

YES YOU CAN

Overcome Any
Problem or Challenge

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This is book is dedicated to
the unstoppable human
nature that lies within **YOU!**

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A Real Life Story

Here's a real story of how one couple lost their home... but created a better lifestyle.

Without notice, the company our client Bob worked for suddenly closed its doors. Over the next three months, Bob and his wife Shirley watched their financial investments and savings drain away to zero.

Days before eviction, they were trying to decide who they could move in with. We suggested they stop and first look at what they DID have, rather than what they were losing.

We discovered resources they were overlooking: two extra vehicles, furniture, and an old cabin they owned on a nearby lake. Over the next five days they sold everything and moved into the rundown old lakeside cabin.

Then after three months of do-it-yourself repairs, they announced a new business – a “bring your own boat” private campground. And yes, they're now very happy with their new low-stress lifestyle.

You too can handle any challenge life throws at you by using some creative strategies and your own determination.

~~ Yes you can! ~~

Oh, Yes You Can!

“If you don't like something, change it. If you can't change it, change your attitude.” ~~Maya Angelou

You may be wondering what to do lately. You didn't create the mess the government is struggling to fix. BUT one thing is certain – you DO have to create your own solutions.

But here's some really good news. You do NOT have to settle for things as they are right now. No matter what your situation, you have a choice.

Are you ready?

Right now, in this very moment, there is a very real way to totally change your life for the better –by the time you reach the end of this little book.

This may be hard to imagine, but yes you can!

You do NOT have to be a victim of today's tough times. You are about to learn a proven way to handle any challenge and come out on top.

And no... this is NOT about making slow changes or improvements in your life.

It's about NOW. About how to instantly create a more powerful version of YOU that can handle anything life throws at you.

And it's about doing so with far less effort than you're putting out today to "hold it together" while the sputtering economy tears people's lives apart.

Hang in with me.

What you're about to learn will change every-thing. You're about to discover a whole new vision of WHO you are, and WHAT you're capable of doing.

~~ Yes You Can! ~~

NOW... Settle into as comfortable a place as possible and please KEEP YOUR MIND OPEN as you read this book.

You've heard about how people do amazing things – saving themselves or others from personal crisis or emergencies of one kind or another.

Well... YOU have personal power you can use to INSTANTLY become just such a person -- regardless of your education, IQ, family, background, or your finances. This is about YOU, and how to instantly tap into that power!

Many before you have done this. And YOU can do the same!

YES YOU CAN!

Your TRUE Power

“You are not defined by what you own. You are defined by WHO you are... by your innermost qualities.”

If you're like 99 percent of people today... you're feeling a bit insecure and anxious about the world-wide economic crisis.

It's true, we do face some very real challenges today. Many people are struggling... and many others see problems racing at them like an out-of-control freight train.

Hopefully this is not you! But even if it is, there IS an answer!

As individuals, we clearly cannot fix the world's economic problems. But what we can do is tap into our own personal strength and courage and create our OWN personal answers.

That's exactly what this book is all about!

No matter what your age, think about this: Your ancestors (maybe your parents, and most certainly your grandparents and their parents) were very tough survivors.

They came through wars that tore the world apart, yet they survived. They came through the Great Depression, yet they held onto their hope and rebuilt their lives.

Think about this: YOU carry the genes of generations of proven survivors.

PLUS, you too have survived blows in your own life – maybe a broken heart or serious illness, maybe loss of a loved one or a heart-wrenching rejection, or perhaps a serious financial loss.

And yes, you DID survive!

Because of this, at your deepest core, you too have the mental toughness to heal and go forward regardless of any challenges you face today.

This mental toughness can NOW enable you to face any adversity or challenge straight on... to blast past fear and take action. You can overcome any challenge life throws at you.

~~ Yes you can ~~

THINK... of one of the toughest challenges of your life. You DID survive, and it actually made you stronger. Remember... YOU carry your tough ancestors' genes, and YOU also have your own unique strengths!

Trust your ability to handle anything life tosses at you! You have already managed to do that... right up until today!

