



The Bloomin' Blog

Back to Goodness Grows

How do you think?

I spent yesterday afternoon at a great workshop, **How Do Your Thoughts Rule Your World**, with Mary J. Lore. Mary is the author of the recently released [Managing Thought: Think Differently. Think Powerfully. Achieve New Levels of Success](#).

Today, I have a few takeaways from Mary's presentation that seem relevant to many of the topics we discuss on the Bloomin' Blog.

- **Focus on what you want, not what you don't want.** There is so much more power in this way of thinking than the limiting way I often approach things. I may think of ways to avoid certain outcomes, rather than focusing on the positive results I'd like to generate. Or, I may frame my goals in punitive language: "I've got to lose weight because I'm blog shaped." rather than the affirming and empowering, "I am choosing to be healthy."

Mary says, "When we are thinking thoughts of fear, self-doubt, worry, criticism, judgment, anger, frustration, anxiety, negativity and other disempowering fight, flight or freeze thoughts, we are not focused on what we want. When we are thinking about the money we don't have, the job we lost, the skills we don't have, the payments we can't afford and the sacrifices we have to make, we are focused on what we don't want."

- **Celebrate small steps.** For me, this was my top personal take away. Rather than setting a goal and constantly measuring how far we are from fulfilling it, we should celebrate the progress we've made from our starting point. The difference in the power of those two mindsets is obvious, isn't it?
- **Do-Overs.** When you've allowed the wrong mindset to guide you and have responded from your lizard brain rather than from a place that puts the highest good first, **admit it**. Ask for, and initiate do-overs. Remember how easily that term used to come to us on the playground and how universally it was accepted? Mary pointed out that it's much the same as a Mulligan in golf. But the courage to say we want to try anew doesn't just liberate us from powerless thinking, it helps us repair and reinforce our relationships. I like that.

As I read Mary's book, I'll share other highlights with you. Or, get your own copy and we'll have a Bloomin' Book Club! Growing goodness takes powerful thoughts and actions. I'm glad I had the opportunity to be nurtured by such a great expert yesterday. How will you find just the right way to nurture your personal growth and feed your spirit today? When you do, goodness will grow!



Posted by Mimi Meredith at [4/8/2010 9:04 AM](#)

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Julie wrote:

[4/8/2010 11:20 AM](#)

Wonderful post. Have you seen the last prevention magazine? The last page talks about our thoughts and how we can choose what we think. If you don't have it let me know, I would love to scan it to you - well worth the time to see. I could study about this subject all day. Doris' friend Alta had a little pamphlet from an old minister some 40 or 50 years ago that changed my thinking then and has helped through many of life's journeys - thanks for the suggestion for a new read.

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