

## Awareness

Awareness is the basis for excellence in every area of your life. The importance of awareness lies in the fact that it is the foundation for the self-image you need to have if you are to be effective in reaching your goals. To excel, you must be aware of the elements that are needed to contribute to your success.

These elements, or principles, begin with a vision of what you want to accomplish followed by goal-setting to help you achieve your vision. Then there are the elements of self-control, discipline and perseverance, all of which are needed to reach your goals. Other elements include communication with others of your objectives and an investment in time for the project.

To become aware needs an open mind. Open-minded people are free from prejudice and receptive to new ideas. Those people with a closed mind reject the ideas, beliefs, opinions or influence of others.

Albert Wiggam, a Psychologist said, “The line between ‘open-mindedness’ and ‘tight-mindedness’ is sharp and clean cut – and the only people who have ever contributed anything to human progress have been the ‘open-minded’ who have been able to see there is a better way.”

The difference between ‘open-minded’ and ‘closed-minded’ people is their choice of thoughts. To be successful you must choose the thoughts and actions that will lead to success rather than failure. You must believe in yourself and your potential and focus your mind on what you want to accomplish. This is important because, if you want to create the right conditions for happiness and success you must learn to spend more time in positive places with people who have positive thoughts and who believe in putting their positive thoughts into action.

Spend as little time as possible with people who like to express negative thoughts. They say “no” too often or “it can’t be done” and, if you associate with them for a long period you may come to agree with them. Negative thinking is weak and unable to create anything of value.

When you believe in the worst, you feel depressed. But, when you believe in the best, it gives you a feeling of new life and enthusiasm. You will be rewarded with an awareness of ‘more good’ all around you. Believing in the best will also increase your power and ability to move ahead; it will add to your happiness and make your success more certain. No one can make you happy and no one can make you unhappy unless you allow them to do so. It is all a matter of viewpoint and understanding. You have a wonderful gift of choice.

If you wish to become “The master of your fate and the captain of your soul”, it will be helpful to understand the importance of your mind and the effect it has on your attitude to life.