

DISCOVER YOUR
**PERSONAL
ADVISORS**
WITHIN



How to Take Control of your Mind

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My name is Janis and this is part of a True Life Journey.

Today I'll be helping you to Take Control of Your Life by starting you on your own **Journey of Self-Discovery – which is the biggest adventure of all.**

How many times have you decided to "do " something only to never start, or to start then stop, or never to actually take any action whatsoever and feel the disappointment well up inside of you?

How many times have you berated yourself for not achieving or giving up? If this has happened to you over the course of your life – it is important for you to know you are not alone.

All you have done is create a circle of habits that has been ingrained into your brain so that you keep repeating the same pattern of behaviours.

This can be changed, your brain, your mind, your subconscious can be trained so you are able to understand that you can have control on how you react to situations.

There are a few triggers that causes you to be reactionary, one of these are your fears. Fears are designed to keep you safe, at times; fear can save your life if the danger is real.

In most cases, the danger doesn't exist. It *does* exist, however, in your mind, so you suffer the consequences of your fear anyway. It can cause anything from stress and anxiety to heart attacks.

Even though fear is felt in your mind, it can cause a physical reaction in your body.

The "*fight or flight*" reaction to your fear can:

- Pump adrenaline into your body
- Speed up your heartbeat
- Make your breathing shallow and quick
- Make you sweat
- Cause a panic attack

Ask yourself:

Are you letting fears be an option in your life? How much time do you spend conjuring up doom and gloom with the “*What ifs?*” You can make the choice to eliminate this self-defeating habit and take action every day to reduce your fears.

You must acknowledge that your fears are real and realize that it’s playing havoc with your life every time fear raises its ugly head. However as humans, we all have fears of some kind, but ***we also have the power to change how we allow fear to affect our life.***

Can you imagine the great strides you could make if fear weren’t an option – if you spent all that time and energy on moving forward toward your goals instead of sitting around worrying about the bumps in the road.

With the current economic situation being so volatile, many of us are feeling fear about the future, perhaps for the first time. You may very well be wondering, “Is my job safe? Will I be laid off tomorrow? Will my company go under? How will I pay my bills?”

Even more depressing, you may feel that your dreams for a better life have been dashed into the dirt.

Regardless of the economic climate, though, there are still plenty of opportunities available for anyone who wants to reach out and grab them. Even losing your job, as scary as that is, could open up the door to new and better possibilities for you.

Logically you know this is possible, but you *still* worry, don’t you?

It could be your fears – not the recession – that is really stopping you from pursuing your dreams, but your mind is telling you to use the recession as an excuse.

Are these following types of fears paralyzing you into passive inaction?

- Fear of the unknown
- Fear of failure
- Fear of change
- Fear of lack of support
- Fear of the worst case scenario
- Fear of success



Look inside you. What's really stopping you? Is it your fears that are holding you back?

A wise man once said that FEAR means *False Evidence Appearing Real*. In fact, the vast majority of our fears never come to pass. Experts have estimated that 90% of our fears are about things that *will never happen!*

This means we waste an awful lot of time and energy worrying about things that don't matter!

There's a great portion of our life wasted on worrying. There's all the time and energy we spend worrying about things we *know* we can't do anything about, plus all the wasted effort *worrying* instead of *taking action* to overcome solvable problems – but all of this gets us nowhere!

Now back to the question: Are your fears real? Yes. You may fear something that isn't real, but the fear itself is very real and extremely powerful.

Your fear can take the wind out of your sails faster than any challenge. Fear can suck away your confidence and stop you in your tracks. Fear can destroy your hopes and dreams. ***But fear can also be harnessed and transformed into the strongest motivator! We will look at that a bit later.***

And then of course there are choices. Have you ever felt in life that you have “no choice”? The reality is that you always have choice – sometimes not choosing is a choice in itself.

In every situation, whether you are at work, at home, out with your friends, on your own, you are given choice in everything you do. A lot of the time your choices are made subconsciously because you react without thinking, your reactions are driven from a lifetimes of learned habits, luckily for us we can look at these habits and change them to suit ourselves as we travel along our journey of self discovery.

I love this quote by Jim Rohn:

"And if I may be so bold to offer my last piece of advice for someone seeking and needing to make changes in their life. If you don't like how things are, change it! You're not a tree. You have the ability to totally transform every area in your life—and it all begins with your very own power of choice."

Jim Rohn

The good news is that:

Addressing both your fears and your ability to make sound choices will make you more in control of your mind.

Control of your mind will empower you to move onwards and upwards in your life.

The knowledge that your fears are *under* control and not *in* control, the knowledge and understanding that it is *your* birthright as a human being to make *the* choices in *your* life that suits you.

Lets start by looking at your fears. Fear of the unknown is one of our greatest fears. When we don't know what's ahead, we often let our wandering mind take over. Our imagination goes wild with one scary "*What if*" after another.

- What if he doesn't like me?
- What if I don't make this sale?
- What if I get laid off?

On the other hand: What if he *does* like you? What if you *do* make the sale? What if you *do* keep your job?

