Topic: Thought

1. Normally, thoughts people think per day is 30000 to 60000.
2. Thought is effect to our life.
3. There are types of thinking is: bad good and best.
4. Suffering or Messing thought always happening:

* Think what we have to do?
* Vain thinking
* Careless

1. 7 points with follow serve to demonstrate:
2. The most impotent change is to change your thoughts: When we want to change impotent it is difficult to achieve successful so we need to change our thought to think the best thing.
3. Everything start with thought: The thought is very important when we want to do something we need to think first to get a great decision and get successful.
4. The majority of your thoughts are negative: When the people think positive it can impact their result so the most they thought negative.
5. You can’t stop all of your negative thoughts: It not possible to stop negative thoughts but you can reduce it and change to think positive thoughts.
6. Most problems started with negative thinking: Exactly because when we thought negative it makes us do the wrong way and difficult to solve it.
7. You don’t have to accept to your negative thinking: Because when we thinking negative it makes us stress and cannot do anything success.
8. Reaction are more important than events: The most successful people in life focus on what they can control. We still control your reaction to that event but we cannot control event it will happened every time and events happen after reaction.