

# Effortless Success Activator



**Harness the power of your positive feelings and create the life  
of your dreams with the Effortless Success Activator**

**By John Vincent**

***Learn one of the most powerful techniques I know of to get you motivated to succeed.***

Hello,

Congratulations, what you are reading could well be one of the best investments you ever make. Doing this process will SUPERCHARGE your Life.

My name is John Vincent, creator of the Personal Transformation System, Rapport Master, The Science of Getting Rich Hypnosis and more... and if you are serious about making your life a better place, about having more success and achieving more abundance...

Then lets get started, read this and listen to the Effortless Success Activator Mp3 Today.



Make everything you do way more fun so that success just feels effortless.

## So you want more?

More motivation, more confidence, more health, more wealth, more abundance of energy, time and money in life. Right?

Who doesn't.

In this short PDF I'm going to give you a process that you can use right away to have more... by aligning your conscious mind with the powerhouse of resources in your unconscious mind.

So you want to feel happier, healthier and wealthier... you want to FEEL like that.

The feelings you have are either good feelings or bad feelings.

It's the good feelings that feel the BEST.

It's the good feelings we want to have more of and deliberately aim at what we want more of.

When you feel good about something, you do it, buy it, and enjoy it because it feels good.

If you don't feel good about something, you don't do it or buy it because it doesn't feel good.

Our feelings are what we are guided by a lot of the time.

You can sit around waiting for something outside of you to happen so that you feel good. Or you can deliberately create good feelings inside you and aim them at what you do want.

This is something that we as humans can do.

We can think deliberately, we can think on purpose.

If you stop and think about something that you like, you feel good...

A cold beer on a warm summer's day... makes you feel good.

Think of a brand new pair of shoes that you really want and you have a good feeling. A meal out at your favourite restaurant with friends and it makes you feel good.

Feelings are Powerful

Think about the person who smokes tobacco, they 'feel' like a cigarette and then they have one.

Think about the person who is super fit, they think about going to the gym and they feel good... then they go to the gym.

Some people can think about trains, and get up early on a wet, rainy day to go and spot trains...

The reason they get up early and stand on a bridge waiting for trains to pass by writing down the numbers is because the thought of it makes them feel good. It motivates them.

One person could think about going to a concert and become excited while the other person could think about it and feel scared.

The concert is the same, but the response is different.

The person who feels guilty for not going to the gym often enough isn't going to enjoy going to the gym as much as the person who loves going to the gym.

Deliberately attaching good feelings to things that you want to do more of will make you enjoy doing more of them.

If you think about going to the gym and feel guilty, bored or bad it's not going to motivate you to go. And if you do go you are not going to enjoy it much and therefore not get the same kind of benefit you could do from going there.

If you think about the gym and feel excited, the chances are much higher that you are going to go... and enjoy going too.

When I talk about 'thinking' really I'm talking about two things:

Mental images: visualisations, pictures in the mind.

Self-talk: your internal dialogue.

The decisions we make come from our feelings and the feelings come from the thoughts i.e. the images in our minds eye and the self-talk in our minds ear.

Technique: Now let's feel good (Anchoring good feelings)

Ok, so we are going to use your good feelings to motivate you to achieve what you want.

It's your feelings that get you moving toward or away from things.

This simple technique will allow you to deliberately plan to move toward what you want.

Thinking about having a glass of wine may make you feel good or maybe makes you feel bad. The thought has a feeling associated with it.

This simple 'NLP Anchoring' technique is going to allow you to feel good so that we can attach those feelings to the images of the things you want.

There is something that make you feel good...

Really good, and those good feelings you can feel... now you can imagine spreading those feelings round your body and intensifying those feelings... and as you do squeeze your thumb and middle finger together.

This will create an associational link between the squeezing of your thumb and finger and the good feeling.

Just like Pavlov's dogs.

The Russian scientist Pavlov who rang a bell and fed his dogs. After a while of doing this, simply ringing the bell would have the dogs salivating even if there was no food. They associated the sound of a bell and food.

Here we are associating the squeeze of your thumb and middle finger with the good feelings.

You can choose any state: excited, motivated, confident etc and associated it to a squeeze of your thumb and finger.

If this is new to you, you may find you want to do this a few times to build up the association link and make it strong. It only takes a few seconds to feel good and squeeze your finger... do it now.

Now there is something that makes you feel good...

Allow yourself to really enjoy that feeling... double it, double that feeling... squeeze your thumb and finger...

Let go...

Intensify that feeling again and squeeze your thumb and finger, smile...

Let go again...

