**Article No. 6**

**Word Count: 544**

**This Is the First Thing You Need To Do To Become More Successful**

What is the first thing you need to do to become more successful? If you're reading this, you're probably thinking, "Okay, I will buy a book or I will sign up for some course." Other people might think they have to find the right guru or mentor to help them achieve success.

Those are important but you're putting the cart before the horse if that's your line of thought. There's something more fundamental you need to do. There's something more basic you need to attend to. What am I talking about? I'm talking about belief.

Pay attention to your mental inventory because until and unless you believe you can change, nothing will happen in your life. This is a powerful form of this. This is the most important ingredient in the process of changing your results because you're trying to become more successful.

This is a simple matter of changing your results. Obviously, you're not happy with the results you're getting. You want to be more successful but don't automatically assume that you can change.

Embrace this possibility. Recognize its full features. Stare it in the eyes and let it in. Absorb it. Most people don't go through this. They automatically assume that they can change.

What happens? They buy book after book, sign up for course after course, take many steps, and end up with a lot of nothing. Why? They built their empire of change on a foundation of sand. It did not occur to them. They didn't believe things can change.

They didn't believe they were worthy of success. They didn't believe they have full authority and ownership of their life. Please understand that you should believe you can change because it is the key that turns the lock of that mental prison you're in.

You're not locked in the past. Instead, the self-fulfilling prophecies paralyze you and that becomes your future. You should analyze what you're thinking and what you believe about yourself. If your beliefs are the wrong place, you are wasting your time.

**What do you need to believe?**

Believe you can change. Believing you can change means you can effect change all across your life. This means greater power over your circumstances, greater power over your life, and greater power over your opportunities. Say to yourself, "I can change."

Now, repeat it again and again. After you've done that, I want you to come up with three solid examples when you changed. Most people can do this fairly easily because you are capable of change.

If you want something basic, look at how you can ride a bicycle. That is change. Why? Because at a certain point in time in your life's history you did not know how to ride a bicycle.

Find that point where you switched from not knowing how to ride a bicycle to one who can ride a bicycle. Look for these monumental changes in your life. It doesn't have to be big. You don't have to be a hero. It doesn't have to be overly grand or dramatic but once you base it on the truth of how you changed in the past that means you can change now.