

## 3. Which one are you?

“There are three kinds of people in this world: people who make it happen, people who watch what happens, and people who wonder what happened.” - Tommy Lasorda.

Which one are you?

Spectator (watching what happens) - Neutral

Loser (wondering what happened) - Negative

Winner (make it happen) – Positive

Anxiety sufferers are mostly living in the neutral or negative zone but surface every now and then in the positive one. You could plot your way to the positive zone - the winner zone – and by applying the advice in this course you can actually reach it and stay there. Winning does not mean becoming the winning rat in the rat race. Winning is nothing more than striving to rise to your full potential. You were born as a perfect fit for the roll you (and only you) can and should be playing on life’s stage. All the lies about your worthiness and abilities should be rooted out and after you’ve become a child again, without chains, you should claim your position as captain and take the wheel in your own hands.

Winning is reaching the goals that would bring you happiness. It means achieving that what is important to you and will give you fulfillment and self-worth.

Winning is giving and receiving in an atmosphere of love, cooperation, and social responsibility.

Winning is to be happy with what you achieve, on the condition that you are moving forward, – doesn’t matter how fast.

Winning is to give yourself generously.

Winning is never moaning or complaining.

Winning is to treat fellow humans as family and animals as humans.

Winning is to be honest with yourself.

Winning is caring for the environment.

Winning is a habit (but watch out - so is losing!)

Winning is unselfish love.

Winning is a state of mind.

Winning lies in attitude - Attitude is the KEY to success.