**Motivational Minutes on Thoughts—Positive and Negative from 2011-2014**

**(Also see Self-Worth, Gratitude, Risk Taking and Attitude files.)**

1. **Negative Self-chatter**

****

**Quote of the day**:

“What we are today comes from our thoughts of yesterday and our present thoughts build our life of tomorrow.” — Buddha

**Reflection:**

We've all seen cartoons that portray a person at a point of decision with a guardian angel on one shoulder and a little devil on the other, each trying to persuade the person to do or not do this or that. The message is simple, clear, and often amusing, but what we sometimes fail to realize is that there is also an element of truth in these caricatures.

In the coaching world the little devil trying to persuade you to “not do this or that” is referred to as your limiting beliefs, or negative self-chatter. We all have these two voices trying to influence us: one encourages us to do good, to be encouraged, to affirm our self-worth, and the other is constantly trying to pull us down.

Don’t let the negative self-chatter pull you down but stay on the attack against negative influences by keeping your mind and thoughts full of positive uplifting thoughts.

\*\*

1. **Limiting Beliefs**

****

**Quote of the day:**

“You can have anything you want if you are willing to give up the belief that you can't have it.” — William Purkey

**Reflection:**

Limiting beliefs are one of the things that stop us from taking risks. It's thoughts like "I don't have enough money" or "I don't have enough time" or “I don't have the right education or background," “I'm not good enough,” therefore "I can't take a risk of having what I want." Your limiting beliefs are thoughts about how you are lacking something or how you are limited by something. Limiting beliefs cause us to mistakenly believe that it is safer to hide out, quit trying, play it safe, avoid risk and therefore avoid failure.

When you are listening to and acting on limiting beliefs you sabotage your own success. I don't know about you, but I have allowed this to happen to me too often in my life.

Remember your negative opinions are not the truth. They are only opinions. Instead believe you can have anything you want, and you can have it.

\*\*

1. **Positive Thoughts**



**Quote of the day:**

“Act as if you were already happy and that will tend to make you happy.” — Dale Carnegie

**Reflection:**

There is a strong connection between thinking the right thoughts and doing the right things. Positive thoughts are not enough. They must become action. They must translate into positive deeds. As you combine your new thought patterns and reactions with behavior that reflect the change, you will go from strength to strength.

You’ll not only be entertaining positive thoughts, but by *acting* on those thoughts, what you weren’t able to do before will become possible. As you live your positive thoughts day by day, you’ll see them manifested more and more in your actions, reactions and daily life.

\*\*

1. **No Impossibilities**



**Quote of the day:**

“There are few who realize what possibilities are locked up within them until some necessity compels them to attempt something they have always considered impossible.” — Author Unknown.

**Reflection:**

*When Michelangelo was ordered to decorate the walls of the Sistine Chapel, he refused. He had never done any work of that kind, and said he could not do it. He was told his refusal would not be accepted. When he discovered that there was no alternative without unpleasant consequences, he mixed his colors and went to work. And thus came into being the world's finest painting*.

It’s interesting how when we are pushed into a situation that we feel we can’t do we usually can and often well. How many master pieces are going undone because we think we can’t do something? Is there anything in your life you are accepting that you can’t do? Don’t wait for necessity to compel you, attempt that thing you consider impossible.

\*\*

1. **Don’t Sweat The Small Stuff**



**Quote of the day:**

“Often we allow ourselves to be upset by small things we should despise and forget. We lose many irreplaceable hours brooding over grievances that, in a year's time, will be forgotten by us and by everybody. No, let us devote our life to worthwhile actions and feelings, to great thoughts, real affections and enduring undertakings.” — Andre Maurois

**Reflection:**

It’s so easy to fall into the habit of focusing on the negative, and those who do, most often find that their lives are not as happy as they could be. This is why it’s well worth our while to make a habit of focusing on the positive things of life; on the loving actions of others around us; on the blessings that come into our lives that we so often take for granted.

