

Title:

Your Worst Habits Just Need To Be Reprogrammed!

Word Count:

506

Summary:

You have the power to train your mind to choose what you think, instead of allowing random thoughts to control you.

Remember, just like the Earth, your brain...

Keywords:

Habit, habits, self help, self improvement, stop smoking, nail biting, overeating, advice

Article Body:

You have the power to train your mind to choose what you think, instead of allowing random thoughts to control you.

Remember, just like the Earth, your brain does not discern what you plant. It will work just as hard as you do.

Quite simply, you are a self-fulfilling prophecy because your subconscious mind does not know the difference between what you think and what you do.

So, keep focused on what you do want. Define yourself as the new person you chose to be. (Example: I want to be healthy.)

If you think you are destined to be overweight, below average, poor, unlucky in love, clumsy, etc., you are programming yourself to believe that.

Be aware of the directions you give your brain. Your internal dialogue, along with what you believe, determines your actions.

You are programming yourself to believe that you are too weak and powerless to overcome the habits you have.

Avoid negative self-talk: "I can't do this. I don't understand. I'll look stupid. I'm too old." etc.

Change your self-talk to positive reinforcement for changing old behaviors (habits). A positive attitude is the key to success.

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