

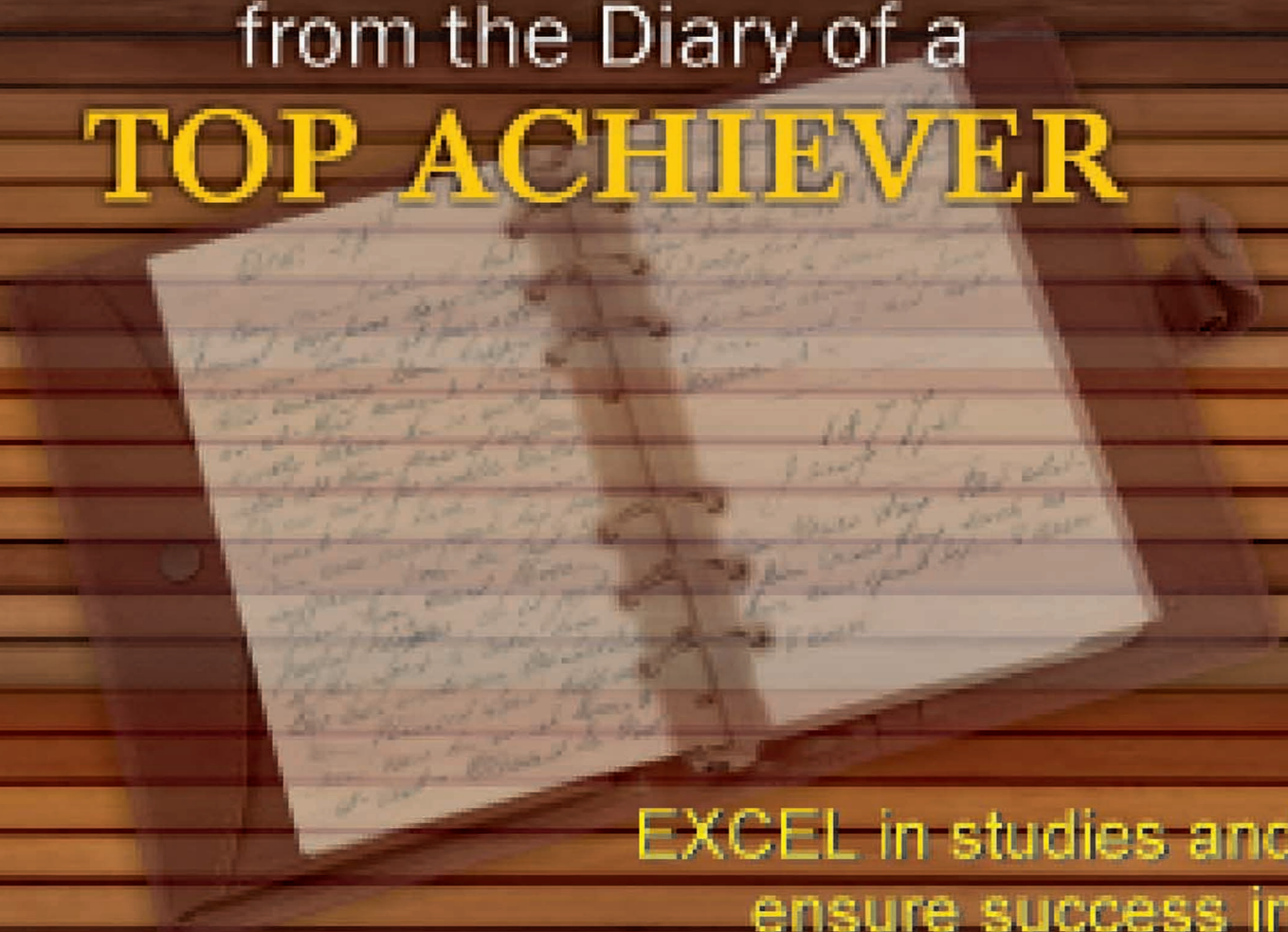


# 251

## STUDY SECRETS

from the Diary of a

# TOP ACHIEVER



EXCEL in studies and  
ensure success in  
exams & career

B.K. Narayan & Preeti Narayan

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**251**  
**STUDY SECRETS**  
from the diary of a  
**TOP ACHIEVER**

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Excel in studies and ensure  
success in exams & career

B.K. NARAYAN  
&  
PREETI NARAYAN



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## How to get best results from this book

1. Methods given in this book are useful for students from school to university level. Students below 12 years will need parental **help** in using these methods.
2. To begin with, **read all the 251 Secrets once**. While reading, mark those you feel are important.
3. For *permanent* improvement, use the methods you find important *repeatedly*. Remember, we learn everything by repetition. Once you finish learning the important methods, start using these *till they become your new habits*.
4. Read Master Mind Programme *EVERYDAY*, till you reach your goal. (See Page 134)
5. Fill up and use *Career Goal Card* and *Subject-wise Target Card*. Read these cards everyday till you reach your goal.
6. To find methods to deal with a particular problem, refer to the *Table of Contents*.
7. If you think a particular step or method needs more explanation, keep reading further, then return to the problem section. You will understand it better.

