

Manual 6

MAKE THE CHANGE TO SUCCESS

**Change is Inevitable-
Growth is Optional!**



**How can you have a Positive Life...
with a negative Mind?**

SHANE BYERS

The Super-Me Series

#1 GREATEST PRACTICAL PROGRAM FOR YOUR “SUCCESS”

Super-Me Self Improvement Series

Shane Byers

It's brand new and it's incredibly powerful!!...a few days from now your life could be completely different...turbo-charged (no excuses) motivation system... increase self-discipline, increase self-esteem, stop procrastination, accomplish your goals and master your life...

AND IT WORKS FOR ANYONE, ANYPLACE, ANYTIME.

The “Super-Me Self Improvement Series” shows you how to live every aspect of your life exactly according to your grandest “DREAMS”.

Dozens of “Success Tools” with full implementation instructions, examples.

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**MAKE THE...
“CHANGE” TO “SUCCESS”**

Shane Byers



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INTRODUCTION

I wrote this relatively short Manual to help you with the “Changes” you will face if you are going to be super successful. Yes, you will “Change” or you won’t reach your “Dreams”. Without “Change” you will only get more of the same thing you have now. It is this simple:

We make our decisions and then our decisions turn around and make us.

It is now a time in your life for you to make the decision to “Change” the way you do things!

This statement will never be more true than right now when speaking of your decision to make “Changes” in the way you live your life. You must make “Changes” in the way you do things.

Don’t make all this “Change” stuff really complicated. Very simply you are just going to “Change” the way you do things... At least some things.

My entire “Program” I am talking about “Change”. Listen to what you read on these pages and “Implement” the ideas we discuss. “Change” will happen for you automatically if you just implement the Success Tools and carry out the “2 Steps” Program. Listen, change is inevitable in life. It is going to happen with you or without you. You might as well take charge and make the “Changes” that will do you the most good.

One thing is for sure...things will always turn out the same if you always do the same thing.

If you want things you’ve never had before then you must do things you’ve never done before.

This means...You Must “Change”!

Don’t I talk about “Change” a lot? Sure I do. But all I want you to do is take a look at the way you operate. Find things that need a “Change” in your life so you can get different and better results. Re-define your strengths and abilities. Remember “Boldness” – it’s all about “Change”.

REMEMBER, ULTIMATELY “YOU” ARE RESPONSIBLE FOR YOUR “SUCCESS”

In each section in each of the “Super-Me” Series Manuals I am trying to give you simple, straight-forward advice, tips and knowledge that I know works if implemented. When I say “you must” do this... I mean it. I can’t get any more straight-forward than that...

You can pretty much take any paragraph out of any of the “Super-Me” Series Manuals and make it the topic for a “brainstorming” session by yourself or with your Team.

You must take responsibility for your “Change”. No one is going to do it for you.

I’ve met a lot of successful and very successful people over the span of my career. One commonality (amongst many) that super-successful people share is “they don’t make excuses”.

On the contrary, the unsuccessful people I’ve met in my life tend to have many excuses for many things. I don’t need to list the excuses at this point, you’ve all heard them. They range from A-Z.

One of your first steps to “Change” is recognizing and accepting that you are personally responsible for changing your life. No one can do it for you.

There are no external excuses. It all starts and stops with you and you can do anything...

You may want to stop here and take a moment to look at your true intentions. Examine your state of being. What does it mean to “Change”? How committed are you? Are you really ready for “Success”? How bad do you want to achieve your goals... whether it be to lose weight, get a better job, find a love interest, grow your company? Whatever it is...How bad do you want it?

These are all very important questions and you should really carve out some time to think of each question carefully... and come up with some of your own

too. Pay particular attention to your “Why”. Why do you want to achieve your “Goal”?

Your “Why” is so much more important than your “How”. If you have enough “Why” then the “How” and the results will take care of themselves.

Here is another big question: Are you really ready to actually “Change” the way you have been doing things your whole life?

