



Deberah Bringelson's  
**Quantum Success Academy**

*Breaking Barriers  
Creating Massive Success in the New Economy*



**Day 17 – Million-Dollar Mind**

## **Million Dollar Mind**

### **What You Think And Believe You Achieve**

Previously, we talked a lot about the fact that core beliefs trump desire every time. When you want something but believe that you cannot have it or do not deserve it, your beliefs will keep you from having it. Or if you finally do get it, it may come at a very high price, such as working extreme hours or damage to your health.

### **To Become Rich ~ Mentally BE Rich: To Become Successful ~ Mentally BE Successful**

What exactly do we mean by that? Have you heard the saying “As above, so below” or “As within, so without?”

What those sayings mean is that if you want to know why something is happening in the outer world, you must look to the inner world. Your inner reality creates your outer reality.

What Does Your Outer World Say?

What does your outer reality say about your inner reality? As you honestly assess your current life, are you living the life of your dreams? Is your life filled with joy or struggle? Success or difficulty? Money or lack?

Whatever is going on on the outside is merely a reflection of the inside.

To change the outer world, you must change the inner world. You must become a different person.

**Note:** I did not say you must become a better person. Every person on the planet is perfect and equally filled with Divine energy. No person is more than or less than anyone else. Everyone is

equally deserving of having whatever they desire. But some people think and believe differently. If you want to become someone who is rich and successful, you must become someone who thinks and believes like someone who is rich and successful.

## What Is The Difference?

Have you noticed the people who are rich behave differently than people who are not? If you have not noticed before, start.

The first thing is that successful people believe they have a right to their success. They assume the win, commit to crossing the finish line and they go for it.

Let's break that down.

1. **Successful:** They believe they have the right to their success. They know that whatever they want they deserve it.

**Unsuccessful:** They question their right to success. They do not believe they deserve it. Or they believe someone else deserves it more or would be more capable or better.

2. **Successful:** They assume the win. As they are interviewing for a job, negotiating a deal, asking for a raise or making a sale, they assume that it is theirs. They do not get wrapped up in self-doubt.

**Unsuccessful:** They may participate in the process, but there is no certainty about the outcome. They may succeed or they may not. This type of attitude often leads to "not".

3. **Successful:** They are committed to their success. They do not say "well maybe someday". They claim their success and commit to owning it.

**Unsuccessful:** They meander through life. One moment they may be committed to watching TV, the next they commit to their job. But they never truly commit to themselves and their success.

4. **Successful:** They go for it. Successful people do not sit on the sofa and wait for someone to give them their success. They do what it takes to make it happen.

**Unsuccessful:** They take what comes in life. Often they get lost in procrastination or in living the life of a victim. Their life is defined more by inaction than action.

## To Change Your Life ~ Change You

You are the one force in your life that has the power to change it. When you did the exercises about what you really want in life and what you want to achieve, what did you write?

Did you write down what you really wanted or what you thought you could have? Is it less than what your heart desires?

Go back and look at those statements and your goals.

If you find that either what you wrote is less than what you want or that you do not think you can have it, we need to s..t...r...e...t...c...h your beliefs.

Here's how it works. Say you want to receive \$20,000 a month, but you believe you can only receive \$2,000 a month. When you mentally see yourself with a \$20,000 check, your mind and body don't quite accept it.

We have to bridge the gap between what you believe and what you want. So, you're comfortable with \$2,000. Can you imagine being and feeling comfortable with \$3,000 or \$5,000?

Close your eyes and feel your way up the \$ scale. When you are really comfortable in your mind and **body** with \$5,000 stretch yourself up to \$8,000 or \$10,000. When you are really comfortable in mind and body with that, move your visualization up. Keep moving it up, higher and higher.

**[Listen to what Ryan says happened to him when he learned how to stop playing small.](#)**

## **Don't Stop**

So you say you want \$20,000 a month. Do not stop this exercise when you become mentally and physically comfortable with the idea of receiving \$20,000. Push yourself to be joyful when you mentally see the picture of yourself with \$30,000 or \$50,000 a month.

Stretch yourself past your desire. This way there is zero question about whether you truly believe you deserve it and can have it.

## **Who Cares?**

One of the biggest reasons that people do not pursue their dreams in addition to believing that they cannot achieve them or they do not deserve to, is fear that they will fail, look foolish, or make a mistake.

The bottom line to that is "who cares"?

Some of the most successful people in the world are famous failures. Have you ever heard of: Benjamin Franklin, J.K. Rowling, Oprah Winfrey, Steve Jobs? What if you could be a famous failure of their caliber?

Yes, you may fail. You may make a mistake. People may laugh. But you will be the one laughing all the way to the bank, when you close in on your success.

And to be honest, those people who are laughing....they are merely trying to distract themselves and others from their own insecurities. So go for it. Grab the life you deserve!

## Quantum Success Action Items

1. Go back and look at the work that you did on Beliefs and Rules. Begin to notice where you identify being someone who is unsuccessful, undeserving, or if your mind, body and spirit are truly tuned for quantum success.
2. Start today. Do not just believe, but know that you have a right to your success.
3. Always assume the win in everything you do.
4. Commit to getting up off the sofa and taking action. Action beats inaction every time. Even if you make a mistake, you will have at least learned something.

**If you do nothing, you achieve nothing and you learn nothing!**

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