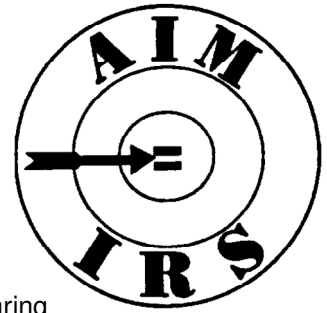


Mental Bench Press  
10.14.09  
*Success Thinking*

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Various book titles and phrases draw the conclusion that your thinking has the most bearing on your life. You have the ability to make decisions or make excuses. Decisions are normally based on data and belief. Whereas, some make excuses to attempt to gain empathy or sympathy. Others make excuses to position themselves as the victim. Ultimately, people make excuses to justify their position in life. These excuses are derived from how people see themselves and the circumstances around them. A critical point to realize is that how you see things is based on your personal mindset or thinking. Let me show you what I mean. A person who believes in UFO's are more likely to see one than one who doesn't believe.

**"Success is a state of mind.  
If you want success, start thinking of yourself as a success."**  
-- Joyce Brothers, Psychologist

This is such a true statement. You will never become more successful than the level that you see yourself. Can a person, who sees themselves as a menace to society, be a major contributor to the community. No. It is a conflict of their belief or thinking. If you truly desire success for yourself, you must think of yourself as successful. There is a saying, "I think therefore, I am." Another saying is, "As a man thinks, so is he."

Another point to consider is your definition of success. So many define success in the form of monetary ascent or positional acquisition. Make sure that your definition of success is yours and not one that is placed on you.

**"Success comes from taking the hand you were dealt  
and using it to the very best of your ability."**  
-- Ty Boyd

Success can be quantified by what you do with what you have. A less appreciated view of wealth is simply having more coming in than you have going out. So it is with success. Success can be viewed as producing favorable results. Successful people are those who get results.

It is true that you have little control of the hand that you are initially dealt. If you "think" that this hand puts you at a major disadvantage, there is a tendency to wallow in self-pity. Success thinking looks at the hand and decides to make the most of it. You have full control of what you do with what you have.

Success thinking causes a person to do successful activity. Successful activities done consistently produces favorable results. Results are the major gauge for your success.

Begin your success journey today.

*James E. Kent II*

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*Strengthen your mind and you'll have a powerfully fulfilling life.*