

THE **7** BIG

MISTAKES

people make in their lives that lead
to stress, worry and struggle or
even worse, illness and pain!

By

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Welcome to:

“The seven big mistakes people make in their lives that lead to stress, worry and struggle or even worse, illness and pain!”

As you read through these **7 BIG MISTAKES** – and the solutions to the problems they create - you’ll immediately be in a position to make a better life – more easily everyday!

“My Name is David Marshall and I have been successful in helping individuals create better, relationships, health, money, careers through coaching and guiding them since 1994!”

“In my experience, anyone who has needed my help over the last fourteen years has made one or more of the mistakes that I will outline in this report. I am offering you this free report so that you can review your life, see what areas you need to change and of course, not make any new mistakes!!!!”

“This report is a practical, jargon free insight that will allow you to make steps immediately to change your life.

Since 1994 I have been working with individual's and taught classes on how to achieve more success and happiness in life. I have taught thousands of students, worked with thousands of individual's and written books about how we can relate better to our world!

This report is invaluable as it will sum up all that knowledge and although I do have to generalise, I am positive you will find this report essential reading!

If you are serious about making changes in your life and like the approach that I offer, please call me or visit my web site here:

David Marshall
NLP Master Practitioner

Visit my website here:

www.themindconsultant.co.uk

Alternatively call me on my mobile here:

07954 584848

I look forward to helping you achieve the changes that you want”

Big Mistake # 1

NOT PUTTING YOURSELF FIRST IN YOUR OWN LIFE!

This mistake is included in my top 7 because it affects everyone who makes it so severely:

Now many of you will think that I am talking about being selfish here, well I am not.

I guarantee that if you put others before yourself, you find it more difficult to be happy and achieve what you want from life. Is it selfish to be a happier person, a better parent, a better partner or friend? This is what I am talking about.

To put yourself first is the most UNSELFISH thing you can do, because when you put yourself at the top of the tree you become better in every area of your life, and in doing so you are able to help others become happier, healthier, wealthier and wiser!

Now many of you have children, partners, families, jobs, responsibilities and think that these need to be placed above yourself in the pecking order of life, but if you think about it you will realise that by placing yourself way down on the list you are not being yourself and are not achieving what you want from life. Does this make sense? No it does not!!! and I promise you that it leads to a life of worry, concern and stress.

For one week then put yourself at the top your list of priorities and in doing so you will find that life really can offer you what you want.

Everyone I have worked with who has done this has created a better life for themselves and all those around them, it works, I promise!

The Solution is:

Realise that it is not selfish to be happy and place yourself as the most important person in your life. Take responsibility for your own life and help others do the same and in doing so you will create balance in your life and those around you.

Big Mistake # 2

Not understanding and accepting the power of your own beliefs.

This mistake is of course understandable, like all the big mistakes, but science and experience has now shown us the power of your own belief system.

Your ideas and beliefs affect every part of your life including:

- Physical Health
- Behaviour
- Emotional Health
- Financial Wealth
- Happiness
- Stress Levels
- Relationships

Limiting and damaging beliefs that you have are negatively affecting your life in one, two or more areas and the fantastic realisation is that you can change your beliefs and change every part of your life experience.

We are realising more and more that what you believe in, what you choose to focus on creates more of the same! If you are focusing on negative ideas about health, you are likely to create poor health: if you are believing that you cannot create the finances that you want, you will literally create poor finances!

The Solution is:

Accept the power that your beliefs play in your life, explore what you believe and you will see the relationship between your ideas and your experience. Learn to change your beliefs and ideas and you will change your experience, guaranteed!

Big Mistake # 3

Not accepting your own value in your own life!

This mistake leads on very nicely from the big mistake 2 because you have been unaware of the true power of our beliefs and how they effect your life, you have not realised how this biggest of beliefs affects your life experience, in every area!

A number of years ago, before I changed my life I felt that for some reason, there was something wrong with me. You may be feeling the same way. Maybe a parent reduced your confidence, or you feel that you should look different, be different than you are now. Anyway, my self esteem, or lack of it, led to huge issues in my life, at one point leading me to seriously consider taking my own life! I realise now that the cause of this was a simple lack of self worth, I did not feel worthy or that my life had as much value as someone else's!

Now I am not suggesting that you have issue as badly as I once did, but I guarantee that 99% of the human race is not realising the value that their life brings into this world. Now, because self worth is all about our beliefs, and remember how powerful your beliefs are, a lack of self esteem can lead to:

- depression
- illness
- stress
- lack of motivation
- poor life experience in every part of life

I promise you that most of your challenges are created by a lack of value that you place on your own life and happiness; thankfully you can change your beliefs, as I did, and create a life filled with joy, happiness and wealth in every area!

The Solution is:

Learn to love yourself! You are more wonderful, amazing, talented and brilliant that you are accepting right now. Accept that there is nothing wrong with you!

Big Mistake # 4

Trying to control the world!!!!

We all live in a chaotic, fast moving and sometimes frantic world. With technology moving so fast, the pressures of finance, health, children, relationships and general life it is a wonder that we have not exploded!! This life can lead to stress and unhappiness and everyone tries to find their place in this world, trying to find a sense of control!

