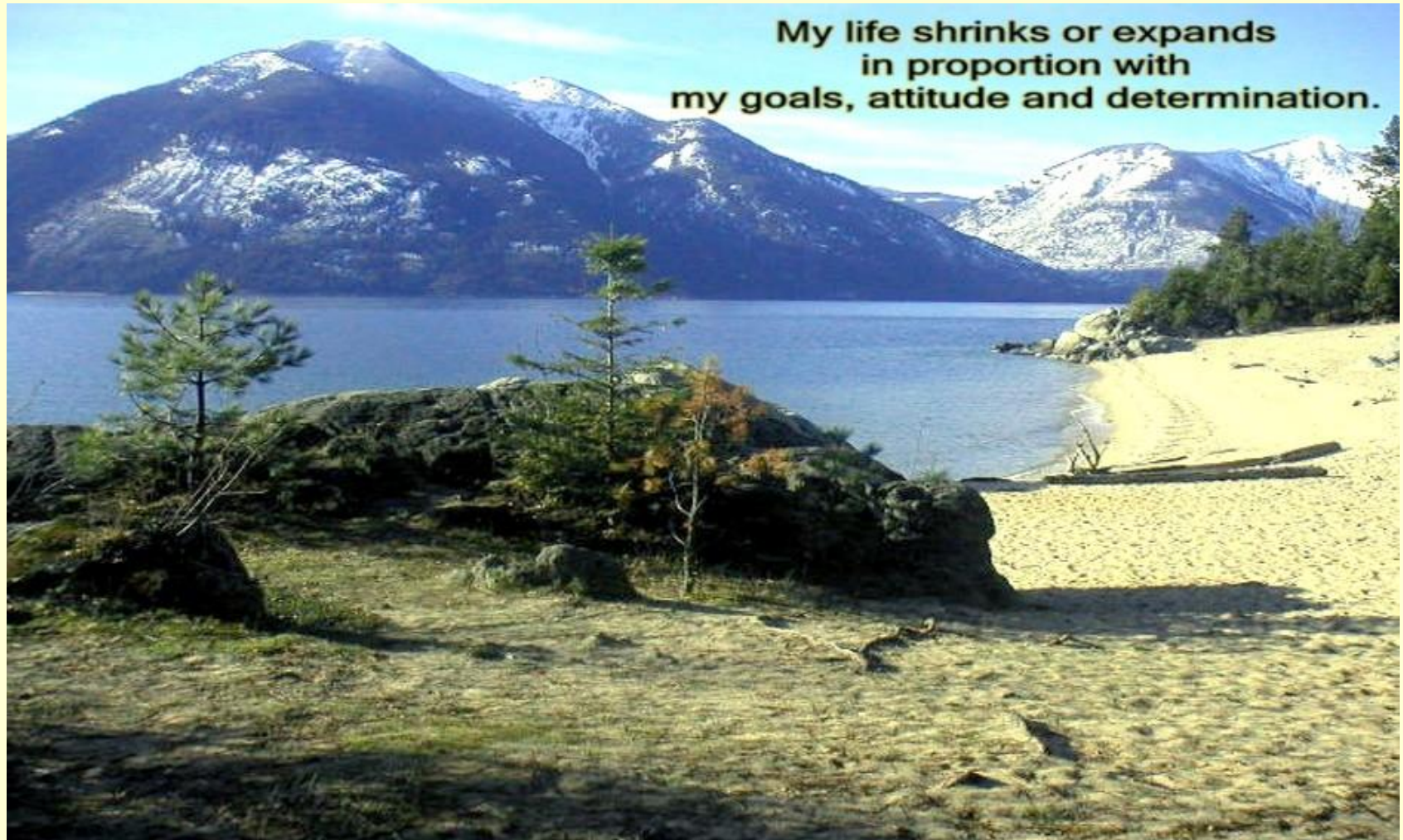
Help discover the mental fuel
that controls your destiny.



I love to keep my knowledge current
in science and technology and world affairs.
I feel confident about discussing important issues.

