

Motivating Tips

~ By Jan Tincher

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WELCOME! My name is Jan Tincher and I am a Hypnotherapist and a Master Neuro-Linguistic Programmer in Forest City, Iowa. I trained with Richard Bandler and Anthony Robbins and, *yes, I did the famous fire walk*. Now, I show people how their mind works and explain to them in down-to-earth language that if they can think, they can change their thoughts. If they can change their thoughts, they can change their lives.

Check out the tips offered in this free ebook, they are written to help you feel better. It has four sections, stress, goals, self-esteem, and success.

Stress

Motivating Stress Tip #1

Did you know there was a cure for heartache?

There is.

Laughter.

Have you ever sat through a funny Marx Brothers show and felt the same way you did before you started watching it? Probably not. I taped a whole video cassette of World's Funniest Videos and I watch it when I want to feel more joy and laughter. I can't help but laugh. It may not cure everything, but it takes away anything from heartache to headache for as long as you're watching, and many times way beyond. Many times, when your heart is healed, your body follows suit.

What makes you laugh? Figure it out and use it often.

Do you have stress in your every day life? Let Jan Tincher, Master Neuro-Linguistic Programmer, help you. Great articles, great strategies you can implement immediately!
Go here: <http://www.tameyourbrain.com/stress/index1.htm>

Motivating Stress Tip #2

Are you stressed? Are your friends stressed?

Have you ever thought about starting a Laughter Club?

Here's how you do it. Invite a few of your friends over to your home. Once everyone is there, just stand around and laugh. It's not that hard to do. Just start telling jokes that make people feel good.

Do it first thing in the week day morning for fifteen minutes.

TIP: It would be nice if you could make it a point to meet on Mondays, which is when a majority of heart attacks take place.

Many people seem to be too busy, but if they see that you are having fun AND accomplishing something - preventing heart attacks -- that will entice them to join you.

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Motivating Stress Tip #3

Love is the polarity of fear.

Every time you experience fear, ask yourself: "What is going on that I have substituted fear for love at this moment?"

Fear is a current of energy that runs through your body and is produced when you feel cut off from the source of all unconditional love -- God, Allah, or whatever you feel that love coming from.

Make it a habit to NOT cut yourself off from your source. He NEVER cuts himself off from you.

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Goals

Motivating Goal Tip #1

What are your goals?

The difference in your ability to fully tap your personal resources directly affects your goals.

People who have a clear specific set of goals written down, with a plan for achieving them, succeed far more easily in life than those who do not. Also, the level of happiness and joy that you feel when you go after those goals makes them much easier to attain.

Are you happy about your goals? If you aren't, take responsibility now and change them to goals that work for you. Make them goals that work for you spiritually, mentally, socially, emotionally, physically, and financially. Once you've defined those goals to fit your parameters, those are the ones you will attain.

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Motivating Goal Tip #2

What do you really want?

One of the most important duties of your conscious mind is to tell your subconscious what you want -- and then to believe with all your heart that you have received what you have asked for.

You must shut the door of your conscious mind on every thought, or suggestion, of worry or fear of failure. You must exclaim "Cancel, cancel!" whenever you have a thought that even hints at worry or fear of failure. Get that thought out of there and replace it with a good thought. One that says to you that all is well, all is going to work out.

Once you learn how to do this, the sky is the limit.

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Motivating Goal Tip #3

How committed are you to living a better life?

Being committed means -- increasing your awareness so you have control of your emotions.

Being committed means -- deciding how you're going to stay focused without losing sight of everything and everyone that is important to you.

Being committed means -- creating and maintaining a vision of your dreams and goals.

Being committed means -- developing a plan to accomplish those goals.

Being committed means -- KNOWING that you are going to take the risks necessary to move forward.

Being committed means -- having a support group.

Being committed means -- learning all the time.

Do you want a better life? Are you ready to make a TOTAL commitment?

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Self-esteem

Motivating Self-Esteem Tip #1

How To Get A Positive Mind Set

Eliminate negative expressions of thought and speech. You may not think you have very many, but if you really look at a whole conversation you've just had, you will see the total effect of those seemingly harmless negative thoughts. They have cluttered up your conversation and the total effect is what conditions the mind negatively.

Analyze your conversational habits. Do you say, "I'm afraid I'll screw up." Or "I'm always wrong anyway." Or "I can never seem to get anywhere on time." Or "I can't do that."

It's surprising how fast they accumulate. If you say something enough times, your brain starts to accept it as true, and encourages it to happen more often.

How does a successful person program his/herself for success? They give instructions to their brains repeatedly.

Realize you are not programming success into your life if you are continually programming failure in even the littlest of things. Pay attention to your thoughts. Encourage success in little areas of your life so that you are ready and able to succeed in the big areas.

