

Email One – How YOU can start changing your life from today.

Dear (insert first name),

As a child, you were probably always told to do well at school. You were told to take the time and the effort to learn more and do more with your life. Back then, you probably wondered why. You see, to succeed in life, it makes no difference what other people say to you or tell you to do.

Real success in life comes when you grasp one simple fact:

To change your life, you must first and foremost change the way you think.

Yes, yes, you have heard it all before. But what, may I ask, have you actually positively done about it? The truth is, even though people know what to do (and let's face it, it sounds easy right?), they don't actually do it.

Changing the way you think is much more than waking up one day and deciding to do something different. That's changing your actions, not your thoughts.

Truly changing the way you think stems from repeating a success word in your mind over and over until it seeps into your soul and becomes a part of you.

When this happens, it starts to trigger your thoughts in very different ways. It helps you focus on what it is you want to achieve. In fact, it helps to completely re-shape your attitude to life.

Why? Because once you have a success word firmly implanted in your mind, you subconsciously start to see things differently. You start to behave differently. And this time, your actions are a direct result of your newly found thought processes.

Once this happens, you will unearth a whole new series of successes in your daily life that actively propel you towards your goals. You will reap rewards that you never even thought were possible - It's that powerful.

I'd be willing to bet that no matter how perfect your life is, there is always room for improvement and you will always want more. Whether that is love, success, happiness or wealth, it is human nature to desire these things. How you get them is up to you.

With this technique, you can start turning your desires into real, tangible things just by using simple success words.

Until next time,

Here's to your future success,

Rex. T

PS – Stay tuned for tomorrow's email where I will be sharing some valuable tips on how to lead a more fulfilling life – starting tomorrow!!

Email 2 – How to Live a More Fulfilling Life – Starting From Today!

Dear (Insert name),

Yesterday I talked about how using a success word can help you make positive changes to your life and start changing your behaviour so that you are able to move towards success.

Today, I want to share something very profound with you. Here it is:

‘If you are NOT moving, you are dead.’

Now, you are probably a little taken aback at what I have just said – but bear with me and all will become clear. I want you to really think about what I just said. If an animal doesn’t move at all, you can safely assume that it is probably dead.

Now apply this to yourself. I am not talking about moving in the physical sense. I am talking in the mental and emotional sense. In life, people rarely stay in one place for too long. And with good reason – when you do different things differently, you get different results in life.

The trick is knowing what to exactly do and which direction you need to move in to make this happen. Take your everyday life for example. Let’s say you are depressed about your weight. Moving in the right direction means that you will start educating yourself about better eating habits, going to the gym and in general taking care of yourself.

If you stay where you are, you will never start eating well or working out. And your situation will never change. You will never feel at ease with yourself. And you will always have excuses for your problems rather than accepting and taking responsibility for it.

So today, here is what I want you to do. Make a list of the three things you would like today to lead a happier and more fulfilling life. Now write down all the things you can do to achieve these things. I also want you to write down what is preventing you from fulfilling these things.

Lastly, for each of these things, I want you to create a simple list of no more than three action points you can EASILY do to help you get there. So if your goal is to feel sexy and confident and losing weight is what you need to do to achieve it, then the three things I can do today to help me get there may include:

- Eating smaller portions
- Walking daily for 20 minutes
- Putting a skincare routine in place

These are EASY and achievable and more importantly, start to help you move in the direction you want to get to.

Start changing your life today,

Here’s to your future success,

Rex.T

PS - Tomorrow we will discuss a secret tip used by successful people to lead a better life, so make sure you join me!

Email 3 – A Secret Tip Which Successful People Know That You Don't.

Dear (Insert name),

In my last email I shared with you a simple technique to help you realize your goals and what you should do to help move you towards them. Today, I would like to share with you a secret tip as used by very successful people which helps them succeed in life and which will help you too.

Have you ever tried to have it all? How many times in your life have you been in a position where you have EVERYTHING you could possibly want? Financial security, health and happiness, a loving family, the home of your dreams etc.

I bet not very often. The most successful people in the world today are the ones who are wealthy and have everything they could want. They are living the dream that so many of us aspire to. So what do they have that you don't?

They have the desire and the drive to succeed and they stop at nothing until they have made it happen. In short, they WORK. It's as simple as that. They are living their perfect life not because they can, but because they have earned it.

