



Controlling Thinking

Overview

One of the biggest challenges leaders face today, especially in a crisis situation is learning how to control their thinking.

Did you know that from studies in neuroscience that people have around 50-70,000 thoughts a day?

And we also know from two independent studies, a decade apart, that around 75% of all our thoughts are negative in nature.

Now these scientifically proven realities become very scary when we also know that what you think, is what you become, what you experience.

So, imagine, if you are having say 50,000 thoughts a day, and 37,500 of them are negative ... then what you are becoming is not really that good is it?

Beyond what's happening inside you as a result of this, is what you're attracting into your life with predominately negative thinking.

We know from quantum physics that you are energy, your thoughts are energy, and so are your emotions.

And that like energy attracts like energy.

So, 37,500 negative thoughts a day are attracting a whole array of negative experiences.

Just try extrapolating that out over a week, a month, a year or your entire life.

And then we wonder why things never really go our way.

Unless you get your thinking to be predominately more positive, more optimistic, more focused on meaningful progressing then you'll never really experience what you are aiming to achieve.

So now let's get a little more focused on this ...

I believe your either engaging in dead thinking ... or live thinking.

Dead thinking is when you're having the same old reoccurring negative thoughts over and over again. All day every day.

This is characterised by people, most people in fact, doing the same things everyday ...

... exercising the same habitual patterns of behavior ... essentially living life in a very functional or automatic way.

Psychologists call this 'unconscious competence' ... which means you don't have to think about what you're doing because you've done it so many times before.

It's your unconscious, or what I call the nonconscious mind autonomically doing the all work for you.

When this happens, or is dominant, then very little positive change happens.

The dead thinkers are the anthesis of what is required to exit a crisis situation ...

One of the imperatives of this session is to have you acutely aware of this ... later on I'm going to show you how to break this pattern.

But before we do that let's understand more about the opposite - live thinking.

Live thinking is when we go about controlling our thoughts in a different way ...

... here we're using creativity and imagination to come up with new ideas, new ways to solve problems ... new and better ways of doing everything.

Here we're exploring thinking patterns that are focused on elevating our, and other's circumstances.

Live thinking is what will best help to elevate you out of a crisis.

And that in its self represents an amazing opportunity because remember like attracts like.

Remember also the law of cause and effect ... when you make yourself the passionate positive cause, with a very clear and passionate view of the effect, your intended goal, then it's far more likely that goal will be achieved.

Masters at crisis management know this, and that's why they control how they think ...

... to direct it to being more creative and imaginative ...

... to being optimistic, forgiving, and grateful

... to seeing problems and challenges as opportunities ...

... to finding new and better ways of achieving their passionately held goals.

This requires a lot of effort, and practice to break the pattern, or habit of dead thinking.

That's why knowing your true identity and purpose is a crucial foundation. (Doing the Best Self Identity Method)

It's what you need to be programming through constant repetition every morning when you rise and every night just before you go to sleep.

This is also what you need to 'flip the switch' of your thinking to when you find the dead and negative thinking comes in, which it will inevitably attempt to do most of the time.

Another focus of your thoughts to retain live thinking should be on your BHAG, your big hairy audacious goal.

When negative thinking arises shift your focus to that and visualize yourself having achieved it.

This will build a powerful bridge between your conscious and nonconscious minds and get them into stronger alignment.

And when you do that consistently a wonderful thing happens, the live thinking starts to become automatic.

Great ideas just start to flow to you ... seemingly out of nowhere.

But we know that's not the case ... they are sprouting from your nonconscious, from the field of infinite knowingness, the quantum field of all answers.

Now, let me repeat this again ... it is your thinking that creates your view of the world, what you experience, what you become and what you achieve.

That's why it's so important to ensure you use your mind to be positive, optimistic, and with a creative focus on achieving your passionately held intentions.

Where you place your thinking is where your attention is, and where your attention is, is where your energy is ... and like energy will attract like energy.

If alternatively, you're stuck in fear ... imagining the worst which is pretty standard for people in a crisis, then that's what you will become, and attract.

Ok ... let's now undertake to a simple technique that will further develop your skills to be a live thinker.

Purchase yourself an A4 notebook. I really like the ones that are for sketching and have thick white pages with no lines.

And I always use a pencil when making notes ... because it has a lovely organic natural feel to it.

Then dedicate 1 hour every day, in the morning, to sit in a quiet peaceful place and allow ideas to come to you on a specific part of your business, or life.

I'd start with what has been identified as the biggest priority.

Now take several deep breaths and relax ...

Then without thinking or analyzing just start writing down ideas.

Look to generate around 20 new ideas on a specific topic.

Just sit and start writing ... you'll find the ideas just flow to the paper.

Now, not all the ideas will be great ideas ... in fact most won't even make the cut to being implemented.

But you will find you get 1, maybe 2 that will be good.

That will work when applied enthusiastically.

So, let's do the math on this practice ...

If you do this without fail say 5 days a week, you'll have 100 new ideas every week.

If you then do it say 45 weeks a year, you'll have 4,500 new ideas to beautifully achieve your goals.

And even if only 1% of these ideas are worthy of implementation then you'll have 45 great ideas to move your business and life forward ... to make it rain!!

That's one new business building idea every week.

Another thing I would suggest here is that you have at least one person, a member or members of your brain's trust, that you can run your ideas by to test their usefulness.

Now when you first try this creative practice of flowing new ideas every day, you'll find it difficult.

But please stay with it because over time your brain, your conscious and nonconscious minds, just like training a muscle, it will get fitter and stronger.

And the quality of your thinking, the flow of your creative ideas will greatly improve.

You'll be way more positive ... more optimistic ... more innovative.

You'll be progressing all the time to the achievement of your passionately held goals.

You'll be in the process of shifting out of crisis rapidly and into the joy of positive progression.

Enjoy!