If you find yourself focusing on the negative, write down a list of your complaints. Then make another list of the positive things that you have in your life right now, even the ones that are easier to take for granted, such as good health and family. Soon you will forget the first list and realize it was not worth your time.

\*\*

1. **The Witch Doctor**



**Quote of the day:**

“Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning.” — Mahatma Gandhi

**Reflection:**

Here is an interesting story by an unknown author that illustrates this quote.

*The old witch doctor sat cross-legged and listened to the other African as he told his tale of woe. He had been hurt in an accident when the rocks had fallen upon his ankle, and he was told that he would never walk again, but he wanted to know if the witch doctor could cure him.*

*After looking at the ankle the witch doctor said, "Yes, I can cure you. You must go across to the beehive and push the end of your crutch into the hive then lick the honey from the crutch.*

*The African hobbled across to the beehive and thrust the crutch into the hive. Immediately thousands of angry insects came out to attack the invader from every angle. As the infuriated bees continued their attack, the man dropped his crutches and fled to the nearby dam to dive beneath the water.*

*The witch doctor chuckled. When another African asked why such treatment had been prescribed, the witch doctor replied, "There was nothing wrong with his foot. Yes, he had been hurt by the rocks, but that happened a long time ago. His ankle had recovered, but the silly man had persuaded himself he would never be able to properly walk again. His was a disease of the mind. As long as he continued to think such thoughts, nothing could be done for him. I sent him to stir the bees knowing they would make him run."*

We laugh at the humor of the story but reflect a moment on the profound truth here—so many of us have been convinced by our negative self-chatter that we can’t do such and such. We worry about all kinds of eventualities and persuade ourselves that the future is dark with peril. However, if instead of sorrowfully proclaiming our fears to the world, we would proceed to act as though everything were according to our desires, we may find that we can indeed “walk.”

\*\*

1. **Self Talk**

****

**Quote of the day:**

“Every thought is a seed. If you plant crab apples, don't count on harvesting Golden Delicious.” — Bill Meyer

**Reflection:**

How true! Stop a minute and think about this quote and consider what kind of “thought seeds” you are planting.

Every day we all have thousands of conversations with ourselves--some good and some not so good. If your “self talk” --what you say to yourself in your heart and mind, is uplifting, if you appreciate your good qualities, this is good, and will keep you in a positive mode. But, if your “self talk” is belittling and you're beating yourself up over your not so good qualities, then your self-chatter is not serving you well and it is time to start paying more attention to how and what you talk to yourself about.

Did you know you become what you think? If you are thinking good things about yourself, then you will become those thoughts. However, the opposite is also true. I know that we don't want to become proud or to think more highly of ourselves than we should but I am more and more convinced that putting ourselves down is more damaging. So plant good seeds about yourself and grow into a person of character.

Take time to think about your self-talk. What sort of seeds are you planting?

\*\*

1. **Words Have Power**

****

**Quote of the day:**

“When you put a limit on what you will do, you have put a limit on what you can do.” — Charles Schwab

**Reflection:**

Every day, I am more convinced that words have power. Words can empower or limit us. Imagine that the words you use are like magnets, creating a field of energy that reaches out and brings back experiences that match the words you speak. I dare say you would be more careful in what you say. I know that I have been guilty of saying things without thinking about them such as:

*I can't remember anything these days.*

*I'm too old to do that anymore.*

*My body's not what it used to be.*

*I hate exercise.*

I have also noticed that by saying these things I limit myself, as I reinforce that negative thought. But by changing my language and instead phrasing things in the positive way I have been changing my life for the better. For example:

*I remember everything I need to know when I need to know it.*

*I can do anything I decide to do.*

*My body gets stronger with every breath I take.*

*I love moving my body.*

Take account of your words and see if they are matching up with what you want in your life. If not, start putting a more positive spin on your words and see what happens.

