

The 11 Automatic Mental Patterns That Naturally Attract the Life You Desire

By Mike Brescia

To achieve your biggest dreams in life, whatever they may be, you need to be supported by what I have identified as the 11 core positive mental patterns found in top achievers in every area and discipline of life. That is what this special report is about... those 11 patterns. They are all important. That is why I call them the 11 core mental patterns of success.

They are core because, well... to use an example, you could be motivated to achieve a specific outcome... you know what your purpose is... you know what your reasons are for wanting to achieve your goal... or maybe you just don't want the punishment or the negative outcome that would happen if you don't achieve this goal.

Either way, you have a purpose and you know what it is...

And if the goal is big and challenging, that probably is not be enough...

...especially if you don't picture yourself as successful in this area of life (where your goal is), or if you aren't loaded with confidence in your ability to get it done or if you don't enjoy doing the things required to reach your goal...

...because when you don't like doing something, you won't do it for very long (or very well) before it feels like absolute torture. I don't know anyone who likes to be tortured.

At other times, you might have tremendous confidence in your ability to do a thing that you have to do or are asked to do... but if you aren't particularly motivated (no big "why") to do it, you probably won't try very hard and won't do nearly as well as you can.

So even though it's vitally important, confidence alone is not the key to success...

In less than one minute, I have only briefly touched the surface of four of the core eleven mental patterns of success and it's already clear to you that unless these are working in concert with one another, your big dreams and hopes can quickly be squashed.

But when you combine the power of these 11 belief, attitude and action patterns together and aim them toward any dream you have, no matter how grand it may be and no matter how long it will take to achieve it, it will seem effortless and even like play to you...

And that is what you really want, isn't it?

1) The Self-Image of a Success

Each one of us has hundreds of identities concerning our skills and abilities (or lack of them) They come from the feedback the world gives us (parents, family, friends, bosses, teachers, etc.) our physical bodies, our choices, actions, intelligence, how good we do in school, socially, business, etc. Everything we do and everything that happens to us creates and reinforces our many self-images including our worthiness to be, do and have what we want.

If you are going after a big goal that would take a long time to achieve, you could be motivated, you could be smart as anything, you could know exactly what to do to reach your specific objective, but unless you have the deeply ingrained self-image of person who is successful at the thing you desire most, you probably won't achieve the objective, or if you do, you won't keep your success very long...

You could have the self-image of a successful gardener, a terrific business person, a great parent... and your actions will back up those self-images. But if, at the same time, you also see yourself as a smoker, as a drug user, as a person who is not worthy of being loved... many of your decisions and actions, unfortunately, would back up those self-images, too.

That is why we fill every Think Right Now! Accelerated Thought & Behavior Modification Program, regardless of the topic, with dozens of direct, emotionally worded statements designed to get you convinced that you *are* a success in the subject area of the program and that you *are* worthy of success. Even with a great system for rapid teaching, like we use in our programs, it take repetition to embed these new thought patterns... to override the old established beliefs and attitudes.

That is why in every TRN program, you hear that you are great at the tasks related to your desired outcomes, that you see yourself as a success, that success (at the subject of the program) is easy and natural for you, that you are meant to be successful, that you always will be.

And **as a result** of growing to see yourself in this positive light, you will become a person who would never do anything against this strong image of yourself that you now hold. It's who you are after all.

And with repetitive conditioning, this new image will be as much a part of you as your race, your color, your native language, your height and your shoe size.

Just like cat's meow and dog's bark, once you see yourself this way, you will act accordingly with no force necessary and no chance of going back to the old ways.

2) Knowing Your Purpose – The Big “Why”

With no purpose, there's no drive. With no big benefits to go after or no pain to avoid, there's no motivation.

Knowing what's in it for you is a big key to the ignition of your 5,000 horsepower potential. When you have a real reason for succeeding at something, a big emotionally charged “why,” you will move heaven and earth to get what you want.

