



ALL RESULTS BEGIN WITH A THOUGHT

Rate this sentence – *All results begin with a thought* – on a scale of one-to-ten. A rating of ten means that, to you, it’s the law of the land – without thought, nothing will happen. A rating of seven or eight means above average,. Most things begin with thought, but some don’t: tsunamis and storms, for example. Or the economy went down, and that didn’t begin with a thought. But most things do. A five or six is just average – sometimes that works, sometimes it doesn’t.

All results begin with a thought: Your rating _____

What you’re going to discover as you work through this system, is that all results – *all reality as you experience it* – begin with a thought. The economy goes down, yet the reality is the one you create. You create the outcome by how you approach it – as a disaster or as an opportunity. For some of you working in this program, this makes sense on some level, but at a deeper level, it may not. Table those doubts for now, we *will* revisit them. So, for the moment, accept this statement: All results begin with a thought.

Going back to your one-hour Performance review, select one thing you did extremely well and one thing that challenged and disappointed you. What thoughts did you have that created those results? Be real in your appraisal and judgment. Be kind to you, yet be critical of your strategies and recipes. This is your book, your journal, your truth.

One thing I did extremely well:

The *thoughts* that created this result:

One thing that challenged and disappointed me:



The *thoughts* that created this result:

Going forward, what thoughts could you modify, enhance, or strengthen to create new results for the newer version of you?