\*\*

1. **The Limits To Our Abilities Do Not Exist**



**Quote of the day:**

“It is our duty as men and women to proceed as though the limits to our abilities do not exist.” — Pierre Teilhard de Chardin

**Reflection:**

I often hear people say, “I feel that I'm never going to be good enough.” They are listening to their negative self chatter or giving in to a limiting belief they have. It is my firm conviction that each one of us must fight this negativity with all we’ve got.

So often our problems are in the "thinking," because the more you dwell on the negative, the worse it gets. When you give in to negative self chatter or limiting beliefs, it effectively cancels out the positive energy that would help you overcome, because when you listen to the negative, you feel you don’t deserve help or other blessings. When you give in to negativity, you relinquish your power to fight back. Once you're in the grip of negativity, it's very hard to be free of it, because the negative chatter tries to convince you that you are right where you belong.

My recommendation is to refuse to believe whatever your negative self-chatter is feeding you, and to do as the quote above says, “proceed as though the limits of our abilities do not exist.”

\*\*

1. **Change Our Words**



**Quote of the day**:

“Change your thoughts and you change your world.” — Norman Vincent Peale

**Reflection**:

I would like to add to this quote by saying that if we change our *words* it will help change our thoughts and thus change our world.

Have you ever heard someone say “Oh what a bad day” when it’s raining? I sadly admit, I'm guilty of this from time to time. If we call sunny days 'nice days,' it makes us think of rainy days as 'bad days,' but rainy days can be nice too. We need both sunshine and rain, and if we’ll try to always be thankful for each day we have whether it's rainy or sunny, our outlook will change for the better.

It seems like such a simple lesson—to be thankful for both rain and sun—but taking some time to reflect on this, made me realize that the way we choose to talk about things affects our overall happiness and attitude towards life. Sad to say, many of us have formed the bad habit of adopting a negative terminology regarding certain situations.

To change the way we think about things, we need to also change the way we talk about them. Our vocabulary, the way we label things and the way we express things, has a major bearing on the way we think. If we want to think positively, we need to speak positively.

Take time to think about your speech habits.

\*\*

1. **You Control the Radio**

****

**Quote of the day:**

“Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.” — Pope John XXIII

**Reflection:**

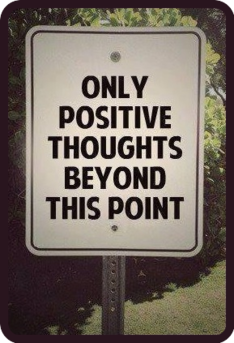
The above quote is good advice to choose to be thinking of the good and the positive.

Think of your mind as a radio. There are many stations broadcasting—sending waves out in space. Good broadcasts inspire faith, hope, love, wisdom, truth, instruction, and other positive thoughts that inspire positive actions. But other stations may dwell on the negative and send out broadcasts that deliberately flood the airwaves with lies, propaganda and time-wasters—anything to occupy your mind and distract you from receiving the good and the positive.

You can choose which station to tune into. You control the radio of your mind. Which broadcast [voice] are you tuned in to? Which one guides your thoughts and thereby controls your time and actions? Will it be positive or negative?

\*\*

1. **Self-pity**

****

**Quote of the day:**

“Self-pity is our worst enemy and if we yield to it, we can never do anything wise in this world.” — Helen Keller

**Reflection:**

I suffered from self-pity for years. In my case, I was listening to my negative self-chatter. I would not only leave the door open for doubts to come in, but I would mull them over and over in my mind for hours on end. Pretty soon I was agreeing with all the negative talk going on in my mind. “Yes, that's right! I'm not perfect, and I don't have much to be happy about. I might as well quit!” But one day I realized what I was doing and ever since I have been on a mission to eradicate the negative chatter from my mind.

