

Day 5: The one thing you need to change

Hi Dr.Wasit Prombutr,

You're about to learn the ONE thing you need to change in any situation in order to guarantee a favorable outcome.

But first, I was wondering if you've done your homework from yesterday.

Acknowledging your past successes is a powerful way to generate the confidence you need to fuel your progress toward future success.

When you see how much you've already accomplished in your life, you realize that you can achieve anything you set your mind to!

All right, let's move on to today's lesson...

You're about to discover a simple equation that's going to have a revolutionary impact on your life.

Here it is: **EVENT + RESPONSE = OUTCOME**

I talked about this in the video you watched two days ago ("[Liberate Yourself from the Blame Game](#)").

What it means is, every outcome you experience is the result of how you responded to an earlier event.

Let's say you've gained 50 pounds in the past year.

Maybe that **outcome** came about because you overindulged in unhealthy junk food (**response**) as a way to cope with stress at work (**event**).

Or maybe you just got passed over for a promotion at work again (**outcome**) because when a co-worker took credit for your hard work (**event**), you didn't speak up about it(**response**).

Of the three variables in this equation:

EVENT + RESPONSE = OUTCOME

... there is only one that you have control over. And that's your **RESPONSE** to the events that happen in your life.

It doesn't matter what those events

are...

- A struggling economy
- Your spouse cheating on you
- Government cutbacks
- A serious illness

... the only way you can generate a more positive outcome is to change your response.

Here's how to make it happen:

TRANSFORMATION ACTIVITY 5

1. Read pp. 6-10 in your excerpt of [*The Success Principles*](#).
2. **Listen to my free 60-minute audio gift, "[Take Control and Get What You Want](#)"** for inspiring stories on what people just like you can accomplish when they take control of their lives and pursue what they really want in life.
3. As you listen, write down one recent outcome you weren't happy with and consider how a different response might have resulted in a better situation.
4. Think of an upcoming event that you're worried about and consider the

different responses you can make. Which one is most likely to lead to the outcome you desire most?

To improve your chances of creating the favorable outcome, please share the upcoming event and your planned response with a loved one.

When you put it out there in the world, you're much more likely to receive it!

Dedicated to your success,



Jack Canfield
CEO, The Canfield Training Group

P.S. Please stop by my [Facebook page](#) and let me know what you think of the 10-Day Transformation Course so far. I'd love to hear how you're doing!

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The Success Principles

10-DAY Transformation



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The ONE Thing You Need to Change

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I talked about this in the video you watched two days ago ("[Liberate Yourself from the Blame Game](#)"). What it means is, every outcome you experience is the result of how you responded to an earlier event.

Let's say you've gained 50 pounds in the past year. Maybe that **outcome** came about because you overindulged in unhealthy junk food (**response**) as a way to cope with stress at work (**event**).

Or maybe you just got passed over for a promotion at work again (**outcome**) because when a co-worker took credit for your hard work (**event**), you didn't speak up about it (**response**).

Of the three variables in this equation: EVENT + RESPONSE = OUTCOME

... there is only one that you have control over. And that's your **RESPONSE** to the events that happen in your life. It doesn't matter what those events are...

A publisher rejects your manuscript

Your spouse cheating on you

Decline in business

A serious illness

... the only way you can generate a more positive outcome is to change your response.

Here's how to make it happen:

Transformation Activity #5

Step 1: [Read pages 6-10 in your excerpt of The Success Principles](#)

Step 2: [Download](#) or listen to this free 60-minute audio gift "**Take Control and Get What You Want**" for inspiring stories on what people just like you can accomplish when they take control of their lives and pursue what they really want in life.

This audio teaches you how you can change the outcomes you get in life by simply changing your responses. **Listen Now.**

00:00
00:00

Step 3: As you listen, write down one recent outcome you weren't happy with and consider how a different response might have resulted in a better situation.

Step 4: Think of an upcoming event you're worried about and consider the different responses you can make. Which one is most likely to lead to the outcome you desire most? To improve your chances of creating the favorable outcome, please share the upcoming event and your planned response with a trusted friend for feedback. When you put it out there in the world, you're much more likely to receive it.



Please stop by my [Facebook page](#) and **let me know what you think of the 10-Day Transformation Course so far.** I'd love to hear how you're doing!

- See more at: <http://jackcanfield.com/launchpad-day-5/#sthash.RquiPHAi.dpuf>