

MANAGE YOUR FEELINGS



You've heard the old joke haven't you? The teacher, trying to motivate his year 10 class of boys said, "You become what you think about most, lads." One kid put up his hand and confessed, "Sir, I think I'm going to become a girl!"

Every psychologist and counselor will tell you that your feelings are a direct outcome of your thoughts. You already know this. You think about a miserable situation and you feel miserable. Think about someone who has done a wrong thing and you feel angry.

On the other hand when you think about your holidays or someone you love that you are about to meet after a long break you automatically think hopeful, cheerful, contented thoughts.

So it is logical to conclude that if you deliberately think about the good things in the world, the simple yet wonderful things in your life, your achievements and good times, the generosity and patience of others, you will begin to feel gladness, delight and pleasure and therefore feel joyful.

This is an excerpt taken from the Kick in the Pants Newsletter, written by the finest international motivational speaker – Colin Pearce.

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