

Influencing Ourselves!

Jim Rohn says, "What we ponder and what we think about sets the course of our life. Any day we wish; we can discipline ourselves to change it all. Any day we wish, we can open the book that will open our mind to new knowledge. Any day we wish, we can start a new activity. Any day we wish, we can start the process of life change. We can do it immediately, or next week, or next month, or next year.



"We can also do nothing. We can pretend rather than perform.

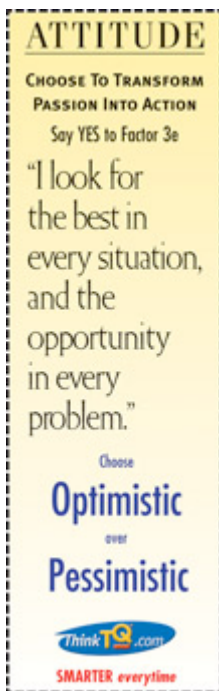
And if the idea of having to change ourselves makes us uncomfortable, we can remain as we are. We can choose rest over labor, entertainment over education, delusion over truth, and doubt over confidence. The choices are ours to make. But while we curse the effect, we continue to nourish the cause. As Shakespeare uniquely observed, "The fault is not in the stars, but in ourselves." We created our circumstances by our past choices. We have both the ability and the responsibility to make better choices beginning today."

Is this true? I believe it is true but there are some days where we find ourselves in a negative frame of mind having a difficult time pulling ourselves out of it. We doubt ourselves; maybe someone reacted negatively to offering them our products or income opportunity.

We question whether we can do this GNLD business. We love the products we're just no good.

Where do these feelings and emotions come from?

1. First, are they true? The feelings are real but is it a fact?
2. **Your internal identity controls all of your actions and reactions?** If you think of yourself as capable, enthusiastic and committed, you will act with confidence and determination. If you don't, you won't. There's no truth about who you are. There is no preordained way you must think of yourself. You are not born with beliefs; you acquire them. You have the power to redefine your identity anyway you want. So, substitute positive characteristics for negative ones, and start living those from now on.
3. We have heard things like:
 - a. We all face unique challenges... some easy... some difficult... some seemingly impossible.
 - b. However, there is one truth that you must remember: A Positive attitude ALWAYS takes you further than the Negative.



4. But how do we move from negative to positive
 - a. Callers share their ideas
 - b. The first thing I have to do is change my self talk
 - i. Begin to predict whatever the good is that I want
 - ii. Speak out words of life
 - iii. Attitude is about believability—believing in yourself, your goals, your organization and your future.
 - iv. There are facts, and then there's your interpretation of these facts.
 - v. The actions you take -- and the results you produce -- are completely dependent on how you see the facts.
 - vi. **You can focus on the best in every situation or you can focus on the worst.**
 - vii. There's a problem in every opportunity and an opportunity in every problem.
 - viii. Interpret the facts negatively and you're left with little power and fewer opportunities.
 - ix. Change your point of view and you're empowered to create the best results possible -- no matter the circumstance.
 - c. One thing to do **when you begin to feel NEGATIVE, take POSITIVE action.**
 - i. Regardless your circumstances, when you begin to feel NEGATIVE, take POSITIVE action. Almost any positive action will do.
 - ii. **Where negative thinking closes off possibilities, positive thinking opens up the floodgates to creative problem solving.**
 - iii. This permits you to focus more of your time on seeking solutions rather than staying absorbed in the problem.
 - d. If changing your self talk isn't enough (I have felt physical and emotional changes take place immediately by changing my self talk) but if that doesn't work
 - i. Read an uplifting book – one of my favorites is “As a Man Thinketh” by James Allen with a Day by Day Food for thought by Vic Johnson
 - ii. You can print it out free from www.asamanthinketh.com
 - iii. I've read this for 2years now and find it brings an immediate change in attitude.
 - iv. The Bible can be a great source of inspiration and encouragement
 - v. Listen to a cd, Earl Nightingale has some excellent ones such as “Lead the Field”, “The Strangest Secret”
 - e. Write out the problem and the solution
 - i. Line down middle of paper with concern on left side
 1. Positive present tense on the right side
 2. Become the kind of person you've always wanted to be. Visualize what this type of person is like, then start being that way. Best if put on paper, very powerful
 3. Make everything you do a demonstration of who you want to be.

