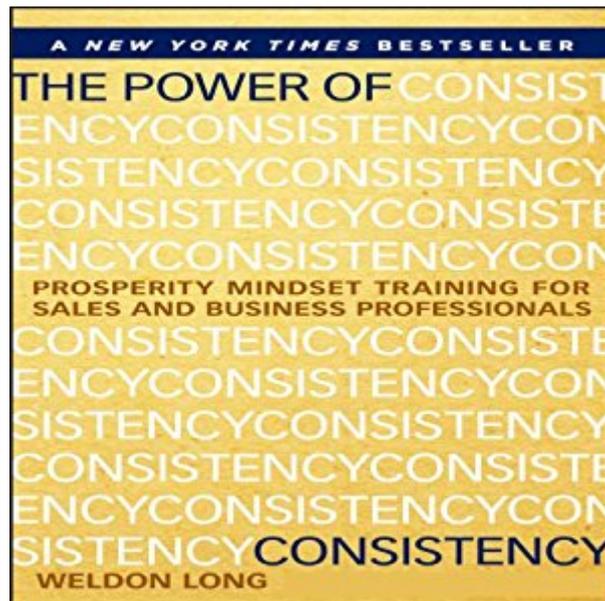


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# The Power Of Consistency: Prosperity Mindset Training For Sales And Business Professionals



## Synopsis

The Power of Consistency lays out the Personal Prosperity Plan, a simple process to create meaningful results by unleashing the power of focus and your subconscious mind. Taking you step by step through the FEAR process - focus, emotional connection, action, and responsibility - this audiobook will teach you: How to get focused on what you want; How to become deeply emotionally committed to achieving your goals; The value of a Quiet-Time ritual; How to take consistent action toward reaching your goals; How to take responsibility for the decisions that define you when faced with the inevitable challenges in business. You'll find that your life reflects your thoughts and the words you repeat to yourself. Wealth, happiness, and peace of mind are well within your reach. Manifest a Prosperity Mindset, and let that mindset drive you to become exceptional. With The Power of Consistency, the possibilities for your life and your business will become endless.

## Book Information

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## Customer Reviews

One reviewer commented that there is little science included, and frankly, that was one of the elements that most impressed me. I deliver programs on coaching and emotional intelligence to leaders and individual contributors and as a clinical psychologist I include TONS of science and research. I emphasize the importance of moving from head where knowledge lives to heart where this knowledge is actually applied behaviorally. Unfortunately, research does suggest that on average only 10-20% of those who attend training actually apply what they learn for increased productivity (and profitability). Mr. Long offers a concrete way to turn knowledge and desire into

action. While perhaps not presenting the reader with overwhelming science and research (some data is included), as I read "The Power of Consistency" I was impressed with how Mr. Long's journey and application of the F.E.A.R. model nicely parallels content (and research) from emotional intelligence (EI) and more importantly the cognitive behavioral (and Rational Emotive Behavior Therapy - REBT) research on the role of attitude, thinking, and beliefs. Mr. Long frequently quotes Ralph Waldo Emerson who wrote, "We become what we think about all day long." Research strongly supports the role of attitude and thinking to overcoming emotional problems, moving from good to great, sport psychology, and so much more. And, again, I love how Mr. Long shares his story and specific steps in such an easy to follow way. If you want a straightforward, easy to read and follow book that may not include a lot of science and research but is definitely consistent with all that research "stuff," and you want to create a more productive mindset, this is a must read!

Ed Nottingham, PhD, PCC Consulting & Clinical Psychologist

Author's Note: It's Not As Bad As It Seems

If you have struggled with trying to reach your goals, there are two very powerful lessons for you in this book. Most people who struggle to reach their goals have a long list of reasons (excuses) about why they have been sidetracked. Weldon Long, the author of *The Power of Consistency*, probably started deeper in the hole than 99.99% of all other people. And in just sixty months after starting his own company, he built it to a company doing over \$20 million in annual revenue. So the first lesson is that no matter what your past if you are really determined, you can build the life of your dreams. It took Mr. Long some six or seven years to reach a high level of achievement. But when you consider where he started from, that is absolutely amazing. Mr. Long was a high school drop out and was a three time convicted felon. But during his third stay in prison, he made the commitment to turn his life around. This was not based on some religious conviction or other spiritual enlightenment. He came to understand at a profound level, that the way you think influences your emotions. Your emotions determine your actions and your actions lead to your circumstances. He took full personal responsibility for who he was and why he was in prison. He accepted the reality that his past actions were totally under his control and had resulted in his landing in jail. But that also meant that he had control over his future actions and by taking the right actions, he could develop the future he desired. The second major lesson is this, "Keep in mind that our lives and careers are not defined by the big moments of recognition everyone sees. They are defined by the little moments of action or inaction that nobody sees." Said differently, success is determined by the small but consistent actions we do on a daily basis. These two lessons taken together form a very powerful formula for living. Take full responsibility for your circumstances and realize that your small consistent actions

will determine your long term results. The book is a real inspiration for anyone wanting to change their circumstances and their life. Mr. Long does not promise it will be easy. In fact, it tells you very plainly that only you can decide if you are willing to consistently do the small things necessary for success. It is hard work until you gain traction. Then it becomes easy and everyone thinks you had some magic formula. The magic formula is consistently doing the small things you know will lead to your goals. Mr. Long writes in a very conversational style. The book is fairly short and extremely easy to read. It shows you the way to have the life of your dreams. But Mr. Long also tells you that the decision and commitment are totally up to you.

The first and second time in my life that I became a business owner, there were several occasions when I researched books on how to succeed, and reach your goals. Thus far, this is the most informative, insightful, and concise guide to help business owners reach those goals and turn dreams into reality. Weldon Long shows the reader how to get through obstacles, how to improve performance, and how to feel more confident. He walks you through the steps as he teaches new ideas on improving skills, and how to get good sales results. In addition, the author offers key factors to get meaningful results, the importance of dedication, and the true definition of responsibility. Weldon Long teaches you how to overcome fear, how to thrive, and meet challenges. He highlights the crucial importance of determination, and following through step-by-step with confidence. The information provided and used through the power of consistency guides the reader through a simple, learning process for achieving good results for business, and lifestyle. More important, the information on personal responsibility and how to focus with persistence in achieving those goals is encouraging, and motivating. This book is a treasure trove of learning how to become successful in any business to thrive and prosper, and improving skills on a road to happiness. Educational, insightful, and refreshing. Highly recommended!

This book simplifies everything I've learned about attitude and mindset in such a way that allows me to implement the process daily! I don't feel daunted or guilty about my life, rather, I have a renewed outlook and am inspired to go out into the world and DOMINATE!!

Loved every page of this book, wish it was longer, couldn't put it down, Bought this book two days ago, and author is sooo good that he gets to change ur way of thinking to the positive in the introduction alone, will recomend to all my friends, enjoy everyone.

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