The Power of Instant Change

“The best years of your life are when you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that YOU control your own destiny.” ~~Albert Ellis

Is there something you'd really like to change, but you haven't yet taken action to do so? You might be holding back because you believe that all important changes take a long time and a lot of effort.

But this is simply NOT true. Change happens very fast. It's not a long process – it's something you do in an instant by just making a decision.

Think back, and you will realize that every change you've made really happened in a moment. What took time was deciding to DO something!

Here's how to make an important change:

Step one -- Study your current situation. Be sure to be as logical and non-emotional as possible.

Step two -- Just truly decide to change your situation to make it better.

Step three -- Start right now to take action that supports your decision... then just continue to take action until you get the results you want.

Remember – nothing will change in your life by just thinking about it. Everything is just a wish or a dream until you make a decision and start to take real action.

Just decide! Do it right NOW. It is in your moments of decision that your entire destiny is shaped.

~~ Yes you can ~~

DO IT NOW! Think of the biggest problem you face today. Step back from it, just let go of any fear and worry for now, and write down exactly what you feel the problem REALLY is.

Now look at what you wrote, and ask yourself if there is an even deeper problem at the heart of THAT problem.

DECIDE to solve the deepest problem. Remember: You cannot control anything outside of you, so this will be a decision to do something about YOUR thoughts and actions as they relate to the deepest problem you can identify.

TAKE ACTION. Your action might begin by finishing this book, then pulling yourself together to make a positive life change.

YES YOU CAN!

Start Here!

“Success is simple. Do what's right, the right way, at the right time.” ~~Arnold H. Glasow

What's next? Everything starts with YOUR OWN DECISION to make your life a better place to be.

Now... to get something better in your life, you must BECOME something better. You'll need some new beliefs, new attitudes, and new thoughts to create some NEW solutions to your challenges.

Why? Because you can't use the same old way of thinking to create a NEW solution to a problem! New requires new!

So let's start with YOU.

If I ask you to describe yourself and your potential, what would it look like? Another way to put it is this: Who do you believe you are?

Your self-image is a collection of ideas you hold about your own personality, your talents and skills, your body and mind, your intelligence, and your potential.

Where do our self-images come from? They start to take shape in our very early childhood as other people react to us. Then what happens over time is that we start to BELIEVE we actually ARE just like our stored memories of what other people think about us and our potential.

Then the problem is this: Our beliefs are usually NOT open to question. We just believe them to be absolutely true.

So if you believe you lack self-confidence, cannot solve your problems, will never be successful, or can never have a good relationship – then guess what! You will defend that belief, even to yourself!

That's why you need to update your beliefs about who you are and what's possible for you. The next chapter will get you started.

~~ Yes you can ~~

TAKE A MOMENT... Let's look at what you believe to be one of your personal limitations? (Just pick one).

Think back to your first memory tied to that belief. What EVENT or PERSON could be the source of that belief? Ask yourself if that belief is STILL true for who you are today? Or is it just left over from your childhood?

If it's an old belief from childhood, maybe it's time to let it go and update your vision of who you are and who you can become.

YES YOU CAN!

Who Are You?

“The thing always happens that you really believe in...
and the belief in a thing makes it happen.”
~~Frank Lloyd Wright, architect

It’s just after “reading time” in a Los Angeles second grade classroom. The attractive brunette teacher places her copy of *Alice in Wonderland* on her desk. As always after storytelling, her 23 young students are excited—waiting for their teacher’s story questions.

“What color do you think Alice’s eyes were?” she asks the class.

Arms shoot up. The rapid-fire answers name every possible eye color—from blue to green to brown to black.

“Actually,” she says, holding up the book, “you can see on the cover that Alice’s eyes are blue. And here’s what’s so interesting about that. Since Alice’s eyes are blue,” she continues, “we know something very special about her.”

Keeping her agreement with a friend who is doing a psychology study, she then says: “Scientists now know that blue-eyed children are a lot smarter than brown- or green-eyed children. So if you have blue eyes you are naturally smarter, just like Alice.”