Think about a recent failed attempt to quit a habit or gain something you've wanted for a while. Chances are excellent that you didn't want it that bad. If you did, you probably would have done what it took to get it. You'd know the financial benefits. You'd know the spiritual, social, health, physical and career benefits. You'd have thought about what you'd lose if you failed. You'd know who else would benefit. You'd probably have it all written out. You'd be able to sell yourself on setting the goal. You'd be able to sell the people who could help you, too. An inspiring purpose is essential if you are to reach any challenging long range goal in life.

That is why I design the statements in each Think Right Now Audio program to address all possible motivations, so that each one will condition you to keep your mind on your greatest reasons for wanting to succeed.

You'll hear that you know why you are going after your dream, that you are crystal clear on the benefits, that you want this benefit, that benefit and every other benefit that you could possibly get from reaching your outcomes.

You'll hear that you are passionate about your purpose; you'll hear that you will do whatever it takes to succeed, that nothing will get in your way, that failure is not an option for you.

And when **this purpose orientation gets driven into you** through constant positive repetition, you will not need to light a fire under your butt to get started and on your way. You'll have a constant fire lit. You'll have a firm foundation under you when things get difficult... when hard decisions need to be made.

You'll always have a “true North” compass in your purpose when you get turned around by temptation, false promises and by the shockingly fast speed that life comes at you.

3) Imagining/Visualizing Each Successful Step

Everyone has heard the stories of athletes mentally rehearsing the perfect performance, and then following it up with, well... a perfect performance.

But athletics isn't the only arena this happens...

Actually, **you do it all day, every day of your life**. It's one of the brain's primary functions. Seeing, hearing, smelling, tasting and feeling imagined situations that haven't actually happened yet. You do and everyone you will ever meet does it all day, every day. And it's effective.

The trouble is, most of the time—I'll hallucinate—you are seeing yourself mess up (or just doing things *other* than what would be most helpful to you) when it comes to most of the resolutions you set, the big dreams you have in practically every area of your life. Don't fight me here. Almost everyone does this.

That is why 1 out of 4 adults in the U.S. still smoke. It's why most people aren't effective in their jobs, why 1 out of 10 people have tried anti-depressants, why 1 out of 2 marriages end in divorce, why so few students get good grades. It's why 65% of the U.S. population is overweight or obese. Obese!!

The smoker imagines how great the cigarette will taste.

The husband imagines the fight he will soon be embroiled in with his spouse.

Students imagine the partying instead of the studying for and acing the test.

Visualizing, or imagining, is the mental track you ride on all day, every day. See it in your mind, do it. Hear it in your mind, do it. Feel it in your body, do it. Imagine the smell or the taste, eat it.

That is why, when I create new Accelerated Thought & Behavior Modification Programs, I design statements that affirm the listener/reader easily and naturally sees successful actions and outcomes ahead of time...

On each program, you'll hear/read first-person, present-tense self-instructions that affirm you vividly imagine yourself making the right decisions, taking the right actions, saying the right things at the right times in the right way. Dozens of laser-focused word pictures are painted for you over and over and over that you only imagine successful actions and outcomes. All in the Suggestopedic Accelerated Learning format.

And when you have adopted the champion's habit of seeing things going the way you want, reaching your outcomes will be a hundred times easier... like it was just meant to be. Previously hard choices will be simple to make. Mistakes won't stop you. And any worry habit will leave you. Your stress level will plummet...

All because you've "done it all before," seeing it in your mind's eye.

4) Constant Mental Connection To Benefits Of Reaching Goal

Having a strong purpose that excites you is absolutely critical if you want to reach any truly challenging long range goal. Only about 40% of all big dreamers with big goals even know what their big “whys” are. And of those people only about 10% spend enough time thinking about them to stay inspired by them.

Yup...

The most people fall down in their quest for whatever their dream is by **not keeping the benefits of reaching them in the minds.**

The first time there’s a temptation, they *forget* about their goal. Unforeseen delay? The stress sends them off doing something more “fun.” Tight deadline? They’re off screwing around. Funds short? They’re off playing lotto, or blowing their money on other senseless crap. Holiday party? “Well, just one won’t hurt.”

