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Keeping Your Mind Tuned to Success

It is imperative to keep our minds right and on the right track

by **Chris Widener**

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Absolutely no one can underestimate the power of the mind and its role in our success! It is imperative to keep our minds right and on the right track if we are to achieve balanced success in our career, finances, health, emotions, relationships and spiritual lives.

The analogy I would like to use here is one of a radio station. For example, there may be a "Success" station. But the only way you can hear a radio station is to be tuned into it. Even a little off and you can't get the full effect.

The same is true with our mind and success. If our minds and our thoughts get sidetracked, our success will get sidetracked.

> **As our minds stay tuned to "success" our bodies will then carry out our success and we will begin to experience abundance!**

So here are some ways to keep tuned into success!

Use your innate ability to decide and choose. One of the things that separate us from the animals is that we live not by instinct, but by choice. Constantly flexing that muscle of choice builds it up and keeps us on track for success. It is like working out. The more we do, the stronger we get. The more "fit" we get. Want to keep your mind tuned for success? Keep it healthy by making good choices and decisions on a regular basis. For example, do you have a bad habit? Then flex your mind muscle and choose to change - today. If you choose to stay the same way (and those

are the only two alternatives) you will have just chosen to tune your mind to a different station than "success."

Put good stuff into your brain. There are lots of things that want to work their way into our minds (and eventually work themselves out again in our actions). There will be lots that we just get from walking around all day. But what about what we put in on purpose? We can choose to put good stuff in on a regular basis. Do you take time each day to put good things into your mind, to tune into success? Here are two things to consider when you are choosing what to put into your mind: First, is it positive? Will it build you up or tear you down? Will it make you a better person, or lesser? Will you grow from it or not? Will it tune you to success or not? Secondly, Will it move you toward your goals in the areas of your life that you want to see success and abundance in?

Keep the junk out. Like I mentioned above, there will always be junk floating around, like a fellow employee who gripes all the time. But what surprises me is how many people who want success, actually willfully choose to put junk into their minds and then expect to be tuned into success. Here are some thoughts on this: First, evaluate everything that you put into your mind. Evaluate what you read, listen to and watch. We live in a fast-paced world and we have little time. Why then would we spend our precious time putting junk into our minds? Does what you read, listen to and watch move you toward your goals or away from them? It is a simple question, really. At least most of the time. And here is my soapbox. Eleven years ago, my wife suggested we give away our television. I was shocked to say the least, but decided to give it a try. Now I am the anti-tv fanatic in our house! I have more time than anyone I know and I don't have to spend a lot of energy filtering my mind to tune it to success. Just a thought. Just a thought.

Eat right and exercise. That's right. The way we eat and the amount of exercise we get goes a long way toward our mind's ability to tune into success. Put the right foods into your body and the brain responds. Exercise on a regular basis and the body releases chemicals that literally ignite your brain for success!

Hope these thoughts help you to get going and keep your mind tuned into success. Put them into practice and soon you'll be dialed into success and abundance.

Chris Widener is an example of how anyone can overcome any odds to achieve a successful life and help others achieve the same. Chris has overcome many obstacles... living through his father dying suddenly when he was four, being sent away from his family to live with relatives at age nine and becoming involved with drugs and alcohol by the age of twelve. Chris overcame those obstacles and has for the last ten years worked with some of the most financially successful families in America, helping them to achieve both personally and professionally. Now he can do the same for you!