

As a Man Thinketh, So is He

I have always been impressed by the ancient philosophy that a man becomes that which he thinks. A man's character is the outward expression of his inward thoughts.

You can trace that philosophy all the way back to the *Meditations of Marcus Aurelius* who wrote: "Your life is what your thoughts make it."

You can find the same basic idea in the writings of Aristotle, Socrates and scores of others.

Solomon said, "As he thinketh in his heart, so is he."

There is a small book entitled, *As A Man Thinketh*, written in 1905 by James Allen, an educator and writer. In this book, he makes a very powerful statement every teacher should have solidly in mind. It is these kinds of statements that can help our students understand a very important principle of success in life.

James Allen said, "The divinity that shapes our ends is in ourselves...all that a man achieves or fails to achieve is the direct result of his own thoughts."

In this, Allen teaches two essential truths:

1. Today we are where our thoughts have taken us.
2. We are the architects, for better or worse, of our future.

It seems people are forever complaining about situations outside themselves, blaming their conditions and circumstances on everything but their own thoughts and ideas. It is important we realize we make our own "good fortune," that our lives are the result of our own thinking. Strong thoughts generate strong actions; weak thoughts generate weak actions. Who we are and what we become is a direct result of our own thoughts. We can only rise, conquer and achieve by lifting up our thoughts.

quote

"To see what is right, and not do it, is want of courage or of principle." — Confucius

attitude – lesson 2

1. What does the following statement mean? "The divinity that shapes our ends is in ourselves...all that a person achieves or fails to achieve is the direct result of his or her own thoughts." _____

2. Do you agree? Why or why not? _____

3. List some examples in which positive or negative thoughts have impacted your life. _____

| | gratitudes | objectives | vocabulary |
|-----------|------------|------------|------------|
| MONDAY | 1 | 1 | WORD: |
| | 2 | 2 | |
| | 3 | 3 | |
| TUESDAY | 1 | 1 | WORD: |
| | 2 | 2 | |
| | 3 | 3 | |
| WEDNESDAY | 1 | 1 | WORD: |
| | 2 | 2 | |
| | 3 | 3 | |
| THURSDAY | 1 | 1 | WORD: |
| | 2 | 2 | |
| | 3 | 3 | |
| FRIDAY | 1 | 1 | REVIEW: |
| | 2 | 2 | |
| | 3 | 3 | |

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| KEY TO SUCCESS EVALUATE YOURSELF | HONESTY | ATTITUDE | LEADERSHIP | EXERCISE | DID MY BEST | REST | GRATITUDES | RESPONSIBILITY | GOALS | SELF-IMAGE | HOMEWORK | TESTS | OVERALL |
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