



Life Coaching Encouragement for Your Advancement

RECONSTRUCT YOUR LIFE.....

There is an age old truth: "As he thinketh in his heart so is he", or, as expressed by Marcus Aurelius, "Your life is what your thoughts make it." James Allen, in his book titled 'As a Man Thinketh' likened the human mind to a garden - that the garden will only produce what is planted - and if no useful seeds are planted, then an abundance of useless weeds will grow instead. He goes on to suggest that if man tends the garden of his mind, weeding out the wrong useless and impure thoughts and cultivating the flowers and fruits of right, useful and uplifting thoughts, then only good can grow. Time will tell - and sooner or later man discovers that he is the master gardener of his soul, the director of his life and the creator of his destiny. It is a new start to life when discovering you and you alone are responsible for the construction of your life!

ANTICIPATION IS POWERFUL..... Elbert Hubbard said "The man who thinks he has no chance destroys his chance by acknowledgment of self-defeat." How often have you gone into something thinking or feeling you don't have a chance?... Have you ever accepted an unfavourable outcome even before entering into it? Then, after failing as you knew you would anyway, affirm triumphantly "See - I told you so, I knew it wouldn't work !" All the time remaining totally ignorant of the fact that your thinking created the matrix for failure in the first place. Anticipation of failure has been found to be a common cause of failure. So, surely, has anticipation of succeeding been found to be a very powerful beneficiary to success. In whatever you undertake today you can prepare the best chance for yourself to succeed - both inwardly and outwardly.

ENTHUSIASM ! In the 'Game of Life' there is one small ingredient which can make all the difference in results, whether it is applied to sports, business or socially. It will set one person out from the rest and can be the 'one stroke' difference that could mean big changes. The ingredient? ENTHUSIASM. It can mean the difference between winning and losing. Enthusiasm - that stimulating combination of faith, inner excitement and deep down interest, will carry you just about any-where you want to go. It reflects confidence, spreads good cheer, raises morale, inspires, arouses loyalty and laughs in the face of adversity ...it is beyond price ! Enthusiasm is contagious. It is an emotion that can be communicated easier than words, is a force that spreads from person to person like an electric shock and it's almost impossible to be exposed to it for too long without some of it being passed on. To be enthusiastic, first, you must want to be enthusiastic ! Enthusiasm does not flourish around self pity, criticism or negative thinking. Cast aside those negative attitudes and start kindling the catching quality of enthusiasm in your daily life, - it will carry you through the rest of your day. It's yours for the asking - so why not take it!

ENTHUSIASM GROWS WITH INTEREST..... Enthusiasm and interest. They go hand in hand. Have you ever tried to become enthusiastic about something in which you have no interest? The key to interest is knowledge. Ever noticed how the more you know about something, the more you want to know? Knowledge - interest... it's like the rolling stone gathering more and more speed - leading to enthusiasm. I read somewhere that you feel the way you act. If you want to feel enthusiastic then it stands to reason you must act enthusiastic. Act as if it's so. Let it radiate in your voice, your actions, your face, personality, what you say and what you think Apart from the joy and energy it will generate, you will appear a more exciting person to others too. Try a little enthusiasm and see if the world takes more notice of you - with your new, interesting, vibrant personal magnetism. Be a more dynamic person with one magic quality - ENTHUSIASM !



I do hope that you will experiment to see if there is something here that you can use for your own advancement. When you have finished with me I want you to please pass me onto someone else anywhere on the planet....because we Seeds want to keep on circulating to promote and foster the advancement of people in every nation. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for those times when you are challenged ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to feel good, go to www.goodwillpeople.net

