

Thoughts Surely Do Become Things

Thought-work is becoming more and more prevalent in the wellness arena. People are realizing that by directing their thoughts in a way that supports their goals they are able to have the results they want.

Below is a sample diagram that is often used to understand and apply this concept:

Facts or Circumstances



The facts or circumstances are what exists and are non-biased. As we apply our thoughts to the facts, we create our feelings, our feelings drive our actions, our actions create our results.

Let's look at this in a wellness example:

Fact: I do not have a defined exercise program

Thoughts: I am lazy because I do not exercise

Feelings: Inadequate, disappointed, sad...

Actions: Inaction or failed action

Results: Continue not to have a defined exercise program

If I choose to change my thoughts from being "lazy" because I do not exercise to 'I am going to start where I am at with a plan that I can commit to' and focus on thoughts of "success", not failure I will suppose feelings of empowerment, control, etc.

Additionally, I can use the SMART goal process (discussed in June's article) to create succinct goals that support my new thoughts.

Try this out for yourself.... Consider talking to yourself (choosing your thoughts), rather than listening to yourself.

Thought Control: another tool to set yourself up for success. Go for it!

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(Disclaimer: this information is for educational purposes and should not override that of your healthcare provider)