Which scenarios do you focus on? If it's the first three, then your fears are in control of you.

In order to address that try following these simple tips to lessen the fear of the unknown.

Know what you want and how you want to get there.

When you know what you want, you're anchored and focused. You aren't blown willy nilly by the slightest breeze. *You act rather than react.* **For example:** When you get in your car to go somewhere, you can't see the entire route, but you aren't scared to start the car, are you? In the same way, make a plan to achieve your goals and get started on your way. If you have to take detours, so be it!

Be prepared.

Planning ahead naturally helps to reduce your fear of the unknown.

But go ahead and allow yourself some "*What ifs*" and make contingency plans for *probable* obstacles. The difference here is that you're preparing solutions in advance, not simply worrying about everything bad that can happen. You're making it easier on yourself.

- ✓ For example if you worry about your car on your journey: Keep an emergency kit in the trunk of your car with a flashlight, flares, tools for minor repairs, and a first aid kit. Do regular maintenance to keep the car running smoothly.
- ✓ Or for example if you worry about money: Add funds to a savings account regularly so that you have the money to cover emergencies.

Be flexible. - Keep your plans flexible so you can adapt them if need be.

Seek solutions. - When challenges arise, devote your time and energy to finding workable solutions, rather than fretting and worrying. Worrying won't get you anywhere.

Nurture your curiosity. - When you're curious about something, you feel a sense of excitement. Life is an adventure! Become curious about what adventures lay ahead for you and you'll look forward to whatever may come, rather than dread the worst case possibilities.

Live in the moment. - Yesterday is already done and tomorrow may never come. All you have is the present. Every moment is precious, so make every moment count!

When you immerse yourself in the present moment, you don't even think about – or fear – what may be around the corner.

- ✓ The best example I've ever seen about living in the moment is the movie *The Peaceful Warrior*. The movie is based on the life of Dan Millman, a world champion athlete.

When a tragic accident leaves him paralyzed, a mentor appears who teaches him to live in the moment. Although the doctors say he may never walk again, Dan stuns them all when he uses his philosophy to become a world-class athlete once again.

Not only can living in the moment eliminate your fears for the future, but it can also propel you toward a life of happiness!

Realize, also, that everyone has some sort of failure in order to really succeed. ***In reality, the same mistakes you fear might be the one thing that brings about your success.*** Overcoming challenges often gives you the ideas you need to succeed.

For example, Thomas Edison tried hundreds of times to invent a commercial light bulb. Each failure taught him something new. How do we remember him? Do we think of his failures on his journey to success, or do we think of his success – the light bulb?

Changing the way you think about failure can help transform your fears into success!

Sometimes fears can keep you from achieving your dreams, but after some reflection you can find the fear behind the fear and overcome it. By tracing the cause of your fear and changing your belief in it you can start to make more informed choices

Once you've found the underlying limiting belief, you can start feeding your mind with new information that builds a fresh mindset. You can validate and strengthen the new beliefs by focusing on things each day that support your success.

Try the following strategy now, step by step:

1. **Write your fear out.** Pause this audio and get out a sheet of paper and something to write with.
2. **Start with the obvious.** Write down an obvious fear that limits you. Lets use a lack of confidence as an example.
3. **Identify the good, the bad, and the ugly.** So underneath your fear, *list* every time your lack of confidence stopped you. Write down the positive outcome that could have occurred had you not stopped yourself. This step helps you make the conscious decision to change.
4. **Quote yourself.** What was your self-talk in your most unconfident moments? What was going through your mind?
5. **Remember.** What experiences, observations, or beliefs could have made you feel this way? Write them down. Go back in your memories as far back as you can.
6. **Ask yourself, "Why?"** Are there additional fears that could be causing the lack of confidence? Find the fears *behind* the fear.
 - Are you afraid people will think badly of you? Why?
 - Do you fear failure so much that it takes away your confidence? Why?
7. **Reflect.** Could you have been misinterpreting some of these experiences negatively in order to validate your fear? Are you trying to reinforce your fear or break it apart?

8. Determine the truth. Write down new beliefs based on truth, not fear.

- For example, to combat your fear of failure, write down all the times you've succeeded at anything – big or small. **Change your focus** to success instead of failure.

9. Validate the new belief. Each and every day, notice and congratulate yourself for every success. You'll be building a new pathway in your mind for your success channel. Soon the pathway for the fear of failure will fall into disarray as the one for success is strengthened.

Another great quote I love is from Dale Carnegie:

“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy”

Fear is an emotion. Many times you may feel stressed or afraid without really knowing the cause. This strategy will help you find your fears, acknowledge them, then break through your limiting beliefs.

It will force you to develop a new, positive mindset that you can strengthen with each passing day. Eventually, your subconscious will accept the new belief as the truth it seeks to validate.

With this method, you're truly facing your fears without trying to ignore or bury them.

Once you've determined what your fears are and you've started to change your beliefs, there are still more actions you can take to jump-start your new life without fear and full of choice!

