

A woman with short brown hair, wearing red-rimmed glasses and a black vest over a white polka-dot shirt, is looking upwards and to the right. The background features a large, colorful geometric pattern of overlapping triangles in shades of purple, blue, green, yellow, and orange, resembling a stylized sunburst or fan. The text "Is This You?" is centered in the orange part of the background.

Is This You?

**10 Beliefs That Will
Ensure You Die Broke,
Frustrated, and Depressed.**

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Let's get one thing clear. If you want to achieve anything, you have to have the right mindset.

Mindset is crucial.

What you choose to achieve, assume, and expect plays a tremendous role in either helping you or holding you back from whatever it is you're trying to accomplish.

It doesn't matter what it is.

Maybe you're looking to expand your business. Maybe you're looking to get paid more. Maybe you're looking for better family relationships. Maybe you're looking to look better or lose weight.

It doesn't really matter what the goal is. It all comes back to your mindset. Unfortunately, a lot of us think that mindset is an afterthought.

Intellectually, we understand how important it is, but in terms of what we actually do and practical reality, it's put on the backburner. That's assuming we think about it at all.

Too many of us think we're just stuck with this script that somebody else wrote. We think that we live out our lives according to this script, completely powerless, voiceless, and alone.

That's a lie.

If you choose your thoughts, then you choose your words which end up influencing how you feel. *When you choose your feelings, you choose the outcome of your actions.*

While it's absolutely true that the world doesn't care about what you're feeling, it does care about what you choose to do. That's right. It sits up and pays attention to your results.

Where do those results come from? If you are honest with yourself, it all goes back to your thoughts. Let me sum it up.

Choose your thoughts, and you choose your results.

As the old saying attributed to the ancient Chinese philosopher Confucius goes, “Sow a thought, reap a word. Sow a word, reap an action. Sow an action, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny.”

Make no mistake. Your thoughts end up choosing your destiny. That’s how important mindset is. Unfortunately, there are **at least** ten beliefs that will ensure you get the very worst destiny.

Learn to identify these beliefs. They take many different forms. They’re very tricky. It’s also VERY easy to get used to these beliefs.

In fact, so many people believe these that they think that this is just part of their personality. They’ve settled for the perverse conclusion that this is part of who they are. No, they’re not. They’re choices.

Just as you can choose to put on a pair of jeans, a dress, or any other piece of clothing, you can choose your mindset. You have that much power over your life. Ultimately, at the end of the day, you own your life.

There’s nobody else to blame. There’s nobody else to come in at the last minute to save the day. It’s all on you. Learn to identify these ten beliefs and deprogram yourself before it’s too late.

MENTAL ROADBLOCK

1

OTHERS ARE TO BLAME FOR YOUR FAILURES

You are the owner of your life. Nobody's pointing a gun to your head, forcing you to think a certain way. Nobody's pushing you to say what you normally say, and feel what you normally feel. These are all on you.

When you put all of these together, they lead into actions. You can't just turn around and say to your parents that the accident that happened several years ago or the bully in the third-grade was their fault.

It doesn't work that way. At the end of the day, the buck stops with you. I know that you don't want to hear that. I know that it burns, it's inconvenient, and it's uncomfortable. However, it's the truth.

The worst part of all of this, is that *the more you blame others* for your failures or shortcomings, *the less power you have*. Think about it.

If somebody's to blame for what's going on in your life, then it logically follows that since they caused it, they can also reverse it. That's right. They have the fix. Where does this leave you?

Since the solution can be found in other people's hands, the solution cannot be found with you. What's wrong with this picture? Obviously, you cannot control those people.

It's challenging enough trying to change yourself. Can you imagine trying to change other people? That's precisely the powerless and weak position you put yourself in when you always choose to blame others.

It doesn't matter whether you're blaming people or situations. You're still blaming things and factors that you cannot control. That's the bottom line.

Now, even if it's true that they are legally or factually to blame for what happened. This doesn't in any way take the responsibility away from you.

ALWAYS REMEMBER THAT YOU HAVE THE POWER OF RESPONSE. YOU CAN ALWAYS CHOOSE TO CONTROL HOW YOU PROCESS OR RESPOND TO THE THINGS THAT HAPPENED IN THE PAST.

Even if they were factually to blame, so what? Change your response now. Take responsibility. Don't let it burn you. Don't let it drag you down. Don't let it turn you into a lesser person.

Instead, channel that energy into the focus you need to do what needs to be done now, so you can achieve the future you want for yourself. Stop giving people and situations you can't control power over your life.

