

Grip on your life

I have discovered that everyone has their own unique power and is able to create their own reality with it. “Thoughts” and “consciously taking action” together form this unique power.

Our feelings are a feedback mechanism that tells us whether we are on track and whether we are following the right path. Your feelings are your best tool for shaping your life. Your thoughts are the primary cause of everything. Everything you see and experience in this world (including your feelings) is a consequence.

Many people strive for success, wealth and material things. What turns out? That with great effort we sometimes achieve this, but in the end it does not bring us what we really want, namely happiness and health. We pursue these external things in the assumption that they will bring us happiness and health, but it works the other way around. Shift the focus to inner joy, inner peace, after which all external things will appear. An internal turnaround is all you need. The outside world is the world of consequences, nothing more than the result of thoughts.

There are 4 ways of life:

1: Unconsciously Incompetent life

You live aimlessly, your thoughts are determined by others and you let yourself be guided by everything and everyone around you. You accept what life brings you and have absolutely no control over yourself and your life.

2: Consciously incompetent life

You know what you want in your life but you are unable to achieve your goals. You do not understand why you are always unlucky and want to change this but you are unable to do so. This is because you have the right thoughts but do not (yet) take the right action to achieve what you want.

3: Consciously competent life

You know what you want in your life and consciously work to achieve this. You set realistic goals and take the necessary actions that go with it. If you do not achieve your set goals, you accept this and do not give up. You evaluate, improve and keep trying until you achieve your set goals. You have control over yourself and your life.

4: Unconsciously competent living

You live a joyful and healthy life. You have complete control over your thoughts and actions and do this automatically because it has become a habit. Now there is no need to evaluate and adjust and you are ready to create your own reality and have everything you desire in your life.

Where do I start?

To get a grip on yourself and your own life, you can do this as follows (Find your own path here):

- Discover who you are and what you want.
- Determine for yourself what makes you happy.
- Set realistic goals (What do I want?).
- Make a step-by-step plan (How am I going to achieve my goals?).
- Execute the step-by-step plan and achieve the goals.
- If not satisfied: Evaluate, improve and re-execute until you achieve what you want.

Extra motivation

- Everything we are is the result of what we have thought (Buddha 573 - 483 BC)
- You hold the key to your life. The key to your thoughts and feelings lies in your own hand.
- As soon as insight breaks through and you have truly become the master of your thoughts and feelings, you understand how you can create your own reality.
- Problems are a part of life. Facing them is the art of living
- You can't always get what you want, but you can always appreciate what you have.
- Hoping for change without doing anything for it is like waiting for a boat at the train station.

