

Super Success Code

Top 20 Earth-Shattering, Irresistibly Powerful Secrets to
Become Wildly Successful in Anything You Do

By Michael Lee



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Super Success Code # 1

Acquire the Combined Powers of the World's Greatest Self-Improvement Superheroes

Have you ever realized that you have the power to get anything you want and be anything you want to be? If you're still clueless about your abilities, continue reading and learn about the success secrets of the world's greatest self-improvement superheroes.

In a land full of potentials, powerful superheroes live in happiness and fulfillment. But they're not just ordinary superheroes; they belong to the highest breeds of the self-improvement clan. They possess the superhuman ability to get anything they want. Let's meet them and discover their success secrets.

1) ASSIGNMENTORS

These superheroes are able to acquire any quality or ability that they may desire. They even have the power to instill or "assign" qualities to others, hence contributing to the immense build-up of confidence and happiness.

Success Secret:

They use other names perceived to be superior. If they want to encourage someone to write better, they might say, "You're a great writer, Ernest Hemmingway. I believe you can always surpass your previous articles."

By assigning the name Ernest Hemmingway to the writer, they implant within him, in a subconscious manner, the writing prowess of Ernest. On the other hand, the writer will try his best to live up to everyone's expectations that he, indeed, possesses the ability of Mr. Hemmingway.

They also do the bizarre yet highly powerful practice of putting someone else's head into their heads, at least in their minds. If they want to be as intelligent as Einstein, they go to a quiet place where they can relax and concentrate. Then they imagine wearing Einstein's head over them. They absorb his aura; and surprisingly, they will begin to think, act, and feel like Einstein.

2) GOAL MASTERS

Goal masters are positively mad scientists who meticulously prepare well-laid plans and goals that allow them to conquer their future.

Success Secret:

They write down their goals and break them into tiny bite-sized chunks. They know the importance of doing it step-by-step, little by little, to get to their destination. They have the power of flexibility (No, not the power of elasticity) - but the power to adjust to the circumstances, prepare new goals, and continue pursuing them bit-by-bit. They are master motivators with the discipline to stick to their objectives. They enjoy the journey in the attainment of their goals.

Goal masters know their limits. They know that if their goals are irrational, they'll get results that will further prevent them from attaining their objectives. For example, if they set a goal to make a million dollars in a month (unless they are one of those financial geniuses), their subconscious will command them to sacrifice sleep, ignore stress, work endlessly, etc. And when they actually do what their subconscious minds tell them, they'll fail, get frustrated, and give up, thinking that nothing works no matter how hard they try.

Therefore, goal masters set their goals to achievable mode. Their goals can be difficult to achieve, but they make sure they are possible to attain. Instead of the above scenario, they set something like earning \$20,000 a month. After they achieve that feat, they set a higher goal of say, \$40,000 a month. They know the value of patience and working systematically.

3) HOCUS FOCUS

These magicians can tackle any task at lightning-fast speeds and with laser-like accuracy.

Success Secret:

They focus their energies on one thing at a time, and give it all they got. All their attentions are concentrated on the particular task at hand. They are able to endure and withstand the outside distractions because they have developed the discipline, will power, and determination to continue pushing until their purpose has been accomplished.

4) TIME COMMANDERS

These superheroes are able to make time submit to their will. They have the power to summon all the time in the world to do whatever they please.

Success Secret:

They are extremely organized in everything that they do.

They put labels on bottles, place similar files on one folder, and prepare in advance a list of things they have to do for the next day.

They can also use their minds to organize things they have to remember. Studies have shown that people could only retain information that fit between 5 to 9 categories at a time. This is the 7+-2 rule of Neurolinguistic Programming.

Time commanders are aware of this rule; hence, they have devised a strategy known as "categorization." If they have many things to do, they group related stuffs together. They combine activities such as reading books, listening to educational tapes, and watching training videos into a category such as "Education." They group swimming, playing basketball, and paying fees for the gym in a category called "Fitness." They do this for all their other tasks.

Their greatest strategy is known as "delegation." They know the incomparable power of leverage. They delegate trivial and repetitive tasks to other people who can do them satisfactorily, so they can concentrate on becoming more productive with their most valued possession - Time.

5) VISUALIZERS

The Visualizers can bring into reality anything that their powerful minds can conceive.

Success Secret:

Everyday, they keenly visualize what they want to become or what they want to achieve. They envisage the event so clearly, that they can actually feel and experience the happiness, excitement, and other strong emotions accompanied by their visualization.

The Universe interprets the pictures unleashed by their subconscious minds and transforms them to reality.

6) AFFIRMATIONARIES

These superheroes use the power of words to get anything they like and be anything they want to be.

Success Secret:

They loudly chant the mantras of success (known as affirmations) everyday with passion and the belief that they are already getting and experiencing what they are chanting. They don't say, "I will be a great doctor" or whatever they want to be. They say, "I am the greatest doctor in the world." And they believe it with all their hearts; that's why they succeed.

7) ABUNDANCE ATTRACTORS

They attract fortunes, luck, blessings, or the so-called good things in life.

Success Secret:

They cut off any negative thoughts or problems from their minds, and count their blessings. They thank God/the Universe/people around them for all the wonderful things they're receiving, have received, and will be receiving.

By doing this, they are acknowledging that they are indeed blessed and flowing with abundance. And by showing gratitude and giving thanks, they are befriending the Universe to give them more.

They give generously. If they want more money, they give money to those who need them more. If they want to have lots of friends, they become trusted friends to everyone they meet.

But they do not expect anything in return. They give because they want to and because it makes them happy, not because they have a hidden agenda in mind.

They also know how to receive gratefully, aside from being great givers.

If someone compliments them, they don't say, "No, I'm not that good." Instead, they say, "Thank you." By being grateful and appreciative to those who have given something to them, they are attracting more blessings and abundance into their lives.

8) ATTITUDE SHIFTERS

They remain positive and composed despite all obstacles and challenges.

Success Secret:

They never allow any negative thought to enter their minds. Whenever something negative tries to evade their minds, they just quickly shift their thoughts to something positive.

And the most powerful of them all...

9) YOU!