## Amazing Secrets About Yourself

We have not met each other, yet I know a few things about you that you yourself may not!

Here's what I know about you:

- ◆ You are a born winner.
- ◆ You are strong.
- ◆ You are intelligent.
- ◆ You have already achieved many significant things.
- ◆ You have the ability to achieve anything you really want by making effective use of your UNLIMITED brainpower.

Can't believe this? Then visit our website: [www.mindpowerguide.biz](http://www.mindpowerguide.biz) for a FREE copy of the first chapter of *SUCCESS MINDWARE for Complete Development of Students* and use it as instructed. Your doubts will be dispelled once you begin achieving significant success easily.

—B.K. Narayan

# Preface

Dear friend,

Thank you for investing in this book.

This book includes practical **methods to make education and examination easy for you**. These methods have worked for many students and will work for you too.

When I was a student years ago, I had failed in an exam. Then accidentally, I used just one method—looking at my ‘target-score’ daily until I achieved it. This single method transformed me from a failure into a successful student. Then onwards, I passed every exam with top grades.

—B. K. Narayan

This proves that even a *single* idea or strategy, if followed *consistently*, can transform a student’s performance and direction in life.

Can you imagine what happens when you apply a whole *set of powerful* methods given in this book? These techniques have transformed under-performers into top performers. *Now is your turn*.

Till 7<sup>th</sup> standard I was an average student. Then, luckily, my parents introduced me to Mind Programming and better study techniques. Ever since, learning fast and scoring high became my habit.

I have included many methods in this book that helped me achieve brilliant academic success. Now you too can use these powerful techniques to reach the top. And stay there!

—Preeti Narayan

Use information in this book to become a **top achiever**.

Good luck! Fly beyond your dreams!!

B.K. Narayan

&

Preeti Narayan

Authors

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<http://www7.mindpowerguide.biz>





# CHAPTER 1

## 4 Self-Motivation Secrets to Study Better

1. Always remember that someday you will need to show your report card to important people.

Some of those will be:

- ◆ Admission authorities of institutions
- ◆ Your employer
- ◆ Your business partner
- ◆ Your life partner
- ◆ Your children

Imagine how you would feel before them if your grades or marks were low. Uncomfortable! How about your chance of clearing that interview? Slim! And how motivating would it be for your children once you were a parent? Un-motivating!

So what must you choose now? ONLY TOP SUCCESS! Yes, only top success in your studies.

Don't worry; you can make it. *This is a simple job for that super-computer—your brain.* All you need do is use the secrets in this book.

2. Make a list of all the things and benefits you will lose if you have poor grades or marks.

Many students do not realize the magnitude of their loss when they study poorly. This list will be an eye-opener. To prepare this list, use any diary or notebook and write down the losses you will suffer if you get poor grades.

Here are six examples of such losses to drive home the point:

- ◆ Loss of confidence and self-esteem
- ◆ Little respect in society—people love and respect only winners!
- ◆ Low income
- ◆ Stressful life
- ◆ Poor or lower middle-class lifestyle
- ◆ Marriage to an ordinary boy or a plain Jane!

Many who neglected studies in their teens are now living a life of frustration. To confirm this, just consider your relatives and friends. You will be surprised at what you find.

So take a conscious decision right now NOT to live such a low-quality life and aim for absolute success in studies. Shoulder the responsibility of creating the future you will enjoy.

Remember, ONLY YOU can control your future.

**3. List the multiple advantages of studying well and obtaining good grades.**

**W**e all love to do things that ensure benefits and advantages. You will be more interested in studies if you are aware of the huge advantages you will enjoy if you study well.

So if you hate studies or begin to feel bored, just read this list of advantages. Your hatred or boredom will evaporate and your mind will be **charged** to study more.

Below are five illustrative benefits of studying well. Read them. Then note down other benefits you can obtain by studying well:

- ✦ Greater confidence
- ✦ Higher self-esteem
- ✦ Better career or business opportunities
- ✦ Happy parents and teachers
- ✦ Eligibility for Scholarships and other awards

List more benefits that are important to you. For example: visiting beautiful places, owning a car, living in a luxurious bungalow, etc.

**4. Meet people who have completed their education with good grades and are now enjoying their dream career or lifestyle.**

**S**uch meetings will make you yearn for success! You will also feel the desire to study well and enjoy life like them.

Ask them relevant questions, like:

- ✦ What qualifications and skills must you acquire to become like them or to enter and succeed in their field?
- ✦ How did they prepare for their exams?
- ✦ By the time you complete your education will there still be demand in their field?
- ✦ Are they enjoying their career and profession?
- ✦ How is their personal life now? Do they find enough leisure time with family and friends?

