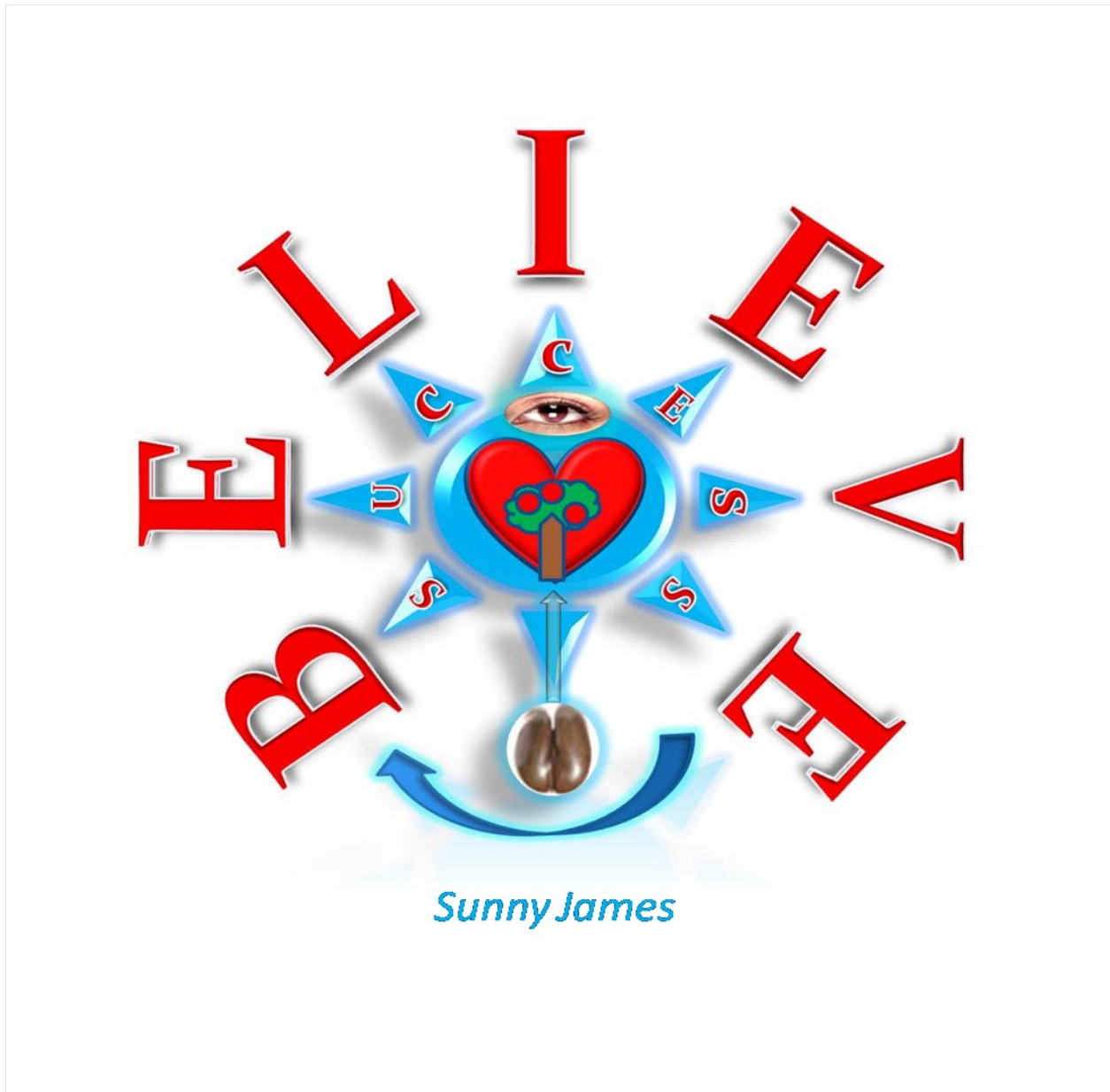


# How to Unleash the Power Within

*by Sunny James*



<http://www.BelieveSuccess.info>

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Make sure you read this entire book to learn the hidden secret behind Believe

## About the author



Sunny James in her younger years was a carpenter electrician who as a little girl always had a dream about becoming a country recording artist. She always wanted to follow her dream, but never took action until at the age of 34 she had a life changing moment when she and her 5 year old son Sonny were hit head on by a drunk driver. Being a single parent at the time and not being able to work for almost 4 years due to the injuries she sustained and after almost losing everything she owned. It was after almost losing her life that she realized the true meaning of life. That started her out on a journey to live her dream of becoming a country recording artist. Through all of this it was then she realized how to believe and unleash the power within and with that power go onto to achieve what you truly want in life.

Now a motivational speaker and life coach she has dedicated her life to help motivate, inspire and mentor others by using her blue print to transform their lives from ordinary to extraordinary to get the success and happiness they deserve by teaching them the secret of how to Believe in yourself and unleash the power within.

She teaches how to applying her blue print and philosophies within the

### Believe in yourself Success System

**My mission:** help you to believe in yourself, overcome your challenges, find and live your life's purpose.

My hope for you is that you will read the entire contents of this special book that I put together just for you. If you read it through and embrace and start to apply the philosophies and steps within then you will live a happier more +successful life because of it. One important thing up front that I want you to realize is that no matter what background, nationality, gender or race you come from, know this, you are someone, you do matter and you can make a difference in this world to yourself and in the lives of others.

I believe in each and every one of you & know that you have it within yourself to achieve whatever your heart desires for yourself, to have your own happiness and success.

Sincerely

Sunny James

## **Many People have asked me what made a difference in my life**

I attribute my success to 3 key things

1. I learned to Believe In Myself
  2. I learned & applied the 9 key elements and steps in my blue print
  3. I learned to take time to invest in myself through mentors, by reading & listening to their books, cds, & dvds as well as attending their live seminars to help get me here.
- 

### **My philosophy is surrounded by learning 9 Key Elements & Steps**

Believe in Yourself, follow good character values, overcome your fears

Time management, Set goals, build a support team, create the blue print, take action

Overcome adversity

I believe if you learn and practice these 9 key elements & steps and let them become

Part of the fabric of your life and keep them in balance.

