

The  
**SUCCESS PROJECT**  
*The Making of a Worthy Ideal*



B E L I N D A M A Y S

# The SUCCESS PROJECT

*The Making of a Worthy Ideal*

by

BELINDA MAYS



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## *Dedication*

This book is dedicated to Lanie, my one and only sunshine. My love, thank you for your devotion, your prayers, your understanding and thought-provoking suggestions. You never cease to amaze me with your ingenious creativity; my life would not be a success without you.



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## *Introduction*

There is no doubt about it; the recent economic crisis has brought upon devastating changes to the lives of the majority of working class people. There have been great losses – jobs, homes, savings and other material possessions, that resulted in even more important losses – the loss of mental, physical, and spiritual health. The recession has opened many doors to self-doubt, loss of belief, and negative thought patterns.

However, in my opinion, it has been the answer to many people’s prayers. It has leveled the playing field for most and returned us to a state where the words “living within your means” are not derogatory. For those of us who seek to thrive, and not just survive challenging times, this brief period – as it has in the past will be the fertile ground for new opportunities and great ideas. What I want to emphasize is that these difficult times have made it very clear that we all must be the captains of our own vessels. We can no longer choose a life of complacency and let someone else guide our ship, as, at a moment’s notice; it can hit an iceberg and capsize before we even realize what has happened.

Although it may not be apparent right now, the recession has had a positive impact on us. Hardships have a way of introducing a person to their authentic self. Have you not become even more resourceful than you were

before? Hasn't your patience increased, your character grown in strength, and your faith deepened? Now, how **EXCITING** is that!

No matter what your current situation may be, I want to bring you, dear reader into a conscious state of awareness of the power within and in one's own abilities...including the ability to transform your life into a "success project - where only the sky is the limit.

What do I mean by a "success project?" Consider this: the circumstances of our birth may vary, however, we were all born with an infinite amount of potential. Due to the variations in our beginnings, our upbringing and the environment we lived in, we all have experienced different trials, tribulations, and losses. No matter the challenges, each person is still in possession of an abundance of creativity and ideas that are just waiting to be unleashed, if they have not been already. Your abilities are akin to the harvest of tomatoes that lies in a single seed. If you do not begin to tap into your God-given gifts, your great harvest will remain in a pack somewhere in the depths of your mind and the world will go on without your great contribution.

Simply put: Life is like one big project, full of ups and downs, failures and successes. When I think back to my school days, I recall the many seemingly meaningless projects I had to complete. No matter what the project was, or how I perceived it to be, I still followed the same process. First, I would think about what the project assignment. Secondly, I would put together a comprehensive plan for

completing the project, realizing that some aspects of it might change as I progressed toward completion. Then, I began to research what it was going to take to get the project done, took notes, and made some decisions. Finally, after the plan was written and my ideas researched, I started working on the project, and ultimately completed it in a timely manner; maybe even getting a good grade to boot. Just our efforts determined the grades we received, so shall they determine the results we get in our life's project. However, unlike the projects that were assigned to us in school, our life is our own project and only you and I as individuals can define what it will be about and whether or not it will be a success. Yes my friend, you and I - we *are* The Success Project.

Although I did not invent any information provided in this book, most if not all of the content has been used for many, many years by countless men and women to achieve success in all aspects of their lives. While you may have heard some of this information before, the method by which it is assembled in this book will serve as a comprehensive guide that will explain in detail the action you must take in order to make the transition from where you are now, to where you want to be. I consider the information contained within the pages of this book one of the greatest gifts I have ever received. I hope it will have the same effect on you and that you will pass it on.

Before beginning this journey, I want to take a moment to congratulate you on the many accomplishments you have attained thus far. In times like these, it is often difficult to

bask in previous successes. No matter how insignificant or small you think they are, they are still your achievements, they still count, and you are worthy of recognition.

If you have not been adversely affected by the recent downturn in the economy and your financial and mental state of mind is still intact, count your blessings and be grateful. Nevertheless, this book has some strategies that can still inspire you to do better. No matter where you are in life and how much you already accomplished, the desire to gain new knowledge and a better understanding of oneself should never cease to exist within you.

Take a moment and look at your surroundings. Can you imagine your life without all that we now consider necessities; the telephone, electricity, the refrigerator, indoor plumbing, the car, the washing machine, fast food restaurants, iPods, cable TV, computers, cell phones; the list goes on and on. Everything currently in existence, or even inventions that we cannot even conceive at the moment, will always be birthed out of the creativity within an individual's mind. What creative ideas is your mind currently holding?

As you read this book, you will learn some very basic concepts that, when compounded, may help you to take a single thought and turn it into its tangible equivalent. Although the concepts described will be very simple, often they are not easy to turn into actions. Simply reading this book repeatedly will do absolutely nothing for you, your state of mind, your wallet or your personal development. It

will only be through the reading, understanding, and application of these concepts on a continuous basis that you will ever see any real results.

This information will challenge you to take an honest look at your current habits and belief systems. It will also encourage you to do some intense thinking and make many critical decisions. It is often said that only 2% of people actually think, 3% of people think that they think, and 95% of people would rather die than think. Let me share with you what I think that statement *really* means. No question about it, we all think. We spend all day thinking, thinking, and thinking some more. Whether we are thinking about work, family, money, vacation, hobbies, worrying or just daydreaming about nothing, we all do indeed think. However, it is only about 2% of the population that ever make the commitment to transform their lives by taking positive action and turning their thoughts into its physical equivalents, while the masses resolve to “die” rather than do so.

Most people are on autopilot, going through the same routine day after day. In the beginning, the routine probably took quite a bit of time, effort, and thought to establish. But as time went on, it became a simple habit that required little to no intellectual input. Come to think of it, many people get angry when they are required to think. You might question this, but let me give you an example. Let’s say you drive the same way to work every day, and one day the road is temporarily closed. You would probably become quite frustrated. Why? Taking an

unfamiliar route to work could possibly make you late, but the main reason for your anger would be the realization that you are going to have to *think* of another way to get to work, and that alone may seem like a daunting task. No matter the detours we face, it will be through understanding the power of thought that our creativity is released.

As you begin working on your success project, you will spend a little time gathering information from your past to gain an understanding of how you arrived at your present belief system. Now, you are most likely an unfortunate casualty of the recession and your hand has never come even close to the cookie jar of this mess. However, some of your thoughts and actions may have contributed, directly or indirectly, to your present situation.

The process of analyzing this information is designed to bring you clarity so that you can identify previous errors and instinctively move into a state of heightened awareness. You will be challenged to take on a more positive countenance as you move into a peaceful state of forgiveness. You will also learn to make better decisions while mapping the road that will successfully lead you to your final destination. Maintaining an open mind as you read this book would inevitably help you to understand and accept the benefits of sacrifices, fear, faith, and gratitude.

This book is written with the aim to help as many people as possible. Thus, due to varying time constraints and other individual circumstances, readers will likely progress through it at varying speeds. Take your time, there

is no rush. This is not a suspense thriller and the information presented within should be read with understanding, pondered upon and digested, rather than rushed through to reach the culmination. As previously stated, the concepts in this book are very simple, but are often not easy to apply in practice. However, the implementation of just one of these small ideas can change your life in a great way. Thus, you should attempt to master one concept at a time before moving on to the next. Remember, *you* are The Success Project, so you may want to adopt a simple phrase that has served me well over the years - "If it is to be, then it's going to be up to me."

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*Belinda Mays*