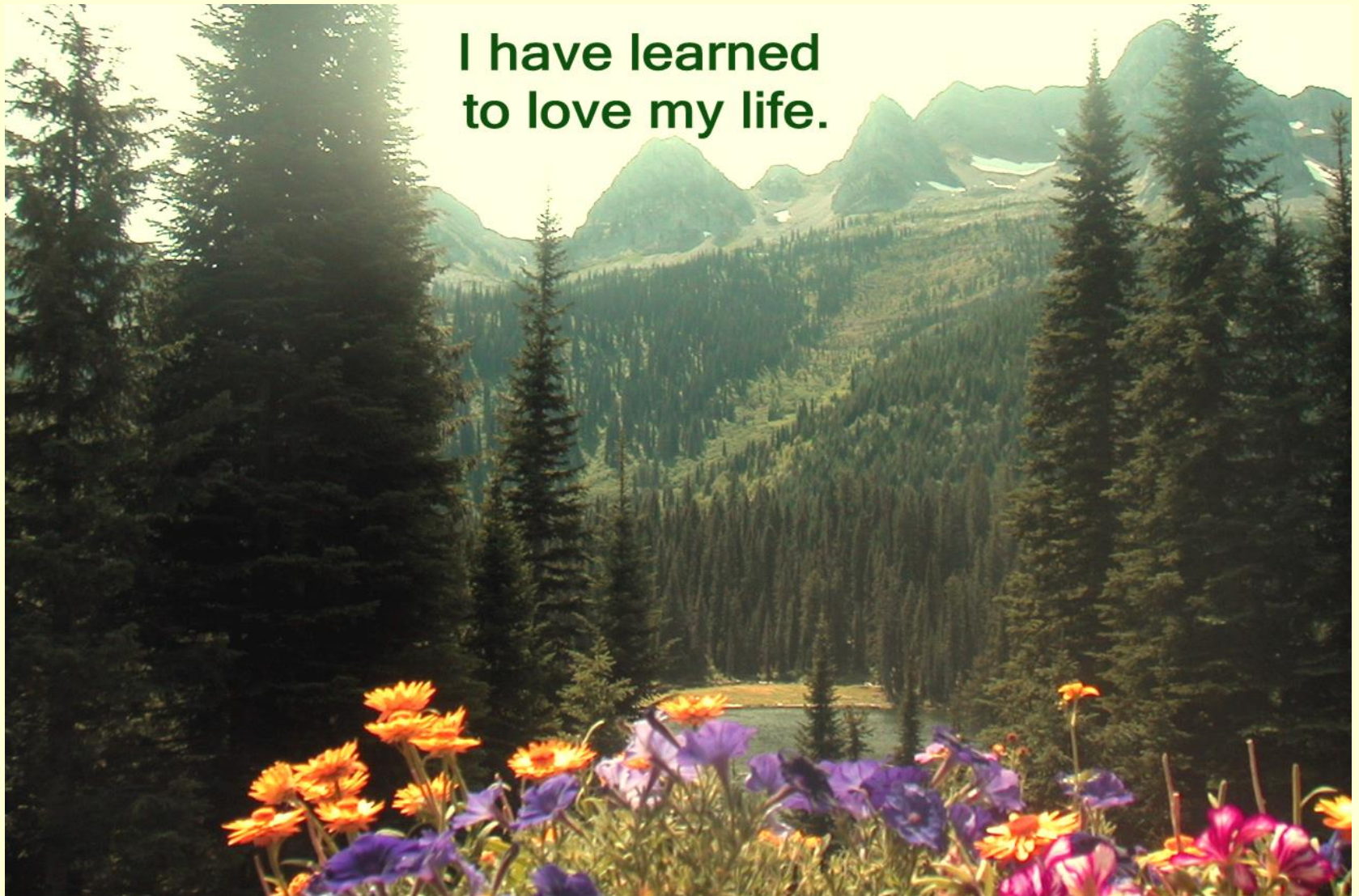


I enjoy designing my life through a
positive energy master plan.



I will be successful in many challenges I encounter.

**I have learned
to love my life.**



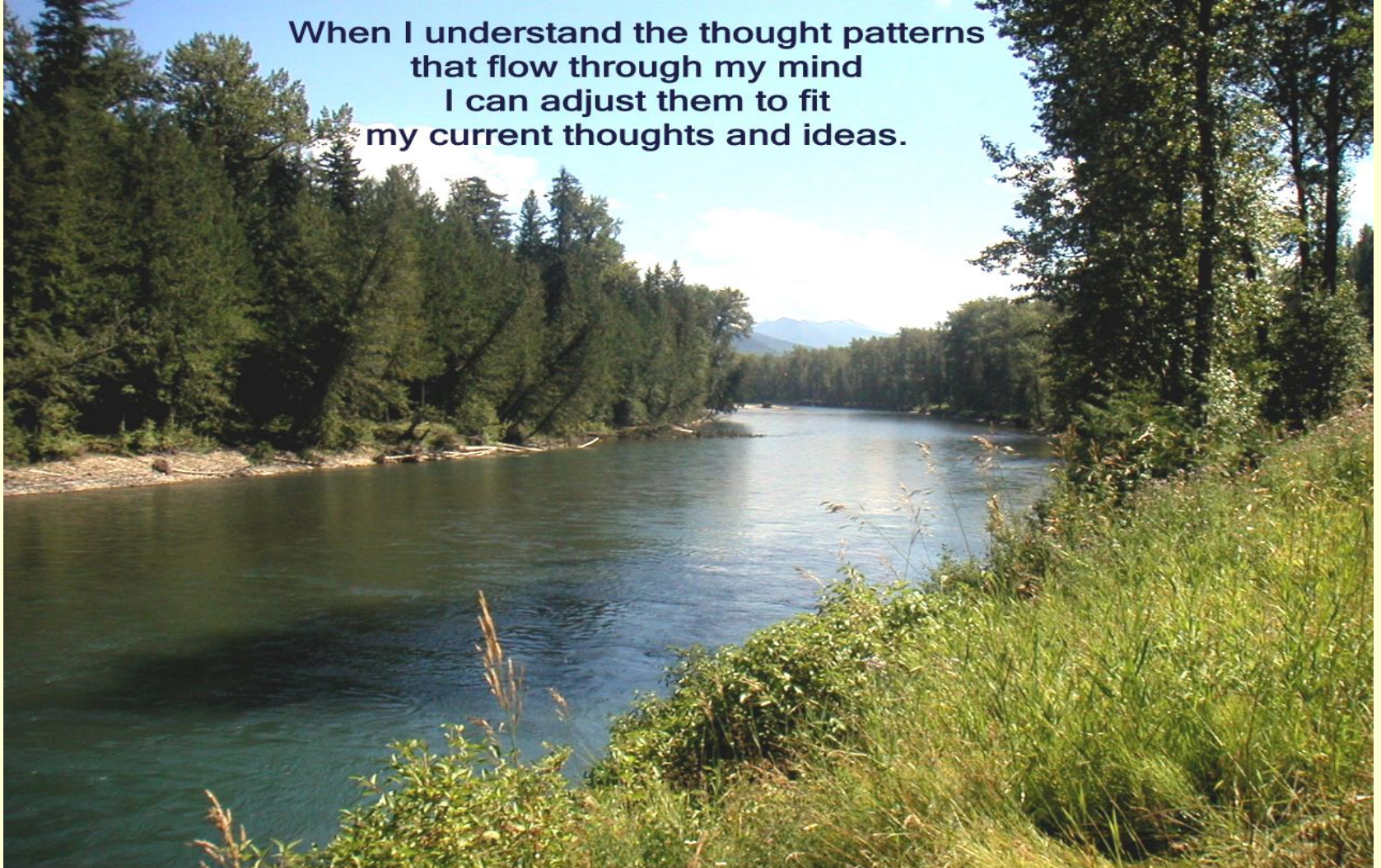
I love taking responsibility for my
personal health and happiness.

