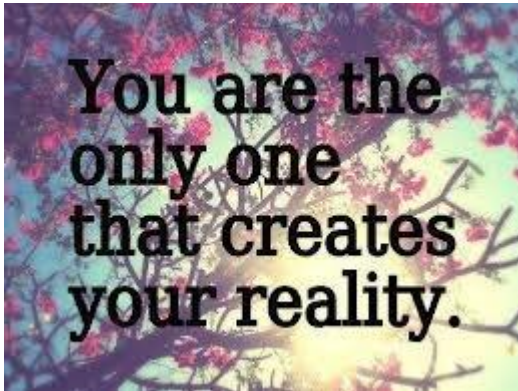# Think It Into Reality

So you have had a hard day and you have lots of things coming at you — work, deadlines, bosses, personnel issues, organizing a family — and you feel overwhelmed with it all. Your brain is about to explode. Feel like this often? I do at times. How does it make you feel to know that, according to famous Harvard professor and psychologist William James, the average person uses only 10 percent of his mental power? Wouldn't it be nice to use more?

How can we use more of our brain to not feel so overwhelmed, and more importantly to become the highest version of ourselves that we are seeking to become? An author that had a huge impact on me was Napoleon Hill, from the legendary book Think and Grow Rich. This book instills that your mindset and beliefs are what control your life. From all the research that Napoleon did with the wealthiest of men back in the early part of the 20th century, he realized that what you think about is what you are.

So let's think about that. What are the dominating thoughts that are in your mind? Do you find yourself thinking and saying things like, "That is only for rich folks." or "I will never earn enough money to buy a house like that." or "He is filthy rich!" So what is so filthy about having money? Bill Gates and Warren Buffet don't look so dirty, and on top of that, they are out creating jobs and bettering the world with all the great things they are doing with their money. If we think money is bad, dirty or evil, how are we going to attract it to us in the quantities that we really desire?

I found that early in my career, I had negative thoughts — like I wasn't good enough to have lots of money or that it

wasn't possible. It was books like Napoleon's and others I read that helped me set in place the right mind set to believe that I could have success and the money that I desired. You do this by creating positive statements about your success and wealth and stating them as if they are happening right now.

The subconscious will believe what you think about and set you in motion to get what you are after. This doesn't mean that you can't go backward once you have success or accumulated some wealth. Then, you have look at what you have been thinking about and determine whether your thinking is pushing you forward or holding you back.

I was reminded of how I was holding myself back, and how I still might at times, by reading *[Five Things You Need to Succeed According to Napoleon Hill](#)*. I know I let things get in my head that I don't want there, and so I go back and read and implement things that are discussed in <u>Think and Grow Rich</u> and another great book like the <u>The Answer</u>.

Do you feel like you are getting all you can out of your brain or are you holding yourself back with negative thoughts? Change your belief and change your life, as many great ones have said.