
Understand Your Mind & Change Your Life

The Secret of Success



www.shazivandhromaj.com

[Fuqia e mendimit @Spotify](#)

[Fuqia e mendimit @Youtube](#)

1. What Do We Aim For?

This program, "*Understand Your Mind & Change Your Life*", was created after studying some of the greatest thinkers through their books, seminars, and recordings, which form the most powerful materials in the field of personal development. This manuscript was designed to help anyone who wishes to learn how to create their future. To learn the secret about the ability to control the flow of mental energy from the top down—from its entry into our minds to its release into the body as a vibration. Movement of the body. Because our body is an instrument of the mind, and it is the mind that drives the body into motion. Based on the thoughts we keep in mind most of the time, our body will act, thereby producing our results.

It is truly extraordinary how the human being is built and operates. The most remarkable thing is that, in most cases, we are not even aware of this exceptional fact. Many of us do not recognize or understand the immense potential we have within ourselves. The power of our being. The energy we transmit and attract. The abilities given to us by the universe from birth.

We are the highest form created by “God”. We possess the same creative abilities as Him, but we simply aren’t aware of it. More so, we don’t believe this fact.

We aim to show and convince you how far you can go if you only believe in yourself and your imagination. You simply need to begin to understand how, and then everything starts to illuminate itself. Properly utilize the gift the universe has provided us with at birth, and you will see the path unfold before you toward a new level—always higher—of understanding and belief. In short, consciousness.

We will address throughout this program, in the simplest way possible—understandable to all ages—the techniques for using thoughts to improve the quality of our lives. We will discuss the systems that operate in our bodies, such as the nervous system. Then, we will explore how the human mind is constructed, creating an image of the mind—a key part of the program, as we operate through images. All individuals have a mental image of everything they register in their minds, and they cannot think about it unless they have an image in their mind. The word "imagination" refers to bringing images into the mind, working with images, and only in this way can we pave the way for our creativity.

We will talk about our automatic system, which performs all the functions in our bodies that do not require conscious or voluntary action. We have a programming in our minds that automatically performs these actions, called habitual behaviors. The programming that controls almost all habitual behaviors is called the Paradigm.

If you think you are in control of yourself, let me tell you this is true as long as everything is going well. But when things get complicated, when panic strikes or great fear overwhelms you, you will understand that you are no longer in control. It is the automatic system that takes over. This happens because the nervous system is built to protect itself—you—even without your approval.

The moment fear or panic overtakes the mind, it indicates that the brain does not have prior experience with this situation, doesn’t know how to act, and thus switches to survival mode, where you must fight or flee.

The solution you will learn throughout these programs is as follows:

The source of all fears is ignorance. To combat fear, we must create diverse experiences throughout life, and through learning and understanding, turn fear into confidence. This program will help you increase knowledge about yourself and create a better version of yourself each day.

There is a secret place where infinite knowledge resides. Do you want to discover it? Well, now is the time. The secret place is within us. Yes, within us.

Did you know that the word "education" comes from the Latin word "educio" meaning to bring out from within? Indeed, all knowledge resides within us, and what we do throughout life is to become increasingly aware of it. At every new level of awareness (frequency), perception and perspective change, and as a result, new ideas emerge based on that level of awareness. The key to influencing the growth of awareness lies in the specific use of our minds and thoughts.

Our mind is equipped with special abilities, unlike any other living beings: intellectual faculties, which are Perception, Imagination, Reason, Will, Intuition, and Memory. These faculties make us similar to our Creator. They make us creators. But we must learn how to use these faculties correctly, and you will see that each of us will need binoculars to look back at our old selves and see how far we've come.

Learning doesn't begin when we start school and end when we finish it. Learning lasts a lifetime.

Read through this program, and it will help you develop your potential. It will surely be an extraordinary experience.

1. The Why?

Hello. I am Shazivan Dhromaj, and I want to share with you an extraordinary idea—a great secret. It is called a secret because it is not taught in the institutions of society as we grow up.

This is a solution for all those who think and desire personal growth but have not yet found the right method or inspiration. For everyone who understands that there is something beyond the physical world our senses can perceive—a spiritual and emotional world. For those who recognize that our mind is a wonder of the universe. My goal is to help all those who feel they can be much more than they have been taught to be so far.

This idea was not created by me but was planted in my mind by great minds of thought. I have always been very interested in personal development:

2. During my career in sales, observing and learning from people around me with cultivated skills, ahead of me in certain aspects, and adopting those skills to add value to myself.

3. By attending as many training sessions as possible in the companies I have been part of and applying what I learned—because no skill or new idea can help unless it is put into practice.
4. Most importantly, through the long-term studies I conducted via books, video seminars, training sessions, and audio materials from some of the greatest people in this field.

Today, there are endless opportunities to be informed and study anything you aspire to do or undertake. There are extraordinary and countless books, videos, and training sessions that can genuinely help. Never before in the history of humanity have we had such easy access to knowledge. We live in one of the most golden eras humanity has known, and this should be fully understood.

This has helped me become familiar with some of the greatest teachers in the field of personal development. However, it was Bob Proctor who immediately lit a powerful light in my mind. He uniquely presented the idea derived from reading one of the most powerful and successful books in the history of personal development, *"Think and Grow Rich"* (a book credited as the source of many fortunes and billionaires over the last century). The idea that we can change our lives by controlling our thoughts is, for me, the greatest secret of our species.

I had heard before about the existence of such a secret, referenced in many books, including *"The Secret"* by Rhonda Byrne. But I had never been deeply drawn to the idea—perhaps I didn't fully understand it, or maybe the chemistry with the author's delivery didn't click. But with Bob, it was like lightning. Attending his lectures gradually introduced me to his mentors, Earl Nightingale and Napoleon Hill, the author of *"Think and Grow Rich."*

The deeper I delved, the more I was amazed. For the first time, I was finding answers to all the questions I had had throughout my life: Why was I the way I was, and how could I understand myself more deeply? And as I began to understand, everything became clearer. It's a unique emotion to comprehend and explain your own actions and those of others, your own thoughts and those of others, your own emotions and those of others, your results and those of others.

It truly is a secret, and I want to share it with as many people as possible. I will do so with a burning desire to help anyone who seeks greater understanding. I realized this is now my greatest passion: to share this idea with as many people as possible. Because the greatest joy is sharing the knowledge you've gathered and helping to make both your dreams and the dreams of others a reality.

I believe that everyone has the right to know this information. After that, everything depends entirely on you. You can achieve and have anything you desire in life. And this is completely in your hands—if you are ready to absorb what we will explain below.

First and foremost, try not to focus on finding faults in this text or in the way it's expressed, because you will find them. If you try to find things here that don't work, I'm certain you will, as long as you keep looking.

How do I know this? It's simple. As you will learn in this text or others, the universe operates on fixed and precise laws that allow us to predict occurrences and actions with unwavering accuracy. One of these laws is the Law of Polarity—the Law of Opposites. Everything has two opposing sides: there is up and down; warm and cold; positive and negative; forward and

backward; good and bad; yin and yang, and so on. Everything contains both. It is up to us to choose which side we observe.

Take the example of a magnet, which has two poles, north (N) and south (S). If we remove the south pole from a magnet thinking we'll only be left with the north pole, we'd be mistaken. The moment we separate the south pole from the magnet, the remaining piece (which we think is just north) will immediately form a new south pole, and the magnet will again have two poles. This is because the Law of Polarity cannot be avoided; we cannot have one without the other. Therefore, I am certain that if you look for flaws here, you will undoubtedly find them.

