



Positive Mental Attitude 17 Step plan (Napoleon Hill)

The Plan: Staying positive requires regular use of your mental muscles. If you want to get in perfect PMA conditioning, you need to focus on one or more of the 17 Principles daily. By spending just 15 to 30 minutes per day on these PMA exercises, you will prove to yourself that being positive does make a difference in your lifestyle in just a matter of days – 17 days to be exact. Through this mental strengthening routine you will acquire more positive characteristics than you ever thought possible.

The Payoff: If you do these 17 simple exercises, one per day, I promise you a Positive Mental Attitude that will deliver results immediately. Start now and create a more positive you in just 17 steps.

Day 1: Develop a Definite Purpose.

Start now. Select something that you want to accomplish within these next 17 days. Write down this goal in your own handwriting on a 4 x 6 inch note card. State your goal as if you have already accomplished it. For example, "I dress for success." "I have \$500 of savings in my bank account." "I eat and drink only those things that promote my best health." "I am doing work that reflects my right livelihood." "I walk three miles daily." You get the idea. Write down your definite purpose now. Next, on this same card, document daily the action that you have taken toward this goal. For example, each day after you walk three miles, login your entry on the card by writing the date 09/30/07 and the miles walked. Track your success.

Day 2: Establish a Master Mind Alliance.

Select a friend, co-worker, email partner, family member, or an "invisible" guide, who you share your progress with regarding the goal you have established. Make it a formal daily contact at an established time for the next two weeks. It need not be a long meeting. Just "meet" for a few minutes daily to make certain that you remain on track. This person will become your personal coach, your promoter, your pacesetter in keeping you on the straight and narrow track toward your goal. On the second note card, write down the name of the person you selected to be in your Master Mind Alliance. Below the name track your daily progress by recording the dates and times that you maintained contact with your personal success coach.

Day 3: Applied Faith.

Create 10 personal affirmations around your definite major purpose and write these affirmations on the third note card. Repeat several times daily by reading your affirmations out loud and internalizing the message. For example, using the goal of "I walk three miles daily," possible personal affirmations are:

I walk three miles daily without exception.

I feel healthy, happy, and terrific after my daily three mile walk.

I enjoy being outside in the fresh air during my daily three mile walk.

I benefit physically by my daily three mile walk by burning calories.

I benefit socially during my daily three mile walk by talking to fellow trekkers.

I benefit spiritually during my daily three mile walk by communing with nature.

I benefit mentally during my daily three mile walk by clearing my mind of troublesome worries.

I benefit emotionally during my daily three mile walk by reducing built up stress through regular exercise.

I benefit myself by toning my muscles during my daily three mile walk.
I benefit my neighbor during my daily three mile walk by supporting his/her efforts as well.
Remember to record your progress.

Day 4: Going the Extra Mile.

Perform a random act of kindness on the way to or from work. Do something that you do for no return on your investment. Do good because you choose to do good. Pay someone's toll behind you, speak positively about a person whom you dislike, pack a lunch for a family member who is short on time, run an errand or two for an individual with too many duties, or volunteer to help a cause in your community. Expect no return on your services. Just put the good that you do out to the Universe, and notice how the Universe repays you many times over. Record your good deed on your fourth note card. You may add additional good deeds as you complete them.

Day 5: Pleasing Personality.

Today is your day! Decide to do something luxurious for yourself. Spend time pampering the person you know best – YOU! Invest in you, and the investment will pay off. Create a time and space that accommodate you and then treat yourself to a time spent on your interests. Read a favorite book, take a hot bath, swing in a hammock for an hour, brew refreshing ice tea, or just kick back and watch a favorite old movie. But, do it because you want to, not because it is on your to-do list. Record your activity on the fifth note card and note your reaction as well. Repeat as needed.

Day 6: Personal Initiative.

