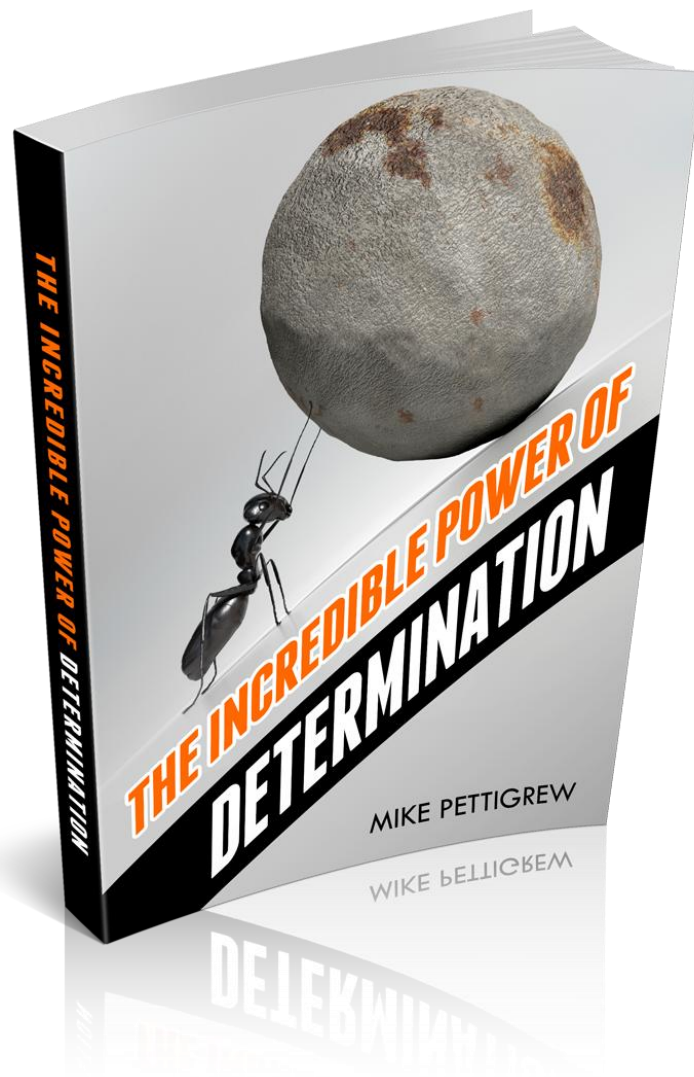




THE INCREDIBLE POWER OF
DETERMINATION

MIKE PETTIGREW



The Incredible Power of Determination

Change Your Thoughts and Emotions – Transform Your Life

All rights reserved. No part of this publication may be reproduced in any form or by any means – graphic, electronic or mechanical including recording, photocopying or by any other information storage or retrieval system, without the written consent of the publisher. This publication is sold as an educational reference only. It is sold with the explicit understanding that the publisher and author are not engaged in rendering any legal, financial, accounting, medical or other professional services herein. If such assistance is required, the services of a competent professional should be sought. This book is sold as information only. The author has forthrightly and sincerely presented this information on the subject to the best of his knowledge as of the date of publication. The author takes no responsibility in the decisions made by readers of this eBook and makes no guarantees. The author shall not be liable for any contacts, negotiations, results, agreements, or contracts that may result from information in this eBook or for any damage caused or alleged to have been caused in any manner from this information. It is recommended that the reader rely on his or her own judgment and experience in the utilisation of any of the ideas, techniques or suggestions contained in this publication.

Transformation and Empowerment: www.mikepettigrew.com

Not Just for New Year!

Have you ever found yourself at the end of the year looking back over the year and wonder why you did not achieve those determinations that you set out to achieve in January.

If so you are definitely not alone.

You see determinations are an incredible important part of life and in fulfilling our dreams and becoming happy it is really important to know how to set out determinations.

It is really important to understand how to use the power of determination in order to achieve what it is we wish to achieve.

I think that many people at the beginning of a New Year they make a lot of New Year resolutions. Usually New Year resolutions are something that you are resolving to give up.

But you know, breaking bad habits that are ingrained can be very difficult. Instead of creating New Year's resolutions, it is often better to actually create a new habit that counteracts the old habit that you wish to break.

That is easier than making huge efforts to overcome a habit that is deeply ingrained. As I said creating a new habit that counteracts is far easier.

That is the subject of another eBook and we will cover that at some stage. But for now let's discuss the power of determinations and what we need to do to achieve our determinations and how to we should set out to achieve what we want to accomplish.