Then you can overcome great obstacles and achieve Great Things In Life!

The 9 elements are connected together & effect each other. If you are weak in one or several areas take action to improve in that area by reading or listening to positive learning material on that subject.

**I believe in giving back by motivating, inspiring and mentoring others**

[Get your free 30 minute strategy session](#)

[Listen recording 9 things that hold you back!](#)

[Helpful solutions to help get your life on track](#)

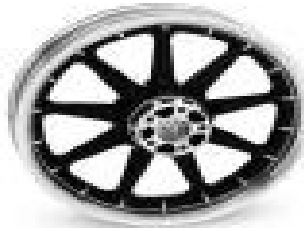


## The 9 key elements

Believe in yourself character values overcome fear & procrastination	time management set goals build a support team	create a blue print take action overcome adversity
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## How the 9 Areas Effect Your Life

The 9 key elements are all inner connected



Much like the spokes on the wheel above

When one element is either weak or missing altogether it has a big effect on the other areas weakening the stability of the wheel and its ability to work correctly.

You are like the wheel and if you are weak in any of the 9 areas it has a profound effect on your performance and your ability to reach your full potential and gain the type of results that you want in your life.

When you learn & balance all the 9 elements you can get the maximum results to reach your full potential.

Say for instance when you want to achieve something in any area of your life. If you are following this blue print and you learn and apply the 9 elements & steps in your life. Then you will gain the confidence and the courage to overcome any obstacle and be well prepared to know exactly what to do & how to go about achieving it.

### **Learning to Believe in yourself is the most important element.**

So if you are lacking self esteem and not able to believe in yourself and your abilities then you are defeating yourself before you even begin and you will not be able to achieve the level of results that you desire.

On the other hand if you learn the crucial step of how to believe in yourself then all things become possible.



**Think about the 9 Elements what are your strengths & weaknesses**

**Believe in Yourself** (do you have low self esteem?)

**Learn & follow good character values** ( are you being responsible, respectful, doing what it right ect..?)

**Overcome your fears** ( do your fears keep you from what you want?)

**Time management** (are you able to properly manage your time?)

**Set goals** ( do you set goals on a regular basis?)

**Building a support team** (are you good at communicating & networking with others?)

**Creating a blue print** (do know how to make a plan to achieve your goals?)

**Taking action** (do you procrastinate? )

**Overcoming adversity** ( do obstacles present challenges that stop you in your tracks?)

**Make note of which ones you said yes to or print this out & put check marks on weak areas**

**If you are weak in 1 -2 areas work on those areas. If you are needing help [click here](#)**

Remember each of these 9 elements are tied together. Work to improve the areas you are weak in

**Print this page** Keep -it by your computer or on your refrigerator & be conscious of all these areas of your life

## 9 STEPS

1. 1<sup>st</sup> you have to **believe in yourself** by knowing that you are someone, you do matter and you make a difference also improve in your abilities that hold you back.
2. Character values are important because if you are not following them then it will only be a matter of time before they bring you down so be in touch & improve on being respectful, responsible, forgiving, honest, fair, be a good citizen, forgiveness ect..
3. Fears – are the no.1 stumbling block that keep us from what we want.

Remember 80% of what you fear is only in your mind, so start busting through them.

4. Time management you must take control of your time and what you do with it. Make a list of what needs done, use a daily planner, learn to say no to others.
5. Setting goals is crucial to achieving what you want, start writing out what you want in all areas of your life. The skies the limit. Remember when writing goals be specific, make them measurable, attainable, realistic, and give them a deadline.
6. Network with others & start building a team of people to help & support you. Get your team involved in the process for ideas and delegate tasks and use them for support.
7. Create a blue print by writing out the steps you need to take to get you from where you are to where you want to be in life. Get your team involved, figure out what you need to do and then write out the steps then prioritize them.
8. Then start taking action by working on achieving the steps in your blue print starting with step one work on it stay focused complete it and then go to step 2.
9. Overcome adversity as soon as you realize there is something stopping you from making progress then start figuring what you need to do to overcome it.

**PRINT THIS PAGE OUT FOR REFERENCE**

## Here is how to apply the 9 steps

Here is putting it all together basically by believing in yourself it allows you to see what is possible for you to do and achieve throughout your life.

You then start to have dreams and aspirations of what you want to do with your life and in the different aspects of your life like your career, your relationships, friendships, building a family, where you want to live how you want to live. Ect.

Then through following good character values, & learning to overcome your fears.

You set out on your journey, you start to set aside the time to work on these dreams you see within your mind's eye, even the smallest things are important.

You then better define these by turning them into a goal that you want to achieve.

You then start to communicate and network with others about what you want to do by doing this you create a support team.

Then you create the blue print to what needs to be done to get you from where you are to your end result and you use this like a road map to follow.

Then you start taking action towards accomplishing it.

You should already know and expect that there will be challenges and obstacles to overcome the secret to reaching your end result is to not give up or settle for anything less than achieving what you set out to do.

And there you have it in a nut shell! [Learn more!](#)

**PRINT THIS PAGE OUT FOR REFERENCE**

## How to unleash the power within

Hi I'm Sunny James,

It doesn't matter whether you are on a mission to better yourself, find a new career or advance in your current one, overcome fear or procrastination, trying to improve or save your marriage or relationship, trying to build self confidence, set goals, manage your time or find your direction and purpose in life.

You can benefit from the contents of this book. Because the nine steps, principles and philosophies within its contents are all connected and if one is out of balance then it affects some or all of the other areas of your life. If you go onto learn the nine steps and philosophies within this book then apply them in your own life on a regular basis and keep them balanced. You will have a much happier successful and a more fulfilled & meaningful life because of it.

When I was a carpenter, electrician I learned the importance of having a blue print and schematic. These two guides were of the greatest importance in guiding you to what you needed to do and also see where you are on a project. Because they helped keep you on track and also helped you to trouble shoot problems. But without them you were soon lost and left to guess on some very important decisions that could prove to be very costly. Also if you got off track then you could easily reference them and immediately know just where you should be and the adjustments you needed to make to get you there. It is so important to have a plan.

