

# THINK AND GROW RICH

NAPOLEON HILL

## The 14 Day Challenge

### Auto-Suggestion Challenge

Auto-suggestion is a term which applies to all suggestions and self-administered stimuli which reach one's mind through the five senses.

It is the agency of communication between that part of the mind where conscious thought takes place, and that which serves as the seat of action for the subconscious mind.

In today's challenge we are going to take your **statement of desire** (The six steps from the desire challenge) and kick it up a notch by combining it with what we learned in the chapter on auto-suggestion

- 1) **Go into a quite spot, like your bed where you will not be bothered or interrupted. Close your eyes and repeat ALOUD so you can hear your own voice and words.**
  - The written statement of the amount of money (or other desire) that you wish to accumulate.
  - The time limit for it's accumulation
  - The description of the service or merchandise you intend to give in return for the money or desire.

For example:--Suppose that you intend to earn \$100,000 by the first of January 2022, that you intend to give personal services in return for the money, in the capacity of a coaching. Your written statement of your purpose should be similar to the following:

*"By January 1, 2021, I will have in my possession \$100,000, which will come to me in various amounts from time to time during the interim.*

*"In return for this money I will give the most efficient coaching of which I am capable, rendering the fullest possible quantity, and the best possible quality for all coaching services rendered.*

*"I believe that I will have this money in my possession. My faith is so strong that I can now see this money before my eyes. I can touch it with my hands. It is now awaiting transfer to me at the time, and in the proportion that I deliver the service I intend to render in return for it. **I am awaiting a plan by which to accumulate this money, and I will follow that plan, when it is received.**"*

SEE YOURSELF ALREADY IN POSSESSION OF THE MONEY.  
SEE YOURSELF GIVING THE SERVICE "DOING THE WORK".

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- 2) Write a check made out to you for the amount you intend to receive, dated to the exact date you intend to have it, and write out what you intend to give in return in the memo field. Always keep this with you. I want you to see it every time you open your wallet or purse.
- 3) Repeat this process night and morning until you can see, **(in your imagination)** the money you intend to accumulate. Make it part of your **"Memory of the Future"**.
- 4) Place a written copy of your statement where you can see it night and morning, and read it just before retiring, and upon arising until it has been memorized.

Remember, as you carry out these instructions, that **you are applying the principle of auto-suggestion, for the purpose of giving orders to your subconscious mind**. This isn't just some Woo Woo mumbo jumbo.

- 5) For the next 2 weeks, mark down any idea's or hunch's that pop into your mind, no matter how stupid, how small, or whether they make sense to you or not.

Carry out these instructions with the same faith of a child that knows he can fly.