- a. Dress, act, think as though
- b. What qualities do you admire most in others?
- c. What kind of person do you want to become? Can you visualize who that person is right now?

" Key Action: See yourself as someone who is capable, enthusiastic and committed.

There is a problem in every opportunity and an opportunity in every problem. Remain Positive and you Succeed. Turn Negative and you won't.

Nothing will torpedo your chance at success faster than a poor attitude. You can have clear and tangible goals, with the best-laid plans in the world, but if you poison the well from which opportunity springs, you've just killed your future.

"If you view all the things that happen to you, both good and bad, as opportunities, then you operate out of a higher level of consciousness." ~ Les Brown

Even in the middle of everything going wrong, and nothing going right, your reaction is to still look for the best you can salvage from the situation. You understand that not everything is going to work out exactly as you would like.

A mistake or a setback is a chance to do better the next time. You thrive on chaos. You accumulate performance positives like "Optimistic, Undaunted and Hopeful" -- immediately moving you *towards* the results you expect.

Your only response to mistakes and setbacks is to try to suffer through them. Negatives like "Pessimistic, Critical and Depressed" start to take their toll on your performance -- quickly moving you *away* from the success you want.

The Bottom Line...

Without a POSITIVE and PROACTIVE ATTITUDE, you are just spinning your wheels, confusing effort with results.

Tune IN to your ATTITUDE. Turn it ON. Turn it UP!

As you go through the rest of the month, take a hard look around your life. Don't filter your observations through the "good enough" lens. Expect more!

Imagine what your life will be like when you are actually living what's most important to you.

Commit to PASSIONATELY LIVING what you VALUE. Sometimes a *small* shift in perspective gives you a *huge* shift in power.

Print this page, take out your pen and invest a few moments to answer the following questions. **Do it now.**

Each one is designed to shift your perspective, change your point of view, and to invite specific action.

"Point of view is worth 20 IQ points." ~ E. R. Haas

Power Up Questions:

1. When was the last time you laughed at yourself? _____
2. What was your last crisis? If you had looked at it differently, what could have been the opportunity in it for you?

3. What crisis is going on in your life right now that needs to become an opportunity?

4. Think back to your last mistake. What did you learn from it?

5. What is the best thing about your current situation?

Insight Questions:

1. How do you choose to define your progress -- by your failures or by your successes?

2. Which of your "bad" experiences are in need of a new interpretation?

3. What's the most valuable part of your present assignment?

Perspective Questions:

1. How could eliminating the word "bad" from your interpretations free up the way you will approach your activities and interactions today?

2. What new opportunities can you see on the horizon right now?

3. Are you ready for the opportunity you can't see yet?

"Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend ... when we choose not to focus on what is missing from our lives but are grateful for the abundance that's present—love, health, family, friends, work, the joys of nature, and personal pursuits that bring us pleasure—the wasteland of illusion falls away and we experience heaven on earth." ~ Sarah Ban Breathnach

You CAN live a life of abundance. You CAN live your dreams. Embrace your POSSIBILITIES. Engage your POSITIVITY!



This weekend, take some time to renew your God-given right to **dream!**

Please remember, you have the opportunity to make your **dreams** real... to actually LIVE the life you desire.

The key is to turn your dreams into **GOALS**... your goals into **PLANS**... and your PLANS into specific **ACTIONS**.

You CAN do better. You CAN achieve more. You CAN attain your highest goals.

How? Discover what's holding you back... and ELIMINATE it. Don't put up with PROBLEMS. Solve them.

Don't permit one more minute of your precious life to be frittered away. Take a STAND. Take ACTION.



This is the season of Rebirth and Renewal!

The flowers are starting to spring back from the death of winter, to the beauty of new life... and new hope. *You can too!*