But I suggest focusing only on the ideas being presented, so we can derive the best value from this program.

I am not here today to tell you how to live your life because that is neither my role nor my responsibility. That is entirely up to you. However, I want to share with you how to begin recreating yourself—your success. Yes, you heard that right: your success.

Many of the successful people we see or hear about daily are often labeled as "lucky" or favored by the universe more than others. Some even believe these individuals were born with extraordinary talents that set them apart from the rest of society. But this is not true. The universe (God, the Creator, however you wish to name it) does not favor one person over another or show partiality.

“We are all the highest form of creation by God.”

And success is not determined by the environment or circumstances in which one lives and grows.

“Success is not a matter of environment or circumstances because, if it were, all the people in one neighborhood would be wealthy; the residents of one city would thrive while all other cities would remain poor; or the citizens of one country would be prosperous while neighboring nations stayed in poverty. Yet, everywhere, we see the rich and the poor living side by side in the same environment, often engaged in the same activities. When two people in the same business, in the same locality, achieve different outcomes—one becomes wealthy, and the other remains poor—it proves that success is not primarily about the environment. While some environments may be more favorable than others, when two individuals in the same neighborhood and the same field achieve such contrasting results, it shows that success stems from doing things in a certain way. Furthermore, the ability to do things this certain way is not solely due to talent because many highly talented individuals remain poor, while others with little talent become wealthy.”

—*The Science of Getting Rich*, Wallace Wattles.

Let us begin.

2. How to Act?

Let's think about it!

1. Module 1 – “Brain Cells” and Neuroplasticity

How well do we know ourselves and our capacity? How does the human being function? We must admit that we do not have a deep understanding of ourselves, the human being, its capacity, and even less how it operates. Throughout life, we study and come to understand different systems down to their smallest details—cars, trains, ships, airplanes, computers, phones, etc.—because we need them to use, maintain, and develop them.

I am certain that among you, there are individuals who can precisely explain these systems and talk about them for hours. But how many of you can say how our internal systems work? We have some extraordinary systems within our bodies that function in a truly impressive way. And we have a central system, the most advanced one you've ever seen, that controls all the other systems: the Central Nervous System (the brain).

The brain is pure processing power. It is connected to a massive network of nerves and fibers throughout the body that work in perfect synergy to turn data into actions. The nervous system is made up of highly specialized cells called neurons, which transmit signals at hundreds of kilometers per hour. Neurons are the “building blocks of the brain.” They are, in fact, the components that enable us to think, decide, imagine, see, or hear things. They are unlike any other cells. There are a hundred billion neurons inside the brain and millions more that snake throughout the body.

What makes them genius is that we can train these cells to do almost anything and, in the process, completely transform who we are.

❖ **Let's create a few brain cells to understand how they work.**

2. Module 2 – The Image of the Mind

The Image of the Mind. We all have an image in our minds of nearly everything we can think about. We think in images. If I ask you about your house, an image of your home will immediately appear on the screen of your mind—exactly as it is or exactly as you would like it to be. If I ask about your car, again, the image of your car will pop up in your mind, and so on.

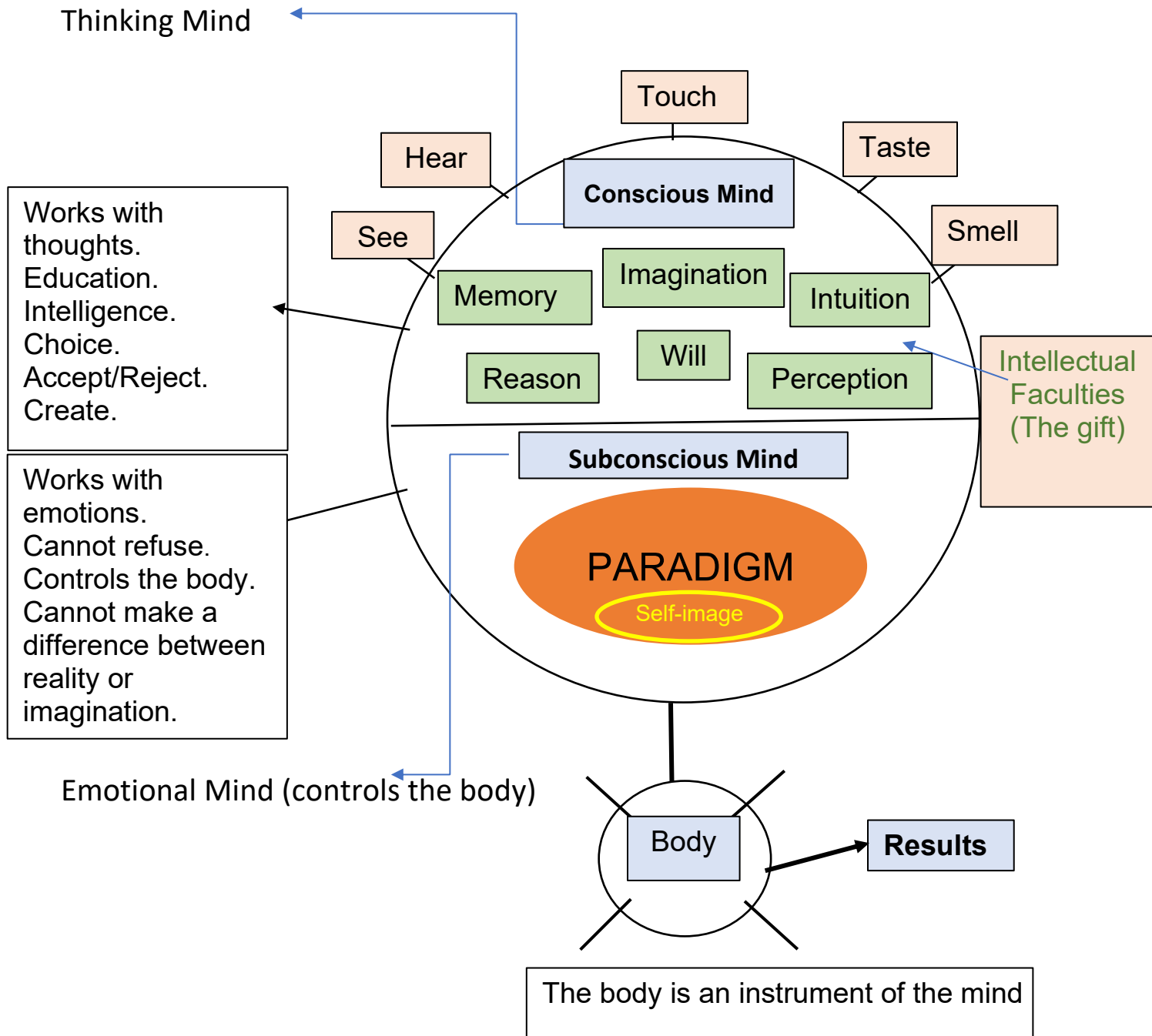
But if I ask you what image you have of your mind, I believe none of you will be able to visualize an image of the mind. Most likely, many would picture the brain; however, the brain is not your mind—it is the organ with which you think. The lack of a clear image for something causes confusion within us.

What I will share with you now is extraordinary. It is the most valuable concept I have ever learned. It connects all the pieces of the puzzle. It is an image of the mind. It was created in 1934

by Dr. Thurman Fleet, the father of American psychotherapy. He had decided to study the mind and the paradigm to demonstrate to patients how they could heal their bodies by controlling the activity of their minds.