This is a major difference between those who routinely succeed and everyone else.

Weak motivation. No determination. Zero persistence... Taking your eye off the ball.

You see, just *having* a big motivating WHY is not enough... They have to jump up when temptations show up.

That is why, in each Think Right Now! audio program, I create a boatload of belief and attitude statements designed to keep you connected to why you want to reach your outcome... thinking constantly about what’s in it for you. Again, this isn’t just knowing why you want it. A lot of people who fail a lot know why they should keep trying, but they still quit.

Whenever you give up, you’re probably not thinking about your “*why*” often enough.

Many of the juiciest goals in your life require that you have an almost obsessive preoccupation with your purpose in order for you to succeed.

Isn’t that the kind of obsession you want cancer researchers to have? Aren’t *your* dreams and goals important, too?

Of course they are... That is why, on each TRN audio program; you’ll hear/read over and over that you want to succeed more than anything.

You’ll hear that your determination is rock solid, that your mind is constantly on the benefits of reaching your outcome, that you constantly see vivid mental pictures of you achieving your outcome and enjoying it. You’ll hear that you will go and go and go until you succeed.

You will hear/read that you will tolerate nothing short of success.

5) Belief In Your Ability

Confidence is more than just the absence of doubt. It is the complete certainty in ability or of outcome.

It comes from previous success at a thing, from encouragement, intense desire, imagination, preparation and from courage... the ability to get yourself to do a thing even though you may be scared out of your mind. Because confidence is not an absence of fear.

Confidence in your ability to do a thing won't absolutely guarantee your success, but it can help to keep you from quitting. Confidence eliminates worry. It can help you enjoy yourself. An *I Can* attitude will help you to visualize success more clearly.

In the absence of experience, you must rely on faith and on your imagination.

That's where each Think Right Now! program shines.

On every single audio title, you will hear powerful new ideas that you believe you can succeed no matter what the risks.

You'll hear that you are willing to do your best. You will hear that you are an I CAN type of person. You'll hear that there is no room for doubt, that you are filled with confidence and faith in your ability to succeed.

And with these powerful beliefs propelling your actions, your stress goes down, your mind works faster, solutions and ideas come to you easier, you'll ask better questions, get better answers, temptations are less tempting.

In short, you'll be able to tap into and use more of the talents and abilities you were blessed with when you were born.

6) Taking Appropriate Action

Each of the other success patterns are essential to achieving your biggest dreams, no matter what your dreams are. But if you are unable to take the actions required, then your dreams will only stay dreams.

The people who meet with the most success in every field of endeavor, those who have few bad habits, the ones who are respected and admired by everyone, the happiest people alive are action oriented.

But they're not just busy to be busy.

If you were to walk around in a big circle 10 hours a day for 10 days straight, logging many miles, but you would have accomplished nothing besides burning a lot of calories.

Accomplishment is the result of planned, purposeful action.

That is why, on each Think Right Now audio program, you will hear dozens of statements that help you stay on track toward your goal. You will hear that you always take the most productive action possible at every given moment. You will hear that your decisions keep you moving forward toward your goal, that you involve whoever you must to reach your objective, that you always do the right, honest, moral things in pursuit of your outcomes. You will hear that you think way ahead, making sure that you are always aware of what you should be doing next toward the achievement of your goals related to the subject of each audio.

When this is how you live each day, your immediate goal and all the goals you desire thereafter are sure to be achieved... As surely as the sun will rise tomorrow.

7) Enjoying Goal Achieving Actions

Face it, you'll only do something for so long if you don't like doing it. Many people have the action bug. They've got to stay moving. It's who they are.

But many of these same people **start and quit** a lot of things. They're not lazy. They're active. But they have mastered **Failure Patterns, 6,7, and 8:**

Failure Pattern #6 - Negative neuro-associations to what you need to do to reach your goal

Failure Pattern #7 - Focusing only on what is wrong, not on what is right

Failure Pattern #8 – Mentally “blowing up” the size/difficulty of goal achieving tasks

And if you hate doing some of the things you need to do to reach the goals you say you want to reach, it's just a matter of time before you quit... and move on to the next thing, leaving behind you a wake of frustration.