You have the combined powers of all of the above superheroes and can do anything!

Success Secret:

As long as you apply the success secrets above, you are invincible and unstoppable in anything that you do.

About the Author:

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Super Success Code # 2

Attract an Overflow of Abundance, Blessings, and Success in Life

If you want to attract fortunes, luck, blessings, or the so called good things in life, then you've to follow 3 simple yet overlooked rules.

1) Show Gratitude.

My editor and friend named Jones (I call her JK because she aims to be the next JK Rowling), told me that she's itching to buy the Hypnotic Library Package, but she doesn't have a credit card. I told her she could use mine.

I bought her the package and told her we can share in its cost (my share is slightly bigger), and that I'll just offset her share from her salary.

What happened next is something unbelievable.

She cried tears of joy because she said she has never met anyone "as kind as me."

"Huh??!?" I thought to myself, "It's no big deal."

At that time, she has just started editing for me, and said she can't believe I trusted her enough to buy a high ticket item for her, and that I even proposed to offset her share from her future salary.

I couldn't believe her either, because I have never met anyone who has shown such appreciation in exchange for a small favor I just did.

Appreciation. Gratitude. Giving thanks. You can attract good things in your life by temporarily cutting off any negative thoughts or problems from your mind, and start counting your blessings. Thank God/the Universe/people around you for all the wonderful things you've received.

By doing this, you are acknowledging that you are indeed blessed and flowing with abundance. And by showing gratitude and giving thanks, you are befriending the Universe to give you more.

2) Give Unconditionally.

You've probably heard of the popular saying "It's better to give than to receive." But do you actually know what hidden power lies within this magnanimous act known as "giving?"

When you give something from your heart without expecting anything in return, you release a powerful force that will trigger your good deed to "bounce" back to you in amazing, and sometimes unusual ways.

I firmly believe that whatever you impart to others will come back to you a hundred fold. You are doing yourself a big favor by helping someone in need. By doing even the smallest acts of generosity, you are inviting good vibrations to come into your life.

You would be earning the respect and love of your recipients. You know that you will always have a loyal group of friends who would help, protect, and do anything for you just because they feel that they have to repay you in any way they can. Most people would have the urge or drive to reciprocate any act of kindness you've shown them.

I bet you've often heard that what you're giving will come back to you many times over, even though you are not expecting anything in return. It's true.

If you want more money, give money to those who need them more. You want to have lots of friends, be a trusted friend to everyone you meet. It's a simple rule.

However, this does not mean that you must expect them to repay you. Give without any expectation of rewards. Don't do it just because you have an ulterior motive. Give unconditionally. Give because you are happy doing it. The universe will get back to you in its own special way.

The act of giving can summon the spirit of joy to come into your heart. How would you feel when you've given something to your less fortunate neighbors? Let me tell you that nothing could brighten up my day more than hearing them express their most heartfelt gratitude and seeing their smiles extend from ear to ear.

Giving is also a healthy habit. It could prolong your life by instilling within you an inner sense of peace and accomplishment.

Just like all things in life, giving has its limitations.

Being too generous can have its toll. Your kindness might be taken advantage of and people might abuse your good intentions. Beware of individuals who are continuously seeking your aid. It's better to teach them how to solve their problems than to always attend to their needs.

As one saying goes ...

"Give them some fish and you'll feed them for a day. Teach them how to fish and you'll feed them for a lifetime."

Lastly, here's what I consider the most important rule about giving. Keep your good deeds to yourself. Don't announce to the whole world that you've donated \$100,000 to your favorite charity or that you've helped save a child from a life-threatening disease.

If you really desire to give, do it secretly and in private. Some people would write "anonymous" rather than their own names when they've made a contribution. The universe smiles upon these individuals, and they will get their just rewards in due time.

3) Receive Gratefully.

If someone says, "You're a genius for coming up with this idea," what is your response? Many people would say something like, "No, I'm not that good."

If your response is similar to the above everytime someone praises you, then you're blocking positive energy from entering your life. Instead, just say, "Thank you."

I know someone who has such a big pride that he never accepts any gift or help from others. I tried to give him something many times, but he refused to accept every single one of them.

Guess what his status in life now? He's lonely, friendless, and poor.

It's not bad to receive. In fact, it's a blessing that you deserve to have. And by being grateful and appreciative to the one who has given something to you, you are attracting more blessings and abundance into your life.

About the Author:

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persuasion techniques on how to tremendously enhance your relationships, boost your profits to the next level, and get anything you want...just like magic. Get a sample chapter and highly-stimulating "Get What You Want" advice at his site: <http://www.20daypersuasion.com> . He is the Co-Founder of <http://www.self-improvement-millionaires.com> and is licensed as a Certified Public Accountant.

Super Success Code # 3

Affirm Your Objective

Here's one little, yet extremely powerful tip that can propel you to achieve anything you want - faster than you ever thought possible.

Here it is:

AFFIRM YOUR OBJECTIVE.

Let me cite an example. Johnny have always dreamed of getting 6-pack abs in his tummy. Yet, he can't seem to get the discipline to eat the proper diet and to do the right exercises.

Then one day, his buddy told him this one secret - to affirm your objective.

Every morning since then, he would tell himself wholeheartedly, "I will eat healthy, non-fat foods; and I will engage in all the exercises necessary to get ripped abs."

Then the magic began. He no longer crave for his favorite ice cream and fried chicken. He was all pumped up and excited every time he goes to the gym. He seems to have all the energy and determination to achieve what he wants.

He also seemed to become more aware of anything that relates to 6-pack abs. He became more interested in reading magazines about it, and surfing the internet to get all info related to it. He gathered lots of details that he didn't even noticed before. His eyes sparkled every time he sees athletes with stunning abs.

Then one day, he did it. His 6-pack abs became visible and almost all his body fats disappeared. He was very proud of what he has accomplished.

End of story.

You see, if you affirm your objective, you will be able to block out all obstacles that will hinder your progress. You will attain that laser-like focus. Moreover, you will become more interested and more aware of information and stuffs that will make your dream a reality.

