



Hi, there, we is Harold and Betty, the janitors! We go be filling in for yuh regular doctor while he on sick leave... Dis is a scalpel right? Okay, den, leh we go an operate on dis mild headache dat yuh say was bodderin yuh.

HOW TO CHANGE YOUR LIFE BY CHANGING YOUR MIND

- By Jeff Broth

On a scale of 1 to 10, how happy are you with your life? Are you a 10, so happy that you honestly couldn't see how life could get any better? Or maybe you're closer to a 6 or 7, where you're pretty satisfied with life most the time, but sometimes you wish for something more. Do you understand that you can change your life by changing your mind?

Perhaps you would score your level of happiness even lower because it feels like you have so much going on right now. While it may seem like life satisfaction is dictated by what is happening in the world around you, experts indicate that oftentimes we struggle because of our own mindset.

The Connection Between Struggles and Mindset

Happiness expert Gary van Warmerdam shares that whether you're happy or unhappy depends on how you feel internally. In other words, it is your thoughts and beliefs about yourself and your situation that ultimately determine whether you are satisfied with your life or if you feel as if something is lacking. Why?

Because your thoughts and beliefs are what creates your reality. For instance, if you believe something to be true, then it is, regardless of what anyone else says or thinks.

T. Harv Eker, author of *Secrets of the Millionaire Mind*, agrees that most problems even those beyond finances are a result of how we think. Therefore, if you want to change your life to make it better, this begins with changing your mind.

How to Create a Mind Shift

If you want to create a mind shift, which will also create a life shift, one way to achieve this goal is to first realize that you have the power to change your life for the better. Or, as stated in one of T. Harv's most inspirational quotes, "If you

want to make a permanent change, stop focusing on the size of your problems and focus on the size of you."

In other words, when the problems you face look like a mountain, it's easy to feel overwhelmed and like you'll never reach the top. However, once you remind yourself that you have the power necessary to make the climb successfully, your problems become more like challenges than obstacles. This makes them easier to overcome.

Not sure you have the power necessary to be bigger than your struggles? Just think back to a time when you didn't think you'd survive, but you did. Maybe it was a divorce that you went through or the loss of a loved one. Whatever the obstacle, you were able to move past it and still achieve some level of happiness or peace in your life.

Taking it to the Next Level

Now, use that point in time something psychotherapist and Holistic Health Coach Angela Marchesani calls an "anchor" to remind you that you do have what it takes to get past whatever life throws your way. This will help create a mind shift in which you feel more empowered and less a victim of life.

Another option is, no matter how bad your situation, don't forget that it could always be worse. Don't have the best health? It could always be worse; you could be bedridden and completely unable to move. Tired of being single and just want someone to share your life with? It could always be worse; you could be in an abusive relationship where you're beaten by the one you love.

Is life easy? Not in the least. There will always be challenges that test your resolve. But if you focus on changing your mindset, you're also able to change your life. For the better. It all starts with you.

**FOR EVERY MINUTE
YOU ARE ANGRY
YOU LOSE
SIXTY SECONDS
OF HAPPINESS.**

as with the butterfly, adversity is necessary to build character in people