SUCCESS MANIFESTO

Discover the Proven Techniques of Manifesting
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FOREWORD

In our everyday lives we often look for ways to succeed or further excel whether it’s our home, academic or work life. We are always told to give things our best shot - to function at our optimal level. This often leaves people craving to achieve more but having insufficient understanding about the techniques available to bring about the manifestation of success. It is precisely for this reason I find the success manifesto starter kit so useful – it gives us an overview of the various tools that are available.

Most of us are somewhat familiar with the resources we have at our disposal to learn about how to bring about success. We all know the importance of being positive, planning for success, reading the appropriate books and attending those crucial seminars. But does going through all this actually guarantee success? Sometimes, following this blueprint of manifesting success doesn’t help us achieve success. We may see other people do the exact same things and succeed while we remain as clueless as ever.

This starter kit will attempt to share some crucial manifestation secrets about manifesting success with us. It will introduce us to some of the important ways in which we can start our journey towards success. The beauty of this e-book is that we can try and test nine methods and see which one of them suit us best. Or we can mix and match several methods to see whether they work for us. Either way we can get a feel for what is really important out there for us to channel our energies into.

The starter kit will also show us that the strongest powers that help with the manifestation of success are time and tested qualities such as self-belief, faith in yourself, confidence, patience and persistence. Sometimes, it’s simply a case of finding these qualities deep within
your or enhancing already existing qualities and using them at the right moment.

I would suggest that the reader invest some time into reading and understanding each mentioned method. Furthermore, it would be worthwhile trying each method out to see how effective it is. Perhaps, once the reader is able to complete this book they would have a better idea as to which area or technique they would like to further research in.
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INTRODUCTION
INTRODUCTION

Do you ever wonder why people like Thomas Edison, Albert Einstein, Anita Roddick, Richard Branson, Bill Gates and Steve Jobs are successful on a global level? The majority of us are born with similar capabilities, thinking facilities and opportunities but we use them differently. Most of us have observed that people who achieve phenomenal success are not from rich or powerful families. Furthermore, a lot of people are provided with a range of opportunities but not everyone is able to attain the same output.

The simplest way of explaining why some people are successful while others are not is that they differentiate from each other through their values, beliefs and mind set. What differentiates the few successful individuals from the mass of unsuccessful people or average Joes is the way we view ourselves and our journey towards our goal. These people have the will and ability to believe that they can make a change or make a success of their lives. Thus, they have will, belief and strength of character to carry out their plan.

This e-booklet can be thought of as an introductory kit which introduces the reader to different techniques in which success can be manifested. This book will provide readers a brief introduction into the various methods of manifestation of success that I have written about. Hopefully this will be a starting point as the reader may figure out at this stage which technique of successful manifestation may work better with them.
Some of the things which I hope you will understand as a result of this e-book are: the Universe contains an abundance of resources for us to use in manifesting success. However, in order to bring about success we will have to re-program our minds to think differently. We will also look at the main attributes of what makes up manifestation of success. Then we will look through the various methods which help us with the manifestation of success such as visualising goals, finding our own invisible path to success, using the Neuro Linguistic Program for Anchoring, manifesting our long-lost dreams and finding out what brings about motivation.

It is important to note that after looking at the information provided in the manifestation success starter kit it is also necessary to look at other resources provided as reference material for manifesting techniques and learn further from them. A deeper look is required at the topic of manifesting and a deeper understanding process needs to be in place.

It is important to note that this success manifesto starter kit is free and the advantages reaped are large.
INTRODUCTION TO MANIFESTATION OF SUCCESS TECHNIQUES
LESSON 1: THE UNIVERSE AND ITS IMMENSE SUPPLY OF RESOURCES

The Universe has an abundant supply of resources and we should not worry about these resources running out. The Universe is yours to play with and to achieve in so you need to make use of the opportunities provided to you. You need to put your full faith and belief into making your dreams come true. The most important factor to remember is: you can only attain your dreams if you have full belief and faith in your ability to reach your goal.

Second, it is important to believe that there are unlimited resources in this Universe which you can reach out and use. This way you don’t have to believe that life is a zero sum game – for someone to make gains someone else has to make losses. Everyone can make huge strides and make gains if they just take a look at all the things the universe has to offer them.

