

Member's Quarterly

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Feature

Sow a Thought – Change Your Destiny

Changing the way you think delivers results

Ralph Waldo Emerson once said, "Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny." No truer words were ever spoken.

I believe we can change our destiny by changing our thoughts. Not only do I believe this, but I have done it personally and watched countless people do it as well. You are doing it now. Your thoughts are creating the future that is in front of you. Your thoughts are creating actions. Are you thinking about making that important call or all the reasons why you should not make that call? Are you thinking about eating healthy for a more vibrant and longer life or eating something just for the taste or instant gratification? All of our thoughts create actions. That is why it is so important to think about what you are thinking about. Your life can be completely different in a very short period of time by just changing the way you think.

Here are a few tips to help you.

Surround yourself with people who think in the direction you want to go in life.

Over the past decade of writing and speaking, I have learned to surround myself with people who support me in my quest for the future. Occasionally, someone comes into my life that is combative, unreasonable or focused only on themselves. At first, I wondered how I attracted that type of person into my life. I then realized that they are important — they are markers to show me not only what not to be like, but more importantly to make me truly appreciate the wonderful supporting people who surround me.

Watch your actions

If you find yourself doing something that you are not too proud of or does not serve you well, stop and rethink it. Ask yourself what thinking led to this action or behaviour. Often we have learned values and behaviours, or maybe even inherited ones that are not serving us well. Do you always have to be right? Do you not compromise? Are you confrontational? In reality, a trait which we think is helping us get ahead may be what is holding us back.

Look at the area of your life where you are very happy. What are your thoughts in that area of your life? What type of habits did you create? What is your character? I believe you will see all the answers you are looking for. You are already changing the way you think at this very moment. You are creating your destiny and your thinking has a huge impact on what it will look like. Remember, you ultimately "Bring About What You Think About".

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