Also I learned the importance of having a strong foundation when building a home. Because without a strong foundation the house could literally shift and cause severe damage to the rest of the house and possibly cause it to come crashing down. In my life I learned the importance to have a solid foundation through learning and applying specific basic fundamental elements and principles to help me realize my purpose, to stay strong and also act like a road map to keep me on track to living a happy and successful life.

The information that is within this special book that I have created for you will help you to have a blue print, road map, recipe if you will. That will help you learn and understand the 9 basis fundamental elements of your life and the importance of the role that each one plays in your life. It will help you have a clear picture of what you need to do and help you realize and strengthen the areas of your life that hold you back. It will also help guide you to find your purpose in life and then show you the blue print to get you from where you are now to where you want to be. Then be able to go onto live a truly happy and successful life that you deserve to have.



The First and most crucial thing for you to learn is to BELIEVE IN YOURSELF.

To understand how to unleash the power within, you must first come to understand the Secret powers of the word believe. It is more than just a word it holds a treasure and a secret power.

Even though it is only seven letters long it is the most powerful word in the universe.

All of our lives we are told to believe, believe in ourselves so we hear this word and we see this word and we read this word and we speak this word. Yet few people actually ever come to realize the true meaning and the secret powers that reside within this one simple word.

It contains only 7 letters b-e-l-i-e-v-e but those 7 letters contain a hidden meaning. It is there within those 7 letters that lies the secret (a riddle if you will) to a hidden treasure that lies in the heart and soul of every man, woman and child ever born on the face of the earth.

Ladies and gentle men, boys & girls from every nation on the face of the earth, allow me to share with you the untold story of the word believe and how learning this one secret will allow you to unleash the power within yourself and then be able to go forward to fulfill your hearts desires.

Now I say allow me to tell you this story because before you can hear what I have to say and come to fully receive and learn from the knowledge of the message that I am about to share with you. You must first take a minute to adjust your attitude to one that is positive and also you must keep an open mind and the imagination of when you were a child.

Otherwise you will not be able to take advantage of the power and meaning of the message that you are about to read or listen to.

So say yes I am going to adjust my attitude to one that is positive and keep an open mind and the imagination of when I was a child. I am going to allow you to teach me of the meaning & power of this one very word and how it can change my life for the better.

Ok Now I am going to share with you the untold story of Believe.

First I would like to say that I like to use visual analogies and here I will use my Believe In Yourself Emblem on the front of this book to help you understand this powerful life changing message so that you are able to get the full effect and realization of the power that lies inside each and every one of you.

As I said before all of our lives we are told to believe, yet few ever understand the true meaning.

So let me explain. You see when we hear the word believe

in our minds eye it looks like this

believe

Just one dimensional & in black & white

When we see this word in books & written form it looks like this

believe

When we read this word it looks like this

believe

When we speak this word in our minds eye it looks like this

believe

When you don't believe in yourself it looks like this

believe

On the other hand when you start to have a little bit of faith in yourself & you start to believe in yourself it starts to look like this

believe

then as you continue to grow in faith and continue to belief in yourself more and more

it starts to change & transform itself 1<sup>st</sup> = Believe

then the transformation looks something like this BELieve BELieve BELIEve BELIEVe BELIEVE BELIEVE

You see when you start to fully believe in yourself and your own special talents, gifts and abilities with which we are blessed to be born with. Then you start to unleash the power within yourself.

Learning to believe in yourself this is the very crucial step that must be achieved first and foremost otherwise nothing else in your life can begin to fall into place and you will never come to know true happiness and success in your life. Because happiness and success is a process that must come from within yourself first.

One thing you must know is that this is a choice that only you can make for yourself.

So for just a moment I want you to think in your mind of someone that you admire for their success in life. This can be someone you know personally, someone from work, in your community or perhaps someone you see on television. Now I'm not just talking about financial and materialistic success, but that you admire them for the types of relationships that they have with their family, friends and co workers and how they so effortlessly just seem to be able to achieve anything that they try. Ok now you have this person that you admire in your mind right now.

I am here to tell you that that person does not have anything that you yourself do not have within yourself. Did you hear me? That person that you admire for their success, they were not born with anything that you yourself don't already have within yourself. They just chose to believe in themselves and not settle for anything less than the results that they wanted. Sure they had plenty of ups and downs and failure as well, they just never totally gave up. You can do that same thing for yourself.

You can believe you can you can believe you can't.

There is no wrong or right way to believe. But whichever way you do choose to believe, will then go on to program your mind to believe or not to believe. Then this becomes your perception of your life and determines what your reality will become and that in turn will then decide the outcome of your life.

So you can believe you can you or you can believe you can't

Remember it is a choice that you make and whatever way that you choose will then set the tone for your life.

Which way do you want to believe?

You must come to believe in yourself in order for you to unleash the power within yourself and once you do this one small thing for yourself then your life as you know it will forever change for the good.

But until you are first willing to believe in yourself the hidden secret will never be revealed to you nor will you will ever come to realize your full potential in life.

So let us continue on our journey.

When you start to truly believe in yourself then it looks like this **BELIEVE**

then it continues to transform itself into this



**Becoming 3 dimensional in form**

**then when you finally totally Believe In Yourself and in your talents gifts & abilities**

**this is the transformation & the unleashing of your inner power**



(It becomes totally 3 dimensional)

Now you must imagine that the letters lift off of the page and then revolve in a circle then come to rest like you see below.

It is at this stage that the hidden secret is revealed to you.

BELEAVE

Just like a Jeanie being release from a magic lamp something magical yet so powerful begins to happen at this stage and the power within us begins to come unleashed & this is where you feel confident and have the courage to take action on what you want in life. It is when you reach this state that you become unstoppable by anyone or anything. The only thing that can stop this power once it becomes unleashed is you yourself.

As I said before EVEN though this is one small word BELIEVE that contains only 7 letters

**B - E - L - I - E - V - E**

Each one of these 7 letters contain the meaning to a hidden secret (a riddle if you will) that once learned will show you the path way to a Hidden treasure that is within yourself.