Third, reaching out to the Universe is sometimes as easy as getting in touch with your higher self, or having a quiet moment with the Divine Presence, or communicating with the Universe. However, there has to be an element of fair belief and faith that you’re reaching out will lead to something.
Fourth, any form of prayer or meditation will do when trying to connect with your Higher Self, the Divine Presence or communicating with the Universe. It doesn’t matter which culture or background you belong to you can connect with the world at large. As long as you can reach into your powerful and nurturing inner self, or through your inner self to the Divine Presence, and in turn through the Divine Present to the Universe.
LESSON 2: RE-PROGRAM YOUR MIND TO SUCCEED

It is important to remember that when we are born, our minds are like blank slates which are rapidly filled up by the environment around us, and influenced by our parents, siblings, friends, acquaintances and peers. There are always some people who appear smarter, sharper at school, university and workplaces.

It’s not a case of their having a more able brain or being smarter or sharper but perhaps their surroundings are more conducive to learning. It is important to remember that in order to achieve success we need to surround ourselves with positive, determined, creative and successful people. Eventually some of the qualities successful people have will be rub off on us.

The main difference between successful and unsuccessful people is the way they view life and reality. Successful people are those who learn from their mistakes and move on towards success. While those who are unsuccessful often give up by believing that mistakes are the end point rather than the learning point.

Lastly, it is important to clearly visualize success in order for us to learn of the main steps required in order to ensure that you can carry this step out and reach the final level. If we are unable to clearly visualize these steps then we are unable to attain our goals. Visualising is different from fantasising – visualising is where we take a practical approach and think clearly about what is attainable.
LESSON 3: ATTRIBUTES FOR MANIFESTING SUCCESS

A positive attitude is essential for manifesting success. If you are happy, content and positive then you will be able to attract all kinds of riches and help from the cosmos to further you in manifesting your chosen line of success. Furthermore, like attracts like, if you are positive then you are more likely to attract positive people.

Second, appreciation for what life gives you will make your life richer even though some of you feel you have nothing much. Having appreciation and feeling grateful for what you have makes you feel far more content as a person. This in turn makes you feel like a positive person, which in turn helps you attract success.

Third, analyse your fears such as why don’t you actually start up your own business. The main fear would be losing your money or other assets for the business. We agree that it doesn’t feel good when you fail but it just needs to take one success to overcome all your failures. Think about that, it’s better to have a focused goal and aim rather than working just for the sake of survival.

Fourth, eliminate fears that hinder your success, if you have a goal such as wanting to work out but you think you are being lazy – attempt to eliminate the laziness and get out for a jog. You have to conquer that even though there are times you don’t feel like it. Kept on doing things that you are not comfortable with because with enough practice things will get better whenever you keep taking
action. Once you make it on a consistent basis, you will feel very uncomfortable when you are not doing it i.e. taking a job.

Fifth, it is important to realise that hoarding material goods doesn’t bring happiness or manifest success – although availability of material goods is an off shoot of being successful. The happiness provided by material goods is at best very short lived. The real happiness and true success comes from having a good family life and being close to friends and acquaintances with whom you can share anything.

Sixth, it is important to make sure that you let go of things which are stopping you from progressing further such as being judgemental or incessantly worrying about things which are out of control. In addition, you also let go of people who stop you from moving forward.

Seventh, it is important to have a sense of playfulness about life. It’s good not to take yourself too seriously, it’s good to be playful, have fun and be creative. It’s good to treat yourself well through having the occasional treats - buying yourself flowers, chocolates, or a day at the spa.

Lastly, it is important to have a sense of humour about life in general and your life in particular. Never take life or yourself too seriously.
LESSON 4: NEURO LINGUISTIC PROGRAMING

NLP Anchoring technique makes use of various stimuli to trigger or start a positive or negative response. These stimuli make a link or association with some past memory and this is called anchoring. Once this anchoring is done the result can be an almost reflexive thought or action which can be painful or beneficial to a person.

- Can you think of a situation when you see or hear something which makes you cringe, fearful or mournful?
- Is there a particular smell or taste that takes you back to a particular moment in your childhood?

The main reason for using this particular anchoring process is to access memories, feelings and resources as and when you need them. Secondly, this technique helps us replace negative associations with positive ones. Some other uses for this technique are: gaining control over emotions, accessing memories, tapping into creativity and influencing responses from people. The main steps to this technique are now discussed.

Pick a memory

Pick a particular memory which has a strong positive feeling for you. Supposing you want to feel that extra bit confident - tap into a memory of a time when you felt particularly confident. If you want to feel motivated try and
remember the last time you felt particularly motivated. If you require a quality you never felt then just try and imagine it.

