



Mark Victor Hansen

The Ambassador of Possibilities

Mark Victor Hansen is the co-creator of the wildly successful **Chicken Soup for the Soul®** series, and the co-author of a new book, **The One Minute Millionaire**. For more than 25 years he has influenced society's top leaders, and the general public, on a global scale, speaking over 50 times a year. He is also an active entrepreneur, philanthropist and humanitarian. Mark Victor Hansen is an enthusiastic crusader of what's possible and is driven to make the world a better place.

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DECIDE WHAT YOU WANT TO DO

by Mark Victor Hansen

You have amazing talents and unique gifts to give to the world. No one else can make your special offer. These are the things you can do that no one else is capable of doing quite the way you can do them. We all have a purpose, a reason for living, breathing and existing. The most important thing we can do in life is to understand what that purpose is and how we can use it to benefit humanity. We owe it to the Universe, ourselves, our family, others, the future and your legacy. Become significant – think big and serve big.

My friend, Tom Harken was born with both polio and tuberculosis. Tom spent the first six years of his life in an iron lung. Everyone was afraid of tuberculosis – they used to treat it like AIDS, so no one would touch him. After he recovered Tom started to attend school.

The first day he went to school the teacher told him to go to the board and spell “cat”. He wrote k-a-t.

The teachers told him – in front of the entire class – Tom would never become successful. Tom dropped out of school, humiliated and chagrined. Tom decided to prove them wrong. When he became old enough he went out and started selling vacuums. Tom sold 17 a day. Tom memorized all of the information each customer gave to him – because he never learned to read.

Tom was fortunate enough to find a wonderful woman – Miss Melba, as he affectionately calls her – and they got married. Tom never told anyone he was illiterate until, at age 55, he announced it, with tears in his eyes to an astonished audience that was astounded, while being

honored at the Horatio Alger Awards. Upon hearing his confession, his sons rushed up to the stage, told him they loved him anyway and would help him. They didn't know, it was Tom and Miss Melba's secret.

*Within one year he had learned how to read. Tom crusades with me now to eradicate the slavery called "illiteracy". For a heartfelt, eye opener, please read Tom's book called *The Millionaire's Secret*.*

You see, anything is possible. Just like Tom, the only thing standing in the way of your success is you – your beliefs about what's possible, your attitude towards yourself, your desire to achieve what you really want. You are the only barrier that is keeping your dreams at bay.

Expand your mind about what's possible

Our minds determine our success or failure. Your mind is your ultimate strength and weakness. Everything begins and ends with your thinking.

I came up with six ways to develop mental muscles. When practiced they can give you the power to accomplish your goals. Practice takes discipline, but everything worth having does take discipline. And we're talking about your amazing your mind here. The tool that can help you to achieve everything you want to do in life. Your mind is precious. Develop it. Because in the end, folks, if you don't use it you lose it. In the One Minute Millionaire, we teach that with the intangible assets of your mind – desire, ambition, imagination and commitment – you obtain the tangible results called financial freedom.

Six ways to develop your mental muscles

2. Read, read, read

Read something besides magazines and the daily newspaper. They're mostly filled with negative images and information that creep into your brain mind continuum and fester negatively. Read books that motivate and inspire you. Do a search of motivational/inspirational authors on Amazon.com or in your local bookstore, or read the 100 recommended books listed on my website, and start

reading. Read in the morning, before you begin your day, and at night, before you go to sleep. These are the key times to fill your brain with good thoughts and ideas. Only 15 minutes a day adds up to one working month per year invested in self-improvement, which pays the highest ROI – Return On Investment.

And read quickly and thoroughly. Train yourself to read at least one book per week. This keeps your brain cells tingling and raring to go at all times. Take notes, underline, highlight, circle and write in the margins you bought – pull out a return on your book investment. I want a payback of thousands to millions for each book I read, and I average over one per day.

2. Mastermind

Share your mind with someone, or a group, who are moving in the same positive direction as you are. Two or more minds concentrating on the same goal is an extraordinarily powerful force. When one person thinks of an idea, another person can expand that idea. Then the next person can expand that idea. Keep plussing it.

Once a common idea has been established, masterminding is the way to bring it to fruition lightning fast. There isn't a person on

this planet who has achieved phenomenal success without masterminding. Please watch my video [Mastermind Your Way To Millions](#). Call my office at 800-433-2314.

