

Day 4: Time to celebrate!

Hi Dr. Wasit Prombutr,

Welcome to **Day 4** of your 10-Day Transformation.

Today you're going to discover a surefire method to gain confidence, boost your resolve, and feel empowered to achieve anything you truly want.

But first:

Did you finish [yesterday's homework](#)?

If so, congratulations! You have identified the top "blaming" behaviors that have been holding you back from claiming your true power—and taken steps to defuse their power over you.

This is really powerful stuff!

But doing that kind of deep internal work can take a lot out of you.

That's why today's lesson has been designed to recharge your batteries and give you the confidence and determination you need to succeed.

IT'S TIME TO CELEBRATE

You have accomplished incredible things in your life.

And today you're going to take stock of your past successes and use their power to fuel you on your journey toward future success. So today's big question is: **what amazing things have you achieved in your life?**

Maybe you put yourself through university, traveled the world, or taught yourself a lucrative skill.

Maybe you have achieved success in your career.

Maybe you survived a horrible childhood or overcame a major personal setback.

Maybe you married the love of your life and have raised incredible children.

Whatever successes you've achieved or challenges you've overcome—now is the time to acknowledge and celebrate them.

Success Principle #26

ACKNOWLEDGE YOUR POSITIVE PAST

Research shows over and over that the more you acknowledge your past successes, the more confident you'll become in taking on new challenges. And the more successfully you'll accomplish them.

That's what successful people do.

They confidently seek out and accept new opportunities for advancement because they have confidence based on a lifetime of smaller achievements.

And from now on, this is something you're going to do as well.

TRANSFORMATION ACTIVITY 4

1. [Click here to go to your Transformation Launch Pad](#) and **download Worksheet 2: "Acknowledge Your Positive Past."**
2. Write down the biggest successes you've accomplished during the three stages of your life.
3. Read them out loud and allow yourself to feel deep pride for what you have accomplished.
4. Share your top accomplishments on my Facebook page: www.facebook.com/jackcanfieldfan

Keep this list handy and refer back to it whenever you need a reminder that you have the ability to achieve success at any

endeavor.

You'll be amazed at what you can accomplish if you believe in yourself!

Dedicated to your success,



Jack Canfield
CEO, The Canfield Training Group

P.S. Yesterday I talked about the power of connecting with a positive group of people who will support you on your journey to success.

One of the best ways to immerse yourself in this kind of supportive community is to **attend one of my live events.**

I have seen so many people radically transform their lives over the course of just a few days.

It's an amazing thing to witness!

You can learn more about my live events here:

<http://jackcanfield.com/training-events>



I hope we can meet in person one day!



The Success Principles 10-DAY Transformation



Celebrate Your Past Successes

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And today you're going to take stock of your past successes and use their power to fuel you on your journey toward future success.

So today's big question is: **What amazing things have you achieved in**

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your life?

Maybe you put yourself through university, traveled the world, or taught yourself a lucrative skill.

Maybe you have achieved success in your career. Maybe you survived a horrible childhood or overcame a major personal setback. Maybe you married the love of your life and have raised incredible children.

Whatever successes you've achieved (big or small) or challenges you've overcome—now is the time to acknowledge and celebrate them.

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Transformation Activity #4

Step 1: Download Worksheet #2: "[Acknowledge Your Positive Past](#)"



Step 2: Write down the biggest successes you've accomplished during the three stages of your life.

Step 3: Read them out loud and allow yourself to feel deep pride for what you have accomplished.

Step 4: Share your top accomplishments on my Facebook page: www.facebook.com/jackcanfieldfan

Surround yourself with positive people by attending one of my live events!



Every year, I work together with a select group of students to let go of our limitations, get clear on what we really want from life, and create an action plan to make it happen.

This transformative event is called Breakthrough to Success – and I would love to have you join us to experience its power for yourself.

[Learn more about our live events here](#)

- See more at: http://jackcanfield.com/launchpad-day-4/?inf_contact_key=1fd629923d5c82f91137865fc00f0fcfbf9a16c7f1604b8b88d2f4a86282359e#sthash.1ipuCl9Y.dpuf