If you've ever become interested in one particular type of car (for example, a Mercedes), you will begin to notice all Mercedes (and you may not even notice or be aware of all other types of cars). You will even become aware of the color and features of all Mercedes cars that you've seen all day long.

When you affirm your objective, same thing happens. You shield out all obstacles and you become aware of things that will lead you to the thing you desire.

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Super Success Code # 4

Use the Power of Assignment Wisely

Read this inspiring story about a potential failure
Who turned into a success magnet. Here it is:

My Dad's way of disciplining me when I was growing up could have made me a big time failure, had I not realized its consequences in time.

Now, don't get me wrong. I love my Dad very much, and I respect him. I'm sharing this story for the purpose of making you aware of things that could set you up for failure, so you can avoid them.

Now back to the story. When I was a young boy growing up, I oftentimes make mistakes (as small boys usually do). Everytime I do something stupid or something that my Dad doesn't like, he would say things like "You're not using your head", "This is common sense stuff, and you don't know it", "Your cousin is much better than you are", etc.

My Dad often made me feel like I'm a stupid person, that all other people are smarter and much better than me.

He said that it's his way of disciplining me, so that I can grow up to be a better person.

As I grew up, his words often echo in my head. In due time, his words made their way to my subconscious. I was literally telling myself that "I am stupid" or "I am a failure" every time I make a mistake.

And I indeed failed in a lot of my endeavors. It was very frustrating for me to keep on failing and being a nobody.

But because I simply cannot accept my fate, I read all sorts of self-improvement books to get out of my predicament.

And that's when I found out what's wrong with me. I've let my Dad's negative words about me

become a part of my life. And because I accepted his teachings as words of wisdom, I took on the personality of a failure.

They say that people act or behave according to how you treat them. So if you treat, let's say, an average student as a genius, and tell him that his performance exhibits that of a highly intellectual person, he will indeed become a very smart person. Try it; you'll be shocked.

I have also learned how to become a human filter. To become one, you must learn to filter out negative comments or suggestions. You know yourself better than anyone else. So block out all those pessimistic views, while you absorb the positive ones.

And of course, I never listened to those who have nothing good to say. I just know deep inside that I'm fully capable of doing things which they don't think I can do. That's how I got over it.

They say that opinion is the cheapest commodity. And because different people have different opinions, you just can't simply accept the viewpoint of one person as the standard rule.

If you're a parent, assign positive qualities to your children, even if they don't have those qualities yet. Tell them they're smart, and they will indeed become smart. That's the power of the subconscious mind.

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Super Success Code # 5

Acquire the Mindset of Successful People

Would you like to acquire the mindset and attitude of your role model or idol? Here's an effective technique:

Choose the person you would like to model. Research everything about the person. Know what traits, styles, or abilities you would like to acquire from him.

Let's say you want to have the mindset of Michael Jordan. Go to a quiet place, close your eyes, relax, and visualize MJ smiling and coming to you. Now visualize MJ merging with your own body.

Now feel his presence and his aura being absorbed by your whole body. The secret here is: You don't want to become like him, feel that you're already him.

Feel his abilities engulfing your body. Visualize you're Michael Jordan and you're playing his game at its best. See what he sees, feel what he feels, think what he thinks. When the MJ aura is being experienced by your body at its peak, open your eyes. Feel refreshed and invigorated.

When you get the chance to play basketball, feel that you're MJ and play it just as MJ would. By feeling that you're him, you've already affirmed to yourself that you already possess his traits and his emotions. If you just want to be like him, you're telling your subconscious that you do not yet possess his characteristics.

The same goes if you want to become a wealthy person. Dress, act, think, and feel the way a wealthy person does, even if you're not yet one. Don't wait to become a wealthy person in the future; be one now, and you will attract wealth and abundance.

There's a very powerful technique called mirroring. You copy the other person. If he scratches his nose, you do the same. If he fixes his hair, do the same. If you couple this act with visualizations of you doing what he's doing and thinking what he's thinking, not only will you acquire the traits and personality of the person you're modeling, but he will also feel comfortable with you, and will get to like you because he can see himself in you. You will build rapport. But be warned! Don't be obvious when you're mirroring others

because they might think you're mocking them.

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Super Success Code # 6

Get What You Want from Others

As the saying goes, "No man is an island." So it's a proven fact that in order for you to succeed, you must get help from other people. If you don't, you will have a much harder and longer time to get what you want.

One advantage of having people you can depend on is what we call "leverage." With their help, you can have more time to do the things you really want. And whenever you need anything, they might know someone (or someone they know might know someone else) who can solve your dilemma.

So it pays to be nice to others. Show your kindness and generosity to others, and they will return the favor. The Law of Reciprocity works like a charm. People will feel compelled to return any act of goodwill you've shown them.

However, don't go about being nice to others while expecting something in return. Do acts of kindness unconditionally. Don't demand from others, saying something like, "I've done so many favors for you, now I want you to return the favor." No, that's not the way.

Just do good things. Even if people don't remember or appreciate what you've done, the Universe will certainly give you the reward that you deserve. Yes, the Law of Karma is working at all times.

And one very important thing I want to point out ..

We acquire the behavior or attitude of people we spend the most time with.

So it's a good idea to stick with positive friends who will uplift you and help you become a better person, instead of being with people who are pessimistic about life. That's not to say totally avoiding negative people. Just learn how to filter. Absorb ideas/suggestions that will help improve your life and develop your personality, and leave out the so called "garbage stuffs" that will do you

no good.

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Super Success Code # 7

Create Your Own Luck

Some lucky people, like those who have won the lottery or married a wealthy person, think of themselves as successful. Other people also think about them the same way.

Some of them have been featured in TV shows, where people are inspired to know more about their success stories. These viewers tell themselves to wait and expect for success, rather than work hard for it.

But you don't have to fall into this trap. What are the chances of winning the lottery? One in a million perhaps. And you've probably heard stories about lottery winners losing their wealth as fast as they've acquired it. Financial literacy is still the key.

Spend less than you earn, and look for ways to invest rather than spend (or should I say waste) the money. Whenever good fortune strikes, always ask first, "How can I utilize this to create more wealth?" rather than "How or where can I spend all this money?"