**No life ever grows great until
it is focused, dedicated and disciplined.**



I listen to my mind's dominant thoughts during a daily peaceful thirty-minute walk through meditative silence.

When I understand the thought patterns
that flow through my mind
I can adjust them to fit
my current thoughts and ideas.



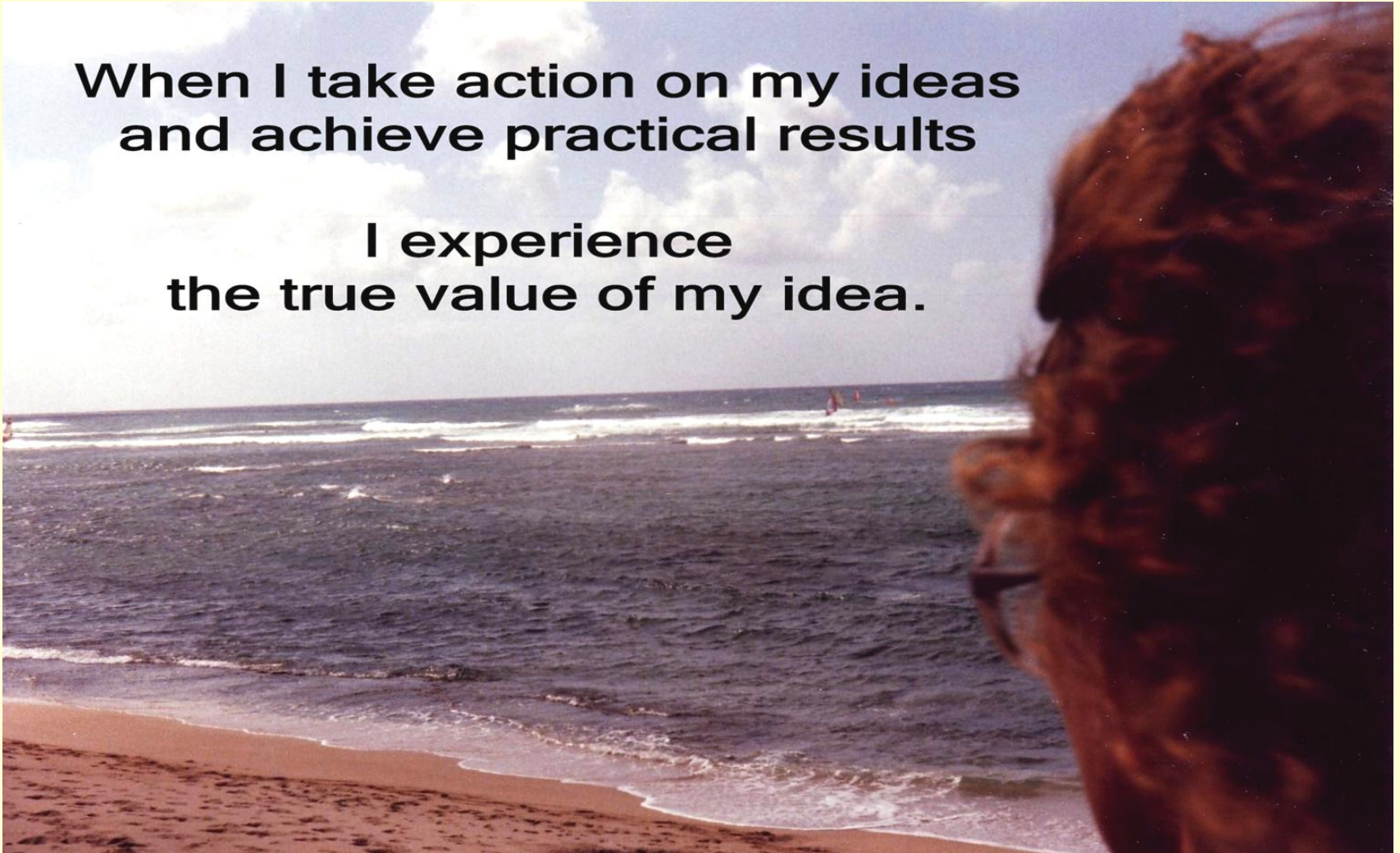
Welcome
to the section
on Ideas.