The minute you start listening to those negative voices, you're done for! It will never end until you are dragged to the very bottom and left utterly defeated. Don't let this happen to you. My advice is to slam the door on the negative talk—don't listen to it for one second. Remember, that nobody is perfect, and even though you may have faults, this does not have to override all the good—your talents and good qualities that can help you succeed in life. Defeat your doubts by thinking happy positive thoughts. Sing, shout, start saying something cheerful and encouraging. Gratitude is the best defense against negative self-chatter.

\*\*

1. **Don’t Beat Up On Yourself**

****

**Quote of the day:**

“The most influential person who will talk to you all day, is you. So, you should be very careful what you say to you.” — Zig Ziglar

**Reflection:**

Have you heard the term “beat up on yourself”? Whenever you listen to your negative self-chatter that is what you are doing. Negative self-chatter is a disparaging voice, any thoughts that cause us to not feel good about ourselves, but instead make us feel unimportant, insignificant, unworthy and any other negative word you can think of.

Negative self-chatter never champions our excellence! But instead causes us to lose sight of our magnificence and to forget that we all have special qualities, talents and gifts that would benefit others.

How can we restore a healthy sense of self-respect empowering us to reclaim our magnificence? For the next week, as you go about each day, try to notice those thoughts that come into your mind that are negative put downs. Record each negative thought you have about yourself. Half the battle in silencing negative self-chatter is to recognize when it is speaking to you, and when you do, replace it with a positive statement.

**\*\***

1. **Positive Self Talk**

****

**Quote of the day:**

"Your worst enemy cannot harm you as much as your own unguarded thoughts." — Buddha

**Reflection:**

In terms of your thoughts and self-talk—the endless stream of thoughts that run through your head every day—it can be positive or negative, and so can its outcome. Positive self-talk promotes positive action and progress, while negative self-talk triggers discouragement and defeat.

*Is your glass half full or half empty? According to staffers at the renowned Mayo Clinic, your answer to this question reflects your attitudes toward yourself and life in general, each of which plays an important part in how well you live, and possibly even how long you live. It goes without saying that positive thinkers are far more likely to reach their goals than negative thinkers.*

If your thought patterns have that much bearing on your happiness and well-being doesn’t it make sense to stop from time to time and examine the way you think and work at making positive thinking a habit?

\*\*

1. **Destroy Your Inner Critic**



**Quote of the day:**

“If you hear a voice within you say “you cannot paint,” then by all means paint, and that voice will be silenced.” — Vincent van Gogh

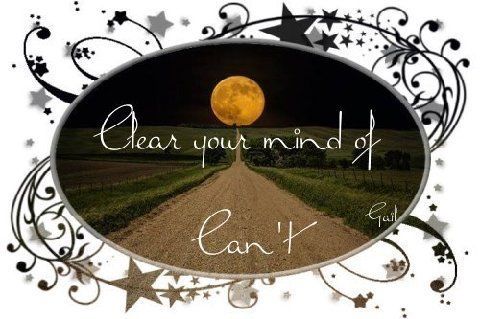
**Reflection:**

Never tell yourself or let anyone else tell you that you cannot do something. You alone conclude the limitations that you set upon yourself. If you want to do something, just do it. Get rid of negative influences in your life and destroy your inner critic that tells you that something is impossible for you to attain. We all have gifts and talents. Find out what yours are and start using them. Discover your genius.

Try this exercise: With pen and paper in hand, draw a line down the middle of the paper. On one side list the things that exist in your life that are pulling you towards the negative, on the other side, list the things that pull you towards the positive. See how they compare, which one outweighs the other? Now take a second sheet of paper and make a list of positive steps you can take to eradicate the negative influences you have listed then get to work knocking those points off your list, one step at a time.

\*\*

1. **Slash The Words Can’t From Your Vocabulary**



**Quote of the day**:

“Can't is the worst word that's written or spoken; doing more harm here than slander and lies; on it is many a strong spirit broken, and with it many a good purpose dies.” — Edgar Guest

**Reflection:**

Let’s continue our battle against limiting beliefs. Let’s slash the word “can’t” from our vocabulary. When that negative inner chatter says you can’t do something, let the words of the poem from Edgar Guest ring in your ears saying, “I can.”

