

Burn the Boat

Series of Success Principles

By Doug Shepherd and Dave Smith

Series 1: Gratitude, Vision and Thinking

Absolute Success Requires
Absolute Commitment

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INTRODUCTION

Perhaps the picture or the Title of the book may seem somewhat harsh at first glance. But "Burn the Boat" does hold true when applied to our quest for a better life. I found this description from Napoleon Hills classic book entitled 'Think and Grow Rich' the best explanation.

"A long while ago, a great warrior faced a situation which made it necessary for him to make a decision which insured his success on the battlefield. He was about to send his armies against a powerful foe, whose men outnumbered his own. He loaded his soldiers into boats, sailed to the enemy's country, unloaded the soldiers and equipment, then gave the order to burn the ships that had carried them. Addressing his men before the first battle, he said, "You see the boats going up in smoke. That means that we cannot leave these shores alive unless we win! We now have no choice—we win, or we perish! They won. Every person who wins in any undertaking must be willing to burn his ships and cut all sources of retreat. Only by so doing can one be sure of maintaining that state of mind known as a burning desire to win, essential to success. "

We do not realize our power until we face a challenge so big that we are forced to grow. We discover our strengths during such times. I am sure you can think of times in your life when you faced some significant odds of failure. But somehow, you managed to succeed still. Once we make it through, we are a different person forever. "If you can't, you must, and if you must, you can." Tony Robbins.

So, let us determine what paradigms need burning, so we can achieve the life we genuinely want. Not what we think we can get or can do, but what we genuinely want.

PREFACE

Have you ever taken the time and notice how the animal kingdom blends into the environment in which it lives? Only one species does not, and that is humankind. We have creative powers and create the environment in which we will live. It is this creative power which makes the difference. My most significant discovery is that human beings can alter their lives by altering their thoughts. Consider this quote from Dr. Wayne Dyer, "When you change the way you look at things, the things you look at change."

So how does this creative power work? Well, it can be summed up nicely in one word "thought." Look around you; nothing has or ever will be created without first start with a thought. So, our creative powers start first with our thoughts. Consider this quote from James Allen, "You are today where your thoughts have brought you. You will be tomorrow where your thoughts take you." So, if the life you are currently living is not the one you truly desire. Then I suggest you change your thinking, your thoughts, so they can take you to where you want to be.

Is thought or thinking about the life we genuinely want all that's required for success? Unfortunately, we need two more elements in the formula for success, which we will discuss later in the book. If we are missing any of the three, success is not possible. This idea is cover in more detail in the chapter 'THINKING.'

So, for the success you want, your thoughts must have complete Clarity of Vision, in other words, know what you want. Turn all your attention to it, develop a white-hot desire for that vision. Then act, establish the persistence needed to bring it to reality.

Figure out the cost and pay it. Remember, your predominant thoughts influence your behavior and attitude and control your actions and reactions.

Your thoughts have energy. Negative thoughts create negative results. Positive thoughts produce positive results. To help with developing definite ideas, we encourage you to start by writing three things you are grateful for each day. As simple as this task sounds, it will take determined persistence to achieve. The power of the concept of Gratitude is worth developing and is addressed in the chapter entitled GRATITUDE and its BENEFITS

If you have not had the opportunity to view our five-part module training on the Got It Done APP, please take the time to do so. You will find the training modules on our home page. (timelesspossibilities.com)

FORWARD

GRATITUDE

I know without a doubt that negative emotions will erode my productivity, creativity, decision-making skills, and my wellbeing. I admit that sometimes it can be challenging to reverse the course of a slump. However, it is essential to dismiss the negative thoughts quickly. That's because negative impact, is three times as powerful in affecting motivation as positive impact. It is easier to remember the bad stuff that has happened during the day than the good. I remember a sign that hung at my grandmother's cottage. It read "When I do good no one remembers. When I do bad no one forgets."

So why do our brains have such a negativity bias? The reason is simple: The brain is wired to pay more attention to negative experiences. From our research, it is a self-protecting characteristic. The need to scan for threats.



Fortunately, we are not hard-wired towards negativity. The great news is, we can break out of that negative bias and rewire our brains to think positively. Understanding how the brain can rewire its connections is key to unlocking that lifelong power of positive thinking or in other words gratitude.

So, what is Gratitude?

For us, gratitude is recognizing and acknowledging the positive things that came my way that I did not work toward or ask for in my life.

Robert Emmons, one of the world's leading expert on gratitude, describes two critical components of gratitude in his essay, "Why Gratitude Is Good."

"First," he writes, "it's an affirmation of goodness. That is, we recognize that good things do exist in the world such as gifts and benefits that we have received from time to time.

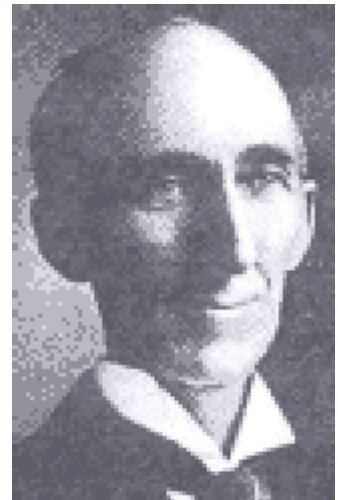
Secondly, we recognize that the sources of this goodness reside outside of ourselves. We acknowledge that other people gave us many gifts, big and small, to help us achieve the goodness in our lives."

Though all the human themes, including universal ideas the expression of gratitude, continues to be the glue that holds relationships and societies together. The opposite called ingratitude contributes to social degradation and separation. The feeling of gratitude is essential for humankind's sustainability and survival.

From Wallace Wattles book 'The Science of Getting Rich' we learn that "the grateful mind is steadily fixed upon the best.

Therefore, it tends to become the best and takes the form or character of the best and will receive the best."

Faith is born of gratitude. The grateful mind continually expects good things, and expectation becomes faith. The grateful mind continually expects good things, and expectation becomes faith. The reaction of gratitude on the mind produces faith, and every outgoing expression of grateful thanksgiving increases faith. He who has no feeling of gratitude cannot long retain a



living faith, and without living faith, you cannot get rich by the creative method.

It is necessary, then, to cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously."

Because all things have contributed to your advancement, you should include all things in your gratitude.

Permitting your mind to dwell with dissatisfaction or upon the inferior is to become inferior and to surround yourself with inferior things.

On the other hand, to fix your attention on the best is to surround yourself with the best, and to become the best.

The Creative Power within us makes us into the image we give our attention to. We are Thinking Substance, and thinking substance always takes the form of that which it thinks.



If this is a new thought to you that gratitude brings your whole mind into closer harmony with the creative energies of the universe, consider it well, and you will see that it is true.

Appreciation will lead your mind out along the ways by which things come, and it will keep you in close harmony with creative thought and prevent you from falling into competitive thinking.

Gratitude alone can keep you looking for the all and prevent you from falling into the error of thinking of the supply as limited, and to do that would be fatal to your hopes."

From the many writings of old, and from our modern science, gratitude is useful not only for us but those around us as. When people in high numbers choose to practice integrate, and recognition, the collective force helps in creating the world we hope for and desire for ourselves and for generations yet to come.

The sad reality, however, is gratitude is not always our automatic response. If gratitude is essential for a life lived well, why then, in our time, we do not express it daily? After all, giving thanks and giving appreciation for the blessings and gifts of life is a natural response. Maybe



the key reason we do not make gratitude a part of our daily lives is the fast pace and numerous distractions of life today, making it all too easy to forget gratitude's importance.

Try to think of gratitude as a virtue which we define as the qualities that uphold the good that dwells within us. Gratitude is not only a social virtue but a theological one as well. The Old and New Testaments, the Hebrew Scriptures, and the Qur'an all recognize that gratitude is the central virtues. By developing and holding gratitude, or in other words gratefulness, in our inner self. We will strengthen other attributes such as generosity, humility, compassion, wisdom, joy, integrity, and trust. We will also greatly diminish, even eliminate any obstacle to gratitude we may face. This mindfulness or awareness and thankfulness for the gifts through the development of gratitude are powerful and will create openings in our lives for many more positive experiences. Gratitude will move us toward actions of generosity; our nature is to offer our help to others without

expecting anything in return. Buddhists refer to generous acts that are given freely as "royal generosity."

We far too often take the good that happens in our lives for granted. We need to consciously learn to get into the habit of being grateful for all things in our lives.

Now here is a word we need to embrace, HABIT. We lost the habit of being grateful and need to create it in ourselves once again.

Gratitude is an emotion that comes from within us, but it is not just an emotional response; we make a choice. One can choose to be grateful, or ungrateful. Now, because gratitude is a choice, it becomes an attitude currently held within us.

Brother David Steindl-Rast, a Benedictine monk, points out to us that "gratefulness is the inner gesture of giving meaning to our life by receiving life as a gift." Gratitude is "a habit of the heart."

