

You Think It, You Say It, and Then You Do It!

By Paul J. Meyer

Are you living aimlessly, tossed about on the ocean of life? Do you feel victimized and powerless? If so, there is an answer; and you already possess it! Did you know that your thoughts control your life? They do! The problem is that most people are unaware of their early childhood programming that left them entrenched with either a positive or negative view of life. Even if you had a stellar childhood and your parents were loving people, no parent is perfect and certainly life events themselves can be challenging.

As a result we all have entered adulthood with a system of thoughts and attitudes that become the basis from which we navigate and evaluate life. If you absorbed from those around you, and from the particular experiences you had along the way, that life is hard and that you are powerless to deal with it, then you will spend the majority of your life feeling like a victim; like someone who has no power to affect your own destiny.

Since you probably are not reading this article if you are feeling incredibly positive, I am going to assume that you are struggling with one or more areas of your life at the moment. Perhaps you are filled with worries, doubts, or fears. If so, that is a miserable way to move through life!

As you probably have surmised, thoughts of doubt and fear never accomplish anything, and never can. They always lead to failure. Energy, purpose, that “can do” spirit, creativity, and success all fall by the way side when doubt and fear are predominant in your thought life.

Most people who have a negative view of life believe that the circumstances of their life are the result of bad luck, a raw deal, or someone else “doing them wrong.” In other words, they are always looking outside themselves to find the cause or to place the blame.

But the truth is that the answer lies within you. It has nothing to do with outside events or what other people have done. Yes, those situations may present challenges, but they do not determine the ultimate circumstances of your life. The answer is in your thought life. Why? Because your thoughts determine the words that you speak, and the words you speak determine your actions.

For example, suppose you are offered an opportunity to apply for a promotion at your work. If you have a negative view of life, your evaluation of the situation might go something like this: “What’s the use? I know I’ll never pass the test and be considered. Or even if I do pass the test, I probably won’t get the position. There are always so many other people more qualified than me.” Do you see how your thoughts have affected the words you speak out? And how the words you speak out will cause you to act in a negative way? You will probably not even apply for the position.

However, if you have a positive thought life, you might think, say, and act like this: “This is a great opportunity. I’m as smart as the next guy and I believe I can do a great job on the test and in the interview. I’m going to give it my absolute best shot.”

Everything is the result of your thought life!

Once you realize that everything you achieve or fail to achieve in life is the direct result of your thought life, you might begin to sense that you can do something about it! *And you can!* It will take some time and some persistence, but people are doing it all the time and changing the course of their lives as a result.

You are not a victim! You are only limited by the thoughts you choose. And you can re-program your thought life by vetoing all that old “data,” by tuning into those “Life is hard, and I don’t have what it takes” tapes and deliberately replacing them with thoughts of “can-do.”

You may have to leave some negative friends behind and begin to associate with more positive, creative, successful people. I strongly suggest you read uplifting literature, books by those who have turned their lives around by using positive, pro-active steps. If you can, attend a variety of success seminars. Constantly feed your mind with positive new thoughts. It works. I’ve made it work for me and so have others world wide.

Keep at it! Be persistent! You can do it!

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Paul J. Meyer, best-selling *New York Times* author, multi-millionaire, and founder of the Success Motivation Institute, has read this powerful book, *As a Man Thinketh*, over 200 times! Get your copy at <http://www.pauljmeyer.com/> or amazon.com.