3. Seek out A mentor

Dr. Buckminster Fuller was my first major mentor. I studied how he lived and what he studied, I met who he met and kept it in my Rolodex, and it completely changed my life for the better. I recommend you get mentors in each area of your life for your entire life. Keep having your mentors challenge you.

Decide on a group of people you admire most, whether you know them personally or not? From that list, figure out who you'd most like to emulate. Then study them. Research and buy any kind of information you can find on them.

If they offer seminars, attend them.
If they've written books, read them.
If they've got tapes, listen to them. (Authors want me to help them with their books. I won't until they digest my [Mega Book](#) tapes and absorb *Chicken Soup for the Writer's Soul*.)

Just a few I'd recommend are: Brian Tracy, Robert G. Allen, Dr. Wayne Dyer, Jack Canfield and Og Mandino. These are successful people (who were "mentees" under other amazing thinkers) who have taken all of the scientific and spiritual laws of the Universe and created philosophies and skills by which you can also become phenomenally successful.

Be open to learning all you can from those who have already done the work. They are here and their purpose in life is to help you discover what your purpose is. Don't be embarrassed or allow your ego to take control of your mind. We're all here to learn. Seek out a mentor and submerge yourself in studying.

4. Listen to CDs and cassettes

The late Earl Nightingale, one of the most amazing thinkers of our time, had this to say on the subject:

"Tape listening is the most important advance in technology since the invention of the printing press."

Earl was the Socrates of the last century and co-created the world's largest audio company The Nightingale Conant Corporation.

Our inner image of ourselves and what we want to accomplish in life makes us become what we were meant to be.

This is one of the most important habits you can create for yourself. Continuously listen to motivational audio CDs and cassettes. As a matter of fact, start waking up an hour earlier every morning and devoting that time to listening to inspirational CDs and cassettes. Listen to them until you can practically repeat them verbatim. This process will recondition your mind to think only of abundance and positivity. I listen daily as I exercise. It takes the boredom out of repetitious workouts. I learn and earn a healthy body and mind.

5. Attend seminars

To reinforce a positive way of life, sign up for and attend motivational seminars. There you will meet inspirational people (and possible mastermind members) and learn new ways of achieving your goals. You can search out seminars via the internet, newspapers, the Learning Annex, or local colleges and universities. Go back to your

list of mentors and seek out their websites. Find out their speaking schedule and attend whatever seminars are closest to where you live. Seeing these teachers face-to-face will help you stay focused on your goals and create a permanent positive mindset. My friend, Doug Wead, the world's best storyteller says: "Leaders are born at seminars."

6. Turn off the television

On average, the television set in an American home is on over 7.2 hours a day. Just like any bad habit, it needs to be broken. You may not think anything about leaving the television on while you're doing chores around the house or playing with your kids. But the television is filled with energy that is put out into the room. It becomes its own entity.

I'm not saying throw the TV in the trash. There's a lot of good programming out there. Unfortunately, quality television is something you have to seek out. I'm just saying that you should try cutting back your television viewing one hour every day at first – missing an hour a day won't hurt you. And you can use that time to read a book, listen to a motivational tape, walk your dog or spend time with your family. If you turn it on, it owns you, because 87% of your mind is visually oriented. Give yourself a no TV hour a day and you'll have 365 hours extra per year or two months of new freedom.

That's it! Just six easy steps.

These six steps will help you to re-energize your spiritual batteries and clear the haze out of your mind to help motivate you to decide what you really want to do.

Our minds determine our success or failure. Your mind is your ultimate strength and weakness. Everything begins and ends with your thinking.

Change your attitude – Change your results

Our inner image of ourselves and what we want to accomplish in life makes us become what we were meant to be. We have each created the lives we are living now through our beliefs we have established within ourselves. Belief systems based on lack and limitation reproduce themselves physically into our lives.

Think of unlimited prosperity – the true reality – and you'll experience unlimited prosperity – ultimately and inevitably, though not instantaneously.

Think of lack and limitation and you'll experience lack and limitation.

Limits are things we impose on ourselves, or allow to be imposed upon us. The bottom line is that our success or failure begins and ends with our attitudes about ourselves and success. What we believe determines our results. What we concentrate on comes back to us – multiplied 100 times. Our beliefs in the possibility or impossibility of any situation determine the outcome of that situation. If we don't believe in the possibility of success, it's not possible. Access vast success with self-chosen new processes

How do we replace our entire negative belief systems with a new, prosperity-focused belief system? It's just like anything else – start at the beginning.