Don’t be afraid of “Change”. “Change” is what you make it. If you only “Change” things for the better in your life then why be afraid. You should be exhilarated at the prospect that you can actually add and take away things from your life if you “Focus” on them so that in the end you design your life just as you want it.

It’s up to you. Think about it... Seriously. This is a crossroads in your life!

“CHANGE”

Once you accept this responsibility and decide you're going to do whatever it takes to “Change” then you must get rid of your own personal excuses. You must “take action”. You must rid yourself of your negative thoughts, your self-limiting beliefs and those lame old excuses which have been holding you back. (See Manual 3 – The “Brain Train Game”).

And yes, this old you is the only thing that is holding you back. Nothing else but yourself. Your worst enemy is yourself. Not that everyone is at war with themselves... that is not what I mean. I mean that if you are going to make it to your “Goals” then it invariably comes down to you. You are the only one that can de-rail the train.

Now... you personally, no matter what negative “Self Talk” you may feed yourself, are perfectly capable of reaching your total “Success”. You have what it takes and plus now you have the help of the “Super-Me” Series... an unstoppable pairing. You don't really have any excuses not to “Succeed”.

It is not so much to look at it like you have to work for your “Dreams”. With your powerful self, it is more like you will achieve your “Dreams” automatically if you just don't screw it up by not “Taking Action”... by not working thru the implementation of all the new “Tools” before you.

Regardless of how well (or poorly) you are doing in life if you want to break barriers and go further with your “Success” then it is imperative that you recognize that you are the primary factor that could foil your plans.

Do you get it? Think about this until it makes sense to you.

There are some people reading this who absolutely want me to be wrong when I say that it is mandatory for you to “Change” the way you do things.

They want me to be wrong because if I'm right they will have to “Change”.

They, (maybe you) don't really want to “Change”.

They are afraid of “Change”. They are uncomfortable.

“Change” sounds like too much work.

“Change” is outside of their comfort zone.

Don't let this be you.

You have the "Success Tools" to eliminate every one of the excuses above.

CHANGE” IS INEVITABLE... GROWTH IS OPTIONAL

I have to say it again; I want you to realize that you are the main obstacle to your “Success”. You must “Change” the way you do things. What an irony of life. You are the only person who can achieve your “Success” and you are the only person who can foil your “Success”.

This is a profound thought. But, like so many things in life it is a very simple concept. Think about the concept until you get it.

Take some more time here if necessary to further contemplate this concept. You may want to pause for a minute and really get focused on your “Change”. It really is that important. But, definitely come right back because I am definitely not done with you yet...

Let me ask you, how many psychiatrists does it take to “Change” a light bulb? Just one...but the light bulb has to really want to “Change”.

“YOU” have to really want to “Change”. Let me tell you again...

Things will always turn out the same if you always do the same thing.

If you want things you’ve never had before then you must do things you’ve never done before.

You must “Change” the way that you do things... try new things. Not random things but carefully thought out ideas that make sense in the pursuit of your “Goals”.

Change is inevitable, Growth will follow!

ARE YOU READY TO “CHANGE”?

GO TO NEXT PAGE
ONLY IF YOU ARE READY TO CHANGE!

SAY IT... I WANT TO “CHANGE”. GO AHEAD ... SAY IT

OK. You must get it. You now know you have to “Change”. Remember, “Change” for you is constant. We are now what we have been becoming. Every decision you make today directly affects your future tomorrow.

I know I am beating this “Change” thing to death but there is a good reason for that.

Over and over again people tell me they know they have to “Change” but they find every excuse possible to avoid actually “Changing”. They don’t “Take the 1st Step”. Once they do “Change” they can’t believe why it ever took them so long. And they are so grateful they did.

I truly want to see you succeed. In order for that to happen, you’ve got to improve the way you have been doing things.

This is a very basic premise but it is absolutely true. One of the reasons that you are not as successful in life as you want to be is because the way you do things are designed to get you only so far. And then you have to adjust, improve, learn new skills and “Tools”... basically, “Change” the way you do things.

