

SECRETS TO ACHIEVE ANY GOAL

How You View The World Will Change Today!



A Guide That Will Change Your Life



INTRODUCTION

What if I told you that you could achieve anything your heart desires, or accomplish any goals just by thinking about it and believing that it will be accomplished? That's it! I'm sure you'd think there's something wrong with me or I'm just making things up. But in actuality that's basically it.

Before we get any deeper with that absurd statement, let me introduce myself.

My name's Brima Koroma. I'm 20 years old, I was born in Freetown, Sierra Leone in Africa . I live in Boston Massachusetts. I love playing sports and being active. At such a young age I've accomplished numerous things that, at the beginning of my life, I would have never dreamed of, from climbing multiple mountains in the wilderness of Wyoming, to serving communities around the world , to going on safaris in Africa.

Lucky me right?

I've asked myself if I'm really lucky or am I just doing something different from my peers. As I searched for answers to my questions, I came to a conclusion that there are two different kind of people in this world- those who know where they are going and those who do not.

Since I was little I've always known what I wanted in life. I knew I wanted to be someone great. I didn't know how I was going to reach that goal but it was the seed I planted in my mind. Everything I've done since then, I tried to be the best at. If I wasn't the best, I'd just work harder then everyone else, and never give up until I was.

Today I'm going to tell you the secretes I've discovered in my short life to reaching one's personal goals.

Let's get started!

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YOU ARE WHAT YOU THINK

What are you thinking right now? What ever you're thinking about yourself at this very moment is what you are and could be what you're going to be for the rest of your life. For example, if your thinking that you're a lazy person who can never find the energy to do anything, or if you think you are not smart enough to do a task that seems too difficult, then I'm sorry (not sorry) to tell you that's what you are.

But, if you're a person who constantly thinks he or she can do anything, love challenges, and knows they can and will accomplish any goals they set for themselves no matter what, then congratulation on being the minority of people who rule this world. The upside to this is, you can choose what kind of person you want to be.

The problem with people today is they don't think. What do you mean by people don't think, you may ask? I'm sure you think everyday of every second. What I mean by people don't think is, the thoughts they have are not their own. The majority of people always think about what others may think about them and try to impress others instead of thinking about what they want and how they can impress themselves as well as grow to be better then their previous self.

So here's what to do about it, and it's simple: Stop wasting your precious energy on others and invest it on yourself. The energy you spend on that very well may be wasted because whatever you believe others may think of you, might be completely wrong. Just remember you can't read a persons mind unless they tell you verbally or by body language. Stop caring about what others think and start realizing that the only opinion that matters when it comes to you is your

own. If people don't like you for who you are, that's their loss.

Importantly, you must like yourself first before anyone can like you. If you don't like who are now, there's always room for growth. Always try and be better than the self you were yesterday. That person was great. This person can be even greater. The only person you need to compete with and challenge is yourself. You are the center of your universe so try and expand it by doing something that will help you grow everyday. I promise you, if you start focusing on yourself, the right people will come to like you for the way you are and assist you on your journey.

Everything you do or want in this life starts with what you put in your head. Just like what ever you eat, you become. So start feeding your mind with positive things like replacing the word can't with can. This is why the rich get richer and the poor get poorer.

WHY DO SO MANY PEOPLE FAIL?

I have failed at countless of things in my life but that has never discouraged me from giving up on my goals. That's the difference between people who fail in life and people who succeed. The people who succeed have goals and they don't give up until they've accomplish all of them. Most people start with a goal but when things get too difficult or dreadful they give up. They stop making goals and go with the flow of life and this is where failure begins. You fail the moment you stop trying. You can't progress or get what you want if you don't have a clear target. It's like driving in a unknown territory without a map or a GPS.

Another reason why people fail is conformity. People often act like everyone else without

knowing why and without knowing where they are going. If you're hanging with four trouble makers, you'll soon be the fifth. When problems start to mount up, you'll want to point fingers at exterior things like other people or the economy instead of pointing to the real culprit, the person in the mirror: you!

