**2016 Motivational Minutes on Thoughts**

**(Also see Attitude and Self-worth.)**

1. **Live Without Worry**

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**Quote of the day:**

“Never bear more than one trouble at a time. Some people bear three kinds—all they have had, all they have now, and all they expect to have.” —Edward Everett Hale

**Reflection:**

If we could learn the lesson “live without worry” we will have mastered life, and thus will be ready to live more productively and effectively.

I read somewhere that the electro-dynamo is almost perfect in its conservation of energy. Ninety-five percent of the energy force it generates is utilized going into light or power. Only five percent is wasted.

If we could learn to live as such, so that only five percent of our energy is expended in friction or needless wasted energy, we will have learned indeed, in one sense at least, to make the most of our life. Many of us have not learned to live in this economical way. We often waste energy in anxious care when what we ought to focus our energy towards is to lighten the world with peace, or helping to strengthen others. Nothing wastes life's energies more rapidly and more needlessly, than worry.

Take a lesson from the electro-dynamo and use your energy on more productive things than worry.

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1. **Chained Elephant**

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**Quote of the day:**

“You are what you are and where you are because of what has gone into your mind. You can change what you are and where you are by changing what goes into your mind.” –Author Unknown

**Reflection:**

*When an elephant is born into captivity, the owner ties the animal to a tree or post with a thick chain to prevent the 250-pound infant from escaping. During the first few weeks of his life, the small elephant tests the chain that binds him, again and again, in an attempt to free himself and wander as his nature urges him to do. His efforts, however, are no match for steel links. Over the course of a few weeks, he eventually learns that his resources are no match for the hardiness of the chain. He gives up any further attempts to free himself, and thus relegates himself to a life within a small circle.*

*As an adult elephant conditioned by a past experience, he can now be tethered to a small tree with the thinnest of ropes or, in some cases, no rope at all. He makes no attempts to wander because he carries with him, for life, the belief that he does not possess the power to break the ties that bind him. The adult elephant could easily snap the rope or uproot the tree to which it is attached, but he makes no such effort, because early in life, he was taught that true freedom was not available to him. For the remainder of his life, he is tame and nothing like the captivating, powerful creature he was born to be.*

Do you feel your life has been shackled by what you have been conditioned to believe? Break free from your limiting beliefs and live your full potential.

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1. **Positive Thinking**

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**Quote of the day:**

"The more man meditates upon good thoughts, the better will be his world and the world at large.” —Confucius

**Reflection:**

You and I have been in many situations when someone burst in to the room and said, "I've got news." Immediately this person receives the full attention of everyone present. The point is, sometimes the news they bring *is* good, and yet, sometimes its negative I challenge you to think twice before you “pass on the news”. Good news does more than merely get attention; good news brings good results. Good news results in enthusiasm. Good news even promotes good digestion.

Just because there are more broadcasters of bad news than there are of good news, don't be misled. No one ever won a friend, no one ever made money, and no one ever accomplished anything good by broadcasting bad news.

It's pointless to pass on the bad. Make it a habit to always speak positively! Broadcast good news about life, about others, about situations, about how you feel. Be an "I-feel-great" person. Simply say, "I feel great" at every possible opportunity. If you do, you will feel better. By the same token, telling people, "I feel awful," I guarantee, will make you feel just that—awful! How we *feel* is, in large part, is determined by how we *think* we feel.

Why not determine to be a transmitter of good news? Tell everyone the *good* that happened today. Encourage others—compliment them at every opportunity. Tell them about the positive things that are happening. Recall the amusing, pleasant things you experienced and let the unpleasant things stay buried. Spread good news!

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1. **Shyness**

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**Quote of the day:**

“My first language was shy. It’s only by having been thrust into the limelight that I have learned to cope with my shyness.” *—* Al Pacino

**Reflection:**

Limiting beliefs can often hold us back from living up to our full potential and must be fought with everything we have in us. Shyness is a result of listening to negative self-chatter and limiting beliefs and must be combated. Here’s an inspiring story of someone who overcame their shyness.

