

There is nothing more disastrous to success than lack of purpose.

Take Out the Trash

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"What the mind causes, the mind can repair"

By: *Linda Morneau*

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Introduction

There are certain traits that a person must cultivate and develop in their lives before they can even START to become successful in whatever path they choose. You can think of these traits as the building blocks...the foundation...of your growth into a successful life.

You can build a life without them, but, like building a house without a strong foundation, it will be put at risk with the first heavy wind or rainstorm. Life is like that. It continually keeps testing your will and throws you curve balls when you least expect it. It does not matter what arena you are competing in or how well prepared you are for the competition, you will get your share of bad breaks, missed putts, unfair calls and cheap fouls.

These traits and the concepts that are discussed in this book are ageless and can be traced back to books written over two hundred years ago. Nothing has changed except that now more people are starting to pay much more attention to the "mind/body" connection.

It was Henry Ford who said "if you think you can or you think you can't, you are right".

Our subconscious mind exerts a powerful influence over our lives. Serving as our computer within, it stores all of our data. It organizes our memories, emotions and our energy. It controls and maintains all of our perceptions. Unless we make a conscious effort to direct the immense power of our subconscious, its robotic and limited programs will run our lives. Much like our personal computers, unless we periodically delete the data that is no longer serving us well, it will continue to operate with whatever we have put in there. Negative thought, self doubt and fear of the

unknown are much like a virus in our computer. When those thoughts become prevalent in our minds, they will sabotage even our best attempts to do what is necessary to succeed.

Whether at work or at play we must learn to compete. It is no secret that the best competitors, the most celebrated athletes and the most successful business people all know, understand and utilize the power of their own mind. We have all heard the stories of those highly talented and gifted people who have fallen off the charts because they never could come back after a disappointing loss or some life struggle that over shadowed their ability to perform. This happens when we let our guard down and allow self doubt, fear and negativity to take control of our operating system.

There are self help books and self help gurus and a million different theories as to how one might be helped to experience the life and the success and the serenity everyone desires. They are all important and beneficial to the process but the fact is, no book, person or theory can help you until and unless you do the one thing only you can do. **Take Out the Trash.** You can pay and you can pray but if you do not personally take out your trash, it will stay forever. It will sabotage you, frustrate you and always get in your way.

If you find that the bad breaks, missed putts, unfair calls and cheap fouls affect your ability to perform or compete then it is time for you to **Take out the trash.** Life will always be a struggle for those who allow the circumstances of their life to define their life



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Take Out the Trash

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