As for those who think marrying a wealthy person can bring you massive riches, think again. It's not nice to rely or depend on others for your future. You've got to make your own moves. Do your part.

For me, it is much better to earn a hundred dollars by working hard and/or smart, rather than be given a thousand dollars without giving anything in return. It just feels great to reap the fruits of your labors.

Don't wait for success; hunt it down like there's no tomorrow.

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Super Success Code # 8

Eliminate the "E"vil Word

One of the biggest reasons why people don't succeed can be traced from the very evil word known as "excuses."

Many people have questioned me before how I was able to quit my job and work full time on the internet, earning much more and enjoying more freedom than ever.

It's because I worked my butts off when I was still having a day job. When I have to sleep only 4 hours a day to dedicate some time to my internet endeavors, I just did it with focus and the desire to succeed. (Don't do this unless you're as desperate as me; health is still your top priority.)

When our telephone line was not working and I have to beg my night neighbors if I can manually transfer my entire aging computer set to their area in the middle of the night just to connect with the internet, I did it with the full determination that I must finish my task no matter what.

I DIDN'T FIND ANY EXCUSE.

The case is different with other people I met. I told them, "I suggest you do something in your spare time that will move you one step closer to your goals."

I often heard various excuses. Some said, "I'll try" or "I'll see." No way. As Yoda said, "It's either you do it or you don't. There is no try." To try is to exert a half-hearted effort. It is such a weak word. In any endeavor, you have to push yourself to the limit. Full steam ahead.

Some said, "I'm just so tired after my job that I can't hardly move when I get home." Maybe they just don't have the passion. Passion will fuel anyone into moving ahead despite the difficulties. Instead of watching TV, do something with your life. If you often feel tired, exercise can be a great energy booster.

Some said, "I just don't have time." Well, if you don't have time during weekdays, find something useful to do during the weekends, instead of just watching movies or TV, or spending endless hours chatting over the phone.

Some said, "One of these days, I'll do it." I'm sure they never get to do it. There's no better day than today to start. No need to wait for the New Year. Every new day is a great day to start.

And there's no need to make everything perfect. Perfectionists never get anywhere because they never start until the perfect conditions are met. And since nothing is perfect, expecting perfection is a waste of valuable time.

The important thing is to adjust along the way. The more you don't start doing something, the harder it is to get started. If your will to do something is weak, it will get weaker and weaker until you finally decide to quit.

Use the power of momentum. Take the all-important first step, and you're halfway done. Take the next step, and another, then another. You will become stronger and stronger as you take more and more steps until you find yourself on fire and on a roll.

True, there are things beyond our control. But no matter what, stay focused on your goal. Excuses will only delay the process further.

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Super Success Code # 9

Love It or Leave It

I would like to discuss another reason why many people are set up for failure. It's because they don't love what they're doing.

To succeed in any endeavor, you must venture into one that you love doing or something that you're good or skilled at.

That doesn't mean you have to quit your job if you're not satisfied with it, but use it as a temporary channel to help you arrive at your desired destination.

For example, you can think of creative ways to make your hobby a lucrative business or occupation. You can do this part-time while still being employed.

Instead of watching TV, chatting nonsense, or drinking at the bar, use your time productively. Read books, listen to audios, attend seminars or classes, or do anything that will propel you forward to your goal. Brainstorming, or even just discussing, with people who are well-versed in the field of your interest can be very helpful.

Don't get stuck in a life with no direction or purpose. Step out of your comfort zone and just do it. The sense of achievement is an awesome feeling.

Here's another piece of advice:

Don't get stressed out over things you have no control of. If you guess that something undesirable will happen in the future, think of ways to solve the problem rather than worry about it. As the saying goes, "Focus on the solution, and not on the problem."

Center your attention on the things that you can change or control. You can do it.

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Super Success Code # 10

Dig Deep Down Inside and Believe

Are you serious in becoming successful? Then listen closely.

People fail to achieve what they want because they don't feel that they deserve it. They might be doing all sorts of self-improvement stuffs (visualizations, affirmations, etc.), but they can never succeed unless they truly believe that they are capable of attaining their desires and that they deserve the success they long for.

If you keep on working hard, but deep inside you're saying, "This is impossible to finish" or "There is nothing more I can get from my efforts," then you're sabotaging your dreams.

You've got to fully believe in your heart and mind that you will ultimately get what you want, in order to attract the thing you desire.

And of course, nothing beats the power of inspired, "get-out-of-your-comfort-zone" action.

I know some people who just takes whatever life has to give them. They watch TV, spread gossips, gamble, and oftentimes just sit in their comfy sofa doing nothing. I felt out-of-place as I joined them one time with a book on my hand. They despise knowledge and improvement. According to them, they just want to "enjoy" life.

What a waste of time and life! I wouldn't want to die someday accomplishing nothing. It's better to work super hard and die with a sense of achievement and contribution to society, than to have done nothing at all while still alive.

Don't just stay in your comfort zone. Explore the limitless possibilities that life has to offer. Believe that you can do it, and just do it!

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Super Success Code # 11

Unleash the Incredible Power of Your Subconscious

I would like to discuss about the power of your subconscious mind, and what you could do to literally use it to attain unlimited success.

But first, let me tell you that your mind's power is only limited by the belief you've assigned to it.

You've probably heard of the elephant who was chained at a corner since birth. Even if the chain was removed, it is still bound by its belief that it cannot escape.

Or how about the teacher who was assigned to teach a group of students who are considered to possess below average IQ. The teacher was told that the students were the best of the best; and because the teacher believed it to be so, his students became successful in academics.

Or how about the salesman who was assigned in an area where sales are considered to be "impossible." He was told by his boss that the area was the most responsive one there is, so the salesman made lots of sales because of his mindset.

You see, nothing beats the power of your mind. They say, "See it to believe it." But what they didn't know is that "When you believe it, you'll see it."

Believe that you will attain what you aim for, see it clearly in your mind, and your subconscious will make sure you get it.

So how do you make sure your subconscious will respond willingly to your requests?

You have to treat your subconscious like a close friend. Love it. Respect it. Talk to it often. And never forget to thank it for always being there for you.

