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All of us have specific areas of our lives that we find challenging and have mental blocks about, whilst other areas that we find easy and breeze through. And these will be different for different people, so whilst if you ask Usain Bolt about running then he may find running a breeze (well clearly he finds it easy anyway!), whilst if you asked him how he feels about completing his tax return, then it may well bring him out in cold sweats.

We are all similar, and the truth is that mental block impact on us in more ways than we know. These can be such areas in men as having a mental block about talking to women in bars, or maybe a woman not asking for a promotion at work, because she thinks that the boss may think she is being pushy, and of course, in all manner of other areas.

The fact is that mental blocks manifest themselves by us blocking our own pathway to success, generally by playing mental imagery over in our minds of the very worst outcome that could possibly happen if things were to go wrong. So when the man is in the bar some, not so subtle mental videos are being played out that see him mentally viewing the women he might have approached laughing in his face, or pouring a drink over his head and telling him to get lost. In other words the comic book scenes that never actually happen in the real world, but which seem ever so likely to happen when you arenâ€™t feeling very confident, and harbor a mental block about how you think women perceive you to be.

The same is true with the woman asking for the raise or the job promotion. In her mind when she thinks about what may happen she has mental imagery of her boss laughing at her presumptuous request, or saying to her that her work is in fact not satisfactory, and that rather than getting a wage rise he is now in fact considering cutting her wages.

Again, all incidents that only ever really occur in the mindâ€™s eye, and which bear no relation to the reality of the no doubt outstanding job she may have done.

And yet in both cases because both of these people have mental blocks about actually taking control and taking some action, they never experience that joy of success, or actually changing their life situation around by making things happen.

In order to achieve your full potential and achieve the success you deserve, you need to overcome the mental blocks that are holding you back from securing your dreams.

It isnâ€™t enough to just read about success or think about success. Success happens as the application of a well laid plan to an effective course of action, and so you need to start now by taking practical steps to overcome your mental blocks, and achieve the kind of success that you really deserve.

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a How to Be Successful. Many people want to a achieve success in life, Our Magnify programs are dedicated to helping you: remove your road blocks, define your greatest gifts, expand your vision of whatâ€™s possible, and with new found clarity be living in your intention â€“ whether itâ€™s personal or professional.

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