

IS THERE A SECRET OR A SCIENCE BEHIND SAYINGS OF SUCCESS?

The answer is "yes" and "yes"! Let's start with the science.

Sayings of Success applied to Neuroscientific Research

I Want To Change!

Most people want to make some kind of change in their lives to help them achieve a desired goal. The goal may be to learn a new skill, to give up certain behaviours, to help an individual, group or organization, to change one's appearance, or to acquire certain assets or traits. The list is as vast and as varied as we are as humans on the face of the earth. However, for the most part, we want to change and we want to change for the better.

I Am Making Changes To Achieve My Goals!

Okay. You've decided that you must make changes in your life to achieve your goals. Great! Now go do it! Go out and change, and change for the better. Easier said than done. Or, as least, easy at the beginning but hard to maintain long enough to achieve that goal or to keep it.

Why Is Making Lasting Change So Hard?

To change means to learn and to apply new thoughts and actions – to successfully change means to retain the new learning and to apply the new behavior(s) consistently over a period of time until it becomes routine. **It literally means to transform yourself.**

For the individual, transformation through new learning takes place on several levels -- mental, physical and spiritual. The results can be tremendous in terms of personal or societal fulfillment.

For companies or organizations, the transformation of the individuals within it can enable the entity to reinvent itself. This is the core of business and organizational theories on transformational change, where radical shifts can move a company from the bottom to the top of its class with astounding speed and lasting results.

The crux of the change or transformation, at any level, begins with the individual.

For centuries education and training strategies have been designed to address how you can effectively learn to change and sustain the change acquired from that learning. In recent years discoveries in neuroscience have shed new light on our ability to learn and to make lasting, transformational change in our

lives. **You must physically change the wiring of your brain ... and it can be done without medications or surgery!**

These new findings in neuroscience conclude that your thoughts can literally change the structure of your brain. Not just any thoughts applied in any way, but deliberate, structured and repetitive application of precise thoughts has now been shown to physically change the structure of your brain enabling new behaviours to supplant your old ones.

The work of renowned Research Psychiatrist, Dr. Jeffrey M. Schwartz has found this to be true and he has developed a “brain change” strategy that is effective in the treatment of psychiatric disorders. He has also found that the same strategies can be successfully applied by anyone desiring to learn new skills or to change or discard old ones. Scientists call it self-directed neuroplasticity; professional development practitioners call it a self-leadership change strategy.

Your Thoughts Can Re-Wire Your Brain To Achieve Lasting Change!

In an article written for “The Complete Lawyer” Dr. Schwartz and co-author Stephanie West Allan state, “Learning a new behavior or forging a new habit is impossible unless we make brand new connections between our brain cells. On the one hand, we are fortunate that the brain is malleable so we hone new skills and modify old behaviors. On the other hand, the brain likes to conserve energy by resisting those new neuronal connections and maintaining the status quo. In order to meet that resistance, especially when it would be so much easier to follow the old paths, we need to call in our will. And we animate our will by forming a clear purpose.”

The Schwartz/West Allen Brain Change strategy is as follows:

1. Harness your will by forming a clear purpose.
2. Substitute a new action for an old one.
3. Rehearse the new action.
4. Act as though you’ve already achieved the change.
5. Make mental notes to increase focus and concentration.

Sayings of Success (SoS) support the scientifically-proven “Brain Change” Strategy

Forming a clear purpose is certainly the first and key step to motivate you to undertake a new behavior. Having external reminders of that purpose; having reminders of your ability to achieve that purpose; and having direct commands to jumpstart and keep you moving toward the achievement of that purpose are all crucial to making lasting, transformational change. Visit our ***Sayings of Success*** web site for great destiny and purpose support!

Sayings of Success decals are easy, effective and economical tools to help you succeed in making lasting, transformational changes to achieve your goals or engrain new learning. They help you to change at the mental level, where

sustained change begins. Here's how *Sayings of Success* assist the "Brain Change" Strategy:

1. Harness your will by forming a clear purpose.

Use *Sayings of Success* to either declare your purpose or goal (using the SoS blank decals to handwrite your own messages) or use the pre-printed SoS to remind and motivate you to achieve your goal. The SoS "Get Motivated" and "Take Action" decals are ideal for this first brain change step.

2. Substitute a new action for an old one.

Use *Sayings of Success* to inscribe your new substituted action (using the SoS blank decals to handwrite your own messages) or to remind and motivate you to switch to the substituted action. Their small size and easy application to multiple surfaces make them perfect "new action" reminders or memory triggers to help you replace old behaviours with new ones.

3. Rehearse the new action, and 4. Act as though you've already achieved the change.

Use *Sayings of Success* in multiple locations around your learning, home, work or recreational areas to: a) remind you of your "change"; b) remind you to put that "change" into action; and c) remind you to act as though the "change" has already taken place.

The unique SoS decals are simple but effective tools for keeping your "change" **in view and in mind** until you adopt the new learning or achieve your goal.

5. Make mental notes to increase focus and concentration.

Researchers recommend making mental notes of the feelings that distract you from your purpose (e.g. fear, anger, etc.). Regular and repetitive use of *Sayings of Success* help to keep you focused on your purpose which automatically helps to reduce distractions.

In short, *Sayings of Success* are simple but effective tools to help you harness the immense power of your mind to change your thoughts, actions and outcomes. They support scientifically proven behavior change strategy.

Sayings of Success and the Secret?

Recently there has been a lot of attention paid to the law of attraction, the power of positive-thinking and the like. The truth be known these philosophical, spiritual and religious discussions are not new but date back to the beginning of recorded history. They had proponents and opponents then as they do now.

The philosophy behind *Sayings of Success* is "Say It→ See It→ Believe It→ Achieve It!™ "

The value of using motivational and inspirational sayings to change behaviors and effects has been taught by great leaders for centuries. The constant use or repetition of such sayings has the ability to change your mental attitude (thought patterns), which in turn affects your actions and their outcomes.

It is basically teaching yourself new or different ways to think and act to achieve new or different results.

Internationally renowned authors and speakers such as T. Harv Eker (**Secrets of the Millionaire Mind**), Dr. Pat Francis (**The Ultimate Secret**), Dr. Myles Munroe (**Understanding Your Potential**), Norman Vincent Peale (**The Power of Positive Thinking**), and Tony Robbins (**Awaken the Giant Within**) are just a few of many who believe and encourage the use of motivational sayings.

The Holy Bible and other inspired texts frequently refer to the power of using focused speech, vision, faith and action. Visit [SoS General Motivation](#) or the [Bible Based Motivation](#) to learn more.

For a secret this strategy has certainly been widely circulated throughout the ages!

Science or Secret -- Sayings of Success provide easy application of proven learning and goal attainment strategies. They are great for use by students, athletes, teachers, trainers, coaches, motivational speakers, employers, employees, entrepreneurs, or anyone who is determined to learn, to change and to succeed!

ORDER YOURS TODAY!