

How to Change Your Mind and Your Life

Contributed by Susan Gray
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There is a revolution going on, a revolution in our minds, a revolution in our lives. Everyone is talking about the power of mind, positive thinking, the Law of Attraction, creative visualization, motivation and achieving success; everyone is looking for more info on how to change the mind, on how to change the life, on how to be successful.

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{bot_wrgoogle}There is no secret that your mind makes rules in your life. You knew this, you have heard this, and perhaps you already have started working on it.

We did not learn "How to change your mind your life" subject in school or college. Even though we did not learn how to change our minds and our lives in school, it's clear that we have to begin to learn new ways of thinking and changing patterns of thinking.

If you change your thoughts, words, actions and your attitude, your mind will update its rules according to new data it has gathered.

Let's sum up what we already know about the mind and its power.

- The subconscious mind controls about 90% of our brain
- Our subconscious mind is multitasking and can do several automated tasks at the same time
- The main purpose of our subconscious mind is to protect us, to keep us alive
- Everything we experience in life is kept in subconscious mind for the future reference
- Subconscious mind does not know the difference in what you perceive as reality and what is imagined

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; it becomes your destiny.

Frank Outlaw

The first thing to change your mind and your life is to start with your thoughts.

If you think that nobody knows what is in your mind, that your thoughts are private and they do not hurt anyone, you are wrong. They hurt and they hurt you first.

Our thoughts manifest themselves in our own circumstances. Look at a successful person; think about what kind of dominant thoughts this person has? This person has positive and successful thoughts which prevail over negative stuff.

Change the way you think. Change your negative thoughts into positive ones; find the positive side to everything. Whenever you catch yourself worrying about something, blaming somebody or some events, realize that all starts with your thoughts and then it becomes your destiny. Switch your thoughts to something else that you really enjoy doing. Feel rich and successful.

You must make your positive thoughts your dominant thoughts in all areas of your life.

Does any unpleasant event or bad weather or anything else unpleasant deserve your bad mood, your worry, your negative thoughts and finally your unsuccessful life? No, they do not deserve it. Think about this.

Start working with your thoughts and you will change your mind and your life. It won't happen overnight, but it will happen. Remember, there is no failure, only a delay in results.

"All that a man achieves and all that he fails to achieve are a direct result of his own thoughts." James Allen

My best wishes for your success and personal growth,

Susan Gray

Susan Gray is the author of "Turn Your Thoughts Into Money" book which is

available at:
<http://www.nolimitreality.com>

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