Powerful Thinking on Purpose

How to BE More Positive and GET More of What You Want

by

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To my father, Julio, who tells me he gave me all the brains and common sense I have.
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Introduction

Jennifer was concerned about her job and her finances. Each day when she listened to the news, she felt more and more stressed. She couldn’t stop worrying about the economy, global warming, and terrorism.

By the time she came to me, she was so anxious that she was even hesitant to plan her family’s summer vacation.

Her thoughts were uncharacteristically out of control and were affecting her sleep, her job, and her family. She felt stuck and couldn’t stop worrying.

Through the process I explain in this book, Jennifer was able to regain control of her thoughts. She stayed focused on areas that she could influence. In addition to feeling less stressed, she began to sleep better, focus better at work, and feel more optimistic about her future. She felt calmer, happier, and more positive.

Jennifer is one of many clients who experienced a significant improvement throughout her life as a result of using Powerful Thinking on Purpose.

Have you ever met anyone who you consider to be a negative thinker? I’m sure you can think of a friend, relative, or co-worker who seems to always think this way—continually
moping about something going wrong, how difficult things are, or complaining how others treat him. You probably don’t enjoy spending lots of time with this person, but when you do, does the thought ever cross your mind, “If he could just think more positively, things might be different”?

Most likely, you aren’t as negative as this person, but I’ll bet you can recall times in your life when you were anxious and worried that things wouldn’t work out the way you wanted. Regardless of what actually happened, you probably spent countless minutes, even hours, in the throes of bad feelings.

If I told you that changing your thoughts can not only make you feel better, but also change what happens in your life, would you believe me? I hope so, because it’s true. Not because I say it’s true. It’s true because millions of people over the years have experienced major changes in their lives when they learned to change their thoughts. Many have written books to share these concepts with their fellow man, just as I’m sharing this with you now.

As a Coach and Board Certified Hypnotist, my primary goal is to empower my clients with ways to reduce stress and improve their lives. I do this by helping them discover that their thoughts and the things they imagine in their mind have a profound effect on their lives. I’ve helped thousands of people to feel better and achieve their goals.

I don’t mean to sound like I’m an amazing person just because I’ve helped so many improve their lives. It’s simply that the tools and techniques I teach clients are incredibly effective and easy to use.

Most people who seek me out are quite successful in more than one aspect of their life, whether personal or professional. The common thread is that all of them are frustrated and stuck in one area.
When clients learn and use the powerful technique outlined in this book, they quickly notice an improvement in their feelings – they are aware that they are now reacting differently. Their old stressors no longer rule their lives because they have intentionally changed their thoughts.

Most mention at their second session that while their life situation continues to remain the same, they notice that they are reacting differently. One client said it was as if a switch turned on that cleared her mind of her grey clouds. She remarked that she felt much more positive and open to possibilities that things would be OK.

Throughout this book, not only will you learn why it’s important to change your thinking, you’ll learn how to integrate a simple and powerful tool into your life to help you change your thoughts.

This book teaches you to transition from the way you currently think to intentionally transforming your life through Powerful Thinking on Purpose. When you hold positive thoughts in your mind and focus on what you want, you will achieve your goals without struggling. The trick is to purposefully change your thoughts by replacing them with powerful thoughts.

My goal is to help you feel happier and to utilize these proven helpful techniques to improve your life. As you read, I expect you will have a few “AHA” moments, where the knowledge that you already have becomes amazingly clear. You may also have a few affirming moments when you realize that you are on the path of becoming a positive thinker.
It’s difficult to explain what positive thinking means. Most of us describe positive thinking as the opposite of negative thinking:

*Positive thinking is when you don’t think about negative thoughts.*

*Positive thinking is when you make sure you do not think about what you don’t want.*

The definition of the word “positive” according to the Merriam-Webster Dictionary is:

**Positive:** Contributing toward or characterized by increase or progression

To me, positive thinking means to concentrate on something that is constructive and good. It means that you are using your thoughts to move forward in the direction of your goals and desires.

Powerful Thinking is a technique that you will discover which helps you maintain a positive focus on a specific, desired outcome. Powerful Thinking on Purpose is an elegant technique that is easy to learn and implement. Once you begin to use it and notice how your life feels better, it will be easy for you to remember to use it daily.

By the end of this book, you will be creating new, powerful positive thoughts to replace old, useless, negative ones. When you start to practice, you may notice a feeling of lightness and happiness that you haven’t felt for a long time. Feeling positive is one of the best feelings around. What’s wonderful is that the more you practice, the more positive you’ll find yourself.

Does this mean that when you think positively, you become unrealistic, and overly optimistic? Will you be viewing the
world through “rose colored glasses”? Not necessarily. In order to be effective, your positive thoughts need to be believable.

In my definition, thinking powerfully is more of a process than an end result. If I told you that every thought that goes through my mind is positive, I’d be lying. If I told you that once you learn these techniques, you will never have to think about your thoughts again, it would be untrue.