This treasure is so priceless (that there is nothing on the face of the earth that can begin to match its worth)

& yet it is so magical (but by no means is it an illusion)

Yet something so powerful, (that no force on this earth can begin to compare to its strength)

Now allow me to reveal to you the hidden secret that is within each letter that holds a magic key for you

The Letter

# B - Believe

When you start to 1<sup>st</sup> BELIEVE in your heart & believe in yourself & your special talents gifts & abilities that you were called upon this earth to fulfill a purpose



# E -Envision

The letter

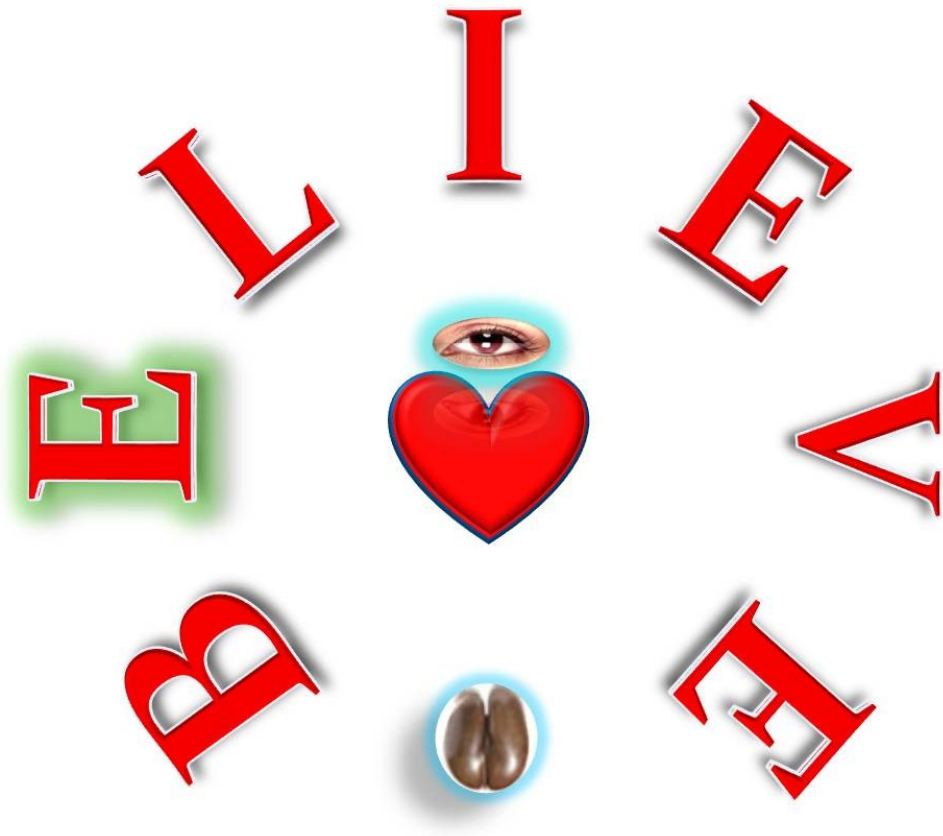
Then it allows you to **E**nvision in your mind's eye your dreams & aspirations for yourself

That you were called upon this earth to do.





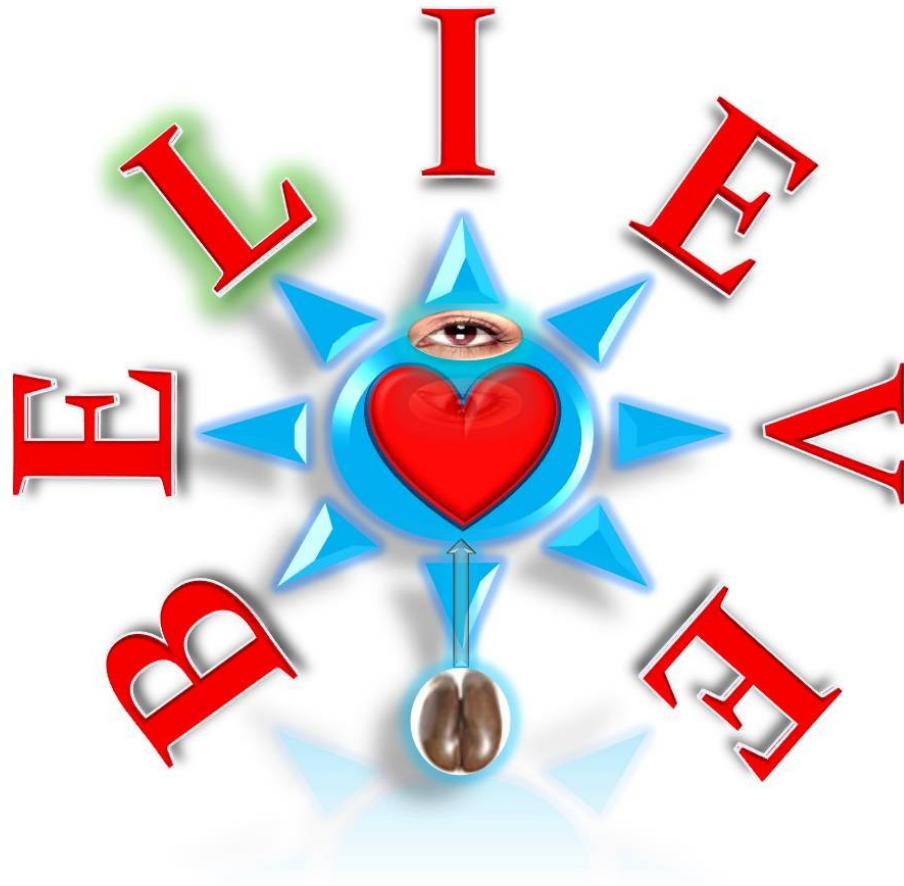
Then your mind creates a seed specific for your dream.



# L – Learn

The letter

Then when we come to **L**earn & surround ourselves with the 9 elements, steps & philosophies from the blue print represented by the 8 points of the pendent & the pathway arrow. The 9 elements & steps are Believe in yourself - following good character values - overcoming fears - time management - setting goals for for yourdreams - building your team - making a plan - taking action – overcoming adversity.



