

LIVING A HAPPY AND PRODUCTIVE LIFE

KEY POINTS

- 1 Emotions get us into trouble, as humans are designed to act on emotion, not from thinking.
- 2 When strong emotions surge through us there is often conflict between what our emotions want us to do (actions) to get back to a state of equilibrium, and what the situation requires by way of action.
- 3 Thinking can help prevent us getting into the kind of trouble that emotions get us into.
- 4 Thinking can get us out of a lot of trouble that emotions get us into.
- 5 Imagine emotions as the elephant, and thinking as the rider. The elephant can contribute a lot to your happiness and productivity, but only if it is well trained, cared for, and directed by you, the rider.
- 6 Most people act as if they have no control over the elephant, their emotions, but other people do. That's like having a factory making remote controls for your emotions, and then giving them away by the truckload.
- 7 If you give away remote controls for your emotions (and most people do), you become a victim of the whims of other people, as they play with the remote for your emotions that you gave them.
- 8 I call believing the idea that other people cause your emotions childish thinking, because that's what children do. They blame others for how they feel. That's OK for children, but not a good idea for adults. Life is much happier if adults take ownership of their own emotions.
- 9 Your emotions come from your own automatic and accidental thinking habits, not from other people, or some mysterious part of the world we live in.
- 10 If people had "flip top" heads we would often find there was no intention on their part for us to feel the way we blame them for. They weren't playing with the remote, and didn't even know you had given them one ...
- 11 Here's an idea. Shut down your remote control factory, and issue a product recall. Get all those remotes back, and take charge of your own emotions.
- 12 Your mind is a thinking machine and won't stop thinking – it's designed to do that, but a lot of what it thinks is just rubbish because of old habits you formed as a child.
- 13 The quality of your thoughts varies greatly. Some thoughts are like the quality you can buy at the \$2.00 shop, while others are more like the quality you can buy at Smith & Caughey, or any high quality department store e.g. Neiman Marcus.
- 14 Start a thought library and fill it with all kinds of high quality thoughts.
- 15 Employ an imaginary thought librarian who is always on hand to help you find high quality and useful thoughts that will counteract and deter destructive emotions.
- 16 There are millions of thoughts available and they are free. Governments haven't got hold of them yet and started taxing them – so go for it while you can. Most people struggle to come up with one different thought when we need many thought options to choose from.

- 17 Thought attacks are common. That's what happens when your thoughts trigger off emotions that get you into trouble.
- 18 Thought stopping, and thought catching, are two essential skills to develop if you want to limit the negative impact of thought attacks.
- 19 Thought changing is vital if you are going to master and minimise thought attacks.
- 20 Live above the line, not below the line. That means taking ...

ABSOLUTE OWNERSHIP OF YOUR THOUGHTS AND EMOTIONS

VS

THEY MADE ME FEEL LIKE THIS

Living below the line makes you a "victim" ...

- 21 Thoughts are not facts! They are only thoughts.
- 22 Emotions are not facts! They are only emotions your are experiencing at that moment
- 23 Moods are not reality! They are only your mood at that moment.
- 24 Your mind is a goal-seeking mechanism. It will take you to the goals your imagination is focused on.
- 25 Your imagination is much more powerful than your will power. Feed your imagination with images, sounds, symbols, etc. of the life you want.
- 26 Many of the rules we live by are useless and unhelpful. We put them in place when we were children without the powers of discrimination as to what is helpful and unhelpful. It's OK for adults to have a clear out occasionally, and get rid of the unhelpful rules.
- 27 Think of your mind and the rules you have put there, as being like a computer and software programs. The computer won't be much use if the programs are bad, or have been corrupted by viruses. The best thing to do is to clear out the viruses, and overwrite the programs with upgraded, better quality programs i.e. thoughts.
- 28 Emotions come from your thinking patterns and habits. Learn to think well, and a lot of problems with emotions go away.
- 29 Many of the rules we live by are there by accident. Think of this as accidental programming of your mind and thinking habits. Only live by rules that work well, and that you want for yourself. Other people's rules are OK for kids, but not for adults.
- 30 You can re-program your mind into new ways of thinking, and new thought habits – ways that lead to greater happiness, productivity, and satisfaction with your life.

Jamie Ford - Mental Toughness and Resilience Coach

I am writing a book on Mental Toughness. It will include some of the above ideas, and many others taught on our courses.

The Foresight Institute has expert capability in developing the kind of thinking habits that lead to greater happiness and productivity. If you want to move in that direction ...

Contact us on email: services@foresight.co.nz