

STOP FOLLOWING THE LOSER

Stop hiding in the crowd. You can no longer hide behind your fears, never letting others see your true potential. Now is the time to remove your inferiority. Some people have an image of being inadequate. We might ask ourselves questions like, "Why am I so bashful and shy?" or "How can I eliminate these feelings of resentment and hurt?" Visualize the person you desire to become through positive self-imagining. Vividly hold the desired image of who you want to become until it plants itself in your subconscious mind and releases the power to become the person you desire. Write down what you want to do with your life and believe that you can achieve what you have planted in your subconscious mind.

When a person verbalizes or demonstrates a change for the better in their life, usually there is a great deal of negative conversation or action from others regarding their change. Perhaps you desire to change but are reluctant because of the negative opinions or actions of others. Changing your life starts on the inside. You have probably attempted to change your condition or circumstances without first changing the cause. Your mind is the cause and the outside expressions and experience is the affect. You may be thinking, "What

can I do to change? I don't want to go through life this way, but I seem to be unable to change my circumstances." Leave your past failures in the past. Be more concerned with what you are seeking by focusing on the benefits that you will achieve.

Once you have experienced this inner change, you will eventually lose the old way. When should you start your inner change? Today. Yes, today is the day to get started. When we concentrate our thoughts and thinking on the tomorrows and yesterdays, we wind up being a rut-dweller. A rut-dweller is one who only spins mental wheels and loses present (now) time, never accomplishing anything. When you hold a dream or belief in your consciousness long enough and believe it to be true, it will manifest itself in your life.

You did not ask to be here. God put you here. You must believe that he has a purpose for your life. Novelist James Allen said, "They themselves are makers of themselves." Whatever your mind conceives and believes, it can accomplish. We may judge ourselves by what we plan to do with our life, while others judge us by what we have done. Successful people live in their possibilities and have an expectation of capturing their dreams.

I affirm—though I am but one individual there is no limit to what I can accomplish, if I have the vision, supported by **sufficient** faith and resolution to make what I have pictured come true.

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These questions can enrich your life individually or through group discussions:

Definition: Loser—one who fails to win; one who fails consistently, especially a person with bad luck or poor skills; as defined by the American Heritage Dictionary.

Definition: Follower—one who subscribes to the teachings or methods of another; a servant; a subordinate; and one that imitates or copies another; as defined by the American Heritage Dictionary.

1. How might negative-minded people speak or act when you have decided to make a positive change or direction in your life?
2. What is controlling you? How is it controlling you? Who is controlling you?
3. What are some of the steps necessary for you to gain control and direction for your life?