The letter

# I – Implement

Then **I** implement the 9 elements & steps by taking action By planting the seed of your dream into your heart where you have a love & passion for your dream which represents the fertile soil needed to grow your seed.



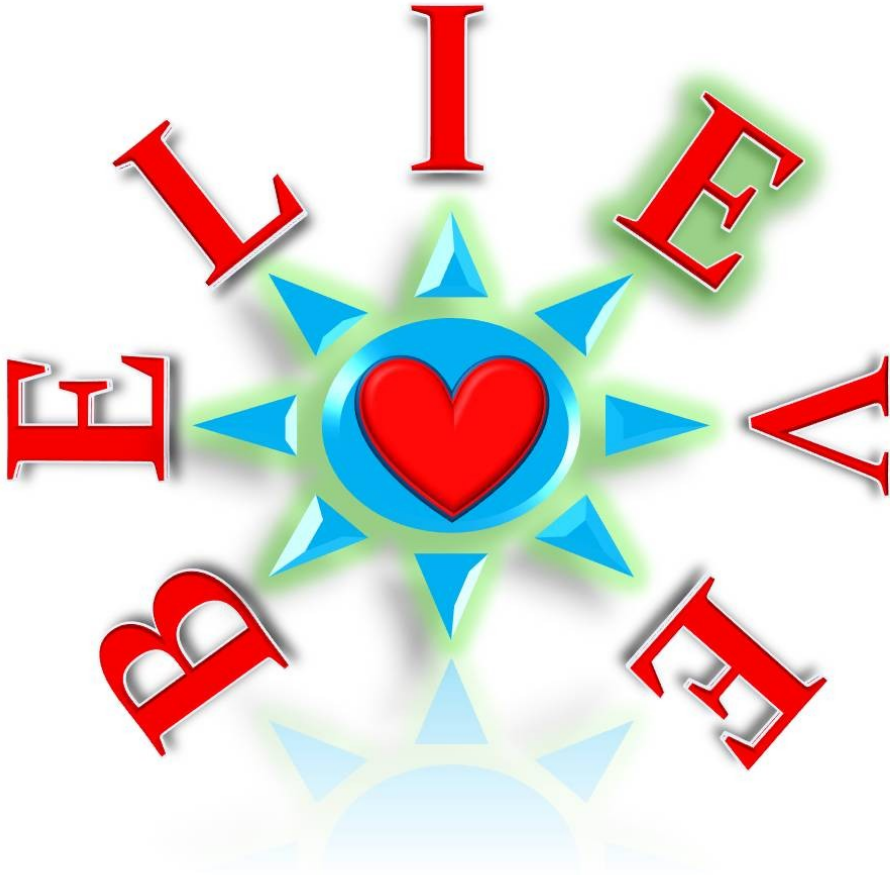
The letter

# E - Embrace-Empower

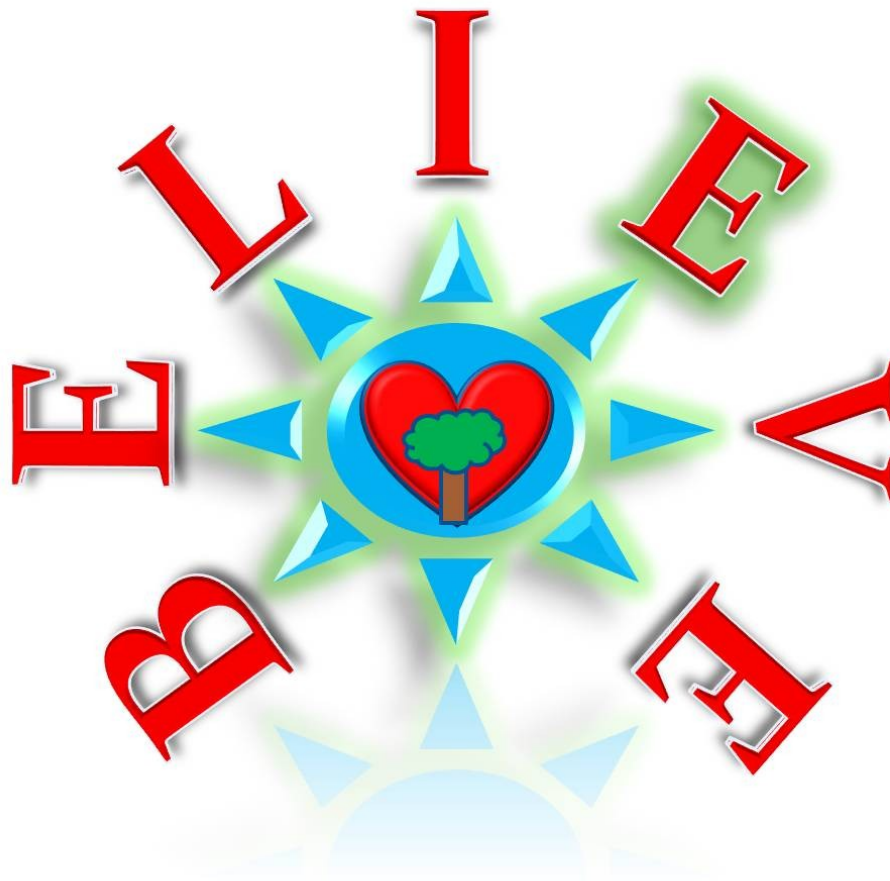
Then when you come to **E**mbrace & **E**mpower yourself by following the 9 steps and Philosophies and make them a regular part of your life.



Then we start to unleash the power within ourselves & the power of our love is like that of the sun & it shines upon the seed that we planted in our heart & our passion represents the water.



