

Destiny is Shaped in the Moments of Decision!

The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you are in control of your life. If you don't, life controls you. – *Anthony Robbins*

What is the force that controls your life? What is it that makes you go to work? Buy a vehicle? Build a house? Start a relationship? You may not be aware of these reasons consciously but there is undoubtedly a single driving force behind all human behavior. It is PAIN and PLEASURE. ! Everything we do, we do either to avoid pain or our desire to gain pleasure.

What keeps you away from starting your own business? What keeps you away from learning new skills in your job? What keeps you from approaching your boss with your new proposal? Why do you keep putting off that English course? Why haven't you started saving for your dream home yet? Why you keep postponing going to the gym? You know these actions will benefit you and they will change your life. You know by taking these steps, your life will be improved and your situation will be changed and it will bring pleasure to you. How many people you know talks about changing their situation yet can't get themselves to follow through? Why? Because in that present moment they associate more pain to taking action (doing what they have to do right then and there) than missing the outcome in the future.

Pain causes us to contemplate: to change direction. It forces us to take action. Let's assume that you don't feel pain. You could then absent- mindedly lean on a hot iron for ten minutes until you casually turn around to see that where you once had an arm, you now have a black looking stick of flesh. If you don't feel pain, you could crossed the road and later find that you are missing your left leg because you didn't notice the car just passed hit you. Both physical and emotional pain is there for a reason. It prompts you to notice your behavior or look at things differently. Some people keep ignoring these 'pain' messages until it's too late.

People feel frustrated. People feel hopeless. They feel depressed but yet they can't make themselves take actions? Why? Because they keep trying to change their behavior, which is the 'effect', instead of dealing with the 'cause' behind it. The most powerful way to shape our lives is to get ourselves to take actions. It's not what we do once in a while that shapes our lives but what we do consistently. **It's in your moments of decision that your destiny is shaped.**

Is 'Change' Easy?

It is not easy to change but possible. Whenever we decide to change, we meet resistance. We are always challenged to see if we are serious. Let's say you decide to open a savings account and you want to seriously start saving from this month. What will happen? You will get the revival notice for your life insurance/ home or car insurance, you will find your TV stopped working, and you will find your employer has deducted the festival advance you took last month from this month's salary. Lets say you want to go on a diet. You'll get more dinner invitations on that week than ever before! When you plan to start your English classes from next week, you'll find the live telecast of your favorite cricket tour starts on that day. If you are not serious about your decision, you would find enough excuses to give up.

So How Do We Change?

Once you decide to deal with the "cause" not the "effect", the first place you should start concentrating is YOUR MIND. *Henry Ford* said "Whether you think you will succeed or not, you are right". Your mind is like an iceberg. While you are more aware of your outer or conscious mind, the part with the greater impact is the hidden unconscious mind. Conscious mind is the source of thought, and the subconscious is the source of power. Initiate 'change' in your mind.

Believe in the power of your mind. It can help you to accomplish virtually anything you desire. Make a single adjustment in your life this month that will positively change your circumstances - whether it is related to your health, career, relationships or finances. Understand how your decision to 'change' will immediately be challenged by the forces of nature. But also be aware of the 'power' of your mind to resist these negative forces and be sure to soldier on! A desire for change, followed by a decision to act to bring forth that change, contains all the power to manifest that change!

Remember - **It's in your moments of decision that your destiny is shaped!**

READ- SHARE- ACT!

Good Luck!

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