Can't is the word that is foe to ambition,

An enemy ambushed to shatter your will;

Its prey is forever the man with a mission

And bows but to courage and patience and skill.

Hate it, with hatred that's deep and undying,

For once it is welcomed 'twill break any man;

Whatever the goal you are seeking, keep trying

And answer this demon by saying, "I can."

\*\*

1. **Merely Made of Paper**

****

**Quote of the day**:

“Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them.” — Orison Swett Marden

**Reflection:**

The quote reminds me of the story of a jail in a town in British Columbia, Canada, in the 1900s.

*It was used for many decades and never had a single breakout. Those inside the jail never knew that one of the walls was nothing but thin wood and papier-mâché. It had been cleverly made to look like stone and iron. So although the inmates were nothing more than a simple kick away from escape, they saw it as a solid prison. Their own minds and perceptions kept them bound in spite of the fact that there was no substance to what was holding them prisoner.*

Sometimes our walls of mind-sets and attitudes have no more substance or ability to bind our heart and mind than those paper-thin walls in this story, but we often are still as shackled and imprisoned as if they were bands and chains of iron and walls of stone.

What limiting belief is stopping you? Stop and think about what things are preventing you from reaching your full potential. Then, no matter how real the limiting belief may seem, try busting right through it, to see if it is merely made of paper.

\*\*

1. **Keep Fighting Limiting Beliefs**



**Quote of the day**:

“We must all wage an intense, lifelong battle against the constant downward pull. If we relax, the bugs and weeds of negativity will move into the garden and take away everything of value.” — Jim Rohn

**Reflection:**

I agree completely with Jim Rohn about the need to constantly combat the negative pull on our lives such as fear, guilt, shame, negative self-chatter, feelings of worthlessness and insignificance, worry and doubt. If you give any of these weeds an inch, they will take a mile. When negativity tries to pull you down, instead of giving into it, try replacing those negative views with positive, praiseful, grateful, faith building thoughts. You can do this in a number of ways—here’s some suggestions to get you started, but please, do not be limited by these, explore new ways you can stay upbeat and positive instead of caving into the downward spiral of negativity.

-- Keep a gratitude journal.

-- Use positive affirmations.

-- Listen to uplifting music.

-- Read positive material.

-- Meditate.

-- Cultivate a spiritual practice.

-- Exercise.

-- Volunteer on projects where you can help those less fortunate then yourself.

\*\*

1. **Think on What You Want**

****

**Quote of the day:**

“The greatest limitations you will ever face will be those you place on yourself.” — Denis Waitley

**Reflection:**

Limiting beliefs are thoughts about how you're lacking or limited by something. It's those repeated thoughts you keep telling yourself over and over again that set limits on yourself. The way to replace your limiting beliefs is with new positive beliefs.

There's no need for you to spend time figuring out why you have certain beliefs, as it keeps you focused on the lack or limitation instead of what you actually want. The only thing you need to do is have an awareness of the thoughts that may be limiting and preventing you from moving in the direction of your desire. Then instead of thinking about what you don't have or want, focus on what you do want.

\*\*

1. **Worry**

****

**Quote of the day**:

“Worry is interest paid on trouble before it comes due.” — William R. Inge

**Reflection:**

I often hear this statement and this question. “Sometimes I feel like I'm being overcome with worries. What can I do to stop worrying so much?”

Who doesn't worry sometimes? We worry about what's going to happen in the world that we won't be able to make ends meet financially, about losing the ones we love, about our future and so many things!

Most worries come down to one of two things: fretting about past failures and situations gone wrong, and fearing the future.

