

Life Coaching Encouragement for Your Advancement

KNOWLEDGE IS POWER.....

There is a saying that goes "Man's flight through life is sustained by the power of knowledge," Knowledge does bring power and confidence, and self confidence is attainable to each and every one of us - if we work for it. Developing self confidence is strictly a do-it-yourself job - it won't come to you while you sit around envying the person who does have it. It's a hard road - and faith and trust in ourselves is number one on the list. We may succeed even though others do not believe we can, but we can only do what we think we can.

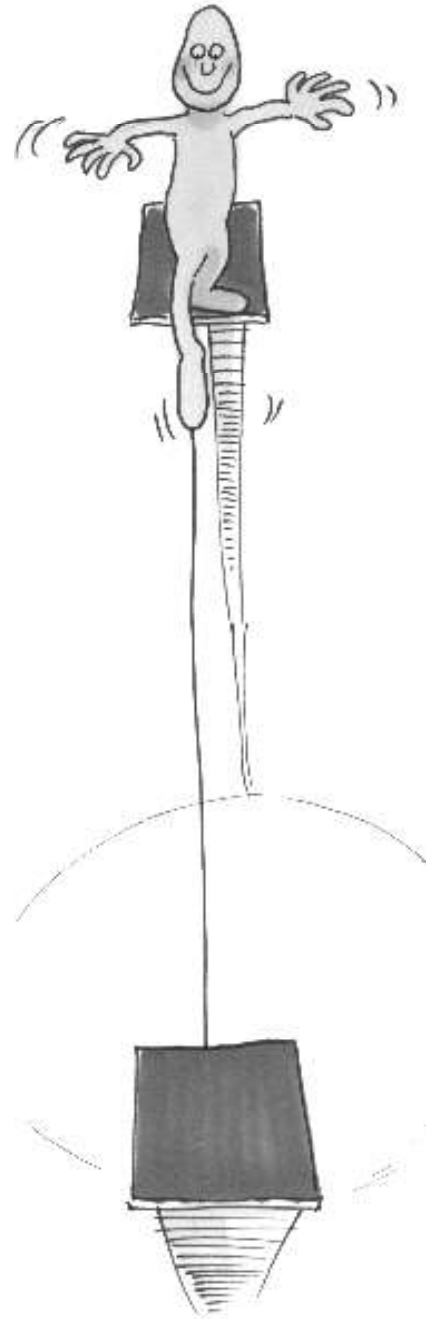
We will never succeed unless we believe in ourselves. The vigour and determination that is imparted with self confidence means we don't even have to try to succeed - we just know we will. Look, act, feel and think just like you have already succeeded. Make that triumphant, victorious attitude a part of your life. No matter what the situation or circumstance, or how low you could feel, maintain and hold the victorious attitude. Look towards your goal - whether it is within sight or not, and your faith will open the way for you to proceed forward. Self confidence is the most powerful, invisible miracle worker for all time, sometimes helping people achieve the impossible, and going hand-in-hand with self-faith. Practice thinking positively all the time. Always keep the picture clear in your mind that you are a living, walking, talking advertisement of yourself. Expect the best of yourself - clear every doubt from your mind. If you nurture and promote positive thoughts over a period of time, it won't be long before you get positive results. Your subconscious mind is most accommodating - in the long run it will act out exactly what you feed in. If you constantly feed yourself good, kind, healthy thoughts, guess what - you'll become - a good, kind, healthy human being. You have been blessed with great abilities - use them to your advantage. Be yourself - but be your best self. Self-confidence will bring you power and that power, used well, will bring you great results. Happy New You !

ROAD TO ACHIEVEMENT.....

Begin right where you are just now with exactly what you have to work on, taking one step at a time, one foot in front of the other, in the direction you want to go - always keeping that 'goal' in sight. Wishing you were somewhere else, with someone else or had something else will not change a thing, except to make things more unbearable. Make the decision to look on your circumstances as a learning and growing experience, using everything to your advantage, turning your stumbling blocks into stepping stones, and you will be inviting freedom into your life. There is only one way to get up that ladder, and that is to put one foot in front of the other, one rung at a time. Life is the same principle, decide on a direction, look straight ahead, move forward, doing just the best you can with what you have got.

By the yard It's hard, but by the inch it's a cinch !

Sometimes we feel overwhelmed by worries, woes and so-called problems, but sooner or later we take ourselves in hand, pick up the pieces, dust ourselves off, and begin to focus on the present - not the future or the past knowing that at last we are on our way again. Certainly, there comes a time when we have good reason to give in - circumstances beyond our control - but keep going, persist and triumph will be yours. Our resources are limitless, we can set them free and accept them as such. We could discover the unlimited talents, strengths and possibilities in ourselves that we are unaware of, if we continuously go on stretching past our previous limits. We can always and easily find reasons why we should stay put, excuses for not taking that extra step, that push in the 'right' direction, even though it may be scary - It's the sure road to achievement. Take it by the inch and it will be a cinch !



I do hope that you will experiment to see if there is something here that you can use for your own advancement. When you have finished with me I want you to please pass me onto someone else anywhere on the planet....because we Seeds want to keep on circulating to promote and foster the advancement of people in every nation. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for those times when you are challenged ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to feel good, go to www.goodwillpeople.net