Don't Believe Everything You Think

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"If you realized how powerful your thoughts are, you would never think a negative thought." ~ Peace Pilgrim

Oh my, oh my. How many of us can't silence that chatterbox of ours, that goes on and on, and on about all kind of problems that we had, have or might have in the future? Of course, most of these problems will never happen, but what do we know? We repeat in our minds all kind of scenarios and we think of all kind of ways to get back to those people that made us suffer, all those people because of whom we can't be happy and we can't really live our life the way we're supposed to, and this is just one example of crazy thinking. Of course this is insane but not everybody knows it.

"I can't believe that he/she did that to me. I hate her/him so much. How dare he/she talk to me like that?! I will show her/him what I'm really capable of, I will make him/her feel sorry for everything he/she did to me… Maybe I should stop. Maybe I am not seeing things the way they really are. Am I crazy? Maybe I am. He/She told me so… I am not crazy. In fact, he/she is the crazy one…" Sounds familiar? People do this to themselves all the time, whether they want to admit it or not.

I once heard a little girl saying to herself how stupid she is for taking low grades in math.*"I am so stupid. I can't seem to get anything right. I hate math and I hate my mom for forcing me to go to school!"*

When you are an observer, you see things more clearly than the person who is in the middle of the problem. I really believe that is very dangerous that we use our thoughts in this way, because if we keep on repeating to ourselves that we can't do

this or that, that is to hard, that we are too stupid, too ugly, to fat, to lazy etc. , eventually we will start acting on this belief.

When faced with a challenging situation, don't tell yourself that you can't do it and then quit. How can you know you can't do something if you don't even try? Our minds play tricks on us all the time. When thoughts pop into your mind, telling you how you can't do something, telling you that you are worthless, ask yourself these questions, *Is it true? Can I be 100% sure that what I think and what I keep on repeating to myself is true?*

A lot of times you will discover that it become a habit for you to stop yourself from doing things that are new, things that in order to be done, you will have to step out of your comfort zone and do it. It's not that it's hard, it's just something new, something that you haven't done before and because of that your thoughts are telling you that you can't do it, telling you is hard and difficult.

If you think it's hard, it will be hard and you will act upon that belief and if you think it's easy, it will be easy. Whatever you think and believe is true for you.

"Whether you think you can or think you can't, you're right." ~ Henry Ford

When you think something is difficult, you are moving yourself away from achieving it, and when you think it's easy, you will move closer and closer toward it. If you want to do something, if you want to change your behavior, if you want to change who you are and where you are, start by seeing yourself already in that place you want to get, feel all the emotions you will feel while getting the results you want. It all begins inside you. Success, whatever that means for you, it's nothing else but a state of mind. 90% of success is mental and the rest 10% is physical.

"Success is not to be pursued: it is to be attracted by the person you become." ~ Jim Rohn

Act enthusiastic and you will be enthusiastic, act happy and you will be happy. Success is nothing else than a feeling of happiness, positive mental attitude and enthusiasm. So why not be more kind with yourself? Why not build your confidence and self worth by doing things you think you can not do? Stop repeating to yourself all the horrible things about what you can, and can not do. As long as you're thinking anyway, why not think great, empowering and positive things about yourself? Why not think big?

Why is it so easy for us to think in bad terms about us, and the whole world? It appears that it is a lot more easier for us to be pessimistic than to be optimistic, when it is scientifically proven that cultivating optimism is one of the activities that make people happier? When we see somebody that is acting all happy and optimistic, we tell him/her to be more realistic, we tell him/her to stop dreaming and come back with his/her feet back on the ground. Why is it that being negative is more realistic than being positive, why is it that pessimistic is more realistic than being optimistic, when, many times, the things we fear so much about, never happen?

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