

### Repainting the Picture

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Our actions are based on the fact that we believe what a person we trust says to be true. From these truths and beliefs the person decides what can and cannot be done. Most often we do not doubt truths we have had with us since childhood, we simply act on them because we have decided they are true. It is by conscious thinking and rational logic that we are able to use our “success instinct.”

The present and future depend on learning new habits and new ways of looking at old problems. As pointed out earlier, all skill learning is done by trial and error, until a successful attempt is accomplished. The successful pattern is remembering the degree of error and making corrections until a successful attempt is accomplished. This is true of horseshoes, driving a car, playing golf, getting along sociably with other humans, or any other skill. The failures, the negative experiences, do not inhibit but rather contribute to the learning process as long as they are used properly.

Remember, your “success instinct” is totally impersonal. In other words, it will strive to reach whatever goal or end result you give it. If you dwell on the negative and constantly focus on failure, it changes from a “success instinct” to a “failure instinct.”

Keep in mind that failure and negative experiences are simply steps to the positive attainment of goals. Failure is temporary. Failure is a verb denoting an action; it is not a noun. Events that have happened in the past have no power over the future. It is foolish to say, “Because I failed yesterday, I will fail tomorrow.” The minute we stop giving power to the past, the past loses its power over us. Ignore past failures and “act as if it were impossible to fail.”

Ideas are not changed by willpower; they are changed by other ideas. When faced with a belief that is holding you back, ask yourself these questions. Why do I believe that I can't? Is there a rational reason for such a belief? Could it be I am mistaken in this belief? Would I come to the same conclusion about some other person in a similar situation?

Rational thinking takes the negative concept of worry and puts it into a positive one. When the golfer gets to the water hazard he worries about the ball going in the water. He is painting a picture, an end result of what he expects the ball to do. When you worry you are putting the negative end result into your computer and your “success instinct” will work until it realizes that end result. If that end result is the ball in the water, that is what your “success instinct” works to make happen.

Thomas Edison failed over 10,000 times before he found the right filament to allow a light bulb to burn. He never believed it was not there. He always had an end result in his mind and therefore the “success instinct” kept him working 24 hours a day to accomplish the end result. He did not constantly paint the negative. Failure was temporary and brought him one step closer to success. In fact, he said, “Our greatest weakness lies in giving up. The most certain way to succeed is to always try just one more time.”

#### quote

*“Doubt whom you will, but never yourself.” — Christian Bovee*

# self-image – lesson 6

Working individually, write down three beliefs that you have about yourself.

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
 \_\_\_\_\_  
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3. \_\_\_\_\_  
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For each belief you have written down, ask yourself these questions:

- Why do I believe this?
- Is there a rational reason for this belief?
- Could I be mistaken about this belief?
- Would I come to the same conclusion about another person in a similar situation?

|           | 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<br>EVALUATE YOURSELF | HONESTY                  | ATTITUDE                 | LEADERSHIP               | EXERCISE                 | DID MY BEST              | REST                     | GRATITUDES               | RESPONSIBILITY           | GOALS                    | SELF-IMAGE               | HOMEWORK                 | TESTS                    | OVERALL                  |
|                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |