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TRANZ TALKS

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## ARE YOUR ATTRIBUTES THOSE OF A LOSER OR WINNER?

This is another TRANZ TALK for you to practice, so you can make your life happen on purpose!

If you are a Hypnotherapist you can use this Tranz Talk for your clients.

There will also be a tranzcript download for your convenience.

This Tranz Talk is called:

Are your attributes those of a loser or Winner?

You can place yourself in the winner's circle by practicing characteristics that make them excel.

Learn to recognize when you're exhibiting a loser's attributes, and concentrate on eliminating them from your life.

Winners accept responsibility for their own thoughts, feelings, and actions in life, while losers blame others for forcing them to suffer and feel inferior throughout life.

Winners know that they are never helpless and do not ask for others to rescue them, but fear causes losers to play helpless and expect others to rescue them when things go wrong. Losers say "I can't" when the truth is they're afraid.

Winners let others take care of themselves, giving them the opportunity to grow emotionally, but losers try to rescue others even when not asked, hoping to obligate others to them.

Winners respect time, using it to improve the quality of their lives, but losers simply pass time, kill time, or waste time, not realizing they're avoiding what could be the best times of their lives.

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Winners are spontaneous and open in expressing and learning about their real feelings, but losers disguise their true feelings with exaggerated behavior or a phony lack of interest.

Winners give, ask for, and accept honest adult relationships, while losers withhold themselves, refusing to expose themselves to genuine, mature alliances.

Winners learn from their mistakes, regarding each experience ---whether good or bad --- as part of their education.

Losers are afraid to seek new or risky experiences which might lead to mistakes, criticism. or rejection.

Winners respect the earned ability and status of those above them, taking the Opportunity to learn what they can from their superiors.

Losers resent those above them, jealously trying to degrade them in the eyes of others.

Winners listen with an open mind, seeking the positive value of each experience, while losers listen with deaf indifference, often planning to respond immediately with their predetermined judgement.

Winners make things happen in their lives, but losers wait to see what life brings them, complaining when they don't get what they want.

Winners don't accept things as they are, if they don't like them. The winners among you who recognize that you have some loser's characteristics, will make a decision to change.

Losers will only say, "Yes, that's me. I can't be different."

Which do you now have the most of?

A winner's or a loser's traits?

Are you satisfied with their haphazard distribution in your life, or would you like to change?

The choice is yours.

MY TRANZ TALKS, PUT POSITIVE EMOTIONAL POWER IN YOUR LIFE:

1. Practice communication: Tell someone about a personal embarrassment.
- 2 Practice organization: Plan accomplishments for your week, and follow through.
3. Practice open mindedness: Listen carefully to other people's ideas with a willingness to try to understand why they differ from yours.

I'M JUST!N TRANZ, DARE2FAIL

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