I often think about lack of determination as being a bit like a ship that is moored in a harbor.

If we are not making crystal clear determinations regularly and putting power and energy and emotion into those determinations, then it's a bit like a ship in a harbor.

All day it stays calm, nothing much happens and it's really just a repetitive cycle. That is a bit like our own lives; if we are not regularly setting goals for ourselves and stretching our lives.

Clear Goals Change Everything

Now whenever we make a concrete goal and infuse it with determination, it is a bit like aligning that ship straight out into the ocean.

As soon as we set a clear destination and start moving towards that destination, we are immediately buffeted by the waves.

And this is what happens when we make a very strong determination and infuse it with energy and emotions.

We literally invoke a response from our environment and if we look at this a bit more deeply, the only thing separating us right now from achieving something wonderful for ourselves and/ or others is some level of inner change.

The only thing that is separating us from achieving our goals is some level of inner change. When we make a strong determination, infuse it with energy and emotion and look at our determinations morning and evening, it is a bit like I say aligning our ship straight into the waves.

Clear Goals Invoke a Response

The first thing that we noticed is that we start to encounter challenges. We start experiencing challenges that stretch our lives in some way.

However, there is no need to be frightened by this! We always have a choice; we can continue going around in circles on the calm sea if we wish, but really is so worthwhile making big determinations for our lives.

You see, goals that stretches us and enable us to grow. After all, we are only in this world for two purposes; to grow spiritually and to help others also to grow.

When I say to grow spiritually, I am not talking about religion in any shape or form. Modern day scientific research into the evidence for life after death, suggests that the purpose of human life is to grow spiritually and help others in any way we can.

Challenges Can Make Us Grow

It is a fact that we grow our lives through challenges. There is not a person in this world that does not have challenges and things to transform and deal with.

In fact we are inundated by challenges in our modern world. But even though it may sometimes be quite frightening, it is actually really good for us because it makes us grow as human beings.

We can often see this in the lives of elderly people who have had hard lives. They can usually end up in one or two ways, depending on their attitude and how they engaged with or ran away from their challenges and problems during their life.

They can end up really caring, really understanding, really wise and compassionate, or they can end up bitter and resentful.

Depending on our attitude and how we handle our challenges we can either grow spiritually or close down and become resentful.

Making a determination enables us to grow far more quickly than if we were in a harbor with everything being peaceful and calm.

Lack of Challenges Creates Stagnation

It is really important for our lives, to be able to see ourselves progressing, to see ourselves achieving things.

I think if we don't have regular challenges for ourselves, life doesn't really change and everything becomes just more of the same. We can become very stale, and we can become very disillusioned inside.

It is so important to set concrete goals and determinations for our lives and the lives of those around us.

But, we must keep ourselves accountable. This is because it's like we have two minds, two types of thought process. One that is creative, and one that is destructive.

The destructive one is the voice that says "do not bother, there is no point because you cannot achieve it".

On the other hand, our other voice, which you might say is our higher mind; is the one that keeps pushing us forward.

It keeps making us moving forward, making challenges and not run away from them. I think it is really important to set goals for ourselves and every single morning and evening, if we can read those goals a loud, it can be very, very beneficial.

The Power of Emotion

It's not just enough to read those goals and determinations aloud. It becomes far more powerful when you infuse them with emotion and the most ideal emotion is actually gratitude.

If we look at our determinations, we read them aloud and we bring up gratitude intentionally (I have shown in several videos how you can do this) the effects can be truly amazing.

When I say bring up gratitude, it should feel like we have already achieved those determinations.

When we bring up the feeling of gratitude as though we had already achieved our determination - it is amazing what happens when we do this.

This needs to be done regularly, morning and evening, because it literally has the power to reprogram our sub-conscious mind.

Your Subconscious Mind

Your sub-conscious mind controls everything that happens to you. Your sub-conscious mind is your autonomic system. It is the part of your life that makes your heart beat. You do not need to consciously think beat, beat! That would be completely impractical.

Our sub-conscious controls most of what happens to us. Our conscious mind with which we do all our day to day thinking is only a tiny part of our life. Our subconscious mind is really what's in control behind the scenes.

It is so important to program our sub-conscious because through the conditioning we have received through our upbringing, through our experiences, through our losses in life and all difficulties; gradually we limit what is possible for ourselves.

We have a lot to learn from children who literally believe everything is possible and they have no fear initially, because we learn fear.

If you ask any child what they are going to be when they grow up, they usually have all sorts of exciting ideas and everything is possible for them.