This illustration will clear confusion, bring order, and give you a model to work with as you proceed with this program.

– It is not the real image of the mind but an excellent model to work with.



A. The Conscious Mind: The Thinking Mind

The conscious mind is the part of you that thinks. Visualize the upper half of your head as your conscious mind. Your free will resides in this part of your mind. You have the ability to accept or reject any idea. No person or circumstance can force you to think about ideas or thoughts you do not choose. This is important because the thoughts you choose will ultimately determine your results in life.

When you accept a thought, it embeds itself in your subconscious mind.

The Five Senses

The conscious mind operates through the five senses:

- **Touch**
- **Taste**
- **Hearing**
- **Sight**
- **Smell**

This mind works with thoughts, education, intelligence, and choice. It has the power to accept or reject ideas and to create new ones.

The Six Intellectual Faculties

The conscious mind is also equipped with six intellectual faculties, which are gifts of a divine nature:

1. **Imagination**
2. **Intuition**
3. **Memory**
4. **Will**
5. **Reason**
6. **Perception**

These faculties are what make us creators, enabling us to think beyond our current circumstances and craft a better future.

B. The Subconscious Mind

This part of you operates in every cell of your body. However, for our illustration, the lower half of the head represents your subconscious mind. Any thought or word your conscious mind chooses to accept, the subconscious must also accept. It has no ability to reject.

Every thought that you consistently impress upon your subconscious mind becomes fixed within this part of your personality. These fixed ideas continue to express themselves automatically without any conscious effort until they are replaced. (These fixed ideas are often called "habits.")

C. The Body: An Instrument of the Mind

The body is the most visible part of you. It is the physical representation of who you are—the material medium—and it is simply an instrument of the mind or the house you live in. The thoughts or images you consciously choose and impress upon the subconscious must move your body into action.

Your actions determine your results. Here is the process:

1. **Thoughts**
2. **Feelings**
3. **Actions**
4. **Results**

Example Exercise: Close your eyes and imagine squeezing a lemon into your mouth. Immediately, your mouth will salivate because your subconscious mind cannot distinguish reality from imagination. This demonstrates that the body is truly an instrument of the mind.

3. Module 3 – Thoughts – CBT (Cognitive Behavioral Therapy)

Humans are born with an extraordinary gift—their mind. As we mentioned earlier, we are equipped with systems of infinite intelligence. Unlike any other living creatures on our planet, we are the only beings capable of controlling our thoughts and, as a result, directing them toward what we want or need the most to make it a reality.

Human beings are the only creatures that can change their circumstances and create the necessary conditions for continuous development. All other living beings can only adapt to their circumstances. For instance, geese and birds always migrate south, even if there is no refuge waiting for them there, because they are programmed to do so. In contrast, we can choose to travel in any direction we think or desire.

We are spiritual beings, equipped with intellect, living in a physical body. With this intelligence, humanity has achieved and created magnificent works comparable to those of our Creator.

“Whatever the mind can conceive and believe, it can achieve.”

– *Napoleon Hill*

Thoughts are powerful and become even more so when mixed with determination, purpose, persistence, and burning desire. These elements translate thoughts into material wealth or other physical outcomes. Here’s how:

1. **Defining a purpose**
2. **Perseverance and determination to stick with that desire until it is achieved**
3. **A burning desire to turn thoughts into wealth or other tangible objectives**

One of humanity's major weaknesses is its familiarity with the word "impossible." Many people know all the reasons why something won't work or cannot be done. However, this program aims to teach you the rules and practices that have made others successful and that you can adopt for your own success.

Success comes to those who become conscious of it. The goal of this program is to help anyone seeking to transform their mindset from **failure consciousness** to **success consciousness**.

We possess the power to control our thoughts. The universe, which surrounds our small planet and sustains our existence, is a form of energy vibrating at a high frequency. It is filled with a universal power that aligns with the nature of the thoughts we hold in our minds. This power influences us naturally, helping to transform our thoughts into their physical equivalent. The universe does not discriminate between destructive and constructive thoughts; it simply reflects back what we focus on.

If we think about poverty, the universe will return poverty. If we think about wealth, the universe will return wealth. - "Think and Grow Rich". Napoleon Hill

A. The Power of the Subconscious Mind

"The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."

– *Albert Einstein*

Decades of studies reveal that 90–95% of people live their lives unaware of this secret. Most people live as a reaction to life, accepting external influences without reflecting on internal factors. They exist solely in the physical realm, relying only on what their senses provide, without engaging the intellectual faculties they are born with. They build their perception of truth based on external information.

This information—news (negative media coverage, crises, wars), opinions (various forms of brainwashing), society (culture and tradition), and family (expectations and behaviors)—shapes a rationality that Einstein refers to as the "faithful servant." Living reactively to life causes conflict with our internal factors. Striving to align with external factors while neglecting our internal needs leaves us dissatisfied, unhappy, unmotivated, and unaware of the steps necessary for change.

Most people find themselves caught in a vicious cycle of survival-based routines, mirroring the routines of others, believing that working harder and longer will suffice. This mentality often leads to spending a lifetime serving others' needs without addressing their own, failing to achieve economic independence by retirement age.

Meanwhile, 5% of people thrive, consistently achieving new levels of success and happiness. These individuals believe in, follow, and apply the divine gift of their intuitive mind. They base their actions primarily on internal factors and perceive life from the inside out. They filter external information, rejecting anything that does not align with their understanding, desires, and

actions. Consequently, they shape the external world according to their internal vision, creating harmony within themselves.

B. A Different Perspective on Crises

We often assume that in times of crisis, everyone loses. But this is not true—some gain immensely.

Note: The examples and cases considered here pertain exclusively to ethical and lawful successes, not to dubious or dark enterprises.

4. Module 4 – The Paradigm (Conditioning; The Subconscious)

What controls our behavior?

The way each of us behaves, acts, or perceives is gradually shaped by what we choose to think and believe about ourselves and our surroundings from an early age. Through continuous belief in the truths we construct based on information coming from within or outside of us, we build our belief system, which has the primary influence on our results—whether positive or negative.

In our subconscious mind, which governs our habitual behaviors, the **Paradigm** is formed.

The Paradigm is a mental programming that controls our habitual behaviors (our habits), and nearly all our behaviors are habitual. We all have a Paradigm and will always have one. However, we can change its shape often throughout our lives, and in doing so, we change the perception of what we are or are not capable of achieving.

From childhood, we build our Paradigm influenced by others (family, society), without having the power to react to it. Consequently, our Paradigm reflects the habits and behaviors of the family or society in which we grow up. As a result, our outcomes mirror this Paradigm.

Example: A child raised in a bilingual family will learn both languages as they grow.

To change our results, we must change our Paradigm by creating new habits that align with the outcomes we want to achieve.

A. The Power of the Subconscious

Our belief system, or conditioning, holds immense power over us. It controls 90% of our daily actions. This is a subject we will explore in depth.

B. Reaction vs. Response

Understanding the difference between reaction and response is crucial. Learn what you should do to shift from reacting to responding consciously.

5. Module 5 – Success

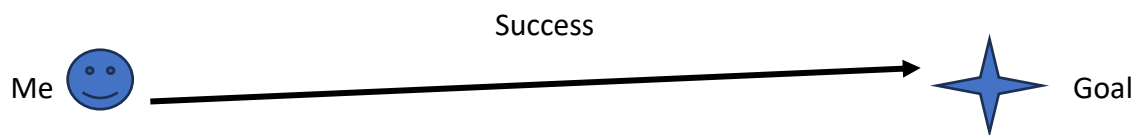
What is success?

