

Learn How To Create Financial Freedom With Tony Robbins son - Jairek Robbins, In Dublin!

Tony Robbins is one of the world's leading gurus in creating and sustaining massive change. And right now his son Jairek Robbins is going to help you tap into your inner potential and break free of the recession.

Jan. 21, 2010 - [PRLog](#) -- "With what is currently going on with the world economy, many people are looking to get out of the recession. The challenge is, so many people are spending all their energy focused on what they might lose instead of how to make the most of their current situation.

The fear is causing people, who at one time were champions of their industry, to second-guess themselves and hesitate when they used to take action. This same fear is causing people to get caught up in possibilities instead of dealing with day-to-day reality. Or even worse, its causing people who have ended up in a difficult situation to start believe that it will never change.

Savings and investments gone sour?

So with all of this going on in the world, how do you go about turning it all around? To create a lasting shift you must first build a foundation.

Since I was 15 years old, I was introduced to a process that I have done daily for the last 10 years of my life. This process has allowed me to create a powerful mental and physical foundation first thing in the morning each and every day.

The process consists of four parts:

1. Moving and breathing: Simply walking and using deep breathing to stimulate your lymph system and begin to cleanse your body.
2. Gratitude: For three to five minutes, just focus 100 per cent on all the things in your life that you are grateful for.
3. Visualisation: Spending time to visualise, focus on and plan your day in your mind.
4. Exercise: Get your heart rate up and blood pumping to ensure that you really activate both your mind and body first thing each day.

Positive reflection

It's important to take some time to reflect and identify your personal system for achievement.

Look back in your life and identify the things that at one time were just a dream that you now have or live in your day-to-day life. Once you have identified the top two or three areas, begin to get clear on your personal system for achievement.

Don't think, do!

Once you have set up a daily foundation for your mind and physical body and have identified your personal system for achievement, there is one final step. The final step is to make a shift in your perspective and take action.

The biggest difference I have seen between people who find a way to achieve and people who seem to always be struggling is the perspective that they have created in their own life.

So if you want to build a powerful foundation, take some time and study those who have faced incredible adversity in both their life and business. In studying their personal stories, watch how they take a situation that would devastate most people and use it to both inspire themselves and all those who hear their story.

Then take some time and create a vision of the story you would like to create with your life and define your ideal outcome of where you would like to be in the next three to six months. Create a powerful reason why it is an absolute must for you to get there and define what specifically has to happen for you to close the gap – then take action!

Your next step

This is a brief overview and doesn't allow me to go into as much detail as I'd like, so here's what I suggest. I will be in Dublin from February 5th to 7th at Life Lasting Success – The Irish Entrepreneur Superconference and I would love you to attend to really know in your body that you have everything that you need once someone teaches you how to tap into it.

The event is for everyone who wants to take their finances to the next level and really make a difference in their lives.

I attend many events all over the world with the world's leading entrepreneurs. They are all talking about Life Lasting Success seminars. These guys really know how to give quality and the results attendees are getting speak for themselves. So make a decision, take action and book your ticket today because it will sell out – it always does!

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