COLUMN

The Business of the business

The Psychology of Me

If you don't like where you are in life, change your thoughts. That begins with taking conscious and deliberate control of your self-talk.

by **George Madiou**

plus ATTACHMENT

1101 words | 5 pages

Where does success start?

It started for me when I stopped looking at everything and everyone else and started to look at me. In our society we're rarely taught or for that matter encouraged to understand how important it is to mentally feed ourselves with large and consistent helpings of positive input. As a result, we are exposed to the darker side of negative bombardment.

What a slippery slope that is!

> ***Just one negative message whispered in your right ear takes 20 positive messages shouted in your left ear just to counter the bad effects!***

Now, I must admit, that last comment I made does not come with any scientific documentation (although there is probably more documentation than you could ever read). My observation is more anecdotal, based on over 50 years of observation and personal experience (both painful and joyful).

At the time of this writing, I'm at Disney World in Orlando, Florida. Boy, if you want an example of a person who made a choice to block out all of the "you can't" and filled his head with the vision of "you can"! Of course I'm referring to Walt Disney himself. Here was a man with a vision so much bigger than the conventional thoughts of the day. He didn't think out of the box, he thought out of this world!

At breakfast this morning, I enjoyed watching the three and four-year-old Cinderella's "being" Cinderella. It was wonderful to see how real that was for them. They were in an environment that allowed them to do and experience the character they wanted to be.

Unfortunately, at the same breakfast I watched a 16-year-old boy who (although was in the same joyful, freeing location) just stared off into space, apparently numb to his own existence. I watched his parents fight with each other. I over-heard what an idiot his father thought he and his mother was. This boy's two sisters (about 6 and 10) just ran around pretty much ignoring what was probably a normal family occurrence, only now in a really neat setting. The boy, however, was deeply affected and probably mortified. I could just imagine the self-talk that was going on in this boy's head.

As a 16-year-old boy, I experienced a similar but not as abusive upbringing. Conversation at our house was always loud and mostly negative. It wasn't until a few years later that I was exposed to teachings that showed me that I was more in control of my own outcome than what I was being fed.

One of the most life changing books I ever read was the classic by Shad Helmstetter Ph.D. *What to Say When You Talk to Yourself.*

The book taught me that choosing the right words to say to myself could make an immediate and significant impact on the outcome of my life.

Dr. Helmstetter taught a process that would last a lifetime (not just the amount of time it takes to finish the book) and become easier and easier to do as you implemented positive self-talk as a daily habit. I became a much more confident and happier person. As time went on I noticed there were people who wanted to be around me, and I wanted to be around me! I was able to find success in all facets of my life; personal, family and professional.

I also experienced something that surprised me, there were some who didn't like the confident happy person that I was. Some people hated that I would not participate in the "oh poor me" world-view that was so prevalent.

> ***If you don't like where you are in life, change your thoughts. That begins with taking conscious and deliberate control of your self-talk.***

If you don't know where to begin don't stress! The book *What to Say When You Talk to Yourself* would be a great start. Stop telling yourself that you're a lousy speller, that you can't remember names, you'll never be able to pay your bills, you'll never get that promotion. It's a lie that you've conditioned yourself to believe! It's not the truth! Do something about it and change your self-talk!

You can get that job you want (or better yet have a successful networking business), you'll make more money than you have ever dreamed of, you'll remember those faces and names, and oh, by the way, you don't even need spell check that much any more!

Here's to a great 2006, filled with all of your greatest potentials!

Aim High!

George Madiou

ATTACHMENT

CLASSIC | PSYCHOLOGY | PERSONAL GROWTH | SKILLS

What to Say When You Talk to Yourself

This OUTLINE of Shad Helmstetter's classic 1986, work on a rational, methodical, incredibly simple program for success and lasting self-change alone can powerfully change your point of view about the positive, proven value of improving your self-talk— and your life.

by **Shad Helmstetter**

757 words | 3 pages

George Madiou, is a full-blooded Entrepreneur, complete with validating credentials, Degrees in Marketing and Management from SUNY and NYU (could ya guess he's a native New Yorker!) To date George has owned 20 businesses, and says they varied from wildly successful to outrageous learning experiences. Among other successful ventures George has achieved high pin levels in two different network marketing companies.

George loves the thrill of teaming up with great people and seeing projects come to life and that passion is responsible for this magazine getting off the ground. George partnered with his good friend John Milton Fogg and here we all (and we includes you the reader) are, making history happen. Look to hear and learn more about another exciting project George has, LiveOnlineMeeting.com (web conferencing with all the bells and whistles like what huge corporations have had for a while with huge price tags.) What makes this different is it's priced so that everyone can play like the big boys.

George lives in a small town named Boca Raton, Florida. He says "If this isn't Heaven, I know that God at least vacations here." Without question, the joy of his life is his family. He and Debbie just celebrated their 27th anniversary. They have two great kids, Sara is a college freshman and David is a junior in High School. Taffy, their calico is sweet and fat and spoiled.

Have fun getting to know George, I have.
— JMF