

Secrets To Control Your Path To Success: Top 7 Ways To Maintain Control Over Your Mind

Have you ever had the experience where you felt that the voice in your mind was playing tricks on you, as if it was controlling your every move or action? Did you ever wish that there was some way to regain control of your mind and not let that 'chatterbox' in your head completely control you? This voice, internal editor or chatterbox in your mind is actually an accumulation of a lifetime's worth of programming, upbringing, memories, experiences and beliefs. Physically, it is a mass of neuronal connections in your brain, a pattern that has already been there for a very long time only because you had allowed it to be so. Fortunately, you can learn to re-program your mind and there are many ways to do so. The simplest first step you can take is to simply decide to do so. Here are just 7 out of the many ways: 1) Keep recalling and reminding yourself of the people, things and situations that you are truly and completely appreciative and grateful for. You will find yourself calmer and more composed and obstacles and challenges will seem easier to overcome. 2) Keep away and protect yourself from self-affirmed negative thoughts. Negative thoughts have a huge tendency of messing up the way you think and in turn your actions. Identify the various negative thoughts that you have and counter them by: 3) Maintaining positive thoughts in your mind. Think of ways you can channel your negative thoughts into positive ones and reinforce these positive thoughts by self talk. Self talk simply means talking either aloud or mentally to yourself and reminding yourself of positive things. 4) Discard negative thoughts you think people may have of you. It doesn't matter what other people think of you so as long as you know and feel that what you are doing is correct and proper. Always remember that it is your life and you have the choice to do things your way without letting other people's thoughts and views affect you. 5) Regard every achievement - no matter how small it may be - as a great achievement. Recall and recap about all the achievements you have achieved in your life and congratulate and reward yourself (if you haven't done so). 6) Take the effort to comprehend and reinforce your beliefs with proof or evidence. Review your current beliefs and thoughts about various issues and ask yourself if you need to alter them if they are found to be wrong or unsubstantiated. 7) Generate an influx of ideas in your mind. Get inspiration from numerous sources such as your surroundings, books, pictures, newspapers and the internet. Constantly build up your flow of mind-blowing ideas and think of ways you can put them to practical use. Always keep in mind that you are the ultimate controller, you are truly in command of everything that occurs in your head and it is up to you to tap on this rightful ability of yours to achieve better degrees of success.

About the Author

Mohamad Latiff is the Author of UltimateSecretsofSuccess.com, where you can access 5 secret technologies that will radically alter your life, boost your intelligence, expand your creativity and improve your personal effectiveness for only 10 minutes a day!

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