

# GO FORTH AND WIN THE BATTLE!

“THE PROCESS IS THAT THOUGHTS BECOME ACTIONS AND ACTIONS PRODUCE RESULTS. SO THE EQUATION STARTS WITH THE THOUGHTS. SO THE KEY TO SUCCESS IS TO START WITH AND CONTROL THE THOUGHTS THAT WE HAVE.”



**G**ood thoughts become good actions become good results. If you have read my articles or heard me speak, you know that I always come down to action. We need to act if we are going to be successful! Yet, our success starts long before our actions. In fact, our success begins in our thoughts.

#### **Success Begins in Our Thoughts**

The process is that thoughts become actions and actions produce results. So the equation starts with the thoughts. So the key to success is to start with and control the thoughts that we have. Good thoughts become good actions become good results.

But there is this predicament we have as humans. It is this “battle” we have with our thoughts. Thoughts of depression, negative thoughts, thoughts of fear etc constantly creep into our minds and cause us to act in certain ways that are going to produce the antithesis of the kind we want that will produce success.

So what can we do to win the battle with thoughts? Here are a few main points. Apply these immediately and then constantly and you will be on your way to winning the thought battle.

#### **Guard your mind.**

Pretend that behind that forehead of yours is a very precious thing – your mind – because it is precious. If you had a storehouse of gold in your house, you would hire an armed guard to stand watch and keep all the bad guys out. Yet, many of us let any old thing come into our minds. We need to keep the bad thoughts, the negative thoughts O-U-T! Now when I say this, I mean both the ones that start in our heads and the ones that come from external sources.

#### **Proactively place good thoughts in your head.**

Just like a garden, where you weed, or pull the

bad stuff out, and plant, put the good stuff in, so we do the same thing with our thoughts. Buy tapes and music that will produce good, happy thoughts in your head! Watch TV programs and videos that put good thoughts in your head!

#### **Avoid the naysayers.**

They are all around you. You work with them, you live near them – some are even in your family! Whatever you do, do not let them affect you with their negative thoughts. Spend as little time as you can with them (unless it is your spouse or kids – then you need counseling!)

#### **Act on the positive thoughts that you do have.**

When a positive thought comes into your head, act on it! This will begin to produce a “bridge” between what you think and how you act! This will then make that transition even easier as time goes by! Four key ideas to win the thought battle:

- Guard your mind.
- Proactively place good thoughts in your head.
- Avoid the naysayers.
- Act on the positive thoughts that you do have.

Go forth and Win the Battle!

*Chris Widener is the President of Made For Success. He teaches leaders how to become Extraordinary Leaders. Chris' speaking and consulting services have challenged the best to become optimists, to pursue excellence relentlessly, and to dream big dreams. Copyright© 2007, Chris Widener. All rights reserved. For information about Chris' speaking and consulting services, contact the FrogPond at 800.704.FROG(3764) or email susie@FrogPond.com; <http://www.FrogPond.com>.*