**I love making more money than I need
while I live comfortably and happy.**

**When I take action on my ideas
and achieve practical results**

**I experience
the true value of my idea.**



Through applied education I am learning
to naturally create a good life and empower myself.
I enjoy exceeding my past limited personal expectations.

A golden retriever puppy is lying on its belly on a lush green lawn. The puppy is looking directly at the camera with a calm expression. Its fur is a light golden color, and its ears are floppy. The grass is vibrant green with some dry blades scattered around.

**I ask other people
with similar knowledge
about my idea.**

**I listen to people who
disagree with me.
If I cannot answer their
questions, I will try to
find the answers.**

I remain objective with my ideas.

I do not let pride control my destiny.

I am the best person to champion my own ideas,
and to live the life created by them.

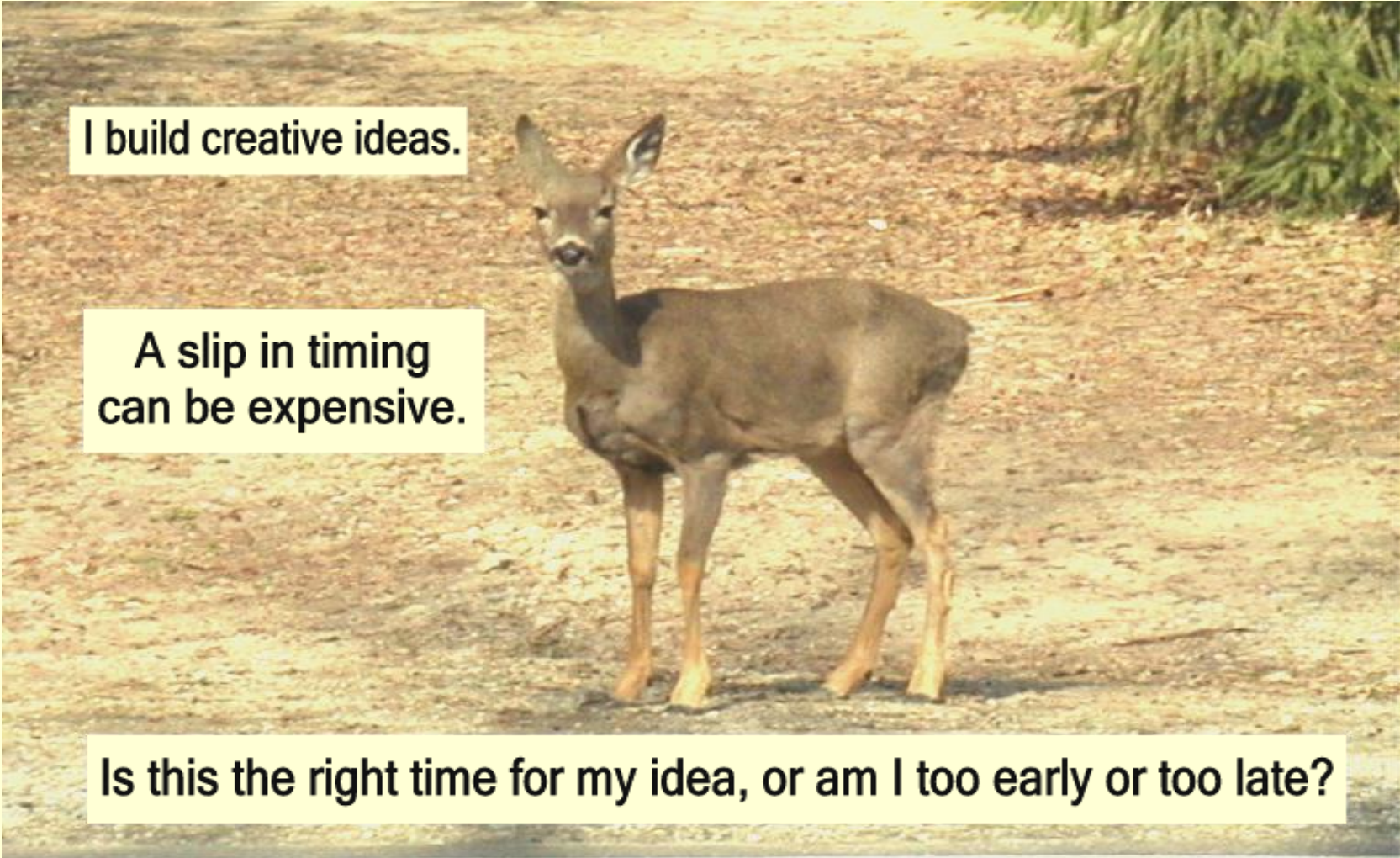
Every idea requires a champion.