Your new “Changes” are designed to take you to the next level. Everything you have learned up until now PLUS your new “Tools” combined is what you need to progress.

Sometimes you need to make one big “Change” and not a lot of little ones. This may be one of those times which calls for a big “Change”. You can do it. Like I mentioned a minute ago, people who resist “Change” are sometimes afraid of it. Is this you?

Maybe you will discover and decide that you only need to make some smaller “Changes” in certain areas of your life to get you the new results you are looking for... that is OK too. Remember, you are the one that determines which “Changes” you will implement. Pick only the best ones that you decide will work best for you.

If you are resistant or hesitant towards “Change” then why not see and understand exactly what “Changes” are required before you condemn them. The “Changes” are for the best and you will enjoy exercising your newly developed changed ways. These “Changes” will give you power.

One of the “Changes” I want you to make is to be more positive about life. Read On.

HOW CAN YOU POSSIBLY HAVE A POSITIVE LIFE WITH A NEGATIVE MIND?

I know some of you are already positive but a lot of you aren't positive enough. For those that lack Vitamin P (P for Positivity) I want you to erase the negative from your life and accentuate the positive.

I'm not saying this is easy but I will say it does get easier with practice.

Every time a negative thought, a self-limiting belief or one of your ever so special excuses (as in, I'm the only one in the world with this particular problem... NOT.) creeps into your head, you must erase it.

The instant that negative thought enters your mind you are at a critical point. You must learn to recognize these moments; these are critical points in time.

Ask yourself, have you ever gained anything (even the smallest, tiniest thing imaginable) from your feelings of negativity? I think not!

Well, actually some people do get something comforting from feeding themselves negativity. They get the comfort of staying right in the middle of their "Comfort Zone".

Like I said, from now on, the instant that a negative thought enters your mind you are at a crossroads. A critical point where a very important decision needs to be made. I can't stress this enough! This point is crucial to your "Success". It is at this exact moment that you must think from a positive perspective and ask yourself, "What would "Super-Me" do right now?"

Immediately, you must decide whether to:

1. Take the negative, same ol', up until now unsuccessful course of action (the same one you've always taken to stay within your "Comfort Zone") or
2. "Change" and take a new positive, successful course of action.

Ask "Super-Me" what to do right now! Now do it!

Make the "Change". "Move" towards your "Goals"!

IT IS TIME TO DO THINGS DIFFERENTLY !

Like I said before, once you decide to “Change” you must take responsibility for that decision. This means you must do something different from what you have always done, i.e., you must “Change”. You must go positive. You must think positive. You must do positive. Utilize every new “Success Tool” you are learning.

I use the words “You Must” quite frequently throughout the “Super-Me Program”. Have you noticed? I bet you have noticed. I use those words for a very good reason. The reason is... (and you must understand this) if you truly are taking responsibility for changing your life to achieve your “Success” then there is no half stepping allowed.

“You Must” do certain things. Period. If you only “Change” some things you will only reach some “Goals”. “You Must” “Change”. Period. It’s as simple as that.

Remember, if you don’t change today you’ll be the same person that you are today 1, 2 or even 5 years from now and you’ll be in the same circumstances too... Is that acceptable to you? Of course not! You are reading this Manual because you want something different. You want to “Change”. Well, here’s your opportunity!

Flat out, if you’re not willing to follow these rules than don’t bother. You either accept the responsibility to “Change” or not. What is your decision? Ask “Super-Me” what he/she would do right now!

Good decision! Great decision! I’m assuming you’ve decided to choose “Success” or else you wouldn’t still be reading.

So, when I say, “You Must” from here on out, you know I’m not kidding around. In fact, you might want to keep a list of every “You Must” in the “Super-Me Series” as a reminder list, a “Motivator”, a compass if you will. That compass will certainly keep you pointed in the right direction. If you live your life by practicing all of my “You Musts” then you will definitely be headed towards your Success.