Remember how you trusted your teachers as a young child? The students believe their teacher, of course. And the results are immediate

and dramatic. The blue-eyed children instantly begin to do better than their brown- and green-eyed classmates.

This goes on until one month later, the teacher announces she'd made a mistake. She apologizes, and says that scientists actually believe that brown- and green-eyed children are the more intelligent.

Again the results are dramatic. The blue-eyed children lose their edge, and the brown- and green-eyed children's grades immediately soar.

Incidentally, a few weeks later the teacher tells her students the scientists were all wrong, and the children's performance returns to normal levels.

What does this mean? If you think you're smart, you act (and become) smart. If you think you're capable, you act (and become) capable. If you think you can successfully overcome a challenge, you act like (and become) a success!

~~ Yes you can ~~

ASK YOURSELF: What did I learn from this? How can I apply this to something that I "think" about myself? What can I expect will then happen?

Will my life change if I THINK differently about myself? Can I do this?

YES YOU CAN!

The Power of Belief

There's a very strong tie between your beliefs and your actions. In fact your beliefs actually direct your actions... and your actions, in turn, control your results.

We each have our own set of beliefs for every area of our life: Money, success, relationships, body image – the list goes on and on. And these beliefs go way back into your childhood.

Why is this so important? Because the very nature of beliefs is that we automatically assume that they're really true, without even thinking about it.

So... what are beliefs? Beliefs are really just emotion-packed thoughts that we think over and over again, until they finally become automatic mental habits.

And the power of beliefs is obvious from the fact that we get very defensive if someone (even our own self) questions them.

So... our beliefs go unquestioned, and then they place limits on what we can (and cannot) manage to accomplish in our lives.

How do you know if you have any limiting personal beliefs? If you do, you'll notice ANTs (Automatic Negative Thoughts) marching through the back of your mind if you even think of doing anything related to a past painful experience.

Suppose at age 7 you set up a lemonade stand and your big brother told you, “Forget it, you’ll never succeed.” And then suppose you tried your hand at retail sales during college, but did not do well.

Experiences like this become the heart of your limiting beliefs. So if today you decide to start your own business, you might hear an ANT say, “Forget it. You’ll never succeed in business.”

ANTs keep you stuck in the worst experiences of your life! They feed you self-doubt, failure, fear, and personal limitations – everything that holds you back from achieving your TRUE potential.

So...can you overcome ANTs?

~~ Yes you can ~~

ANTs... are really your inner self trying to protect you from repeating a past painful experience. That’s not a bad thing. BUT IF they make you afraid of trying something new, they’re NOT serving you.

What messages are they dragging up from your past? Are those messages positive or negative?

You DO have a choice. You can let negative ANTs direct your behavior, OR you can take charge and break free of the past!

YES YOU CAN!

Stomp Those ANTs

“Whether you think you can, or you think you can’t, you’re right.” ~Henry Ford

Your positive and negative beliefs are the super glue that holds your entire personality together. They are the major source of why you act like you do... of what you are capable of accomplishing... and of who you are.

If you’re not getting what you want in your life, there's a 100% chance that the source of the problem is limiting beliefs and the negative ANTs marching through the back of your mind and trying to control your actions.

RIGHT NOW let’s install a new, stronger, better belief straight into your brain. Here it is: “I have already survived everything in my past. Everything! And I am today stronger and wiser for it. My past problems cannot threaten me today, because I have truly already survived them, and can do so again, if necessary.”

Here are five steps you can take to stomp any ANTs:

First, become aware of ANTs when they march through the back of your mind.

Second, when you spot an ANT, take a good look at the message it is carrying. Ask yourself: Is this something I should change? Or is this just "old stuff" that's no longer even true for me?

Third, replace the ANT with a positive message that's the opposite of the negative message.

Fourth, it truly does NOT matter if you believe your new positive beliefs at first. Remember this: Your mind likes to create habits. Focus on new positive thoughts, and what you focus on WILL gain strength and become a belief.

