

**Your life is a perfect reflection of your beliefs. – When you change your deepest beliefs about the world, you life changes accordingly.**

Frank Lloyd Wright wrote **“the thing always happens that you believe in; and the belief in a thing makes it happen”**

Example of Fred - Works 70 hours a week, and believes life is tough goes seeking another job – sees one job with flexible hours, travel opportunities, company vehicle and top salary – thinks it’s too good to be true and doesn’t apply.

Fred sees another job that takes two hours to get to, low wages, no car and applies for the position because he thinks the position sounds more realistic and he gets an interview..... At the interview the boss tells him that the products are revolting, the customers hate us, the owner is a crook and if you want to work here then you are crazy.....Fred says “when can I start”

Fred has proved that his theory about life is correct – he is miserable but at least he is happy being miserable.

If you suggested to Fred that he might want to “unbelieve” something that he has accepted for forty years, he will probably get very upset, why would he want to admit to being miserable for forty years and creating his present mess?

Most people would rather by right than happy.

### **So what beliefs should be rejected?**

Any beliefs that keep you poor and miserable. If your beliefs don’t help you, then get rid of them.

Its not to say they are wrong – they just cause you pain.

For a start, beware of beliefs with **“shoulds”** in them.

People SHOULD return favours!

People SHOULD be more considerate!

People SHOULD praise me!

People SHOULD be grateful!

People SHOULD love me back!

The should list may seem to be a reasonable set of expectations, but what if you didn't hold any of these beliefs. What if people didn't agree with you, notice your good work or love you back – how would it affect your life? You wouldn't get any less respect or appreciation, and you would still be happy.

“Should beliefs don't help us because reality doesn't understand “should”. Things are the way they are. When you criticize reality..... Reality wins.

Your beliefs determine the quality of life:

### **Why think Positive?**

Imagine you are sitting in a jumbo over Australia and the engine falls off the wing. How would you like to pilot to react:

1. Would you like to here the captain say: “Stay calm and buckle up? This will be bumpy, but we'll find a way home or
2. Would you like to see the captain running up and down the aisle yelling “we'll all be killed”

Who do you think you would prefer to be the captain and who would get you down safely.

Which approach is most likely to solve your problems/challenges the “We'll find a way” or we'll all be killed”.

This is the essence of positive thinking – it doesn't offer guarantees, but it gives you your best chance.

**Losers focus on what's impossible until all they see is impossibility. Positive thinkers think about what's possible. In concentrating on the possibilities, they make things happen.**

### **HOW POSITIVE THINKING SHAPES YOUR SUBCONSCIOUS.**

**Our subconscious mind is a collection of all our thoughts. Our most common thoughts have created our strongest subconscious behaviours.**

**Any conscious thought, repeated over a period of time becomes a program.**

We have about 50,000 thoughts a day. For most of us, they are mainly negative thoughts “I’m getting fat! I’ve got a bad memory. Nothing I do ever works!

With most negative thoughts, what kind of subconscious behaviour do we get – mostly negative which sabotage our lives health and our jobs without us is even thinking.

People wonder why they end up miserable, yet they have created there own automatic patterns through repetitive thoughts.

Your prosperity, your happiness, the quality of your relationships and even health are a reflection of your most common conscious thoughts.

**Why should you learn to control your thoughts?**

Two reasons:

- You can’t control your environment, the weather or other people’s opinions about you. The only thing over which you have total control and the most important – is your thoughts.
- Externals don’t make us happy.

You can improve the quality of your life by working on your thoughts, and your thoughts affect your feelings.

Positive phrases, words and thoughts.

**REMEMBER – THINKING POSITIVE = POSITIVE RESULTS**