

Boohoo!

You just lost your house.

No!!!

You're homeless and starving on the streets.

Bam!

You wake up.

It was just a dream.

You feel unnerved.

Your hair on end.

Your body shivering yet your mind wandering.

You decide...

It's time to go to therapy.

You tell them about your dream.

About your nightmare...

About your weaknesses...

Look here...

Look there...

Your therapist gives you pills and schedules you for next week.

Now...

You were trying to outreach.

You continuously called to no avail.

Yet again you return.

Get told to let your feelings out, take some more pills, and return next week. What next?

Are you going to continue this cycle of misery and self sabotage?

No!

Let's start to think positively.

Now you return.

Finally in great spirits.

Yet...

Your therapist reminds you of your failures.

Asking you how you turned things around.

It almost feels like they're rubbing your failures down your throat considering how much ego they seem to shoot off.

What are you going to do next?

Return?

Why?

Just to go through another cycle of negativity and downfall.

As your world splinters around you.

You now check your wallet.

You've been spending \$10,000 in total just to focus on your failures with another person. Has this experience lifted your spirits?

Have you used that spirit uplifting to go out and make cold hard cash?

Have you gone to the gym and started putting in a hard day's work to finally get a step closer to your dreams?

...or...

Have you continuously fallen deeper and deeper into a world of doubt and limiting beliefs that keeps you returning for more?

Tell me.

What do you hope to gain with this?

If you're trying to think more positively or even find joy...

You're getting FARTHER...

...and...

farther...

Away every time you return.

If you want to continue convincing yourself that you'll someday soon get clear results through this.

That therapy isn't just some cash grab that's dependent on your misery and negativity to feed itself off you like a parasite.

Then go ahead.

I won't STOP you.

However...

If you actually want to change your life for the better, then it's time to listen up. Don't listen like your Therapist as you ask for tips to actually be happy.

It's time to fully listen as I dive into what YOU need to do to actually change your life for the better.

It will be challenging, but if you want to change your life enough...

You'll ACCEPT it.

It's crucial that you stay your ground.

I don't care if it feels like the world is falling apart...

If all you see is negativity...

You still MUST stay your ground.

Trying to outreach to clients?

Continue!

Don't stop when it FEELS like it's going nowhere or when it's too hard.

We're not little babies trying to beg our parents to get us a toy when we haven't cleaned our room.

It's time to grow up and get to work.

Even if you feel like your mind and body is against you...

You MUST still continue.

To get your mind on straight...

You can meditate...

Go for a walk...

...and...

Exercise.

It's key that you target that negative energy into something....

That's not therapy...

Not masturbating...

Not scrolling on social media...

Not binge watching movies and shows...

Not consuming alcohol and drugs with your friends...

Not even going to parties all the time.

By putting your negative energy into all those limiters...

You're just going to drain yourself that much more.

Focusing it on drugs will just damage your body inside and out...

Focusing on binge watching will just turn you fat...

Focusing on masturbating will just turn away all the girls.

Focusing on scrolling will just cause your brain to slowly die....

...and....

Focusing on therapy will cause you to focus on the negative.

It's key that you only use those after you've gained financial or physical results.

If you even for a small amount of time allow yourself to focus on those limiters rather than the work...

It'll quickly hold you back from your mind convincing you to continue.

That won't just cause you to take longer to achieve your goals...

It'll also UNDO all the progress you've made with memorizing any techniques...

...and...

Getting your mind and body prepared for the tough work.

Don't go backwards!

Rather you should ignore and challenge those urges.

That way you won't feel as desperate to overdo it with drugs, binge watching, masturbating, etc.

The results will make you feel confident enough to not overindulge too much.

Afterwards...

It's time to return.

By exercising and meditating, you won't just feel more motivated.

But...

You'll now be more clear headed and ready to go to get to work.

Exercising and meditating are like the cheat code.

You'll immediately feel renewed once you put in a hard day's work.

You will still find it challenging to stay away from the limiters.

However...

As long as you remind yourself that those won't help you...

...and...

Anything else that you use to convince yourself otherwise is a LIE.

You'll slowly get back on track.

You can even increase your odds by riding your world of anything that makes the given limiter easy.

You do drugs, then THROW them out.

You watch too much social media?

Delete and / or hide any social media apps on your phone.

You watch porn?

Delete / hide any browser apps or even damage the device if it gets that serious [if you have another device available that you only allow for work]

You go to therapy too much?

Hide your keys.

In the end...

As long as you make it more challenging to do the given thing, you'll be in the right direction.

The best thing you can do is to throw out / damage the given item, since it'll require you to buy another one.

As long as you do that every time you have a CLEAR mind after exercising..

You'll slowly hate doing the given limiter, since it requires you to continuously pay...

...and...

It's getting expensive.

As long as you do all that and remember to focus on being grateful and focus on your goals / plan...

You'll slowly head in the right direction.

Not only that...

By growing into a more positive and self reliant person, you'll also surround yourself with more friends and company.

That will come naturally just from people enjoying your energy and lack of need for help.

Do all that, Gs, and I know you'll change for the better and rid yourself of all negativity.

Wishing the best,

Vincent Powers