



Barney Matthews

INTRODUCTION

There is a truth that has been shared by wise people for thousands of years. It is a very simple truth. This truth crosses philosophical and religious boundaries. This truth is timeless and applies to our current generation as much as it did to generations thousands of years ago. Yet each generation needs reminding of this truth. Hence what you are reading now.

Here are just a few of the ways this truth has been expressed in the past:

"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habit. Watch your habits; they become character. Watch your character; it becomes your destiny." Lao Tzu.

"The more a man meditates upon good thoughts the better his world will be." Confucius.

"What we think, we become." Buddha.

"All action results from thought." Said Baba.

"A man's life is what his thoughts make of it."
Marcus Aurelius.

"If thou canst believe, all things are possible to him that believeth." The Bible. (Mark 9-23)

"A man is what he thinks about all day long."
Ralph Waldo Emerson.

"We become what we think about." Earl
Nightingale.

"Change your thoughts and you change your world." Norman Vincent Peale.

"You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you." James Allen

"Once you replace negative thoughts with positive ones you will start having positive results." Willie Nelson.

The truth is this: **Thoughts happen.**

Whatever you think about repeatedly will eventually happen.

If you keep thinking the same thought day in and day out you start to believe it to be true. It's a form of brainwashing - only you are brainwashing yourself. As you start believing it to true it will change your behavior. Just in small ways to begin with. Over time however, these small changes will become bigger and eventually whatever you are thinking will end up happening.

Now here is the thing, this works with all thoughts. It does not matter if they are good, positive, helpful thoughts or if they are bad, self-defeating thoughts. Let me give you a couple of examples.

EXAMPLE 1: Shopping.

First a simple example. If you think you need bread, you will add it to your grocery list. Then you will go to the store and buy some bread. You thought you needed bread and so you took action and actually bought a loaf. Your thought happened.

EXAMPLE 2: “That person hates me.”

If you think that someone hates you, you will start to interpret their actions and words to prove that. You see what you look for. You will also subtly and unconsciously start acting more hostile towards them which means they will reciprocate. It doesn't matter whether or not the person really hated you to begin with, if you start thinking that they hate you, you will prove yourself right. Your thought happened.

EXAMPLE 3: I am really good at that.

If you think you are good at something, you will notice your successes. For example you if you play soccer you will notice the good passes you make rather than the ones that don't make it. As you focus on your successes you will become more confident and practice harder. Low and behold your thought happened.

MAKING THOUGHTS HAPPEN

How can you use this truth to your own benefit?
Let me share a few practical examples.

- Affirmations.
- Self talk.
- See thoughts.
- Goals.

Affirmations

Affirmations are phrases that you repeat to yourself. For example “I remain calm under pressure.” To use affirmations to make thoughts happen, first think of a characteristic it would be beneficial for you to develop. For example “I want to be good at dealing with challenging people.” Then think about what a more positive and helpful alternative to that thought might be. Write it out on a sticky note sized piece of paper. Write it as if it were already true.

For the next month, every time you wash your hands, close your eyes for a moment and picture the sticky note with those words on. Then look at yourself in the mirror and say the words out loud to yourself 3 times. Look yourself in the eyes as you say it. Say it out loud. Say it with confidence. You can also say it other times, for example driving in the car. In time you will start to believe it. Your thought will happen.

Self talk

Self talk is your internal dialog, what you are saying to yourself throughout the day. The average person is believed to have around 20,000 thoughts a day. Thoughts that are in your head as you go about your daily business. Even if only 10% of these thoughts are non-practical ones, like "I must take out the meat to thaw", that is still 2,000 times a day your thoughts can be brainwashing you.

First you need to become aware of what you are thinking to yourself over and over again. Notice when you are telling yourself 'bad' thoughts. For example telling yourself that you hate doing something or that you are terrible at it. If you think you can't do something you will give it one half hearted attempt and then give up. Your thought happened. If you start thinking that you can do something you will try harder and you will keep trying until you succeed.

If you have been telling yourself you can't do something for a long time it will take a while to reverse your thoughts. If you persist in changing your thoughts however, it will make a difference. Your thoughts will happen.

See thoughts

You see what you think. You see what you look for. Whilst the other methods of making thoughts happen take time, this one is immediate. If you think something is going to be good you will look for and focus on the aspects that you like. For example if you start out the day thinking that today is going to be a good day you will notice the compliment someone gave you, you will notice that little thing that you did really well, you will notice the fun that you had. Once again, your thought happened. If you are dreading something, change your thoughts on it. Think it's going to be good and it will be.

Goals

Making thoughts happen can help you with your goals too. This truth is something that most successful people take advantage of. The first differentiator with successful people is that they have goals that are written down. This in and of itself is huge. But second, and equally importantly, they think about their goal every single day.

The first step is to write your goal down. Write it down specifically. "I want to lose weight" isn't enough. "I want to lose 20 pounds by July 1st" is a much better goal.

Then read your goal to yourself every morning and every night. Think about it. Soon you will start to have ideas on how to make your goal happen. Take action. Thoughts don't just magically happen. You have to do something. Sometimes the 'do' is miniscule and subconscious (like with self talk.) Sometimes the 'do' takes conscious effort (like with goals). Thinking will produce ideas but you have to act on these ideas. If you keep acting on the ideas

then eventually you will achieve your goal. The first idea you think of might not work. The second, third, fourth and even fifth ideas may not even worth either. However if you keep trying eventually you will be successful. If you ask anyone you know who is 'successful' you will find they succeeded because they kept trying.

Now you know this simple truth, **thoughts happen**, start taking advantage of it.

Barney Matthews

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**Barney Matthews** is a writer, speaker and cookie lover. Using ebooks, talks and web posts he likes to inspire people with positivity. Originally from England he now lives in Vermont, USA with his family.

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