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STEPS TO A JOYFUL AND ENTHUSIASTIC LIFE

Since thinking has much to do with what your life becomes, you might consider the following suggestions:

- FIRST Stop depreciating yourself. There is a lot that is right in you. Empty your mind of failure thoughts and mistakes and start seeing yourself as a competent person.
- SECOND Eliminate self-pity thoughts. Start thinking of what you have, instead of dwelling on what you may have lost. List your assets of personality and talent.
- THIRD Quit thinking constantly of yourself. Think of others. Actually go out and look for someone who needs the kind of help you can give, and then give it freely. You will not maintain a continuing flow of abundance if your thoughts are only of yourself.
- FOURTH Remember the words of Goethe; "He who has a firm will molds the world to himself." Almighty God put a tough power into human beings called the will. Use it.
- FIFTH Have a goal and put an achievable timetable on it.
- SIXTH Stop wasting your mental energy on gripes and post-mortems, and start thinking about what to do now. Amazing things happen when you think constructively.
- SEVENTH Every morning and every evening articulate these words aloud; "I can do all things through God who strengthens me."
- EIGHTH Think and practice joy every day.
- NINTH Get enthusiasm; think enthusiasm; live enthusiastically !

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