I can't even begin to tell you how many people I run into who say that they can't change. When presented opportunities for greater income, greater health, and greater spiritual enrichment, they automatically conclude that it's not for them.

They say, "Well, I've been like this since forever. I don't think I'm going to change. That's just the way things are. The rich are going to be richer. The poor are going to be poorer. That's just how it goes."

This is a statement of belief. It really is. When you say that real change, may it be financial, spiritual, emotional, or relational, is impossible. You're making a statement of *belief* about the facts.

You're closing off all possibility of change. And you're right, it's not going to happen **because you've written it off**. It's a non-starter.

However, please understand that this is a statement of belief. It can easily be the other way around. You can always say, "Regardless of how bleak and seemingly hopeless and fruitless your situation is, there's always the possibility of change."

It all boils down to choice. The problem with saying that real change is impossible is the fact that you are training yourself to resist change. You become blind to opportunities that may turn your fortunes around.

You rob yourself of the strength to take the kind of action to change very important parts of your life. Those are off the table when you say that real change is impossible.

You have to understand that if things seem bleak, it's because of the fact that you, on some level or another, chose it. You can choose otherwise.

Please note that this mental roadblock is very sneaky. It has many different forms. It's easy to see when somebody says that real change is impossible. You can spot that a mile away.

However, there are also variations that you need to watch out for.

Sometimes people would say, "I don't have the right circumstances to change." They can also say, "This is not the right time." Or, "I don't have the right resources right now." These are all part of the same mental roadblock.

Don't trick yourself into thinking that using these other variations are fine. You're just playing games with yourself. Don't fall for these tricky variations. They all lead to the same place. The conclusion is still the same. You still don't want to change. Things are still impossible in your mind.

Let's get one thing clear. We're all human beings. This means that we all screw up. If you follow me long enough, you'll see it in action! It doesn't really matter how severe the failure is.

Maybe you lost a million dollars. Maybe you were thrown in jail. Maybe you got divorced three times. Maybe you committed crimes or hurt people.

It's easy to look at this as some sort of extreme case, where people who are extremely screwed up must screw up in a really grandiose and exaggerated way. No. If you make a mistake, you're still part of humanity.

It doesn't matter how big the mistake is. You have to understand that mistakes are part of what defines your humanity. This is why it's important to get out from under the very toxic mindset that your past mistakes define you.

Just as hammering a few nails doesn't make you a carpenter, stealing a few things in the past doesn't make you a professional thief. Similarly, having sex with people that you don't have a relationship with, doesn't make you an adulterer for life.

Unfortunately, people like to define themselves for their screw ups. They think that once they have "done the deed" in the past, that's it. It's set in stone. They are defined by that act.

This leads to ridiculous ideas of perfectionism. Nobody's perfect. You can't expect perfection from others, nor can you expect it from yourself.

Your past does not have to define you. You always have a chance at turning away from your past in the here and now.

It doesn't matter how many people laugh at you, ridicule you, or think that you're a scumbag. None of that matters if you choose to change today and take it all the way through.

If you think that your past basically sealed your character and that there's really no way you can change, then you have two potential problems on your hands. On one hand, you're just dooming yourself with the same patterns. On the other, you're just making excuses for committing those same patterns.

Whatever the case may be, you still end up on the same place. Understand that your past does not define you. The past is the past. It already happened.

However, you still have control over what you choose to do today and tomorrow. That's a tremendous amount of power. Take ownership of it.

This mental roadblock has an alternative version. It's very seductive because it seems so logical to a lot of people. This alternative version leads to the same place of powerlessness and inertia.

According to this thinking, you have to start with a "clean slate" to make real changes. This is what logicians call circular logic. How can you start with a clean slate? Nobody has a clean slate. We all have a past. We all made mistakes in the past.

When you allow yourself to think this way, you are basically giving yourself a logical reason to not start because it's impossible. It seems like a good idea. It seems empowering even, but if you try to carry it out, it leads nowhere.

You don't have to have a clean slate. You can have a very filthy slate. That's okay because that's how life goes. What's important is what you choose today.

Are you going to turn around from a life of negativity, pain, and corrosive behavior? It's up to you. It's your choice.

MENTAL ROADBLOCK

4

I CAN'T BE HELPED

According to this thinking, I must figure things out on my own. All the answers that I need to make changes in my life happen only through pure self-revelation. In other words, it's all about contemplation, trial-and-error, and doing things on my own. Then, everything will fall into place.