& these 2 powerful elements give life to our seed of our dream that is  
planted within your heart & it takes root & starts to grow



The letter

# V - Visualize

Then if we continue to believe in ourselves & truly **V**isualize & focus on our dream

Then we can see the pathway that leads us from where we are now to our dream

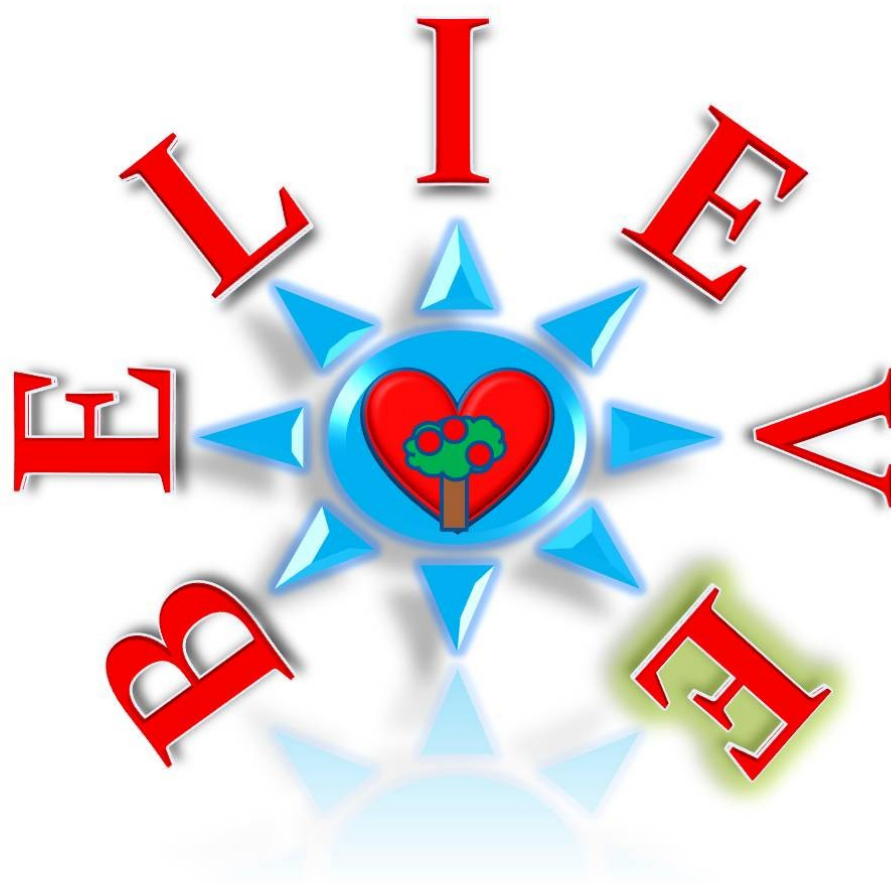


# E – Enjoy

The Letter

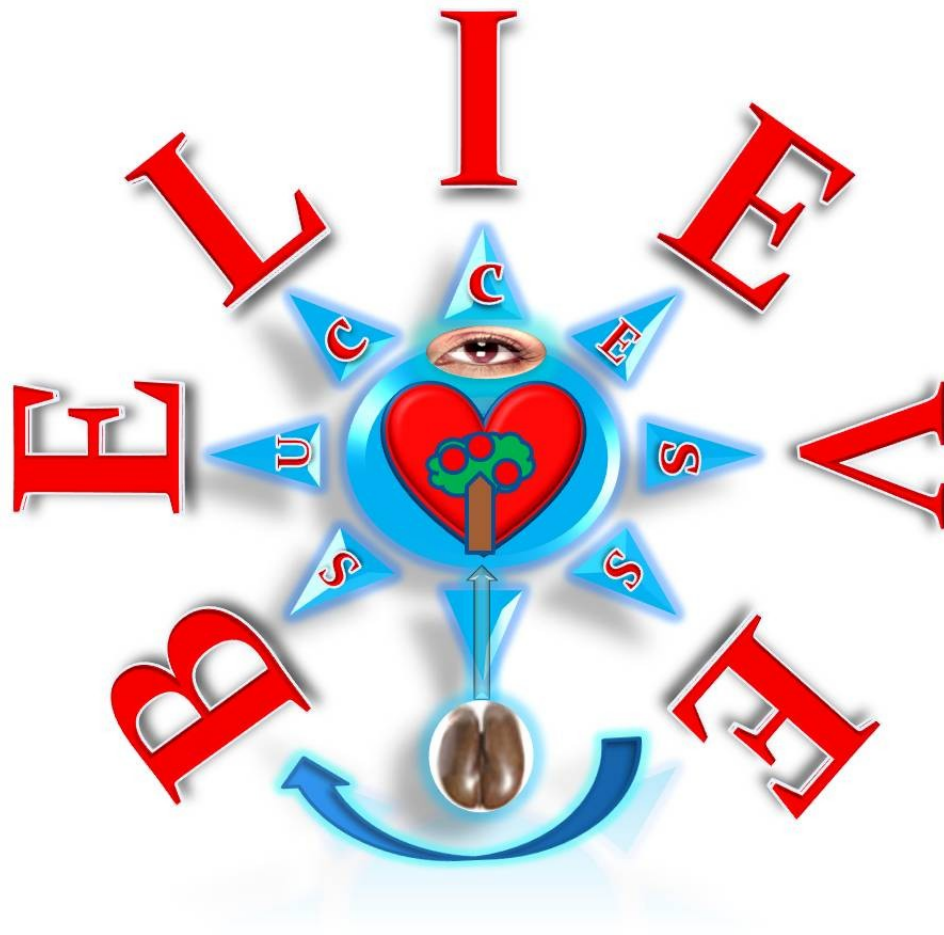
Then you will **E**njoy the fruit of your hard work as long as you continue to believe and apply the 9 steps and philosophies & stay focused on your dreams then the pathway will lead you to your desired results in reaching your goals & having success and happiness in your lifes.

And in the end you will come to **E**njoy the fruit of your dreams coming to reality for yourself.





& if we continue this whole circle of Believing in yourself & applying this blue print & embracing and empowering yourself with these 9 steps and philosophies in your life on a regular basis then you will have continued Happiness & success in your life.



