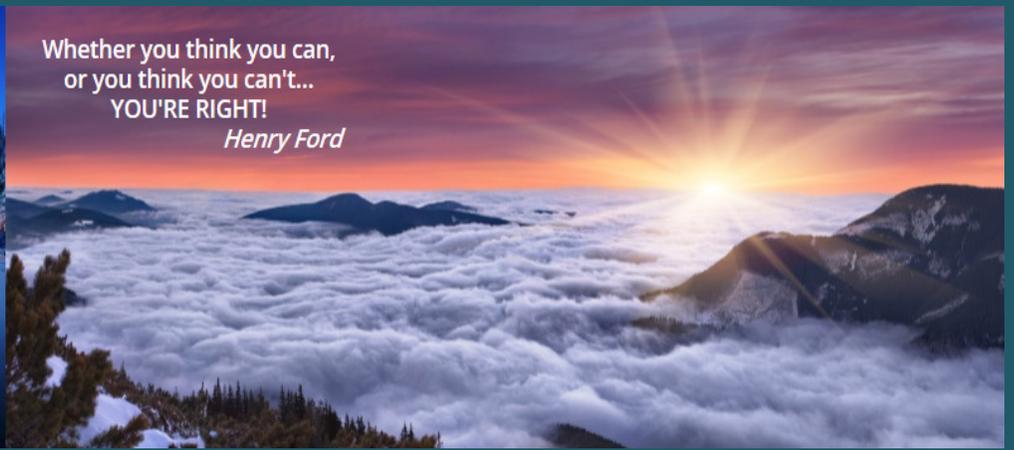




Whether you think you can,
or you think you can't...
YOU'RE RIGHT!
Henry Ford

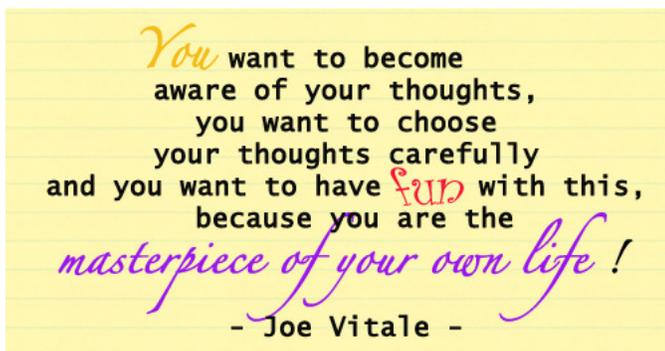


How To Take Control Of Your Thoughts

Have you ever had a thought and shortly after that wondered why you're having this thought? Have you ever had a thought you wished you never had?

We all do that but you can take charge of your thoughts and change the way they affect you. You see there is a short time delay between the thought you have and how that thought makes you feel.

The key to changing your thoughts is to practice awareness of your thoughts.



This may sound crazy (how can you have thoughts without being aware of the thoughts). It happens and more often than we would like to admit. Your subconscious mind operates on automatic pilot and operates with the beliefs you have built up throughout your life.

Every time you have a thought, you have the power to change that thought if it does not serve you. How that thought affects you is entirely up to how you allow that thought to affect you.

Let me clarify, have you tried thinking of a happy event or occurrence in your life and then feel sad? It is not possible however; if you want to feel sad, just have a sad thought.

You can change your state of being through changing those thoughts that do not serve you. Be aware of what you think all the time (or as often as possible) and you will find yourself stopping at times and saying...Wait! This does not serve me. Once you have done that, now you have the opportunity to change the thought or change how it affects you.

You can do one of two things...

1. Stop thinking that thought because it does not serve you and replace it with a positive thought which will cancel it out.
2. Change how you look at the thought you have just had. Or ask yourself this question... "What is another way I can respond to this?"

This practice of awareness will bring you in closer contact with your conscious and subconscious mind and allow you to change thoughts, actions and feelings that do not serve you.

We need to remember that our subconscious mind has been programmed over years with what we have seen, felt and heard but that does not mean we cannot change it.

Practicing awareness of what you think and say allows you to identify what thoughts you need to reprogram.

Once you start mastering your thoughts you will notice a difference in how you feel, talk and react.

I am sure you remember a time when you said something out loud and just after saying it, you realized you should not have said that. This is once again your subconscious mind working on autopilot.

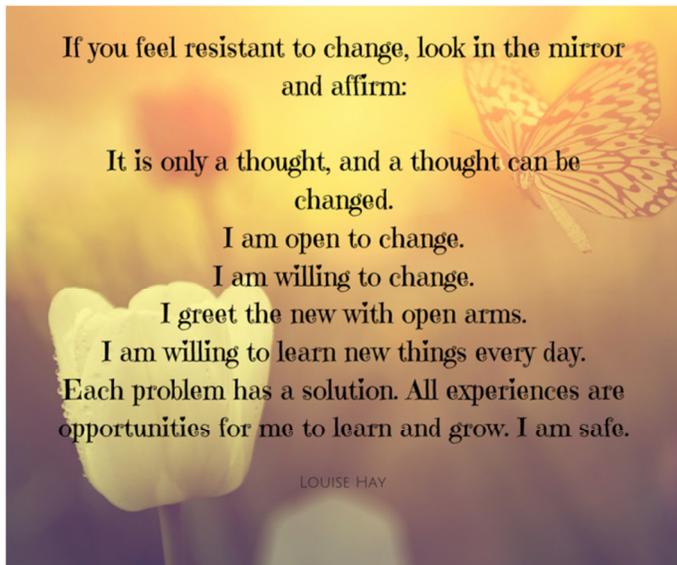
By monitoring and analyzing your thoughts, you prevent this from happening and in effect, reprogram your mind into the way you want to think.

“Nothing has any power over me other than that which I give it through my conscious thoughts” **Anthony Robbins**

Take conscious control over your subconscious thoughts and in time, with practice, with persistence you will program your subconscious mind to thinking the way you want to think rather than thinking the way it was influenced in the past to think.

“It is the mind that maketh good or ill, That maketh wretch or happy, rich or poor” **Edmund Spenser**

If you do not take control of your mind, your mind will take control of you. You do have full control of how your thoughts affect your life but it is up to you to take control.



Affirmations are a good way to send a signal from your conscious brain (the part in control of now), to your subconscious brain (the part running on autopilot).

Find two or three affirmations that best describe what you are trying to change or achieve right now and place them next to your bed, next to your bathroom mirror or in the kitchen.

When you go to bed at night, let those be the last thoughts you have. When you rise in the morning, let those be the first thoughts you have. When you brush your teeth, repeat what you read when you woke up.

Do this on a regular basis and you will effectively reprogram your subconscious mind.

Start and end your day with a positive thought and you will start to see transformation in your thoughts, feelings and life.

Resources:

If you are looking for affirmations that you can use in your life all you have to do is turn to the Internet and search. Thanks to technology you have access to more affirmations than you could ever require. Simply go to Google, type in “Affirmations” and you will come across 1000’s of affirmations that you can choose from.