It sounds great. It definitely taps into the American mythology of individual self-help and independence. However, in practical terms, it's wrong.

The answers that you would get are limited to your direct personal experience. You can only see the world with one pair of eyes. Oftentimes, this leads you to ignore a lot of the things that are going on.

Wouldn't it be great if you tapped into some sort of collective knowledge? Wouldn't it be great if you were helped by somebody who made it her life's work to look at this collective knowledge?

Collective knowledge really just refers to information gathered from many pairs of eyes. You can't possibly see and experience everything. Collective knowledge can help you look at different perspectives.

Stop falling for the lie that you have to figure things out on your own. It's okay to ask for help. Unfortunately, we use this mindset out of pride and fear. We don't want to be found out. We don't want to look weak, dependent, or incomplete.

This is why we try to figure things out on our own, but it's not going to happen. Seriously. You can read a lot of books and they can help you to a certain degree. However, until and unless you

work with somebody who has walked in your shoes or somebody who is very experienced, it's going to be very hard for you.

The variation of this mental roadblock is the idea that others simply won't help. You're thinking, "People already have enough problems of their own. I don't want to add to it." Well, you'd be surprised as to how willing people would help.

I'm not just talking about licensed professional psychologist, psychiatrist, or social workers. I'm not just talking about counselors. I'm talking about rank and file people that you meet.

You see, when you help others, you become more selfless. This is one of the most positive things you can do for yourself. You become a better person. You heal. You reconcile with yourself and with issues in your life.

There's a tremendous payback in helping others. Even though it's selfless at some level, it can help the self. Don't be afraid to ask for help. It doesn't make you look weak, incomplete, awkward, and broken. You have to overcome your pride and fear.

If you're trying to achieve any kind of success, please understand that at some level or another, it's proactive. It's you sitting down and figuring out what you want. Then, putting in effort and focus towards that direction.

When you say and believe that you don't deserve success, you destroy everything. You turn it all into a sham. It's a fraud. It's a lie. Understand that regardless of what happened in your past, you owe it to yourself to change things. You have that power.

If you truly believe this, then you deserve success because you're going to put in the work and the time. You're going to commit and sacrifice. You earned it.

It doesn't matter what happened in the past. If you're going to go through all of that, jump through all those hoops, and overcome those hurdles, you deserve it.

Unfortunately, over time, many of us experience defeat after defeat. At a certain point, we start to believe that our failures define us, which means that we don't deserve success. We believe that we're failures, losers, and dead-ends.

Your past doesn't define you. This must be reflected on how you think about success. You're just as deserving of success as everybody else who's willing to put in the work and make the necessary sacrifices.

Remember that. It's not the past that you used as your entry ticket to success. That's not going to happen because the past has failed you.

It's what you do today, tomorrow, and into the future that matters. That is your entry ticket. That's your price of admission to success. Don't confuse this with the past.

This mental roadblock is also very tricky because it has other alternative forms. Pay attention to these. One common variation is: I'm not worth changing.

Again, your past doesn't define you. You can be the most incorrigible failure in the world, but doesn't rob you of the opportunity to change things today.

The amount of work you put in is your admission ticket. Nobody can take that away from you. So, thinking that you're not worth changing flies in the face of the power that you actually have.

Alternatively, people think that others always come before them. This is the martyr complex. Think about it. If you want to serve others better, **achieve success**. If you have people depending on you and you want to make their lives better, **achieve success**.

If you remain frustrated, broken, and struggling, you're not really helping those people depending on you. So, stop making this as an excuse. Sure, other's needs do come before you.

However, if you are serious about addressing those needs and providing for those around you, **achieve success**. You deserve success precisely because other's needs come before you.

If you were to ask me, this is probably the most toxic mindset you could wrap your mind around. I'm not talking about the spiritual perfection where "everything is perfect, everything happens in its right time" kind of perfection. I'm talking about your actions, your thoughts, your choices. Think about it. If you're perfect the way you are, then there's no need to change. There's also no need to compromise.

It shuts down all mental conversations. It seals off any kind of honest, internal personal debate. This logically means that people around you who may not see eye to eye and may have other views are less than perfect.

This is the most toxic mindset you can ever have because it blocks you from necessary change. The only constant in life is change. You probably heard that a million times before. There's a reason for that. It's absolutely true.

When you say, "I'm perfect the way I am," this means that you are locked in a particular place at a particular time and you are immunized from change. You can't change from outside. You can't change from within. You're perfect.

That type of perfection is you perfectly sealing yourself off away from the changes you need to grow into a better person tomorrow than you are today. This also leads to relationship problems.

