

The Power of Your Inner Vision

“A man without a vision is a man without a future. A man without a future will always return to his past.” (P.K. Bernard)

Everyone on planet earth needs a vision; even if that vision isn't clear or defined. Simply imagining yourself in a great state is vital for true progress. *Vision* is like a bridge between the present and the future; it links where you are at present with the coming attraction. What's unique is that vision is often birthed out of the pain in our lives which catapults us into a life of purpose. People without a vision for themselves often spend their time taking the path of least resistance to avoid discomfort and pain.

Your level of sacrifice is often determined by the magnitude of your vision; and the **size** of your vision will determine your tribe; those who share your vision and choose to follow you. It's important too, to note that the willingness to sacrifice often separates the good from the great.

The question is... what are **you** willing to sacrifice?

It's time you fulfilled the purpose lying within.

Who Controls Your Mind?

Stop for a moment and reflect on the many thoughts that ran through your mind just a few moments ago. Who really controls that mind and those thoughts? Did you know that as humans, we experience anywhere from 12,000 to 60,000 thoughts per day? Some studies even show that as many as 98 percent of these are the same thoughts we had the day before - talk about being stuck on repeat! To make matters worse, **80 percent of our thoughts are negative**. Wow. By now you're probably thinking, "Wait a minute, are you serious?"

Yes, I am.

Now you see why we need to pay close attention to the things we feed our minds daily. Maybe *you* don't have any trouble with your thoughts, but I do. Thoughts pop into my mind faster than a mosquito bites my skin when I go camping in the woods (which I rarely do) and equally without my permission.

Are you familiar with these quotes from modern philosophy? *"I think. Therefore, I am."* Or *"As a man thinketh in his heart so is he."* Don't worry, I'm not about to go all poetic on you; my point, however, is that negative thoughts in particular are **very** draining. Be honest with yourself for a minute. Would you say that your thoughts often consist of diminishing words such as "never," "should," and "can't," or of complaints and/or whining? Then it's time to change your thought diet; those things (and people) that you grant mental real estate every day. Most of us really don't truly consider the thoughts that arbitrarily enter our heads, and that's because, generally speaking, most thinking is done in an automatic manner. If you're already working towards focusing or thinking positive thoughts, then you're on the right track!

I once had a soccer coach who would often say to the team "the first five minutes of the game, and the last five minutes of the game, are the most crucial." Likewise, the first five minutes of your day and the last five minutes of your day have a strong influence on your attitude and behavior. Remember, *you're the one who controls the first five and last five minutes of every day.*

Don't give away your power.