I get emails every day from people who tell me, “I've tried everything to _____ (achieve some goal) and none of it works.” They hated the tasks, found no joy at all. It was torture to them. Each decision was scary and dreaded. So they gave a half-hearted effort and finally gave up.

That is why each Think Right Now! Program aims straight at this situation, working to fill you with the action attitudes of winners. On each one (as it pertains to the subject of the program), you'll hear that you love taking all the goal achieving actions, that you are always looking for the fun in your duties and decisions, that you are great at finding what's enjoyable or what could be enjoyable about your tasks or decisions. You'll hear that you see your responsibilities as easy. You'll hear that you see each task you finish as bringing you closer to achieving your ultimate goal.

And when it's your habit to see your goal achieving tasks and decisions in this light, then you will stick with them longer, you will enjoy each and every day of your life more, you will notice a dramatic drop in stress, your confidence will be higher.

You will actually look happily forward to doing whatever you have to do to succeed. Now won't that be fun?

8) Finding Lessons In Goal Achieving Actions, Failures & Successes

Practically everyone you will ever meet, even some pretty effective, “successful” people, spend a fair amount of their time in a semi-stupor, making some good decisions, some bad – never analyzing and understanding what they do right or how they do it. So they can’t duplicate it regularly and can’t routinely transfer their success from one area of life to another without years of laboring at it.

And on the flip side of the equation, most people don’t really look at and understand what they do wrong in order to avoid repeating the same mistakes over and over.

The *most* accomplished people in all disciplines, on the other hand, don’t have this problem. The best actors, the best athletes, the healthiest people, the best executives, the best salespeople, the best investors all pay close attention to their failures and their successes...

So they learn quickly and improve quickly... so they don’t continually repeat the same mistakes over and over again.

Now obviously, even the “average” person has incredible intelligence and can achieve practically anything he/she wants to achieve. But the lack of attention to small details makes even very smart people look and feel like idiots way too much of the time...

That is why I have filled all our thought and behavior modification programs with first person self-instructions that command you to be aware of what you do that brings you success and also to watch closely so you understand what hurts your chances of success...

Over and over, you will hear/read that you are always on the lookout for ways to improve, looking to make better decisions, and ways to do things faster and easier. You’ll hear that your knowledge of your subject is growing quickly. You’ll hear that you learn as much as possible from every mistake and from each success no matter how small.

And as a result, instead of getting upset by mistakes, your belief will truly be that they are simply a part of the process of reaching your goal. So you won’t fear mistakes, setbacks and delays so much, if at all. And instead of making the same screw-ups again and again, you’ll look for the problems, find them, fix them and move forward more intelligently...

... certain that you can and will succeed.

9) Seeing Problems, Mistakes, Setbacks and Delays As Small

This is similar to Mental Success Pattern #7. But unlike anticipated, planned-for actions, problems are different in that they often show up with no warning at all. They weren't planned for. How quickly you can "cool down" and recover from these negative situations tells you everything about yourself.

You see, no matter what you want most at this moment, if it's a big enough goal, you can be assured that, sooner or later, you will meet with "resistance" from the outside world. Little delays, mistakes by you or someone else. Criticism. Jealousy. Accidents. Temptations. Cancellations. Lost opportunity. Big and small failures.

The most effective people we studied get solving things within milliseconds, no rages, no yelling, no crying, no delays. Just BOOM! Helpful inner dialog, the right questions and the right answers come instantly.

They start with empowering questions. What does this mean? How can I fix this now? What is the best thing to do this very second? How can I help? What can I do to get back on course fast? I'm lucky... it could have been a whole lot worse. I can still get to where I want to go. It was just a speed bump.

