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The Answer – taking control of your thoughts and speech

Where are you GOING? HOW are you getting there? Two very IMPORTANT questions, possibly two of the most important questions you will ever have to ASK YOURSELF. Of course, if you are ASKING yourself such questions, you are in a GOOD space and on your way to SUCCESS. Why? Well, if you want the RIGHT answers, ask the RIGHT questions.

Would you take a ride on a train with no driver? Would you go on a boat ride with no Captain? NO! Why? Well because it is that you want to get to a specific DESTINATION safe and sound, right? So, I ask you again, where are you GOING? And HOW are you getting there?

Consider the following phrases, “You have to get somewhere in life” or “You will never get anywhere in life”...? Sound familiar? Ever heard people talk like that? Maybe a parent perhaps?

You WILL never get anywhere in life, you WILL never get to your destination / where you want to be, if you can’t answer: WHERE are you going? And HOW are you going to get there?

Getting somewhere in life is all about taking CONTROL. To take control is to assume full RESPONSIBILITY, to direct, to guide, to focus on the destination. That is exactly what the Captain of a train does. WHO is driving your train? Only YOU have control of your life, you are DRIVING your train. You need to assume RESPONSIBILITY for your life, for your destination. If you are not in CONTROL of your life, you leave yourself open to being CONTROLLED by someone or something else.

WHERE are you going? And HOW are you getting there?

Going nowhere SLOWLY? Going nowhere quickly? That’s because you have not taken CONTROL of your train, your life, that thing that is going to get you where you want to GO. Of course, as I said, if you don’t know where it is you want to go, how can you expect to get there?

So control is VERY IMPORTANT! When you take control of your life, you give it DIRECTION, you give it PURPOSE and you TAKE RESPONSIBILITY for it.

Essentially, controlling your life means you are controlling two things: YOUR THOUGHTS and YOUR WORDS.

The two most important things that can TAKE YOU WHERE YOU WANT TO GO and UNLEASH POTENTIAL like you have never seen. The CONVERSE for these two power houses HOLDS TRUE as well.

For centuries great minds have been discussing the truth behind these words: “as you think, you are” and “as you say, you are”. And so it is imperative that you TAKE CONTROL of your THOUGHTS and the WORDS that YOU use.

If you THINK you CAN or if you THINK you CAN'T, you are 100% CORRECT. If you say you CAN and if you say you CAN'T, you are 100% CORRECT again. THOUGHT and WORD is what makes your FOUNDATION. You want to have a STRONG, SOLID FOUNDATION! So, SAY positive things, THINK positive things and ACT positive.

If you continue to SPEAK in the same way, you will continue to ACT in the same way, if you continue to ACT in the same way, you will continue to get the SAME RESULTS.

Ever heard someone say that they are caught between a rock and a hard place? Yes you have. Why? Because that person has given CONTROL of their life, of a particular situation to SOMEONE ELSE who is calling the shots. What controls YOU or who controls YOU? And more importantly WHY?

Stuck in a rut you CAN'T get out of? You are RIGHT! Stuck in a rut you CAN get out of? You are RIGHT AGAIN! Whether you THINK it or SAY it, you are RIGHT!

When you choose to change your THOUGHTS, you change your EMOTION

When you choose to change your EMOTIONS, you change your ATTITUDE

When you choose to change your ATTITUDE, you change your BEHAVIOR

When you choose to change your BEHAVIOR, YOU CHANGE YOUR LIFE!

The only difference between the BUM and the BILLIONAIRE is their THINKING...and how they REACT to it.

When I say, you must CONTROL your THOUGHTS and WORD remember both POSITIVE and NEGATIVE apply. There are many ancient teachings about types of thinking and use of words. Ever heard "pride comes before the fall" or "be careful what you say and do because KARMA will come back and bite you"? These relate to THINKING and SAYING, and they are SO TRUE.

You can't BE or ACT outside of what it is you continuously THINK and SAY. If you continuously CHOOSE to subject yourself to NEGATIVITY – guess what? YOU WILL BE NEGATIVE! If you consistently subject yourself to POSITIVITY, YOU WILL BE POSITIVE! Why? Because you SAY it, you then THINK it and you then ACT it and then YOU ARE IT!

Which takes us to the third most important question you will need to ask yourself if you are to be on a path of success, on route to The Answer: HOW do you want to be KNOWN? Do you want to be known as someone who is IN CONTROL of their life or as someone who DOESN'T have CONTROL of their life?

The reason why so many people are reluctant to make a DECISION, a CHOICE, to take CONTROL of a situation, particularly in a corporate environment, is because no one wants to assume RESPONSIBILITY. 2% of the population TAKE CONTROL and Make A Difference, make things happen, 8% of the population WATCH the 2% taking CONTROL....and the rest are NOT SURE what the question was.

WHERE are you going? HOW are you getting there? And how do you want to be KNOWN, not remembered, KNOWN?

Thoughts are either in visual form, that being pictures, memories and so on. Thoughts are also in verbal form, that being a “conversation” in your head.

“I can” or “I can’t”, whether you are saying it or thinking it – you are 100% RIGHT!