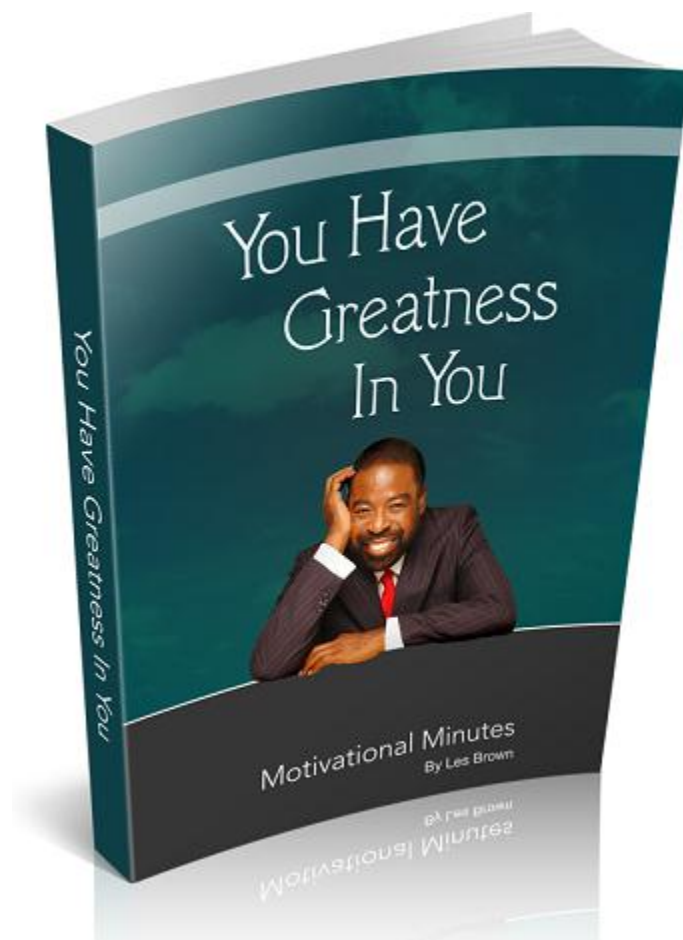


“You Have Greatness in You”



Motivational Minutes with Les Brown

Change your THINKING ~ change your LIFE!

Your thoughts create your reality...practice thinking positive. Act the way you want to be...and soon you will be the way you act.

Dedicate yourself to renewing your mind, so that you can begin to live...free of doubt, fear and negative thoughts.

MASTER your MIND or your mind will master you!

DO IT...and LIVE FROM YOUR GREATNESS...STARTING NOW! You have the **POWER!!!**

It's your time for a breakthrough!

Make up your mind to leave the past and the old you behind. Focus on giving birth to a new you....the real you. It's your time to create a turning point for the better in your life.

It is your destiny to be healthy, happy, and successful. Your future is open ~ full of possibility and promise! Buckle down and do whatever is required to create a life that you are proud of, and a life that you deserve!

Don't look back!! Look ahead, move forward, and make 2013 your best year ever! You have the **POWER!!**

You were born to win.

Use your energy to find solutions instead of blaming yourself or others. Let go of your excuses, and don't give yourself a pass. Take responsibility and ownership for your life. You are greater than your circumstances. You have the power to put your life in a different position.

Remind yourself that you are intelligent, talented, and greater than anything

that you have gone through! Tell yourself..."It's time to make a change!" Move forward with faith and confidence, and firm determination to live your dream because it's your destiny.

The world is waiting for you. You deserve!

You have GREATNESS within you.

Choose to nurture and strengthen your GREATNESS. Surround yourself with people who challenge you to broaden your mindset, and upgrade your skills.

Find a goal that stretches you beyond your comfort zone, and propels you to create another extraordinary version of you. This is your time! You deserve!

Get FIRED UP, motivated, and hungry!

Look at your circumstances, fears, and procrastination, and say - you can't touch this...I'm fired up, motivated, and hungry!! Visualize your goals, write them down, and start working!!

Say to yourself...ain't no stopping me now...I'm fired up, motivated, and HUNGRY!!!

It's not too early to hit the ground running toward your dream.

It's been said that good things come to those who wait. That's true...the things that are left by those who hustle.

