



DELIBERATE USE OF SELF-MOTIVATORS

A Self-Motivator is any symbol, command or phrase given to yourself to motivate you to immediate Positive Action, for example:

- DO IT NOW!
- I AM A POWERFUL ACHIEVER!
- SUCCESS IS ACHIEVED BY THOSE WHO TRY AND KEEP TRYING!!
- WHERE THERE IS NOTHING TO LOSE BY TRYING AND A GREAT DEAL TO GAIN IF SUCCESSFUL -- BY ALL MEANS TRY!!!!
- TO BE ENTHUSIASTIC - ACT ENTHUSIASTIC!
- WITH EVERY ADVERSITY, THERE IS THE SEED OF EQUAL OR GREATER BENEFIT! LOOK FOR IT!
- DO TWICE AS MUCH IN HALF THE TIME!
- THE SYSTEM WILL WORK FOR YOU IF YOU WORK THE SYSTEM!
- IT TAKES LESS TIME TO SUCCEED THAN TO FAIL!
- DO THE RIGHT THING BECAUSE IT IS THE RIGHT THING TO DO!



You can make these or any Self-Motivator a part of yourself by using the three forms of suggestion. They are:

- a. Suggestion comes from outside (your environment) Example: The five senses.
- b. Self-Suggestion is purposely controlled from within.
Example: A slogan we give ourselves with repetition and emotion.
- c. Auto-Suggestion acts by itself unconsciously, like a machine that reacts in the same way from the same stimulus. Example: An automatic response that comes from the subconscious.

REGARDLESS OF WHO YOU ARE OR WHERE YOU HAVE BEEN, YOU CAN BE WHAT YOU WANT TO BE.

USA TEAM MEMBER NOTES SECTION
