

I LOVE the quote:

***"I'm not old enough to play baseball or football. I'm not eight yet. My mom told me when you start baseball, you aren't going to be able to run that fast because you had an operation. I told Mom I wouldn't need to run that fast. When I play baseball, I'll just hit them out of the park. Then I'll be able to walk."***

- Edward J. McGrath, Jr., "An Exceptional View of Life,"  
quoted in Chicken Soup for the Soul by Jack Canfield & Mark Victor Hansen, 1993

Talk about positive thinking - and he was only 8 years old!

What are you telling yourself? Are the thoughts in your head always stopping you? Perhaps you tell yourself "I'm not good enough", "I don't know how", or "Who do I think I am to..." STOP! This kind of thinking gets you nowhere and keeps you nowhere.

In Proverbs 23:7 the Bible says "For as he thinketh in his heart, so is he." Truly, what you think about you are. Is it time to change that little voice (which really isn't so little) in your head?

I heard a speaker say that you should wear a rubber band around your wrist. Every time you think a negative thought you should snap the rubber band! Talk about an immediate consequence for negative thinking. While I don't really like this idea since I don't like pain it may help to keep your thoughts focused on the positive.

I would challenge you this month to really listen to your thoughts. The second you start putting yourself down stop yourself and tell yourself that you are a person of great value and significance. Change the way you think - starting now!

***"You have brains in your head.  
You have feet in your shoes.  
You can steer yourself in any direction you choose.  
You're on your own.  
And you know what you know.  
You are the guy who'll decide where to go."  
- Dr. Seuss***



**Elizabeth Hagen** is a dynamic and inspiring [female motivational speaker](#), the author of Organize with Confidence and offers business coaching services to motivate women to stand out and accelerate their success. You can become more focused and have more momentum, more confidence, and more success. Elizabeth's book "Organize with Confidence!" will change your life and her "Speak Now and Forever Get New Clients Home Study Program" will change your business! Visit [www.ElizabethHagen.com](http://www.ElizabethHagen.com) and receive her eBook "10 Fearless Lessons Every Woman Must Know" as her gift to you.