Let's focus on the word "success".

In English, we notice that "success" is tied to the word "succeed," meaning to accomplish something or achieve.

In Italian, the word "successo" translates to "it has happened," indicating that something has been realized.

But what does it truly mean to realize something? It means that you must have something to realize. That "something" is a **goal**. In simple terms, a successful person is someone who sets and achieves their goals. Continuous progress from where you are toward your ideal is success. You can never truly be successful without setting goals and moving forward to achieve them. People without goals lack direction and cannot define success for themselves.



- ❖ *Need to analyze where we are.*
- ❖ *Define where we want to go.*
- ❖ *And keep moving in that direction.*
- ❖ *This is called SUCCESS.*

A. Definition of Success

To be honest, I've heard many definitions of success, and all of them have been valid and insightful. But the one that resonates most with me is this:

“Success is the progressive realization of a worthy goal (or ideal).”
 – *Earl Nightingale*

Repeat it again:

“Success is the progressive realization of a worthy goal.”

The focus then shifts to defining what a "worthy goal" is. I will explain the different types of goals below. But first, let me clarify what a goal is and why it matters.

B. The Purpose of Goals

Goals are the aspirations or desires we set for ourselves to grow and develop. Goals are not merely about reaching a destination; they are about stretching ourselves, evolving, and stepping out of our current form to transform into a greater version of ourselves.

“It’s not what you get that’s important, but who you become in the process.”

“A goal is a dream with a deadline.” – *Napoleon Hill*

6. Module 6 – Goals

Let’s discuss the types of goals. In this program, we classify goals into three types:

1. Type A Goals:

These are things you already know how to do.

- However, they do not bring much motivation or excitement.
- Example: Your daily routine tasks or objectives that involve doing things you’ve done before and are already skilled at.

2. Type B Goals:

These are things you think you can do.

- While they may provide some initial excitement, they quickly turn into routine and lose their spark.

3. Type C Goals:

These are the things you truly want to achieve.

- You don’t know how to achieve them yet, but you know deep inside that you want to and will.
- In my view, **Type C Goals** are the most meaningful. These are the “worthy goals” or the **ideal objectives**.

A. The True Purpose of Type C Goals

A Type C Goal allows you to step out of your comfort zone and grow beyond normal limits, projecting you toward the 5% of people who achieve extraordinary success. The critical aspect of selecting a Type C Goal is defining it carefully. It must align with what you genuinely want in

life—your passion. It should be something that excites you to the core, gives you goosebumps, and stirs deep emotions every time you imagine achieving it.

However, what often scares people away from this type of goal is the unknown surrounding it. Most people hesitate to take such initiatives because they don't know how or where to begin. They mistakenly think successful individuals only choose goals they know how to achieve.

But this is far from the truth. Successful people have the courage and willpower, along with the awareness gained from past experiences, to set **Type C Goals** and pursue them step by step, learning and understanding more every day.

B. Examples of Type C Goals

Think about this:

- Did Steve Jobs know how to create an iPhone until he did it?
- Did the Wright Brothers know how to fly an airplane when no one had ever done it before?
- Did Henry Ford know how to build the engine for his automobile, a task that had never been accomplished?
- Did Thomas Edison know how to invent the light bulb until he succeeded?

No. These were all **Type C Goals**. Through dedication and perseverance, they achieved what others had not even dreamed possible.

C. Looking Back to Move Forward

Steve Jobs once said, “You can only connect the dots looking backward, never forward.” This means that the path becomes clear only when you reflect on what you've done, where you started, and where you've arrived. This reflection builds confidence, awareness, and self-belief, helping you plan for the future and pursue your next goal.

Of course, this journey is filled with failures. However, a distinguishing trait of successful people is their refusal to give up in the face of failure. Instead, they see failures as stepping stones to success, systematically eliminating wrong options until they are left with the right one.

7. Module 7 – The Pillars of Success

To build our path to success, both now and in the future, we need to establish foundational pillars. These pillars serve as the base upon which we construct our success. In my view, there are four main pillars that must be well-established to support everything else:

1. **Attitude**
2. **Self-Image**
3. **Imagination**
4. **Decision**

There are other elements that could also be considered pillars, such as:

- **Self-Discipline**
- **Controlled Enthusiasm**
- **Focus**

However, I believe the four mentioned above form the essential foundation for starting this journey.

8. Module 8 – Attitude

The Magic Word – Earl Nightingale

Hello this is Earl Nightingale, and I'd like to tell you about the magic word. The experts call it the most important word—as far as the results we get from life are concerned—in this or any other language. And the magic word is ATTITUDE. Attitude is defined as “the position or bearing as indicating action, feeling, or mood.” And it is our actions—feelings—or moods—which determine the actions, feelings, or moods of others toward us, and which control, to a surprising extent, our success or failure. Here is where we have the first opportunity to add some real heat to this powerful program. Consider this: you live simultaneously on three planes ...

1) you are a spiritual being; 2) you have a marvelous mind; and 3) you live in a physical body.

1. SPIRITUAL - THOUGHT ENERGY NON-PHYSICAL

2. INTELLECTUAL IDEAS

3. PHYSICAL THINGS OR RESULTS

-Earl explained that attitude is our “position or bearing as indicating action, feeling or mood.” Think of what he said ... attitude is ACTION, FEELING or MOOD. That would indicate attitude is expressed by both your mind and your body. Now, we THINK in pictures or images ... we certainly, have an image of our BODY, but we do not have one for our MIND. No one has ever seen the mind ... and where there is no image there is confusion. The image is what brings order to the mind. This is why Solomon said, “Where there is no vision, the people will perish.” It was after years of serious study that I stumbled upon this beautiful truth. Without an image of the mind, your understanding of attitude will very likely be distorted. However, that does not mean you will not be successful in life. You could have a great attitude and become highly successful ... yet, not understand exactly what attitude is and how it has affected your success in life. A person in this position is frequently referred to as an unconscious competent. When this is the case, a person's success would be non-transferable. Since their success has its foundation in their

attitude and since they do not have a clear understanding of what attitude is, they would be unable to explain their cause of success to another person ... possibly even a loved one. Situations like this are not uncommon. Before we help you in forming an image of the mind, let's continue with Earl Nightingale's description of the magic word-.

It is, then, our attitude toward life which will determine life's attitude toward us. Now, what does this mean exactly? Everything operates on the law of cause and effect. Everything we say or do will cause some effect. Now, we're charged with producing causes ... the effects, or the rewards of our actions, will always take care of themselves. That's why I say success can be guaranteed and will come to us every time if we live in a certain way. Good attitude—good results. Fair attitude—fair results. Bad attitude—bad results.

-Earl explained, "Everything operates on the law of cause and effect." That was correct, however, we are going to expand upon that. Dr. Wernher von Braun who is considered the father of space exploration stated, "The natural laws of the universe are so precise that we have no difficulty building a spaceship that we can send to the moon, and we can time the landing with the precision of a fraction of a second. He also said these laws must have been set by someone. Everything in life is controlled by law. Cause and Effect is just one of the laws.

