

How to Overcome Any Problem or Setback

The Most Powerful

GOAL

**Achievement
System in the World**



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YOU CAN OVERCOME EVERY OBSTACLE!



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Persistence is Vital for Success



Set Big Goals = You Experience Big Challenges!

- Challenges Help You Achieve Your Goals – become more capable, and learn new skills.
- They Show You the Ways You Need to Grow and Develop.
- Highly Successful People Fail More than Unsuccessful People – eg: Thomas Edison (10,000 attempts).
- A Crisis is an Opportunity – Chinese character.
- Your Negative Inner Voice – sabotages your success.
- You Can Overcome it – burning determination.

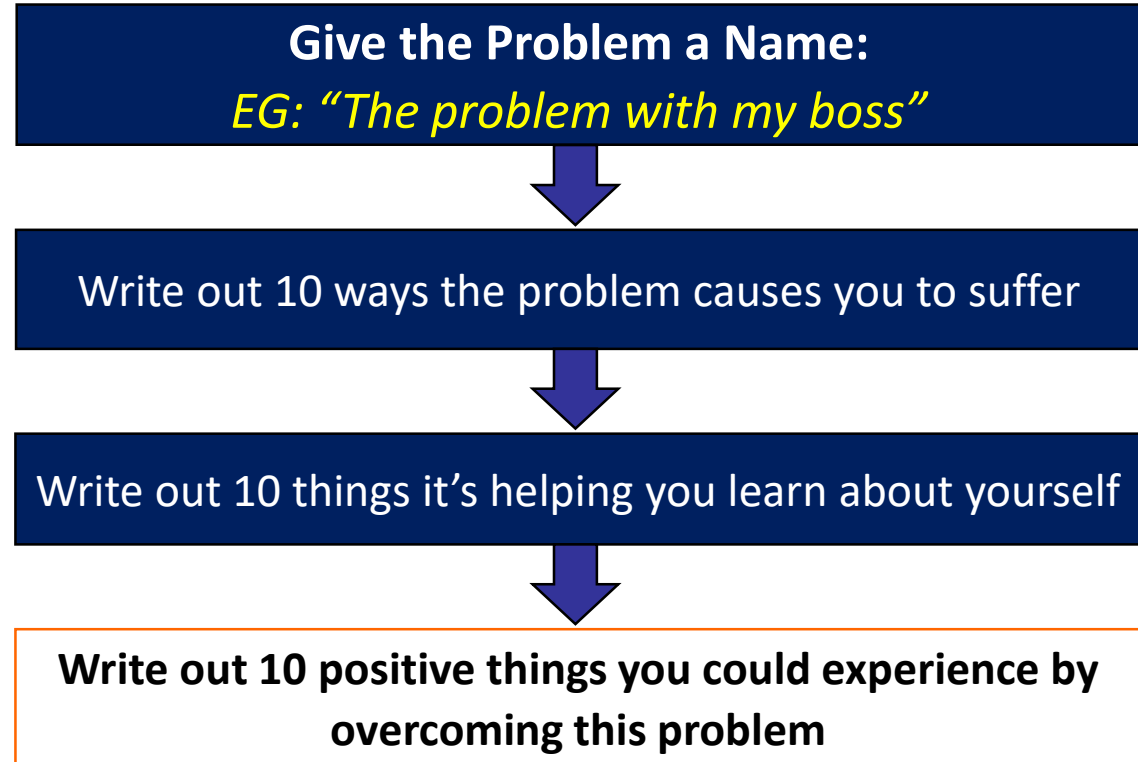
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Exercise - **How to Become Solution Focussed**



*"Close scrutiny will show that most
"crisis situations" are opportunities to
either advance, or stay where you are".*
— Dr Maxwell Maltz



ALSO: Use Affirmations to Create a Positive Mental Attitude!

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Your Self Image Determines What You Can Achieve

Maxwell Maltz, M.D., Psycho-Cybernetics:

“The “self-image” is the key to human personality and human behaviour. Change the self image and you change the personality and the behaviour.”

“But more than this. The “self-image” sets the boundaries of individual accomplishment. It defines what you can and cannot do. Expand the self-image and you expand the “area of the possible.”

“The development of an adequate, realistic self-image will seem to imbue the individual with new capabilities, new talents and literally turn failure into success.”



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The Ultimate Success Club



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