Think about it. If you're perfect, then the other person who wants you to change is imperfect. This leads to conflict. When things don't pan out right, you're quick to blame other people. Since you're perfect, then it means that other people, who are different than you, are at fault.

This is the worst mindset. Get rid of it. You're not perfect, nor will you ever be. You're broken, fallen, incomplete, and that's part of what makes life so awesome. There's always something to strive for. There's always a room for improvement.

One of the most common problems people have with change does not involve awareness and acceptance of change. It really doesn't.

People with more than two brain cells who have some shred of honesty and authenticity in their lives would almost automatically admit that there is *something* broken in their lives. It doesn't take a scientist to figure out that they're not doing all that well.

Most people can own up to this. They say, "Oh yeah, I need to change. This is unacceptable. The way I'm doing things and the way I think about things always leads to pain, frustration, and embarrassment. I need to change, but I'll do it tomorrow."

Here's the problem. When you add "tomorrow" to the statement "I need to change", you're basically saying "I don't need to change." That's basically what you're doing.

Why? Tomorrow never comes. There are all sorts of duties, responsibilities, and obligations that pop up out of nowhere. So, tomorrow becomes the day after tomorrow, which becomes the week after tomorrow.

You keep kicking the can down the road and you never quite get to it. You're making excuses. You're finding reasons not to start. If you want change, it has to happen now.

There's a poem by Dennis Waitley in his book, *The Seeds of Greatness*, that goes like this:

There's an Island fantasy
A "Someday I'll" we'll never see
When recession stops, inflation ceases
Our mortgage is paid, our pay increases
That Someday I'll where problems end
Where every piece of mail is from a friend
Where all the nations can go it alone
Where we all retire at forty-one
Playing backgammon in the island sun
Most unhappy people look to tomorrow
To erase this day's hardship and sorrow
They put happiness on lay-away

And struggle through a blue today
But happiness cannot be sought
It can't be earned, it can't be bought
Life's most important revelation
Is that the journey means more than the destination
Happiness is where you are right now
Pushing a pencil or pushing a plow
Going to school or standing in line
Watching and waiting, or tasting the win
If you live in the past you become senile
If you live in the future you're on Someday I'll
The fear of results is procrastination
The joy of today is a celebration
You can save, you can slave, trudging mile after mile
But you'll never set foot on your Someday I'll
When you've paid all your dues and put in your time
Out of nowhere comes another Mt. Everest to climb
From this day forward make it your vow
Take Someday I'll and make it your now!

The good news is, you don't have to be a hero. You don't have to make this grandiose, dramatic statement to the world that you are changing. You don't have to blast out of the starting gate. You don't have to do all of that.

Believe it or not, baby steps forward are still steps forward. They may be small. They may not add up to much in the big scheme of things. However, they're still positive changes, regardless of their size.

Start today. Don't wait for tomorrow. You can die tonight. You can die after reading this booklet. Seriously, make the change now.

Keep in mind that there are variations to this. One common variation is, "I don't have the time." This is an excuse. If something is important enough, you will find the time.

Let's face it. You know that in some area of your life, you're failing. You're not disappointed. You're not frustrated. You're failing. We both know it. Everybody knows it because everybody's going through the same thing.

Since that's the case, find the time. Your life's enjoyment, as well as the results you're getting are actually being negatively affected by that are.

The sooner you resolve the issues in that area, the more time you will have for everything else. Find the time. Get off Someday Isle! You already have it. What you're doing is you're just making excuses to not start.

People like to play sour grapes. Basically, they're giving themselves an excuse to not try. It's easy to say that success and money are not everything if you tried and failed to get success and money.

It's easy to say that because for some miraculous reason, you found out that there are other things in life besides success and money. However, let me tell you what success and money really means.

It doesn't mean what you think. It doesn't mean material things. It may not lead to social status or becoming some sort of pillar of society that people look up to. What success and money really mean is that, you set a goal, you made sacrifices, and you committed to achieving that goal.

It's very painful when you have to change. You have to let go of all the habits and adopt new ones. You have to step out of your comfort zone. The worst part to all of this? You have to do it day after day, week after week, month after month, and year after year.

That's how you achieve success, money, and other root words of life. It doesn't just fall out of the heavens. You don't just wake up surrounded by cash in a bed of money. It doesn't work that way.

When you play the sour grape script in your head, you're basically saying, "I don't want to set a goal, make sacrifices, and commit to something higher and bigger than myself. I don't want any of that, but it would be nice if I had the end result of that process." Do you see the disconnect?