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Motivating Self-Esteem Tip #2

How To Feel The Power

Pay attention. Pay attention to everything that goes on around you. Look at and feel the essence of the people around you, your environment, and your relationships.

Speak the truth. When you live in the truth, it aligns you with your Higher Source. Speak from your heart.

Ask for what you want. Take responsibility for what you want and for receiving it. Be prepared for it -- AND everything that comes along with it.

Keep your agreements. Align with the energy as you build your integrity. Massive energy is yours when you feel the power of keeping agreements.

Walk your talk. Show by example. Live your beliefs and let it be seen.

Pay attention, speak the truth, ask and take responsibility for receiving, keep your agreements with integrity, walk your talk, and live your beliefs. Watch as your life shifts toward success.

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Motivating Self-Esteem Tip #3

Five Steps To Accomplish Change

1. Decide what you really want. Decide what is preventing you from having it now -- we'll call that the problem -- and how you're going to change it.

2. The first thing to do is get leverage. Associate so much pain to the problem, that you can no longer stand it. AND associate so much pleasure to the experience of changing NOW, that you can't stand it if you don't change.

3. Interrupt the limiting behavior pattern, the problem that you want to change.

*** If it's swearing, then laugh out loud each and every time you swear. So what if it's embarrassing? Swearing should be too, but you somehow got used to it.

Now, get used to laughing whenever you feel a need to swear, anywhere from a little chuckle to a full-blown belly laugh -- whatever fits the situation. Hm. Laughter, joy, what a concept.

4. Create a new pattern that empowers you. For example, when you laugh, you might see yourself as a much more appealing person. Make a picture of it and keep that picture in front of your face *mentally.*

5. Do, act out, CLAIM the new pattern until it consistently appears in your life. Remember, we make our habits, then our habits make us. Good luck!

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Success

Motivating Success Tip #1

When you are doing a project, do you have a clear image, a clear picture in your mind, of the result you want to achieve?

Look at your picture again. When you look at it, do you get the feeling the goal has ALREADY been achieved? If not, rearrange things in that picture to make it feel that way. Bring the picture closer or push it farther away. Give it more color or give it less color. Put movement, taste, smell, if appropriate, in the picture to give it more appeal.

Work with it until it is right for you and you are feeling very successful when you look at it.

If that picture tells you you've already achieved your goal, then you will feel successful, just by looking at the picture. If you don't feel successful, rearrange things again.

***** Remember, if you don't FEEL successful, you won't BE successful. *****

We all make pictures in our minds. Are your pictures of success or failure?

Who's in charge? You are! Who can change the pictures so that you go toward success?

You can!

How does your picture look now? What kind of pictures are you making in other areas of your life? Change those pictures, also, until YOU feel successful everywhere. Good luck!

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Motivating Success Tip #2

Do you like what you're doing?

What if you don't, but you have to do it?

Well, you don't HAVE to *not* like it. For some reason, you just don't.

So how about if you decided to try to like what you're doing? Do you think you could? Great! Here's how.

Look at the picture you've made in your mind about the work you are doing. How far away from you is it? Bring it closer. Closer. Closer. Bring it as close as you can and still be comfortable with it.

TIP: If you bring it too close or put it too far away, it will be either uncomfortable or blah. We don't want that.

OK. Now, that it's comfortable, give it some color. More. Make it brighter. Play around with it. Now, put some sound in it. Your favorite song, the wind, dogs barking, what people are saying to you, what you are thinking, whatever. (My favorite song is *I Am Woman* <grin>) Now, if you want to put a scent in it, one that makes you feel in control, do that.

TIP: As an example: I love Christmas candles, they make me feel all . . . Christmasy. Which scents make you feel in control and comfortable with yourself?

Now, put some movement in it. Maybe if you're outside, the grass is blowing in the wind. Maybe you are moving. Keep playing with it until you like what you're doing, and realize that you are on the right track. Now, just for fun, keep playing with the picture until you find you *really, really* like what you are doing. What a concept, huh?

Now, is there any reason you can't like what you do? Isn't it great, being in charge of your mind?

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Motivating Success Tip #3

The only real competition you'll ever have is in your own mind.

If you think you are bad, you are bad. (Either you are ignorant of the part of you that is good, or you are ignoring it on purpose.)

Make a good image of yourself. When you have a good image of yourself, it eliminates competition from your life by moving you from competitive plane to creative plane. You make what you are. Be creative and make yourself really great! If you aren't what you want, change it.

You will soon understand that the only competition you'll ever have is in your own mind.

If you can accept what you are, or are making of yourself, there is no longer any need to compete.

What are you? What are you thinking?

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Thank you for reading.

Jan

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