Remember all those "I'll do it when I get around to it" promises that you made to yourself? Well, today you will get around to doing one of those things on the long to-do list. Jump in and clean a closet, file those papers, polish the silver, wax the floor, or anything else that is pestering you to complete. Set a timer for 1 hour and begin the project. Don't think about it, don't plan it, don't postpone it, just accomplish it. Now, on note card 6 list the project you just completed and cross it off the list. Underneath the newly finished project, add the next one to be done when you have a spare hour or two. There is great satisfaction in transferring your thoughts into action that is energized. We hold the power to transform our intentions into reality. **Do It NOW!**

Day 7: Positive Mental Attitude.

Decide to be positive in everything you do today. Don't overwhelm yourself, however, just be positive second by second, minute by minute, and the hours and the day will take care of themselves. Just make a conscious effort to use positive thoughts, words, and actions, as you progress through the day. Think before you speak and act in order to remind yourself that today is going to be a Positive Mental Attitude Day. Let nothing or no one divert you from your purpose. On note card number 7, record a statement about how maintaining a positive mental attitude colored your outlook on the day. We get what we expect to get. Expect the best.

Day 8: Enthusiasm.

Become childlike. Recall something that you enjoyed doing or experiencing as a child. It could be bike riding or eating a favorite ice cream cone. Relive that experience and feel the enthusiasm grow again inside of you. Anticipate what it is that you are about to experience, and tell yourself that you will have a truly joyful memory or episode. Decide to be enthusiastic and you will be enthusiastic. We can control our emotions, and enthusiasm allows us to program ourselves for a successful experience. Enthusiasm kindles the fire that fuels our definite major purpose. Get yourself a burning desire and keep it burning with enthusiasm. On note card number 8, list several things that you have been enthusiastic about during your life. Relive these memories and enjoy the feelings of pleasure accompanied with them. Now, transfer this enthusiasm to your new goal and anticipate the same results. Record your findings.

Day 9: Self-Discipline.

You have heard about diets and fasting. About focusing on something until it is yours. About denying yourself small things, until you can purchase the big item that you really want. Well, that is what

self-discipline is all about. It is good to recognize that our mind plays tricks on us and attempts to divert us from achieving our goal when it looks too much like work. The principle of self-discipline teaches us how to nip this problem in the bud. Exhibit self-discipline in the area of your definite major purpose and sooner versus later you will have the outcome that you desire. Today, discipline yourself to work on your definite major purpose for an extended period of time. Say no to the "ego" when it says: "Let's do lunch," or "Let's take a nap." Instead, say that all these things are okay, but you won't do them now. Rather, you will use self-discipline to work on your goal first and foremost. On note card number 9, write down ten ways you attempt to distract yourself from your definite major purpose. Sometimes we stall our own best efforts by not practicing self-discipline. Don't let the lack of self-discipline have victory over you.

Day 10: Accurate Thinking.

We live in an elaborate world. Things are confusing. It is difficult to analyze everything prior to making decisions. However, just for today let's evaluate the benefit of doing something that we do daily. For example, maybe you leave for work at a peak traffic time. Have you considered how much time you could save by leaving earlier or even later than usual? Consider the benefits of planning your day around the off-schedules of others. Does lunch have to be at noon, and quitting time at 5:00? On note card number 10, create the time schedule of your day as it currently exists. Now using accurate thinking, analyze your day hour by hour and see if you currently are using the most effective plan. Where can you make changes that will enhance the quality and quantity of time spent? Finally, create a new schedule for yourself showing how your new awareness has changed the manner in which you spend or allocate your time.

Day 11: Controlled Attention.

Thoughts are things. We bring into being that which we think about. We get what we focus on in life. By controlling our attention, we control our outcomes. An old saying goes, "When the student is ready, the teacher will come." By focusing our attention on what it is we want in life, we are keeping it off the things that we do not want. Use note card number 11 to designate an area in your life that you are going to focus on for the purpose of improving that area. It can be financial, spiritual, mental, physical, or emotional in nature. Select one and decide that you are going to pay close attention to that area today in order to understand how you are creating your reality in that one area. If it is financial, watch your spending for one day and records your transactions. If it is spiritual, note how you connect with Infinite Intelligence. If it is mental, ask yourself how you continually increase your storehouse of knowledge. If it is physical, note how you treat your physical body. Or, if it is emotional, determine whether you control or are controlled by your emotions. Raise your level of awareness about how you use Controlled Attention.

