

The Power of Thought - By Dr. Rick Johnson

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You are today what you thought about yesterday. Chances are you will be tomorrow what you think about today. That is why it is so important that you learn from life itself. Life is a great teacher. Mistakes build character. Every attitude you display is a reflection of your character. Character is who we are. Our character is based on what life has already taught us.

Some people pick up the doom and gloom portrayed by the news media. That can be dangerous because it can easily impact our attitude. Attitude determines how we react to everything that happens to us. It is inseparable from our character. Our attitude creates our perceptions - it is our reality. You may perceive the economy to be a disaster, while another person may see it as an opportunity, an opportunity to take advantage of the market as it exists. Our attitude can be a determinant of our own self image, our self confidence and our ability to deal with stress.

That makes it extremely important that we understand ourselves because our own attitude has a tremendous impact on our level of success in life itself. Destiny is not circumstance. I believe we create our own destiny and it begins being shaped early during our adolescent years. That shaping occurs as a result of our own attitude, our values and character. Events during our life contribute to our attitude and that shaping process. This makes it difficult because we often feel alone when facing traumatic circumstance. But, if our attitude is such that we can reach out to find support, family, reassurance that rebuilds our self esteem, then we can lift ourselves up and regain a positive attitude so important to shaping our success in life.

William James, in American Psychologist states.....'Your thoughts become your beliefs, and your thoughts determine whether "good" (positive), or "bad" (negative) messages are sent from the brain to the rest of your body. There is a complex relationship between the mind and the body. Physical disorders are caused by your state of mind. What you think can literally make you sick or healthy. The attitude you hold about yourself can give rise to feelings of joy, despair, anger, rage, etc. and can even cause heart disease, asthma, and ulcers known as psychosomatic illnesses.'

So.... We need to treat life as a journey - a journey of learning. Reflect on what you have learned that impacts your life. These are my reflections on the value of some things I learned, things that are part of shaping my success. I learned.....

that, no matter what happens, they can't cut your arms off.

that no matter how bad it seems today, tomorrow you can start over

that you can tell a lot about a person by the way they play golf - not in their score but in the way they handle frustration.

-By how they handle poor service in a restaurant

-By how they treat that homeless beggar on the side of the road

-By their level of optimism versus pessimism

-By their willingness to give of themselves

-By how they treat their dog or cat

I learned.....

that a rainy day can be an opportunity to reflect on your life

that no matter what I do - I can't fill the void of not having a father but I can always be there for my kids

that it's the balance in your life that becomes the platform for your happiness.

that we can have as many chances in life as our own attitude will allow.

to think with my heart and share my being.

that you can't hunt for real happiness because it has to find you and it's really not in your hands

that certain words that could be read as insults can be terms of endearment voiced by the right person in the right way

I learned.....

to seek out opportunities to help someone without them having any idea who did it

to laugh at just about anything that could possibly happen on a day to day basis

to forgive myself which helps me forgive others more freely

I learned a long time ago that I don't know everything

What are your reflections on what life has taught you? Are you truly happy? If not, why not? Do you see the glass as half-full or half-empty? Remember the 'Law of Attraction' --- what you believe in normally happens. In other words, "YOU GET WHAT YOU EXPECT". This is known as a self-fulfilling prophecy, so train yourself to stay on the positive side of attitude. Set your expectations high, never give up, set personal goals and act on your dreams. Remember, thought without action is simple daydreaming.

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