

## Wellness from Within - February 2006

### The Power of Thought By Jennifer Powers

As James Allen wrote in *As a Man Thinketh*, "Of all the beautiful truths pertaining to the soul, none is more fruitful of divine promise than this – "Man is the master of thought, the molder of character, and the maker and shaper of condition, environment and destiny."

We are what we think so when it comes to living the life you want, the power of thought is invaluable.

Many people throughout history have proven that it's possible to literally *think* your way to success

When Cyrus W. Field imagined laying a cable at the bottom of the Atlantic Ocean connecting Europe with the US, few people had any faith in his proposal. However, several setbacks and many years later his tenacity and own belief in his plan ultimately brought him success.

Mohammed Ali appalled the experts with his personal behavior and self-promotions like "I am the greatest!" Yet what they failed to notice was that this high level of positive thinking was, in part, what led him to victory.

In the early eighties when Dick Clark asked a virtually unknown guest singer on American Bandstand what she would like to do twenty years from now, she confidently answered: "*To rule the world.*" And that's exactly what Madonna did.

If you want to achieve something, no matter how unreachable it seems, the first thing to do is get clarity around your goal. Forget about where you are now and *imagine* where you want to be. You've got to see it to believe it.

Next, you must commit to reaching the goal. A fully committed person is a powerful, unstoppable force. As a result, your self-confidence will increase and so will the impact of your efforts. Make mindful decisions that reflect your commitment so that every action brings you closer to your goal.

Finally, affirm that you will succeed. Say it out loud. Right it down. Begin each day with an affirmation that defines your intention. Also consider sharing your affirmation with others. By putting it "out there" you are giving them an opportunity to contribute to your success on another level.

No matter the size of your goal - if you want to get fit, change careers or become the next American Idol- imagine it, commit to it and affirm your plan to achieve it-and let the power of thought bring you where you want to be.



**Quotable Quote:** "Think you can, think you can't- either way you'll be right"  
-Henry Ford