-Earl recognized that everything was controlled by law. In the final lesson he quotes Ralph Waldo Emerson who said, "Let him learn a prudence of a higher strain. Let him learn that everything in nature, even dust and feathers go by law and not by luck ..." The law has been described as the uniform and orderly method of the omnipotent God. In other words, the law is God's modus operandi. There are seven laws. I found it amazing how well Earl included all of the laws in "Lead the Field." As we come to them, they will be brought to your attention ... which will heighten your level of understanding and give you greater control over your life. As we return to "Lead the Field," that is exactly what Earl Nightingale is suggesting-.

You see, each of us shapes their own life. And the shape of it is determined by our attitude, the attitude we hold most of the time! Sounds simple, doesn't it? But, it's not quite that easy. For most of us, learning this new habit takes time. But once it's mastered, our daily lives will become as changed as if we walked out of a dark tunnel into the bright clear light of day. A person with a poor attitude toward learning, for example, in school or afterward, isn't going to learn very much until they change their attitude. I know you can think of examples of this in your own life. If we take the attitude that we cannot do something, we generally will not do it. An attitude of failure—and we're whipped before we start! So, we know, then, that what we receive from life, what we accomplish, or fail to accomplish, is due in large measure to our overall attitude. William James of Harvard said the greatest discovery of his generation was that:

"HUMAN BEINGS CAN ALTER THEIR LIVES BY ALTERING THEIR ATTITUDES OF MIND."

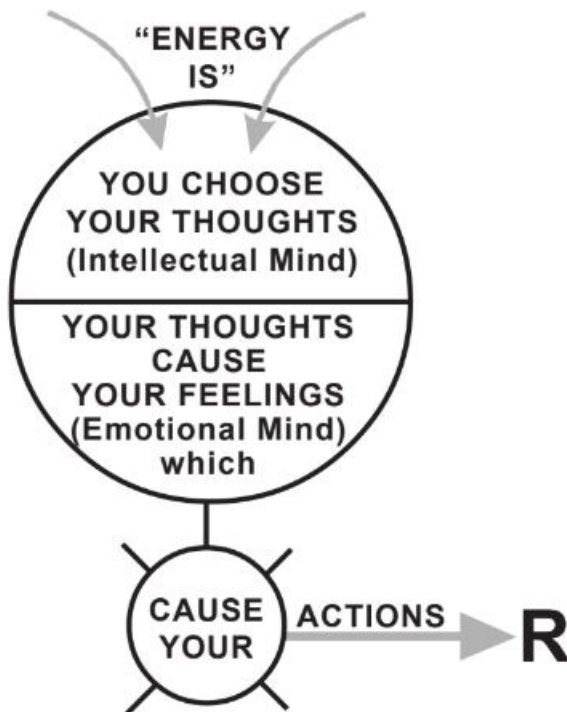
In virtually every seminar you attend and every self-help book you read; William James is quoted. **"HUMAN BEINGS CAN ALTER THEIR LIVES BY ALTERING THEIR ATTITUDES OF MIND."**

That sounds pretty simple, doesn't it? However, it is not very easy, it can't be ... otherwise more people would do it. Why don't they? The answer is obvious, they don't know how. James was right, a change in attitude will change your life. However, ... teachers tell that to students ... doctors tell it to patients ... sales managers tell salespeople and counsellors tell couples who are

having trouble ... just a change in attitude is all you require. The person in question will agree and they desperately want the good that is promised to them. What is the problem? Attitude is a mind/body thing, and we were given no image of the mind.

But now we have the Image of the Mind which we showed above, and we can work with that, thanks to Dr. Thurman Fleet and its image of the mind.

To develop a good attitude toward the world in general—each of us must first develop a good attitude toward ourselves. We can't give to others something we don't have, so it's the attitude we take toward ourselves which determines our attitude toward others—which radiates to the world around us. When you see someone with a poor attitude toward others, you can be sure they have a poor attitude toward themselves. They don't like themselves. They're unhappy about something. A happy person reflects their happiness in their attitude. A person with a poor attitude most of the time is unhappy and frustrated most of the time ... and they're a human magnet for unpleasant experiences. When they come, as they must because of their attitude—they reinforce their poor attitude, thereby bringing more problems and so on. (That person becomes a self-generating, doom-fulfilling cycle.) But for the person with a good attitude, the same principle holds true in reverse. Expecting the best—that's what they get most of the time. Now, why would a person persist in a poor attitude ... expecting the worst? Well, we're so familiar with ourselves that we tend to take ourselves for granted; we tend to minimize what we can accomplish—the goals we can reach—and for some equally strange reason, we believe others can reach heights which we cannot! We tend to overlook the fact that there is enormous undeveloped potential within each of us— a great reserve of talent and ability which we habitually fail to use. There are millions of human beings living narrow, darkened, frustrated lives—living defensively—simply because they take a defensive—doubtful attitude toward themselves and, as a result, toward life in general.



Attitude is the reflection of a person. (What's going on in the inside shows on the outside.) One's attitude is incalculably powerful. It can bring about marvelous results for us. But we must train it, patiently, day by day. Now, for just a minute, let's talk about people— successful people—

who go sailing through life from one success to another and who, when they occasionally fail at something, shrug it off, and head right out again. No matter what a person does—whenever you find a person doing an outstanding job and getting outstanding results, you’ll find a person with a good attitude. These people take the attitude toward themselves that they can accomplish what they set out to accomplish; that achievement is the natural order of things; that there’s no good reason on earth why they can’t be competent—successful. They have a healthy attitude toward themselves ... and as a natural result ... toward life and the things they want to accomplish. Because of this, they achieve some remarkable things and come to be called successful, outstanding, brilliant, lucky and so on. They are quite frequently no more brilliant or talented than the majority of the people by whom they’re surrounded ... but they have the right attitude. They find their accomplishments not too difficult simply because it seems so few others are really trying ... really believe in themselves. Successful people come in all sizes, shapes and colors, and in widely varying degrees of intelligence, background, and education. But they have one thing in common, they expect more good out of life than bad; they expect to succeed more often than they fail—and they do. When you want something worthwhile, take the attitude that there are a lot more reasons why you can have it, than why you can’t. Set out to earn it—go after it—work at it—ask for it—and nine times out of ten, you’ll get it. Now, think about this. Our environment, the world we’ve created around ourselves, is really a mirror of our attitudes. If we don’t like our environment, we can change it by changing our attitudes. The world plays no favorites; it’s impersonal. It doesn’t care who succeeds and who fails; nor does it care whether we change or not. Our attitude toward life doesn’t affect the world and the people in it nearly as much as it affects us. It would be impossible to even estimate the number of jobs which have been lost, promotions or good grades missed, sales not made, marriages ruined by poor attitudes. But you can number in the millions the jobs which are held though hated, the marriages which are tolerated but unhappy, the parents and children who fail to understand one another—all because of people who are waiting for the world and others to change toward them, before they’ll change, instead of being big enough and wise enough to at least make a test which will prove where most of the trouble lies ... in our own poor attitudes.

The easiest and most effective means of forming a good attitude habit is to begin conducting yourself as though you have a good, positive, expectant attitude toward life. If you’ve never tried it, you’ll be amazed at what happens. Remember that actions trigger feelings, just as feelings trigger actions. Not long ago, I read a line which went:

“Life is dull only to dull people!” This is true. It could also have read: “Life is interesting only to interesting people.” Or “Life is successful only to successful people.”

You must first become mentally ... from an attitude standpoint ... the person you wish to be. A famous restaurateur was asked by a newspaper reporter one time: “When did you become successful?” And he replied, “I was successful when I was sleeping on park benches. I knew what I wanted to do, and I knew that I’d do it.” You see, his attitude had been one of success, of expecting success, long before the material, the tangible rewards of success had been earned.