M. J. Ryan's classic book, *Attitudes of Gratitude*, also reinforces the idea that gratitude is a chose we voluntarily take, and one we can adopt through the difficult times of life as well as the good ones. The continuous daily practice of gratitude keeps our hearts open no matter what comes into our lives.

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Gratitude increases our satisfaction with life and helps us have that all important positive outlook.

Gratitude tends to reduce our health complaints and help us cope with difficulties better.

Gratitude also appears to reduce the importance we place on material goods.

Gratitude could increase our ability to achieve our goals.

In a study published in 2014 by Emotion, saying "thank you" not only shows good manners, but it also shows appreciation.

Remember this, thanking a stranger for holding the door for you or sending a thank-you note to someone who helped you with a project, acknowledges the other person contributions and could lead to new opportunities.

Personality and Individual Differences published a 2012 study suggests that gratitude improves physical health. Grateful people feel healthier reporting fewer aches and pains; Grateful people are most like to care about their health. They are likely to eat better, exercise and attend regular check-ups, which contributes to a longer happier life.

Gratitude will improve your psychological health.

Gratitude reduces many of the negative, destructive emotions, such as envy, resentment, frustration, anger, and regret. Robert Emmons, a leading gratitude researcher, conducted multiple

studies on the link between gratitude and well-being. His research confirms that gratitude dramatically reduces depression and increases happiness.

The University of Kentucky study of 2012 suggests that gratitude will reduce aggression and increases empathy. Grateful people are likely to behave socially when others are not. Participants who had higher levels of gratitude were less inclined to retaliate against others, even after receiving negative feedback. They experienced more sensitivity and empathy toward other people and were less likely to seek revenge.

Grateful people appear to sleep better according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Suggests if you spend 15 minutes writing down some grateful moments in a journal before bed, will help you sleep better and possibly longer.

Gratitude will improve self-esteem.

According to a 2014 study published in the *Journal of Applied Sports Psychology* found that gratitude increased athletes' self-esteem so vital to obtaining optimal performance. Studies have also demonstrated that gratitude reduces the need to as the old saying goes "keeping up with the Jones." In other words, social comparisons. Grateful people appreciate other people's accomplishments. They are not resentful toward people with better jobs or more money.

Research has shown gratitude increases mental strength, reduces stress, and may also play a significant role in overcoming trauma. According to a 2006 study published in



Behavior Research and Therapy, Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder.

In a 2003 study published in the Journal of Personality and Social Psychology, they found that those who recognize the grateful things they should be thankful for even during the worst times will create resilience.

Gratitude also helps us to return to what is known as Hedonic adaptation quicker or not to leave at all.

What is Hedonic adaptation you ask? Hedonic adaptation is our ability too quickly return to a stable level of happiness despite significant positive or negative event swings or life changes.

We have the ability and opportunity to develop gratitude. Just take a few moments to focus on all that you have rather than complain about the things you think you deserve. Develop that "attitude of gratitude" and you will find it is one of the simplest ways to improve your satisfaction with life.



To help with developing positive thoughts, we encourage you to start by writing down three things you are grateful for each day. As simple as this task sounds, it will take determined persistence to achieve. However, the power of the concept of Gratitude is worth developing.

To assist you, we at Timeless Possibilities invite you to use the Got It Done APP. It is designed to create a new keystone habit

by having you not only write down your three grateful things for the day. But also check it completed.

SELF CONFIDENCE

Self Confidence is the Key to Success. Most people are not as confident as they would like to be. We must understand the great important self confidence plays in our lives because it shows up in everything we do. Self Confidence is the biggest secret of success. Lack of confidence leads to weak goals, setting the bar too low, and mediocre results.

What does self confidence mean to you?

Confidence comes from a Latin word *fidere* which means "to trust"; therefore, having a self-confidence is having trust in one's self.

Confidence is a combination of a state of mind and a firm feeling of self-belief, being certain of your abilities or of having trust in people, plans, or the future, trusting oneself, having complete faith in any task. It is that voice coming from within, giving us a boost to do something which we fear.



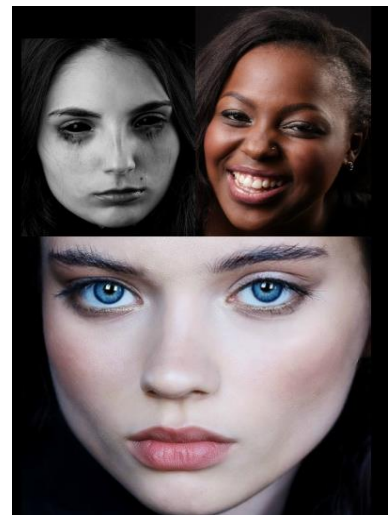
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Eleanor Roosevelt said, “You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.

Consider this, self confidence is merely an idea in your mind with which you have built your entire personality on. You can change that idea any time you want.

Remember the subconscious mind makes no distinction between what is real or what is imagined. It only works with the ideas we feed it through our thoughts. It translates any thought into reality, whether that thought is driven by fear or courage.

In other words, you are what you think you are. When you think you are important, others think you are important as well. Your thinking will determine how you act. And how you act determines how others will react to you. Our thinking will make things so. If you want to gain confidence, start feeding your mind a steady diet of thoughts of confidence and courage through autosuggestion.



Let me ask you this. If you ran across an old friend that you have not seen in a long time, so, the two of you decide to meet for lunch tomorrow and catch up. However, when tomorrow arrives and you are sitting in the restaurant and your friend does not arrive, what would you do?

Most of us, out of concern, would contact that friend and find out what happened. Your friend informs you that they were sorry but things around the office got crazy and they could not make the lunch appointment.

Things do occur, so you make another lunch appointment and again your friend does not show for the same reason.

Question, how many times would you allow this to happen before you lose confidence in your friend?

Most people have told us twice, yet we do this to ourselves all the time by not keeping commitments we make to ourselves. So, if you want to increase your confidence, start by completing the commitments you make to yourself.

Let me ask you this question. How do you wish to be seen by others? At your best or worst? When you speak, do you want to speak your best or worst?

Make no mistake about it, your appearance speaks volumes, make sure it speaks positive things about you. Never leave home without feeling certain you look like the kind of person you want to be.

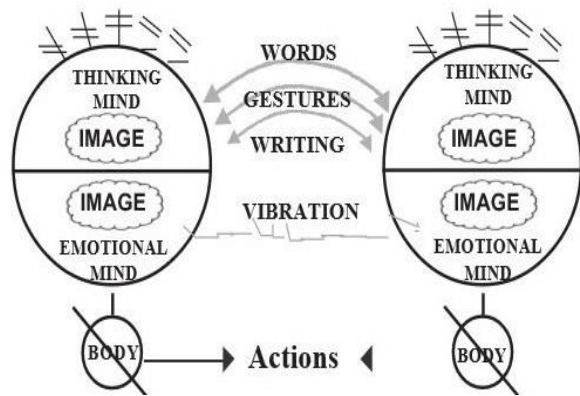


So, as you are thinking and acting like the person you want to become, remember that you cannot build confidence solely by sitting around thinking good thoughts. You must also act. The minute you do, that fear inside you will begin to fade away, and your confidence will grow. You must do the thing you think you cannot do. Lack of confidence is overcome by action.

Take a moment here to reflect on a time when you did something you had never done before. Most likely you were not confident at first, but the more you dove into it the more confident you became.

It is important that we are aware we communicate on three levels.

The first level being the conscious level. This is the thinking mind and we communicate through words, gestures, and writing.



The second level would be the subconscious level, the emotional mind and we communicate through vibration.

The third level is the body, a physical level which we communicate through actions.

When we communicate effectively, the message we are sending on the conscious level through words, gestures and writing will be in harmony with the feelings that we express on the subconscious level.

At this point I need to make a distinction between self-confidence and self-esteem, on the surface one might think they are one and the same thing but are in truth two different concepts all together. It is important to understand the different roles when looking to improve your overall sense of self.

Self-esteem refers to how you feel about yourself overall, how much positive regard or self-love you have. It is the experiences and situations that have shaped how you see yourself today.

Self-confidence is how you feel about your abilities and will vary from situation to situation.

It is interesting how the two compliment each other. The more you love the person you see in the mirror, the more self confidence you create and the more self-confident you are, the more you increase your overall sense of esteem.



I have heard people so many times talk trash talk to themselves. Stop the negative chatter. Forgive me when I say, “Shut it up!” Would you say it to a friend? If not, stop saying these statements to yourself. The more we recognize our challenges regarding self-esteem and self-confidence, the more aware we become of the improvements we can make.

Self-confidence is the pre-requisite to success and happiness. It breeds a high level of comfort when facing new challenges. It keeps you going when you face failure in your life. It helps you to focus and gives a spark to your mind to improve and excel in the next try. The higher your self-confidence is, the more chances of success you have. People with high self-confidence are relaxed in social gatherings because their belief in themselves is internal not relying on the judgements of others.