Fifth, your mind can basically only focus on one thought at a time. Focus what you WANT. Do not focus on worry or limitation. Worry is actually negative goal setting!

Sixth, change and growth is a daily affair. Just continue to commit every day to create the life you desire.

~~ Yes you can ~~

ASK YOURSELF... Am I worried about a problem or challenge? If so, am I thinking about what bad things "could" happen? If so, does this make me feel worried and off balance?

What would happen if I redirect my "worry energy," and instead focus on actively creating a solution?

YES YOU CAN!

Seize the Moment

“Courage is not the absence of fear, but rather the judgement that something else is more important than fear.” ~~Ambrose Redmoon

It’s important to understand that YOU have the power to control your thoughts, feelings and emotions – instead of just letting moods and emotions control you!

What you’re about to learn has the potential to immediately put YOU in control of your mind.

We are always surrounded by events – some good, some bad, and some unimportant to us. And our brains are always busy analyzing all of this.

And when your brain spots something that’s somehow important to you, it pins an emotion to it.

Although you may not be aware of how your brain “evaluated” something, you will be aware of your feelings about that thing. Your feelings will then control how you focus on that thing.

Here’s why this is important: If you tend to feel “worried” about something, your brain is then “wired” to also worry about anything else that seems at all related to what you’re worried about.

That's why you always feel the same way about something important, like your supply of money.

Plus... although feelings are short-lived, moods tend to hang around. So if you're in a sad mood, you'll tend to have sad feelings. This is a vicious cycle that will continue to drag you down unless you take control.

Life has its challenges – that's true. But you've already survived some personal challenges to get where you are today – and you can do it again, and even easier and better!

The only thing that can keep you from doing what you want to do is your own thoughts and moods. YOU have the ability to change any mental habits that might be holding you back! How? By changing your feelings -- which will change your moods.

~~ Yes you can ~~

TRY THIS: Think about how you can somehow come out on top in today's challenging times.

Your positive or negative feelings about your personal situation ARE creating moods that control how you automatically respond to anything related to your ability to "come out on top."

If your mood is negative, you can expect negative outcomes. What's the answer? Developing a positive outlook and positive moods!

YES YOU CAN!

So... Get HAPPY!

If you're feeling stressed and worried, it can be hard to feel hopeful. So... here are two proven ways to quickly create a more positive attitude:

Method 1. Just ACT happy. This might sound very silly, but scientific research proves that it works!

Dr. William Fleeson of North Carolina's Wake Forest University found that people who simply ACT AS IF they are outgoing, happy and self-confident actually DO improve their optimism and happiness.

Fleeson studied the moods of 100+ students. He found that the students felt happier and far more positive when they just acted happy and outgoing. When they acted shy and aloof, on the other hand, their feelings were just the opposite.

The lesson is simple: ACT as if you are happy, and you are more likely to feel and actually BE happy!

Method 2. An important part of feeling happy is how other people respond to you. We're all sensitive to the "vibrations" of other people. We're naturally attracted to those who seem warm and approachable, and try to avoid those who seem gloomy and negative.

The most immediate way to get others to respond POSITIVELY to you is to give them a warm smile.

But just any smile won't do. People can even tell on the telephone if your smile is real. But there's a way to become a TRUE positive thinker. Read on...

~~ Yes you can ~~

BECOME A POSITIVE THINKER: Research shows that people who are "positive thinkers" all have a certain part of their brain (left prefrontal cortex) "turned on." While negative people, on the other hand, do not have this part of their brain turned on.

Even if you are not a positive thinker, you can become one. There's a special kind of smile that turns on that tiny "positive thinking" part of your brain.

Go look at yourself in the mirror and smile until the skin "crinkles up" around your eyes. This is a "Duchenne smile," named after a 19th century French neurologist who first noticed the power of genuine smiles. A Duchenne smile IMMEDIATELY turns on your brain's "positive thinking center."

Another way to turn on this important part of your brain is laughter. You can start with a fake laugh... and build up to a real laugh. Plus a good laugh also causes your brain to release the same "feel good" natural chemicals that create that fantastic physical and mental sensation called "runner's high."

