

Program Your Mind before it programs you

Have you ever been told that you can't do something in your life? You have a great idea and the feeling is there...then all of a sudden, you're told the exact opposite of what you know in your heart is right, and you feel yourself and your energy shrinking. The idea goes out the window and out of your mind until it is long forgotten. How often do we stop ourselves from moving ahead with a great idea or decision for the fear of what others may think of us? I love how Bob Proctor puts it, "It is none of your business what others think about you". Clearly, it is not your concern how others will react to your great or outrageous idea. Follow your instincts, nobody knows better than yourself.

In reality, the only thing that should matter is what you think of yourself. So let's get down to the truth...how do you really feel about yourself? When you look into a mirror, whom do you truly see? Are you living your life freely or are others influencing you? Are you concerned with what society might think about you, your life or your ideas?

How do you program your mind? Begin by tracking your thoughts and watch for any patterns that surface over and over again. When you catch

yourself going back into old programming, be aware of where the negative thought originated, then go back into the situation and change the old belief. Correct it by replacing it with a positive thought and continually replace, 'can't' with 'can'! Remember the words of Henry Ford, "Whether you think you can or you think you can't, either way you are right".

Wouldn't now be a good time to start re-programming yourself with positive thoughts, intentions and ideas?

If you have been allowing others to navigate your life's journey, step into your own power and reclaim yourself.

As humans we need to constantly remind ourselves about the unlimited potential that we have, both within and without. Life is full of challenges and obstacles that help us to grow as unique individuals, so we can inspire one another. However, if we don't stay on top of monitoring our thoughts and feelings, we can easily slip into old habits. The key is to turn any habit into a positive one. Just as you brush your teeth every day, you should Program your mind on a daily basis. Eventually the old beliefs about yourself and what you thought you couldn't do will fade away, until you realize and embrace the fact that anything is possible if you really put your mind to it.

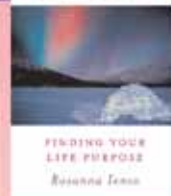
*Rosanna Ienco is the best selling author of **Awakening the Divine Soul – Finding Your Life Purpose**. She is the founder of **Motivational Mentoring for the Soul™** a program that helps others to find personal empowerment. For more info visit www.rosannaienco.com and www.awakeningthedivinesoul.com*

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Rosanna Ienco

Author • Motivational Mentor • Inspirational Speaker

**Awakening the
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"Rosanna Ienco is a gifted storyteller. Through sharing her personal story of how she discovered her wholeness and life's purpose she inspires us as well as shows us how to do the same. This is a great book."

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For additional info contact Catherine
reikivictoria@gmail.com - 250-298-8191

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