



"You have power over your thoughts - not outside events. Realise this and you will find strength" Marcus Aurelius

The Power of Your Mind

Since I was quite young I have been reading many books to help with my mindset and through my Life Coaching study and now beginning to study NLP (Neuro Linguistic Programming), I am even more fascinated with the understanding that we can create so much (good and bad) with our mind, our thoughts and our beliefs. Every thought we have affects how our life progresses and every thought, in fact, creates our emotions.

We have an amazing tool that we can access 24/7 to help us live a life of ease, flow and magic.

Imagine, if you used your mind for positive things as much as you do for negative things, just how great life could be!

How easy that all sounds on paper, I am all too familiar with the power of

the mind when it creates fear, panic and worry, as I am sure many of you are. So how do we work to change this:

1. Repeat the GOOD Patterns:

So often we are told to not repeat patterns and that patterns keep in stuck in old behaviour. I love the quote by Albert Einstein "Insanity: doing the same thing over and over again and expecting different results". How true this is...repeating things again and again and expecting it to somehow gives us a different conclusion BUT what if we repeat the good patterns.

Think of a time you achieved a goal or succeeded in an area of your life. Can you remember what action steps and thoughts got you there? If you would like to achieve similar success again, write out your thoughts, emotions and action steps at that time and by recapturing these and repeating these - they can lead you to another great result.

2. What is Your Internal Dialogue?

I once watched the fantastic programme 'Happiness' with Maureen Gaffney and she discussed in depth how our mind has 40% power to choose our thoughts - 40%. I actually wouldn't have thought it would have been so high because when I have been in a very bad place, it felt I had no power to choose at all.

Our past experiences, hurts and traumas are things we will never forget but as we become aware of their impact on us and how they hold us back, the way we can use the power of our mind to move forward is by the thoughts we think and the choice we have to make those thoughts better ones.

Become aware of how often you speak negatively towards yourself, how much you put yourself down and how much pressure you put yourself under. Catch your thoughts and try to replace these with something more positive.

3. What Surrounds You?

Have you ever felt a bit low or down on yourself and then you spend time with someone who makes you laugh so much it hurts. You feel a sense of release, your mood becomes elevated and your thoughts and head space improve? Who you spend time with, how you spend your time and what you give your energy to all impacts how you think.

Spend time around positive, uplifting people. Spend less time giving energy and space to negative people. Read positive books, watch positive programmes, turn off the news, take time away from social media. Surround yourself with positivity and become positive.