WHY NOT “CHANGE” YOUR DAILY ROUTINE?

Homework Assignment:

When it comes to “Change”, to begin with, I suggest you start with some basic “Changes” to your daily routine. It will be a good experience for you. You probably don’t want to throw your life into a state of turmoil by “Changing” everything, all at once, on day one. Probably not a good idea. Go gradually. Be systematic.

To really shake things up you may want to:

“Dye your hair, Cut your hair, Start getting up at 5am every day 7 days per week (ok... 5:30am works too), adopt a new good habit (walk for 30 minutes every day, trade in your coffee cup for a green shake cup, etc.). Dress up for a “Change”.

Think about it. “Change” your coffee shop, your workout gym, the restaurants that you frequent.

Do new things and talk to new people!

Whatever you normally do after work on Tuesday... don’t.

Whatever you did yesterday...Do something different today.

You will be amazed at the caliber of people you meet when you volunteer your time in your community.

Now, after some practice and once you are comfortable with “Change” in your life you will want to “Focus” your “Changes” in the direction of achieving your stated “Goals”.

CHOOSE WHAT IS RIGHT FOR YOU

If there were only one truth that I could pass onto you regarding your life and the career/life path you choose it would be very simply to choose a job, a career, an endeavor that you love. Choose your passion. Whatever it may be. That is the key.

I'll tell you, Confucius said, "Choose a job you love, and you will never have to work a day in your life."

Pay attention, I mention this concept several times in this "Super-Me" Series. It must be important.

Enjoyment is the key. And guess what? For starters, you don't even have to be that good at the career you choose. In time your skill level will increase and in time you will be very good if not great at it. Practice the "Do It Poorly Rule".

But think about it, probably more than ½ of our waking hours revolve around work (way more than ½ if you're an entrepreneur running your own business). With that in mind doesn't it make sense that you should be doing something you enjoy. It's a simple concept. Nobody likes to go to work (not many anyway). But if your job, your profession, your career is something you truly enjoy, even love, even have a passion for, then it isn't work. Is it?

Pick something you enjoy. If you love to cook open a restaurant. If you love to drive be a truck driver. If you love sports be a coach. But of course, don't stop there. Your "Goal" is probably to have a chain of restaurants, a fleet of trucks or even an NBA or NFL Head Coach position. Don't limit yourself. Go for your "Dreams". Let me tell you, the road is so much smoother and more fun when you are doing something you enjoy. You will create natural enthusiasm. "Enthusiasm" is critical to a consistent positive "Motivational" state.

Have you ever met anyone who owns a restaurant or a trucking company or a ...? I know thousands of them. Trust me... there is absolutely no difference between them and you. Absolutely nothing. They aren't smarter than you or luckier than you – they just had access to different levels of information before you did and they chose a different path... a "Super-Me" path... whether they

called it “Super-Me” or not... they know the “Tools”. The more “Success” the more “Tools”.

Think of some of the major movie stars today. Not the beautiful ladies (Jennifer Lawrence, Jessica Biel... yes, she still has it, etc.) or the Hollywood Hunks (Vin Diesel, Tatum Channing, etc.) but the other major actors who didn't make it on their looks (Melissa McCarthy, Zach Galifianakis, etc.).

Do you think in high school anyone would have guessed they would be a major movie star? Probably not...but they pursued their “Dreams”.

They pursued their “Dreams” with great enthusiasm...and they made it.

GO AFTER YOUR “GOALS”!

You should learn a lesson from this...whatever “Goals” you may have...Do not be afraid or embarrassed to pursue them. It takes many different kinds of people with many different kinds of “Goals” to make up our world.

According to the Guinness Book of World Records, as of a number of years ago, a man named Bungkas from a small Indonesian village named Bengkes, had climbed up a palm tree in 1970 and has yet to come down. Now that is a “Goal” more than likely not shared by many...but nonetheless a “Goal”.

Do not hesitate to go after your “Goals”.

I wish you the best of luck. Remember...”Change” is Fun!!!



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