The reality is that you have thousands of thoughts each day and you are always going to experience negative thoughts. It’s totally normal. The difference is that you will now be more and more aware of your thoughts every day. This new awareness will allow you to make the powerful thought changes you need to feel good and create the life you desire.

It goes without saying that if you don’t change what you are doing now, your life will continue to be the same.

The processes that you’ll be learning are approaches that I have discovered or developed throughout the years during my ongoing personal search for more happiness. These are also the same tools and techniques that I teach each and every client in my practice. Some of the processes I describe you will use daily and some you won’t. Take the ones you like the most and use them to propel your life toward feeling more optimistic and achieving your goals.

There are dozens of ways to change and choose your thoughts. This book is a compilation of the ways that I have found to be the easiest and most effective. To become a powerful thinker is to consciously control and direct your thoughts about the future to achieve your goals without struggling.
When you take your time to learn and use these techniques, your life will change. Among the many benefits of positive thinking are:

- Improved health
- More happiness
- Greater satisfaction
- Ability to see opportunities
- Getting what you want
- More enjoyment
- More fun

Powerful Thinking on Purpose is the bridge from your current reality to believable outcomes. Will you wake up tomorrow and be richer, healthier, thinner, or funnier? Probably not. But you can wake up tomorrow feeling better, more optimistic, and take action on the opportunities that will propel your future.
Chapter 1

Everything Starts With a Thought

A thought is what happens when your mind actively forms connected ideas. Merriam Webster defines thinking as “to form or have in the mind” and a thought as 1: the process of thinking, 2: serious consideration, 3: reasoning power, 4: the power to imagine.

Unfortunately we cannot see a thought, but we can see the results of a thought. Every new thought creates a new neural pathway in your mind. Neural pathways look a bit like tiny roots growing. Your mind is full of them. When you have the same thought over and over, the neural pathway becomes thicker. Using medical technology, we can actually view these neural pathways forming in the mind.

Thoughts don’t have physical structure, weight, or color. Some thoughts are like wisps of smoke, disappearing before we notice them. Other thoughts feel so stuck in our minds that it seems it would be easier to move a sleeping elephant. Many thoughts repeat over and over in our minds. No one has been able to prove the existence of thoughts, but we do know they exist.

Every day we repeat hundreds of thoughts. How many times have you noticed repeating one thought to yourself?
DID YOU KNOW?

If you have a thought every 1 to 4 seconds, you have between 14,400 – 57,600 thoughts per day.

Most of these are repetitive negative thoughts.

Here are some repetitive negative thoughts about the future you might recognize:

* I'll never get promoted.
* I can’t do this.
* I’m worried I’ll lose my job.
* I’m afraid I’ll get sick.
* What if I can’t reach my quota?
* I’m worried I’ll never lose weight.
* No one will ever choose me.
* What if I can’t do this?
Here are some repetitive positive thoughts about the future:

Hey! How come there are no repetitive positive thoughts up above?

There are none because most people don’t have positive thoughts about the future that they repeat throughout the day. Take a moment and think about your future. What was your first thought? Did you imagine a pleasant scene or one that made you worry?

Do you want to be just like the others who never get out of their negative thinking box? Of course you don’t. You want your life to be satisfying, fulfilling, and full of love. Other people live the lives they desire, why can’t you?

The people who are fulfilled and enjoying their lives are doing something differently than you. They are choosing to direct their thoughts every day.

These highly successful people are the ones who know how to create and repeat positive thoughts in their minds. They know the value of taking control of their thoughts rather than letting their thoughts control them. This is what Powerful Thinking on Purpose will teach you.
“You have the tools necessary to establish a solid foundation and move your life in an upward spiral of self-fulfillment. Once you begin, it becomes easier and easier to improve your life.”

-Dave Braxton, Business Owner-Investor-Advisor, Co-Founder of HighPerformanceU.com

Many athletes use the power of thought to help them during a game. Imagine that your favorite basketball player is sitting on a bench in the locker room right before an important game. He’s hunched forward and his head is in his hands. He’s worrying that he will throw the ball and it will miss. In his mind he throws the ball and watches it bounce off the rim of the basket. He can’t stop this image from repeating in his mind. The more he thinks about it, the more worried he feels.

It’s now time to play. He walks onto the court trying to shake this negative image out of his mind. What kind of game do you think he’ll play? Most likely not his best.

Now imagine that the same basketball player is sitting on the bench prior to the game. This time his eyes are shut and he has a slight smile on his face. He is actively creating a short, power- ful film in his mind. In his film he sees himself throwing the ball and feels his hands punching the air with excitement as the basketball cleanly swishes through the net. In the background he hears the crowd cheering and feels his teammates slap him on the shoulder. His face breaks into a wide grin as he imagines his success.