And actually, the most effective people DO plan for problems so they don't get blindsided as easily. They mentally practice what they will do in all kinds of sticky situations long before they ever happen. Remember visualization (Pattern #3)?

So what you will hear on each and every Think Right Now Accelerated Thought & Behavior Modification Program, no matter what the subject of the title, is that you believe you can handle anything (related to the title) that comes your way. You'll hear that you see all setbacks as small and temporary.

And when you believe this to your core, it would take a whole lot to dampen your spirit and make you quit. When you own this mental ability to shrink and quickly move past your challenges, you will be practically unstoppable in the pursuit of your most desired outcomes.

10) Knowing/Appreciating What You Receive From Success

Whenever you finish a task, big or small, you are given an opportunity to receive something. Many times your only reward, in the case of small accomplishments, could simply be a feeling of satisfaction and a confidence boost, however small. And obviously, bigger, more challenging achievements should make you feel a lot better than small ones.

But people with “average” accomplishments, and even those with very “above average” accomplishments take little or no pleasure in what they “get” from their successes. They may receive a lot of outer rewards, but no joy. Just a feeling of lack. Jealousy of others. They can never get enough pats on the back, enough money, enough thanks or enough ass kissing.

That is why all Think Right Now! audio programs are created not just to help you reach goals and to gain skills but to *feel* how you want to feel. Because the most successful, happy people we studied do both. They win a lot, they have self-discipline and they enjoy the hell out of every step of the way to the top.

So many people email me every day saying they won't be happy unless they become millionaires within a year (and their net worth now is zero or worse) or unless they lose 30 pounds in a month or unless they change their spouse's habits. And so they're doomed to having a very unhappy life until their unrealistic standards change.

To the extent that you love what you get from every victory in life, whether it be the “outer” stuff like awards, money, affection, fame or the “inner” feelings that you get from reaching a goal that took serious effort and sacrifice indicates the likelihood that you'll keep doing it...

Because if you don't appreciate your little victories, you'll be miserable. And you'll make other people miserable right along with you. It can cause addictive behaviors, create family strife, it can create trouble in your relationships. Your health could suffer. And increased stress level could put you in the hospital and maybe the grave sooner than you'd like. Bad destiny...

That's why each Think Right Now program focuses on getting you to appreciate the rewards of your success. Over and over on each program you'll hear that you know how your efforts and accomplishments positively affect you and your life, that you love what all your successes, both big and small, do for you, you'll hear that you know that persistence is a reward in itself, that you create all your success.

And when you regularly and sincerely take conscious notice of and appreciate what your successes do for you and for others in every way, you will feel like one of the luckiest people in the world... every day of your life.

11) High Standards: Pride In Your Efforts & Accomplishments

Talent doesn't ensure it. Good looks don't give it to you. Money can't buy it.

One of the truest measures of success in life is to be a person who puts your best effort into everything you do. Not for love or money. Not for acknowledgement. Not to beat an opponent, but because that's just who you are.

Using the benefits of achievement as a motivational tool will help to ensure success.

But being excellent because you simply can't imagine being any other way is the essence of true leadership, of integrity and character.

Most people are lacking in this essential leadership trait. The average person will lie to themselves, cheat themselves and steal from themselves because they don't appreciate the colossal benefits of being impeccable, of not settling for the scraps of life, of doing their best and being true to their word and sticking with their commitments.

This is the final mental pattern of success because it's describes the highest level of success you can aspire to.

That's why I created each Think Right Now Accelerated Thought & Behavior Modification Program to be filled with statements designed to turn you into a person who always does your best simply because it's the right thing to do.

On each program, as appropriate to the subject matter, you will hear that you are proud of your efforts and how those efforts are molding you.

You will hear that always doing your best (in the subject area of each title) is important to you, that you have high standards and you enjoy living up to them... that you don't need acknowledgment to know you did a good job or not. You just know.

You will hear that you are proud of the great choices you've made and of how you go about achieving your dreams.

And when you automatically function at this level without even having to think about it, you will easily and happily achieve the outcome you desired without strain, anxiety or fear.