

WHITE DOVE BOOKS

# 5 LAWS OF SUCCESS

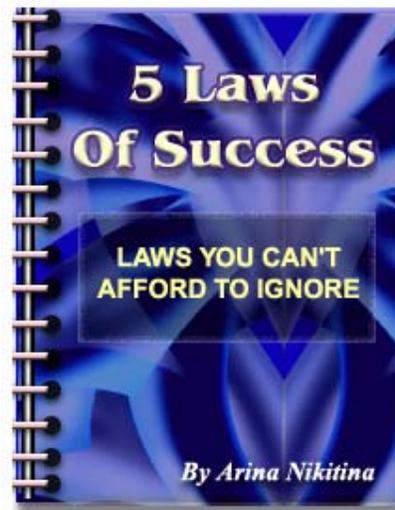
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## INTRODUCTION

When I first discovered the laws of success **I was shocked**. I felt sorry for the time I wasted trying to succeed without knowing the basics!

I was mad because I didn't discover them before.

*We don't drive a car if we don't know driving regulations and the meaning of road signs.*

*We don't try to fix refrigerator without knowing how it works.*

*Why then we try to succeed without knowing the basics of success?*

From the beginning of time, there have been laws set in motion that **automatically bring their results when we act in relation to them**.

And success is no exception.

"If you want to succeed you have to apply five laws of success."

"If you apply 5 laws of success you will succeed." Even if you don't want to.

You can apply them in ALL aspects of your life. It doesn't matter if you want to earn \$10,000 a day, lose 500 pounds or win Olympic gold. You will succeed in EVERYTHING you want if you are applying laws of success.

*So, are you ready to be successful?*

Let's start then!

# 1. THE LAW OF DESIRE

**"If you want something badly enough  
you will get it."**

That's right. If you really WANT something you will get it. Desire is a force that cannot be easily stopped.

Think about your goal.

- *How bad do you want it?*
- *Are you willing to sacrifice?*
- *Under what conditions will you give up?*

**If you want something badly enough, then quitting is simply not an option.** You either find a way or make one. You pay the price, whatever it takes.

Your desire is the fire that heats you up to perform, to excel. You know that a small fire cannot heat much; so it is necessary to have a large and intense fire to heat more. That intense fire is your passion – your burning desire to excel in anything.

If you are not sure if your desire is strong enough there is a simple way to intensify it:

Take a piece of paper and write down all the reasons WHY do you want to achieve your goal. List all the benefits you can imagine. The more reasons you'll find, the stronger your desire will get.

It is a good practice to read your list of benefits **every morning**. So you will stay connected with your goal during the day, you'll be more motivated and inspired.

**"Desire overcomes obstacles to success.**

**Desire makes molehills out of mountains.**

**No matter what stands in the way, it is moveable."**

## 2. THE LAW OF BELIEF

**"Anything you believe to be true will be your reality."**

If you don't believe that you can achieve your goal, you won't.

In order to achieve anything, you must believe it is possible at a cellular level.

Our subconscious mind doesn't know the difference between dreams and reality. Whatever picture you will consistently think about will drive your actions to create that exact picture.

**If you are 100% sure you will achieve your goal,  
if you have a clear picture of achieving it,  
your subconscious mind will  
AUTOMATICALLY  
drive your behavior to create this picture in reality.**

As Dr. Murphy said:

"Every thought is a cause, and every condition is an effect."

So, can you picture yourself being wealthy? Can you close your eyes and see yourself as you already achieved your goals?

Do you have any doubts that you can achieve them?

If yes, try to practice **visualization exercise** every night before you fall asleep.

Relax, close your eyes and create a clear mental picture of achieving your dream. Try to make your picture as real as possible.

How it feels?

Don't just create a picture, create an **emotion!**

Repeat this exercise until you believe in yourself and in your ability to reach your goals.

### 3. THE LAW OF POSITIVE ATTITUDE

**"The way we think is the way we perform."**

Your attitude is everything.

It is how you see the things around you, how you deal with the situations you face, and what you think about life.

Listen to yourself. If you sound like "God, my life is so difficult. I will never be rich... Everything works against me.... Everyone hates me...", you have a problem.