**Someone who
believes in the
idea and will
push ahead
against all
adversity.**

**Without a champion
even the best ideas
will fail.**



I believe in myself and now realize I have the ability to maintain my healthy, positive state of mind.



I build creative ideas.

A slip in timing
can be expensive.

Is this the right time for my idea, or am I too early or too late?

I like setting new goals and achieving them.

A photograph of a golden retriever puppy lying down in a field of tall, green grass. The puppy is looking towards the camera with its mouth slightly open. Four white text boxes with black text are overlaid on the image. The first box is in the top left, the second is below it, the third is in the bottom left, and the fourth is on the right side.

Can I complete my idea?

Is my idea feasible?

**If my idea can be done
am I willing to do the job?**

**Will it be
possible to
justify my
expenses
generated
compared
to the
return on
investment
opportunity?**

I have the information and tools to become my own mental architect. I am good at what I do.

A small, fluffy brown dog is lying on its side on a light-colored tiled floor. A white and brown sneaker is placed over its head, with its front paws visible through the shoe's opening. The dog's eyes are looking towards the camera.

**Is my idea simple
to understand and do?**

**The world is full of
people who
will help carry
out my idea.**

My positive attitude makes me flexible and open to new ideas.



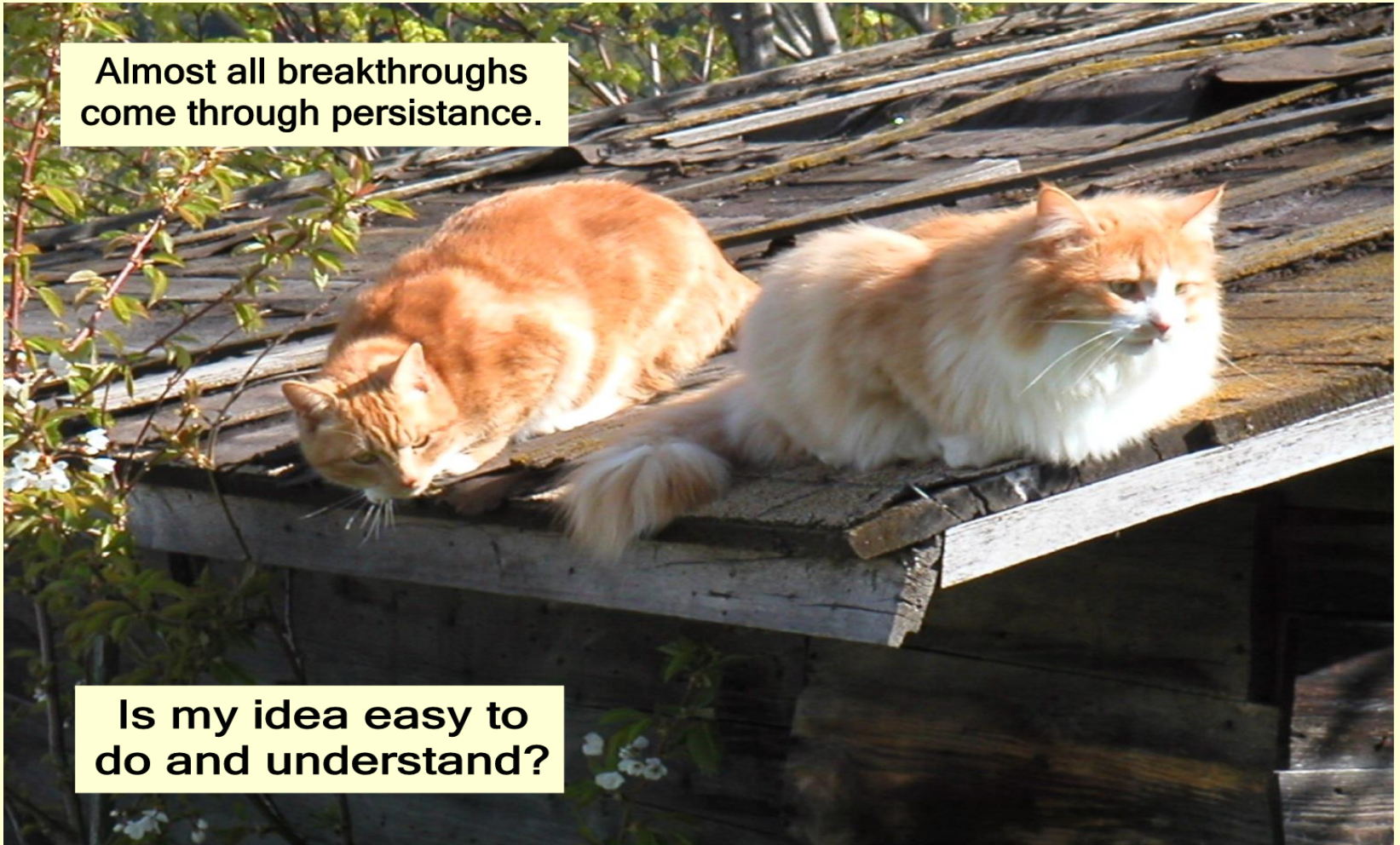
Before I approach
anyone
with my idea

I make sure that I understand my idea
and I have thought it through.

I enjoy having a good memory with incredible recall capabilities. I like being smart.

Almost all breakthroughs come through persistence.

Is my idea easy to do and understand?



My future is created by the way I think.



**I check all of the
financial expenses
for my idea.**

What are the key benefits to my idea?

Money flows to those who desire it and know how to use it wisely.



I do not over-sell my ideas.

Any addition to the truth
is a subtraction from it.

I am invigorated with more positive personal energy through working with this program.



Can I create a product or service out of my ideas?

Can I bring together the proper resources in a reasonable period of time?

I create my healthy body and state of mind
through making a habit of incorporating clean positive
ideas into my attitude.



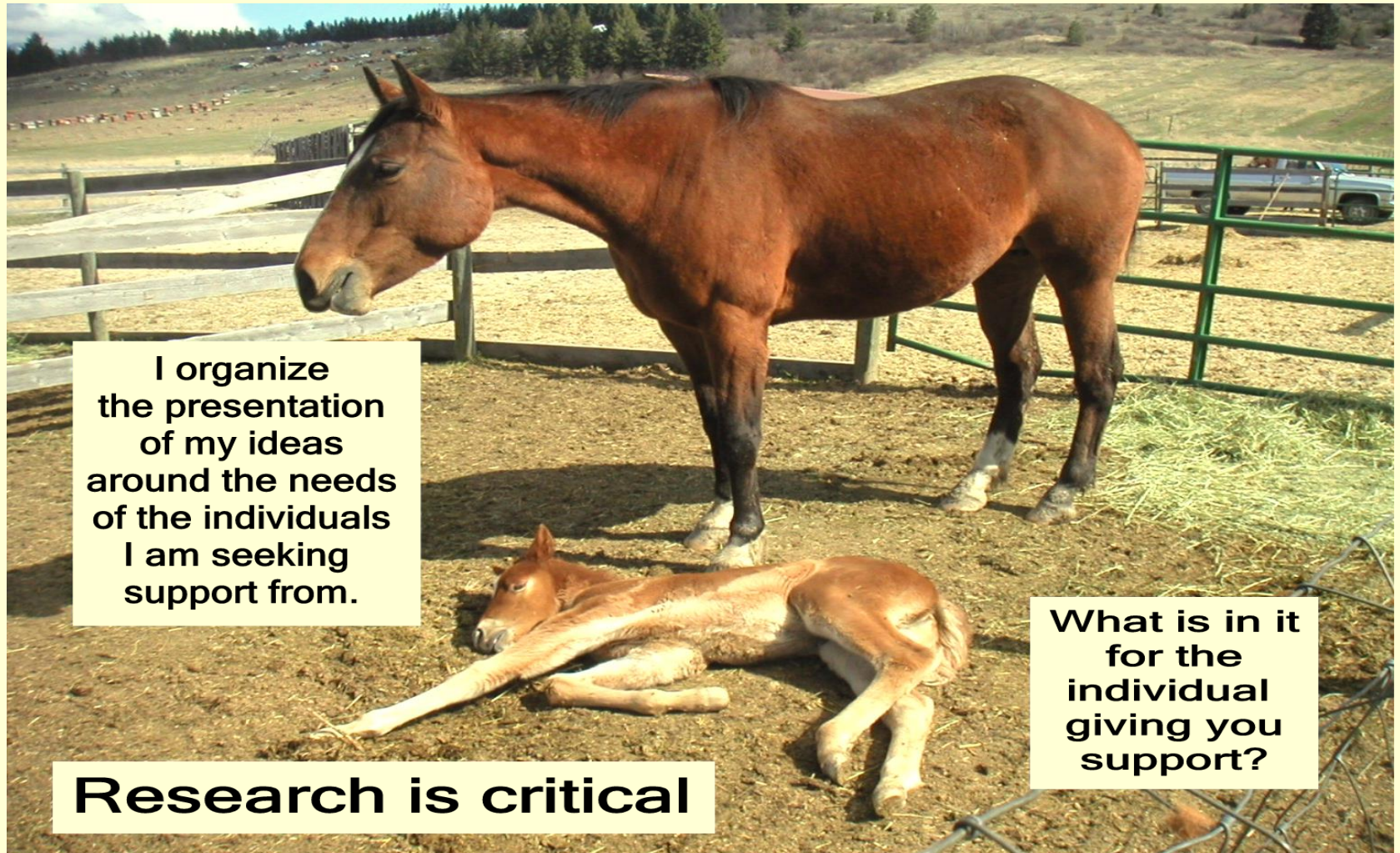
I feel safer as I naturally grow more powerful within my mind. I feel myself growing stronger every time I repeat the experience of this educational personal growth programming cycle.