The great German philosopher Goethe put it this way: “BEFORE YOU CAN DO SOMETHING, YOU MUST FIRST BE SOMETHING.”

Chances are you know people who seem to be what others call “lucky.” All kinds of wonderful things happen to them—and they give the impression of happily sailing through life having a wonderful time and accomplishing more in a year than most people do in five. If you will conscientiously go about the test I’m going to recommend, and concentrate on it every day,

you'll find yourself beginning to join this small, happy, and extremely productive group of people. You'll find yourself becoming "lucky," as they say, and most of your problems will take care of themselves. Of this you can be sure—the results will be nothing short of amazing. Now, here's the test. Act toward the world—everything and everyone, with an attitude calculated to produce the results you want. That is, if the result you want is more success in what you're doing, act as though you are already in possession of that success. If you want others to treat you with admiration and respect, treat others with admiration and respect ... first.

TREAT EVERY PERSON AS THE MOST IMPORTANT PERSON ON EARTH. Do this for three excellent reasons:

1. As far as a person is concerned, he or she is the most important person on earth.
2. Because this is the way human beings ought to treat each other.
3. By treating everyone this way, we form an important habit.

There's nothing in the world that men, women and children want and need more than self-esteem, the feeling that they're important, that they're needed, that they're respected. They will give their love, their affection, their respect—and their support—to the person who fills this need. Have you ever noticed that the higher you go in any organization of value, the nicer the people seem to become? You see, the bigger the person, the easier it is to talk to them—to get along with them—and to work with them. Do you know why? It's because they have a good attitude, and the people with the best attitudes just naturally rise to the top. They don't have a good attitude because of their position, they have a position as a result of their attitude.

Act toward others and the world at large in exactly the same manner that you want the world, and others, to act toward you. For example, treat the members of your family as the persons they really are: the most important people in your life. Carry out into the world each morning the kind of attitude you'd have if you were the most successful person on earth. And notice how quickly it develops into a habit. Almost immediately, a change will be noticed. Irritations that use to frustrate and annoy disappear. When some less informed person gives you a bad time, stay on the track. When someone cuts in front of you with their car, or acts in any other manner that shows their ignorance and lack of courtesy, don't permit yourself to drop to their level. Don't let their unhappiness make you unhappy. When you begin to develop better attitudes, you should realize you've already placed yourself on the road to what you seek. You are well on your way to joining the top three percent of the people. You've prepared the ground and planted the seed—you have made of yourself an embodiment of that which you seek. Now in summing up, here are a few points to keep in mind: First, it's our attitude at the beginning of a task which, more than anything else, will bring about its successful outcome. Second, our attitudes toward others determine their attitude toward us. We're interdependent. The success we achieve in life will depend largely on how well we relate to others. Third, before you can achieve the kind of life you want, you must **THINK, ACT, TALK AND CONDUCT YOURSELF IN ALL OF YOUR AFFAIRS** as would the person you wish to become. Fourth, the higher you go in any worthwhile organization, the better the attitudes you'll find. Attitudes are not the result of success. Success is the result of good attitudes. And, finally, the deepest craving of human beings is for self-esteem; to be needed, to feel important, to be appreciated. When you treat every person you meet as the most important person in the world, both of you will benefit. To make these important principles a habit-knit part of your life, here are some suggestions. Since your mind can hold only one thought at a time, make those thoughts constructive and positive. Look for the best in people and

ideas. Be constantly alert for new ideas you can put to use in your life. Don't waste time talking about your problems, or your poor health—unless you're talking to your doctor. It probably won't help you. It cannot help others. Radiate the attitude of well-being and confidence, the attitude of the person who knows where they're going. You'll find good things happening to you right away. Lastly, treat everyone with whom you come in contact as the most important person on earth. Start this habit, practice it consistently, and you'll do it the rest of your life.

9. Module 9 – Self - Image

- **Self-Image: What It Is and How It Affects Our Lives**
- **What Is Self-Image?**

Self-image is the way we perceive and see ourselves in our minds. It is a mental construct that includes:

- Our beliefs about who we are (as individuals, professionals, socially).
- Our self-esteem, which reflects how worthy and capable we think we are.
- Our perceptions of our abilities, physical appearance, role in society, and character.

This is the foundation upon which we build our behaviors, decisions, and relationships with others. Self-image acts as a "mental map" that guides our thoughts and actions.

- **How Is Self-Image Formed?**
 1. **Early Experiences:**
 - Childhood events, relationships with parents, caregivers, and teachers play a major role in shaping our initial self-image.
 - For example, a child who frequently receives praise develops a positive self-image, whereas one who faces constant criticism may develop a less confident one.
 2. **Messages from Society:**
 - Perceptions from others and their reactions to us significantly influence our self-image.
 - An example might be how we are treated by friends, colleagues, or through social media.
 3. **Personal Experiences and Successes:**
 - Life's failures and achievements shape how we view ourselves. A major success can reinforce a positive self-image, while a significant failure can weaken it.
 4. **Inner Dialogue:**
 - The thoughts we repeat to ourselves strengthen or weaken our self-image. For instance, "I'm not good enough for this" reinforces a negative self-image.

- **How Does Self-Image Affect Us?**

1. **In Our Decisions and Actions:**

- Self-image acts as a filter. We make decisions and take actions that align with what we think about ourselves.
- A positive self-image pushes us to take healthy risks and pursue our goals. A negative self-image keeps us stuck in our comfort zone.

2. **In Our Relationships:**

- Self-image influences how we treat others and what we expect from them.
- A poor self-image may cause feelings of insecurity and hinder building strong relationships.

3. **In Professional and Personal Performance:**

- A positive self-image enhances our performance at work, creativity, and resilience in the face of challenges. A poor self-image reduces motivation and the ability to handle pressures.

4. **In Mental and Emotional Health:**

- A poor self-image is often associated with anxiety, depression, and feelings of dissatisfaction. Conversely, a healthy self-image improves confidence and emotional well-being.

- **The Importance of Building a Positive Self-Image**

1. **Strengthening Confidence:**

- A positive self-image makes us more confident in our decisions and more willing to pursue our dreams.

2. **Enhancing Resilience:**

- An individual with a strong self-image is better equipped to handle challenges and learn from failures.

3. **Improving Relationships:**

- A healthy self-image helps us build open, mutually respectful relationships.

4. **Turning Potential Into Reality:**

- When we believe in ourselves, it becomes easier to fulfill our potential and achieve our goals.

- **How to Improve Self-Image**

1. **Identify Negative Thoughts:** Reflect on the thoughts you repeat to yourself and replace them with positive ones.

2. **Practice Gratitude:** Focus on what you have achieved and the positive qualities you possess.

3. **Set Realistic Goals:** Start with small, achievable steps and build upon your successes.

4. **Visualize Success:** Imagine your ideal self and reinforce it through repeated positive scenarios.

5. **Seek Support:** Share your experiences with people who support and encourage you.
-

Conclusion:

Self-image is one of the most crucial elements affecting the quality of our lives. A strong and positive self-image gives us the confidence to face challenges and pursue our goals with determination and resilience. Building and maintaining it requires awareness, effort, and kindness toward ourselves.

10. Module 10 – Imagination

A. What is Imagination?

Imagination is the ability of the mind to create images, ideas, concepts, or scenarios that are not immediately present in our physical reality. It is a uniquely human faculty that allows us to transcend the limitations of our current circumstances, enabling us to explore possibilities, solve problems, and create new realities.

