MOTIVATION | PERSONAL GROWTH | PROFESSIONAL DEVELOPMENT

Making the Right Choices

Good or great things don't always happen to the other guy, they can happen to you.

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As we go through life and develop our relationships, we are influenced by neighbors, friends, church, teachers and of course our parents. Other major influences are the things we read, the music we listen to, what we watch on TV, and of course where we work. All these things help to make up our belief structure. If you think about it, until we read it, hear it, or experience it, we have no way to judge it. But after years of programming, whether good or bad, our past experiences and relationships make up our core belief structure and determine how we react to the daily occurrences in our life.

Its starts during childhood in a home were the parent constantly told the child they were fat or lazy, or they would never amount to anything. Or it was said, *"why can't you be like your brother or sister?"* In school the teacher constantly picked on one particular child telling them, *"you'll never make it through school let alone make it in life, you'll never amount to anything."* How about the kids that were considered most likely to not amount to anything. How about the kids that were constantly getting into trouble, what kind of programming were they getting? Don't think for one minute these kids were not being programmed for failure. But usually it's not so obvious it is usually comments like "you have to be realistic", "be careful, it's better to be safe than sorry".

Now the flip side of this is the kids that had positive feed back by people like their coaches who said things like, *"keep this up and you'll be MVP, there's a scholarship with your name on it"*. The students whose teachers were constantly praising and acknowledging them in class; parents who constantly encourage and focus on successes not mistakes or failures have a hugely positive impact on a child's self esteem.

I remember growing up around both positive and negative influences. At times I thought I would never amount to much and at other times I felt I could do anything depending on who said what to me. I look back on the influence my mother had on my brothers and me and I have to say that if you weren't on her good side you knew it and she made sure everyone else did too.

> **I look back at some of my friends and I can now see why they as adults act the way they do and have poor self images and low self esteem.**

I have to say it was my father who always believed in me and always supported all of his five boys in all our endeavors usually leading by example. He was a big dreamer and positive thinker. He was self motivated and self made, yet willing to be trained to become better.

> **We have to be willing to seek out other influences in order to change our opinion of our self and reprogram our thoughts.**

If we don't, we will end up living out our lives believing what we believe, good or bad, true or false. If you want to change your life, you have to change what you put into your mind to accommodate for your goals and dreams. It is like fertilizing the soil to help what you want to grow and poison to kill the weeds. But if you are not careful, the poison will kill the good stuff. You have to adopt a new way of thinking.

You will still have certain core beliefs depending on family history, religious beliefs, moral values and perhaps political opinion. You have to be open. I heard it once said, "*Your mind is like a parachute, it works best when it's open".*

So if you want to create greater success in your life you have to study what successful people do and how they think.

You need to duplicate their attitude towards success and the posture they exhibit, how they set goals and how they react to challenges. You have to become proactive learning how to adjust your mind to accept the fact that you are worthy of a life of abundance without having to compromise the principles you live by.

Sometimes it starts with establishing those principles and acknowledging the desires of your heart. This is where your mission statement comes in to play.

You can't be fuzzy about your dreams. You can't have an attitude of "whatever will be, will be". That kind of thinking won't get you anywhere. As long as you expect nothing you will achieve nothing. And you probably won't have success in your life if you don't feel worthy. And by not feeling worthy you can develop an actual fear of success.

Good or great things don't always happen to the other guy, they can happen to you.

What early programming might be holding you back from moving on?

What decisions or changes are you willing to make that will help you overcome your past and its negative programming so you can choose to live a life of abundance and acceptance?

Jim Bellacera believes most people go to their grave living quite desperate lives without ever really knowing what they could have done to make it more meaningful and full of purpose or what positive contributions they could have made because they were afraid of the unknown. The unknown will always be present but you have to take a step in faith. Jim likes to tell people to draw a line in the sand and step over it and to never look back until you have achieved your goals. See more about Jim at http://successfulthinkersnetwork.com/stn/