

A Successful State of Mind

If there's one big thing that can make the difference between success and failure, it's got to be this...a successful state of mind.

Basically, if you believe you're going to fail, it's going to take a heck of a miracle to make you succeed. Henry Ford said it this way: "Whether you think you can, or Whether you think you can't.....You are right.

Maybe you think that sounds a bit trite; just ask yourself this: which one of you has been the larger success? You, or Henry Ford?

Plodding through life with a bad attitude never has helped anyone, except for maybe psychiatrists, and drug makers. It's just a bad way to go, and it's self-defeatist on the face of it.

So -- you've gotten into this bad habit. You know you've got a defeatist state of mind; you've been trying to change it; perhaps you just decided to change it right this very minute! How do you get out of this state of mind?

First off, make a radical change.

You might be familiar with Tony Robbins. He suggests in his books that the best way to effect a change is through a physiological approach. Sit, walk, and stand the way a successful person would stand. Act the way a successful person would act. He suggests that the physical change brings about mental and emotional change and commitment.

Another thing to try is a simple technique. Take a Post-it note, write "Success" on it, and put it on your bathroom mirror. Take another one, write "Think positive" on it, put it on your car dash. My cell phone message is "BEPOSITIVE". Keeping these things ahead of you keeps your mind from sinking into the gutter; or if you're already there, it'll help to bring you out.

Success is a matter of picking the right road, thinking the right thoughts, and moving steadily down the right road until you achieve your goals. First off, though, you've got to orient yourself towards the success mindset, and commit to do what it takes to move your mind from failure to success.

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