



OpenLife by *Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

1. 明确的目标 (*Definite Purpose*)

拿破仑希尔的理论根基

拿破仑希尔在 1908 年受钢铁大王安德鲁·卡内基委托，开始研究成功学原理。他访谈 500 多名富豪（如亨利·福特、爱迪生），发现所有人都有「单一核心目标」且敢于写下具体数字。

定义：

「明确的目标不是愿望，而是以精确数字、期限与行动计划构成的『心理契约』。」

他强调目标必须满足三要素：

1. 可量化（例：赚取 10 万美元而非「更多钱」）
2. 有时限（例：在 2028 年 1 月 1 日前达成）
3. 可验证（他人能客观判断是否实现）





OpenLife *by Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

六步目标设定法

1. 写下确切金额

- 例：若想购房，需写明「以现金购买价值 80 万美元、位于北京的房屋」。
- 原理：模糊目标（如「买房」）无法激活潜意识的资源搜集功能。

2. 声明付出代价

- 列出所有必要牺牲（如每周工作 60 小时、暂停渡假 3 年）。
- 警告：「不愿付出对等代价的目标只是幻想！」

3. 设定最终期限

- 例：将在 2028 年 1 月 1 日下午 5 点前完成。
- 若未如期达成，需重新检视方法而非放弃目标。





OpenLife *by Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

4. 制定详细计划

- 即使计划粗糙也要立刻写下，并在执行中修正。
- **警告：「等待完美计划的人永远不会开始目标。」**

5. 每日两次朗读

- 早晨起床后与夜晚入睡前，用朗诵语气念出目标声明，刺激听觉记忆。
- 需搭配「想象目标已实现画面」，如**手握房契的触感、搬入新家的气味**。

6. 签署书面承诺

- 在目标声明下方签名并标注日期，象征与自我签订法律级别的契约。
- 建议将文件放在床头柜，每日睡前与醒后凝视。





OpenLife by *Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

历史案例深度剖

案例一：埃德温·巴恩斯	案例二：达比叔侄
<p>巴恩斯如何运用此方法成为爱迪生合伙人：</p> <ol style="list-style-type: none">1. 目标声明：「与托马斯·爱迪生共同事业，无论耗时多久。」2. 代价：无薪工作五年，宁可睡在办公室地板。3. 结果：发明「爱迪生口述机」并获独家销售权，成为百万富翁。	<p>希尔研究金矿开采业时发现，多数人放弃是因「目标摇摆」。达比叔侄在钻探三英尺后放弃矿脉，接盘者却在同样位置挖出价值数百万美元的黄金。希尔结论：「目标必须坚定到忽略『三英尺的失败』。」</p>





OpenLife *by Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

1. Definite Purpose

Napoleon Hill's Theoretical Foundation

In 1908, Napoleon Hill was commissioned by steel tycoon Andrew Carnegie to study the principles of success. He interviewed more than 500 wealthy people (such as Henry Ford and Edison) and found that all of them had a "single core goal" and dared to write down specific numbers.

Definition:

"A clear goal is not a wish, but a 'psychological contract' consisting of precise numbers, deadlines and action plans."

He emphasized that goals must meet three elements:

1. Measurable (e.g., earning \$100,000 instead of "more money")
2. Time-limited (e.g., achieved before January 1, 2028)
3. Verifiable (others can objectively judge whether it has been achieved)





OpenLife *by Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

Six-step goal setting method

1. Write down the exact amount

- Example: If you want to buy a house, you need to write "buy a house in Beijing worth \$800,000 in cash."
- Principle: Fuzzy goals (such as "buy a house") cannot activate the subconscious resource collection function.

2. State the cost

- List all the sacrifices necessary (e.g., work 60 hours a week, suspend vacation for 3 years).
- Warning: "Goals that don't involve equal costs are just fantasies!"

3. Set a deadline

- Example: It will be completed by 5 p.m. on January 1, 2028.
- If it is not achieved on time, you need to re-examine your methods instead of giving up on the goal.





OpenLife *by Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

4. Make a detailed plan

- Even if the plan is rough, write it down immediately and revise it during execution.
- **Warning: "People who wait for a perfect plan will never start their goals."**

5. Read aloud twice a day

- Read the goal statement in a reciting tone after getting up in the morning and before going to bed at night to stimulate auditory memory.
- It needs to be accompanied by "imagining the goal has been achieved", such as the touch of holding the deed in your hand, the smell of moving into a new home.

6. Sign a written commitment

- Sign and date the goal statement, symbolizing the signing of a legal contract with yourself.
- It is recommended to put the document on the bedside table and stare at it before going to bed and after waking up every day.





OpenLife *by Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

In-depth analysis of historical cases

Case 1: Edwin Barnes	Case 2: Uncle Darby
<p>How Barnes used this method to become Edison's partner:</p> <ol style="list-style-type: none">1. Goal statement: "To work together with Thomas Edison, no matter how long it takes."2. Cost: Working without pay for five years, preferring to sleep on the office floor.3. Result: Inventing the "Edison Dictating Machine" and obtaining exclusive sales rights, becoming a millionaire.	<p>When Hill studied the gold mining industry, he found that most people gave up because of "wavering goals." Uncle Darby gave up on the vein after drilling three feet, but the buyer dug up gold worth millions of dollars at the same location. Hill concluded: "The goal must be firm enough to ignore the 'three-foot failure.'"</p>

