

RDJ'S NOTES

COURSE D | SESSION 2

The Strangest Secret

Earl Nightingale

**If you keep doing what you've always done,
you'll keep getting what you've always got.**

Twelve-step programs, such as Alcoholics anonymous, defines insanity as “continuing the same behavior and expecting different results.” It’s just not going to happen. If you are an alcoholic and you keep drinking, your life is not going to get any better. Likewise, if you continue your current behaviors, your life is not going to get any better either.

The day you change your responses is the day your life will begin to get better!

If what you are currently doing would produce the “more” and “better” that you are seeking in life, the more and better would have already shown up. If you want something different, you are going to have to do something different.

Millionaire in the Making

Believing in Yourself is an Attitude.

Believing in yourself is a choice. It is an attitude you develop over time. Although it helps if you had positive and supportive parents, the fact is that most of us had run-of-the-mill parents who inadvertently passed on to us the same limiting beliefs and negative conditioning that they grew up with.

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