Expand your vision, sharpen your skills, and put in the time to make your dream happen. Resolve that the upcoming year will be your best ever. You deserve!

Your life is a gift to the world.

Be the gift that you were born to be. Everything you have experienced up to now ~ the good, the bad, and the ugly, can be used for a greater good. Regardless of what is going on around you, be thankful that you are still here. You have new thoughts, untapped strength, and more skills that can be developed. Life is not through with you yet.

Forget about your age, and don't think about the odds. You have an assignment - a higher calling, and you know it. Demonstrate faith in your ideas, strengthen your abilities, and use your talents. The world is waiting on you. Your mission is possible.

Work to create a larger vision for your life, and unleash the power in you to make things happen. It's your time. Make your move. You deserve!

Give yourself a priceless gift – the real you.

Let go of the pretender - the person you've been hiding behind, and have the courage to live your truth. You are an unrepeatable miracle! Dare to live beyond the good opinions of other people. Follow your heart.

Live in your own life, and shut down the need to live someone else's version of your life. Go ahead ~ gift yourself first.

You have the ability to step into the life that you have always wanted, and that you were intended to live!! Always remember ... You have something special.

You have GREATNESS within you!! Live from this place. You deserve!

See the challenges in your life as fuel to fire you up.

You are bigger than any of the problems that you face. Look around, and you'll find opportunities silently waiting for you to recognize them. Become unstoppable and determined to reach your goals.

Don't let anyone convince you that you can't achieve your dream. They don't know you like that! They have no idea of who you really are. Don't waste time trying to convince them. Keep working your plan and handle your business.

Actions speak louder than words. Remember...you have GREATNESS within you. Now is the time to manifest it. You deserve!

The end of the world for some.

It's the end of the world for many people who died a long time ago, but are still walking breathing corpses that haven't been buried yet. Their world was ended by fear, adverse circumstances, negative opinions of themselves, and the harsh judgment of others. The good news is they can live again!

Every day we have the opportunity to create a new world for ourselves, our family, and the people around us. Choose to to expand your life beyond small limited thinking, and to stretch beyond the circumstances that contain you. Harness your energy to find the courage to catapult yourself to new heights.

You can end the world as you know it now, and create one full of new possibilities. Cast a vision of a new world for yourself. Be bold and go within to explore a place where no one has ever gone before...a place within yourself of GREATNESS! You deserve!

Protect yourself from the crazies!

There are some crazy people in this world. Sometimes they have charming, engaging, and magnetic personalities. You may share times of enjoyment and strong connection. However, more times than not, you'll end up feeling used, depressed, confused, emotionally bankrupt, and CRAZY due to their sudden changes of behavior, attitude, or the way they talk to you.

See them for who they are - CRAZY! If possible, run.. don't walk to get away from them. Don't make excuses for them, or give yourself reasons to tolerate their crazy madness.

Despite your love for them (when sane)...decide to love yourself and your emotional freedom more! Be brave enough ~ to say...ENOUGH!! You deserve!

Believe in yourself right now ~ even though it may be hard.

You don't have to be up...to look up. Don't allow yourself to be overwhelmed by darkness, surrounded by negativity, or give in to despair. None of these things improve your life. Do not give yourself permission to feel sorry for yourself, or give up your power.

Start right now to take massive action on your own behalf to move your life forward. You can do this!

Keep your mind focused on the outcome you desire. It takes discipline of mind, heart, and spirit to create your breakthrough. What you think about ~ you bring about.

Your circumstances and all of the challenges you are facing know this. Now it's time for you to believe it! Make it happen. You deserve!

Regardless of what you are facing right now, know that it has not come to stay.

It has come to pass. During these times, do what you can with what you have, and ask for help if needed. Most importantly ~ do not surrender. Put things in perspective. Take care of yourself. Find ways to replenish your energy, strengthen your faith, and fortify yourself from the inside out.

There is a power in you that is stronger than anything that you are facing. Go within...tap into this power. Know that you will find courage and the strength to go through these valley experiences. You have something special...You have GREATNESS within you! Live from this truth!!

Sometimes life steps in, and you simply have to deal with it.

How you see your life, your situation, and circumstances that you cannot control or change, is determined by your point of view. Decide to be a positive loving person.