Philosophers and psychologists often describe imagination as the bridge between our conscious thoughts and subconscious mind. It is where creativity, innovation, and vision are born. Napoleon Hill calls imagination the “workshop of the mind,” where ideas are crafted and transformed into action.

B. How Does Imagination Work?

Imagination operates through a combination of cognitive and emotional processes. Here’s how it functions:

1. **Sourcing Ideas:** Imagination pulls from two main sources:
 - **Memory:** Past experiences and knowledge.
 - **Creativity:** The ability to generate entirely new ideas or perspectives.
2. **Two Types of Imagination:**
 - **Synthetic Imagination:** Combines existing ideas, facts, or knowledge to create something new. For example, blending different culinary techniques to invent a new recipe.
 - **Creative Imagination:** Produces novel ideas that seem to emerge from nowhere, often described as “flashes of inspiration.” This is where innovation and originality are born.

3. **Interaction with Subconscious Mind:** Imagination is closely tied to the subconscious. When we deeply desire or emotionally invest in something, our subconscious works in the background, using imagination to bring solutions, insights, or creative ideas to light.
4. **Emotional Fuel:** Emotions such as desire, faith, or passion amplify the power of imagination. A strong emotional connection to an idea can make imagined scenarios feel vivid and real, motivating us to act.

C. How Does Imagination Impact Us?

1. **Shapes Our Reality:** Imagination has the power to influence our perception of the world and our ability to achieve goals. Hill emphasizes that “whatever the mind can conceive and believe, it can achieve,” highlighting the transformational power of imagination in shaping outcomes.
 2. **Drives Creativity and Innovation:** Imagination is the foundation of problem-solving and innovation. It allows us to envision alternatives, devise strategies, and develop new ideas. Without imagination, progress in art, science, and technology would be impossible.
 3. **Guides Decision-Making:** By imagining potential outcomes of different choices, we can evaluate risks, predict challenges, and prepare for success.
 4. **Impacts Emotional and Mental Health:**
 - Positive imagination (visualizing success or happiness) boosts confidence and reduces stress.
 - Negative imagination (dwelling on fears or failure) can lead to anxiety and procrastination.
 5. **Influences Habits and Behavior:** Our imagined scenarios shape our beliefs and actions. For example, consistently visualizing yourself succeeding at a task builds the mental framework to achieve it, creating habits aligned with your goals.
-

D. How to Harness Imagination Effectively

1. **Define Your Goals:** Use imagination to create a clear mental picture of what you want to achieve. Make it vivid and specific, engaging all your senses.
2. **Practice Visualization:** Daily visualization exercises help embed your desired outcomes into your subconscious, making them feel achievable and real.
3. **Stimulate Creativity:** Expose yourself to new experiences, ideas, and perspectives to fuel your imagination. Read books, travel, and engage in creative hobbies.
4. **Collaborate with Emotions:** Imagination works best when paired with strong emotions. Connect deeply to your goals to ignite creative solutions and inspiration.
5. **Be Mindful of Negative Imagination:** Avoid letting fears or doubts dominate your thoughts. Reframe negative scenarios into opportunities for growth or learning.

E. Conclusion: Imagination as a Life-Changing Force

Imagination is not just a passive daydreaming tool; it is a proactive, powerful force that shapes our decisions, behaviors, and ultimately, our destiny. By understanding and consciously directing our imagination, we can unlock boundless potential to create a life filled with purpose, achievement, and fulfillment.

11. Module 11 – Decision

Decision is one of the most crucial elements for success. Without it, we remain stagnant, unable to move forward or achieve progress. Decision-making is not just about choosing a path; it's about committing to action and taking responsibility for the outcomes.

A. The Power of a Decision

Every great achievement in history started with a decision. It is the moment when a person transforms a dream, desire, or idea into a concrete action plan. It is the bridge between imagination and reality.

People often delay decisions because of fear—fear of failure, fear of the unknown, or fear of making the wrong choice. However, indecision is one of the biggest barriers to success. It keeps us in a state of limbo, where nothing changes.

“Indecision is the thief of opportunity.”

– *Napoleon Hill*

B. Characteristics of Decisive People

C. Clarity:

Decisive individuals know what they want and focus their energy on achieving it. They do not allow distractions or doubts to derail them.

1. Speed:

Decisive people act quickly. They understand that hesitation can lead to missed opportunities.

2. Commitment:

Once they make a decision, they fully commit to it, adjusting as needed but never abandoning the goal.

3. Adaptability:

Decisive individuals are not afraid to change their approach if circumstances require it. They see flexibility as a strength, not a weakness.

D. Steps to Becoming Decisive

1. **Know Your Goal:**
Be clear about what you want to achieve. A well-defined goal makes decision-making easier.
2. **Evaluate Your Options:**
Gather relevant information, weigh the pros and cons, but avoid overthinking.
3. **Trust Your Intuition:**
Your subconscious mind holds immense power. Trust your instincts—they are often more accurate than we realize.
4. **Take Action:**
A decision without action is meaningless. Take the first step, and the path will become clearer.
5. **Learn From Mistakes:**
Decisions may not always lead to the desired outcome. Treat mistakes as lessons and adjust your course.

Example: Think of historical figures like Thomas Edison, who made thousands of "wrong" decisions while inventing the light bulb. His persistence and decisiveness ultimately led to success.

“Successful people make decisions quickly and change them slowly. Unsuccessful people make decisions slowly and change them quickly.”