We must be careful not to become overconfident. A surplus of anything is not good and this includes confidence. A realistic appraisal of one's abilities enables people to strike a balance between too little and too much confidence. Too little confidence can prevent people from taking risks and seizing opportunities where too much confidence can come off as cockiness, or arrogance. Overestimating abilities might lead to problems such as failing to complete projects on time.

Over-confidence has become the reason behind the failure of many people, and will at sometime prove harmful, ending up with defeat.

Let's begin to strengthen our self-confidence and self-image by examining statements from Napoleon Hill's book "Think and Grow Rich" then applying them to our lives.

SELF-CONFIDENCE FORMULA

First. I know that I can achieve the object of my Definite Purpose in life. Therefore, I DEMAND of myself persistent, continuous action toward its attainment, and I here and now promise to render such action.

Second. I realize the dominating thoughts of my mind will eventually reproduce themselves in outward, physical action, and gradually transform themselves into physical reality. Therefore, I will concentrate my thoughts for thirty minutes daily, upon the task of thinking of the person I intend to become, thereby creating in my mind a clear mental picture of that person.

Third. I know through the principle of autosuggestion, any desire that I persistently hold in my mind will eventually seek expression through some practical means of attaining the object back of it. Therefore, I will devote ten minutes daily to demanding of myself the development of SELF-CONFIDENCE.

Fourth. I have written down a description of my DEFINITE CHIEF AIM in life, and I will never stop trying until I shall have developed sufficient self-confidence for its attainment.

Fifth. I fully realize that no wealth or position can long endure, unless built upon truth and justice. Therefore, I will engage in no transaction which does not benefit all whom it affects. I will succeed in attracting to myself the forces I wish to use, and the cooperation of other people. I will induce others to serve me, because of my willingness to serve others. I will eliminate hatred, envy, jealousy, selfishness, and cynicism, by developing a love for all humanity, because I know that a negative attitude toward others can never bring me success. I will cause others to believe in me because I will believe in them, and in myself.

I will sign my name to this formula, commit it to memory, and repeat it aloud once a day, with full FAITH that it will gradually influence my THOUGHTS and ACTIONS so that I will become a self-reliant, and successful person.

SELF-IMAGE FORMULA

- I am never alone. The universe supports me and is with me at every step.
- My mind is filled only with loving, healthy, positive, and prosperous thoughts which ultimately are converted into my life experiences.
- My mind is full of gratitude for my wonderful life.
- I am solution minded. Any problem that comes up in life is solvable.
- I consciously release the past and live only in the present. That way I get to enjoy and experience life to the full
- I am free to make my own choices and decisions.
- I am a unique and an incredibly special person.

- My high self-esteem allows me to accept compliments easily and freely compliment others.
- I accept others as they are.
- It matters little what others say. What matters is how I react and what I believe.
- All is well in my world, and I trade love and acceptance with the world.
- I have high self-esteem as I respect myself.
- I deserve all that is good. I release any need for misery and suffering.
- I release the need to prove myself to anyone.
- I am a good person.
- I have integrity.
- I do what is ethically right and good.
- Whatever life puts before me will be a useful experience that will make me stronger, wiser, and more tolerant.
- I am strong enough to understand and make allowances for the weaknesses of other people and their behavior towards me. The behavior of other people is about them, not me.
- I focus on the joy of living my life and helping others where and when I can.
- I smile and laugh whenever I can - life is good.
- I forgive other people. Deep down everyone is a good person, just like me.
- I am a compassionate and loving, caring person.
- I am a good person.

Let me conclude with a few quotes from Earl Nightingale:

- "Success is the progressive realization of a worthy goal or ideal."
- "People with goals succeed because they know where they're going."
- "You become what you think about all the time."
- "Our attitude towards others determines their attitude towards us."
- "Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality."
- "We can let circumstances rule us, or we can take charge and order our lives from within."
- "All you need is the plan, the roadmap, and the courage to press on to your destination."
- Everything begins with an idea.
- "Our environment, the world in which we live and work, is a mirror of our attitudes and expectations."
- "Creativity is a natural extension of our enthusiasm."

PARADIGM

What we are about to share with you could be the key that sets you free from the constraints that now keep you from achieving your full potential and all of the good you desire. We can never be completely free until we know precisely what governs, shapes, and directs our behavior which ultimately gives us the results we see in our lives today. One must be incredibly careful not to allow the paradigms within each of us control our thinking and results.

Some of us know what a paradigm is. Some of us have heard of the word and have a vague understanding of its meaning, while others are hearing the word for the first time.

We at Timeless Possibilities have adopted the definition presented by Bob Proctor known for teaching people how to understand their hidden abilities to do more, be more and have more in every area of life. So, what is our definition of a Paradigm then?

“A Paradigm is a mental program that has almost exclusive control over our habitual behavior and almost all of our behavior is habitual” and it resides in our subconscious mind.



Paradigms are how we approach challenges and change. They are the way we view ourselves, the world, and opportunities Paradigms are the multitude of habits passed down from generation to

generation, and the little habits we have developed over the years. They are our autopilot responsible for almost everything we have in our life right now. Keeping our live the same way day after day, year after year, getting the same results ant not allowing us to realize how close we are to a breakthrough, to a new life. This will continue until we change it the operating system your mental processes run on.

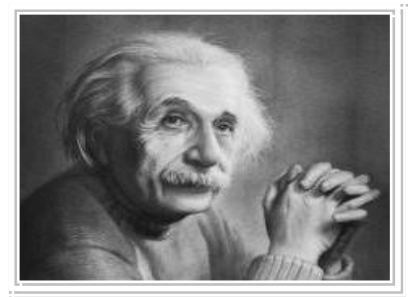
It is interesting to note that paradigms are of themselves neutral and only through our chosen thoughts are they charged positive or negative. Positive paradigms give you a happy, growth-oriented life, the ability to adapt with success to changes, upsets, and unforeseen events. While negative paradigms can limit our growth keeping us stuck in old ways of thinking, imprison us.

We think in pictures so back in 1934 a Doctor in San Antonio Texas Dr. Thurman Fleet developed the stick man so we could picture the mind since no one has ever or will ever actually see the mind. Many think the brain is the mind but truthfully it is no more the mind then is your fingernail. The brain is a marvellous electronic switching station, able to change frequencies, after all we are a mass of energy and we function on frequencies.

Everything is a mass of energy vibrating at different frequencies.

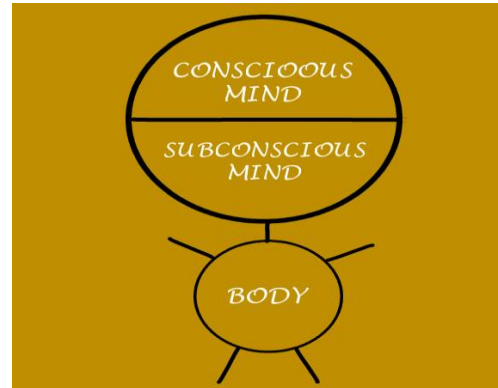
What does Albert Einstein say about it?

“Everything is energy and that is all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be no other way. This is not philosophy, this is physics



Now to clearly understand the relationship between the conscious mind, the subconscious mind and the body let me form a picture.

Let the big circle represent the mind and the little circle the body. We divide the big circle into two having the top half representing the conscious mind and the lower half the subconscious mind. The small circle represents the body which is



the instrument of the mind. Now the conscious mind operates quite different from the subconscious mind. The conscious mind, your thinking mind, is the part of you that we call our educated mind, this is where your intellect resides. It is this intellect, that separates us from all the rest of the animal kingdom. The subconscious mind operates quite different then the conscious mind. The subconscious mind must accept whatever we give it. It has no ability to reject. The subconscious mind can not differentiate between what is real and what is imagined. If you can really grasp this, you are away to the races. Now let us look at how paradigms can appear in our everyday life. Do you know or been told of someone who is painfully shy? Perhaps that is you. Ever wondered how they got that why?

Maybe you know someone who is always angry it seems, at every turn in life, unable to see anything positive in any situation regardless of its presence.

Perhaps you know someone who has battled weight lose for years, getting healthy and dropping pounds only to gain it back and then some.

All this is controlled by our paradigms. Our Paradigms are our reality. They can even affect our bank account by controlling what we believe we can achieve financially without us ever knowing it.

The key to freeing us from these mental programs, these Paradigms is awareness and understanding them. Mix this with a pinch of faith and we are on our way to real and true freedom.

Faith based on understanding is the true key to freedom-blind faith is useless. The first bump in the road and it is gone.

