

		<p>Your parents made you what you are, physically, but YOU can make yourself what you WILL, mentally</p>	
	<p>Lesson #1: Your Social and Physical Heredity</p>	<p>You believe as you do, regarding every subject, as a result of the sense impressions which have reached your mind. Your belief may be false or correct, according to the soundness or unsoundness, truth or falsity, of those sense impressions.</p> <p>By controlling four sources, the ideal of a nation or a people can be completely changed, or even supplanted by a new ideal, in one generation. These four sources are: (1) the home teachings, (2) the church teachings, (3) the public school teachings, and (4) the newspapers, magazines, and books.</p> <p>The human mind is a composite of many qualities and tendencies. It consists of likes and dislikes, optimism and pessimism, hatred and love, constructiveness and destructiveness, kindness and cruelty. The mind is made up of all these qualities and more. It is a blending of them all, some minds showing one of these qualities dominating and other minds showing others dominating.</p> <p>The dominating qualities are largely determined by one's environment, training, and associates, and particularly by one's own thoughts! Any thought held constantly in the mind, or any thought dwelt upon through concentration and brought into the conscious mind often, attracts to it those qualities of the human mind which it most resembles.</p> <p>Learn something about that wonderful machine which we call the human mind. It is your real source of power. If you are ever to free yourself of petty worries and financial want, it will be through the efforts of that wonderful mind of yours.</p>	
	<p>Lesson #5: The Power of Your Mind</p>	<p>The man who goes about with a chip on his shoulder finds a dozen people a day who take delight in knocking it off, a fact to which you can easily subscribe if you have ever tried going about with a chip on your shoulder. You need no proof that the man who carries a smile on his face and who always has a word of kindness for everyone he meets is universally liked, while the opposite type is just as generally disliked.</p> <p>A careful analysis of the successful men of the world shows that the dominating quality which they all possessed was self-confidence.</p> <p>Try as hard as you wish, and you cannot be happy unless you believe in yourself! Work with all the strength at your command, and you cannot accumulate more than barely enough to live on unless you believe in yourself!</p> <p>In the development of self-confidence, one of the first steps you must take is to dispel forever the feeling that you cannot accomplish anything you undertake. Fear is the chief negative that stands between you and self-confidence, but we shall show you how to scientifically eliminate fear and develop courage in its place.</p>	
<p>Napoleon Hill's Golden Rules: The Lost Writings Napoleon Hill</p>	<p>Lesson #6: How to Build Self-Confidence</p>	<p>Affirmations: (Faith is the foundation upon which civilization rests. Nothing seems impossible when built upon faith as the cornerstone to your self-confidence building.)</p> <p>Environment: The human mind has a decided tendency to absorb the environment with which we are surrounded, and to cause bodily activity which harmonizes with and is appropriate to that environment. The mind feeds on and grows to resemble the sense impressions which it absorbs from the environment in which we live. The mind resembles a chameleon in that it changes its color to correspond to its environment. None but the strongest minds will resist the tendency to absorb the surrounding environment.</p>	<p>I know that I have the ability to accomplish all that I undertake. I know that to succeed, I have only to establish this belief in myself and follow it with vigorous, aggressive action. I will establish it.</p> <p>I realize that my thoughts eventually reproduce themselves in material form and substance and become real in the physical state. Therefore, I will concentrate upon the daily task of thinking of the person I intend to be and of drawing a mental picture of this person and of transforming this picture into reality. (Here describe in detail your "chief aim" or the life-work you have selected.)</p> <p>I am studying with the firm intention of mastering the fundamental principles through which I may attract to me the desirable things of life. Through this study, I am becoming more self-reliant and more cheerful. I am developing more sympathy for my fellow men, and I am becoming stronger, both mentally and physically. I am learning to smile the smile that plays upon the heart as well as upon the lips.</p> <p>I am mastering and overpowering the habit of starting something that I do not finish. From this time forward, I will first plan all that I wish to do, making a clear mental picture of it, and then I will let nothing interfere with my plans until I have developed them into realities.</p> <p>I have clearly mapped out and planned the work that I intend to follow for the ensuing five years. I have set a price upon my services for each of the five years, a price that I intend to command through strict application of the principle of efficient, satisfactory service!