

Losing vs. Winning Thinking Patterns

"I can't solve my problems."

vs.

"I am learning more about everything, including how to learn more."

"I can't help the way I feel."

vs.

"How I feel depends on my ability to control my thoughts and actions, which I am capable of mastering."

"Why do I have such lousy luck?"

vs.

"I make my own coincidences, synchronicities, luck, and destiny."

"I have no influence on my future or progress."

vs.

"My decisions now impact my future evolution, so I will make the best decisions now."

"My mind and its abilities are limited."

vs.

"In the mind, what is believed to be true is true or becomes true within limits to be learned by experience or experiment."

"I am afraid or anxious of other people, situations, etc."

vs.

"I am free and you are free. We can choose to be separate or share our experiences with one another."

"I am a victim."

vs.

"I will maximize my life to the best of my ability and understanding while respecting the free will of others."

A state of failure, helplessness, or not caring is often caused by a person's belief that external forces entirely rule over the person's life and the person has no control. Ultimately, this is false, disempowering, and an act of surrender of one's own will.

So, were you born to surrender?

Write your answer above

So then, are you willing to be successful?

Write your answer above

By the way, you may not have had this perspective until now, so please be gentle and honest with yourself.