Day 12: Teamwork.

Organize a small activity for fun. Involve several people. They can be family, co-workers, friends, or members of a group. Get together prior to the event to brainstorm (email, phone, in-person) the purpose of the activity and what needs to be done before the event can occur. For example, it might be a small family reunion. In order for the reunion to be a success, the work must be distributed. Have individuals sign-up for various tasks. Watch what teamwork can accomplish that you could not do as effectively alone. Now, on note card number twelve, list ten ways you can benefit by using teamwork in your life. Every job can be divided into a series of tasks. Teams make the tasks easy to do, and no one feels overburdened. How can you share the load with someone else?

Day 13: Learning from Adversity and Defeat.

Feeling overwhelmed? Are things not headed in the right direction? Do you feel as if you have failed at something that you attempted to do? Do you have a sense of inadequacy or a sense of loss? What can we learn from this? Spend a few moments recalling a failure that you experienced several years ago. Look at both side of the issue. Certainly, there were losses, but there were also gains. Now, focus on the benefits that came to you because of this failure. That's correct. The benefits are what you need to find buried in the defeat. If you look hard enough, and critically analyze the failure long enough, you will find the seed for an equal or equivalent benefit. Start looking. On note card number

13, recall a failure. List the adversities that occurred because of this failure, and next list the benefits. "Every adversity and defeat carries with it the seed of an equal or equivalent benefit." Find the rose among the thorns and you will be on the road to finding personal success.

Day 14: Creative Vision.

Have fun. Create something. Be artistic and let the child within you play freely. Do something that you enjoy doing for the sheer joy of doing it. Be self-actualizing. Draw, paint, sculpt, color, or just design something. After you complete your artistic creation, take a snapshot of it and attach it to note card number 14. Admire your creativity and handiwork.

Day 15: Maintenance of Sound Health.

You know the risks of not living a healthy lifestyle. What about the benefits? Do you drink eight glasses of water per day? Do you eat food that promotes your optimum health? Average 8 hours of sleep per night? Practice renewal time for your mind, body, and spirit? Why not? On note card number 15, select an area of focus that will improve your physical health. Decide on one area of improvement and stick to it for a minimum of 21 days. After the 21st day, your routine will become a habit. Document each day that you stayed with the program.

Day 16: Budgeting Time and Money.

Where you spend your time and your money is a strong indicator of where you will end up years from now. Know where you are overspending, where you should save, and how you can make improvements in both areas. On note card 16, examine how you spend your 8 hours of "free" time each day. Is it sleeping, watching T.V., socializing, or studying, reflecting, and doing things related to your definite major purpose? If too much time is spent on non-related things, you will not accomplish that which you have set out to accomplish in Day 1. Look back and then look ahead. You control your time. Time does not control you. Take possession of it.

Day 17: Cosmic Habitforce.

We are the sum and substance of the habits that we have forged for ourselves throughout life. Examine your habits. Which ones do you control and which ones control you? Habits are at first cobwebs and then cables. Know how to undo a bad habit and how to add a good habit. On note card 17, examine the daily habits that you perform. Do these habits serve you, or do they control you? Unlock the key to your true potential, by forging new habits that serve you in your quest for success. On the front side of the note card, list your beneficial habits. On the backside of the note card, list your detrimental habits. Now begin to accentuate the positive and eliminate the negative. When you overcome a negative habit, cross it off the list permanently. When you accelerate a positive habit, give yourself a gold star. Soon the positive habits will be greater in number, and you will be the greater because you have strengthened your positive characteristics. A habit is learned and integrated into our daily system of doing things within 21 days. Dedicate 21 days to becoming an improved person, by adding just one positive habit. Think what you can do in a year!

Report Card:

There you have it! A daily schedule for success. **Success = Thoughts + Actions.** Without the "doing" there are no results. The best intention is not worth the least action. Put yourself on the success beam by doing success strengthening exercises! Your mental muscle power will accelerate your road to success. By shaping up this fall, you will be making great strides on the road to success throughout the rest of the year.

Courtesy of the Napoleon Hill Foundation

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