

How To Condition Your Mind For Success

By Al Martinovic

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Your mindset is a strong factor in achieving any type of success. By creating S-M-A-R-T goals for yourself you can condition your mind to achieve whatever it is you desire.

S- Specific
M- Measurable
A- Achieved
R- Reasonable
T- Time

Specific - Be very specific about what your goal is.

Measurable - Make sure you can measure your goal so you know when you have achieved it.

Achieved - State your goal in the present or past tense as if you have already achieved it.

Reasonable - Your goal should be reasonable enough that you can attain it. At the same time, it shouldn't be too easy to obtain but obtainable. Stretch yourself.

Time - Have a specific date on when your goal will be achieved. Give it a deadline.

To achieve your goal you must have a plan and you must take action. Write down what you will do and how you will do it.

Visualize your goal. Put your emotions into it such as how it makes you feel after you achieved it, how you will celebrate, what it will bring or do for you etc.

Visualize you goal every morning and evening. The more you visualize the more you will do to achieve it. Have such a passion for your goal that you will do whatever is necessary to obtain it.

Practice these techniques and you will find when the desire is there, your subconscious mind will help you get it!

Al Martinovic is the publisher of the Millenium Marketers Newsletter. Subscribe today and get a FREE 15 minute telephone consultation in addition to 2 FREE Bonuses.

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