Choose to act, instead of reacting, especially when surrounded by drama, chaos, and stress. You are stronger and more courageous than you may feel at times. You have the power to find peace, acceptance, and courage in the worst of circumstances. Take the high road, and deal with it. You deserve!

There are times when words are inadequate to express the depth of sorrow, emptiness of spirit, and heartbreak felt when confronted with the senseless and unspeakable tragedies of life.

During these times, may you find comfort in the presence, kindness, and love of those around you; accept support when your own strength fails;

remain hopeful in the face of uncertainty; keep faith despite unanswered questions; and learn to enjoy life again even when you have times of unbearable sadness.

Remember that despite everything ~ You have something special. You have GREATNESS within you!

Work on changing yourself.

There may be times in life when you won't know what's ahead, and you can't control the situations that life throws you in. At the end of the day, despite what happens to you...what matters most is what happens in you.

Make it your business to stay positive and focused on what you see as the best possible outcome for your life. Do the inner work that will help you to maintain a positive attitude, a stronger faith, and courage for the road ahead. Remember that miracles are always possible, and are waiting for you to discover them.

Don't look to the right or to the left.

Keep your eyes, your mind, and your energy focused on reaching your goal. There will be many distractions designed to derail your dream. Sometimes people close to you will try to sabotage you because of jealous, envy, or insecurity.

Use your head and not your emotions to protect yourself and make the right moves. Don't panic or get angry. Broaden your efforts to get ahead. There's no stopping you now. You're on the move! You deserve!

There are moments when you may wonder ~ "Why am I here?"

"Is it really worth it?" Will the problems and challenges ever end?"
Superficial answers just won't do. During those moments, you must turn within to find real answers, true meaning, and your purpose for being.

The real answers of life are not found in your mind, but are revealed in your heart. Take the time to reflect on and deepen the reasons for your life. You have something special. Whether you realize it or not, the world is a better place because you are here.

Nurture the spiritual part of yourself to deepen your connection with life and find your center. You have the power within you to heal, strengthen, and express more in your life. You deserve!

Get rid of them!

Kick your fears, excuses and reasons for procrastinating to the curb. It's time to act boldly on your own behalf! Decide to live a larger life! Refuse to play small or safe. This is not a game. It's your life. Stop trying to please everybody else, and make their life better. You can serve others best when you are centered, and live a happy life!!

Create a bucket list of things that you have always wanted to do, and then...get them out of the bucket! Visualize the places, and create the experiences, and memories that you want to have in this life.

Next...work the list!! Figure out how to make them a reality!! Realize that there is no safe position in life. You cannot get out of life alive, so LIVE in the present NOW!! You deserve!

Shut down the drama in your life.

It's unhealthy. Arguing and fighting creates dis-ease. Stay away from negative, selfish, energy-draining relationships that do not honor you, or even worse ~ use you, abuse you, and take advantage of your kindness. Don't buy into their negativity or guilt trips. Resolve to live in peace.

Don't attempt to change others. There's enough work to do on yourself. Develop relationships where all parties can grow, and create an atmosphere of mutual respect, love, and appreciation. Free yourself from inner chaos by meditation, relaxation, and stillness. What you create inside of yourself will manifest outside yourself.

Create a sanctuary where you can live in peace, relax your mind, revive your spirit, and renew your purpose. You deserve!

GET REAL!

Wake up and smell the coffee!! You may be in a state of shock...with feelings of anger, depression, or despair. You may feel like a victim because of what you've faced, or because of what you're going through right now. Snap out of it! It's not the end of the world. Regardless of what has happened in your life...you're still here. You have so much more in you! Know that you will get through this.

You never know how strong you are until you have no other option but to be strong. Now is that time. You still have another chance to work on yourself. GET BUSY!!! Stand up inside yourself. Dig deep within.

Tell yourself ~ "I got this...I can do this!" Say this over and over...and push through! It's not over until you win!

You got the Power!!

In the face of adversity, challenging circumstances, and financial hardship....don't underestimate who you are. You got the POWER...to turn your situation around. You got the POWER...to create success, great experiences, and abundance!!

You got the POWER...regardless of where you are, and what you're facing. At any moment, things can change for you in the blinking of an eye. You got the POWER!!! Don't give up. Get up and get in the race!! Until you handle it with grace, it will stay in your face!! You got the POWER!

Master your mind.

