

You Can Always Get What You Want



Discard
head trash
and
create your
own future



BY LETA BEAM (REPRINTED FROM OFFICEPRO MAGAZINE MARCH 2005)

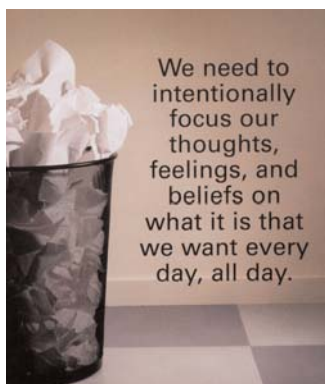
h as anyone ever offered you a penny for your thoughts? Depending on what you were thinking about, that may be a gross underpayment or overpayment. An average person has more than 60,000 thoughts each day, many over and over again. Some positive, many negative. Is it significant where we choose to hold our thoughts. Absolutely. Can we be increasingly intentional about our patterns of thinking? You bet. Why should we be so deliberate about our thoughts? Simple...thoughts become things. Your predominant thoughts create your future.

Recognize the name Napoleon Hill? Hill is the author of *Think And Grow Rich*. In the early part of the 20th century, he set out on a 20-year odyssey to study successful businessmen (there were few if any successful business women for him to study) to uncover their secrets to success. Hill was surprised by his own findings; the primary difference between these "captains of industry" and "every man" was their pattern of intentionally choosing to focus their thoughts and feelings exclusively on what they wanted instead of the lack of it. Hill says, "You are searching for the magic key that will unlock the door to the source of power, and yet you have the key in your own hands, and you may use it the moment you learn to control your own thoughts." And there's credence behind these words: Hill's book has been a bestseller for decades and has created more millionaires than any book ever printed.

Unlocking the Future

Each of us can apply this "secret to success" in our personal and professional lives. To have more of what we want—whether it's money, balance, free time, an ideal mate—we need to intentionally focus our thoughts, feelings, and beliefs on what it is that we want every day, all day. The larger the portion of our daily 60,000 thoughts focus on what we want, the quicker and easier it will begin to show up. Thoughts become things. We are powerful forces in creating our next reality, our tomorrow. How can this be?

The universal law of attraction tells us that like attracts like. None of us live beyond this natural law. Because we are all energy beings with an energy field, we are walking magnets. People, places, and circumstances are attracted to us. Thoughts and feelings are our point of attraction. Emotionalized thoughts that we generally consider positive create an energy vibration that operates at a high, fast frequency. Thoughts that we generally consider negative create a vibration that operates at a low, slow frequency.



Changing Bad Habits

Are you managing your thoughts and feelings? Do you even know where you focus your thoughts regularly? Are those 60,000 daily thoughts predominantly focused on what's wrong, who's to blame, stress, fear, lack of what you want, anxiety, old programs, limiting beliefs? That's what's called "head trash." The funny thing about head trash is that it feels comfortable. Most of us are on autopilot when it comes to our thoughts and feelings. We allow external people or circumstances to dictate our thoughts and feelings (*the devil made me do it syndrome*). These are longstanding patterns and because they have been a part of us for so long, they feel true and often feel true for all times. You get to create your own future based on head trash or on a new set of thoughts and feelings. You get to choose to be on a roll all

or most of the time. If you want to attract more "positive" things to you, choose to focus your thoughts and feelings positively. Choose to feel good, hopeful, grateful, enthusiastic, successful, abundant, prosperous, and happy.

Here are a few simple, but not easy, ways to begin to intentionally clean out the head trash that's standing in the way of what you want and replace it with a rich flow of positive, affirming thoughts and feelings. Not only will you feel better, you will begin to attract more of what you want.

1. Become very clear about what it is you really, really want. Here are four powerful requests that will help you to gain clarity around what it is that you really, really want: (1) identify exactly and precisely what it is that you DON'T want; (2) identify in technicolor exactly, precisely, and exhaustively what it is that you do want; (3) get clear—surface up all of the head trash that's standing in your way, including old programs, limiting beliefs, and leftover feelings; (4) and then imagine that you already have what it is that you want. Don those feelings for five minutes each day.

2. Focus on what's working or what's right. Here is a new framework for approaching any personal or professional issue or challenge that will, if faithfully applied, shift your focus to more positive thinking and feeling. Whether it's a business meeting, a home project, or your own well-being, check in on progress by asking and completely answering this sequence of questions: (1) What's working or what's right? (2) How did it get right? (3) What's not quite right yet? (4) What would be ideally right? (5) What resources do I need to make it ideally right?

3. Pre-pave the individual segments of your day. Each of our days is made up of lots of segments—our commute, our appointments, relaxation, exercise, grocery shopping, time with our kids, etc. Take two minutes before the start of each segment and "pre-pave" it by seeing it in your mind's eye happening in the ideal, exactly as you want to experience it. You will be amazed at what positive ripples that small change will create for you.

4. Evidence journal. At the end of each day, spend a few moments, writing down ALL of the evidence for the day. What is evidence? Anything, large or small that was right, that moved you closer to what you want, that felt good. Get into the habit of acknowledging all of the greatness in your day. We are far too quick to rush past good stuff in order to focus on the bad.

5. Create bridge beliefs. If you find yourself focused on limiting beliefs, such as, "there's no way I'll ever get that promotion" or "things will change around here when pigs fly," look for a thought that feels just a teeny bit better than that. Then find one that feels a little bit better than that. Make a game of it. Before you know it, you have shifted your focus.

6. Change channels. For visual learners, picture yourself as a huge, powerful satellite dish. When you want to shift your thoughts or feelings, see yourself swiveling around and choosing to pick up a different channel. You don't hit the country music station on your car radio and expect to hear rock, do you? Well, then, choose the thought and feeling channel that you really want to tune into! And swivel around until you are locked on to it. You are always the decision-maker here.

7. Use the "roadkill" technique. When animal lovers see a poor dead animal by the roadside, they will frequently choose to suffer with it for a few seconds as they go flying by in their car. Then, they are over the suffering. The word "roadkill" can be a unique and semi-humorous mental trigger throughout your day when small niggling things threaten to shift your positive energy focus. You allow yourself to "suffer" with that annoying thing for two seconds and then you move beyond it. Don't get stuck steaming over it or reliving it or plotting your next move around it. Suffering is optional and does nothing to get you closer to what you want.

Choosing to manage your thoughts and feelings is simple, but not easy. It requires sustained awareness, discipline, and desire. It's all about change, and changing longstanding patterns of thinking and being. ■

Leta Beam is president of Vantage International, a leadership and business coaching firm (www.vantage-inter.com). Reach her at leta@vantage-inter.com or 717/238-3939.

609 SHOWERS STREET • HARRISBURG, PA 17104

TEL: 717-238-3939 • E-FAX: 425-920-0959

EMAIL: LETA@VANTAGE-INTER.COM

WWW.VANTAGE-INTER.COM