YES YOU CAN!

Put Anger to Work

Do you feel like your life is stuck in a rut and just going in circles? If so, maybe it's time to put some powerful energy to work in the form of emotion.

Why emotion? Because emotion is one of the powerful tools in your "mental toolbox"... and some emotions are so powerful that they can instantly change your life.

What emotions have such power? Anger and love – especially when fueled by the fire of passion (super intense emotion).

Passionate love can change your life overnight. But what about passionate anger? Hummm!!! Is anger necessarily a bad thing?

Actually anger is not bad or good. It's what you DO with your anger that makes it positive or negative. Anger can throw you into rage, OR it can push you into making a very positive life change.

Suppose like many people today, you feel angry about how the economy has damaged your lifestyle. What can you do?

- You can "stuff it." But your challenges or problems will not just go away.
- You can turn your anger against others. But very little needs to be said about how hopeless this is, and it still leaves you feeling angry.

- You can scream, run or work out. This might take the edge off your anger, but it still will not solve the problem you're angry about.
- OR... You can use your anger to motivate yourself—by getting mad enough to take positive action to make a change!

If properly directed, anger CAN become positive, unstoppable energy. You just need to get mad enough to actually DO something - to take action!

~~ YES You Can ~~

TRY THIS: Take a look at one of the really major challenges you face. Perhaps you did not "create" it, but one thing IS true: Waiting for the government, or your boss, or some other outside power to solve the problem for you just leaves you at the "mercy" of others.

Try getting mad enough to break through any feelings of helplessness and stir up the motivation to actually stand up and TAKE POSITIVE ACTION.

YES YOU CAN!

Your Mental Style

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. Explore. Dream. Discover." ~~Mark Twain

Now that we've looked at happiness and anger, let's consider another important aspect of success – your “mental style” when facing a challenge.

It's true that lately our everyday reality seems to leave very little room for feeling positive. Our TV's and newspapers are packed with sadness and fear. But in times like these it's even more important to focus on a mental style based on positive thinking.

True positive thinking is not just a wishful “everything is wonderful” attitude. True positive thinking actually turns on part of your brain (your amygdale) that increases your ability to create REAL answers to your challenges and problems.

Positive thinking is a “mental style” of how you choose to respond to life. The dictionary defines it as “a tendency to put the most favorable interpretation on actions and events... or to anticipate the best possible outcome.”

So... HOW can you become a TRUE positive thinker?

Here's where it all starts: Even in the midst of turmoil and overwhelming crisis, one thing

always remains true: We each have the power to CHOOSE how to interpret what's happening around us, and also the power to choose how to respond to what's happening.

Your POWER TO CHOOSE is at the heart of positive thinking. It really doesn't matter if what happens to you is "good" or "bad." Even if something is extremely undesirable, you still have the power to choose how you will interpret and respond to that event.

"Attitude meltdowns" often go hand-in-hand with the intense stress many face today. But it's still your choice: You can either choose to let life wear you down, or you can CHOOSE to steer your mind in a more positive direction.

It's YOUR choice!

~~ Yes you can ~~

NOW WHAT? Regardless of what's happening to and around you, you STILL have a choice to either do automatic "knee-jerk" reactions... OR to bust through your stress and respond with positive action!

Have you been reacting, or responding, to your problem or challenges? You have the power to choose to respond.

YES YOU CAN!

Nod "YES" to Life

It's very, very important to work on building a strong BELIEF in your ability to survive and thrive, regardless of what is happening in the world... and even in your own life. This means taking a certain attitude toward your "failures."

Ask any really successful person about their path to success and you'll get a similar story: Just like any other skill, creating lasting success is learned. And the learning process is based on trial and error.

A "trial" means you're going to try a lot of different approaches to becoming successful, and an "error" means not everything you try is going to work. In short, there will be some failures along the way.

Here's a very important thing to remember: Having something fail does NOT mean that YOU are a failure. What it means is you have the courage to step out and try something new!