As strange as it may sound, happiness does not come from control, happiness comes from co-operation! The question then is: are you trying to hard to control your world? **Because if you are, you are fighting a losing battle.**

Ask yourself this: Can I control the world? **No** is the obvious answer and so many simply try to control their own world. They try to control, children, partners, finance, relationships, and health and in doing so stress themselves out and live busy, dramatic and demanding lives. **There is another, better way.....**

Co-operation: rather than trying and failing to control your life, learn to co-operate with it. I am not saying do everything that others want you to, that would lead to big mistake 2. I am talking here about relaxing and learning to direct your life experience through co-operation. It really does work!

Now I understand this may scare you a bit, you may be saying "If I co-operate, relax and let go my world will come crumbling down and my children will be out of control! I understand this point of view but I have to tell you that you are wrong! What will happen if you learn to co-operate in the right way? Life will become relaxed, enjoyable, fun and you will gain more control!!!

The Solution is:

Learn to let go of the need for control and find ways to co-operate with your life. Direct your life experience using a co-operative approach whilst still keeping yourself at the top of your tree!

Big Mistake # 5

Not taking responsibility for every part of your life!

This is a **very big mistake** that many fall into and one that causes many, many problems. Thankfully, as with all the big mistakes, it can be resolved, by you!

So what causes a person to be scared of taking responsibility for every aspect of our experience and what results in this big, big, mistake?

The true cause of a lack of responsibility is the fear of failure: a fear that many have come to me with over the years.

If an individual takes responsibility they think they will open themselves up to be blamed and shamed if it goes wrong! The real issue though is that because the only way to create success is to take responsibility, failure will also follow those who do not want to be responsible, creating a vicious circle of PAIN!

Taking responsibility for your own life is the key to success in every area because it:

- Allows a person to create what they want
- Increases motivation
- Increase a sense of personal power
- Makes a person more creative and imaginative
- Motivates thoughts and ideas into action
- Brings a natural feeling of security

Learn to take responsibility and create success!

The Solutions is:

Taking responsibility is easy with the right mindset, the right beliefs and values and comes quite naturally to us all. With the right thinking you can achieve anything and once you achieve something you will feel the sense of freedom and growth that comes with accepting your responsibility and power to be yourself.

Big Mistake # 6

Not living your life by your own values and living someone else's life!

Are you living life on your terms or are you still living the life your parent's/family think you should?

Most people are not living life on their terms, they don't know it but they are living the life of their parents, trying to please or live up to ideas that are not their own!

In my experience of helping others free themselves from these patterns of behaviour I have seen people transform their lives as they let go of the old programming, programming that is not working for them.

I worked with a particular person aged 42. With some exploration we realised that this person **was not living for themselves** at all. Not only were they making a number of the seven big mistakes in their lives, they were really caught up in Big Mistake # 6! They were trying live up to the ideas and values of their parents, even though their parents has died years before! How mad is that? It sounds mad but in truth, most people are living their lives in line with other's ideas and this is a disaster for most!!!!

So what happened to this person once they realised their mistake?

I helped form their own values and ideas, ideas that they wanted to live by. In doing so this person freed themselves and are now living their own life, happier, healthier, wealthier and certainly wiser!!!

The Solution is:

Discover why you are doing what you are doing by looking at what is important to you. Ask yourself if these are your values/beliefs or those unconsciously taken on board as a child. Once you know what your own values are, you can live life on your terms.

Big Mistake # 7

Not taking enough action to change!!

If you are reading this report I am certain that you are clever enough to be aware that something in your life could be improved, that you need to change something. The question then becomes when are going to take the best action?????

The key to making changes is easy, take some action, do something, decide something new. So if it is THAT easy, why do we not change more easily? Fear because we do not have the right tools.

At school none of us were taught to change, we were not taught about techniques for successful change and that if we have a problem, letting it fester makes it worse. I don't know about you but if I don't deal with an issue, any issue, it plays on my mind and just gets worse!

I watched a TV program about small business recently, where an expert went into a shop and gave advice to the owners about 1. what changes they could make and 2. how to make the changes.

The amazing thing was that these shop owners KNEW exactly what to do but had not taken the time to learn something new that enabled them to make the changes and improve their business and ultimately their lives. What did they need before they could change?

They needed to give themselves **permission** to be happier and then the **tools** to make it happen! With those two elements in place they then found the motivation to create the changes they needed to, they took their head out of the sand!

The Solution is:

If you know you need to change something, give yourself permission to change and find the support and process/tools that will help you. Do not wait for the issue to be so big that you cannot change it!

To conclude.....

So that's it, the biggest mistakes that anyone can make in their lives, creating stress, worry, ill health, lack of finance and poor relationships!

So ask yourself where you are with these mistakes, are you making them or avoiding them? I have no doubt that you have avoided some but are still making others and that is not your fault. We have not been taught how to lead a happy and successful life, no-one at school told us how to but with the information I have covered I guarantee that you have the basis for some fantastic change!

I wish you luck on your journey

Dave Marshall

P.S If I can help you resolve any issue call me today or email me. It cannot hurt you to ask a question or make an enquiry. Do not keep making BIG MISTAKE # 7, (Not taking enough action)!!!!