</p> <p>I fully realize that genuine success will come only through strict application of the "Golden Rule" principles. I will, therefore, engage in no transaction which does not benefit alike all who participate in it. I will succeed by attracting to me the forces that I wish to use. I will induce others to serve me because of my willingness to serve them. I will gain the friendship of my fellow men because of my kindness and my willingness to be a friend. I will eliminate from my mind fear by developing in its place courage. I will eliminate skepticism by developing faith. I will eliminate hatred and cynicism by developing love for humanity.</p> <p>I will learn to stand upon my feet and express myself in clear, concise, and simple language, and to speak with force and enthusiasm, in a matter that will carry conviction. I will cause others to become interested in me, because I will first become interested in them. I will eliminate selfishness and develop in its place the spirit of service.</p> <p>Every word uttered within your hearing, every sight that reaches your eyes, and every sense impression that you receive in any other manner influences your thought as surely as the sun rises in the east and sets in the west!</p> <p>The mind feeds upon that which we supply it through our environment; therefore, let us select our environment with the direct object of supplying the mind with suitable material out of which to carry on its work of realizing our "chief aim."</p> <p>Your daily associates constitute the most important and influential part of your environment for either your progress or your retrogression. It will be of much benefit to you to select, as your associates, people who are in sympathy with your aims and ideals, and whose mental attitude inspires you with enthusiasm, determination, and ambition.</p> <p>The clothes you wear influence you; thereby, they form a part of your environment. Soiled or shabby clothes depress you and lower your self-confidence, while clean, modest, and refined clothes give you a</p>

<p>Lesson #7: Environment and Habit</p>	<p>Habit: Habit grows out of environment—out of doing the same thing in the same way repeatedly—out of thinking the same thoughts over and over—and when once formed, it resembles cement which has set in the molds and is hard to break.</p> <p>Persistence may be compared to the “drop of water which finally wears away the hardest stone.” When the final chapter of your life—work is written, you will find that your persistence, or lack of it, has played a mighty part for your success or failure.</p> <p>The human body can be imprisoned or controlled by physical force, but not so with the human mind. No man on earth can control the mind of a normal, healthy person if that person chooses to exercise his God-given right to control his mind.</p>	<p>sort of inner feeling of courage that causes you to quicken your step as you walk.</p> <p>We can rise above and beyond a negative physical environment by creating in our imagination a positive one, or by shutting out all thought of it altogether, but a negative mental environment cannot be dodged—it must be rebuilt. Out of our mental environment, we create every impulse to bodily action; therefore, if our muscular, bodily activities are wisely directed, they must emanate from a sound mental environment. Hence, we claim that as between the mental and physical environments, the former is of greater importance.</p> <p>The following rules will help you in your work in forming new habits:</p> <ol style="list-style-type: none"> 1. At the beginning of the formation of a new habit, put force into your expression of the action, thought, or characteristic. Remember that you are taking the first steps toward making the new mental path, and it is much harder at the first than it will be afterwards. Make the path as clear and deep as you can at the start, so that you can see it readily the next time you wish to travel it. 2. Keep your attention firmly concentrated on the new path building, and keep your eyes and thoughts away from the old paths, lest you incline toward them. Forget all about the old paths, and concern yourself only with the new one that you are building. 3. Travel over your newly made path as often as possible. Make opportunities for doing so, without waiting for them to arise. The oftener you go over the new path, the sooner will it become an old, well-worn, easily traveled one. Think out plans for passing over it and using it at the start. 4. Resist the temptation to travel over the older, easier paths that you have been using in the past. Every time you resist a temptation, the stronger do you become, and the easier will it be for you to do so the next time. But every time you yield to the temptation, the easier does it become to yield again, and the more difficult does it become to resist the next time. You will have a fight on at the start, and this is the critical time. Prove your determination, persistency, and willpower now, right here at the start. 5. Be sure that you have mapped out the proper path—plan it out well, and see where it will lead you to—then go ahead without fear and without allowing yourself to doubt. ‘Place your hand upon the plow, and look not backward.’ Select your goal—then make a good, deep, wide mental path leading straight to it.”
<p>Lesson #10: Persuasion versus Force</p>	<p>You can never get the maximum, or even a fair average of constructive action out of your mind until you have learned to control it and keep it from becoming stimulated through anger or fear!</p>	