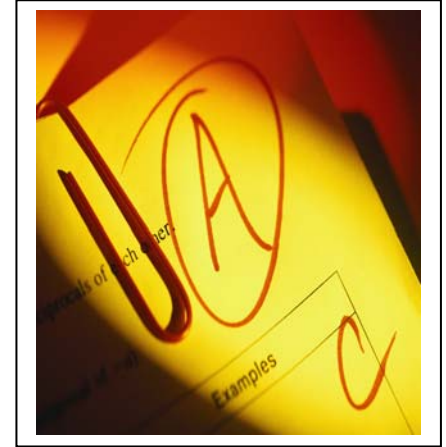


**IS FAILURE THE
NEW SUCCESS!**



“Whatever your mind can conceive and believe your mind can achieve”

Napoleon Hill

Have you ever burst into a room to share with anyone who may be standing there with “Guess what??? I just had the best idea!!!”

Your thoughts are moving at the speed of sound, not to mention the verbal diarrhea that is out of control!!! In fact, this idea is all you can think about over the coming days. You tell all who cross your path, even the little old lady who runs the corner store. You Google, browse, research, make a few phone calls, and visit the library, anything you can get your hands on. It is all you can do to sleep at night, the ideas just keep coming.

Then, without warning, BAM!!! You hit your first obstacle. Well it's not really an obstacle, I mean, it isn't going to stop you or anything. Then, no sooner have you processed the last obstacle, when BAM!!! Another one hits you. This one, even bigger than the last. At this point you start to 're-think' your 'great idea'. Maybe it isn't so great. I mean, these obstacles, are they just the beginning?? If I have found two already then, how many more will there be?? So what happens next? The momentum slows; your enthusiasm wanes and the ideas begin to dwindle. Before long you are back to 'groundhog day'.....Has this every happened to you???

So here's what I'm thinking.....Did the obstacles find you or did you find them??? Could it be a fear of failure??? Or perhaps, quite the opposite, a fear of success?? Whichever it is, you have some how given permission to your subconscious to seek and find an escape hatch that will deliver your conscious mind back into 'safe mode'.

Success of any kind invariably results in a change to our life's' status quo. And often it directly impacts change on those around us too. If the impact of success is too great then 'permission to fail' is not only granted by the subconscious but I believe, acceptable too.

A recent conversation with an associate perhaps best confirms the power of the subconscious to self-sabotage. Though having lost over twenty kilograms in a journey towards an ideal weight goal she had hit a 'plateau' that no amount of alternate methods of training and diet seemed to help. During a private discussion, she revealed to me that she had been raped earlier in her life and gained weight following this extreme trauma (as a safety-net of sorts). The same amount of weight was what she was now attempting to lose. She acknowledged the fear of getting back to her goal weight could re-create the image that attracted the attention of a rapist.

In this example consciously, losing weight was her 'success' but subconsciously 'failure' had become an acceptable option too.

I believe that the majority of ways with which we self sabotage are unconscious. The characteristics that come into play are those that Carl Jung referred to when he spoke of our 'shadow'.

Where love reigns, there is no will to power; and where the will to power is paramount, love is lacking. The one is but the shadow of the other.

Carl Gustav Jung

We all have an element of every personality trait there is, some we like and are comfortable to display, and others we are not so proud of and therefore are kept within our subconscious. Jung had a fascination with dreams which commonly display our characters 'opposite' Simply put, Jung's philosophy is that in order to grow we must confront our shadow and begin to accept and make peace with all of our character traits.

Goal Power Theory of Success

This theory is designed to help you decide how important success is for you. It can be applied to any situation. It will always distinguish for you whether failure is an acceptable option or whether success is non-negotiable. Thus, eliminating the possibility of self sabotage!

So here it is ...

$$D + D + D > C$$

Define it

First of all, you must know exactly what you want and you must be able to define it. I want a million dollars isn't definite. Because don't we all?? Define how you will get it.

Desire it

Once you can Define what you want you should assess your Desire for it. How important is it. Is it non-negotiable? Will it get you out of bed at 5.00am in -10 deg?

Design it

You need to create a set of steps to take you to your success. An action plan taking you from where you are now to where you want to be.

If you have added your D's up, now to finish the theory you need to subtract C.

Cost

What will your success cost you? How much will the success cost you? Will it affect your current life, your morals and even those around you?

Failure will always be acceptable if C is > than the sum of D.....

So what **do** you want?

Bio

Jen Forster is the founder of Goal Power Mind and Body Coaching. As a Motivational Coach and Qualified Fitness Professional, Jen's focus is to train and strengthen the mind, through re-establishing and improving your belief systems.

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1ST OPEN FIGURE INBA BRISBANE – MAY 2009
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CERTIFICATE III AND IV – FITNESS
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