

Subject: The Golden Hour
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The Golden Hour

By: Brian Tracy

You become what you think about most of the time. And the most important part of each day is what you think about at the beginning of that day.

Start Your Day Right

Take 30 minutes each morning to sit quietly and to reflect on your goals. You'll find when you read the biographies and autobiographies of successful men and women that almost everyone of them began their upward trajectory to success when they begin getting up early in the morning and spending time with themselves.

Feed Your Mind With Positive Ideas

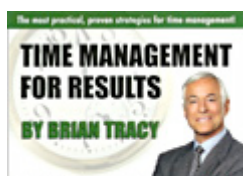
This is called the Golden Hour. The first hour sets the tone for the day. The things that you do in the first hour prepare your mind and set you up for the entire day. During the first thirty to sixty minutes, take time to think and review your plans for the future.

Use Your Quiet Time Effectively

Here are four things that you can do during that quiet time in the morning. Number one is to review your plans for accomplishing your goals and change your plans if necessary.

Number two is think of better ways to accomplish your goals. As an exercise, assume that the way you're going about it is totally wrong and imagine going about it totally differently. What would you do different from what you're doing right now?

Number three, reflect on the valuable lessons that you have learned and are learning as you move toward your goals.



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Practice Daily Visualization

Number four, calmly visualize your goal as a reality. Close your eyes, relax, smile, and see your goal as though it were already a reality. Rewrite your major goals everyday in the present tense. Rewrite them as though they already existed. Write "I earn X dollars." "I have a net worth of X." "I weigh a certain number of pounds." This exercise of writing and rewriting your goals everyday is one of the most powerful you will ever learn.

Fasten Your Seatbelt

Your life will start to take off at such a speed that you'll have to put on your seatbelt. Remember, the starting point for achieving financial success is the development of an attitude of unshakable confidence in yourself and in your ability to reach your goals. Everything we've talked about is a way of building up and developing your belief system until you finally reach the point where you are absolutely convinced that nothing can stop you from achieving what you set out to achieve.

Everything Counts

No one starts out with this kind of an attitude, but you can develop it using the law of accumulation. Everything counts. No efforts are ever lost. Every extraordinary accomplishment is the result of thousands of ordinary accomplishments that no one recognizes or appreciates. The greatest challenge of all is for you to concentrate your thinking single-mindedly on your goal and by the law of attraction, you will, you must inevitably draw into your life the people, circumstances and opportunities you need to achieve your goals.

Become A Living Magnet

Once you've mastered yourself and your thinking, you will become a living magnet for ideas and opportunities to become wealthy. It's worked for me and for every successful person I know. It will work for you if you'll begin today, now, this very minute, to think and talk about your dreams and goals as though they were already a reality. When you change your thinking, you will change your life. You will put yourself

firmly on the road to financial independence.

Action Exercises

Now, here are two things you can do every single day to keep your mind focused on your financial goals:

First, get up every morning a little bit earlier and plan your day in advance. Take some time to think about your goals and how you can best achieve them. This sets the tone for the whole day.

Second, reflect on the valuable lessons you are learning each day as you work toward your goals. Be prepared to correct your course and adjust your actions. Be absolutely convinced that you are moving rapidly toward your goals, no matter what happens temporarily on the outside. Just hang in there!



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Brian Tracy has been empowering business professionals by sharing his knowledge all over the world. His techniques will allow you to reach your goals and achieve the unthinkable.

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