When you encounter an idea block, tell your subconscious, "Hey subconscious. Please help me to think of a solution to this.."

When you feel weak or unmotivated, tell your subconscious, "Subconscious, fire me up inside and give me that super energy to finish all my tasks for the day."

When you actually do this, you have to believe it. If you don't, you'll end up unsuccessful. As a result, you might criticize or complain against your subconscious. That will make matters even worse.

So be kind to your subconscious. Ask graciously for your request. Believe that you have already received it. Picture yourself already reaping the fruits. And you will ultimately attain it.

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Super Success Code # 12

Optimize the Awesome Power of Thoughts and Imagination

Have you encountered a time when you were in a traffic jam and was running late for an important meeting? Did you stay calm and focused? Or did your mind wander into the dark side of the impending consequences that may occur.

If you're always picturing people getting mad at you and thinking of negative outcomes, then your body suffers as well. You may experience chest pains, anxiety disorders, indigestion, and other health problems. Why worry when you can't do anything about the situation? Moreover, you don't even know yet what will happen yet. Both good and bad things happen unexpectedly. Why bother to worry? It's just not worth it.

Your mind directly influences your body's capabilities and reactions; so if you always project negative thoughts and images in your mind, your body suffers as well. But if you always think of positive and enthusiastic stuffs, your body will react positively too.

The mind is an absolute powerhouse, a dream granter, and goal achiever, all rolled into one. But do you know how to optimize it for best performance?

Many times we've heard people say that "If you think you can or you can't, you're right."

That is so true. But do you know exactly how to use your thoughts in reaching what you desire to achieve?

They say affirmations work. Yes, they do. But the results might be minimal and might not turn out according to your expectations.

Do you want to know a method that is much more powerful? What I'm going to tell you is a technique that is so effective in itself; that if you combine it with affirmations, then you possess one of the deadliest combos of self-improvement.

Want to know the secret? Here it is.

Visualize images. It's as simple as that. Our mind communicates with our body using images. You know that the

thought of people getting angry with you can negatively affect your health. Otherwise, picturing yourself relaxing at your favorite vacation spot can ease some of your stress.

Take this exercise.

Imagine the juiciest whole piece of fried chicken right in front of you. You can smell its tempting aroma. You sliced it into pieces and heard the crispy crunching sound. Picture yourself taking a large bite and enjoying the gastronomic experience. Did that make your mouth water? Did that make you hungry?

Images are very powerful and can be used to improve your health, attain your goals, and achieve anything that you put your mind into.

For instance, you're a burn victim. You have a wound that is quite agonizing. Don't just say, "Hey, burn wound. Get out of my skin." Picture it in your mind getting smaller and smaller. Visualize it melting and vanishing into thin air.

You may imagine the wound itself healing miraculously, or you may designate any object of your choice to represent that wound. For example, you visualize a black stone as a symbol of your illness. Imagine that object shrinking and disintegrating slowly. As you're thinking of this, feel your wound and all negative forces simultaneously going along with the action of the black stone. Let them become smaller and smaller until they have ceased to exist.

So which technique is better - imagining the real thing or assigning a representational object to it? It all depends on you. Pick and apply the method that you are more comfortable with, the one that you are more inclined to think and visualize upon.

But it's not as easy as you think. Practice makes perfect. One way you can optimize the power of imagination is by becoming more observant and meticulous. If you're going to use a certain flower in your visualization, go to the park and become a keen observer of that flower. Touch it. Smell it. Feel its texture. The more senses involved, the more powerful your visualization will become.

Visualization can be a very powerful tool in getting what you want in life. Practice and apply it often. You'll be

amazed at the results.

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Super Success Code # 12A

Use Power Visualization

One of the kindest persons I've ever met has shared with me some of her visualization secrets to get what you want in life. I want to share them with you too:

1. If you visualize, you have to be in the picture. Example, you visualize a car, its type, model, color, etc. BUT What you should be doing is to visualize yourself riding or driving the car of your dreams.

She said before, she used to visualize a silver suv; what happens is that she sees so many silver suvs passing by, without her in it!

2. It helps if you do visualization at a specific time and do it regularly. DON'T do it just once in a while, then easily give up.

3. Don't be shy in making a request from the universe. Don't think you can't ask for more if you have so many blessings already.

We are encouraged to dream big, and everything that we need is already within us.

4. You can also inject fun in doing visualizations. She says, "My seatmate sees herself jumping up and down while doing the task she is thinking of. Injecting an element of fun encourages you to do it repetitively."

5. Think pictures. She says, "I have been affirming that 'I am a friendly person' but I cannot picture it out in my mind. So I have to create an image that relates to that like I am smiling and shaking hands with a person I just met."

"Like if you say 'I am rich' you have to 'materialize' it. What does being rich mean to you? Is it seeing in the computer so many people ordering your products? Encashing checks? It should be an activity."

6. You have to really desire, believe, and accept. You desire the thing or activity with passion, you believe that it will be yours (that this or something better will be given), and accept it.

Don't be afraid. Acceptance is being prepared for all the attachments and responsibilities that goes with what you asked for.

7. Visualization must be done repeatedly. Initially, you may doubt that it is impossible for you to get what you ask for. But as you do it repeatedly, you tend to "hypnotize" yourself and believe what you are saying. Repetition causes you to focus on your goal.

8. You can do it with your eyes open! You don't have to do meditations (like you need to hear gongs, go through the colors of the rainbow, or say "ommm") first to be able to go into the alpha state. You just need to be relaxed and just have the image in your mind.

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Super Success Code # 13

Stay Away from Negative Influences

Watching the news can be hazardous to your health.

It's a fact, especially when you're watching events related to terrorism, kidnapping, murder, accidents, or calamities. These incidents make you worry and will leave you feeling weak and insecure. Imagine the uncomfortable feeling of becoming a victim someday. This will have a negative effect on your outlook in life.

Your surroundings have a big impact on you. How can you think and grow rich if you're bombarded with messages that relates "how difficult life has become" or "how poor most of us has turned out to be?"