**Associate into the memory**

Try and remember and re-live that particular memory by seeing it through your own eyes (this makes the memory more intense and easy to remember). Furthermore, try and play around with the sub-modalities of the memory - make it bigger, brighter and just that little bit more outrageous.

**Anchor this feeling**

Once you have chosen this memory then you need to anchor it. You need to find an appropriate trigger. This could be rubbing your two fingers together, touching your earlobe or taking a body stretch.

**Release at the peak**

When the feeling is at its peak then release the trigger.

**Test**

Break this state - do something else for about 30 seconds and stop thinking about your trigger. Then once again release your trigger and see whether you have been able to anchor this feeling.
**Repeat**

Repeat this anchoring technique using the same or a stack of different memories which make you feel confident or motivated. Once you have tried this three or four times in a row be prepared for a sharp adrenaline rush and a surge of confidence or motivation.

**Practice**

If you require regular bouts of confidence or motivation then practice this every day to get the best results.
LESSON 5: THE INVISIBLE PATH TOWARDS SUCCESS

Here are a few points to remember when thinking about manifesting success. Every one of us deserves success in life and most of us aren’t aware of the presence of our own invisible bridge to success. There are four main stages to planning our own invisible path towards success which have been discussed briefly below:

Commitment to your goal
This is the first and foremost important step in terms of discovering your own invisible path. You have to understand what exactly your goal is, what steps are required for the goal and finally a commitment towards the goal and its steps. Once the commitment has been made towards the goal, then we can invest time, money and human resources.

Step by step plan
The second step in terms of the invisible path towards success is moving from commitment to your individual goal to setting up a step by step detailed and practical plan. In order to set up an effective step by step plan, you need to understand your goal well, write down or draw up a detailed plan. Then you need to start following this plan, and have a checklist present so you can tick of the stages which have been carried out or milestones which have
been achieved. There is also a need to accept that there could be cases where plans would need to be changed.

**Take action**

The third step of this four part plan is taking action after you understand what your plan is and if you have a detailed plan in place. However, this means being in for the long haul (until you reach your valued goal), taking ownership for your goal even when you delegate work, prioritising how important this goal is for you versus your life and work. Lastly, be prepared to invest your time, money and resources in people.

**Be determined and not desperate**

The fourth and last step of reaching and crossing the invisible bridge of success leading to your goal is to be very determined about reaching your goal but not desperate.

Here are some important things we should ask ourselves to figure out our invisible bridge to success:
1. What do you love to do even if it's just a hobby?
2. What do other people think you are particularly good at?
3. What is the one thing you would do if you had limited time?
4. When do you feel at your peak?
5. Could you have a positive impact doing the thing you are best at?
6. Look into your hobbies and interests to see which thing has the most purpose
7. If you haven't discovered your purpose you are not doing enough in life
8. Tidy up your life and reflect on it.
9. Set challenging goals and then work your way through them
10. When you have figured your purpose in life don't waste your time
LESSON 6: VISUALISING YOUR GOALS IN TEN EASY STEPS

It is crucial to visualize what exactly your goal is. Most of us need to have a think about what exactly is your goal, which way we are headed in terms of that goal. Visualising your goal has been discussed in ten easy steps in this section.

Reflect on life’s purpose

Spend some time looking at your life and identify what provides it with meaning and purpose. This could be your family, friends, children, work or hobbies. Choose the one or two things which you want to attain the most and make a mental note or jot done in a journal.

Focus on your passions

Focus on the one or two things which mean the most to you and you would like to see changing. Which aspect of your home life, work life or hobbies and interests mean the most to you and you feel you could narrow in on.
Determining goal
Picture the goal clearly in terms of what your final goal or destination would look like or you would like them to look like.

Determine steps required towards goal
Now start picturing or visualizing the steps required to get to the final destination. It is important to chart out a journey towards your goal or destination. While this may initially be hard to do this, this particular step is crucial as it helps you start out on the journey.

Visualising goals
Once you have your goal or destination in place and the number of steps required to get to it. You need to make the picture of the goal bigger, more colored, or outrageous. Basically anything that makes you remember the picture better.

Committing to goals
The next hard step is committing to your goal. Having to promise to commit to visualising and following through your goal each day. Committing to your goal may seem like
an easy process but it requires quite a lot of faith and conviction.

**Working towards your goal**

The third part of the process is making sure that each day we work towards meeting a small part of our goal.

**Revisit goals**

Sometimes you need to go back to your goal, visit it and think it over.