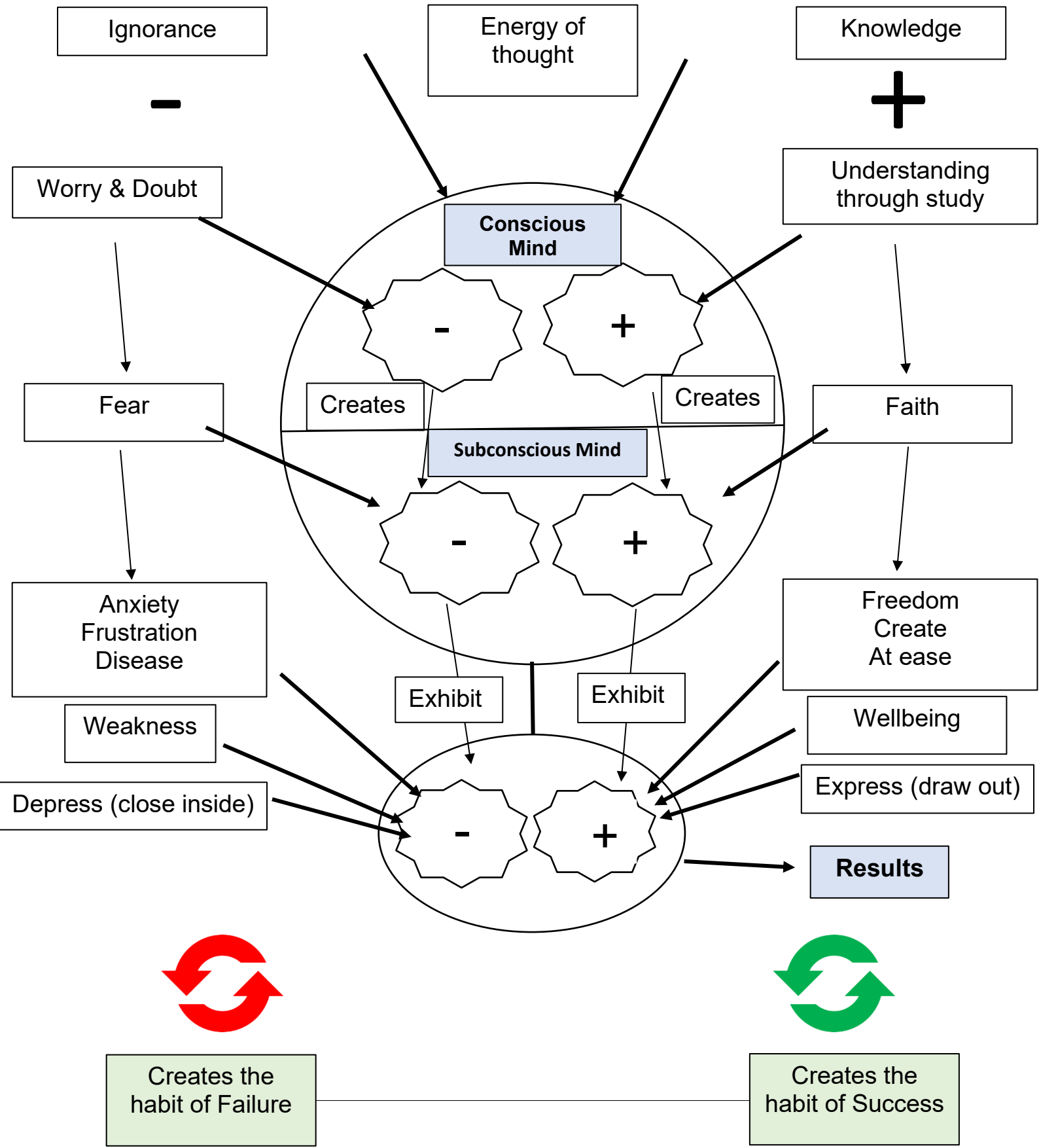
– *Napoleon Hill*

Let’s explain now how to create the habit of success with the help of the stick person.

Also, it is explained how the habit of failure is created if you do not take care of your thoughts.

Energy is entering all the time in our mind in the form of a thought, no matter where you are, at the top of a mountain, in space, deep into the sea or else. At first energy it just is. Neither positive nor negative. We give direction to it or them with our focus. Wherever we concentrate our focus on, there is where the energy is going to go. If we focus in the troubles that we hear or in the things that we understand and learn. If we reason with our faculties or worry for the others perception of things. Then, a group of thoughts will create an idea. And that idea will determine the flow of energy through you.

“Energy flows where focus goes”.



Now it is all up to you. You can choose where to put your focus on (your target). You can choose the thoughts you are going to focus on, the information you are going to impress in your Sub Conscious mind. Don't accept anything that is coming to you without reasoning it first. Create the habits that is going to help you become the person you want to become.

12. Module 13 – Summary

As we reach the end of this program, it's important to reflect on what we've learned and how to apply it in our daily lives. The journey we've undertaken together is not the destination but the beginning of a new way of thinking, acting, and living. Below are the key takeaways from this program:

A. Key Lessons

- 1. Understanding the Mind:**
 - We explored the conscious and subconscious mind, learning how thoughts shape our reality and how habits and paradigms influence our actions and results.
 - 2. The Power of Thought:**
 - Thoughts are energy. What we focus on expands, and the universe aligns with the dominant thoughts we hold in our minds.
 - 3. Setting Goals:**
 - We differentiated between Type A, B, and C goals, emphasizing the importance of pursuing **Type C Goals**—the ones that truly inspire and challenge us.
 - 4. The power of a good mental attitude and the power of our self-image:**
 - The Action, Feeling or Mood we put in, we are going to get back.
 - And how we see ourselves, it is going to reflect our results.
 - 5. The Role of Imagination and Belief:**
 - Using imagination to visualize success and reinforcing belief in ourselves are critical steps toward achieving any goal.
 - 6. The Importance of Decision:**
 - Success begins with a decision. Being decisive, acting quickly, and committing to our choices is essential for progress.
 - 7. The Pillars of Success:**
 - Attitude, self-image, imagination, and decision are the foundational pillars of personal and professional growth.
-

A. Moving Forward

This program has given you the tools and understanding to start creating the life you desire. However, knowledge alone is not enough—it must be applied. Consistent action, self-discipline, and reflection are the keys to transforming ideas into results.

B. Final Thought

You are the creator of your reality. Everything you need to achieve your dreams already resides within you. The only limits are the ones you set for yourself. As you move forward, remember this quote:

“Whether you think you can or you think you can’t, you’re right.”

– *Henry Ford*

-----< Return from the Top -----

Books to study:

- Think and Grow Rich - Napoleon Hill
- Lead the Field - Earl Nightingale
- As a Man Thinketh - James Allen
- The power of your subconscious mind - Joseph Murphy
- Psycho-Cybernetics - Maxwell Maltz
- You were born rich - Bob Proctor
- The science of getting rich - Wallace D. Wattles
- Biology of Beliefs – Bruce Lipton
- Emotional Intelligence – Daniel Goleman

www.shazivandhromaj.com

[Fuqia e mendimit @Spotify](#)

[Fuqia e mendimit @Youtube](#)

[Please contact us!](#)

[Below you can find some of the programs that we offer for developing yourself.](#)

[Please, take a look and feel free to ask any question regarding the programs and how to register.](#)

[Ask for a free consultant and we will contact you.](#)

THE SCIENCE OF TRANSFORMATION: DEVELOP YOURSELF, BUILD TEAMS

- **GENERAL INTRODUCTION**

- What is transformation, and why does it matter for individuals and organizations?
 - The role of science, practice, and leadership in building a better future.
 - Overview of the program's themes and objectives.
-

- **LEVEL 1: SELF-AWARENESS AND PERSONAL DEVELOPMENT**

1. **Discovering Yourself**
 - "Understand Your Mind, Change Your Life."
 - Awareness of the mind, beliefs, and their influence on behavior.
 2. **The Power of Beliefs**
 - "The Biology of Belief."
 - The connection between the mind, the body, and goals.
 3. **Emotional Intelligence**
 - "Managing Emotions and Building Healthy Relationships."
 - How to understand and manage emotions to achieve success.
 4. **Social Intelligence**
 - "Understanding and Navigating Social Dynamics."
 - The ability to build trust, communicate effectively, and strengthen interpersonal relationships.
-

- **LEVEL 2: MINDSET AND PERFORMANCE**

5. **Building a Winning Mindset**
 - "Master Mindset Coaching."
 - Strategies for mental resilience and sustainable success.
6. **Psycho-Cybernetics**
 - "The Science of Self-Perception."
 - How to change your self-image to create results.
7. **Professional Development**
 - "Competence and Efficiency at Work."
 - How to grow professionally by developing key skills.

- **LEVEL 3: LEADERSHIP AND TEAM DEVELOPMENT**

- 8. **The Art of Leadership**

- "How to Lead Yourself and Others."
 - Leadership as a core skill for transformation.

- 9. **Effective Communication and Collaboration**

- "Building Teams and a Culture of Collaboration."
 - How to build strong and successful teams.

- 10. **From Personal Development to Group Impact**

- "The Influence and Power of Modeling."
 - How to transfer your transformation to others.

- **THANK YOU FOR YOUR CONSIDERATION**

Shazivan Dhromaj,

Business Development Consultant/Leadership/Master Mindset/Life Coach.

www.shazivandhromaj.com

[Fuqia e mendimit @Spotify](#)

[Fuqia e mendimit @Youtube](#)