

# Chartwell Journal<sup>08.</sup>



## Think And Grow Rich?

When I was in my late teens, growing up in the picturesque Glens of Antrim in Northern Ireland, I dreamt of running my own business and growing rich. I didn't necessarily know at that age what my business would be or even how I would set it up but I knew three things, I had the passion, self belief and I loved people.

At that age I also didn't know how to make a business work so I opted for a career in the public sector working in Belfast. Before too long I found my way to London where it and Surrey has remained my home for many years. Since then I've worked in finance, publishing and then the private equity sector but one thing mystified me – the imbalance in people; the difference between the employee, manager, director, owner and investor, their attitude and the various degrees of mentality.

Having a passion for people and wanting to understand how they tick I decided to look at my own life, change and focus my mindset in order to understand the true meaning of success. My journey of personal development began.

I have studied personal development for many years and have read some of the most amazing books by Napoleon Hill, Stephen Covey, Brian Tracy, Robin Sharma and Daniel Goleman. Their books are all powerful reads with amazing messages.

Through my life I have learned to live by my own simple motto "Think it. Feel it. Do it.™" by purely allowing positive thought, letting the energy flow to feeling and then just doing it with no ego or judgement of the outcome or result. For me life is all about choices – your own personal choice.

As a lover of words and the English language I love the concept 'Think and Grow Rich'. But did you know it is also a timeless classic and all-time bestseller, which was written in 1937 by Napoleon Hill of Wise County, Virginia, USA. It has sold millions of copies. Some 76 years later it is deemed as one of the best pieces of research for any student of personal development.



Napoleon Hill was born in a one-room cabin on the Pound River in Virginia in 1883. His mother died when he was nine years old and his father remarried two years later. He started writing at the tender age of 13 for small town newspapers and went on to become one of America's most beloved motivational authors.

When he was 25 years old he met the industrialist and philanthropist Andrew Carnegie. This was the massive turning point in his life as Carnegie gave him an assignment to interview 500 successful men and women, many of them millionaires, in order to discover and publish their formula of success. Amongst the list were names we are all familiar with today Henry Ford, John D. Rockefeller, Thomas

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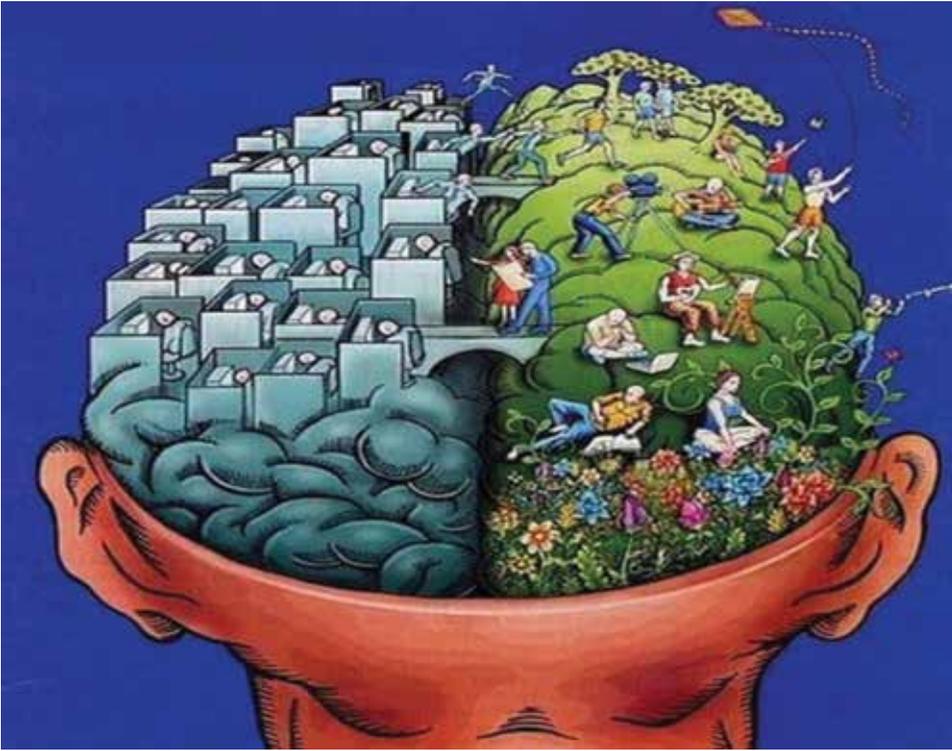
*What the mind of man can conceive and believe, it can achieve.*

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NAPOLEON HILL

Edison, Alexander Graham Bell, F. W. Woolworth and William Wrigley, Jr.