Once more smile, feel good, boost those good feelings round your body and squeeze your thumb and finger together.

Great, now stop.

This is the same process that happens all round the world all the time. Take a phobia for example, someone gets bitten by a dog, that hurts and can be traumatic and from then on getting close to dog is something that brings back the bad memory and the bad feelings. A new phobia has been created.

This kind of thing happens all the time.

The clever people, like you, do it deliberately...

Now...

You can feel good about the fact you are creating a positive resource anchor to help you get the life you want...

Ok, not yet... in a moment I want you to squeeze your thumb and finger together... Just think about the good feeling that will come back, now, squeeze your thumb and finger and remember the good feelings.

Ok, so you be the judge here. Do you need to do that again? Do you need to spend a few minutes to make this anchor stronger? Spending a few minutes feeling good is, well good right. You feel good!

You can let yourself go next time and get more from this by simply imagining feeling good when you squeeze your thumb and finger together thereby reinforcing creating good feelings and practicing this...

Or does it feel good to trigger this anchor already? Do you feel good when you fire this anchor and can't wait to attach those good feeling to the success you want?

Ok, so you know what to do...

Let's move on, let's get to it.

While you have the excited feeling in your body you are going to picture one of the things that you want to be more excited about. Thereby associating the good feelings with the 'thought' (picture in your mind) of what you want to be more excited about.

So when you think of something you feel good about it... and make it a reality.

Now you may need to do this a few times for certain things depending on what they are.

Think about it like this.

If you put a lion up against a pussy cat who's going to win?

The excited feeling needs to be the lion!

If you dislike doing your accounts or going to the gym, the good feelings need to dwarf the feelings of dislike. Your excited feeling needs to be so much

bigger than the lethargy or aversion to the activity you want to be more excited to do.

So this isn't for traumatic things, this is to have you get more of the life you want.

You have been doing this process all of your life. So the truth is you are an expert at it. Now is the time to deliberately direct it.

Think about it... how many things are there that you like doing, from eating certain types of food and drink, watching certain types of TV programs or films, seeing your friends or family, you feel good or excited, there are lots of things you feel good about.

Likewise there are things that you are appalled about. Cruelty to children, inhumanities to animals, injustices... the list goes on.

You have feelings.

This is about getting really good at having good feelings, having more good feelings and deliberately aiming them at the things you want more of in life.

It's simple:

Good feeling - while thinking about something.

Think about something - feel good about it. Think about it, feel good, think about it, go do it!

Some people just let life happen to them.

They are very passive in their approach to life, they blame others for their failures and don't take responsibility for their life.

You are different.

You are reading this and you are interested in making your life a better place.



That's AMAZING. That's wonderful, that's what life is all about. Developing yourself and becoming better than you were last year... last month...

One of the best skills you can master is generating good feelings.

Get good at feeling good.

Get good at feeling good and deliberately attach those feelings to the thoughts of what you want to have happen in your life.

So now let's consider the quality of your thoughts...

The mental images you make and your self-talk.

Now we have established that we are deliberately creating feelings and attaching them to images... well let's think BIG!

Make the images of the things that you want more of in life bigger, brighter, bolder... see details in the images, see yourself in the image doing well.

I know some people have difficulties visualising and that's ok...

Because you can become better at it and it's defiantly a skill worth learning. Remember, it's all about balance and a lot of people who are great at visualising can't remember a conversation, or maybe they are really not that 'in touch' with their feelings.

You can get good at visualising or remembering conversations...

In fact I'm going to put a link to a blog post of mine called 'Help I can't Visualise' on the page you downloaded this from. That blog post will help you become better at visualising...

By now you should be beginning to see how simple this is.

Let me give you an example...

Let's say you want to lose some weight. First up, let's phrase that in the positive!

When I saw clients on a daily basis in my office I would hear "I don't want to be fat" all the time. People would then say they wanted to lose weight.

Now language is important, I know that. I'm a hypnotist, it's the main tool we use. Now one thing about losing stuff is that we are automatically programmed from birth to find them! If you lose your phone you look for it until you find it... if you lose weight do you want to find it again?

And saying "I don't want to be overweight" isn't focusing on what you do want... i.e. being slimmer.

"I want to become thinner" This is what you do want rather than something you don't want.

I do want to be fitter

I do want to be more motivated to do 'x'

First state what you do want in the positive. Notice the image that comes to mind as you say that. Or deliberately imagine an image of what you want to see.

Because this is an activity about you... see yourself in the image. Picture yourself being, doing and acting in the way that you want. i.e. looking thinner, with a big smile on your face... maybe with a specific person or friends.

