

# CHANGE YOUR THOUGHTS to change your life

Gandhi already cleverly observed that our thoughts become our words, our words become our behavior, our behavior become our habits, our habits become our values and our values become our destiny. In other words, our thoughts are extremely powerful, whether used in a positive way or in a negative way. The way this works is that **the more you go over a certain situation in your mind, the more you fire specific neurons in your brain and create a neural pathway. By thinking about what could go wrong, you strengthen a negative neural pathway. By thinking about how it could go right, you activate and strengthen a more desired neural pathway.**

This obviously doesn't happen over night, **but imagine someone telling you what a terrible person you are, all day and every day for the next week.** How would you feel about yourself at the end of the week? Probably not very positive. But this is exactly what happens when we have critical thoughts about ourselves all the time. Research has shown that from the 50,000 to 70,000 thoughts a day, about 70% of them are the same, day in and day out. So having the same negative thoughts can result in creating a negative neural pathway or in other words, you are creating a limiting belief about yourself.

**The good news is we can create new, more helpful neural networks. Using visualisation as a technique to strengthen your positive mindset is very powerful if done regularly.**

The first step in using your thoughts to create a more desired life is, becoming aware of your thoughts. A great way to become more aware is to be still regularly. Pick one time in your day that you can become still and just observe your thoughts for 5 minutes. The second step, now that you are more aware, is to stop the unhelpful "chatter". Instead of listening to yourself and all the things that are so awful about your life, start asking yourself more helpful questions, like **what DO I want? The final step is to visualise what you do want and your desired life, over and over again, creating the neural structure that**

**will help you get to exactly where you want to be.**

For example: In case you recognised that you are very skilled at counting your miseries instead of your blessings (at step 1), you can stop this train of thoughts without judgement (step 2) and ask yourself, what **DO I want** (step 3)? Now you can visualise for a few minutes (or more) how your life would be, feel and look like with this great outcome, solution or behaviour (step 4). This way, **you will focus on your strengths and desired outcomes, instead of all the things that could go wrong.**

