

thoughts causing you to feel happy and peaceful, or are they causing you to feel stressed and victimized? Do your thoughts result in a life of joy and perfect health, or do they result in a life of pain and suffering? Do your thoughts cause you to live your life the way you want to live it, or do your thoughts paralyze you, undermine your intentions, or sabotage your efforts? Do your thoughts serve you? Or are you helplessly at their mercy?

Most of us would not imagine that in one moment, we can actually change the course of our lives, our families, and our organizations through our thoughts. When we practice being aware of our thoughts, without blame or judgment, we have the ability to discover what we truly want and how to achieve it. We have the ability to choose thoughts that move us in the direction of our purpose—working for us and not against us.

Through managing our thought, through mindfulness in each moment, we can reshape our circumstances, remain on purpose and achieve significant results. In my book and workshops, I teach a step-by-step process to develop self-awareness, discover what you truly want (instead of what you don't want) and identify and release destructive thoughts that waste time, energy and money, and obscure reality. Those that practice Managing Thought learn to discover and release limiting perceptions and beliefs; choose intentions and shape their thoughts to create the life they intend.

I'd like to take a moment to focus on the significance of managing thought in each now moment.

We achieve significant results when we focus on the moment. There is no such thing as the future. The future is an illusion. What we do have is a NOW followed by a NOW followed by a series of NOW moments.

We do not suddenly become bankrupt. We have a series of bankrupt NOW moments. We do not suddenly become a great leader, a great parent, or healthy. We have a series of great leader, great parent or healthy NOW moments. It's the same with accomplishing a goal or fulfilling a resolution. This remains true with achieving a great attitude, being thankful, changing our beliefs, and creating powerful intentions. Being at peace, happy, or true to our selves doesn't suddenly happen. It happens when we have achieved a critical mass of these NOW moments. It is when we have experienced enough of these moments that goals are accomplished, bad habits are broken, and resolutions are fulfilled.

So at the end of the week when we take stock of how we did, it doesn't matter that we didn't exercise five times. It does matter that we exercised once. That is a NOW moment to be recognized and celebrated. It doesn't matter that we smoked or ate bad foods; however, it does matter that we had moments of awareness of our choices and that we had moments of making one or more healthy choices. It's the slow gradual changes that are lasting. I invite everyone to make just one small change each week. It is these very small NOW changes that add up to big changes over the year. It is these NOW changes that lead to significant transformation.

We achieve results by focusing on the moment. The

results we achieve—bad, good, or significant—depend on what we choose to focus on in each moment. If we want to be thankful, then we can practice noticing—in a wondrous way, without blame or judgment—how we can be thankful in this moment and in this moment, and we can practice being thankful in the moments of our day. If we want to be a great leader, we can practice noticing—in a wondrous way, without blame or judgment—how we can be a leader in this moment and this moment, and then we practice being a leader in the moments of our day.

We choose to be aware of our thoughts--our feelings, attitudes, emotions, beliefs, passion and purpose—because these are what drive our actions and behavior. When we do so in a wondrous way, without blame or judgment, we develop our ability to get in touch with our higher awareness and devise creative ways to fulfill our goals, intentions, and resolutions.

I am not talking about developing "rah-rah" motivational goals, mission statements, or resolutions. I am talking about being aware of what we truly want, being aware of our thoughts, without blame or judgment, and making subtle changes that serve our purpose in each moment. While these changes I am sharing with you are subtle, they are powerful. They result in goals, intentions, and resolutions—and ultimately actions—that serve our purpose and, in so doing, bring us peace and inspire us.

We become inspired when we are in a state of joy and gratitude and in a state of vision and possibility. In these states, we are in tune with our higher awareness and in touch with our creativity. It is when we are inspired that we achieve significant results. It is when we are inspired that we transform and live the life we imagine.

You already know how to win friends and influence people. You've heard the secret. Yet you still want to know how to resolve those nagging personal issues, at work and in your personal life. While you might already know about the power of thought, no book has presented a practical guide on how to harness its power like Managing Thought. This timeless guide is the prequel and sequel to any business or personal development book you will ever read. Experience peace, happiness, and balance, and make a difference in every aspect of your life. You have the foundation to effect any change you want to make in yourself, your circumstances, and your relationships—simply by managing thought.

To reserve your copy of the book or audio book, go to www.managingthought.com

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