



“Turning Possibilities into Realities”

2010 “TOGETHER, READY FOR THE FUTURE”...

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MIND POWER 2000

The “I Can... I will” philosophy



Your mind is like a parachute. It only works if it is open.

Anthony D. Angello

Motivation Building Measures

“Your mind is so powerful that when you channelize it properly, you can make all your problems vanish, and watch all your dreams come true. Using just a fraction of your mind’s astounding power! And the most astonishing fact is that this incredible power is just lying inside of you waiting to be awakened”.

*Monica Orora
The Mind Power of Audio programs teach you.
Publication: Music Community*

MIND POWER 2000

MICHAEL RITT, JR.

HOW TO MANAGE YOUR MIND

To have a positive mental attitude, you must develop a solid, success-oriented, “I can...I will” philosophy.

You can’t develop this attitude overnight or turn it on and off whenever there’s something you want. A positive mental attitude must become an ingrained habit.

BECOME THE MANAGER OF YOUR MIND

The one thing in life you can command is your own mind. Whatever negative people and situations you face, you can always choose a positive attitude. But doing so requires a firm, strong commitment.

Helpful: Begin by writing a self-convincing creed – I believe I can direct and control my emotions,

intellect and habits with the intention of developing a positive mental attitude.

Post it where you’ll see it when you get up in the morning. Read it during the day, and say it aloud. Speaking an intention reinforces it.

Choose a “self-motivator”- a meaningful phrase tailored to help you reach your positive-thinking goals. Examples...

- **Counter discouragement** with the phrase “**Every problem** contains the seed of its own solution.”

- **Fight procrastination** with “**Do it now.**”

Keep your self-motivators nearby - in your pocket or on your desk - and repeat them throughout the day to instil these important new values.

DEVELOP A LIFE PLAN

Setting short and long-term goals each day creates a road map for your life. You identify where you’re going, focus your mind on getting there and avoid many wrong turns.

Helpful: Use the **D-E-S-I-R-E** formula as a goal-setting guideline...

- **Determine** what you want. Be exact, and express the goal positively. Say what you want to

be or do rather than what you don’t want.

- **Evaluate** what you’ll give in return. How much work will you do to turn you plan into action?

- **Set a date** for your goal. Be realistic, allowing enough time without postponing it too long.

- **Identify a step-by-step plan.** Devise immediate, small steps to get started.

- **Repeat** your plan in writing.

- **Each** and every day, morning and evening, read your plan aloud as you picture yourself already having achieved your goals.

Writing out your daily goals helps maintain your motivation. Keep them in your pocket or your purse to read frequently throughout the day.

THE POWER OF VISUALIZATION

Because visual images reach into our deepest mental levels, I have found pictures to be profound motivation tools.

Helpful: Make a list of personal qualities you want to develop...write down the names of people with whom you would like to have better relationships...list the material possessions you want to own. Now clip pictures from magazines and newspapers that symbolize your goals.

Example: If generosity is your chosen quality, you could use a photo of someone with an outstretched hand.

Put the pictures where you'll see them everyday...and believe that you will get what you have visualized.

You may also create your own "mental pictures" to defeat negative thoughts, such as dwelling on past reversals.

Example: Imagine yourself in a long corridor lined with many doors, walking purposefully with a large key toward the door marked Defeats and Failures.

In your mind's eye, firmly close that door, lock it and pocket the key. Any time old negative thoughts appear, say to yourself, "**I have locked up that thought and have the key in my pocket.**"

NEGATE NEGATIVITY

You may not realize you're thinking negatively unless you consciously inspect your thoughts.

The negative ones usually are motivated by one of the following four thoughts...

- **You are feeling sorry for yourself.**
- **You are blaming someone or passing judgement.**
- **Your pride is hurt.**
- **Your are being selfish**

Each time you recognise a negative thought, counteract it with an immediate, forceful positive thought.

Example: When your co-worker forgets to copy you on a memo, remember that he/she covered for you when you were on vacation.

If the thought is about you - "I can't accomplish that" - treat it as you would if you heard it from a stranger and defend your own capabilities.

In a negative situation, look for the seed of the positive experience. Although you didn't win the new sales account, you have still learned a valuable lesson for building future success.

If your negativity manifests as worrying, use this "prescription"...

- **Write the best outcome for the situation on an index card.**
- **Focus on ways to make a positive result happen.**
- **Write the best outcome again, saying that it is indeed possible that it will happen.**
- **Whenever the worry appears, inject the message with a "dose" of optimism and confidence.**

STUDY, THINK AND PLAN DAILY

Positive thinking spurs you to action. Yet doing requires planning. Take time each day - at least 15 or 20 minutes when you can concentrate undisturbed - to study and think.

Try these techniques, using a note book to record your results...

- **Inspect your thoughts and actions.**

Jot down achievements, such as reacting positively to a demanding

individual or defeating a negative thought.

- **Evaluate your goals.** You may want to change direction or implement new steps.
- **Scrutinize important areas of your life.** Looking closely at your personal development, relationships, business interests, etc. inspires new insights and goals.
- **Stimulate creative thinking.** Write out questions, then

quickly note any and all possible answers. Even seemingly impractical ones may carry the germs of workable ideas.

- **Analyze your accomplishments.** As you write out what works for you, you will develop a personal formula for your own success.
- **Read inspirational material,** even a paragraph, page or chapter. Add to your notebook the ideas that resonate with you.

Giving yourself positive experiences actually reinforces your positive attitude.

Examples...

- **Treat your five senses every day.** Listen to your favourite music, taste a food you love, enjoy a beautiful view, etc.

- **Cultivate a sense of humour.** Laughter relaxes tension, and seeing the funny side of things helps you take yourself less seriously.
- **Smile when you feel like frowning. Smile at yourself in the mirror. If this makes you laugh at yourself, the smile will be that much more real.**

Now realize that the optimistic face you show the world creates positive thoughts about you in everyone you meet.

Bottom Line/Personal interviewed Michael Ritt, Jr., executive director of Napoleon Hill Foundation, 1440 Paddock Dr., Northbrook, Illinois 60062. The organisation publishes the works of Hill, one of the early pioneers of the positive thinking movement. Mr. Ritt is author of Napoleon Hill's Keys to Positive Thinking, Dutton and co-author of A Lifetime of Riches: the Biography of Napoleon Hill. Source Bottom Line Personal

Noah's Ark

Everything I need to know, I learned from Noah's Ark.

ONE: Don't miss the boat.

TWO: Remember that we are all in the same boat!

THREE: Plan ahead. It wasn't raining when Noah built the Ark.

FOUR: Stay fit.

When you're 60 years old, someone may ask you to do something really big.

FIVE: Don't listen to critics; just get on with the job that needs to be done.

SIX: Build your future on high ground.

SEVEN: For safety's sake, travel in pairs.

EIGHT: Speed isn't always an advantage. The snails were on board with the cheetahs.

NINE: When you're stressed, float awhile.

TEN: Remember, the Ark was built by amateurs; the Titanic by professionals.

ELEVEN: No matter the storm, when you are with God, there's always a rainbow waiting.

Most people walk in and out of your life.....but FRIENDS leave footprints in your life.



SOURCE: THE INTERNET