

The Power of Right Thinking

Accelerating Excellence with Del Gilbert
Podcast Episode #88 - Resource Guide

Right thinking leads to right actions which lead to right results.

1. YOU CAN REWIRE YOUR BRAIN

Our brains are pliable. We can literally hardwire new beliefs into our brains.

People with high-performance cars only put high-octane fuel in their cars. In the same way, high-performing people put only high-performing thoughts in their minds.

The way you re-wire your brain is by intentionally changing your thoughts. When you repeat the same thought often enough, it becomes a belief.

2. BEHAVIOR CHANGE STARTS WITH IDENTITY CHANGE

What you believe about yourself is the primary determinant of what you do and, ultimately, how well you do it. Most people underestimate their power, possibilities, and potential.

Belief either becomes the source of your limitation or your liberation. There is a strong correlation between confidence and success.

3. YOUR OUTLOOK DETERMINES YOUR OUTCOME

Your inner disposition is more important than your external circumstances. You can change your outer world simply by changing your inner world.

You can 'pre-frame' just about anything positively.

How you mentally approach anything makes all the difference in the world.

"If you can change your mind, you can change your life."

-William James