**I take full
responsibility
for testing my
idea on a
small scale.**

**I will commit time
and resources, to
generate the benefits
I am projecting.**

My personal life is in balance with my morals and this brings about peace of mind.



I organize the presentation of my ideas around the needs of the individuals I am seeking support from.

What is in it for the individual giving you support?

Research is critical

I am pleased to see I have converted wasted time into positive fun activities that I enjoy doing.



I am resourceful when explaining my idea and allow for the time it takes to mentally digest the idea.

Intelligence is a way of acting.

Let your ideas cool off before you launch them.

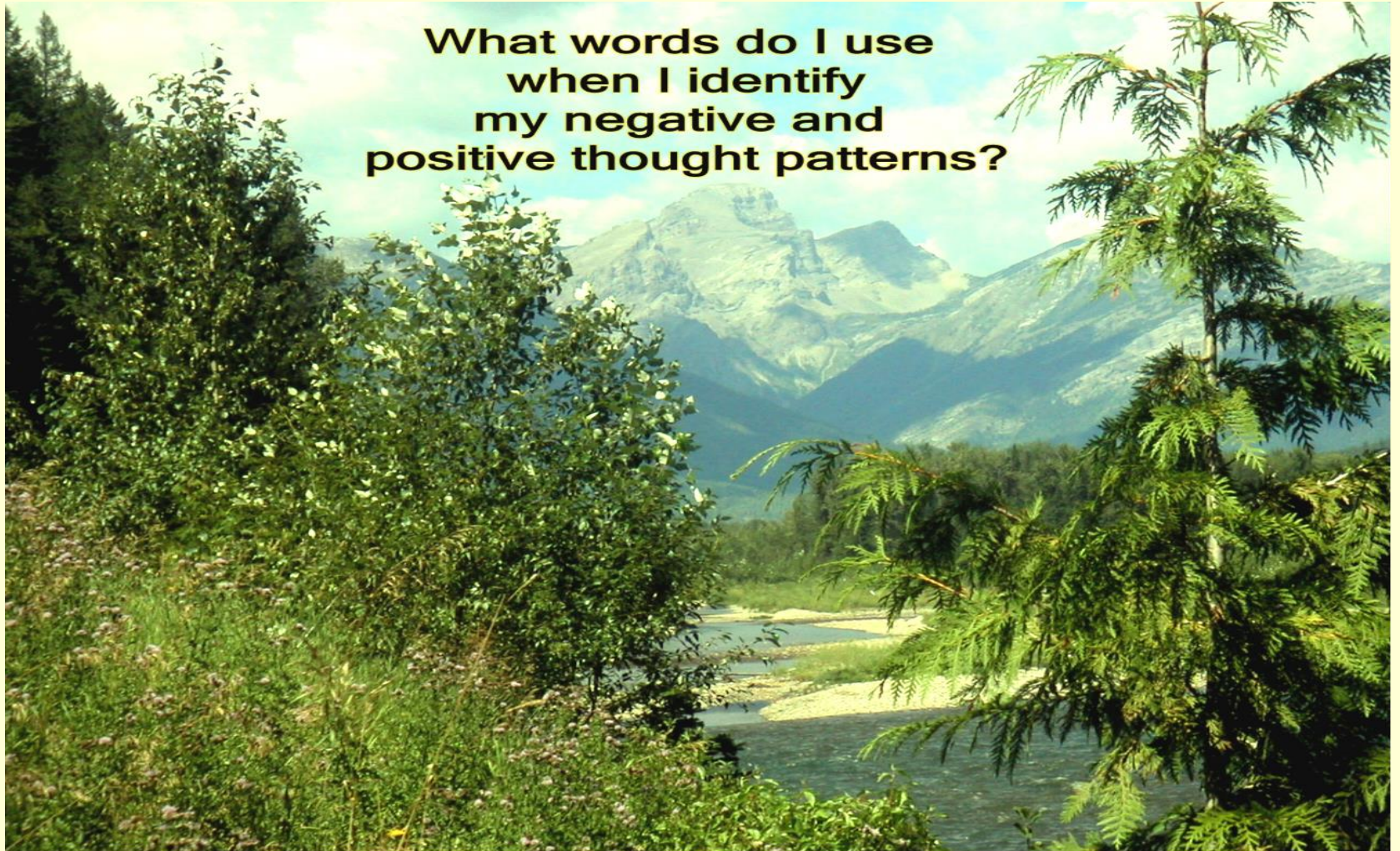
Reflections and Affirmations



When I engage my mind in
educational growth patterns
that I enjoy,
I have the pleasure of
watching myself grow.

