

UN-MAKE-UP YOUR MIND

“IF YOU WILL CHANGE YOUR THINKING, YOU CAN CHANGE YOUR LIFE”

As we begin another year there are many of us that if we could change only one thing this year we would have the best year we have ever had! Think about how easy only changing the one thing could be!



The following story is a great lesson to us all in the power of changing our thoughts. Every four years, the world's attention turns to the summer Olympic Games. Watching the summer games, nowadays it is almost difficult to remember that only a few decades ago, track and field experts pompously declared that no runner would be able to break the four-minute mile barrier. Ostensibly, a human being couldn't run that far, that fast, for that length of time. "Experts" conducted all sorts of profound studies to show how impossible it was to beat the four-minute barrier, and for years, they were right. Nobody ran a mile in less than four minutes.

But someone forgot to tell Roger Bannister. Even if they had, he

wouldn't have believed the experts. He didn't dwell on the impossibilities. He began to train, believing he was going to break that record. Sure enough, he went out one day and made sports history, breaking the four-minute mile barrier. He did what the experts said couldn't be done.

Now, here is what I find so interesting about Roger's story; within ten years, 336 other runners had broken the four-minute mile record as well! Think about that. For hundreds of years, as far back as statisticians kept track-and-field records, nobody was able to run a mile in less than four minutes. For years, runners believed it was impossible. But then within a decade, more than three hundred people from various geographic locations were able to do it. What happened? It's simple! **THE BARRIER WAS IN THEIR MINDS.**



What barriers do you have in your mind?

What is something that you want to be, to have, do or become that you

think is impossible? There is an incredible energy and power within each of us just waiting to be unleashed.

One of the great builders of our nation in the early 1900's Andrew Carnegie said, "There is a power under your control that is greater than poverty, greater than the lack of education, and even greater than all your fears and superstitions combined. It is *the power to take possession of your own mind and direct it to whatever ends you may desire!*"



A Success Attitude is a frame of mind that allows you to accomplish whatever you want because you know that you can create the opportunity and then make it happen. You may not necessarily know how you will create the opportunity, you just know that you have the ability to learn whatever it takes to acquire the

attributes, skills, and characteristics needed.

Day in, day out your thoughts accompany you everywhere you go. Ultimately, these thoughts tell you who you are and who you can become. If you can start to change the thoughts that tell you, you can't, into thoughts that tell you, you can, you can begin to change your destiny. These changes can make every year your best year ever!!!

"Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it."

---Johann Wolfgang von Goethe

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