In order to make the most of today and best prepare for the future, we have to learn to seal ourselves off from worries about yesterday and its mistakes and failures, as well as from needless fears about tomorrow. Otherwise our worries may cause us to go under!

\*\*

1. **Beliefs**

****

**Quote of the day:**

“If you believe you can, you probably can. If you believe you won't, you most assuredly won't. Belief is the ignition switch that gets you off the launching pad.” — Denis Waitley

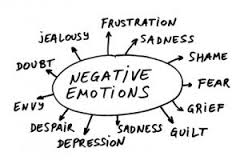
**Reflection:**

Belief is the force behind you, which gives you focus and purpose to do something, even if you have never tried it before.

Think about the times when you did something because you believed in it, or you believed yourself capable to perform the task. Did you have more energy and drive; more passion? Take time to search your heart and see how you are treating yourself. Do you have faith in yourself; do you believe that you are up to the challenges you are currently facing in life? If so than you are more likely to succeed in whatever endeavor you are pursuing.

\*\*

1. **There are No Limits**

****

**Quote of the day:**

“If you always put a limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits.” — Bruce Lee

**Reflection:**

Limiting beliefs are negative viewpoints about yourself and the world that surrounds you. They are beliefs about what you can and cannot do, about what you can and cannot be, about what you can and cannot have in your life. These limiting beliefs or “thought habits” can sabotage your efforts to achieve happiness.

Negative self-chatter are the things that you tell yourself to explain the reasons why you can't achieve whatever it is that you desire. These are thoughts that berate, belittle, accuse, cause guilt or shame or basically all negative thoughts.

The good news is that there are no limits. All the beliefs we possess have been learned, we were not born with them and therefore, they can be changed. It is simply a matter of listening more to your positive thoughts rather than to the negative thoughts. Try it! If you will make a concentrated effort to reject negative thoughts when they come into your mind, and instead tune in more to the positive, you'll find it only takes about 30 days to replace the negative with new correct thought habits that will serve you well.

\*\*

1. **The Camel’s Nose**

****

**Quote of the day:**

“It's not what you are that holds you back. It's what you think you're not.” — Denis Waitley

**Reflection:**

Have you ever heard the story of the Camel’s nose? It reminded me of the fight against negative self-chatter and if you give it an inch it will take a mile.

*According to a Bedouin fable, an Arab tied his camel to his tent and went to sleep for the night. As the temperature dropped the camel asked the Arab for refuge from the cold. The Arab was adamant. "There is only room in the tent for one!" After a few minutes the camel asked again. "Please, Master! If I could just put my nose in your tent, it would keep me from freezing out here." The Arab reluctantly agreed. No sooner did the camel have his nose in the tent did he start begging to move the rest of his body in. Relentlessly he kept at it and each time the Arab gave in. Until finally the whole camel was in the tent and the Arab was forced to move out into the cold.*

Negative self-chatter is like that camel. It just needs a small opening to get started—usually a thought that seems to have some basis in truth or reason—but if you entertain that thought, pretty soon it and a whole lot more like it move in and take over. Don't let the camel get its nose inside the tent of your mind and hold you back.

\*\*

1. **Worry or Concern**

****

**Quote of the day:**

“There is a great difference between worry and concern. A worried person sees a problem, and a concerned person solves a problem.” — Harold Stephens

**Reflection:**

Have you ever noticed that it's the things that never happen that seem to worry us the most? Like the writer and humorist Mark Twain said toward the end of his life, "I'm an old man, and I've had many troubles—most of which never happened!"

One businessman drew up what he called a "worry chart," where he kept a record of his fears. He discovered that 40% of them were about things that probably would never happen, 30% concerned past decisions that he could not change, 12% had to do with other people's criticism of him, and 10% were unfounded worries about his health. He concluded that there were valid reasons for only 8% of his worries.

Why not try this little exercise: Draw up your own “worry chart” and see how many of your worries are founded. The ones that you find aren’t founded, stop worrying about, and the ones that are, make a plan to take care of.