○○

## CHAPTER 2

# 6 Secrets to Boost Confidence

1. **Always have a SUCCESSFUL SELFIMAGE in mind, no matter how poor your present performance.**

- ♦ Want a fabulous report card?  
First visualize it in your mind.
- ♦ Want to become a doctor?  
Then visualize it in your mind.
- ♦ Want unlimited success?  
Visualize it in your mind.

Don't forget—everything starts in your mind. Everything starts with your thoughts. If you want success, always visualize yourself as a *successful person*. Hold a positive self-image about yourself.

Your confidence will then automatically increase. And you will find it easier to achieve success.

Indeed, this is the secret of bright students: they always consider themselves winners. So it becomes easy for them to *think and do* things that take them to their goal—of achieving TOP success in studies. Now you too can achieve big-time success. Just GO for it!

2. **List the good marks or grades you have scored in your entire educational life till now. You can also write down good remarks made by your teachers.**

**O**pen your old school or college records. Against each subject, find the good marks you have scored. Copy them in your diary. If your teacher praises you in class, include it in this list along with the date!

Give some motivating name to this list, like:

*'My Amazing Scores List'*

*or*

*'Proof of Being A Good Student'*

Look at this list closely whenever you feel low or think you are a poor student. You will instantly feel a burst of confidence.

Frequently reading this list helps you develop the habit of thinking "I CAN ACHIEVE ANYTHING." Such thinking

increases your confidence, makes you more positive and helps you to use your brainpower efficiently.

This is a SMART way to achieve success—allowing your brain to work smoothly without negative thoughts draining it. Therefore, while making this list, ignore poor results!

3. **Keep repeating, “I have unlimited brainpower. I can learn anything. I am a brilliant student.”**

**T**his technique of giving positive suggestions to ourselves is called Self-suggestion, Affirmation or Autosuggestion.

Mentally repeat the above sentences five times daily. This simple act of repeating positive affirmations increases your confidence. When you *continue* using positive affirmations another big change will occur in you—as a wonderful side effect...

*You will automatically cultivate  
a most important success-habit—  
paying more attention to your strengths  
and ignoring weaknesses.*

So start using the above affirmations. You will discover more powerful affirmations in this book to improve other important areas of your student life.

You can repeat these sentences before starting your studies, while sitting in class, before going to bed and after getting up in the morning.

Don't ignore this method because it seems so simple. This method works because it utilizes a powerful truth: *you get what you think repeatedly*. And affirmations help you to repeatedly think about positive thoughts, which help to bring about powerful changes in you.

4. **Here's an excellent confidence booster. Mentally repeat this affirmation several times a day: “I have a perfect brain and by using this perfect brain, I can be a genius in my chosen field.”**

**D**on't be scared by the word 'genius'. Remember what Thomas Alva Edison said:

**“Genius is 1% inspiration  
and 99% perspiration.”**

If you can read, comprehend, and remember what you are reading now, then you have a perfect brain. For a perfect brain, 1% inspiration is child's play. And we will teach you how to perspire!

Also know that genius is NOT:

- ♦ Scoring 100 per cent in every subject
- ♦ Winning an Olympic medal in all sports

- ◆ Being the world's wealthiest person
- ◆ Becoming an expert in everything

To be a genius you need not be any of these. A genius means... *Being the best in just one field—your chosen field*, like teaching, drawing, performing surgery, etc.

This is easy for your powerful brain. Just learn how to use your brainpower correctly.

## 5. Prepare your SUCCESS List.

**T**his is the greatest favour you can do to yourself.

If this is done, you can use the Success List to programme your brain to automatically focus on thoughts and actions that *lead you to success*.

We have been programmed in early childhood to *almost always* think about our weaknesses, mistakes, and drawbacks. To be successful, you need to delete this early programming. The Success List helps you to do this easily.

As the name suggests, the Success List is just that, a list of all your big, small and even silly successes.

For instance: painting a nice picture, writing neatly, a good score in spellings, various exams passed, games won, speeches given, or any other skills or things that you have done and are good at.

The Success List makes you aware of your strengths and helps you *focus more* on your good qualities and successes. So take a diary and list all your little and big achievements. And always keep adding to the list!

### DO THIS NOW!

Once you list your successes, the next thing to DO is to look at your list *daily* and say, "*If I can achieve all these, I can Achieve More!*"

## 6. KNOW that you are a Born Winner, and can continue to be a winner.

**W**ith this belief, you can move mountains. When you believe that you are a born winner and can continue to win in life, you will develop a "*I Can Achieve Anything*" mindset.

This kind of positive mindset gives you the power to think big, act smart and achieve all your dreams.

So always think, "I am a born winner," and "I can achieve anything." If you want more help in this regard visit our