You can't change your environment, but you certainly can control your mind. This is where visualization comes into play. Use your imagination, just as you would when you're still a little child. Imagine your home as a palace, your simple meal as fine dining gourmet, and your nearby park as your favorite vacation spot. Just imagine. Unconsciously, your thoughts will transform the images into their physical components.

If the media can indirectly influence you just by reporting what's happening around, imagine what impact everyday people have on you. These are the people that you see and meet everyday. These are also the same people who are expressing their own views of what is right and what is wrong.

When we grow up in a negative environment, we tend to acquire the traits and characteristics of people around us.

Many gangsters have been brought up by folks who have either misguided them or have taught them the wrong things in life. Through the years, they have instilled within themselves the vices of people around them.

Here's another case.

Pick a nice person, throw him in a group of bad-mouthed individuals who incorporates swear words in their everyday language. Sooner or later, you'll notice that nice person speaking in the same manner as the group.

This just goes to say that anyone who joins in the company of a like-minded group will have a big chance of being influenced by the personality of that group. So what can you do if you're surrounded by people who deviates from your way of thinking?

You can't just avoid them. They'll think of you as a snob. Don't change the way you treat them, but simply learn how to shield out pessimistic comments or suggestions.

Sometimes, they will dictate you to do what you are against to do. Be firm with what you believe in. Do not let them affect your decisions. You know that you can do what they thought would be impossible. If you have to suffer the ridicule, so be it. You will have the last laugh anyway.

Moreover, you should be with people who have the same principles and ideologies as you do. You will be more encouraged to continue your dreams if you have a support group or mentor who will prod you to pursue your goals despite the setbacks.

When I was starting my internet endeavors, no one (and I mean not even one) of my relatives and friends believed me. But I did not let their discouragement stop me from becoming successful.

I remained firm in my quest to make a living online. I made friends with respected internet marketers who shared the same vision as mine. They have also experienced the same treatment from non-believers; but they have proven that what the mind can conceive, it can achieve. Through their help, I was able to put aside my doubts and achieve my goals.

You have the power to make your dreams a reality. Now show the world what stuff you are made of.

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Super Success Code # 14

Be A Red Hot Positive Thinker

You only need to know ONE word to become a red-hot positive thinker! You must make sure that this word stays in your vocabulary for a long time. Before I reveal to you that one single word, let me acquaint you first with the three words that perpetuate negativity.

Why do people indulge on negative thoughts? There is no need for rocket science principles here. Has it ever occurred to you that it is easier to become a negative person than a positive one? People indulge in negative thoughts mainly because **IT IS EASY**; and there are 3 simple steps involved here.

Finding Faults. According to T. Harv Eker, "whoever can point to as many people and circumstances without ever looking at himself is declared the winner!" When caught in a bind, some people easily point to someone else. It is the always the other person's fault. They take the easy way out instead of taking responsibility and finding solutions to the problem at hand.

They blame their parents for being the child they became, they blame their spouse for making them feel unloved, they blame their boss for the project that bombed, they blame their officemates for spreading gossip about them. They blame credit card companies for their numerous debts, they blame the sun for the uncomfortable heat, and they blame the wind for ruining their hair. What's next to blame?

Making Excuses. In this case, some people use their creativity to come up with innovative reasons and excuses just to get off the hook!

In work situations, some people would come up with excuses just to avoid doing the task assigned. Others would claim that the task is difficult or not within their line of expertise. Some would rationalize that it is hard to initiate change even before trying it out first! Their mindset is wired to give up easily. They would rather find one hundred reasons why it cannot be done, instead of finding reasons why it is worthy to purpose.

Whining Constantly. This refers to complainers who are dead set in finding the negative side of things.

Whiners have difficulty in finding happiness in life, for they focus on what they do not have, instead of being thankful for what they

have. When people are complaining, they magnify and focus on what is wrong in their lives. When they complain about lack of money, that is what precisely will manifest in their lives.

There you have it, the 3 simple and easy steps for perpetuating negativity.

For a long time, people have been indulging on negativity. Many of us, in one way or another and at any point in our lives, have engaged in negative thoughts. The uncontrolled mind becomes the perfect breeding ground for negative thoughts.

We already have lots of practice. To some, negativity is a way of life. Some infants are born to negative families. They are sensitive enough to absorb the prevailing atmosphere of the family. They easily imbibe the mental and emotional characteristics of the mother and the father since they are their first teachers. They grow up into teenagers and adults with negative mental attitudes then later on become parents themselves.

Some find comfort in the company of friends who indulge in negative thinking. "Tell me who your friends are and I will tell you who you are." "Birds of the same feather flock together." This accounts for man's need to belong to a group. Peers have a major influence on some people's thoughts and decisions.

So now you ask me,

"What is the ONE word I need to know to become a red-hot positive thinker?"

That one simple word is **STOP**.

STOP finding faults. **STOP** making excuses. **STOP** whining.

Have a positively great day!

Super Success Code # 15

Learn to Successfully Persuade Anyone

Having excellent persuasion skills is one of the most important abilities to possess in today's fast-paced world. We need the support and cooperation of other people to help us in reaching our goals. The saying "No man is an island" is an undeniable truth.

Here are some hot tips to effectively influence and persuade anyone you desire.

1) Enter their world.

You must understand the situation according to their point of view. Set aside your personal interests and concentrate on them.

Just pretend that if you are them, what would you do? What would be your opinion? Then take the appropriate action that would be beneficial to them.

Copy them. Observe how they act, how they speak, and how they think. If they rub their forehead while they think, act like them. If they speak at a clear and slow pace, try to do the same thing. This is called mirroring.

In due time, the people you're mirroring will subconsciously feel more comfortable with you. It's as if they see themselves in you.

However, you must proceed with caution. Do not let them be aware that you are copying them. They might interpret it as mockery and you'll just get into trouble.

2) Be Friendly and Nice.

Smile to brighten up the day. Make a sincere compliment to raise their spirits. Little things like these count a lot.

Make them feel that whenever they need help or just someone to look up to, you'll always be there to lend a hand. They would tend to be more receptive to people that they trust.

If you want to ask your boss a favor, do everything you can to please him. Overdeliver and exceed his expectations. Soon, he will notice your efforts and will be more than

glad to grant your request.