*The author and dramatist George Bernard Shaw is example of someone who overcame shyness, and he went on to become one of the wittiest, most outspoken public speakers of his time. When asked how he managed to change, he replied, “I did it the same way I learned to skate—by persistently making a fool of myself until I got used to it.”* Finally he hit upon a way to conquer his shyness and fear. *As a young man, Shaw was so timid he would often walk up and down a street for 20 minutes before he dared to knock on the door of someone with whom he wasn’t well acquainted. “Few men,” he confessed, “have suffered more from shyness and simple cowardice than I have—or have been more ashamed of it!” Determined to turn his weak point into his strongest asset, he joined a debating society. He also attended every meeting in London in which there was to be a public discussion, and forced himself to take part in the debate. With practice, his public speaking improved. Eventually George Bernard Shaw became one of the most confident and brilliant speakers of the early 20th century.*

Overcoming shyness isn’t just something you should do for yourself; it’s also part of being a contributing member of society. When you have a thought or idea that deserves to be heard, you’re not only hurting yourself by keeping quiet, you’re hurting the people around you. Others need you. They need your intelligence and insight. They need your help to work through problems. If you hide behind shyness, you limit the help you can give to your friends, family members, and colleagues.

Fight your limiting beliefs and let your talents shine.

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1. **Flaunt It**

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**Quote of the day:**

“If you are not happy with your life, you can change it in two ways: either improve the conditions in which you live, or improve your inner spiritual state. The first is not always possible, but the second is.” —Leo Tolstoy

**Reflection:**

Limiting beliefs can often hold us back from living up to our full potential.

*Cass Daley wanted to be a singer, but she was very self-conscious because of her large mouth and buck teeth. When she began singing in nightclubs as a teenager, she tried to hide her buck teeth behind a down-stretched upper lip. The result was that she made herself look ridiculous. One night, a man heard her sing, recognized her exceptional talent, and wasn’t too shy to tell her the truth. “See here,” he said to her bluntly, “I’ve been watching your performance and I know what it is you’re trying to hide. You’re ashamed of your teeth.” Cass was embarrassed, but the man continued, “What of it? Is there any crime in having buck teeth? Don’t try to hide them. Flaunt them! The audience will love you when they see that you’re not ashamed. Besides, those teeth you’re trying to hide may make your fortune.” Cass Daley took his advice. From that time on, she opened her mouth wide and sang with such gusto and enjoyment that she became not only a successful singer, but also a film actress and comedienne.*

Limiting beliefs can stop us from living up to our full potential. It often causes us to worry about what other people might say or think about us, especially if we’ve heard it before or think it ourselves. Maybe we think we’re too tall or too short, or too fat or too thin, or ugly, or whatever. That was Cass Daley’s problem. She wanted to be a singer, but she was very self-conscious because of her large mouth and buck teeth. When we stop worrying about all the things we think others would like us to be, and instead are content with the way God made us, then we will stop worrying so much about the opinions of others. This will set us free to live up to our full potential.

Is there a limiting belief that is stopping you from living up to your full potential?

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6. **Just Do It**

 

**Quote of the day:**

“The most effective way to do it, is to do it.” —Amelia Earhart

**Reflection:**

As the following story illustrates, our limiting beliefs often make obstacles look bigger and more difficult than they actually are.

*An old farmer had plowed around a large rock in one of his fields for years. Several plowshares and a cultivator were broken on it, and he had grown rather tired of the rock. After breaking yet another plowshare, and remembering all the trouble the rock had caused him through the years, he finally decided to do something about it. He'd had enough! The farmer went to the shed to get some dynamite to blow the rock to smithereens. But when he put his pry bar under the rock, he was surprised that it lifted up so easily. Turns out that the rock, which had been such a huge obstacle all those years, was just a few inches thick, and that he could easily break it up with a sledgehammer. As he was carting away the pieces, the farmer had to smile, remembering all the trouble that the rock had caused him over the years, and how easy it would have been to get rid of it sooner. What had seemed so huge an obstacle was actually quite small when he was able to get a closer look at the problem.*

What sort of obstacles, or limiting beliefs are stopping you from making progress?

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