

## **Be Picky About What You Think!**

You're picky about the car you drive. You're picky about what you wear. You're picky about what you put in your mouth. We want you to be pickier about what you think. --- Abraham\*

People forget that we can choose what we think about and how we feel...they let their brains wander as if 'it has a mind of its' own'... running hither and fro.

Abraham Lincoln said: "People are about as happy as they make up their minds to be". Think about that for a moment... people are about as happy as they make up their minds to be... Such phrases of "have an attitude of gratitude"; "share a smile"; the power of positive thinking... all carry with them the premise that your attitude, your mood, the way you feel living in the world is determined by how you think about things. ([Read More](#)).

Each day we get to decide (yes, you do) the impact we want to have in the world...whether that is at work, at home, with our loved one's or teaching a class. Do you consider the impact you want to have in your day?

Most people just don't believe they are the one's who are directing their own brains; John LaValle, Master NLP Trainer uses the term "who's driving the bus?" Here, let me offer you a little experiment.

In your mind's eye, imagine that there are three HD televisions in front of you and you have the master control. You can turn them off or on, turn the channel, and lower the volume. You have an infinite number of channels to choose from. On the first TV, put a picture of you in grammar school; make it a fun memory... On the second TV, put a picture of you worrying about your finances or arguing with a family member; on the third TV, put whatever you want.

Now, as you picture these TV's in your mind... look at each of them, listen to what is going on in the show.

Now back up and look at all 3, and in the middle one, (where you were worrying about your finances), picture a pond surrounded by beautiful foliage, trees, flowers. The pond is calm. In that middle TV you see yourself walk over to the edge of the pond and drop in a pebble. You hear it plop, and watch the ripples slowly ebb toward the edge of the pond.

Now step back and look at all the TV's again: grammar school scene, pond scene, 3<sup>rd</sup> TV, what did you put on it?

Now, turn them all off and look at blank screens, notice the silence.

Now, you get to put on whatever shows you want, whatever scenes you want to play on those TV's.... what do you want to watch? What do you want to attend to?

One at a time, turn on each TV. You can play the same wonderful show on all of them: perhaps a birth of a child, your wedding day, great times with friends, a great success in your life, dreams of what you want your life to be like...that's right, you get to think about any darn think you want!

### ***Fun?***

This is what I mean... the thoughts (pictures, words) you have about things may be there, when you notice them YOU get to 'change the channel' by pointing your brain exactly where you want!

### ***How do you want to feel? What do you want to create in your life?***

Well, point your brain in the direction you want! With all urgency, be even more 'picky' with your thoughts...your thoughts determine your feelings, your feelings determine your attitudes, all of these determine your actions...your actions determine the moments that make up your life... what kind of moments do you want to create?

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\*Note: this is a daily quotation taken from the quotation page: [www.abraham-hicks.com](http://www.abraham-hicks.com); a source of great inspiration and guidance in manifesting the life you want!