**Revise goals**

It is perfectly normal to revisit and slightly change the goals.
LESSON 7: MANIFESTING YOUR LONG LOST DREAMS

Have you ever wondered why you always fail to achieve the things you want even though you think positive, write down positive affirmations, read appropriate books and attend seminars? You also note that some successful people use the same resources and manage to achieve success. It's not because the blue print doesn't work but rather it's the limiting beliefs that is inside the brain that is hindering you from achieving success. As can be seen from the previous lessons in this starter kit, belief and faith in your self is an important for succeeding.

To make your manifesting a success, you must believe that you deserve all the success you dream of, eliminate negative beliefs such as "I will turn greedy if I receive too much of it", "My friends and family haven't achieve that, what makes me better than them and they are making way more money than me right now, I don't think I deserve all that. You have to start telling yourself that you are worthy of the success you dream of. That you of all people truly deserve the success you crave for.

It's also worth remembering that a lot of people want success but most are not willing to pay a price for it. They are not willing to receive it from the universe, they are not able to get rewarded for all their hard work. These people want instant gratification and they are not putting in consistent effort. It's impossible to go to the gym for 7 days and get the coveted ripped body when you are grossly overweight. It's all about taking consistent effort and take baby steps to achieve the successful manifestation. Truly believe and you shall
receive. It's easy to say but not easy to apply simply because it requires a lot of mental and will power and determination to make it.

Eric Thomas said "If you want to succeed as hard as you want to breathe then you will be successful." So you see, success is all in the mind and depends on your positive beliefs and strengths.
LESSON 8: WHAT ENCOURAGES MOTIVATION

What causes certain people to be motivated? Why does so and so appear to be so motivated when I can barely get out of the bed? Why does so and so manage to cram so much into their day when I can hardly ever clean up my apartment? How did so and so set up a business when I don’t even know where to begin from?

We see people behave but often cannot see the underlying cause(s) that generates their behaviour. We watch people show great effort and persistence but we don’t know how they are able to do so.

**Example 1 - Dieting effectively:** The more you diet, the hungrier you get. The hunger-causing culprit is probably ghrelin - a hormone manufactured in the stomach circulated in the blood, and detected and monitored by the brain. When a person goes for an extended period of time with little or no food, the stomach and intestines detect the lack of nutrients and begin to manufacture and release ghrelin into the bloodstream.

The hypothalamus constantly monitors how much ghrelin is in the blood, and when ghrelin levels rise, the hypothalamus detects the message received from the stomach and intestines - nutrients are low, send more supplies. This message stimulates the hypothalamus to create the psychological experience of hunger.
Why is the brain important? The brain is important because it carries out cognitive and intellectual functions, including thinking, learning, remembering, decision-making and problem-solving. The brain is not only a thinking brain, it is also the centre of motivation and emotion. It generates cravings, needs, desires, pleasure and full range of other emotions. As the brain performs its functions, it cares not only what task is doing but it also very much cares about whether you want to do it and your mood is while doing it.

All motivational and emotional states involve brain participation. You can try an experiment on yourself by trying to experiment anger, hunger, or curiosity without first recruiting the participation of the brain. As you work through such an exercise, you will learn that when it comes to understanding motivation and emotion, the brain is at the centre of things.

To understand brain-based motivational processes, motivational researchers spend a great amount of time mapping out which brains structures are associated with which specific motivational states, investigating how the brain structures that are associated with motivational states become activated, and understanding how day to day events in people’s lives create this activation process. These three areas of activity lead to the following three general principles that guide research on the motivated and emotional brain.

**Specific Brain Structures Generate Specific Motivations**

Different brain structures, when stimulated, give rise to specific motivational states. Stimulating one part of the hypothalamus increases hunger, while stimulating another part results in satiety. Damage to a particular brain structure takes away the person’s
capacity to experience specific motivational states. Similarly, stimulation or damage to an integrated neural circuit or stimulation or damage to a neurotransmitter pathway can increase and decrease specific motivational states.

**Biochemical Agents Stimulate Specific Brain Structures**

If specific brain structures give rise to specific motivational states, then, how do these brain structures get stimulated in the first place? Brain structures have receptor sites on them that endow them with the potential to be stimulated. The biochemical agents that stimulate these receptor sites are neurotransmitters and hormones.

Neurotransmitters are the communication messengers of the nervous system, while hormones are the communication messengers of the endocrine system. In order, to understand the rise and fall of motivational states, we need to look at how neurotransmitters and hormones stimulate and suppress specific brain sites.