1. Write down you're your beliefs are.
2. Then begin by asking yourself questions like: Do I deserve success and prosperity? What would

happen if I achieved success? Am I good enough for the man/woman in my life/that I want in my life? Would my success take success away from those around me, or would it increase everyone else's? Do I deserve to be happy? Are the people I surround myself with positive or negative influences in my life? Why do I associate with people who bring me down?

3. The answers to these questions will create other questions. For example, if you surround yourself with negative people in your life...why do you do this? Is it because you feel that you're not worthy of positive people in your life? If so, that is a limiting belief that needs to be replaced with a prosperous belief. You don't have room for negative people anymore.

One-by-one, eliminate each and every negative belief. They are like weeds that need to be plucked out and discarded. Replace each with a new, positive belief. Working off of the example above, instead of concentrating on your belief that you're not worthy of positive people in your life, replace that old belief with "I am worthy of abundance and prosperity, and only attract positive, encouraging, helpful, supportive people." You'll be surprised at how quickly those "can't

do" people will change their negative tunes or drop out of your life completely. Do this with all of your old beliefs and watch as prosperity manifests itself into your life. It takes 21 days to totally eliminate a bad habit and incorporate a positive habit as a new belief. But what's 21 days when the result will be having everything you've ever wanted?

Think big and prosperous and you'll get big, prosperous results. Think small and lacking and you'll achieve just that. The choice is yours.

Decide what you want to do

Ross Percy – when he was five years old he desperately wanted a bicycle. No one would buy or let him have a bike. No matter what he tried to do or how he tried to earn money for that bike, the bike was never his.

Deciding what you want to do with your life is relatively easy – keeping a positive mindset and staying with the plan of action takes discipline.

Percy grew up and he created many successful businesses, becoming a multi-millionaire in the process. As an example, Percy created Husky™ garbage bags - that sell two million a day at Wal-Mart.

So, just a few years ago, he brought together 1,200 poor kids just before Christmas. Percy did a little pep rally. He told them they could be, have, and do anything they would work for, and that he was proof. He told them that all they need is the desire, motivation and work at it, and they could be successful in their lives.

Percy asked: "How many of you want a new bicycle?" Of course, they all raised their hands. Gleefully, he walked to one side of the room and pulled back a giant curtain that had been placed there. Behind that curtain were 1,200 brand-new, shiny bicycles for the kids. Percy cried. The kids cried. Everyone who saw it on TV cried. Vice President Hubert Humphrey called Percy and said: "That's the sweetest, most loving and generous gift I've ever seen given, Percy. Thank you!"

This ingenious man knew what he wanted, went for it and got it. He was focused.

That's what I want you to be – focused on exactly what you want. How do you do this? Make a lifetime goal list. If you don't know how, consider

listening to my tapes called:
[Living Your Dreams.](#)

The best way to go about creating your goal list

become a member of my free Goal Rush Challenge on my website.

You'll be part of a vast group of individuals who learn how to set goals in every facet of life for immediate and amazing improvement. Go to http://www.markvictorhansen.com/goal_mining.php?beta where you can: [sign up](#) for

my free weekly support and advice column, **Rich Results**, which guides you through the goal-achievement process; read about how to dream really big for your life; create your 101 Goals list; send your goals to us so that we can check in on you, help keep you inspired and return this same list in exactly one year; and keep yourself accountable.

Mark Victor Hansen with
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America's Ambassador of
Possibility

Anything is possible

YOU are the key to having everything you've ever dreamed about.

1. Exercise your mental muscles daily to ensure success.
2. Develop a mindset focused on abundance and possibility to guarantee prosperity. And create a balanced goal list that motivates you to take massive action to achieve your dreams.

Deciding what you want to do with your life is relatively easy – keeping a positive mindset and staying with the plan of action takes discipline. Having a strong mind, a positive attitude and a list of goals will enable you to embrace the power you hold over your own destiny.

Decide What You Want To Do by tapping the power that lies within you! Go to my website: www.markvictorhansen.com to learn HOW to take immediate action checking into my product selection for inexpensive, ready-to-ship best sellers I've mentioned here: **Living Your Dreams** and **Future Diary**.



Goal Mine Your Way to Riches **FREE!**
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