Make no mistake. When you say statements like, "Success and money aren't everything," you're just giving yourself an excuse not to improve or not to even try. That's all you're achieving.

People play all sorts of games with themselves when it comes to success. One common mindset is that success is not worth what it requires.

You have to understand that if you want to be successful, you have to change. Obviously, if you're not successful right now, you're doing, thinking, and feeling about things in a way that keep you from success.

If you want to achieve more things in life, you have to change. Well, saying that success is not worth it is basically making up excuses like, "I don't want to sell out. I don't want to change my personality. I don't want to become a person that I hate. I don't want to turn into my boss."

Ultimately, you even come up with a grandiose statement like, "I don't want to give up my soul," or "This is not the real me." Please note that those grandiose statements sound very convincing.

Who doesn't want authenticity? Who rejects a sincere life? However, when you look behind the surface of those statements and go straight to the heart of the issue, it really boils down to fear, laziness, and pride.

You have to understand that success changes you. The process of achieving success is actually worth more than the dollars and cents you end up with, believe it or not.

At the root of the process is you asserting power over your life. It's really all an act of ownership. You own your life. You take responsibility over your life.

If you see that there are certain things that you need or you want your life to be something else, you plan. You set up goals. You create timelines. Then, you put in effort, focus, willpower, attention to detail.

You take ownership. You craft your reality. That is the most empowering thing you can do. **This is a celebration of everything you are.** It is an embrace of your potential.

It is actually the most powerful form of self-actualization, which reveals the lie of statements like, “I don’t want to give up on my soul,” or “This is not the real me. I don’t want to turn into my father.” Those are lies you’re telling yourself because you’re scared or you’re too proud.

MENTAL ROADBLOCK 10 | I DON'T WANT TO TURN INTO SOMEONE I WILL HATE

The thinking behind this mindset is that the world's blessings form some sort of fixed pie. If you were to challenge yourself and make something out of yourself, you'd necessarily have to claim a larger and larger slice of that pie.

You can't, for the life of you, bear the fact that somebody else's slice will get smaller as a result of you getting more. This does not make any sense. Opportunities scale up. They're exponential in nature.

This means that instead of a fixed pie that remains the same size from now on to eternity, the pie can grow. And also, there are also many pies stacked on top of each other.

Believe it or not, the more successful you are, the more pies you create in the lives of other people. There is more to share. There's more to go around.

Why? Your success is an inspiration. Everybody has an unlimited amount of potential locked within them. When they see somebody turn from a complete zero into a hero, there might be a spark there.

Instead of being jealous or envious, they see that this person, as broken, frustrated as he/she used to be, can achieve all these things, maybe they can too. That is inspiration. That turns to the key to the tremendous amount of potential that everybody has within them.

It all starts with a choice. You get that going. You become a blessing to others. They may not step up to you and say thank you, but that doesn't matter. By simply working towards your success and achieving victory after victory, you inspire others.

Sure, there are others out there who will be envious. Sadly, this all comes back to laziness. Think about it. It doesn't take work to envy somebody.

Work means you're going to have to take a long, hard look at your life and your choices and own up to those mistakes. This means taking responsibility. This means setting a new goal in front of you and working hard towards it. It means letting go.

Who wants to deal with all of that? That takes work. That seems hard. So, what is the easiest way out? That's right. Envy.

People hate on you. They like the fruits of your labor, but they don't want to go through what you went through. They don't want the labor part, they just want the fruit.

There will always be those people, but you don't have to be one of them. You can be the one that inspires others with your success, or you can be the person that gets inspired by other's success.

Whatever the case may be, there is no massive fixed pie of success out there. If anything, it goes larger and larger with each and every inspirational story. Believe me, if you change your mindset, you will see inspiration all around you.

People do this all the time. This is not a rarity. People who grew up in the slums are now multi-millionaires. They don't have to migrate to another country. They don't have to win the lottery.

You just have to open your eyes. The more you believe that the rich get richer, and the poor get poorer, and there's only this fixed slice of success in life, the more you remain trapped in your mental prison.

Become aware of these mental roadblocks and overcome them to lay the foundation for amazing success. Join me for an effective and efficient blueprint to take control over your life today. Past frustrations, failures, and bad choices do not have to define you. Take ownership of your life. You have a lot more power than you give yourself credit for. Start today. Get the

blueprint you need to get things going. It's a tried and proven formula to turn any life around.
Thanks for joining me and see you on the other side.