

The Answer is YOU

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The Secret deals fundamentally with the power of thought and speech. So what is The Answer? The Answer, simply is YOU.

YOU are the beginning and the end of YOU. Your successes and your failures are all up to you. Understanding the power of thought, speech, self control, change, choice, the power of now and so on means nothing if you don't understand YOU.

Understand how you think – are you positive or negative? Understand how you talk – is it positive or negative? Do you have a victor or victim mentality? Understand how you react – victor or victim mentality. Are you defensive or accepting? Understand how you do things – do you act now or leave it for later? Understand how you are emotionally. If you want to succeed – The Answer, is to understand YOU and no one else is in a better position to really understand you, than YOU.

Thoughts and words bring about emotions. Emotions help form attitudes. Attitudes bring about reactions. Reactions carry consequence. Consequences affect your life. Positive and negative apply across the board.

Many people fail horribly and get to a place where they don't want to be, because they don't understand the importance of themselves and they don't take the time to know themselves. YOU are the beginning and the end of YOU. Knowing you is very important because it enables you to CHANGE. If change doesn't occur, growth can't take place and so instead of progress there is regress and stagnation. You can't expect results to change if the input (YOU) doesn't change.

From a Biblical perspective there is mention of "quiet time" where one is supposed to analyze one's self and become closer to God. The practice of prayer also helps you know yourself and more importantly correct the wrongs. Other practices such as meditation, Yoga and so on have been around for centuries – all opportunities for you to know you. Affirmations are a good tool to help correct the "wrong" in you.

Who are you? From a Biblical perspective in Mathew we are described as the salt of the earth and light of the world. The problem is most people don't believe this and you will not act outside of that which you think and say. People generally believe that which they continually say and think. So if you are getting nowhere quickly, stop and think FOR A CHANGE. Think about what you are thinking and saying.

In Deuteronomy you will find that you are described as being the head and not the tail, above and not beneath and everything you put your hand to will prosper. Believe it! Even if you don't believe it, SAY IT, to yourself, every day and expect the positive change. As soon as you see the slightest positive change, you will begin to believe, when you begin to believe, the positive change will begin to increase significantly, building your belief even more...and you get the picture here.

Most people don't want to dig deep to know who they are because they don't like what they are at present. Once you know who you are, action all the changes necessary, one change at a time, making it manageable and measurable.

In conclusion, know this: who you have become is NOTHING in comparison to who you CAN become.

Don't dwell on the past but rather plan for your future which starts by actioning change NOW.

Why? Because you are the head and not the tail, you are above and not beneath and everything you put your hand to will prosper. You are the light and the salt of the earth. THINK IT, SAY IT, BELIEVE IT!