In addition to the tips and strategies I've already mentioned, you can do simple daily exercises to grind your fears into dust and take back control of your life. You can reach out for your dreams, or let them wither and die, strangled by the fears within you. It's *your* choice.

Here are some exercises you can do every day to reduce your fears:

- 1. Keep your self-talk positive.** All day long, you're involved in a dialog with yourself inside your mind. When a fearful thought presents itself, acknowledge it, then say something positive to yourself. If an image of failure shows up, replace it with an image of success.

2. **Use affirmations.** Affirmations are positive statements that you repeat to yourself every day to change negative beliefs into positive ones. You really can change your life with affirmations, one thought at a time.

- ✓ Make your affirmations positive, present tense, and personal (i.e. use the words “I”, “me”, and “my”) for the best effect.
- ✓ Here are some good fear-reducing affirmations to get you started:
- ✓ Life is a great adventure and I look forward to what is to come.
- ✓ I plan my work for success and work my plan.
- ✓ I feel courageous and ready to take on the world!
- ✓ I can handle any obstacle with confidence in my pursuit of my dreams.
- ✓ I enjoy each moment to its fullest.
- ✓ I take action every day to reach my goals so I can live the life I desire.
- ✓ Write some of your own affirmations that counteract your personal fears, and then repeat them every time you feel anxious or worried.

3. **Meditation.** Prayer and meditation can melt away your stresses, fears, and worries to relax you at the end of your day. On the other hand, it can also energize you and strengthen you for the day ahead. Take advantage of its special qualities to eliminate your fears and bring peace to your life!

A Simple Meditation Technique:

Go into a quiet room, close your eyes and clear your mind. A good way to do this is to focus on nothing else except your breathing until your mind quiets down. Take slow, deep breaths.

Once your mind has settled, take yourself to your happy place. Imagine a place where everything is good, beautiful, and peaceful. Enjoy just being there in peace.

Then visualize all your fears floating away. Think of them as clouds of smoke, dissipating in the gentle breeze. You breathe in courage and purity and breathe out fear.

With your fears gone, think of all the benefits of your life without fear. Imagine yourself having already achieved your dreams with courage and ease.

Feel the positive emotions – the joy and pride of being present in the moment. Let this excite and energize you!

When you meditate every day like this, it's gets easier to master your fears because you're choosing a peaceful heart over a stirred soul.

4. **Release your fears by doing what you love.** You can release your fears by journaling, painting, exercising, or engaging in any other activity that helps you to relieve tension and anxiety.
5. **Do what frightens you.** You'll never know just how much control your fears have over you until you confront your fears head on. Just do it, even if you're scared. Once you've faced your fear and made it through, you'll feel like you can face anything, and you'll develop a stronger courage, too!

* **Take this one step at a time.** For example, if you fear public speaking, start out by just talking to a stranger. Then, push yourself further and extend your comfort zone little by little. As you develop courage, you'll often find that other fears dissolve away. In your mind, things won't faze you as easily and, if you can tackle that fear, you have the power to take on anything!

Your dreams are yours for the taking. Your fears are natural, yet you can naturally overcome them!

Use these tips, techniques and strategies to help you conquer your fears. Even implementing just *one* of these tips each day will give you the courage to persevere further. The most important thing is to take action toward your dreams.

You *can* choose to be in control of your fears, make great choices and be in control of your own mind.

This is your journey of ***Self-Discovery with Intent***

By using some of the suggested techniques and by choosing the ones that suit you the best, it is possible to change your life around, so you can plough through the murky waters of your mind to find crystal clear clarity in the fresh flowing streams of new thought processes, new ideas and the joy of having achieved...

Lift yourself up so you can fly through life and feel the power that self-ownership can give you. The feeling of being in control of your own life, the power to create from within yourself the design or roadmap your life will follow.

You will find once you know what you want, know what you desire, new channels will open, so that your choices or desires will start to flow towards you.

It is achievable **if** that is your *intention*, you need the *desire*, the *decision*, the *dedication*, after all it is your life.

It is your adventure in this world, no one else's.

Power will emerge from those who take the time to control their thought processes consciously. By pondering, acknowledging, accepting reactions without bias.

Buy control of automatic reactions, and allowing new thought processes to grow you are gaining wisdom. Wisdom to decide and make choices in life that take you towards your goals not away from them.

Take for example the power of choice, every time you make a choice or decision, ask yourself will this decision take me further along the road towards my goal?

Whether your goal is monetary, relationships, career, health and fitness, family, each decision you make will take you closer or further away.

Do not be afraid to take steps away from your normal behaviour. Remember this is what you are trying to achieve. You are stepping out, regaining control, which means you will be making choices and decisions that you would not normally have done in the past.

When you do that, acknowledge how you feel. Do you feel free? Do you feel as though a weight has been lifted off your shoulders? Do you feel more in control? Does this make you feel stronger? Happier? Powerful?

This is how you are meant to feel all the time – not just every now and again. So go and take control – claim authority over your life take control of your mind now.

From Janis - Truelifejourney

Remember:

Desire - Decision - Dedication

