



# THE POWER OF THOUGHTS

*A new year shines upon us and it's a great opportunity to think about what we want to do, be and have in 2013. It is a time where people make resolutions and decisions to make changes. The most popular changes tend to be related to physical and emotional wellbeing.*

by Anita Dhanjal – Life Coach

**C**onsciously, our intentions and feelings are high at the beginning of the year all powered by determination, however unfortunately only a small percentage of people actually fulfil their wishes. A few reasons for this could be confidence, fear, lack of motivation and letting go of old thinking habits. The subconscious mind is where we store old thinking habits and beliefs and this is the part of the mind we need to change and maintain for positive thinking. A quote from Buddha explains this more: 'The mind is everything, what you think you become'.

Everything comes down to thoughts. When our thoughts, feelings and behaviour are aligned with what we want, we have a greater chance of materialising our dreams. So in order for success, thoughts and behaviour need to be congruent (in harmony) with our goals and this is a vital point to remember when on a journey towards achievement. Most people think that they have no control over their thoughts but the truth is that we are the only ones that have total

control! We all have the power to think, feel and behave the way we want to and create the life we desire. By being aware of our thinking patterns and realising what thoughts are good for us and which are not so resourceful, we can develop a new outlook to our personality and life. To fulfil our dreams and desires in life it is important to focus on what our thoughts are saying to us. Are they positive or negative? Are they helping us to move forward or are they holding us back? Fearful and worrying thoughts hinder progression and it is important to remember to have faith in yourself; you will be able to handle anything that comes your way. Research suggests that 90% of what we worry about never happens. This is very interesting as it means that only 10% of negative thinking has a chance of actually happening. Creating good thoughts will create good feelings and good behaviour thus a perfect formula for achievement. Experts suggest that it takes up to 28 days for a new behaviour to become automatic and stored in our subconscious. ■

## TOP TIPS ON POWERFUL THINKING:

- Be clear about what it is you want and write it down
- Dream your dream – visualise the end result and really feel like it is already been accomplished
- Take action – work on turning your dream into reality, create a plan and track your progress.
- Recognise your thinking patterns and ask yourself if your thoughts contradict what you want
- Stay positive – important for mind power and bringing positive results. Shift negative thoughts by literally telling the mind to STOP!
- Practice affirmations, gratitude and visualisation regularly for a minimum of 28 days to change the subconscious mind
- Remember this equation: Thoughts + Feelings = Behaviour
- Spend more time around positive people and those that inspire you