



# *Passion for Life Coaching, LLC*

*Making Deliberate Choices for a Fulfilling Life*

Newsletter by Suzette Langley, Life Coach and MSW

## **48,000 Thoughts Can't Be Wrong – Can They?**

February 2008

A couple of weeks ago I sat relaxing over breakfast and watching the Today Show. Being successful with your New Year's resolutions was the hot topic of the hour. I rolled my eyes expecting another segment on the same information I hear and coach on every day. However, the featured psychologist surprised me with her factoid - we experience 60,000 thoughts per day!! Astounding! And apparently, eighty percent, or 48,000, of our thoughts are negative.

No wonder accomplishing our goals becomes a monumental challenge! When we compare, criticize, berate and question ourselves 48,000 times a day, it is amazing we achieve much at all. Research shows that our thoughts convert to our reality. We accept a thought at face value and believe it to be true because we had the thought. Then, the negative thought creates chemicals in our brain that reinforce it.

How do we change the barrage of negative thinking? Identify negative thoughts and start questioning their truth. Here are 3 types of negative thoughts you can target that will increase your energy and improve your mood and results.

**Comparisons** – These thoughts tell you that you never measure up. Someone always does whatever you want to do better. "I wish I were that thin." "He leads the meeting so much better than I do." Comparisons generate feelings of inadequacy that take away inspiration and lead to inaction. When you ask yourself "what's the point?," you stop trying. Did you know you probably did not always respond to comparisons this way?

For example, 12-year-old, Nancy Yi Fan, authored *Swordbird*, which topped *The New York Times* bestseller list and was named as one of 2007's 100 best books for children by China's General Administration of Press and Publication. During an interview with Nancy, a young reader commented that if Nancy could write and publish a bestseller and achieve her dreams, so could he. Comparison at its best! ***What would shift in your attitude if you changed your negative comparisons to positive, encouraging statements like "If he can do it, so can I." What would you try that you have been avoiding?***

**Worthlessness** – These thoughts tell us we cannot do anything right. We do not have "enough" of anything – smarts, looks, skills, money – to be worthwhile. These thoughts make us hang our heads and fade into the background of life. We avoid trying new things because we believe we are not qualified. ***What would happen if you gave yourself credit for what you have, know and do? How would your energy shift? What possibilities would be created?***

**Hopelessness** – These thoughts make the world seem bleak and impossible. "What's wrong with me? I never succeed." "There's no point in trying because it won't work." "Who am I to try this?" ***What would happen if you gave yourself a bit of encouragement? Consider the possibility that what you try will work and that you possess the talent or skill necessary to create the success.***

You can combat negative thoughts in even the most mundane areas of your life. For example, for years waking up early has been a struggle for me. I tell myself that I hate mornings and being awake (general negative thoughts). I ask myself why can't I just pop up like my husband (comparison)? I just do not have what it takes to get up (worthlessness). And, why bother because I have never accomplished being an early riser (hopelessness). Until I paused to consider my thinking, I just got stuck on hating mornings and overlooked how I made them worse by leading myself to more negative thoughts and less action. When I took a new perspective, I realized that hitting the snooze button disrupts my deep, peaceful sleep. My brain kicks in with racing thoughts of what I need to do today. If I go back to sleep, I rarely slip into that deep sleep I love. Now, I am working on a positive approach. I give myself permission to not like mornings. I allow myself to wake up slowly with some AM news and cuddling with the dogs instead of popping right up and going. I encourage myself that I can wake up and will feel better physically or mentally if I rise and exercise or do some work. This new approach makes waking up a little less of a chore and increases my energy because I start the day with a positive action.

One thing is certain, our minds can be dangerous places to wander around in alone. Listening only to our own thoughts and opinions, which are predominately negative, can be very self-defeating unless we take charge and inject some positive thoughts.

## Upcoming Events at Big Vanilla Arnold

### **Workshop for Women – Sunday, February 10<sup>th</sup>, 1:00-3:00pm**

Feeling frazzled and tired? Are you always on the run? When is the last time you took time for yourself? Take a couple of hours to stop your world and gain perspective. Learn how to eliminate energy drainers and how to say "no" gracefully. Discover why "selfish" is NOT a dirty word! Meet and connect with other women as we discuss how meeting your needs fits in with significant others, children, friendships, careers and all the rest that is your life. Fees: \$40 per person. *Bring a friend and pay \$60 for both to attend!*

**4 women MUST BE pre-registered to hold this program.**

### **Spring Cleaning – Thursday, March 13, 6:30 - 8:00pm**

This workshop will help you sort out your mental and physical clutter so you can have a fresh start for spring. Learn tips and tricks to minimize physical clutter, simplify your schedule, and eliminate energy drainers. Fee: \$30 per person

All workshops will be held at the Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold. Register online at <http://www.bigvanilla.com/arnold/lifecoaching.html>, or at Big Vanilla's Front Desk, or call 410-757-7326.

## Suzette Speaks! Upcoming Engagements

### **Change – It Doesn't Have to Be Hard – Tuesday, February 12, 2008 – 5:30pm**

If changing habits and behaviors were as easy as setting a goal, we would possess a written guarantee of success the moment a goal was on paper. However, good intentions to change often fall prey to the barriers that prevent change. In this interactive lecture, Suzette Langley identifies seven reasons that explain why change is so hard. Once these barriers to change have been identified, learn how to develop a personalized plan to get out of your own way and move toward your goals steadily and with ease.

**Where:** On Purpose Networking for Women in Howard County (Meeting begins at 5:30 with networking and light fare. Talk begins around 7:30pm)

**Cost:** Guests (first or second time)\$15/Members \$25

**Location:** Rizzutti Fine Art - 8885 Centre Park Drive, Columbia, MD 21045

**Register:** Call Ginny Robertson at 410-252-2703

For more information about opportunities to connect with other women through On Purpose Networking, held in 4 locations, visit <http://www.onpurposenow.com/index.htm>

### **Women Rock – 3 Friday Dates Announced!!**

#### **Up first: February 8<sup>th</sup>!!**

**Then: March 14<sup>th</sup> and April 18<sup>th</sup>.**

**Time: 7:30-9:30pm**

This 2-hour program will help you tap into your mental and physical strengths as you discover how the rock wall is a metaphor for life and life's challenges. Feedback from this program is **phenomenal!** The women who have participated have learned about their strengths, expanded their comfort zones, understood how they face challenges, and discovered new ways to overcome obstacles. Join us for a ROCKIN' night and walk away feeling empowered!

Fee: \$25 members/ \$35 non-members

**4 women MUST BE pre-registered to hold this program.**

Women Rock will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Register online at: <http://www.bigvanilla.com/arnold/adultclasses.html> or call 410-544-2525 to register.

### **Maintaining Your Motivation – Wednesday, February 27, 2008 – 6:00-8:00pm**

Have you ever heard someone say "I just can't find the motivation?" Motivation isn't something we find, it's our reason for taking action. Change your perspective on what it takes to stay motivated and learn nine ways to create reasons for taking action.

**Where:** The Strata Group

**Cost:** Member \$10 | Non-Member \$25

**Location:** 1425 Clarkview Rd., Baltimore, MD 21209

**Register:**

<http://www.makemoreconnections.com/events.php>

For more information about this new, exciting networking opportunity called Connections, contact Lori Rogers at 443-629-7554 or [lori@makemoreconnections.com](mailto:lori@makemoreconnections.com)

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