How People Close Down

But sadly when people grow older; when they enter their twenties and start life more fully, what often happens is that by the time they reach their thirties many people become disillusioned.

Their belief about what is possible; because of all the knocks they have received in life - their beliefs about what is possible shrinks.

This is awful and it probably happens to most of us and as a result we can become disempowered. This is because, what we think

about continually is programming our sub-conscious and we need to ask ourselves, are we constantly (through our repetitive thoughts and emotions) programming our sub-conscious for failure, for a tiny life or are we programming our sub-conscious life for something wonderful.

This is why we need to look at our determinations every morning and evening and preferably read them aloud and infuse them with gratitude in such a way that we feel we have already achieved them.

How it Works

This works in several ways. Firstly, it affects our sub-conscious and it reprograms our sub-conscious as I have just mentioned.

This is because, when we think something with passion and emotion (as I say preferably gratitude), then we actually transmit that thought out into the universe.

I honestly feel that prayer is something we all do even if we have no belief system. Prayer to me is simply repeated thought with emotion. We are all in a state of prayer all the time. We are always thinking and feeling all of the time.

In a nutshell, whatever our dominant thoughts and feelings may be will always manifest in our lives.

I hope that this short eBook about the power determination has helped you and I really invite you to try this for yourself.

Please write down the determinations you want to achieve for the year ahead. Remember you can do this anytime and it shouldn't just be a once yearly thing. This can be something that can be done regularly, because sometimes our determinations change a bit over time and that is absolutely fine.

We need to make concrete determinations, visualizing what we really want in our lives. Every morning and every evening infuse these determinations with energy and emotion.

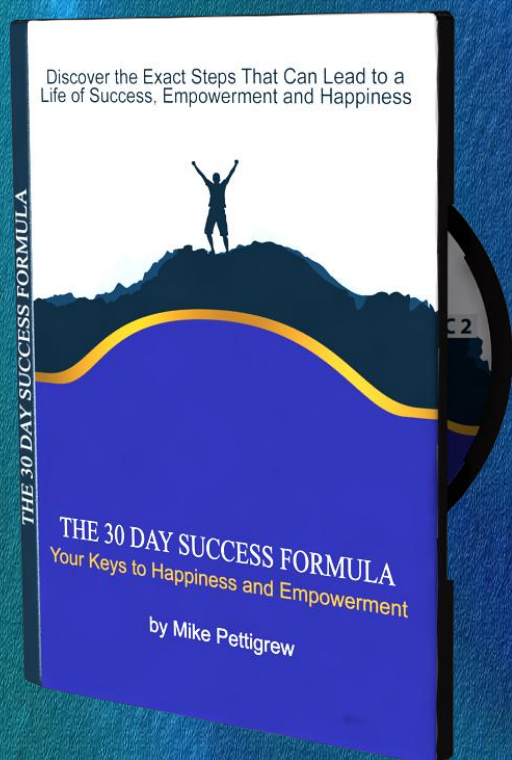
These affect our sub-conscious mind and gradually our beliefs of what is possible for us will expand and we will affect our environment more potently than ever before.

Determination are incredible important and I really hope if you will test the power of determination fully.

Very best wishes,

Mike Pettigrew www.mikepettigrew.com

The 30 Day Success Formula – Audio Program



GET ACCESS NOW!

With this 6 CD program you will learn the exact formula that enables you to create a life of happiness and success.

Create a life where you feel empowered most of the time and where you experience success after success for the rest of your life.

- Become Successful and Achieve Your Heart's Desire
- Feel Happier and More Empowered
- Develop Greater Confidence
- Experience Continual Successes for the Rest of Your Life

Praise for This Program:

"Mike's programme is one of the most authentic and purposeful products I have experienced."

Dr Linda Mallory, Educational Psychologist and parent coach

"I highly recommend the 30 Day Success Formula if you are at that stage in your life where you know you have it in you, but don't know which way to go."

Pauline McCarthy, Akranes, Iceland

"I never thought I could change but it's been a huge help to me both personally and professionally."

Tony Mulville, Business Owner

GET ACCESS NOW!



*Unlock the Power
to Change Your Life*

Transformation & Empowerment

The Podcast:

<https://itunes.apple.com/ie/podcast/transformation-empowerment/id803185779?mt=2>

The Podcast

YouTube Channel:

<https://www.youtube.com/user/MikeTPettigrew/videos>

Subscribe to My

You Tube

CHANNEL

Facebook:

<https://www.facebook.com/miketpettigrew>



www.TransformAndEmpower.com