Stop and think about this for a moment. Where would you like your life to be right now? What's stopping you? What can you do to ensure that you live the life of your dreams?

If you really want to get the best out of life, you have to put in 100%. But doing so is by no means an easy feat. It takes persistence and commitment to get there, but get there in the end you will.

By the way, if you want to know more about how you can make the most of your life and change it in a profound and amazing way, I highly recommend that you grab a copy of 'The Mind Method' – an excellent self development tool which helps you hone your thinking so you are working smarter and always towards your goals.

This course is crammed full of specially designed audio files and accompanying notes and exercises which takes you from dreary to fiery in step by step fashion, so you too can start experiencing a better and more fulfilling lifestyle. You can download a copy of this excellent course at an introductory price here: www.themindmethod.org

Here's to your continued success,

Rex.T

PS - Tomorrow I will reveal how you can accelerate your results and achieve your goals faster – so make sure you stay tuned to learn more!

Email 4 – How To Accelerate Your Results and Achieve Your Goals Faster

Over the last few days we have looked at various techniques and tips which help to move you towards your goals. Today, I am going to share with you a special technique which will help propel you towards your goals much faster than you thought possible.

But first, I want to ask you a simple question. Have you ever thought of one thing but behaved in another way? Most people are aware of doing this at some point in their life. However, did you know that this type of mindset where you think one thing and do or say another is slowing you down from achieving the success you crave?

This is because saying and doing should go hand in hand. When this happens, the mind is at one with the body and you find yourself working harder. When the mind and body are out of sync, it hinders creativity and prevents you from taking the actions you need to make your life better.

So the trick in achieving success faster and easier than before is to have your thoughts and actions in harmony with one another. It is such a simple idea, that it is often overlooked as being one of the reasons why your efforts to achieve a particular goal are less than fruitful.

Ideally, you want to create a situation where you find it easy to have your mind and body in sync. And this can only happen when you are happy doing a set of activities. Let's face it, have you ever met a successful person who hated their work? No!

When you do something you don't like, you can never do well at it because your efforts are only ever half hearted.

So, starting today, you need to start being more truthful to yourself. If you are in a job you hate, you need to start looking at jobs you would love to do instead and start working towards that. The same is true for any other area of your life.

Stop forcing yourself to do things you hate, because in truth, it is doing nothing more than slowing you down.

Here's to being a step closer to the life you deserve,

Rex.T

PS - tomorrow I will share a special technique that will virtually guarantee success for you – so be sure to keep a lookout for it!

Email 5 – How to Guarantee Success In Life

Dear (Insert name),

Over the last few days we have been mainly talking about the different mindsets we need to create in order to achieve success. Today is all about putting it together. Today is the day we start to take action in a way that you probably wouldn't.

When you start on a long journey, how do you prepare for it? Do you just jump into the car without thinking about it and go on your merry way, or do you plan your route and prepare for your journey instead? I bet if you are sensible, you will plan and map your journey with fine detail.

You will make sure the car has plenty of fuel, that the oil and tyres have been checked. You will ensure you have your route well planned and you will most likely have snacks with you.

This is true of life itself. You need to plan, and plan well. We have all heard the saying:

'Failing to plan is planning to fail.'

Nothing could be further from the truth. Reaching your goals without a formal plan is like going on a journey with your fuel tank half empty – pretty soon you will run out of gas and will never make it to your destination on time.

But, in terms of achieving success, you need to not only plan, but you need to take action. We aren't just talking about going out and implementing an action when you can be bothered.

We are talking about implementing an action NOW so that each action you take helps you move one step closer to your goals. There is little point in getting all excited about a particular idea unless you do something about it NOW – otherwise the longer you have to think about it, the more excuse you have to sit on the idea or worse still, talk yourself out of it.

There is another very well know saying: 'Seize the day.' This is true of all the top achievers in life. They don't think too much over something that needs to be done. They do it, and they do it now.

Make sure you seize the day and start taking action everyday to help you get closer to your goals.

Here's to your guaranteed success,

Rex.T

PS – Keep a lookout for tomorrow's email which will give you the pro's and con's of using different types of self help, so make sure you don't miss it!

Email 6 – The Pros and Cons of Using Different Types of Self Help

Dear (Insert name),

Hopefully by now you have a pretty good idea of what you need to do to start achieving success. But what now and where do you go from here? There are lots of ways that you can start working towards your goals and we are going to look at some of them here.

