

## THINK AND GROW RICH

Think and Grow Rich is a self-improvement book written by **Napoleon Hill** in **1937**. This book is widely regarded as a classic in today's business and personal development genre. An overview of the book is as follows :



## CAUSES OF FAILURE

The book enlists many reasons why people fail to achieve what they truly desire. Some of them are ;

- Lack of a well-defined purpose.
- Lack of persistence
- Procrastination
- Lack of self-discipline
- Growing up indigent
- Thinking negatively
- Marrying wrong
- Demotivation
- Impatience
- Pride
- Lack of capital
- Avoiding risks

## SIX BASIC FEARS

Napeleon Hill opined that there are six (6) basic fears that hinder success. They include:

- Fear of Poverty
- Fear of Criticism
- Fear of Ill Health
- Fear of Loss of Love
- Fear of Old Age
- Fear of Death

## KEYS TO SUCCESS

Through his work with and research on the individuals who shaped the American industry (Rockefeller, Ford, Edison, etc.), Napoleon curated 13 steps anyone may use to grow and preserve wealth. They include;



**KEYS TO SUCCESS**

**STEPS TO IMPLEMENT**



**1. POWER OF DESIRE**

- For one to be successful, there must be a strong desire to achieve a specific goal or dream.
- This desire must be intense, unwavering, and backed by a well-defined action plan.



**2. FAITH**

- Having unwavering belief in yourself is crucial to conquering any challenges that may come your way.
- Doubt limits and affects your mindset while chasing your dreams



**3. AUTO-SUGGESTION**

- It is vital to repeat positive affirmations to influence your subconscious mind to work in your favor.
- You may write down these affirmations and recite them to yourself daily.

**KEYS TO SUCCESS**

**STEPS TO IMPLEMENT**



**4. SPECIAIZED KNOWLEDGE**

- You must continue to skill up and aim to be an expert in your field to be successful.
- This way, you can stay ahead in a competitive world and get the career of your dreams.



**5. IMAGINATION**

- Constantly visualizing the result of your goals programs your mind to run towards it.
- Use visualization and mental imagery to continue to generate new ideas and solutions



**6. DECISION MAKING**

- Being indecisive can hinder progress, so develop the habit of making decisions promptly and confidently.
- Avoid procrastination and analysis paralysis.

**KEYS TO SUCCESS**

**STEPS TO IMPLEMENT**



**7. PERSISTENCE**

- Success requires unwavering perseverance in the face of obstacles and disappointments.
- Always remember to stay committed to your goals no matter what situation you find yourself in.






**8. MASTERMIND**

- Surrounding yourself with like-minded individuals who support your goals and aspirations can accelerate your success.
- It would be best to choose your circle wisely, as the people you associate with can shape your mindset.



**9. TIME MANAGEMENT**

- It is essential to manage time well and prioritize your tasks.
- This way, you can be sure to complete tasks efficiently without lagging.

| KEYS TO SUCCESS   | STEPS TO IMPLEMENT  |
|---|---|
|  <p><b>10. SEX<br/>TRANSMUTATION</b></p>         | <ul style="list-style-type: none"><li>• The desire of sex inspires people to use their creativity and perseverance in ways they have not before.</li><li>• Channel your sexual energy into creative pursuits, such as work or other productive activities, to fuel your drive and focus.</li></ul>  |
|  <p><b>11. SUB-<br/>CONSCIOUS<br/>MIND</b></p> | <ul style="list-style-type: none"><li>• The subconscious mind serves as a bridge between an individual's mind and intelligence.</li><li>• When used well, one can use the subconscious mind to manifest desires in physical form</li><li>• To control it, you must utilize and adopt positive emotions like desire, faith, love, enthusiasm, and hope in your daily life.</li></ul> |
|  <p><b>12. THE BRAIN</b></p>                   | <ul style="list-style-type: none"><li>• Understand the different functions of your conscious and subconscious mind, and learn how to use your brain to manifest your desires effectively.</li></ul>   |

KEYS TO SUCCESS

STEPS TO IMPLEMENT

6

13. THE SIXTH SENSE

- Comprehension of the sixth sense comes through meditation and internal mind development
- You cannot activate the sixth sense with indecision and doubt in your mind—a mixture results in fear.
- It would be best if you used your willpower to gain control over negative thoughts in your mind.
- Surround yourself with individuals who can positively influence your thinking to further strengthen your will power.

"Whatever the mind of a man can conceive and believe it can achieve

~Napoleon Hill