

Ask The Right Questions To Assure Your Success

By Lena Sanchez

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Thomas Jefferson wrote:

"Nothing can stop the man with the right mental attitude from achieving his goal;
"Nothing on earth can help the man with the wrong mental attitude."

You can never receive what you want until you learn how to get it! Right.

You want to know how to have those things? With a bit of work you can have anything you want, but you have to want it!

Having gone out and set up multiple medical offices and clinics for many (17) years I became an observer of mankind. Now at the ripe ole age of 64 I have learned some things along the way about life and people, but mostly about myself and I think I am typical. And yes I am still learning...

I would like to pass along probably the single most important lesson I've learned and that is how to analyze your self to assure your success...

The successful people I know have most definitely learned this lesson. Most people just roll through life taking whatever comes their way without ever knowing if they are possibly part of the problem for not obtaining the alluding success/happiness...The reason that only 2% of the population become financially secure is due to the lack of being able to determine how to dream real success. All the while chasing after it and wasting money and time trying to achieve it but never learning the lessons necessary to get to that certain level. That seems quite futile to me! Ask the correct questions that will get you to the place you want to be!

There is one true mode of thought in the world regarding our health, our families and our business...That being the PATH OF LEAST RESISTANCE sometimes known as BLIND FAITH - letting someone else make all the decisions for you by playing on your fears and insecurities and you accepting it as correct or right for you. This is done very simple and subtle and does not require much work on your part while you are hoping to succeed... (The word hope has set you up for failure as it is a negative word that plants the idea that you are not in control... Replace it with will, can or shall.) Usually blind faith is only going to benefit that person playing with your business and life...

It also almost always insures failure for you. I know whereof I speak as I've been there!

I forgot my own best advice for a while," Have faith in myself!" I found myself following the tendency to listen to everyone that might have answers when new at something. Being new at ebusiness I fell into that trap for a while and did not ask myself the important questions...

For almost two years I listened to too many others that I thought had the answers until I reached the point of enough is enough and searched out the answers for myself.

You have to break out of the habit of listening to those with ulterior motives and their own interests at heart. You must learn to make those hard decisions and trust that we know what is best for you.

How do you do that? Read on!

FEAR LIVES AS THE WORST ENEMY in our life and the BEST DISGUISED of all our enemies but beatable with work and persistence.

First you have to identify what your particular fear is before you can combat it! In my search for overcoming problems in life I found that Napoleon Hill author of the book, "Think and Grow Rich" and several other books, wrote; The majority of people if asked what they fear most would reply, "I fear nothing." Their reply would be totally inaccurate, because few people realize that they are bound, handicapped, whipped spiritually and physically through some form of fear. So subtle and deeply seated is the emotion of fear that one may go through life burdened with it, never recognizing its presence?

Only a courageous and thorough analysis will disclose the presence of this universal enemy. When you begin such an analysis of yourself - and you definitely should - search deeply into your character. Listed below is a list of the symptoms of fear for which you should be on the lookout in yourself:

INDIFFERENCE: Commonly expressed through lack of ambition; willingness to tolerate poverty or less than your dreams, acceptance of whatever compensation life may offer without protest; mental and physical laziness; lack of initiative, imagination, enthusiasm and/or self control.

INDECISION: The habit of permitting others to do one's thinking. Staying "on the fence." Thinking about something to the point that you miss the opportunity! Never verbalizing your ideas for fear of recrimination!

DOUBT: Generally expressed through alibis and excuses designed to cover up, explain away, or apologize for one's failures. Sometimes expressed in the form of envy of those who are successful, or by criticizing them.

WORRY: Most commonly expressed by finding fault with others; a tendency to spend beyond one's income; neglect of personal appearance, scowling and frowning; intemperance in the use of alcoholic drink; through the use of narcotics; nervousness, lack of poise and self-consciousness. Worry about every single little detail of life.

OVER-CAUSATION (overly cautious): The habit of looking for the negative side of every circumstance, thinking and talking of the possibility of failure instead of concentrating upon the means of succeeding. Knowing all the roads to disaster, but never searching for the plans to avoid failure. Waiting for the "right time" to begin putting ideas and plans into action, until the waiting becomes a permanent habit. Remembering those who have failed, and forgetting those who have succeeded. Seeing the hole in the doughnut but overlooking the doughnut. Pessimism, leading to indigestion, poor elimination, autointoxication, bad breath and bad disposition.

PROCRASTINATION: The habit of putting off until tomorrow that, which should have been done yesterday, last week or last year. Spending enough time in creating alibis and excuses to have done

the job with time left over.

Procrastination symptoms are closely related to over-causation, doubt and worry. Refuses to accept responsibility when it can be avoided. Willingness to compromise rather than put up a stiff fight. Compromising with difficulties instead of harnessing and using them as stepping-stones to advancement. Bargaining with life for a penny, instead of demanding prosperity, opulence, riches, contentment and happiness. Planning what to do if, and when overtaken by failure, instead of burning all bridges and making retreat impossible. Weakness of and often total lack of self-confidence, definiteness of purpose, self-control, initiative, enthusiasm, ambition, thrift and sound reasoning ability. Expecting poverty instead of demanding riches. Associations with those who accept poverty instead of seeking company of those who demand and receive riches.

Recognize these traits in yourself... Ask the questions and go to work and change those things that are getting in your way, by whatever means necessary.

TAKE a RISK, PICK a LEADER, Do your homework in order to choose a winning company or friend make sure they have a proven track record where the path has already been laid out for you. Find a mentor or mentors to be your guide and listen to him or her!

You are never too old or too young to start learning something new! Just make sure you have rid yourself of the traits of failure... It's great for the mind to keep it exercised while preventing dementia. Exercise the body to prevent deterioration being able to stay active while living and learning.

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