Remember that you have a mind. Your mind does not have you. You can't control the thoughts that come into your mind. But you get to choose the thoughts that you dwell on. Set aside time first thing in the morning to read 10-15 pages that inspire you, and allow you to live from a place of power. Watch my videos on YouTube for motivation, encouragement, and determination.

Look for ways to expand your thinking about possibilities for your life. Thoughts have magnetic power. Whatever you focus on the longest becomes the strongest.

Think deliberately about things that strengthen your faith, enhance your health and well-being, and create abundance in your life. You deserve to enjoy your life!! You have GREATNESS within you!

Pick up the pace, and stay on the case!!

While others are slowing down for the end of the year, it's time for you to stay in high gear. There are business deals to make, opportunities to explore, and dramatic shifts that can make your life so much better. Keep the pressure on, and stay the course.

Don't leave any stone unturned which can change your life, allow you to earn more money, or get a personal breakthrough. You deserve!

Success is not convenient.

You have to make room for it. Stop waiting for the ideal or perfect situation to show up in your life before you make your move. Now is the time to convert your prayers into performance. Faith without works is dead.

There will never be a perfect time in life. If it's not one thing...it's another. So do what you can do, and do what you must do...NOW!

Most people let things happen. You have the power to make things happen!! You deserve!!

There is nothing as powerful as a made up mind.

Do not give yourself another excuse to put off making up your mind. You know in your heart of hearts that once you do that you have got to act. You owe it to the world, your family, and most importantly, to yourself to live a life of no regrets. Stop worrying about what other people will think, say, or do. You only have one life to live...LIVE IT now! You deserve!

Celebrate yourself.

Become more comfortable expressing your truth and your feelings about what matters to you.

Living is risky business. There is always the possibility of hurt and rejection. In order to experience love, you will risk being hurt. In order to find success, you will risk failure.

Playing safe is not an option if you want to experience the best that life has to offer. Starve your fears, and decide to live beyond anxiety and doubt. Make what you want greater than what you fear. You deserve!

You are an unrepeatable miracle! All of us are born unique, but most of us die copies. There is something that you are supposed to do that is unique to you. No one else can do it! It is your assignment, and we will all be deprived if you don't do it. Regardless of what is happening in your life, or how you feel right now, know that you are a miracle!

You have miracle working power...power to make your own dreams come true! The world is waiting on you to live a bigger life, and to express the GREATNESS that has been placed in you. Do it now!!

Don't stop now!

Continue to work on yourself and your dream. Don't look for others to hold your heart, take your hand, or have your back. You are responsible for your own life, and for creating your own path. Commit to move out of your own way. Stop procrastinating or waiting for someone to rescue you.

Be clear about who you can count on, and who you must count out. Make adjustments, and surround yourself with positive energy, people, and thoughts. Great things take time, effort, and sacrifice!! Keep looking up and moving forward with the end in mind. It's not over until you win!!

Lions don't have to roar.

There is power in silence, confidence, and persistence. Those who work don't talk, and those who talk don't work. Handle your business. Measure your efforts by results. Focus your time, energy, and activity on mastering and executing a plan.

Avoid the energy draining practice of telling people what you're going to do. Instead, spend your time and effort in doing the things that are necessary to accomplish your goals. Keep your focus. and stay determined in order to pursue your dream. Let your work, not your words, speak for itself. You deserve!

Refuse to complain.

Complaining is just a way of not taking responsibility, justifying doing nothing, and programming yourself to fail. Complaining creates the illusion that you have done something. Instead, pour your energy into improving your situation. When you find ways to be productive and maintain a sense of optimism, you demonstrate that you are in control of your own life.

Complainers focus on what has happened, and give up their power. Winners focus on making things happen, and using their power to find solutions to their challenges.

You were born to create something magnificent with your life!! Solution-based thinking gives you that power. You deserve!!

Focus on where you are going...not where you are.

Speak life to your circumstances, situations, and challenges. Hold the vision of a brilliant future, and of what you are creating. Adverse circumstances will try to shape and mold you. Stand firm - you will come through this even stronger and more powerful than before.

Dedicate your energy to doing positive things that feed your spirit, your soul, and your mind. Remember that you hold the key to shape your life and your future. There is power in you to blaze a new trail, and to pursue your greatness. You have something special...you have GREATNESS within you!!