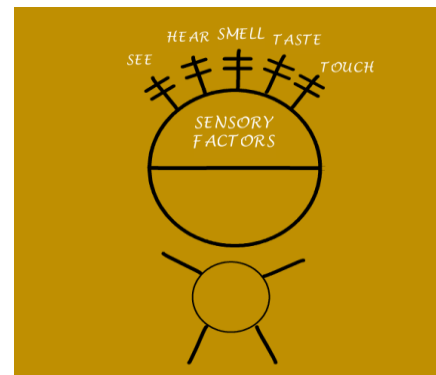
We need to ask ourselves these questions: What are Paradigms? How are Paradigms formed? How are Paradigms changed? How does a Paradigm affect our life? If we can not answer these questions then we have no idea how Paradigms impact our life.

This is something we learn very little about going through the educational system. We gather a truck load of information but we do not do what we were taught. We do not do what we already know how to do. The intellect in the conscious mind is not what controls our behavior We live in a physical body, and this body moves into action and the action produces the results we get. Think about this. I can consciously choose to throw a ball with my right hand, but it would not be a good throw. Why, because I am programmed to throw with my left hand. My conscious mind has the information to throw with my right hand, in other words the knowledge, but the subconscious mind does not have that information. The subconscious mind is programmed to do something exactly the opposite, use my left hand. And until I change the subconscious programming, nothing is going to change.

How did that program get there? Well we got it from two sources, the first being our Dad and Mom who got theirs from their Dads and Moms and so on. This is called genetic conditioning. Then we were born into this world, but because our intellect, our conscious mind was not developed to choose or reject what flows into our subconscious mind it was wide open and we became a product of our environment. Therefore, we were programmed to speak the language we do and eat the foods we eat.

This goes on for several years until our intellect develops and we can think and control our own behavior. Unfortunately, most people do not. We think but never internalize the thoughts, so the conditioning or paradigm is not change and we reap the same results over and over.

To change the Paradigm, we need to use our higher faculties of Imagination, Will, Perception, Intuition, Reason and Memory, however few people are even aware of these higher faculties and rely only on the sensory factors of See, Hear, Smell, Taste and Touch.



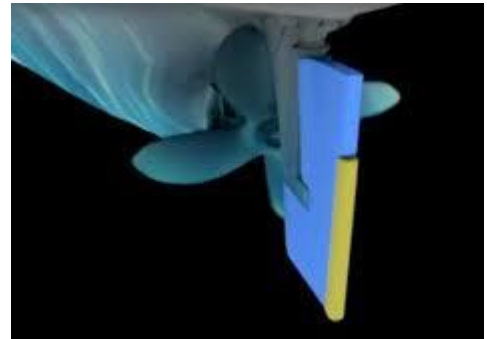
So, how would one go about changing a Paradigms?

To answer this question is a lengthy in devour, however we at Timeless Possibilities do have study groups, workshops, and programs to achieve just that. But for now, let me tell you a story about big ships and big rudders and how it equates to changing a Paradigm.

As the ships grew ever bigger, so did the rudders needed to turn the ships. It was not long before the engineers discovered that as

the ships grew in size and the rudders grew in size it became harder and harder to turn the rudders to finally it was not possible to turn the rudders at all. The engineers knew that the size of ships needed for the world economy would continue to grow. They needed a solution.

Born was the trim tab, a small rudder fastened to the trailing edge of the large rudder as demonstrated in the picture. This trim tab now created the necessary force required to help turn the big rudder and change the



course of the ship. Now think of your life at this present moment, as that big ship sailing through the ocean of life. And as with the ship you have a rudder known as your Paradigm, your habitual habits. This Paradigm, like the ship's rudder, holds you fixed on the course you have laid out through your thought's feelings and actions. That is right, your results in life are the composite of your thought's feelings and actions.

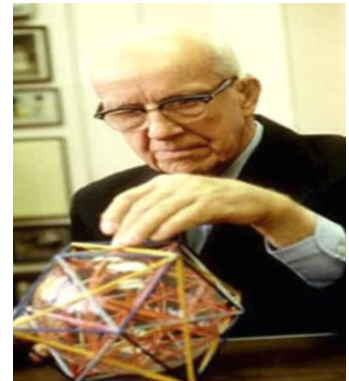
And like the rudder on the ship which holds the course of the ship true regardless of the outside forces that may act upon it. Your paradigm rubber will hold you true to the habitual habits carved into the stone of your sub conscious mind regardless of what your conscious mind may try to input.

And like the big rudder on the ship without the trim tab is to big to turn, one's willpower will never be successful trying to change **all the habitual behaviors in our Paradigm at once.** **Without a change in our Paradigm,** one will lose faith that things will ever change. Remain on course, run aground, and

settle where they are. As Albert Einstein put it quote” **Nothing Happens Until Something Moves**”

However, like the trim tab on the rudder which makes it possible to move the big rudder and change the course of that big ship. All we need to do is create a new success habit which like the trim tab on the big rudder on the big ship, this new success habit will change the direction of our Paradigm and the course of our life granting us a new result. The more, new success habits we create the more the direction of our life will change creating the faith we need to dream of the life we truly desire.

R. Buckminster Fuller as a create quote illustrating of creating new success habits. Quote “**Never change things by fighting the existing reality... to change something build a new model that makes the existing model obsolete.**”



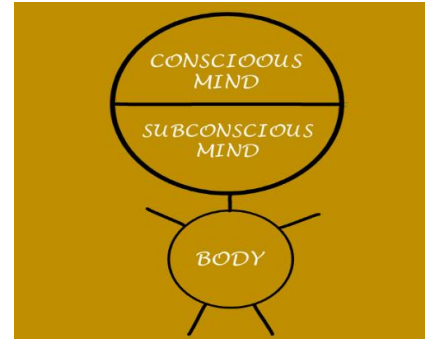
To be able to shape your future you must be willing and able to change your paradigm. Most of us are able, the question is are we willing? Our lives can and will from time to time been rocked, our normal routines which gave us comfort can be sponged clean leaving us with the feeling of vulnerable, the feeling of unease, especially facing changes to our daily routines and future plans.

Such events can fill people of all ages with fear and anxiety. There is, all kinds of people taking drugs today to ease this problem that they are experiencing. The Dictionary defines anxiety as a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain

outcome. ANXIETY, what is it, where does it come from, and what can we do to rid it from our life.

We will show you now that as a person starts to become aware of, and understand how their marvelous mind operates, they can eliminate anxiety and replace it with something much more attractive. We can do that. We have the ability.

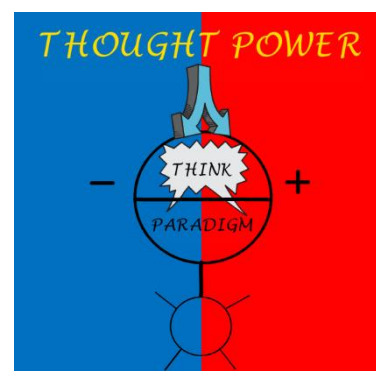
Remember the stick man Dr. Thurman Fleet drew to create a picture in the mind and bring order to our mind not confusion. As I have mentioned Paradigms are ideas that are fixed in our mind and cause us to keep doing



things the same why, and if we do not change the Paradigm nothing changes. As you think you activate brain cells, which alter the vibration your body maybe in. Anxiety is a vibration and not a good one, in fact, it is a very destructive one. So, we are going to share with you what we have learned through study.

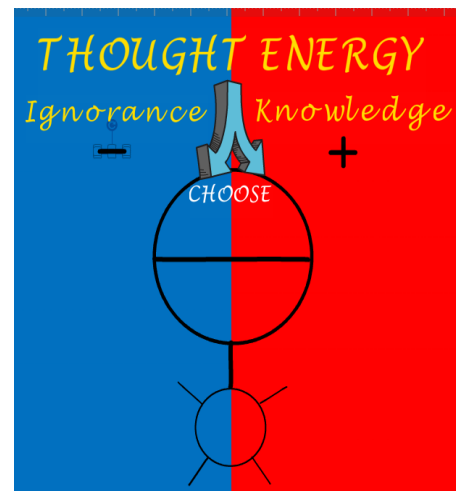
The conscious mind has the ability to choose. The subconscious mind does not have that ability, and whatever ideas are operating in the mind are expressed through the body. The body is the instrument of the mind.

Now, there is a power flowing to and through your consciousness. We will call it thought power. We can think anything we want. No one can cause you to think something you do not want to think. We want to learn how to



control this energy allowing it to flow freely to and through us improving everything in our life. We are really in charge of our results and our result can be changed freely to and through us improving everything in our life. We are really in charge of our results and our result can be changed without any difficulty. Remember, our results are a composite of our thinking, feelings, and actions. If we want to change the results, change your thinking. It is important that we become fully aware of our thoughts.