Like it or not, you are often the cause of all your problems. Few people who face problems see them as challenges with possible solutions. Challenges begin to look like opportunities when you begin to see them as learning experiences that can help shape your future. Every challenge can teach you something to lead you to your goals. So if you can, you should welcome them and find a way to solve them.

There's always a solution!

THE HUMAN MIND

The human mind is the most powerful instrument in the universe. It will give you back what ever you plant in it. I compare the human mind to the land farmers use to plant with. I also compare it to life. Whatever seed (*goal*) you plant in that land (*mind*), it's starts off weak and and fragile. When it starts growing, it has all this land weight on it (*life*) trying to bring it down, but the more you water it and take care of it, the stronger it will become until the land (*life*) can't torment it any longer. The plant(*goal*) will continue to grow until you stop watering it and taking care of it. Remember roses started from the ground. That's why you need to keep going and keep growing.

When you become a sun flower, always facing where the sun is, the light will always be on you. That's why you need to be strong enough to keep watering your mind with knowledge so you won't wither away.

Remember, the land (*mind*) doesn't care what you put in it, it just returns what you've planted.

So why people don't use their mind if it's that simple? It's because our mind were given to us during birth and it's free. We all have a bad habit of not putting value on anything that's free.

We take our minds for granted and use them for the little tasks instead of trusting them with big ones. That's why it's important to think big. Your mind can handle it. It was built to.

STAY POSITIVE

Positivity is like a math equation: If you think in negative terms you get negative results; if you think in positive terms you get positive results.

Is it really that easy, you may ask? The simple answer is yes. You attract what you think about and what your actions invite. If you haven't learned about the Law of Attraction well, I'm glad I could be your first teacher.

The Law of Attraction is basically Karma. Karma is as real as the air you breath but can't see. If you treat others or your body in a negative manner you get negative results. Also if you think in a negative way about yourself or others it comes back to you. In my experience, that's just how life works.

So start feeding your mind with positive ideas and treat others how you would want to be

treated. It's that simple. The more value you add to others the more value that will be returned to you. It's not easy but the more you train your mind and your body to be positive, the more it becomes a habit that you wouldn't want to depart from.

Lastly, there will always be negative people in your life that will try to bring you down or bring you to their level. But you have full control of how you respond. You should never react but always respond or, at least, don't respond at all and just walk away. You know yourself and you know you're better than them.

Being positive is a major key on achieving any goal. When things get difficult just know you're getting closer to your goal and continue to stay positive. When you are positive, your mind works better and ideas just flow through your head like a river. You're more agile and nothing can hurt you. When you're negative your brain freezes, gets stuck and you lose control.

Life is hard and, with the right mindset, that's why it's exciting. Life shouldn't be boring, because you only get one. So you should do what you want and if you fail or fall, get back up and keep going with a smile on your face knowing that you're on a journey to your full potential.

I have battle scars all over my body and heart, but I keep smiling because all those times I failed or fell I knew I was getting stronger and better. I learned at an early age that pain and negativity are necessary. They teach you what you want and don't want in this life. No matter what, though, ALWAYS STAY POSITIVE.

Never Ever Give Up!

Your body is a vehicle and your mind is the driver. It's your choice where you want to steer it. If your going the right way, which is driving to your goals, just know the roads are bumpy and you may want to turn back. But why will you want turn back when you know if you keep going, you will reach your destination? You've already started and if you turn back all that work you put in will be meant for nothing.

Persistence is the key to get anything in life. If you keep going, you will learn some things on the way and will become better than your previous self. It's almost impossible for you to fail if you never see failure as the end but rather an opportunity to try harder the next time.

Nobody else can drive your car but you. That' why you have to take very good care of it and don't let trash, like negativity get in. If you don't know how to get to your destination, it doesn't hurt to ask or learn from someone who drove on the same path you're on. Talk to people in your family, community, or neighborhood. If you can't find someone to talk to, that's why there's books, and the internet.

So use your resources and NEVER EVER GIVE UP.

If you want to learn more or get in contact with me:

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Thanks for the support!