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Before Success, You Must be Truthful with Yourself



Nicholas Pollak / February 10, 2010 /

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

Be true to yourself — a phrase often used with good intentions. And we know what the road to hell is paved with.

As a clinical hypnotherapist, I deal daily with people from all walks of life who are trying to be better than they are, to rid themselves of annoying, upsetting matters that are holding them back from their goals.

They have no idea how to move forward and make a better life for themselves and others around them.

Being true to your self is the primary factor for any real recovery for a range of issues. If you are not true to and with yourself, the nagging voice in your head, your conscience, will continue to gnaw at you. This reduces the energy and focus you need to be the person you

Note I said “want” not “have.”

I have said before that “have” is a chore word, “want” is a desire word. This premise has changed a lot of people’s lives.

We all say it:

“I have to go to work today.”

For me, having to go to work turns what could be a good day into a chore day.

We don’t say it, but it is beneficial when we do:

“I want to go to work today!”

That immediately changes this day from a chore to a desire. Consequently, our attitude toward work begins to change significantly.

Measuring ‘Want’ and ‘Must’

Try it consciously for a few days. Notice that you seem to get out of bed more quickly, that you get to work on time or even a little early.

You may find yourself smiling more at work and even do better at your job. You will be more outgoing than usual, more quietly efficient because you are beginning to see the benefits of not having to but wanting to.

We do not realize the power of our self-talk, the words we use.

I don’t know of any heterosexual male who would say “I have to go to a strip club with my friends.”, Do you?

When invited, I am sure they would say, “I want to go!”

Look for people with whom you have things in common. Join a club with members who share the same interests. Look for people you can relate to. Enjoy your interaction.

Are you alone too much? Are you happy to be alone? Or are you frustrated because you cannot find people you would like to be around?

Being around people means you will want to go out and find them. Waiting inside and expecting the world to come to you simply does not work, no matter how hard you may visualize meeting people. You physically need to get up and walk outside and look for and find people to communicate with.

Be true to yourself. Find people, find a job that makes you happy and contributes to your success, happiness and prosperity.

When you are truthful with yourself and decide to start working on the areas that are making you unhappy, your life will change.

Visualize what you want and take action. Live it, breathe it, be it and believe it.

Little by little, your truth with yourself and the you that you want to be takes hold. Before you realize it, every action leads you to the success you deserve. , happiness and prosperity that you deser

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