

6 Steps to a Stronger Mind by Mark Victor Hansen

Our minds are all we've got. They are the source of who we, both personally and professionally, are. They determine our success or failure. They are our strength and our weakness.

Developing your mental muscles will give you the power to accomplish anything you want in life. Sure, it takes some discipline on your part, but look at the world's greatest bodybuilders. They don't show up at the gym every once in a while. They create a workout schedule and they are at the gym every day, no matter what.

Hire yourself as your "mental manager." Figure out how much you're going to pay yourself and make up a job list. Here are six jobs to assign to yourself to create a stronger mind.

1. Read Right: How much good news do you see in the newspapers? Editors usually say, "If it bleeds, it leads." Not much chance of positivity there. So, read something else. Read books – good books. Books that motivate you. Books that inspire you. Look up some of the great inspirational authors on amazon.com or in your local bookstore. Read them every morning and/or every night, before you go to sleep.

2. Share Your Mind: Find someone, or a group of someone's, who have the same desire to share positivity. This is called masterminding. Great successes are created when great minds come together and think about the same things.

3. Find a Mentor: My mentor was Buckminster Fuller and I learned more from that man about life than I ever hoped to. Who are the people you admire most, whether you know them or not? Figure out whom you'd like to emulate and study them. If they offer seminars, attend them. If they've written books, read them. Just a few I'd recommend are: Tony Robbins, Dr. Wayne Dyer and Zig Ziglar.

4. Listen to Motivational/Inspirational CDs and Tapes: This is one of the most important habits you can create for yourself. Find inspirational audio messages and listen to them over and over. Earl Nightingale, one of the most brilliant thinkers of our time, had this to say on the subject: "Tape listening is the most important advance in technology since the invention of the printing press." With audio tapes and CDs, speakers can reach 10 times as many people as the printed word ever could.

5. Sign Up and Attend Seminars: The motivational messages you hear at seminars, and the inspirational people you meet, reinforce your self-esteem and positive thinking. You can search out seminars via the internet, newspapers or local colleges and universities.

6. Turn off the Television: On average, the television set in an American home is on over 7 hours a day. Just like any bad habit, it needs to be broken. I'm not saying that all television is bad. Heck no. I'm simply recommending that you cut back on your television viewing. Decide how long you're going to watch television and then turn it off when your time is up. Try cutting back your television viewing one hour every day at first. You can use that time to read a book, listen to a motivational tape, walk your dog or spend time with your family.

After reading these six steps maybe you're saying, "But Mark, I can't do it. I just don't know if I can be this dedicated to bettering myself?" Who else are you going to be dedicated to if not yourself? Because when it comes right down to it, folks, you are all that you've got. Jobs and relationships come and go. Children grow up, leave the nest and get lives of their own. Then there you are, alone with yourself. Why not create a "you" you can be proud of.