

Day 2: the #1 thing holding you back

Hi Dr.Wasit Prombutr,

Welcome to **Day 2** of your 10-Day Transformation Series!

Yesterday I asked you to read the Introduction in your [free excerpt](#) of my best-selling book, *The Success Principles*.

You also should have written down five things you'd like to change in your life this year.

We'll get to those in a moment – but first, a question:

What would you say is the #1 thing that's holding you back?

- An unsupportive boss or coworker?
- The economy?
- Your spouse?
- Your health?
- A lack of time, resources, skills or knowledge?

If your answer is the same or similar to any of the above, I humbly suggest you've got it wrong.

THE #1 THING HOLDING YOU BACK IS
YOU

I don't mean to sound harsh or judgmental. It's true for all of us.

Almost 100% of the time, **we are our own biggest obstacle**—and when you learn how to get out of your own way, the path to success will become so much clearer.

The good news is, since you're the biggest obstacle, that means YOU have 100% total control over it.

And **you have the power to change it.**
(In fact, you are the only one who can.)

NO MORE EXCUSES

To create the life you want, you are going to have to accept 100% responsibility for everything that happens to you.

That means giving up all your excuses... all your victim stories... all the reasons why you can't and why you haven't up until now... and all your blaming of outside circumstances.

It's not your boss's fault.

It's not the economy's fault.

It's not your spouse's fault.

It's not because you don't have the time

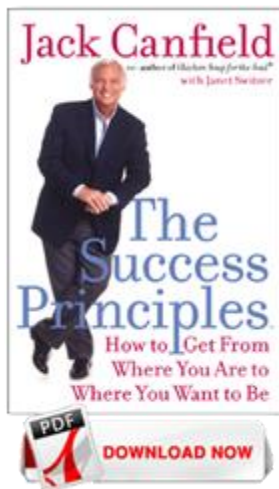
or the money to make it happen.

You have to eliminate such thoughts from your mind – forever.

Here's how you're going to do it:

TRANSFORMATION ACTIVITY 2

1. Read your free excerpt of the [The Success Principles](#) pp. 3-6



2. Download worksheet 1, "[Transform Your Excuses into Action](#)"

3. Using the list of the 5 things you created yesterday, complete the worksheet.

By the end of the exercise, you will have learned how to transform your excuses (which create a state of non-action) into solutions (which create a state of action).

THIS COULD BE THE MOST IMPORTANT STEP YOU EVER TAKE

I cannot overstate the importance of this activity. By learning how to take 100% responsibility for your life, you give yourself the power to change it.

The ability to create the ideal life is entirely within your grasp!

You can access your reading homework and worksheet here:

[YOUR TRANSFORMATION LAUNCH PAD](#)

Dedicated to your success,



Jack Canfield
CEO, The Canfield Training Group

P.S. If you'd like even more valuable tools to help you dig deeper into this work and accelerate your progress, I recommend you buy the complete copy of my book, [*The Success Principles*](#).

Here's what people say about it:

"The results you'll achieve will be

extraordinary!"

- Anthony Robbins

"This is Jack's finest piece of writing and will impact your life forever."

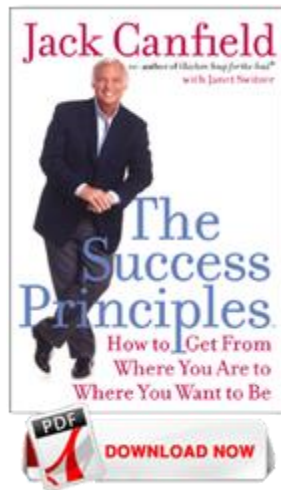
- Pat Williams, senior VP of the NBA's Orlando Magic

"This book will pave the way to achieving your highest success!"

- Peter Vidmar, two-time Olympic gold medalist in gymnastics

You can claim your copy here:

[*The Success Principles*](#)



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The Success Principles 10-DAY Transformation



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DAY 1

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Accept 100% Responsibility for Your Life

To create the life you want, you are going to have to accept 100% responsibility for everything that happens to you.

That means giving up all your excuses... all your victim stories... all the reasons why you can't and why you haven't up until now... and all your blaming of outside circumstances. It's not your boss's fault. It's not the economy's fault. It's not your spouse's fault. It's not because you don't have the time or the money to make it happen.

You have to eliminate such thoughts from your mind – forever.

Here's how you're going to do it:

Transformation Activity #2

Step 1: Read your free excerpt of [The Success Principles](#) (pages 3 - 6)

Step 2: Download this 2-page worksheet, "[Transformation Your Excuses Into Action](#)"



Step 3: Using the list of the 5 things you created [yesterday](#) complete the worksheet.

This is the most important step you can take to clearing your path to success!

Join the discussion on Facebook:

- See more at: <http://jackcanfield.com/launchpad-day-2/#sthash.HjCYam4i.dpuf>