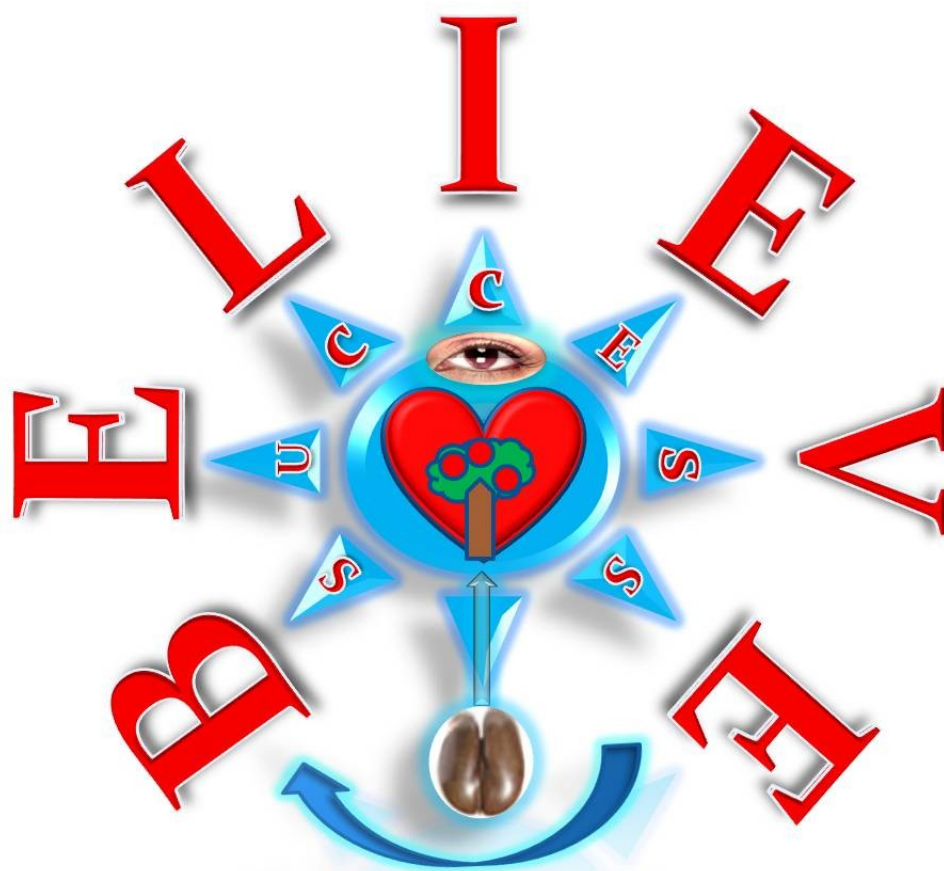
But on the other hand if you never come to truly believe in yourself

Then the hidden secret will never be revealed to you all that you see is this → believe

You will never experience the magic or priceless treasure or the unstoppable power that lies within you.

So choose to **BELIEVE IN YOURSELF** then experience the magic, the treasure & the power.

It is all there waiting within you. [Learn more!](#)



But too often we get all caught up in the more meaningless stuff in life. This steals all of our precious time and energy. Before you know it the day, week, month, year or life has gone by and you have not gotten out of your life what it is that you wanted from it.

Then you find yourself looking back and saying when I was a child this is not what I wanted my life to become. I wish I would have but by then it will be too late.

You see your life is like a garden and when you are not focused on the important elements in your own life. Then the smaller unimportant things take over and like weeds they start to grow and overtake your dreams till you can no longer see them and we lose sight of them it is then we lose focus and forget about them.

That is when you find yourself lost in life and depressed and without direction.

The answers all lie within you!



**B**elieve in yourself then you can go onto accomplish anything and everything that your heart desires.

**E**NVISION YOUR DREAMS & aspirations so your mind can create the seed.

**L**EARN the 9 steps & philosophies and surround yourself and your life with them.

**I**mplement & take action by planting your dream seeds deep in your heart.

**E**mbrace & empower yourself with your love & passion for your dreams so they take root & begin to grow.

**V**isualize your dream so that you can see the pathway to take to make them become a reality.

**E**njoy your happiness & success in your life that you deserve to have for yourself.

Just like you've heard the saying that beauty lies in the eye of the beholder.

To some of you that look at something perhaps an object much like my guitar

To any one of you who look at it, you know it as a stringed instrument & other than that it doesn't

mean anything more to you. Yet to the right person with the right knowledge of this stringed instrument comes some of the most beautiful music to the ears,

just as we start to learn & grow we start to believe, & just as my guitar is an instrument but it does not have meaning to most of you, Because you lack the knowledge to use it.

You are like a valuable instrument of nature; we are all instruments of nature sent here on this earth to fulfill a specific purpose to serve others in some way. When we fulfill that purpose through learning and using our own unique special talents, gifts and abilities then others benefit and learn from our fulfilling our purpose.

If we do not go on to fulfill our purpose then we are letting ourselves and all those who need to benefit and learn from our special talents, gifts and abilities down.

When you lack the knowledge to put to use your special talents, gifts and abilities then you

Can Feel powerless, useless, without meaning, you can lack confidence in yourself. You lack the vision to see what is possible for yourself. You lack the vision to see and recognize what your purpose is here on this earth.

Yet when you gain the knowledge of how to BELIEVE IN YOURSELF

YOUR TALENTS

YOUR SKILLS

& YOUR ABILITIES

YOU become an invaluable instrument of nature with limitless potential, that is literally PRICELESS

So some very important questions that you need to ask yourself, do I believe

Do I believe in myself?

Do I believe I am someone?

Do I matter?

Can I make a difference?

And the answer to each of these questions is yes

Yes you do believe in yourself!

Yes you are someone!

Yes, you do matter!

Yes, you can make a difference in this world for yourself and for others!

You want to fill your life full of meaningful important things.

You see if you allow your vessel to be filled with the small meaningless stuff in life. Then you will not have the time for the more important things that you truly want for yourself, the very things that you are meant to do.

[Learn more!](#)

You are like a garden, the important things in life are like the different crops and plants.

Like your dreams, your family, your health, your career, your belief in God or a higher power,

So if you keep your life balanced and focused on what is important it will look like this.



Very Beautiful, organized and well taken care of.