Our thoughts obey the law of polarity which means they come to us both in the form of negative and positive thoughts. You can choose to think of what you do not want, or you can choose to think of what you do want. You can look at what is wrong with life, or you can look at what is right with it. Depending on which side we



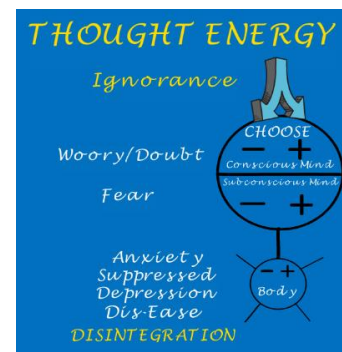
choose to focus on will greatly determine our overall well being. Polarity is the law that decrees everything has an opposite. There is not an up without a down, no hot without a cold.

Why would anyone choose to worry and doubt? Both are psychic diseases. We are plugged into the negative side of life. Why do we worry? It could be there is not enough money to meet our needs, or the things might not turn out the way we choose. When we build a negative idea and that is exactly what we are doing, we take that idea and impress it upon our subconscious mind. At this point it is important to realize that our subconscious mind is also the emotional mind. So, we are now getting emotional involved with a negative idea. This sets up a

vibration called fear. So, where does the emotion of fear come from? It comes from our thoughts, our thinking, the images of Worry and Doubt we hold in our Conscious mind, our Thinking Mind.

Fear must express itself through the body and does so in the form of anxiety. Anxiety is the physical manifestation of that emotion of Fear and it causes all kinds of problems for us. Anxiety is not expressed, but suppressed, we are bottling up that energy inside and if allowed to continue turns into depression. Depression turns into dis-ease, a body not at ease, and if that suppressed negative energy is allowed to remain, then the body moves to disintegration.

Why would we hold on to such destructive thoughts? What is the source of these thoughts? The root cause of this negative cycle of worry/doubt, fear, anxiety, depression, dis-ease, and disintegration is Ignorance. Not knowing.



I am not using the word ignorance to describe rudeness, but instead as lack of Knowledge or Information. We are all ignorant, we do not know all things.

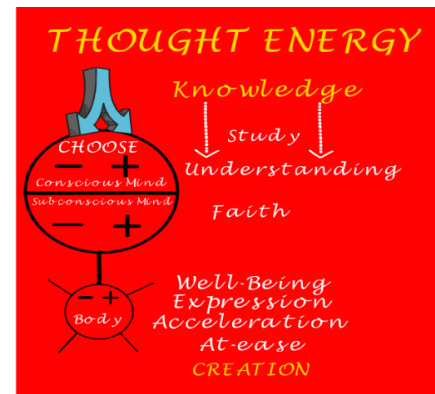
So how do we over come ignorance and the negative downward slide of worry/doubt, fear, anxiety?

By gaining Knowledge which gives us Understanding. But this understanding can only be obtained through Study. Study is the only way in which we will gain that all important understanding. King Solomon said many years ago. In all you are getting, get understanding. Understanding is the opposite to worry and doubt.

These positive thoughts of understanding will give to us the emotion response known as Faith. Faith based on understanding is truly the key to freedom.

It is important that we realize that both emotions, fear, and faith demand that we believe in something we can not see. It is interesting that fear is so readily accepted were faith is not. Fear manifests itself physical as Anxiety.

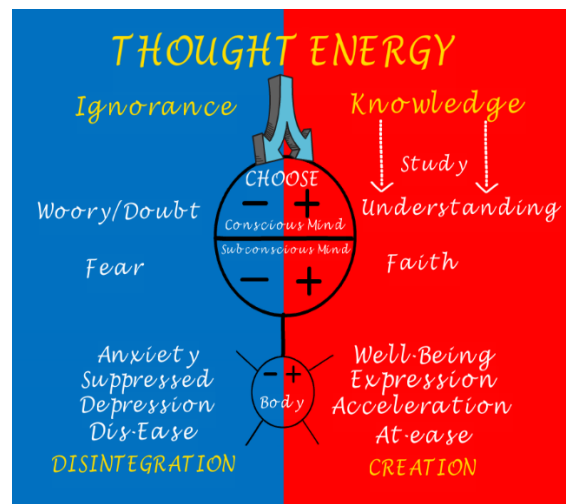
Faith manifests itself physical as Well Being, a person very relaxed, happy, healthy sees a wonderful life ahead of them. Where anxiety is suppressed, well-bring is expressed. The expression turns to acceleration, a body at ease in perfect harmony with the laws of the



universe. Acceleration moves to At-Ease the opposite to dis-ease and At-Ease moves to creation the opposite to disintegration.

This is such a phenomenal subject, one that everyone can and should study. Turn to creation, not disintegration, when we are At-Ease we grow stronger.

Remember this, the negative side of Ignorance, worry/doubt, fear, and anxiety will only fuel feelings of uncertainty and indecision. Do not let yourself get stuck in this negative thought loop. You cannot succeed in this negative thought loop. It will only hold you back.



Believe in yourself, get on the positive side by gaining Knowledge, understanding, faith and well being. Become At-Ease and creative which will allow you to think clearly, visualize success and use your creative power.

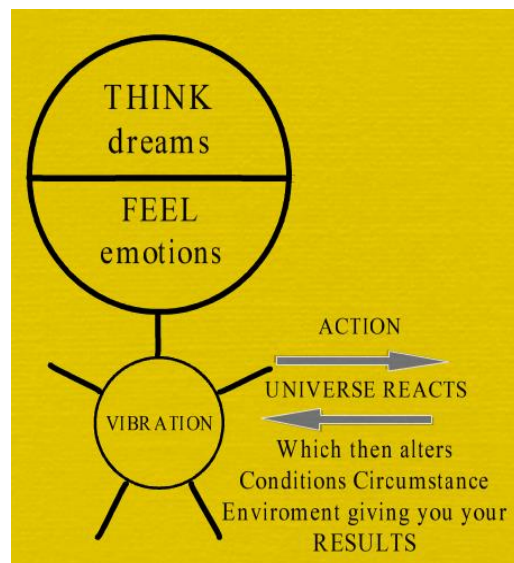
TERROR BARRIER

We have spoke about our Paradigm and how we defined it as a mental program that has almost exclusive control over our habitual behavior and that almost all our behavior is habitual. Remember our paradigm resides in our subconscious mind, it is our autopilot responsible for almost everything we have in our life right now. It keeps our live the same day after day, year after year, giving us the same results and preventing us from realize how close we are to a breakthrough, to a new life.

If we are to breakthrough to that new life, we will need to replace our existing paradigm with a new one. Let us call this a paradigm shift. For our purpose here, let us define paradigm shift as “an important change that happens when the usual way of thinking about or doing something is replaced by a new and different way.” For this to occur we must understand just how our results come about, and why our results are hard to change.

To begin, let us look at this stick man. Your conscious mind, the part of you that thinks, where your dreams come from impresses

your dreams onto the sub-conscious mind also known as the emotional mind. In doing so stirs up emotions that are in every cell of your body and that causes you to act. Now when we act, the Universe reacts the only way it can because it operates by law, it attracts to you what you are in



harmony with. So, you act, and the universe reacts, when the two come together it changes the conditions, the circumstance, and environment in our life, in other words our results. This is extremely important because this is the creative process that you are following in your life regardless of the results good or bad.

Joseph Campbell said one time that
“The Cave we Fear to enter holds the
Treasure that we seek.”

Have you any idea how many times
fear has caused people to back away
from what they really want?

James Allen said fear kills a person
quicker than a speeding bullet. It is
without question the most destructive
emotion that we can be involved with.



A person wants to apply for a better job but is afraid they will be
turned down. You want to move to a new city, but fear will keep
you where you are.

All the great leaders have agreed on one point, we do become
what we think about. So, lets put fear to bed by gaining
understanding.

We learned in the chapter on paradigms were the fear originates
and how we can change that fear into faith. It is interesting to
note here that both fear and faith demand that we believe in
something we can not see. Fear is destructive where faith is
constructive.

Now we are going to make you aware of something about fear
called the terror barrier and the mental processes we go through.

To give us a visual representation along with the description, let us use the stick man once again.

