

The Power of 'Yes'

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If you want your life to be more successful here is something very simple that you can do.

It does not involve giving up anything or dramatically changing your behavior. Yet, despite its simplicity, this technique can *significantly alter your life and move it in a positive direction*.

All that is involved is the use of the word 'YES'.

This simple strategy is to **Think 'YES'** instead of 'No'.

Imagine 'YES' instead of No.

Say 'YES' instead of 'No'...as many times as you can each day.

This screensaver has the word 'Yes' on each screen. So each time you return to your computer you see 'Yes'.

Keeping yourself in a 'Yes' frame of mind, opens you up to new possibilities. A person conditioned to say "Yes" is more likely to accept new opportunities, meet new people, try something outside of their comfort zone, or pursue a more profitable career path.

"Yes" develops new habits and responses to life, while "No" perpetrates whatever already exists.

All that is necessary in order to use this simple technique is a willingness to say **'Yes'**, especially in regards to circumstances where you have said 'No' in the past.

During your normal daily activities, notice how often you say "No" to yourself.

This screensaver will remind you as you go through each day to keep your eye out for opportunities to say **'Yes'**. And as you do, it will make **'Yes'** a new habit.

The bottom line is:

"Yes" will bring you what you want.

"No" will push it further away from you.

So say **'Yes!'**