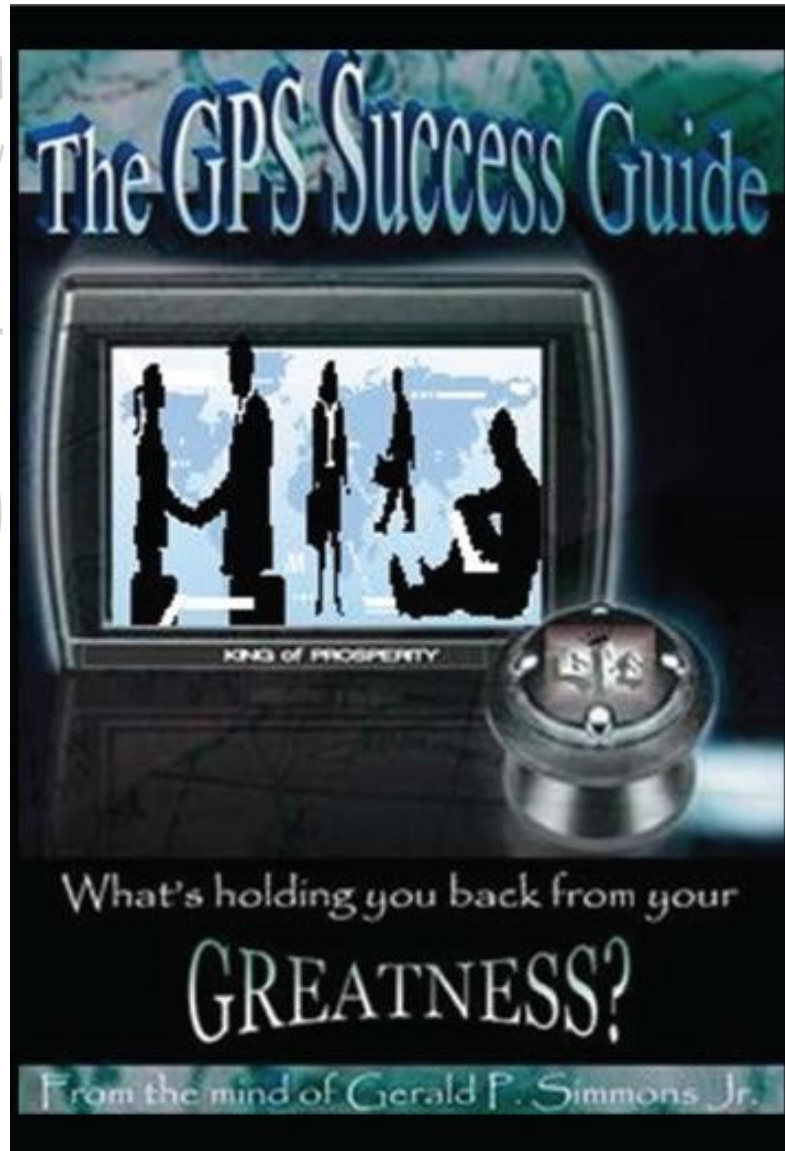


Chapter 1



Direction to Prosperity Lane

Total Distance: Life

Total Time: Depends on YOU

1. Starting within yourself go toward [**REFLECTION RD.**](#)
2. Merge onto Self Blvd
3. Continue onto Highway Clearsite
4. Follow Route Eagle Eye until you arrive at Wise Ones Cir.
5. Go straight to Supporters Way
6. Continue onto Lovers Lane
7. Take Faith Freeway Service Rd.
(Construction Area) until you reach Strong Core Blvd.
8. Take Loop 777
9. Arrive at The Beginning of Your New Self Blvd



go toward

Reflection Rd.

Whatever results you're getting, be they rich or poor, good or bad, positive or negative, always remember that your outer world is simply a reflection of your inner world. If things aren't going well in your outer life, it's because things aren't going well in your inner life. It's that simple.

~ T. Harv Eker ^

CHAPTER 1



Look In The Mirror!

- Are you satisfied with the person looking back at you? If not what are you doing to change the image that you see?
- Motivation starts with self. Say positive things to yourself about yourself! These are called **affirmations**. When used correctly **affirmations** can and will be a key element towards your success.

I am not talking about looking in the mirror to make sure your outfit looks good or to see if your curls and waves are laying right. I am talking about looking in the mirror to check the attitude of that person looking back at you. Without checking your attitude first it will not matter how fly your outfit is or how nice your hair looks because you will still be ugly on the inside!