**Day-to-Day Events Stir Biochemical Agents into Action**

Surgeons and motivation researchers artificially stimulate brain structures and artificially release biochemical agents into the blood and nervous system. In doing so, they can isolate the function of specific brain structures. But outside the laboratory it is in the day-to-day events that the motivated and emotional brain is stimulated into action.

Neurotransmitters act as chemical messengers within the brain’s central nervous system. Neurons communicate with one another through neurotransmitters as an information-sending neuron
releases so that its neighbor neuron can pick up that neurotransmitter and receive the message.

There are four motivationally relevant neurotransmitter pathways.

- Dopamine generates good feelings associated with reward
- Serotonin influences mood and emotion
- Norepinephrine regulates arousal and alertness
- Endorphin inhibits pain, anxiety, and fear by generating good feelings to counter these negative feelings.

**Getting into the mind-set first**

- Get confident that you can lose weight.
- Get hungry when dieting
- Embrace failures such as relapses on dieting
- Read motivational books, videos or audio tracks.
- Continue to learn using various resources.
- Only compare with you with yourself.
- Share with others whenever you learn about motivation

**The next step of building motivation.**

- Set one goal
- Find inspiration / role model.
- Hang out with people who have the similar mind set as you.
- Get excited for yourself.
- Build anticipation.
- Post your goal.
- Tell everyone as a form of accountability.
- Think about it daily.
- Take baby steps to achieve it
- Stick with it.
• Build on small success.
• Think about the benefits and not the sufferings.
• Eliminate negative thoughts, replace with positive thoughts.

**How to sustain your motivation**
• Eliminate your distractions.
• Raise the stacks of yourself, set bigger goals that are hard to achieve to make it more challenging.
• Exercise regularly to release endorphins which your mood will be happier.
• Pamper yourself once you did something amazing.
• Stay positive about your goals no matter what.
LESSON 9: PERSISTANCE, KEY TO ATTAINING GOALS

Persistence is a key quality required for meeting your goals. However, persistence is often a quality lacking when trying to attain a goal. This section of our start kit introduces how persistence can be introduced in your everyday life.

Embrace failure
It must be remembered that failure is an important part of the learning process rather than the end. The reason why only a minority are successful is because they embrace failure and they kept going no matter how many failures they have. They don’t consider it failure but rather part of a learning process which will eventually get them to their goal.

Don’t quit easily
Things may fail at the first attempt when trying to attain a particular goal. Treat failure as a given and treat the challenges as things which test your mettle and shape your future - making you stronger, astute and compassionate.
Too many people look upon initial rejections as an end that is, never being able to attain their goals. This is a baseless assumption; provided you know your strategy or goal, it is simply a case of not trying hard enough or not learning some crucial lessons. Remember that there are a lot of people and a lot of opportunities in the world.

**Look into reasons for failure**

If you have tried to persist with your original strategy but find yourself repeatedly stuck or failing, you need to stop, think over your initial plan and change your approach. Stop and assess things you’re doing to reach your goal; it’s often not the goal but the methodology or finer details or finer details to reach the goal that haven’t been thought or drawn out properly.

**Appreciate constructive criticism**

Your self-assessment, assessment by people you trust and competitors can provide you a lot of information about how to improve your approach toward a goal. Listen carefully and learn from the criticism fed back to you. It helps to have thick skin and to not take the criticism to personally.
Give in with grace

You may have heard of the phrase ‘never give in’, now what this really means is never give in easily, give it all you've got then reassess the approach or goal. If the facts tell you that letting go of a goal or desire that appears unrealistic despite your efforts, then redirect your energies elsewhere. Be graceful for what you have learned in terms of what doesn't work and isn't worth persisting with.

Visualise your goal

When the going gets tough and you want to stop working to attain your goal, restore your sense of perspective by remembering your vision. Visualize the end result you want to achieve, with yourself included in this vision. Make sure that this is an exciting vision - something that inspires and uplifts you. Wallow in the exciting vision instead of a picture of bleak doom that you draw up when the going gets tough.

Develop persistence

Persistence plays an important role in your day to day interactions as well as when attaining important goals. Whenever you make a request or refusal, persistence will help you assert your needs and have your voice heard. Furthermore, it's the
art of persistence that makes it clear to others what you are willing or unwilling to do.