I focus on finding better ways to get more fun and happiness out of life.

**What words do I use
when I identify
my negative and
positive thought patterns?**



I am the winner who became stronger and happier
by finishing this book.

Every effect in my life is due to a specific cause.

**My thoughts are the cause of my life.
My living conditions are the effects.**

**I understand
how my thoughts are created
when I stimulate and nurture them
based on habit.**

**Changing the stimulating cause or thoughts
will change my life or the effect.
When I identify the cause
I can change the effect.**

Every morning I start my positive energy productivity cycle by focusing my thoughts on these answers in my mind.

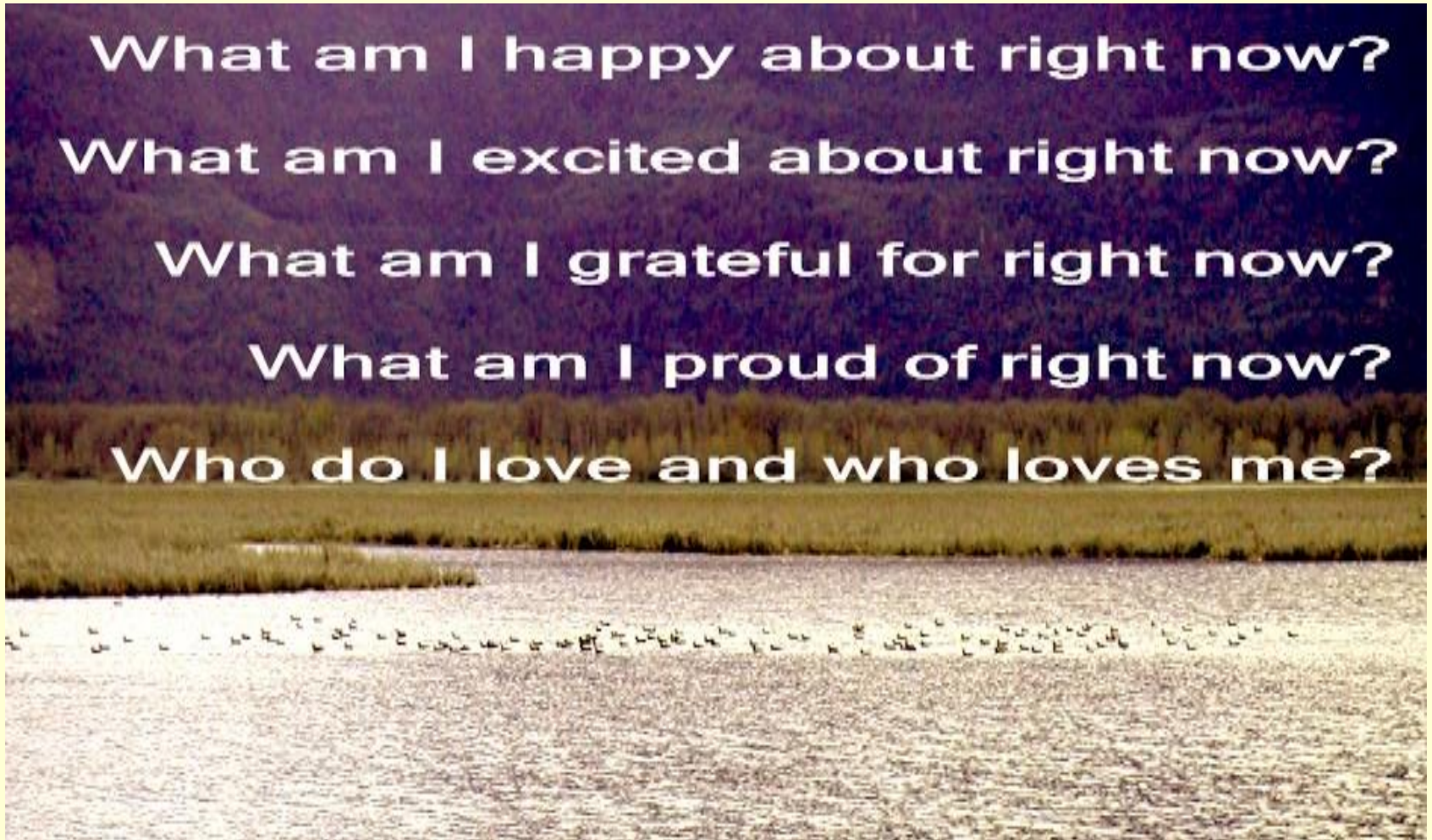
What am I happy about right now?

What am I excited about right now?

What am I grateful for right now?

What am I proud of right now?

Who do I love and who loves me?



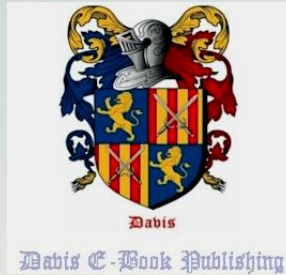
You are smart and intelligent and I believe in you.



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