Positive thinking is what keeps you moving forward when something fails. But this is not about denying reality. And it is not about chasing after a totally unrealistic condition or solution. It's simply believing that you will somehow manage to find a positive solution to your problem or challenge.

Such a belief grows from accepting the outcome of your "trials and errors," recognizing

what you cannot change, and working on what you CAN change.

Here's a "brain-smart" tool to move you along even faster: Turn on the "positive thinking" part of your brain by just nodding your head "yes" to your ability to solve any problem or challenge that comes up.

~~ **Yes you can** ~~

HERE'S THE PROOF... An Ohio State University research study revealed that the action of nodding your head adds brain-based positive energy to how you feel about one of your own thoughts or actions.

Study author Dr. Richard Petty tells says nodding your head up and down tells yourself that you have total confidence in what you are thinking. And this is true whether your thoughts are positive or negative. Shaking your head does the opposite: It gives you less confidence in your own thoughts or actions.

As you go about your day today, make a choice to nod your head "yes" to remind yourself that you are holding a positive attitude.

YES YOU CAN!

Why You Should STOP Being Realistic

"Argue for your limitations, and sure enough they're yours." ~~Richard Bach

Most of us were taught that having a realistic opinion of who we are is a key to good mental health.

But is this always true? Could it be better to have self-illusions? Let's look at some research results and clinical findings:

When a group of "unrealistically optimistic" people were given psychological tests, they were found to:

1. Exaggerate their positive qualities,
2. See themselves as more ethical, more creative, imaginative, and intelligent than they really are, and
3. Dismiss their personal flaws as basically unimportant.

Yet interviews of these same optimistic people revealed that they were very well-adjusted and happy — and not focused on any negative aspects of their own personality.

So what about the test group of people that were more "realistic" about themselves? This may come as quite a surprise. The research showed that although they have a more realistic view of themselves, they tend to suffer from

depression and negativity, and are far less likely to achieve their goals.

The conclusion? Having an exaggerated positive view of your abilities and potential is far better than being “realistic” about any so-called personal limitations.

Actually — having an “unrealistically” high view of yourself also tends to increase your motivation and persistence. And it therefore increases the likelihood you’ll achieve your goals.

So... do you want success? Begin to allow your own opinion of yourself grow stronger.

~~ Yes you can ~~

HERE'S A STRATEGY: If you're a “realist” who would rather be a self-confident optimist:

First, stop criticizing yourself. The most important pat on the back you can get is one from you yourself.

Second, do not hang out with negative, critical people.

Third, recognize and praise yourself for your good traits, what you do well, and for every success or accomplishment (no matter how small.)

YES YOU CAN!

Pick a Solution

“In any moment... a decision you make can change the course of your life forever.” ~~Anthony Robbins

You’ve probably had at least one experience in your life of feeling unclear about what to do next.

Uncertain times often push us into just such a mind set.

Then it’s easy to start worrying about what “could happen” if you do the wrong thing, so you end up frozen and do nothing.

Obviously, none of us can move forward in our lives if we don’t know where we want to go. And it’s also impossible to create a solution to a problem if you’re not clear about what you want.

Having a clear vision of what you want generates the energy to go after it. While not knowing what you want just drains your energy and leaves you stuck in the same old place.

So what can you do if you lack clarity? One proven solution is to just make a choice from among your possible answers. Here’s how:

First, list all of your options – even the “crazy” ones that seem impossible.

Second, even if you are not totally sure, just pick what seems to be the best possible solution.

Third, take ACTION.

There is great power in action. Taking action breaks you free from indecision. And who knows how your situation will change once you get some action happening!

Plus if you later find you have stepped onto the wrong path, you can always adjust your direction.

Go for it! Even if you make the “wrong” choice, it will have at least one “right” outcome - you will break free of painful, mind-numbing indecision!

~~ Yes you can ~~

TRY THIS... Get paper and pencil NOW and make a list of the possible solutions to your most pressing challenge or problem.

