

## Programming Your Mind For Success

Your mind is the world's greatest supercomputer ever invented. The challenge is that few people know how to operate this magnificent device sitting between our ears. Well, I'm going to show you how to do exactly that in this article today.

For whatever you input into your mind will tend to come out when you speak and act. In computer slang, we have a term, "Garbage in, Garbage out". GIGO. What this means is that if you input junk into your computer, you'll get less than stellar results (read junk) out. And I know you want the best results or you wouldn't be reading this.

So how do you go about making sure you get the best results? Watch out what goes in your mind. See, people are walking, talking hypnosis machines who tend to influence each other and be influenced. What we have to do is guard against unwanted and "accidental" influence.

If somebody says something and you don't cancel it out, your unconscious mind accepts it as a suggestion. Suppose Bob greets you by the water cooler and says, "The weather sucks. Boy, isn't today a terrible day?" The minute you agree with him, you're buying into that belief at some level, even if only unconsciously. And you want to choose beliefs that serve you so you get the results you want. Believing that today is a terrible day doesn't advance your cause or move you toward your goals.

Never fear my friend. Good ole Kent is here with the answer. To guard against "junk" influence, use the words "cancel, cancel" inside your mind. Train your mind to understand "hey mind, cancel, cancel means to flush that last suggestion!" And for heaven's sake, avoid agreeing with Bob. Instead, reframe what he said. You can reply, "Yes, the weather isn't as great as I would like. It'd be nice if it got better."

Sit up and pay attention because this next part is crucial. Your language indicates your model of the world. We're not just dancing around and playing linguistic games. You're actually changing the way your unconscious mind perceives Bob's comment. And that is going to get you better results when you are a real optimist with a good attitude as opposed to letting Bob pump your mind full of garbage.

Movies, the news, the neighbor who pokes their nose over the fence to talk to you, your mailman; all these people may casually influence you. Over time, they can have a real impact. The key is to make sure their communication (i.e., their hypnotic suggestions) empowers you. If it isn't, cancel it out or avoid these people like the plague.

Garbage in, Garbage out. Good stuff in, Good stuff out. I recently had my girlfriend remind me of this principle when I was watching this "action thriller" movie. About five people got whacked in a grisly way within about the first three minutes. I was actually sort of enjoying the suspense (who would get whacked next?) but even then I turned the movie off for the same principle I'm sharing with you now. Let's feed our minds top sirloin and caviar instead of fast food!

If you're looking to become a master of influence, check out my course below. You'll love it.

Kent Sayre is a worldwide persuasion expert and author of "The Ultimate Persuasion Formula" available at <http://www.TheUltimatePersuasionFormula.com> Furthermore, he is the author of the bestselling book "Unstoppable Confidence" endorsed by such celebrity authors as Brian Tracy, Robert Allen, and Jim Rohn.