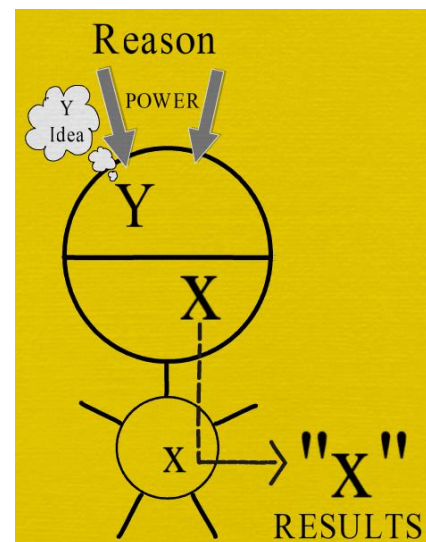
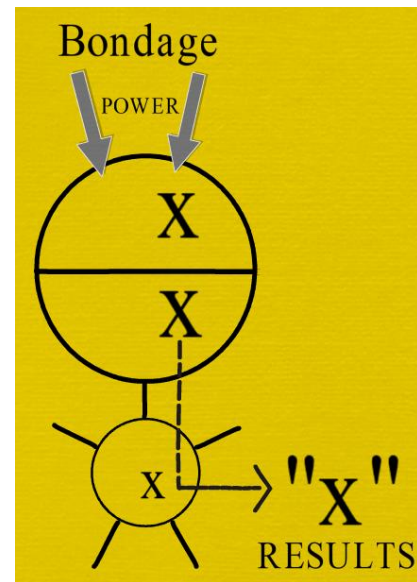
Now, let's look here for a moment. The X represents our current paradigm. This X conditioning is the mental program running in our sub-conscious mind.

Now this X conditioning controls your vibration. Remember there is a power flowing into our consciousness and you build X type thoughts out of it because you are in an X type vibration. Your thoughts are in harmonious vibration with you and that sets up the action and

you get X type results. We will refer to this as bondage, and this is where most people spend their entire life right here. It is extremely rare that they will change much in their life.

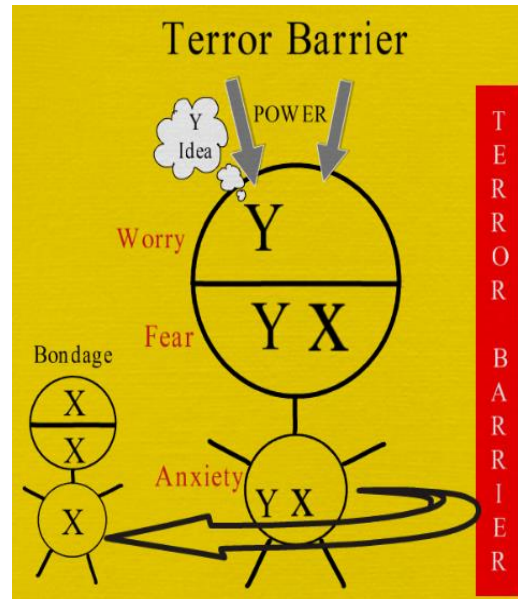
Then along comes an idea, which we will call Y. This Y idea is not in harmony with the X type conditioning we have, our paradigm. However, if that idea is kept in your conscious mind, everything will remain calm. By that I mean you can talk to friends about your idea, even think about moving to a different city or country.

Keep the idea in your conscious mind and all is well. Now, if the paradigm is in charge, it is a master con-artist and it talks to you and you answer it. You will never execute the idea if you do not impress it upon the sub-conscious mind.



Now when you take that Y idea, and impress that idea upon your sub-conscious mind, it is not in harmony with your X type

conditioning and a battle starts within the sub-conscious mind. You stir up emotions, you go to make a move and bang the terror barrier comes flying up. Worry, fear and anxiety strike just like lightning, and you hit that imaginary terror barrier and you bounce right back to bondage. It was so scary you never want to go back there again.



You go to make a move and you step right back. It is very real, and it can make you sick to the stomach.

Let me tell you a story about one of my friends, that really illustrates this nicely. He is married has children and a nice home as well as an exceptionally good job that most people would envy. Paid very well and had all the benefits. But this was not his true desire and he thought that one day he might have the opportunity to do just that. By holding on to his true desire the Universe as mentioned earlier reacted the only way it could, because it operates by law, it attracted to him what he was in harmony with, and that was his desire. One day he was to have a meeting with a gentleman at a restaurant, however the man turned out to be a no show. However, he did meet a couple there who to make a long story short, invited him to a conference where he would meet a man who they believed would be the right fit based on their conversation at the restaurant.

My friend did attend the conference and was introduced to the gentleman. Over the next few weeks my friend learned exactly what this man was doing, and it lined up exactly with what my friend desired to do. He was invited to become a partner in the business with the possibility of making not only more than he was presently making but doing that which he had desired. The time had finally come for him to decide to become partners, which meant leaving his present job and going full time with this new opportunity. The opportunity of a lifetime, working at what he truly desired.

But he hit that imaginary terror barrier hard to the point of nausea. Unfortunately, he bounced off the terror barrier right back to bondage like so many people do. He decided to stay where he was, remembering what he was taught growing up, it is better to be safe than sorry. Bondage is where you play it safe.

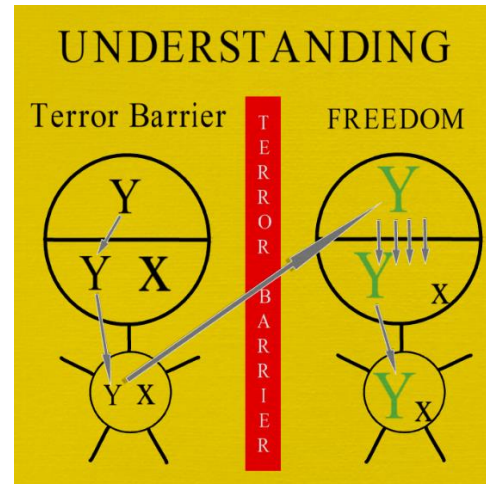
If you were to ask him today what was learned from that experience, he would tell you that “it is better to be safe than sorry” is not true at all, it is a lie, but people believe it. Do not allow worry or fear stop you from obtaining the dream you have. Gain understanding know what is truly going on inside which is preventing you from achieving your desires.

Are we going to let the terror barrier stop you? Faith based on understanding is the key to freedom. Remember the cave you fear to enter holds the treasure you seek. You must understand what it is that scares you, it is an imaginary idea, a dumb one at that.

Suppose you do fail, who cares, you have failed lots of times. In fact, everyone has failed at some time. Your life did not come to an end, the whole world did not come to a screeching halt.

Ask yourself, Am I going to stay on the safe side of the terror barrier or am I going to step out and act and go right through the terror barrier?

Understanding will allow us to pass through the barrier. Our conditioning is still there which is the cause of our fear, so now we understand as we impress the Y idea, we set up a conflicting vibration which causes the turmoil. Knowing what causes the turmoil allows us to face it, to live with it and keep on going.



And it is through repetition of getting emotionally involved that finally the X conditioning is gone, and you are comfortable now in the new Y conditioning. What this means is the Y now has become the new X and you start all over again.

We now know the game, we beat the old X and replaced it with the Y which now becomes our new X. That's the way this works, you have got to step out to make it happen, and when you do it is scary, but boy do you ever like yourself for doing it.

CLARITY of VISION

We at Timeless possibilities would like to start with two interesting quotes. The first coming from Carl Jung. "Your vision will become clear only when you can look into your own heart. Who looks outside, dreams, who looks inside, awakes."

The second comes from Antoine De Saint Exupery. "If you want to build a ship, don't drum up people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea."

So why create a CLARITY of VISION statement?

Clarity of vision helps you know where you are going and helps you make better decisions in your life. When things get tough and they will, it will be your vision that keeps you going. In the case of a company, it will help you attract and motivate your staff. It will help make the company less dependent on you.



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I found this statement written by Timothy Gallwey in The Inner Game of Work to be of interest. "If you have a clear vision of

where you want to go, you are not as easily distracted by the many possibilities and agendas that otherwise divert you."

It is easy to get distracted or to lose sight of what is important to us. When we get disconnected from our vision, other people's agendas come before our own. Have you ever noticed at times, every phone call, email, and notification on your screen draws your full attention? While at other times, you are absorbed in your work regardless of the distraction?

Clarity of Vision does not eliminate distraction, but it inspires us to focus on what matters most.

Vision provides clarity for the future while directing us to place our attention in the present.

What is CLARITY of VISION? 'An image of the future one seeks to create.'

It is essential that we are not confused about the difference between Vision Statement and Mission Statement. Vision Statements are future-based and meant to inspire and give direction. Mission Statements are present-based and meant to highlight what is needed next to achieve the vision. Clarity of Vision is the first step



in goal setting. It must be your priority. Transparency is all. What are we doing? Who are we? Where are we heading? We must see in detail what it will look like when we get there. What is the most important thing we can be working on right now? We must have a vision and a conviction that a dream is achievable. It is an absolute requirement for success and must not be fuzzy. Clarity needs to be free of obstacles and

roadblocks. It can not be written by others then given to you. It is an inside job so to speak. It is closely related to your passion. As mentioned, the Vision Statement is an expression of where you see yourself heading in the future. Others can help draw the Vision Statement out of you, but they cannot show you what it is.

At present, you might feel your just managing to survive and see no benefit to a Vision Statement. Thoughts like that will have you continually running around at high speed, most likely running in the wrong direction which will spell disaster and more of the same. So, you can choose to crash and burn, or you can choose to create a Vision Statement to make sure that everything you do is taking you closer to your destination.