Pick the solution that seems most promising or appealing (the difficulty is NOT the issue.)

Create a brief step-by-step action plan that begins right now, today! Keep each step of the plan simple, and something you can do in a day.

COMMIT TO YOUR ACTION PLAN!

YES YOU CAN!

It's OK to Feel "Uncomfortable"

"If you don't create your reality, your reality will create you." ~Lizzie West

You know what a box looks like. It has four sides, a bottom, and usually also a top. It's made to hold something within its limits. Maybe you are at a major turning point in your life because your "box" has become too small.

Each of us really does create our own "box" – the limits for our own life. These limits are based on our beliefs about our past experiences, and the rules we then create for ourselves to avoid future pain or failure.

The box then becomes our reality – a comfort zone that tries to lull us to sleep. Your box creates the limits of your vision of what you want, and how to get it.

Is this making you feel uncomfortable or uneasy? That's actually a very good sign. Why? Serious personal change almost always begins with odd feelings of discomfort, anxiety, or restless.

Why is this so?

Because you realize you're about to step out of your box – your comfort zone. And no matter how uncomfortable your comfort zone is –

stepping out into the “unknown” can make you feel a bit uncertain.

Those feelings are totally natural. Your mind is telling you it's time to bust out. You're ready!

It's OK.

~~ Yes you can ~~

CONSIDER THIS... If you feel attached to a certain lifestyle, the challenges that often come with tough times might be hard for you to handle. But if you're open to a new way of thinking, it could also be liberating. Here are a few ways to ease your stress:

- Focus on being fully present. Shift your attention to what you're experiencing in this moment, and ease off worrying about the future or the past.
- Begin to challenge your ANTs. Recognize the messages your ANTs are carrying, and then change any negative messages into positive responses.
- Simplify your life. Find ways to discover what is truly meaningful and fulfilling to you, and what you can let go of.

YES YOU CAN!

Jump Into Action

OK. Now it's time to go to work on the solution you selected.

Moving forward into the instant life change you are about to make means rapidly growing into new personal capabilities – so don't limit your actions to those you “know” you can achieve.

Stretch. Give yourself permission to do and become more than you've ever been before. More creative. Bolder. More adventuresome. Go ahead and challenge yourself to tackle “impossible” and unusual solutions.

This IS YOUR life, after all.

Remember the story about the crisis a couple of our clients recently faced? It was just the sort of financial challenge many are facing today. At first they were just spinning in circles.

The company he worked for outsourced his middle management position, and they were losing their home to foreclosure. That was that! Period! There seemed to be no answer to almost certain catastrophe.

BUT... when they changed their focus to what they DID have, rather than what they were losing, everything shifted. Remember?

From THAT focus, they were able to piece together a survival-level strategy based on the

reality of what they DID have. The end result was the profitable sale of two vehicles, trading the third for a used pickup truck, and an admittedly nervous move into their old run-down abandoned lakeside cabin.

They then threw themselves into a do-it-yourself renovation of the cabin and dock using scavenged used lumber and materials. Neither of them had any experience at all in design or construction, so this was a huge skill stretch – a “learn as you go” trial and error experience with definite ups and downs.

But when summer came, they opened a “bring your own boat” exclusive little rustic camp ground.

The result? Not only were they very happy with their new lifestyle – their creation turned a nice profit, and they were also debt-free.

Go ahead and get radical and creative yourself. You can never tell what you’ll come up with!

~~ Yes you can ~~

CONSIDER THIS. Your actions all start with your thoughts. What are you thinking about right now? What do your thoughts say about any problem or challenge you face, and what you could DO?

Are you now willing to blast past your old assumptions and consider some creative, or even radical, new answers to your most pressing problems or challenges?

YES YOU CAN!

Don't Wait. Just Decide!

“Even if you're on the right track, you'll get run over if you just sit there.” ~~Will Rogers

Don't waste your time getting “ready” to make your big jump into action! And don't try to get it all “planned out” before you make a move.

All that's necessary is the courage to make a DECISION. Your actions will then become clear from your decision, and will lead from one to the next.