3) Provide them with compelling evidence.

Explain to them how your ideas or suggestions could be the most effective techniques to implement. Show them undeniable proof that you have the best product by way of testimonials, before and after scenarios, and detailed comparisons against your competitors. Just make sure that all your claims are true and verifiable. Always maintain a good reputation.

4) Meet their existing needs and desires.

People are self-centered. They are initially concerned with their own well-being before others. If you can prove that your proposal will provide more advantageous benefits to them than to your own, then they will probably accept it.

If you could focus more on their interests, desires, needs, and expectations, then you would satisfy their cravings for attention. Moreover, it would show that you really care about them. Mutual trust and respect would be established.

This is the most important thing to remember when persuading anyone. No matter how close you are to becoming like them or how overwhelming your evidence is, if it does not satisfy the "What's In It For Me?" test, your persuasion efforts will not produce satisfactory results. Always bear in mind how they will benefit from your actions.

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Super Success Code # 16

Clearly Communicate "What's On Your Mind"

People of two opposing ideas can stir up arguments and fights. It's that situation when one thinks he has the right concept while the other one also believes he has the proper notion. Both of them would try to outsmart each other until one claims victory.

Here's an actual example.

My wife Riza would sometimes buy me signature clothing. When my Mom found out how much it costs, she would advise us to budget our money and just buy the affordable ones.

A problem occurs when Riza thinks that her effort to give me the best was unappreciated. Mom, on the other hand, would think that Riza is such a spender.

There's a conflict with their beliefs. No two people are exactly alike. We are totally unique; not only physically, but mentally and emotionally as well.

There will be many times when your opinion will not correspond with that of another. So how can people prevent this kind of conflict from occurring?

Communication is the key to overcome doubts and misunderstandings.

You should let other people know what's in your mind. Don't keep them guessing.

There was a story about two couples who were filing a divorce. After the lawyer had spoken to them both, he found out that the root cause of all their problems was due to miscommunication.

Here's one of the couple's problems.

The man filing the divorce said that he just hated the breakfast meal that his wife often prepared for him. On the other hand, the wife said that she's

only preparing the meal because she thought it was her husband's favorite. But she never liked cooking it because it's very difficult to prepare.

See? If only one of them took the initiative to speak out what's in his or her mind, then that particular dilemma would be over.

Now why would people prefer to keep their complaints and criticisms to themselves? What's holding them back?

It's because they do not want to be rejected. Most, people, if not all, would like to be accepted and to be perceived as likeable in the eyes of others.

So can you get your message across without hurting their feelings?

Substitute negative statements with positive ones.

Instead of saying "You don't understand," say "Let me explain." Instead of remarking "You're wrong," say "Permit me to clarify." Instead of stating "You failed to say," just mention "Perhaps this was not stated."

There are certain words that affect a person more negatively in comparison with other words that have the same meaning.

Nothing could be more pleasing to the ear than hearing someone else say that you are right. In this case, be prepared to let other people know that you respect their opinions. You may add your comments at the end, but acknowledge them first.

Say:
You're right, although ...
Great suggestion, however ...
I agree with your opinion, however ...
I would feel the same way if I were you, although ...
I understand your situation, however ...

Reassure your counterparts that the decision made will benefit both parties. People need to feel that they have made the right choice.

Communication is a gift. Use it wisely for everyone's advantage.

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Super Success Code # 17

Master the Art of Adapting to Change

One of the main reasons that may hinder us from reaching our innermost goals and desires is our inability to be flexible.

This fact may be hard to swallow, but it's true. We do everything we can to eliminate any type of suffering in our lives, yet challenges and pressures can bring out the best in us.

If you have been burdened by mistakes in the past, learn from them, forget about them, and move on. Some people tend to focus on how bad their lives have been due to these mistakes. As a result, they remained stuck in their miserable lives.

Treat your mistakes as lessons, and apply them as learning references in your future endeavors.

So what if you invested in a business and you lose a ton of money? In this situation, some people would remain deeply discouraged for a long time that their personal lives are being affected negatively. They can't eat well and they just stare at the ceiling all night long, thinking how this bad incident happened. Furthermore, they would probably vow not to venture into new opportunities again.

You don't have to be like them. If you're afraid to fail, then you risk all your chances to achieve your goals in life. Try again; but this time, be more careful and use your past mistakes as guide maps.

Look at it this way. If you try, at least you get a 50% chance of getting what you want. But if you did not try at all, you have absolutely no chance of attaining your desires in life. It's a no-brainer.

But when you try, make sure you follow through. I've met so many people who have accepted my proposal to write reports for me, but most of them would stop right in the middle of their work and quit. They have the drive to start, but they lack the motivation to go through all the difficulties. Yes, this is another fact of life. Those who persist may have some hell of a time at present, but they shall have the last laugh.

Let's fast forward into the future. Let's say you did try,

you followed through, and you succeeded. Congratulations. So you became wealthy by reaping the fruits of your labor. This does not mean you'll stay in that situation for good. Problems may rise again, so always be ready to adjust to the current situation. The only thing permanent in this world is change.

If you need to sacrifice something for a better cause, then do it. If you have to miss your favorite show on TV or if you have to deny your friends' invitation to go out on a Saturday night so that you can devote more time to those activities that will lead you closer to your goals, so be it.

You may encounter difficulties. You may receive criticisms. You may even be regarded as being "different" or "strange" by other people. Don't let them discourage you. Just keep on striving, and success will be yours for the taking.

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Super Success Code # 18

Double (Even Triple) Your Efficiency

To be really efficient, you must plan everything. Write down the things you need to do for a scheduled period (let's say for the coming week). Then evaluate if you're really efficient in doing all of those things.

You can delegate those that you're not really capable of doing to someone else who can do them better. And if you don't enjoy doing something, the more you should assign it to someone else. Remember that you can reach success much, much faster only if you actually love what you're doing.

If you think the task requires your full attention, then find out everything you need to know and do before you start doing it. You need to adequately prepare for any task in order to do it much better.

You might think that planning and setting goals are a waste of time, that you should jump right into your tasks to save time.