Clarity of vision gives you direction.

Without it, you are on the road to nowhere. Clarity is your roadmap, so you know where you are going, and gives you the ability to set the course.

You will find many turns and twists on the road, and you do not want to get

lost in your quest to bring your vision to life. Be sure to have this plan laid out before you set out on your journey. Think big and think win-win.

Clarity also breeds passion. When you are clear in your vision, you cannot hold back the passion and excitement you have when speaking about your idea. When you are expressing your image you will feel it, smell, and taste that new life. You now have created a mission, explicit marching orders to move forward.



The vision and passion come together, and now they have a purpose as well.

Clarity gives meaning to the mundane routine of daily work. With clarity, we now look at everyday tasks as not being dull and void of any real value but a valuable step toward bringing our vision into reality.

Everyone wants to be successful. However, without clarity, we have no idea if we are making a difference and being successful in our vision. Clarity defines focus and success by putting us into the big picture, unleashing the drive within us to achieve progress toward the vision. Our most significant weakness as humans is many great ideas flooding our minds that we tend to forget to focus on the next steps to reach our vision. Firing off disconnected thoughts, tend to leave us feeling disillusioned. Capture the great ideas, but take your time, remain focused on the next important step. Success will come.



Clarity is compelling, and there is no limit to how far you will travel when you see the path in front of you. Find your vision, chart your course, give yourself a plan for the bigger picture and set your sites to bringing your idea to reality.

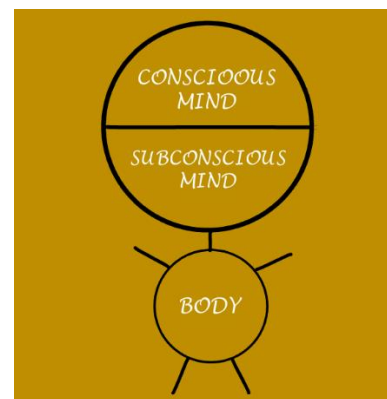
From "How to Create a Personal Vision Statement" we read "Your vision statement guides your life and provides the direction necessary to chart the course of your days and the choices you make about your experience." Your vision

statement is the light shining brightly in the darkness. Focus on the light, and you will find your way.

So, why do most people struggle with Vision?

The first and foremost reason people fail to achieve their goals stems from lacking the clarity of vision about the life they want to live. Clarity of vision is vital however most people have committed little or no time in developing clarity of vision. Without this vision, you have nothing to focus on, no framework to build on. Without this vision, what you will achieve will be far less than what is possible. For me, I do not want my efforts every day to be less than what is truly viable.

The reason why we fail is due to subconscious limiting beliefs and a fixed mindset. We are conditioned from early childhood to make life decisions based on what is in front of us or other words, what we believe is available to us. Our vision demands we draw from an infinite range of choices, not a finite field and this makes us uncomfortable.



We believe that the vision must be the right vision or the perfect vision, one that is true for all eternity. However, this is not reality, and the sooner we become aware of this false belief, the sooner it will no longer limit us. The process does not need to produce the "absolutely perfect" vision. Any vision is better than no vision. Do not set your image in stone. It will evolve with you over time.

We must develop the skill of visualization. It can be uncomfortable trying to visualize our future. That is because we fear not doing it right. Telling our self that we cannot, or it does

not work for us. But this is merely a belief, one untrue and ungrounded with fact.

We second guess our competence, our ability to persevere. We are afraid of failure. To achieve Clarity of Vision, we must discover what is most important.

We fail to be in a frame of mind that is alert, open, focused, and ready. We must get into the right physical and mental state; we must quiet the mind. The best way to achieve this is to block off time in advance so you can prepare yourself.

Allow your vision to paint a mental picture of your life five to twenty years from now. Write it in the present tense so that it feels as if it exists right now.

Here are a few examples of Vision Statements:

Alzheimer's Association: "A world without Alzheimer's."

Amnesty International: "A world in which every person enjoys all of the human rights enshrined in the Universal Declaration of Human Rights and other international human rights instruments."

ASPCA: "That the United States is a humane community in which all animals are treated with respect and kindness."

Boy Scouts of America: "To prepare every eligible youth in America to become a responsible, participating citizen and leader who is guided by the Scout Oath and Law."

Cleveland Clinic: "Striving to be the world's leader in patient experience, clinical outcomes, research and education."

Clinton Foundation: "To implement sustainable programs that improve access worldwide to investment, opportunity, and lifesaving services now and for future generations."

Charity Water: "Believes that we can end the water crisis in our lifetime by ensuring that every person on the planet has access to life's most basic need — clean drinking water."

Ducks Unlimited: "Wetlands sufficient to fill the skies with waterfowl today, tomorrow and forever."

Feeding America: "A hunger-free America."

Goodwill: "Every person has the opportunity to achieve his/her fullest potential and participate in and contribute to all aspects of life."

Habitat for Humanity: "A world where everyone has a decent place to live."

Human Rights Campaign: "Equality for everyone."

In Touch Ministries: "Proclaiming the Gospel of Jesus Christ to people in every country of the world."

Kiva: "We envision a world where all people – even in the most remote areas of the globe – hold power to create the opportunity for themselves and others."

Oxfam: "A just world without poverty."

National Multiple Sclerosis Society: "A World Free of MS."

Leukemia & Lymphoma Society: "Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families."

Make-A-Wish: "That person everywhere will share the power of a wish."

Oceana: "Seeks to make our oceans as rich, healthy and abundant as they once were."

Online Retailer: "We intend to provide our customers with the best online shopping experience from beginning to end, with a smart, searchable website, easy-to-follow instructions, clear and secure payment methods, and fast, quality delivery."

Save the Children: "A world in which every child attains the right to survival, protection, development, and participation. "

Smithsonian: "Shaping the future by preserving our heritage, discovering new knowledge, and sharing our resources with the world."

Special Olympics: "To transform communities by inspiring people throughout the world to open their minds, accept and include."

Teach for America: "One day, all children in this nation will have the opportunity to attain an excellent education."

The Nature Conservancy: "To leave a sustainable world for future generations."

World Vision: "For every child, life in all its fullness; Our prayer for every heart, the will to make it so."

WWF: "We seek to save a planet, a world of life. Reconciling the needs of human beings and the needs of others that share the Earth.

Creative Commons: "Nothing less than realizing the full potential of the Internet — universal access to research and

education, full participation in culture — to drive a new era of development, growth, and productivity."

VFW: "Ensure that veterans are respected for their service, always receive their earned entitlements, and are recognized for the sacrifices they and their loved ones have made on behalf of this great country."

In conclusion, personal fulfillment begins with a Clarity of Vision about the future you wish to create. Taking the time daily to focus on that vision will make sure that action was complete, and every goal achieved This will increases your sense of fulfillment bringing you closer to that Vision you have created.

THINKING

One can find many different definitions of thinking such as we see here:

"To have a conscious mind, to some extent of reasoning, remembering experiences, making rational decisions, etc."

"To employ one's mind rationally and objectively in evaluating or dealing with a given situation."

"To have a specific thing as the subject of one's thoughts."

"To call something to one's conscious mind."

"To consider something as a possible action, choice, etc."

"To invent or conceive of something."

"To have consideration or regard for someone."

We all have a definition which defines the word thinking for us. However, my most significant discovery is that human beings can alter their lives by changing their thinking or thoughts. From the Bible, Proverbs 23:7 "For as he thinketh in his heart, so is he." It is this thinking that I would like to address rather than debating the definition.

Have you ever taken the time to notice how the animal kingdom blends into the environment in which it lives? Only one species does not, and that is humankind. We have creative powers and create the environment in which we will live. It is this creative power which makes the difference.



So how does this creative power work? Well, it can be summed up nicely in one word "thought." Look around you; nothing that man has ever created came to reality without first start with a thought or an idea. So, our creative powers start first with our thoughts. Consider this quote from James Allen, "You are today where your thoughts have brought you. You will be tomorrow where your thoughts take you." So, if the life you are currently living is not the one you truly desire. Then I suggest you change your thinking, your thoughts, so they can take you to where you want to be.

So, for the success you want, your thoughts must have complete Clarity of Vision, knowing what it is you genuinely want. Turn all your attention to it, develop a white-hot desire for that vision. Then act and improve the persistence needed to bring it to reality. Figure out the cost and pay it. Remember, your predominant thoughts influence your behavior and attitude and control your actions and reactions. Therefore, we manage our lives, not outside forces. As stated in Proverbs, as we thinketh in our hearts, we are talking about our emotional mind, not just our intellect, then so are we.

Earl Nightingale many years ago said that if the average person said what they were thinking, they would be speechless.

