



THE TAKEOVER

STRATEGY

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Self Belief

By John Thompson

Hello everyone, I hope you have had a nice week. I want to speak about self in this newsletter this week, as it's a common pattern within most clients lives we come across. Having an identity of Self is so important not only in everyday life, but also in business and career. Like Research is a foundation for starting a business, self is a foundation for personal and spiritual growth which works alongside your business and career. Self belief is part of that process, and is the number one part of self which seems to have the most implications. Clients sadly don't believe they can achieve what they need to achieve, they don't think they can build a business, they don't think they can change, so they need to stay in their own fear and carry on as normal and this couldn't be further from the truth. We all have believed in the devil on our

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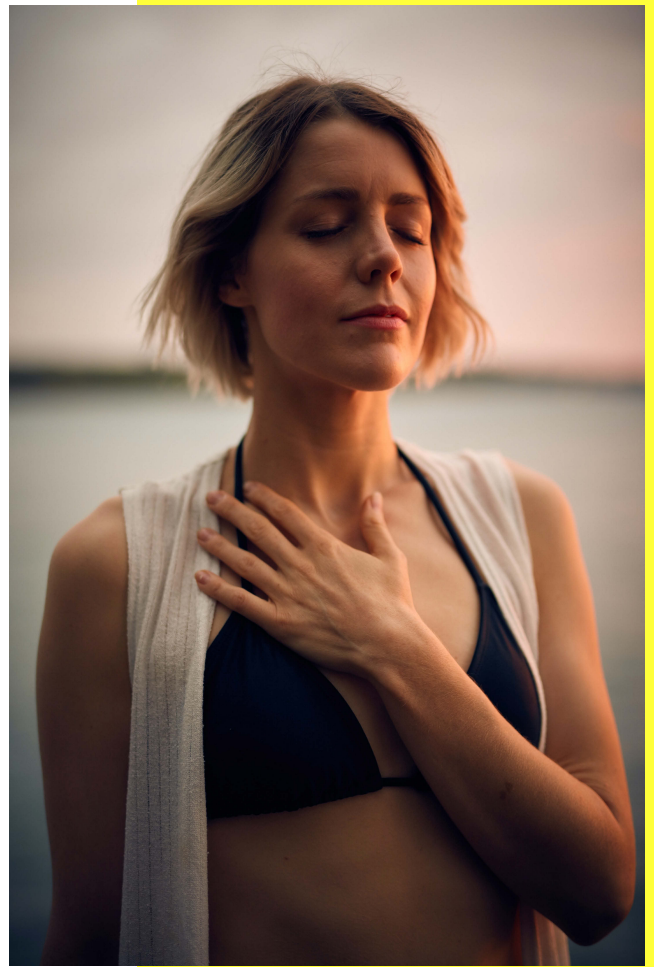
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SELF BELIEF

shoulder at some point, some have it harder than others, that's something I am very sure of. I am not totally sure why some have larger demons than others, but I think I do see patterns. It seems to be the bigger the life purpose the bigger the demons, and I am not talking little red men here, I am talking about the demons of the mind, but these demons in my experience are meant to effect humans in two different ways. The two ways are sink or swim, you have two options, you either use the demons to fuel you, or you use them to keep you trapped! This is why people like Eric Thomas are som influential, and he a prime example, he has taken alot of plain in his life, alot, but he used that pain to fuel him, he's converted water into fuel, his demons and believe me he will have the, fuel him to succeed, this is very simliar to me, and should be what you do. This is having that belef, when you use that power to fuel.



SELF DISCIPLINE

By John Thompson

Self Discipline is when the game really starts, because this is what fuels your belief. I shall explain, when you have discipline in yourself, you then stick to what you believe, which of course builds your self belief in what you are trying to achieve. Clients always think, well yes I do believe and I am disciplined, but I still have doubts! Yes, you will have doubts, because there is going to be something that doesn't want you to achieve, but this is the thing that makes you achieve if used in the correct manner, this is what we can teach you, we teach you to either have discipline, or to continue to have disipline, but when that doubt comes up, we teach you to grab that doubt and turn that doubt into your fuel. So eventually when doubt comes up, you will see that as another gear, almost like a turbo button on a car, zoommmm and off you go.

SELF ACCEPTANCE

By John Thompson

Self acceptance comes into play which allows you to accept the doubts as positives not negatives. I get doubts everyday, my doubts are massive, really big, but my purpose is BIG. But I can control them, and I can use them, sometimes I even struggle to do it, because they are heavy, however I am stronger than them, they don't make me who I am, I decide who I am and what I want be, and I still go forward to my goal, however there isn't a final destination, this is my life now. What I am trying to explain to you is every one has these doubts, but the more you push along your purpose, and you will have one, everyone has one, it will get tougher, the demons and doubts will scream at you and they will want to be heard, but you do not every waver, because the doubts are you? They are not a person in you, or a ghost in your house, it's you telling you, that's it, it's you, it's FEAR



CONCLUSION

Today's conclusion is very simple, everything leads from one thing to the next, everything is inter linked. You have self discipline, you have self belief, you have self belief, you have self acceptance, but the important factor here is that you will never get rid of the self doubt, it will always be there, it's meant to be there, it's just how you use it, do you let it cripple you and stay comfortable and stuck or do you use it to fuel you to the next level? You get a doubt, you laugh at it, you can imagine it is a person if you like, it tell you something you laugh then you imagine their face when you laugh, they try again and you can even say to yourself and give them a talking to, in fact this is a great way of doing it! Because what this does it builds your strength, because you are promoting positive self talk, and if you keep doing this, you will eventually change you internal talking patterns. Why do you think? People looking at someone talking to themselves, says they are crazy? Where has it come from? The media, society, because it's something you should do.