

WINNER'S MINUTES: COMMUNICATION BEGINS WITH SELF-AWARENESS

THE WORDS YOU ARE SPEAKING ARE SPEAKING YOU

Neale Donald Walsch in *Conversations with God: An Uncommon Dialogue, Volume 1*, said, "What's happening is merely what's happening. How you feel about it is another matter."

Have you had a repeated conversation about your weaknesses? Perhaps you said, "I'm not smart enough to create my own business." If you've had that conversation, chances are you sought more evidence to support your theory. The more you seek something, the more evidence you will find. You connect patterns in your brain through seeking evidence to support your theories.

The more you loop the same thoughts repeatedly, the more those same thoughts will be connected. Your thoughts actually start thinking you, rather than you thinking your thoughts. The more evidence you seek and the more you believe in your evidence, the more you will experience the truth you created. You are not thinking original thoughts but repeating old ones, which in turn drive your actions.

Neale Donald Walsh also said, "Belief creates behaviors."

When you allow your conversations "to create you" without intervention, you are a spectator in your own life. When I was nineteen, I thought life happened to me so when my teammates at Texas A&M felt I was not a good fit with the team, I told myself what I had been telling myself for years, "Nobody likes me." This was a story that began when my mother sang the "Worm Song" to me as a baby and a toddler. I then sang the song to myself as a youngster believing the lyrics were true:

*Nobody likes me. Everybody hates me. I'm going to eat some worms.
First you get the bucket, then you get the shovel. Oh, how they wiggle and squirm.*

Since I didn't know I could change my dialogue, I continued repeating the same thoughts. I told myself "Nobody liked me" and expected positive results through my negative words. It was ironic how other people picked up on my negative thoughts, and then assisted me in perpetuating expediencies where I was the outcast. Unknowingly I created events believing the entire time I was not a participant in my life but a spectator of my life.

Negative phrases and complaints are exhausting. They drain your dreams and diminish what you believe is possible. They demoralize your belief in self and cause corresponding chemicals to be released in your body which weaken your physiology. These negative thoughts cause you to be more fatigued.

You have the power to change your inner dialogue just like I did. Instead of saying, "Nobody likes me," I chose to say, "I am liked by everybody, because I am kind and compassionate." This change in thinking created a corresponding alteration in the chemicals released by my body, which boosted my energy.

When you alter your thoughts to more positive destinations, not only are your thoughts no longer thinking you; they are no longer determining how you feel. You generate a better

environment inside of you which gives you the power to generate a better environment outside of you.