

# Live Your Best Life Now

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## How to Change Your Mind

Whatever we think has the upmost effect on how we live. In essence, we create our own destinies by how we use our minds. We think our own reality. It has been long debated whether luck, fate, or desire are the deciding factors to success. Nothing happens unless it is thought first. If we have a goal, we set about to achieve that goal. If we just sit back and think about nothing worthwhile our minds will quickly fill up with negative rubbish, sometimes to the point of depression or a state of apathy. To change your mind and change your life, you need to take action. It all starts inside our heads. Thoughts become words and words become deeds.

### *So what do you want to change?*

Take some time to write down on a scale of 1 - 10 how content you feel. Now list the things that you are happy with in your life and the things you would like to change. The first part of the list is for you to appreciate and celebrate that your life already has some great qualities in it. We all have something to be grateful for whether it be family, a place to live or employment. The second part of the list contains the things you want to change. Next to the things you want to change, write down your beliefs about those

things. What are the negatives? Why do you want to change these areas of your life. This is what you will focus on changing.

For every negative item, write down two positive alternatives. Really dig down and think, there are always alternatives. Now choose one positive alternative and use that as your goal of change. Let the three Ds, desire, dedication and determination guide your way.

### ***What do you need to reach your goal?***

This is where change will occur. To get your goal accomplished, you will need to adjust the way you think. Your beliefs and your desire. If you really want this then it has to become a burning focus. You can begin to see what is happening here. To create change you have to first identify what to change. Desire. Then think of alternatives, there are always multiple alternatives. Once that phase is done make a choice and take action.

Life changes occur by first making the decision to do something differently and then doing it. Changing your mind and your life is a process. It is as real and definite as nature itself. Do nothing, get nothing. Change the way you think about something and your life will change.

As you begin to think new thoughts, those thoughts will begin to dominate your thinking and become reality. If you think to yourself

I am lucky, and you think it over and over your mind will look for opportunities believing that you are lucky.

What we think consciously and unconsciously will manifest in our lives. When our minds are open it is as if positive things come to us. Our eyes are opened by the shift in our thinking. If you are not conscious of the negative thoughts, then you end up manifesting negative outcomes. Ask yourself where do you want to be in five years and what you need to do to accomplish your goal?

## Power Of Words

### You are what you say!

In that short and seemingly unassuming statement underlies a simple yet profound truth which is that the words we use define who we are. Put another way, your use of words reflects the person you are.

Take the following examples:

- If you are funny and witty, the words you speak will reflect that.
- If you are a deep thinker inclined to shouldering the troubles of the world, the words you use will reflect that.
- If you are an individual of few thoughts with a tendency to settling your arguments through the might of your fists not words, then in all likelihood much of your everyday vocabulary is going to reflect that.

It is simple really. Our thoughts and ideas are composed into solid and tangible creations through the power of our words. In turn those words manifest into actions through the power of words. If you were to reflect on the power of words you will realize that:

- Dreams have been realized!
- People and entire nations have been galvanized into achieving the impossible!

- All the famous and infamous leaders in the world have all had one thing in common... which is to inspire change through the sheer power of their words.

Never mind if they were gentle souls like Mahatma Gandhi and Nelson Mandela who evoked radical yet positive change through peaceful demonstrations or ruthless brutes like Adolf Hitler who... well you get the picture. They changed the world by inspiring people to take action through the power of their words.

### **The Power of Positive Thinking**

I'm sure you have heard the phrase "the power of positive thinking" in some form or another at some point in your life. What that phrase is simply saying is that what and how you think will shape the course of your life.

If you think positive thoughts of success and achievement those things will be yours. If you think negatively with thoughts mainly comprised of the phrases "I can't" and "it's not possible" then that's precisely what you'll get - a future full of impossibility and lack of achievement!

It is now widely accepted that how we think defines to a large extent how our lives are shaped - positive thoughts manifest positive outcomes, negative thoughts evoke negative results. Put

another way, success is largely predicated upon positive thinking while failure is routinely surrounded by negative thought.

Think about it, when was the last time you heard of a highly successful individual who never believed they would succeed even in the face of seemingly insurmountable odds?

### **You Are What You Say... and you say what you think!**

Over the ages, many individuals of great wisdom and philosophy have arrived at a similar conclusion in that - people are defined by what they say. Of course such individuals relayed such conclusions in a far more eloquent fashion than simply "you are what you say" as illustrated by the following famous quotes:

- “I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.” *Nelson Mandela*
- “Our greatest glory is not in never failing, but in rising every time we fall.” *Confucius*
- “With the new day comes new strengths and new thoughts.” *Eleanor Roosevelt*
- “If you are not willing to risk the usual, you will have to settle for the ordinary.” *Jim Rohn*
- “Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.” *Albert Einstein*



- “Take up one idea. Make that one idea your life -- think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body be full of that idea, and just leave every other idea alone. This is the way to success.” *Swami Vivekananda*

### ***Now Imagine The Power Of Your Favorite Words***

Since you are aware of just how awesome the power of words is, let's take another step further. By focusing on just your favorite words, that is to say isolating those words that are most integral to your character and definitive of you as an individual, think of how such thoughts could define the rest of your life.

Earlier we illustrated that the course of history has been shaped time and time again through the power of words. We also established that our destinies are determined in no small way through our words which are tangible manifestations of our thoughts (you are what you say... and you say what you think).

The point of particular note here is that all those fantastic accomplishments were through the use of words... Not Necessarily Favorite Words!

Now imagine the change you could effect in your life by frequently thinking and using your favorite words - words that are most integral to your personality and best define you!

### ***Using your favorite words will:***

- Enable you to effect tremendous positive change in your life.
- Enlighten you to a deeper and better understanding of yourself.
- Connect you to a worldwide platform of like-minded individuals.
- Inspire you to greater creativity and brilliance.
- Enhance your power of positive thinking.

### **Great Minds Think Alike!**

The whole point of social media was to link like-minded individuals to one another even if they were oceans apart.

Imagine all you could accomplish with somebody who is ambitious and like-minded!

In Summary - Remember that your words have power and not only do they define the person you are but since they are the manifestation of your thoughts they possess that hidden energy to shape the course of your life! This is where the power of words truly shine! Desire, dedication, and determination (the three Ds) will be your anchor. You must first believe!

“You become what you believe.”- Oprah Winfrey