

The Best Way to Change Behavior

Managing Your Mind

Accelerating Excellence with Del Gilbert

Podcast Episode #60- Resource Guide

The quality of your thinking determines the quality of your life.

-A. R. Bernard

To act differently you must think differently.

Right thinking leads to **right actions** which leads to **right results**.

The greatest freedom you have is the ability to direct what you think.

- Do your thoughts lead to a flourishing or languishing life?
- Do your thoughts help you or hurt you?
- Are your thoughts encouraging or discouraging?

Choose to think about yourself in ways that contribute to your success. Maximize your mental resources.

A positive attitude won't enable you to do anything, but it will help you do anything *better* than a negative attitude will. Optimism and confidence don't guarantee success, it just improves your chances. There is a crucial link between confidence and achievement

3 ACTION STEPS

1. First, become more aware of your thinking.

Pay attention to your thoughts. Don't passively accept everything that comes to mind. Don't believe everything that you think. Challenge your thinking. Don't be irrational or unrealistic. Practice optimistic realism.

2. Don't get down on yourself.

There's a difference between learning from failure and wallowing in it. You are going to make mistakes. Learn from them. Don't dwell on them. Keep short accounts. You cannot consistently perform in a manner which is inconsistent with the way you see yourself. Behavior change = identity change.

3. Practice Outcome and Process Visualization.

There are two parts to successful visualization, the end result and the process. Fall in love with the process not just the end goal. Enjoy the journey not just the destination.

When you repeat the same thought often enough it becomes a belief. The thoughts you have about yourself largely determines the kind of life you lead. Don't sell yourself short.

Often, the greatest battle is fought between our ears.

Your outlook is often what determines your outcome.