Big Mistake!

By preparing beforehand, you will know exactly what to expect and accomplish when you're actually doing the tasks. You will be likened to a guided missile, fully focused in finishing anything you ought to do. You won't have to waste time thinking of what to do next.

But what if you lack knowledge in doing something? How do you prepare for such things?

Learn everything you need to know about the subject. Read books, listen to audios, attend seminars, ask advice from people knowledgeable in the subject, etc.

If you learn about something without actually applying the lesson, you might easily forget it. To resolve this, spend some time contemplating on what you've learned. Think about how you can apply it to real life, on how you can apply it now or in the future. See how you can benefit from this knowledge and imagine yourself actually applying it to people around you.

Knowledge is power, only if you apply it. You may not be able to apply what you've learned immediately; but by utilizing

this technique and infusing the knowledge into your inner being, you will be able to summon it in times when you need it.

About the Author:

Michael Lee is the author of "How to be a Red Hot Persuasion Wizard...in 20 Days or Less", an ebook that teaches powerful persuasion techniques on how to tremendously enhance your relationships, boost your profits to the next level, and get anything you want...just like magic. Get a sample chapter and highly-stimulating "Get What You Want" advice at his site: <http://www.20daypersuasion.com> . He is the Co-Founder of <http://www.self-improvement-millionaires.com> and is licensed as a Certified Public Accountant.

Super Success Code # 19

Fire Up Your Motivation

It's so difficult to go on when everything seems to fail, isn't it? Are there times in your life when you really want to call it "quits" because you just can't see any good results from all the hard work you've done?

Hold your horses!

Never ever think of giving up. Winners never quit and quitters never win. Take all negative words out of your mental dictionary and focus on the solutions with utmost conviction and patience. The battle is never lost until you've abandon your vision.

But what if you're really exhausted physically, mentally, and most of all emotionally? Here are some sources of motivation to prompt you in reaching the peak of accomplishment.

1) The Overwhelming Feeling of Attaining your Desired End

How would you feel after accomplishing your mission? Of course you will feel ecstatic. You might be shedding tears of joy. Let this tremendous feeling sink in and encourage you to persist despite all odds.

When I was studying for the Board Exams, I used this technique to motivate me. I would envision the sweetness of folks calling me a CPA. It would command respect. People will look up to me as a higher level of authority. And I would have better chances of finding a good job. I absorbed all these great perceptions into my inner being in order to achieve my ultimate goal.

2) The Reward System

How would you feel if you've entered a contest, but there are no prizes for the winners? It's not very encouraging, isn't it?

The same principles apply to your vision. Reward yourself after accomplishing a goal. Set a particular incentive for every objective.

Let's say if you've achieved a particular task, you'll treat yourself to your favorite restaurant. When you've finished a bigger task, you'll go on a vacation.

Got the idea?

Just set something gratifying to indulge in after completing a certain undertaking.

3) The Powerful Force of Humanity

If you want to succeed, surround yourself with the right kind of people who will support and encourage you all the way.

Be with people who have the same beliefs and aspirations as yours. Positive aura is generated by this fusion of collective energy from people of "like minds."

On the contrary, being with people who oppose your ways of thinking may trigger a negative, yet very powerful, kind of motivation.

Has anyone ever said to you that "You'll never get anywhere" or "You're wasting your time with what you're doing?"

Didn't it made you furious and determined enough to prove to them how wrong they were? This is what I'm talking about.

When aggravated, you will do anything to make those who are against you swallow their words. But of course, your main focus should be on the accomplishment of your goal and not for the purpose of revenge. Never let your emotions toward others alter your main objective.

4) Take Care Of Your Health

Exercise regularly. Fill your brains with enough oxygen to allow you to do your daily tasks with more vigor and energy.

Take regular breaks if time allows. Having the will power to continue despite all hardships is extremely important, but you should still know your limits.

If you don't take enough rest, you will not be able to think clearly and you will not be able to do your tasks properly. In the process, you will just get more frustrated.

Take sufficient sleep and recharge yourself after a hard day's work. Never, ever ignore your health. I've learned my lesson when I sacrificed my health for the sake of success. I've

worked very long hours everyday and just got minimal sleep. As a result, I became ill.

It's not worth it. Success won't matter if you don't have good health to enjoy it.

Fire up your motivation and live life to the fullest!

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Super Success Code # 20

Be A Problem-Solving Superstar

Did you know that you can transform a problem into something wonderful? Here's a story to help you understand how you are responsible for your success, no matter how many problems you have.

Once, there were 2 brothers who grew up in a poverty-stricken environment. They barely have food to eat everyday, and sometimes they have to beg in order to survive. Their father died a long time ago, while their mother's income can barely feed them.

One day, the older brother went far away to search for greener pastures. He said he'll be back to help his family. He strived and persisted. He found a good job and worked part-time while studying. Until one great day, he graduated with honors. He was immediately hired by a large company and became one of the top lawyers in that area in a short span of time.

He went home one day, eager to tell his family of the good news, and surprise them with his accomplishments. At last, he can give them a good life, he thought.

When he arrived home, his mother was weeping. Alas! While he's away, his younger brother joined a group of thieves and became a drug addict. "Your brother is wanted by the police. We haven't seen him for many weeks now," his mother sadly told him.

It was interesting to note how the 2 brothers' identical situation motivated them to do what they did.

The older brother used his situation to motivate him to succeed. He said, "Because of my situation, I was forced to persist and do all that I can to help my family. Who knows if I've not become very poor before? I might not have the fire inside me to attain what I have now." He believed that he can create his own destiny. No matter how difficult the circumstances, he believed that he has the capacity to do the right thing in reaching his goals.

The younger brother used his situation as an alibi to become bad. He was finally caught and was asked why he did those crimes. He said, "Because of my poor

situation, I'm forced to become a criminal. If only I've enough money, I would have been a good person." He believed that he received what destiny threw at him, and it is his fate to become a criminal.

Now if you have a problem, would you be like the older brother or the younger one?

The choice is yours. Your success does not depend on the type of life you have, but on the way you handle or utilize your current situation to your advantage.

About the Author:

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