

KEEP PICTURING SUCCESS

We have been given a great gift, **“the gift of life.”** The cup that is our life is half-full, half-empty. We choose, consciously or unconsciously, which half we focus on and what we focus on is what we create in our lives.



This is an important key to remember, though it seems easy to forget in the course of our busy days. **“WHAT WE THINK ABOUT EXPANDS!”**

The full half contains all our unique gifts and strengths, all our dreams and creative ideas, but the empty half is a constant reminder, if we choose to focus on it, it contains everything we lack: all our shortcomings, doubts, fears, problems, obstacles.

It is all part of the great polarity that is at the foundations of our lives and our world. If we didn't have emptiness, there would be no fullness; if we had no darkness, there would be no light. Each thing needs its opposite to define it and even create it. All life is a play of these opposites, so it's best to embrace it all, our greatest dreams, our strengths and weaknesses, and acknowledge and work and play with both sides of the polarities.

Unsuccessful people focus on the problems; the successful focus on the solutions. This is the “key”: Spend more of your time focusing on your fullness, your strengths, your dreams, your plans—the things you love in life—and less time on the things that are preventing you from realizing your dreams. **“WHAT WE THINK ABOUT EXPANDS!”**



When a problem arises from the half-empty side of life, look carefully at it, acknowledge it and express it and then bring in all the creative fullness of the other side of life, the full side, to confront it and deal with it. Get your creative mind working on solutions and those solutions will appear.

When you focus on the half-full side of life, you discover something marvelous, in the fullest sense of the word: the half-full side quickly grows fuller and fuller, and connects you with a world of opportunities and abundance. When you focus on your strengths, you fully realize at some point in this process that you are capable of living the life of your dreams, regardless of your flaws, fears, doubts, excuses, shortcomings, poor education, lack of experience, lack of money, etc.

To help you become aware of which half of the glass you tend to focus on, ask yourself these questions:

- What are the things that are keeping you from living the life of your dreams?
- What are all your excuses? (A key to success: None of your excuses are valid.)
- What gifts, abilities, strengths and talents do you have?

If you tend to spend more of your energy focusing on the empty half of life, remember: As soon as you spend more time on your dreams, plans, and gifts than on doubting and complaining, success will come to you as naturally and inevitably as spring follows winter. **“WHAT WE THINK ABOUT EXPANDS!”**

-----Alice Taylor Baker