Too many folks spend their lives “planning” for a major life change. That's all very well and good, but it's no substitute for good old fashioned action.

You simply cannot plan for what you'll need to accomplish your goal, or solve your problem.

Why?

Because it's going to be a learning process – a series of trials and errors and new starts until you reach your goal.

As you begin to take action, what you need will become clear. If you hit a brick wall, do NOT just throw in the towel and give up. Analyze what didn't work, make an adjustment, and keep searching for what does work.

It's certain that the solution you pictured in the beginning will go through many, many changes as you get closer to your desired goal.

Here's all you need to know: You are ready, RIGHT NOW, to make that decision and leap into action. All that is required is a DECISION.

~~ Yes you can ~~

THINK ABOUT... the couple mentioned earlier. They were on the edge of disaster. What did they do that let them overcome a very painful crisis?

First, they stopped blaming themselves and each other.

Second, they called in an outside person to help them get past any assumptions they were making.

Third, they broke free of the emotion of their situation, and looked logically at the reality they faced.

Fourth, they decided what they could do without, and what was truly important to them.

They decided they could "do without" trying to save a home they could no longer afford, and could accept a much simpler lifestyle.

Fifth, the old "throw-away" cabin they had planned to sell instead became the center of a radical (and exciting) new adventure that was certain to stretch them.

YOU use their strategy in your own life.

YES YOU CAN!

It's Already ... Right Inside of You!

"Success is not the result of spontaneous combustion. You must set yourself on fire." ~~Fred Shero

Everything that's needed to solve your problems and instantly get your life moving in a positive direction is right there inside of you – right NOW!

YOU are not your circumstances or your "situation!" You are as powerful as you will permit yourself to be!

Everything you need to turn your life around on a dime has been presented here.

There are no other secrets or mysteries.

Now it's time to look deep inside yourself and CLAIM those insights as your own! Your hopes, your dreams, your need for real, fast solutions, are all there inside of you.

Now it's time to just do it!

A new and better personal reality is in position, just waiting for you. Remember: This IS your life!

Just do it... Yes you can!

Your Own Story

One, remember it's NOT what happens to you that counts. What's important is how you CHOOSE to respond to your problems and challenges! Build your ability to respond thoughtfully. Get beyond automatic "knee-jerk" reactions.

Two, focus on an improving the FUTURE rather than the past. What you focus on will grow.

Three, assume SOMETHING GOOD lies within each difficulty or challenge. At the minimum, there's always something to be learned. Look for the lesson in every problem or challenge.

Four, calling something a "problem" makes it negative. But when you think of SOLUTIONS, you become a positive thinker. Get a clear mental image of your desired solution, and then take action to move in that direction. Look FORWARD.

Five, come get a FREE copy of our 11-part success course by clicking the below link:

<http://www.quantumself.com/freecourse.htm>

Your new motto is:
"YES I CAN."

About the Authors



DR. JILL AMMON-WEXLER is a doctor of psychology, popular success mentor to world-class leaders and achievers, and a pioneering mind power researcher. The author of numerous success and mind power courses, she is also a life adventurer who has gone eye-to-eye (on purpose) with a wild mountain lion... climbed mountains alone... authored several books... and is the scientific inspiration behind the unique [Quantum Mind Power Gym](#).



CHANTAL PISCOPO has a passion for personal development. She has studied martial arts, neuro-psychology and NLP... and practices her own powerful form of deep meditation and manifestation. A native of the French-speaking South Pacific, she is a university educated entrepreneur and business leader with a passion for bringing “truly meaningful products” to the marketplace, and is co-founder of [Quantum-Self.com](#).

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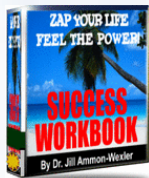
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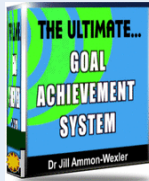
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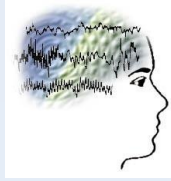
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