Believe it or not everything that is going on in your life right now started with the attitude you decided to go out into the world with.

Jump Start Your Subconscious Mind

Talking to yourself (while looking in the mirror) or listening to positive audio CD's/Programs are a couple of the most effective ways to JUMP START your subconscious mind. This process is called AFFIRMING. If you really want to stay ahead of the game you will do both tactics listed above. This will for sure etch your GOALS for your life into your subconscious.

There are two types of affirmations. They are autosuggestion (which is from self) and heterosuggestion (which comes from other people).

Examples of AUTOSUGGESTIONS are:

- Looking in the mirror and repeating your affirmation aloud or mentally
- Writing what you want to see happen down on paper; your mirror; etc.
- Record and listen to yourself. (do you sound convincing to yourself?)
- Pretend to be that of which you wish to become before it happens. You have to be GREAT in MIND before you can be GREAT to the WORLD!

Examples of HETEROSUGGESTION are:

- Listening to self-improvement, motivational, or mindset audio CD's
- Read books and magazines
- Listen to the opinions of others (make sure you are listening to the right others though)
- Watch inspiring TV programs
- Go to church or a place of worship (try sitting close to the front)

When you speak your subconscious listens and takes notes on what you are speaking about and how you are speaking about it. When you complain about life and all that you think is wrong with your life then those problems will always remain in your life. WHY- Because that is all that your subconscious hears and takes notes on. So those things that you complain about will keep showing up in your life and it is all because you keep welcoming them through your mind.

So from this day on watch what you say. Pay particular attention to what you say over and over again.

Successful people practice this everyday. I can only imagine what President Barack Obama, Sean Combs, Russell Simmons, or Oprah Winfrey's conversation with themselves every morning is like. To reach the type of success they have, there conversation must be powerful.

I heard a quote that goes like this:

"If you don't program yourself, life will program you."

~ **Les Brown** ^

Which means that if you don't AUTO-SUGGEST, you will be HETRO-SUGGESTED by your environment. Think about your everyday environment, do you hang with negative people all the time that complain about things going wrong in their lives? They lost their job, life is not fair, I need this, I need that, etc.?

*******WARNING..... YOU BECOME THAT OF WHICH
YOU SURROUND YOURSELF WITH!!!*******

Your subconscious mind believes what it hears the most to be TRUE!

To avoid going down the wrong road (not the road to success) it is very important to do affirmations DAILY!

Here are some that you can start off with right now. As time goes by make your own because then it becomes personal!

- *Today is a new day for me to better myself in every way possible.*
- *I am everything that I want to be and my destiny is in my hands.*
- *Everything that is needed to accomplish my goals are already in me and I just need to bring them out.*
- *There is nothing I cannot have or do once I put my mind to it.*
- *I am made in his image so I am destined to be GREAT.*
- *Wealth is all around me I just have to be still enough to notice it.*
- *If it is meant to be it is up to me!*
- *My faith in my DREAMS out way my FEAR of failure!*
- *Today will be better than my yesterday, but not as good as my tomorrow!*
- *“I Am” KING/QUEEN!*

Chapter 1



"Your mind can be your bestfriend or your worst enemy. Depends on what you put into it and how you use it."

Gerald P. Simmons Jr.



Innovative Visions

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Vicenza, Italy born, and Lawton, Oklahoma raised motivational speaker Gerald P. Simmons Jr. is traveling the country to promote his new release The GPS Success Guide. This book gives readers ten tips on bringing out the Greatness within and to impact the world in a positive manner. In these trying times everybody can use some motivation to keep them moving forward, states Simmons.

"The GPS Success Guide" teaches these ten tips to help with changing your mindset.

- #1 Look in the Mirror
- #2 Know Who You Are
- #3 Define Your Goals
- #4 Focus
- #5 Surround Yourself With Forward Moving People
- #6 Build a Support Team
- #7 Love What You Do
- #8 Never Let FEAR hold you back
- #9 Build a Strong Foundation
- #10 Get Your Relationship Right w/ Your GOD

Prior to taking his calling as a motivational speaker, Gerald was a High School football star at Eisenhower High School in Lawton, Oklahoma. He attended East Central University in Ada, Oklahoma where he continued to play football. He also served his country for six years as a decorated Sergeant in the U.S. Army. A dedicated husband and father of two children, Gerald believes that his tips will help the reader spiritually, financially and mentally.