Now I know that most people believe that everyone thinks. But that is not so. Mental activity does not constitute real thinking, at lest the kind mentioned in Proverbs. A thought occurs in our conscious mind, and we have our senses (taste, touch, smell, see, hear) connected our conscious mind as well.



We have an enormous amount of information being feed into our conscious mind, so it is always busy. I believe that the average person mistakes this for thinking. Being busy does not constitute the real reflection that will make life changes for us. If you are doing the same things as last year, then I will say that you have not achieved the thinking mention in proverbs. The kind of thinking that is truly life changing.

We are creatures of constant grow but only if we are honestly thinking. To obtain that kind of thinking, the kind that will change your life, you must first start with what do you honestly what in life. Not what you think you can do or can get, but what you genuinely want. Most people are discouraged to go after what they want. For us to get what we truly desire we must first fanaticise about the desire. Then we turn that into a theory, and that is when we being to think. We must direct this thinking to what we genuinely want. What is Clarity of Vision again? "An image of the future one seeks to create." The beautiful thing is that we can have anything we want. Thinking is not what we experience with our senses, but comes from our inner being, our creativity. So, if we do not like the results that we are getting in life, then we know we need to change our thinking. Consider this quote from Dr. Wayne Dyer, "When you change the way you look at things, the things you look at change." Look at your results if you want to know what your thinking.

What would you say if I told you that 40% of your waking hours, requires no thinking on your part at all? You run on paradigms which are mental programs created from a multitude of established habits that run every move you make. They affect the way you eat, walk, communication, your work habits, your successes, and failures. Many of these paradigms were

impressed on us in our little life from other people's habits, opinions, and beliefs. They did not originate from us, yet they remain the guiding force in your life. If you want to change your results, change them forever, then shifting your paradigms (habits) is the only way to do it. Lay a new paradigm over that old one. No permanent change in your life will occur until we change the paradigm.

Lets, start by looking at our attitude as the first paradigm shift. A right attitude does not automatically come. Attitude has been described as the most powerful word in any language. It is the one thing that we have absolute control over. If we surrender control of our attitude to adverse events, we will do the only thing we can do, and that reacts to the situations. When that happens, we lose. It is a habit requiring no thought or in other words thinking. I slap you; you hit me, I call you a name, you call me a name, we lose. If we remain in control of our attitude, we will think about the situation and respond appropriately. We win. The result of these two approaches is miles apart. We all know that there are many things wrong in this world.

Unfortunately, that is all some people can see. These people live narrow lives. They are unhappy and accomplish little if anything throughout their lives. Their lives are one of lack and limitation. They appear to move from one bad experience to another. It is their attitude that is the real cause of their unwanted lifestyle, and they are not aware that this is the cause.

You also have those who are forever winning; good things keep coming their way. They focus their attention on the beauty that surrounds them wherever they go. These people have mastered control of their life. They know their destination and know they will get there.

I found this quote by Walter Anderson which I found interesting and will share with you. "I am responsible. Although I may not be able to prevent the worst from happening, I am responsible for my attitude toward the inevitable misfortunes that darken life. Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have - life itself."

We can create a better life for ourselves and others by becoming as Norman Vincent Peale puts it. "Become a Possibilitarian. No matter how dark things seem to be or are, raise your sights and see possibilities - always see them for they're always there."

If you do not try to have a positive attitude, then you will most likely default back to a negative one. I do not feel like going to work, I have got too many obstacles to overcome, nothing good comes my way. The problem is a negative attitude will limit your life. We all face difficulties, we all have tough times, but the right approach is that these issues did not come to stay, they came to pass. These challenges are only temporary. When you live with this positive mindset you cannot be defeated, no matter what happens. You will shake it off and keep moving forward. Learn to focus on the bright side, stay positive. See the silver lining in every cloud. People use the excuse I am negative because I have had negative things happen to me. Is this true? No, the truth is, it is not the circumstances which made us cynical, but our attitude toward those events.

It is like a little boy I heard of who had a baseball bat. I do not know the original author of the story. However, it goes like this. This little boy told himself he is the greatest batter in all the

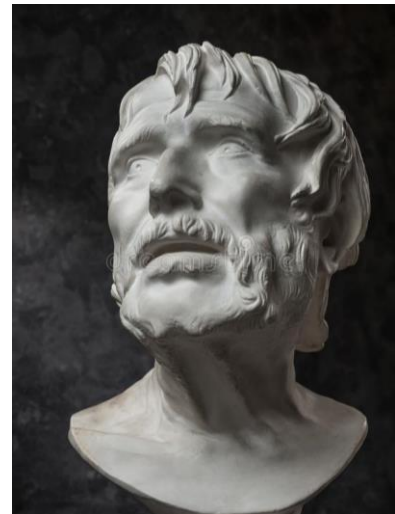
world. He threw the ball up and took a mighty swing missing the ball. He bent down, picked up the ball, told himself once again that he is the greatest batter in all the world. He threw the ball up, took a mighty swing missing the ball once again. He bent down once again, picked up the ball, told himself in a louder voice I am the most fabulous batter in all the world. Threw the ball up for the third time, took a mighty swing and missed the ball for strike three. The boy laid the bat down and said in a loud voice, what do you know, I am the greatest pitcher in all the world.

Is attitude important? The following is one of the best descriptions I have run across and it is from Bob Proctor. Let me paraphrase.

Attitude is everything if we are to win. I believe our attitude can be defined; it can be understood and controlled.

Our attitude is a critical key to developing positive personal thinking. The great Roman Philosopher Seneca stated quote "Most powerful is he who has himself in his own power" Stop being the plaything to outside forces.

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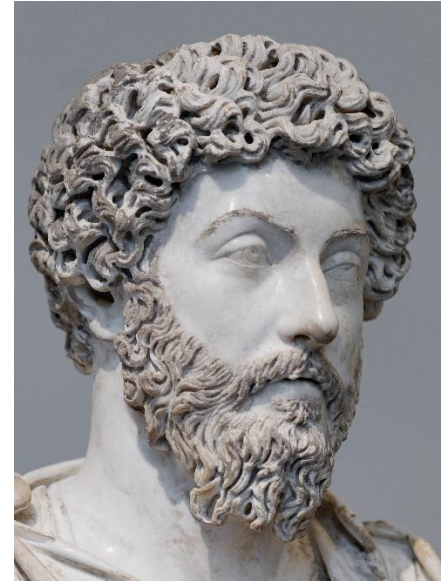
For this, to work, we need to understand where our attitudes come from and that we can have complete control of it.

Our attitude is the sum of our thoughts, feelings, and actions. Attitude is a creative cycle which begins with our choice of thoughts. Our thoughts are intense energy in our lives. Science goes so far to say it is the most potent form of energy in existence. Remember, thinking precedes the creation. It is essential you understand that you choose your thoughts and that is where your attitudes originate.

When we internalize our thoughts or become emotionally involved with our thoughts, we create the second component of our attitude called feelings. We then express our feelings in action or behavior, and this is the third and final component in forming our attitude which produces the various results in our lives.

Results follow our attitude as night follows the day. We need to examine our results and see the connection to our attitude. We need to understand the cause and effect relationship between attitude and outcomes if we are to achieve our full potential.

The Roman emperor Marcus Aurelius said, "a person's life is what their thoughts make of it." So, the results we achieve in life are nothing more than an expression of our thoughts, feelings, and actions. All things have a positive and negative side. We can choose to look at the positive side of things or the negative side of every situation in life but be clear about it.



Our conscious mind can only see one side or the other at a time. Our conscious mind is not able to see two things at once. Those who win are aware of the negative but chose to focus on the positive, and if it is not readily noticeable, they keep looking till they discover it.

One of my most significant discoveries is this. "If you think in negative terms you will get negative results. If you think in positive terms you will get positive results." You can be sum up this idea in three words "believe and succeed." All this sounds simple, and it is, however, I have found that taking control of our attitudes and maintaining control is not necessarily easy, but we can do it. So how can this be accomplished?

First, we need to establish the habit of seeing the positive in every situation, and this will require developing new positive seeking habits which takes effort on our part. I suggest starting by writing down three things you are grateful for and speaking them out loud each day. The best time for this is just before bed. Our subconscious mind does not sleep and will begin to change our way of thinking.

Second, write down all the right things about your life. Make this list as long as you can, then read it twice a day for the next month.

Third, look at what other people do well, and when you find it let them know you noticed it. Do this till it becomes a habit.

Fourth, challenge your self-doubts, so they do not get stronger and notice how you grow stronger every time you question them.

Fifth, use our free APP to help create new habits and give thought to using an accountability partner as well. Remember the words of Charles Duhigg's "There's something potent about groups and shared experiences. People might be skeptical about their ability to change if they are by themselves, but a group will convince them to suspend disbelief. A community creates belief."

Sixth, when all else fails, learn to laugh at yourself when things fail or go off track. It is easier to get up and back on track after a real, good belly laugh.