**We can't control the obstacles, but we can control our attitude.**

Positive attitude and optimism work like a magnet for success. If you maintain positive attitude no matter what the situation is, success will come to you AUTOMATICALLY.

Even failure has a lot of positive things in itself. You learn a lesson from your failure, and next time you won't make the same mistake!

Actually **success comes only after the certain number of failures**. It never comes instantly. You have to fail in order to succeed. Every failure still brings you one step closer to your success.

*Here are few tips how to help to maintain the positive attitude:*

➤ **Listen to yourself**

Start to listen to your thoughts, ideas, beliefs and commentaries. Every time you think something negative, think again. Try to find something positive in situation. I believe in every situation there are two sides. Positive and negative. Try to focus on the positive one.

➤ **Get enough sleep**

It seems obvious but many people don't get enough sleep at night. As a result they wake up tired and depressed. Right amount of sleep will boost your energy; you will be able to do things you planned to do without getting tired or overwhelmed.

➤ **Put things in perspective**

If you find yourself getting stressed or frustrated take a step back and look at the bigger picture. Is your stress really worth it? Are your problems that big? Most of the time our problems don't seem that important when we take a look at life as a whole.

➤ **Take a break**

Sometimes the only solution is to take away from it all. It doesn't matter if your break is a trip in the car or vacation in the Bahamas. Even a walk around the block can do wonders with your mood. If you don't have time at all, here is a 30 second solution to improve your mood:

<http://www.goal-setting-guide.com/automood.html>

**Every time you think about something  
choose a positive attitude.  
It will make your life happier and  
it will attract success you are looking for.**

## 4. THE LAW OF PERSISTENCE

**"If you keep trying you will succeed."**

Ability to persist is what makes people to succeed.

How many times did you stop trying after the first failure?

**Success never comes after first attempt.** Whatever your goal is there will be obstacles on your way to success. They are part of life. Expect them. Learn from them and adapt.

Walt Disney was turned down 302 times before he got financing for his dream of creating the "Happiest Place on Earth".

Colonel Sanders spent two years driving across the United States looking for restaurants to buy his chicken recipe. He was turned down 1,009 times! How successful is Kentucky Fried Chicken today?

"Chicken Soup For The Soul" was rejected by publishers 170 times - now it's sold 70 million copies!

**Success lies in a person's willingness to make relentless, step-by-step efforts.**

Without failing, there is no learning or improvement.

Failing should not be seen as a bad thing but as a stepping stone.

Each time you fail, you learn what not to do, and this brings you closer and closer to finding the right key.

Without failure, there can be no success. So go out there and start trying. Fail or succeed, it doesn't matter. **Both of them will get you where you want to be.**

## 5. THE LAW OF GOAL SETTING

**"There is no achievement without goals."**

*(Robert J. Mckain)*

Goal setting is the most powerful tool you have to achieve success.

Goals keep you focused. They keep you motivated. Goal Setting helps you to create step-by-step plan to your success.

Your dreams will be only dreams without goal setting.

So what the difference between dreams and goals?

- ❖ *Goals have a deadline.*
- ❖ *Goals are specific.*
- ❖ *Goals are put into writing*
- ❖ *Goals have a clear step-by-step plan*

**Stop dreaming.  
Start setting goals.**

The book "*How To Set And Achieve A Goal*" is complete step-by-step goal setting tutorial that makes it impossible for you to fail. If you are serious about achieving your dreams take a look at this book:

<http://www.how-to-set-and-achieve-a-goal.com>

## **YOUR LIFE IS UP TO YOU.**

Don't wait for miracle... Get your butt off and **start doing something.**

Right now. Start to act. **Get the ball rolling.**

Make a decision.

Here are some ideas for the first step you can take:

➤ Learn **the complete process of GOAL SETTING** to achieve anything you want:

<http://www.how-to-set-and-achieve-a-goal.com>

➤ Subscribe to "**QUOTE OF THE DAY**" to receive the inspirational quote every morning directly in your mailbox.

Keep yourself motivated!

<http://www.goal-setting-guide.com/quote-of-the-day.html>