Twenty years later, in 1928, he published his first book 'Law of Success' which was a sixteen-part masterpiece that laid the basis for all his future work. He published a further ten books up until his death in 1970. He was also the Presidential Advisor to Woodrow Wilson and Franklin D. Roosevelt. One of his most magical pieces of work 'Think & Grow Rich, A Black Choice' was published in 1991 posthumously. Nap Hill as his friends called him is best known for introducing the concept of a Mastermind Group. He was very much a romantic; to him the greatest mastermind that could ever be formed was that between a man and his



wife. Throughout his life he courted romance and nurtured his heart appreciating all of life's diversifications and allowing himself to acknowledge all the manifestations in their glory. He believed that with two people both putting in equal effort, having similar values and goals there can only be one outcome and that was success.

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*The co-ordination of knowledge and effort of two or more people, who work toward a definite purpose, in the spirit of harmony.*

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NAPOLEON HILL

Today his teachings live on through his legacy, the Napoleon Hill Foundation.

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*One can choose to go back towards safety or forward towards growth. Growth must be chosen again and again; fear must be overcome again and again.*

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ABRAHAM MASLOW

This Maslow quote sums up the fact that we must choose growth in our lives and I believe the only way to do that is by continually learning and therefore embracing your own personal development. I have been very fortunate to work with Ali Brown, Jack Canfield, Darren Hardy, Verne Harnish and Robin Sharma who are all incredible people in their respective fields. I have learned from each of them. Firstly to be myself and secondly how important it is to be in a mastermind group - it is the one most powerful thing you can do to succeed.

Oprah Winfrey, Mandela, Tony Robbins, Richard Branson attributed their ultimate success to being in a mastermind group. Numerous other billionaires and millionaires have also helped prove the concept by making their fortunes. It's been around for nearly 100 years. So why you ask, aren't we all in a group? The answer is simple - it takes real work!

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*You may never know what results come of your action, but if you do nothing there will be no result.*

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GANDHI

Let me pose a few questions to you.

Are you stuck in your business and can't see what's needed for the next level of success? How do you inspire, motivate and help your team feel part of the business? Are you ready to go above and beyond to identify the limitations that are holding you back, create

solutions and take action to raise the bar in your business or life? Is it time to step-up, lean-in and break-through your own glass ceiling to enjoy the results of what could be a remarkable transformation?

If you are really serious about wanting high levels of success, you must do the work and you need to join a mastermind group.

A mastermind group is a collaborative group of people with a common goal and similar interests. They meet on a regular basis to share ideas, inspiration and learn to improve themselves and their businesses. They may meet in person, on a phone, or via Skype and chat rooms.

Having personally spent thousands on personal development and mastermind groups I can safely say it was the best decision I have made. However it is important to understand that you will only get out what you put in.

Here are five key reasons to join a mastermind group.

- The ability to think big.
- To access and share knowledge.
- To collaborate.
- To grow your network.
- And to become part of the dream team.

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*Investing in yourself is the best decision and investment you will ever make. It will not only improve your life and your business it will also improve the lives of all those around you.*

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ROBIN SHARMA

It is important to remember that a mastermind group is not for everyone. Any group member should be a very motivated person, with drive and passion for life and success. They must also be willing to ask for; as well as offer help and support and are also committed to time and energy the group requires. They should have a similar skill and/or success level, want to reach

or exceed their goals, be ready to let go and overcome their fear for change and lastly have the desire and inspiration to make this year their best ever.

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*Nothing is more imminent than the impossible, what we must always foresee is the unforeseen.*

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VICTOR HUGO

I believe at the very core of our being we all want to succeed in life, to feel good about ourselves, to be happy and to simply enjoy every moment we are graced with or simply put 'think and grow rich'. Being in a mastermind group really helps you focus on what is important in your life, allowing you to live your life on purpose, find more personal time than ever before which of course allows the creativity to flow.

Most people quibble when they consider that it can be anything from £10,000 to £100,000 for a mastermind group but what I can tell you from my own experience is you always leave with more information than you can digest, it is a transformational experience and you will gain at least ten times plus on the investment you put in.

If you believe you can get better in any other type of investment please tell me! Lastly they are fun, exciting, like nothing you have ever done before and you make amazing new friendships with some for life.

My final thought as I remember that young Irish girl and the dream of her own business – mastermind groups are priceless, they support your mind, body and spirit – so choose wisely as then you can think and grow rich!



Shirley Palmer is the CEO and Founder of Shirley Palmer International Ltd and of Calmred™ Ltd. Her businesses focus on mindset and leadership. Together with educating, empowering and inspiring people to be the best at achieving their goals in all aspects of their lives.

She is also a Mindset Master, Entrepreneur and Philanthropist and is passionate about life and health in order to create a legacy to make a difference in this world. She works with CEO's, leaders, luminaries and visionary thinkers and is currently setting up an elite mastermind group.

Shirley believes that life is as simple as 'Think It, Feel It, and Do It.™' and lives her life daily from this powerful place of inspiration. You can contact Shirley at [mindset@shirleypalmer.com](mailto:mindset@shirleypalmer.com) or visit:

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