

# What's Holding You Back?

## Three Steps To Changing Course

By Paul J. Meyer

**Do you feel like you have one foot on the brake and another on the accelerator of your life?  
Are you just spinning your wheels and getting nowhere?**

There's nothing more frustrating than feeling you are going faster and faster and getting nowhere! Chances are you've been doing the same thing over and over again while hoping for different results.

Sometimes the obvious eludes us. What do I mean by that? I mean that in order to experience a different result, you've got to do something different! And the necessary tool for being able to change gears is to first recognize where your present difficulty originated.

The origin of all the things you are experiencing in your life today began as a result of your thought patterns or attitudes that were formed during the first seven years of your life. The people around you and the different life experiences you encountered all influenced how you came to view life in general. As a result you settled into either a negative or a positive mindset.

If you have a positive mindset, you see life as full of opportunities and yourself as fully capable of engaging life in a pro-active, creative, and successful way. However, if you formed a negative mindset, your thought patterns or attitude constantly affirm that life is difficult and that you are not up for the task.

A few of the most consistent indicators of a negative mindset are doubt, fear, and "I can't" thoughts that prevent you from moving your life in the desired direction. Though you might be expending tremendous effort, you never seem to produce the desired results; and over time, this causes you to become even more negative and unproductive.

### Can you stop the defeating behavior?

Let's suppose you have become aware of an attitude or thought pattern that is limiting you. Can you change that? *Yes, you can!* In fact, one of the reasons I founded the Success Motivation Institute decades ago was to help people move from a negative mindset to a positive one. I knew that by making that one change that their whole life would change!

The first thing you must do is make a conscious choice to change. And then you must take the steps to break your old cycle of thoughts and form new ones. You must realize that whatever you fill your mind with will eventually be translated into the words that you speak, and the words that you speak will translate into specific actions. So if you do not like the result of the actions you are taking, you have to go back to the beginning of the process and change your thoughts.

### Three steps to change course:

**1. Change Your Thoughts:** Begin by being aware of the negative things you are thinking or saying out loud. Whenever you catch yourself saying "I can't" or "I'm afraid," stop and tell yourself the opposite: "I can do it. this is a great opportunity. I am up for the task." You can make up your own things to say each day to encourage yourself to build new thoughts and a positive attitude. Be consistent!

**2. Change Your Speech Pattern:** How often do you use negative words? Express doubt? Put yourself down? Instead, write out some positive words to use next time you are tempted to say the same defeating things over yourself. Practice your new words, use them often.

**3. Change Your Behavior:** Decide to take a different course of action in a familiar situation. If you are tempted to procrastinate on an assignment, determine to break the cycle and do it immediately. Sometimes intervening at the behavior level is the easiest place to start changing course.

### Don't give up!

You must be patient and give yourself the time to develop new thought patterns and attitudes. Your current attitudes are habits that did not develop or form overnight. Learning new attitudes will take time too. However, if you are determined, nothing can stand in your way. *Nothing!* Just remember...Don't give up!

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**Paul J. Meyer**, best-selling *New York Times* author, multi-millionaire, and founder of the Success Motivation Institute, has utilized the power of attitude. His powerful book, *Attitude Is Everything*, is available at <http://www.pauljmeyer.com> or [Amazon.com](http://Amazon.com).