Ready to get out and play, he struts onto the court smiling, shoulders back, feeling confident. Do you think that he’ll play a great game? Of course he will!
We can learn two important facts from our basketball player:

1. Whatever he creates in his mind is bound to happen.
2. He feels better when he chooses to focus on what he wants.

Some negative thoughts can seriously affect the physical body. The longer these negative thoughts and feelings stay stuck inside, the worse someone can feel. Years of guilt and regret can even manifest in physical ailments like stomach problems and chronic headaches.

Over time, repetitive worries and stress can even cause physical problems such as Irritable Bowel Syndrome or worse.

Another negative thought that can cause physical sensations is one of fear. A particularly common one is the fear of public speaking.

Have you ever known someone who was extremely nervous and anxious about giving an upcoming presentation or speech? Repetitive negative thoughts about an upcoming presentation can cause some people to feel so nervous and anxious that they can lose sleep and worse, won’t even show up for their own presentation.

You Can Be in Control of Your Thoughts

This may sound silly, but being aware of your thoughts is not as easy as it seems. Frankly, it’s easy to go through your day running from here to there and keeping your life together, all the while not being aware of one thought. You might notice that you are aware of how you feel—good, calm, anxious, frustrated, etc.—but not aware of your thoughts.

Once you are aware of your thoughts, it’s easy to take the next step: changing them. Keep in mind that as you are becoming more
aware, it’s important to remember that you can be in total control of your thoughts.

Anytime you can take a deep breath and acknowledge something good and beneficial in your life, you are doing your mind and body a lovely favor. This is because you are taking a brief moment from your busy, stressful day to focus on a thought that feels good. Thoughts that feel good translate into a body that feels good. Your body is hardwired to work this way.

**NOW YOU KNOW**

One beneficial way to think is to be mindful of your thoughts. Taking a moment to be attentive and aware of positive things going around you is good practice and can even help reduce your stress levels.

Acknowledging thoughts such as “I am enjoying this beautiful warm day” or “I feel grateful and happy” can propel you forward too.

**You Always Have a Choice**

You can choose to think about the future in a negative way:

*I’m really nervous about giving my presentation to the board next week.*
You can choose to think about the future in a positive way:
*I’m so glad I have an opportunity to speak to the board next week.*

You can choose to think about the past and have a positive feeling:
*I’m so glad I bought my new car.*

You can choose to think about the past and experience a negative feeling:
*I wish I had never wasted my time in that class.*

Did you notice the most repeated word above? The word is “choose.”

Of course, you can also choose to think about the present moment, which has tremendous benefits. This is called “mindful thinking.” This way of thinking invites reflection in the moment and ultimately creates an implicit awareness of more than one perspective. There are hundreds of books, web sites, and many classes available to learn mindful thinking. For our purposes though, we will be focusing only on negative and positive thoughts.

Most people have no idea that they can control their thoughts. For many, it’s a revelation when they learn that they can stop a negative thought and choose to replace it with a positive thought.

The reality is that our thoughts are the one thing that we have full control over. No one can ever take this away from you. By the
conclusion of this book, you will choose to change your thoughts every day and you’ll be surprised when you notice how easily and rapidly your outlook on life improves.

Let’s review the different kinds of thoughts about the future:

1. **Negative thoughts about the future.**

2. **Positive thoughts about the future.**

Here is the problem with negative thoughts about the future:

**Every time one enters your mind, it’s guaranteed to make you feel bad.**

Throughout this book, you will be learning the easiest way to change your negative thoughts into positive thoughts. The beauty of Powerful Thinking on Purpose is that it is simple and it always works. *Whether you believe it works or not.*

Just as you have bought this book to explore new ways to improve your life, you can easily choose to change and improve your thoughts.

For example, if you are in sales, you might have been saying to yourself:

*I’m worried that I won’t make a sale today.*

You’ll be able to quickly change your thought to one that empowers you and causes a good feeling in the moment. For example, when you choose to think:

*I’m looking forward to making a sale today.*

you are creating the space to be the best you can be and close that sale. You’ll feel great while you think about your positive outcome and all the good things that will result from making a sale.
Notice how good it feels when you choose an even bigger thought, such as:

*I like the idea that I sell more than I expect today.*

The key to choosing and replacing negative thoughts with positive ones is that your new thoughts MUST be believable.

What’s wonderful about Powerful Thinking on Purpose is that the more you practice, the better you’ll feel. The better you feel, the more you practice, and the easier it becomes. It’s human nature to get better with practice.

**NOTE TO READER:** When I wrote this book, it was mainly to help my clients. I gave it out at the beginning of their sessions so they could get a head start.

To my surprise, week after week, clients came to their first session and reported to me that they were ALREADY beginning to feel better!

It was then that I realized that I could help more people, just like you, by sharing these simple tools.

**Click here now to buy Powerful Thinking on Purpose on Amazon.com**

_When you learn how to change how you think, you change the outcome of your future._

Here’s to your happiness,

Wendy Merron