

Look for the Open Door by Les Brown

Most of us spend so much time talking, grieving and being angry about the closed door in our lives, we don't see the open door. Les Brown, legendary human potential expert, says our trials and disappointments can take us all to a door of discovery and greatness. Brown shows you how:

1. Be Thankful

It's easy to think about what is missing and ignore what you have. When you develop an attitude of gratitude, you begin to view things from that positive light and start working toward making something happen. Giving up is not an option you can entertain.

2. Be Thoughtful

When things go wrong, don't go with them. As you look at yourself you have to harness your will, you have to be grounded, you have to pause and go within. Begin to clear your head and give yourself permission to accept the reality that is happening. And then turn the page and start working toward where you will go from there.

3. Be Active

Matt Jones, one of my speakers, wrote a book with the message: If you're going through hell, don't stop. Keep moving. Start with small steps and build from there. When you are not active, and you're not engaging in life, you have a tendency to worry and regret and to engage in less than useful emotions.

It's very important that you start moving and working and doing things that can give you some headway. The more active you are, the less chance you have of becoming depressed, angry and immobilized with fear.

4. Be Connected

Many times people fail because they can't see the picture when they are in the frame. And they think there is no way out. These are people who are disconnected and feel isolated and desperate. But interacting with other people provides a number of benefits, including helping us find new paths and new ideas to explore.

5. Be Patient

Don't expect instant results. Plug away carefully and consistently with the mindset that things are going to get better even though you can't see the light at the end of the tunnel. We are living in a microwave society, where we want instant results. It's not that kind of party. Patience and a spirit of expectation and trust will help you work to reach your goals and dreams.