The small meaningless stuff is like the weeds growing in your garden. These are things like, complaining about stupid stuff all the time, procrastination, fear of the unknown, negativity, letting others steal your time, lack of focus, lack of self confidence.

So if you do not keep your life in balance & focused on the right things it will soon look like this



Over grown with weeds, to the point where you no longer can see your goals.

They are still there you just can no longer see them.

And that is usually when you feel down & out. You feel lost and without meaning or purpose, and you are so confused and don't know what to do.

Or maybe you have some ideas of what to do but not completely.

You may be trying in some areas without success

Or perhaps you haven't even tried because you are afraid.

Know this one thing, no matter where you are in your journey it is never too late to start.

I was 37 years old when I started my journey.

So life is all about choices and the choices that you make either make you or break you

So you can decide to

Either believe in yourself or not to believe in yourself

It is a choice to follow good character values or not to follow good character values

It is a choice to overcome your fears or not to overcome your fears

It is a choice to manage your time or not to manage your time

It is a choice to set goals or not to set goals

It is a choice to network & build a team to support you or not to build a team to support you

It is a choice to make a plan for your goals or not to make a plan for your goals

It is a choice to take action or not to take action

It is a choice to overcome adversity or not to overcome adversity

It is a choice to learn and follow these steps and philosophies or not

The important part to remember is the importance to choose to learn each of the 9 Key Elements & Steps and keep them in balance. That is where you will get the best results. They are all connected so when one is missing or you are weak in certain area it greatly affects all the other areas.



So you see it is all about the choices you make in life.

Your outcome in your life is determined by the choices you make.

So if you want good things in your life like happiness and success in all areas of your life. Then you must make good choices.

You must find that happiness and success inside yourself first by believing in yourself and your abilities and that is what gives you the courage to overcome anything. Then let that become a reflection out into the world.

Life is short even for those who live a full life!

You don't want to find yourself at the end of your life looking back saying I wish I would have done this or done that! Because then it will be too late!

You can get that job, raise, promotion, new career, relationship, home, car, family, ect...

Learn to Believe In Yourself your talents your skills & your abilities

Because you are someone!

Because you matter!

Because you can make a difference!

Lean to believe in yourself so that at the end of your life you can look back & say

I'm glad I did.

**I believe in giving back by motivating, inspiring and mentoring others**

[Get your free 30 minute strategy session](#)

[Listen to free recording 9 things that hold you back](#)

[Helpful solutions to help get your life on track](#)

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**Print out the next 2 pages & keep it by your refrigerator**



### Here are the 9 Elements Again

Believe in Yourself (self esteem)

Learn & follow good character values

Overcome your fears & procrastination

Time management

Set goals

Building a support team (communicating & networking with others)

Creating a blue print (plan to achieve your goals)

Taking action

Overcoming adversity

**If you are weak in 1 -2 areas work on those areas if you are needing help [click here](#)**

Remember each of these 9 elements are tied together. Work to improve the areas you are weak in

Keep this by your computer or on your refrigerator & be conscious of all these areas of your life

By the way do you want help I teach can help you!

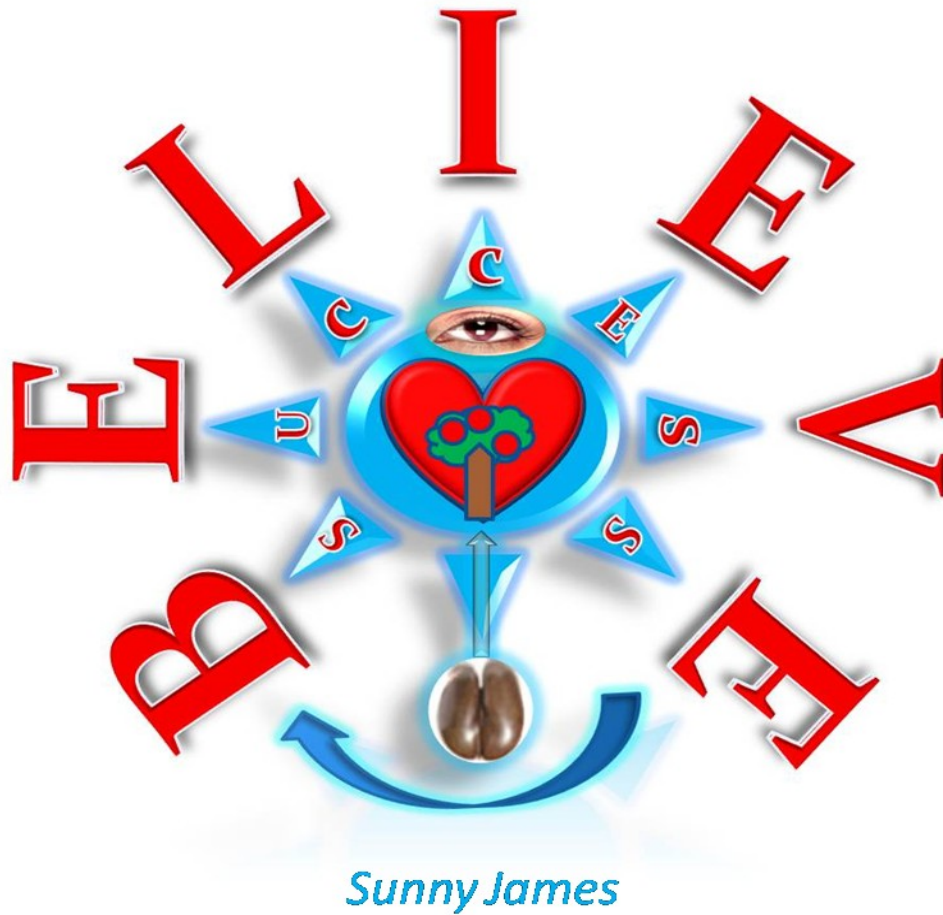
[Sign up for your free strategy session](#)

[Get your life on track!](#)



Allow yourself to hear & receive the hidden secret in the untold story of Believe

**BELIEVE** & Learn to unleash the power within! I believe in you go for it!



<http://www.BelieveSuccess.info>

Print this out & keep it on your refrigerator or by your computer & remember my story