Self Help Books

Although self help books can give you lots of information, and suggest ways in which to implement your plan, they are a chore to get through, with many books focusing heavily on theory rather than practise. They also have the additional problem of not connecting the mind with the body – a crucial factor in the success of any individual.

This aside, of all the hundreds of books I have ever read, I have to wade through a LOT of material before I even get to the parts that are remotely interesting and useable. I'm sure you would prefer something in which you can delve into immediately and be actively doing in less than 20 minutes.

Attending Life Enhancing Seminars

Seminars are a great way to get you motivated and help you take a fresh perspective on things. They are great for networking and can help you create your own action plan.

However, the big disadvantage of these seminars is that they have what I call the 'Come down' effect. This is similar to the euphoric effects of doing something that gets you really excited such as going on holiday. The feeling only lasts as long as the break does, and then you have the inevitable 'come down' back to reality and you totally lose the sense of fun.

Most people attend these events on a high and then find themselves slipping back to normality very quickly. When you add to that the expense of the event itself, it is a costly way to learn more about yourself.

Using A Life Coach

Life coaches are a great way to help you realize your goals and keep you motivated. They provide you with the tools you need to get your life on track and can help you achieve success in a relatively short amount of time.

The downside though is that life coaching is time consuming and costly. You need to take time out travelling to and from a life coach's place of work, and hiring one to come out to you is a sizeable investment – something that I'm sure you would prefer to put towards your future goals instead.

The Mind Method

At this point you are probably wishing you could have the luxury of having a life coach or being able to attend a high profile seminar right? What if there was a way to access the secrets that coaches use to help their clients, or learn the techniques that are taught in a seminar?

What would this kind of information – the type that can dramatically change your life, do for you? I created 'The Mind Method' as an affordable solution for those people who need a push and a nudge in the right direction, but can't figure out what that is.

To find out more and grab your copy with an introductory price, click here www.themindmethod.org

Here's to your future,

Rex.T

PS – tomorrow I'll share with you something which will help you gain explosive results in your daily life, so be sure to tune in!

Email 7 – How The Mind Method Can Explode Your Personal Potential!

Dear (Insert name),

Yesterday I mentioned a product called 'The Mind Method', which I put together to help people just like you do more with their life. It's crammed full of techniques that you can use immediately to get the results you want in days.

Someone once said that if you do what you always did, you will get what you always got. In other words, you are NOT going to see results. Repeatedly doing the same things over and over and expecting a big change in your life is madness.

The Mind Method contains notes which are to the point and illustrate the facts of the program clearly and concisely without having to wade through hours of fluff to learn the main principles. Each session is accompanied by an audio file to help you learn and implement the key ideas which are going to start to help you change your life for the better.

You also get daily exercises which you complete to help you train your mind to be better, smarter and more energetic, so you too can start to feel the benefits of The Mind Method:

- Find your true goals and directions in life
- Develop your mindset to be like a super-achiever
- Develop the habits and attitude of a super-achiever
- Enjoy success in all areas of your life
- Be more confident and happier
- Learn to stop procrastinating and just go do it!
- Become a super-achiever
- Achieve your personal best with all areas of your life
- And much, much more!

I am so confident that the techniques in 'The Mind Method' will make you a more positive and dynamic person who is able to take action and get results, that I am personally backing my method with a 100% 60 day money back guarantee.

If after going through the program and completing the exercises, you don't start to see positive changes in your life, I INSIST you ask for a refund!

And because I really want to make the program accessible to you and help you get the most out of the program, I am including some sensational bonuses worth \$232:

- The science of getting rich
- Subconscious programming for maximum results – how to radically change the way you think to get the best out of your life
- As a man thinketh – timeless advice on how to get the best from life
- Goal realization made simple
- Selling your way to your first million

- Discover and unleash your power

So, if you are fed up of doing the same thing day in, day out and not seeing results, and you want to radically transform your life to be happier and more fulfilling, I strongly suggest you grab your copy of 'The Mind Method' and the bonuses worth \$232 now before the price goes up (and it will!).

Get your copy of this life changing program here www.themindmethod.org

Here's to your guaranteed success,

Rex.T

PS – The Mind Method is backed by a 60 day, no questions asked guarantee – try it and see, you really have nothing to lose!

PPS – The Mind Method is going to do some awesome things for your life and get you out of that rut in no time at all. Get your copy before I put the price up!