**The "broken record" technique**

The broken record technique is a common method used as part of assertiveness trainings. It helps you stick to your initial message and to have it to return to when the person you're interacting with keeps trying to redirect you. Basically, this technique consists of making a continuous, clear statement about your feeling, intention or decision without becoming angry, defensive or irritated, no matter how much you have to repeat yourself.

**Avoid too much of a compromise**

On less common occasions, you may find that a compromise will work but you only if it doesn't cause you to feel that you've given in or are being used. Accept the need for a compromise as part of your assertive approach, listen carefully to what the other person is asking and formulate questions based on what they've said. In your case, only offer what you can without feeling resentful or used up.
Focus on restating your request or refusal.
This means answering questions that are relevant and not being led by questions that have little or nothing to do with the matter but then are used by the other person to launch into distracting you from what you've asked for or refused. When making your request or refusal, be careful of the following:

Be reasonable when being persistent
Persistence is knowing that you have tried your best, stood up for yourself and were not side-stepped. Even where you don't get what it is that you wanted, you have gone about being persistent in a way that earns respect and keeps your dignity intact. Here are some main guidelines on how to be reasonable and persistent.

- **Learn to cope with setbacks**: Don't give up on the whole thing because of one problem or error.
- **Dream big**: Most of us will never compete in the Olympics, become the CEO of a large company, or earn a Nobel Peace Prize, but we can still admire and emulate those who do.
- **Keep it real**: Part of following through on your promises is not making unrealistic promises, in the first place. If something is genuinely beyond your ability or your means, saying no may be better in the long run.
- **Ask for help**: This isn't about leaning on people, it's about relying on their support, listening to their advice, working with them and letting them guide you.
- **Put yourself first**: Without good health, you risk being afraid, negative and run down. Exercise daily, eat nutritious food and get plenty of sleep.
- **Don't let breaks become permanent**: Sometimes, a rest is the best thing you can do for your goal, but resting indefinitely is not advised.
CONCLUSION

If you have reached this stage of the book it means you have read or leafed through the book and are now familiar with the nine important techniques which will aid you to start on your journey of manifestation of success. I would like to thank and congratulate you for taking the time out to read and understand this book.

As can be seen by the main content section of this starter kit there are many different techniques which can aid with the manifestation of success. I have only touched upon the main techniques which I feel help and are well-known. It is really up to the individual to read, research and practice these techniques to find out which best suit them.

I mentioned at the beginning of this e-book that while this book can introduce you to various techniques in terms of manifestation of success, further reading and research will be required to successfully continue along this path. Consider these e-book as a taster or teaser for the full material which is available. There are an abundance of these resources available in libraries, books shops and even online. It's a case of carefully looking through them and seeing what sounds plausible and suits your needs.

While there are an abundance of resources available on this particular topic, to guide you through your journey at the end of the day it is you who will become your biggest resources. It is a mixture of belief, faith, persistence, planning, visualisation and passion for your goal that can bring about the attainment of your goal.
RECOMMENDED RESOURCES
1. **Quantum Success Secrets**  
(http://www.abundancebrains.com/quantum-success): The whole idea of Quantum Success is that there is nothing beyond one's control, or rather, one has the power to seize control of circumstances that may otherwise be beyond control by committing to the choices made in life. One particular line which strikes a chord with many people is: “When life gives you lemons, make lemonade.” Quantum success teaches you Optimal Thinking which is more along the lines of, “Forget lemonade! I want chocolate!”

2. **Brain Maximization System**  
(http://www.abundancebrains.com/brain-maximization): This website looks into how the memory can be boosted to: increase the brain’s ability to process and retain information, to enhance your learning capacity, to achieve heightened focus and concentration, eliminate stress from your life, and to unleash creativity.

3. **Seven Universal Laws of Success**  
(http://www.abundancebrains.com/free) (Worth $47): This book is far from being a typical motivational tone. From the basic process of meditation to how to apply the universal laws of success in your life, this book provides practical approaches and positive affirmations to make your dreams come true.
4. Our Inspirational Blog

(http://www.abundancebrains.com): This website was founded to help the overwhelming population of people feeling negative about life, thinking that they should deserve more in life and wondering what is the main reason that is stopping them to live in abundance. We are here to touch as many people’s lives as possible and to make this world more positive.
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Dear Reader,

If you have enjoyed reading the book, feel free to send feedback. On the other hand, if you feel I have left something important out, I would still love to hear from you.

We would also like to find out if this book has inspired you to take any practical steps in your day-to-day life in attaining your goals or success.

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Wilson Alexandre

May 2014