## SUCCESSFUL T AND ACTIO

Getting What We Want Out of Life

By Chip Madera, MS, CSP

PVME ZPV experience more success next year than you have so far this year? 8PVME ZPV MR& Lefigild & er XBLF VQ FBDI EBZ XJUI B Treigh@ntl@nd smile on your face and a song in your heart? re-establish \$PVME ZPV TUBOE UP BDRVJSEWN Pas amounts of money next year than you will truly mastere QPUFOUJBMMZ NBLF UIJT to English to Sights a

Iom betting you answered yes to at least actions neces POF PG UIFTF RVFTUJPOble sudedstall truly the desires of our hearts, why are so certain behavior few really experiencing the success they long for in life? There are billions of people alive today, yet few are truly living a life of passion and fulfillment. Most of us want more success, more joy, more excitement and actions m and more money, but the fact is that very few of us live a life that verifies the posses- 5 | F | T F D S F O J F sion of these assets.

Success and happiness seem to be BOE SFJOWFOU PVS QSFT CONTROXING AT GENERAL OH been fortunate enough to be at the right place at the right time, right? Nothing could be further from the truth. Many of us are not getting what we want and feel we THOUGHTS and ACTION. In other words, of business.

what we want because of what we think and because of what welo.

BOE QB speed up, slov our journey to IBMUorder to live a

of what we are doing. Rather to re-engineer

SFTFSWFE GMPDSLZUIGFPGMFLXT MYah Brital rel-Bistolobijsh new strategies for action. It would be insane to do otherwise. You LOPX UIBU JOTBOJUZ JT same thoughts and doing the same things over and over again, and expecting differ-EFTFSWFJO MJGFCFDBVTFelift @esculitxs.PSulcefeeZs xidem @anfects xidem &anfects xidem @anfects xidem &anfects xidem &anfects xidem &anfects xidem &anfects

Psychologists tell us that over 90 percent of our thoughts are negative. Daily Twe Nar@bloinabalcolled With poise on duls Fress, nagging naysayers and substandard self-UBML UIBU LFFQT VT GSPN MJW JT LFZ UP TFMG NBTUFSZ RVFSFE NBOZ MBOET UISPVHIP Mongol81801002 c8e001>]g0<005508 bc<005508 bc

armies triumph in the land? When he was

•The secret is not to work harder to do more of what we are doing. Rather to re-engineer TLFE IJT TFDSFU IF SFQMJFE and reinvent our present ways of thinking, and re-establish new strategies for action.Ž

VOEFSTUBOEJOH FUD &WFSZ UJNF XF UIJOL B negative, foul or hurtful thought, we feed UIF SFE EPH &BDI UJNF XF UIJOL B QPTJUJWF fortifying thought we feed the white dog. When we lay our head on our pillow at night, the winner of the war will be determined by which dog we fed and which dog we starved. Do you feed the red dog or the white dog? Success and failure isnot only in your head. "DUJPO JT XIBU NBLFT TVDDFTT B SFBMJUZ :FU thoughts are always the precursor to actions. So attentively protect the gateway (your NJOE UP ZPVS QFSTPOBM QPXFS BOE SFTPVSDFT for success. Contrary to popular belief, you are not what you eat, you are what you haink. So, whates on your mind?