Then think to yourself, what can I do that would make this even more amazing?

How can I add to this image of myself being that way that would give me even more of what I want.

What can I do that will make it even better?

This is a goal. It's something specific to aim at.

So, you have a goal in mind. Stated in the positive and an image in your minds eye of you achieving the goal, being that way or acting in this new way.

The good feeling should already be starting to happen because you are getting something that you want.

So now it's time to trigger your good feeling anchor.

Picture in your mind the goal you have knowing the journey to that goal is something you can choose to enjoy... and trigger that good feeling. Fire off the anchor and allow yourself to feel good while you picture the achievement you want.

Fire the anchor again, get another burst of good feelings. Fire it again and again, flood your body with good feelings, smile, laugh, feel good all the while thinking about what you want.

Yeah...

This isn't rocket science. Its simple stuff really!

Now. let's add the audio.

There are ways you talk to yourself that are more motivating than others.

A critical internal dialogue that is always putting you down isn't going to motivate you for the day.

Looking in the mirror and seeing an overweight person who has failed to lose weight and noticing all the flabby bits and commenting on them just isn't going to set you up for a great day!

Looking at the mental image of you at the weight you want to be and in a positive internal dialogue talking to yourself about how you are moving toward that, is a much better focus for your conscious mind.

And you know it's a possible human achievement, to become slimmer, so whatever your situation it is possible for you to achieve that goal too.

So now you are going to construct some positive, motivating internal dialogue. Self-talk that gets you motivated...

“Yes. It’s amazing to be thinner... having more energy... looking so much better... etc.”

Positively focused phrases, phrased as though it’s happened, because in the image it already has.

So rather than “I’m looking forward to being thinner” it’s better to say “I love being thinner and feeling so good”

“I love the way I look thinner” is ok but, “I love the feeling of being thinner” sounds like you already are.

Again this is simple right? All you are doing here is adding a sound track to the image. And it can be out loud if you want. Or just your internal self-talk. A motivating and congruent voice tone and a series of phrases about the image in your mind of the achievement you want.

This is just going to make you feel good and when you deliberately trigger your good feelings anchor and smile it will make you feel even better.

Now this is thinking on purpose.

Offentimes you will hear people doing the same thing, but with an outcome they don’t want!

“If he’s late again this time I’m going to be really annoyed!” That’s planning to be annoyed if he is late. The image of him being late is being connected with the feelings of being annoyed and the image of them being annoyed.

And it works!

Chances are the person will get annoyed if ‘he’ is late. They have programmed themselves to be that way!

Now this is just the beginning of how you can take control of your thinking and deliberately program it for success.

This is the basic formula. Imagine the goal you want, imagine a motivating internal dialogue talking about it and feel good. Feel really good about achieving it. This is going to motivate you to succeed so much more than if you don't. It's just that simple.

This is the tip of the iceberg. The beginnings of how to take control of your brain and run it in the way that you want and get the results you want.

Now is the perfect time to start. Sure you can put off doing it because of some story you tell yourself. Or you can take action and make a change.

Like I say, this isn't rocket science, it's really quite simple!

Feel good while thinking about what you want. You can do that in a second.

And I suggest you do. Once you have done this once, think about your goal and feel good regularly. For a second or two here and there. Every time you put the kettle on, when you look up from your computer, at regular intervals during the day, smile, feel good and think of what you want for a second or two.

The more you repeat thoughts, the bigger the neural pathway gets.

The final thing you can do to keep you on track is to measure your progress.

Keep a graph of how many pounds or kilos you have lost (this way the graph goes up as you succeed, who wants a graph that goes downward, that's not the direction of success). Each pound you lose, you draw a line upwards over time on the graph.

You want to go to the gym more... keep a check sheet on your bedroom wall of each time you went to the gym or each time you did the 7 minute scientific workout at home, or each time you went for a run... etc.

Keep a record of your progress towards your goal.

And guess what?

**FEEL GOOD** every time you look at your progress!

Sure there maybe times where the progress slows and times where the progress is on track or better than on track. When you're doing good, feel good, when progress slows feel good about the progress you have made and feel good about the progress you will be making soon.

Stay positive, stay focused on the good feelings. Bathe your body in good feelings.

Feel good about what you want.

That's it.

That simple.

Connect good feelings to what you want... NOW.

Go do it. Go do it now for something, anything. Get started connecting good feelings to the things you want more of now.

***This is John Vincent... feel good and create the life you want!***

**Make sure you download your free Conscious Mind MP3**