\*\*

1. **I’m a “Will Be”**

****

**Quote of the day:**

“I am not a has-been. I am a will be.” — Lauren Bacall

**Reflection:**

Have you ever seen a flea circus—the classic sideshow event in which fleas are the performers? I haven’t, but I do remember reading somewhere how fleas are trained.

*Fleas can jump extraordinarily high, relative to their tiny size. Training fleas involves putting them into a small box or jar. Without a lid, the fleas could easily jump out, so the flea trainer puts a lid in place and waits. Inside the container, the fleas jump up in order to escape. They hit the lid and fall back down. Again and again, the fleas will jump, hit the lid, and fall back.*

*Then, after some time, the fleas don't jump so high. They jump up almost as high as the lid, but not quite. Eventually, the trainer will remove the lid. The fleas could easily escape now, but they don't even try. They've become accustomed to only jumping to a certain height. They have more or less decided that's their limit; they are going as high as they can go, and they don't attempt anything further. Freedom is just a jump away, but it's a jump they don't make.*

I don’t know if this is a true story or not, but it reminds me of how we sometimes allow ourselves to be limited by barriers that exist only in our minds. We tried and failed at something, and our confidence was shaken. The next time around, when an opportunity arose to try something new or bigger, we didn't rise to the challenge because we didn't think we were capable of doing it.

Life is full of new beginnings and fresh possibilities so don’t let the lesson of the fleas be lost. Keep this word picture in your mind and don't let the setbacks or mistakes of the past hold you down like the nonexistent lid on the fleas' jar.

\*\*

1. **As You Think, So Shall You Become**

****

**Quote of the day:**

“As you think, so shall you become.” — Bruce Lee

**Reflection:**

In one of Frederik Marryat's books, a British naval officer and writer there is a part where the captain of some small British man-of-war is explaining to the hero how to acquire the quality of fearlessness. He says that at the onset almost every man is frightened when he goes into action, but that the course to follow is for the man to keep such a grip on himself that he can act just as if he were not frightened. After this is kept up long enough, it changes from pretense to reality, and the man does in very fact become fearless by sheer dint of practicing fearlessness when he does not feel it.

By acting as if you are not afraid, you will gradually cease to be afraid. You can put this practice into action regarding any emotion. By acting as if you are happy you will become happy. By acting as if you are successful you will become successful. By acting as if you are (fill in the blank) you will become (fill in the blank). The choice is yours.

\*\*

1. **Fight Worry**



**Quote of the day:**

“Worry does not empty tomorrow of its sorrow. It empties today of its strength.” — Corrie Ten Boom

**Reflection:**

I know worry is a hard thing to overcome but it is something that is well worth our while to try and fight in our lives. Worry comes from the negative inner self-chatter you allow, or from one of your limiting beliefs. Trust me, it pays to do all you can to fight to overcome it so that it doesn’t empty you of your strength.

To help combat worry it’s wise to remember that first, whatever it is that you are worrying about has yet to happen. Second, research has shown that 90% of what you fear will not happen. Third, even if your fears were to happen, with a positive attitude you can handle whatever comes your way.

\*\*

1. **You Are Not A Victim**



**Quote of the day**:

“Any change, any loss, does not make us victims. Others can shake you, surprise you, disappoint you, but they can't prevent you from acting, from taking the situation you're presented with and moving on. No matter where you are in life, no matter what your situation, you can always do something.” — Blaine Lee

**Reflection:**

Sometimes it is easier to blame circumstances, problems, or even other people for our situation, instead of taking responsibility ourselves to change things. I have found that when I stop whining and feeling sorry for myself, I have the power to change situations as a result of choosing a positive attitude and perspective. While present circumstances may bring temporary limitations, if we choose to not be the “victim” and instead focus on the positive, keeping our eyes ahead on the desired change, and get busy working towards that change, eventually change will become our reality.

\*\*