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Applying Principles Consistently Improves Chance for Success



Nicholas Pollak / November 29, 2010 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

After my client had expressed fear of failing with a planned project, I asked why would he treat it differently from projects he had successfully worked on?

As if a huge light had gone off, he widened his eyes and jerked his head backward in surprise. He had been afraid because the project was different from what he had attempted before.

He had blocked himself from his potential for success because he saw something that was not there. He envisioned a man of many prior successes tackling something alien. He worried that if he failed his peers would judge him harshly, and he only would be remembered for failing.

He had a point. In his industry, you were remembered for your defeats. Think of the people you know or have heard of who were publicly shamed for acts they did while their creative talents were ignored.

Something Must Be Wrong

To add to his concern, he had been suffering panic and anxiety attacks, which were resolved in a few sessions. He is the kind of client who experiences through his body. Sometimes he cannot separate his emotions from his physical feelings. If he hurt his leg, there would be anxious feelings in regards to his leg. He would do a self-check to see what else was right or wrong. His agile mind was turning in on it self. He was finding things to worry about rather than recognizing all that was right.

He explained a light bulb went off in his head when I asked why he would treat this project differently?

Principles do not change. The same ones apply every time. Set your goal. Create a plan. Plan the work. Work the plan.

Objectives are reached through a series of connected shorter goals. All my client had to do was to see the goal and create the steps. He had done it countless times before.

A Wall Is in the Way

At a recent Neighborhood Day when I was analyzing handwriting, I met a lady with a similar problem. She could not understand the principles of reaching a goal.

Pointing at a wall 50 feet away, I asked how she would get there. Obstacles were in her path, she said.

The first impediment was several stacks of folding chairs piled waist high. She looked puzzled. She asked if she could walk around them or over them.

She admitted that when she approached her goal, the wall, she had realized this was not her primary objective.

The next objective was an 8-foot chain link fence. She saw only one path. Climb the fence. She didn't think of wire cutters, which I offered her. However, we did not climb or cut the fence. She understood that when you apply simple principles to gain your success, happiness and prosperity, the steps always are the same.

Set your goal. Create a plan. Plan the work, work the plan.

A clinical hypnotherapist, handwriting analyst and expert master hypnotist, Nicholas Pollak may be contacted at [***nickpollak@hypnotherapy4you.net***](mailto:nickpollak@hypnotherapy4you.net)
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A secret cache of letters brings together a former

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The multiple award-winning Echo Theater Company, n

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Community Uniting May 2nd to Chart Future at Hope&

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