

Live your best life....

“Whatever the mind can conceive, it can achieve”. W Clement Stone

A most powerful statement! But achieve how? Achieve through thought. Thoughts are very powerful. For example, Henry Ford and the motor car, the Wright Brothers and the aeroplane, Edison and the light bulb. Their thoughts became their vision, their vision became reality. **“Whatever the mind can conceive, it can achieve.”**

Our thoughts lead to action. So what does all of this mean? How can we live our best life? We can live it by practising the Secret! **Yes, the Secret!**

What is the Secret? The Secret is simply harnessing and controlling our own thought life. It can be compared to the power of positive thinking – Norman Vincent Peale, unleash the power within – Anthony Robbins, and even the YES man Mike Lipkin. At the end of the day it is all about personal mastery or mastery of self.

Personal Mastery encompasses the following:

- **Self-awareness:** become aware of how your beliefs, attitudes and behaviours impact your environment, those around you and ultimately yourself.
- **Self-acceptance:** own your thoughts, belief and blind spots and stop believing that the world is doing things to you, your locus of control, personal hardiness and sense of coherence is internal
- **Self-responsibility:** understand how your choices influence and create your life.

In order to truly gain mastery of self, you need to experience and live each of the above so that they become your way of life, you living your best life.

This can be achieved by choosing to:

- **Live with purpose:** identify and make the most of your talents, gifts, strengths and abilities to achieve your goals, make a contribution to your environment and influence your life. Acknowledge and understand your weaknesses or areas of development, we are all works in progress.
- **Live with integrity:** integrate your values, code of morality, ideals, standards and behaviours into your life daily, both publicly and privately.

In harnessing our thought life we can reap the riches of the world and live our best life!

But how can we practically do this? I've read the Secret cover to cover not once but many times. I've simplified it to the point where I can practise it every day, anywhere, anytime. I want to share this with you:

1. The daily practice of gratitude
2. Think abundance
3. Visualise
4. "ask, believe and ye shall receive" Matthew

...live your best life!