

Things are impossible only in prospect!

My wife and I studied, worked and lived in Melbourne, Australia, for 11 years. We always wanted to come back to Colombo and when we finally did, the most common question I was asked was “ **Why did you come back?**” .“ *Sri Lanka is not the best country to live in, the opportunities are limited, the systems are corrupted, the level of personal safety and security is shocking*” - they reminded me. “Why did you come back when most are trying to move abroad?” My answer was “Why Not? I did, and still believe, that circumstance have little to do with the outcomes of your life, and the outcomes are more determined by your **Thoughts, Attitudes and Actions** - which you take with you wherever you go in the world!

While I was studying at the university and later working, my attention was taken by a different behavioral pattern, not only among the native Australian people but also among the most Sri Lankan people living in Australia, which led me to pay more attention to the motives and thinking behind the way people behave. The most obvious difference I noticed was “**the way they look at and react to the events in their Lives**”. The obvious conclusion to arrive at is that the **people who have a positive approach to the life are better at handling events and situations and therefore are more likely to become successful!**

We are gifted with this amazing power machine. **Our Mind**. We have over 60,000 thoughts a day. So, how many of those thought are **helping you to achieve what you want and how many are holding you back?**

Our behavior is influenced by our thinking patterns. We collect information through our senses. When we hear things, when we see things, when we smell and taste or feel things, that information is sent to and saved in our mind under different labels or categories. These labels & categories consist of our past experiences, our values & believe our attitudes and our Meta programs (pre programmed patterns).

Our thinking patterns and negative attitudes have stopped us. We give up easily without putting a reasonable effort. We find “excuses” to back up our limiting decisions. Some of the very common excuses we hear in Srilanka are:

- *It is the way we are born... ..*
- *We are very unlucky... ..*
- *We have tried it before and didn't work*
- *That's who I am and I can't change... ..*
- *We don't have money or time... ..*

In *Ageless Body, Timeless Mind*, Deepak Chopra wrote that people grow old and die because they see others grow old and die. He estimates that, without negative influences from outside, our bodies could last between 115 and 130 years before the aging process finally caused them to shut down.

In conclusion of this article I would suggest you to do an exercise. Take a pen and a paper and write down your **limiting beliefs** on one side (things that are holding you back; Eg: I am not good at planning/I can't save money).

Select 5 very influential limiting beliefs from your list and ask yourself **what it will cost you in your life if you do not let go of those limiting beliefs** in terms of your goals (Your Health, Your Business, Career, Relationship). Imagine in few years time in your life and associate yourself into the feeling of the cost of not changing. Get your brain to associate Massive Pain to those old Beliefs... You must feel deep in your gut that not only has this belief cost you pain in the past, but it's costing you in the present and eventually can only bring you pain in the future. Now ask yourself; **what results will I get if I change these beliefs?** Will your career or health or whatever the area that you were concerned, be improved if you change?

Try to change your old beliefs and associate tremendous pleasure to the idea of **changing those beliefs and the impact on your life.**

If you have followed this exercise and have the list with you, spend next week trying to visualize " what will happen to my Life with my new beliefs?" remember people either move away from pain or moving towards gain. So more pleasure or gain you associate with your changing beliefs you have more chances of holding into that change. All personal breakthroughs begin with a change in beliefs.

READ- SHARE- ACT!

Good Luck!

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