

arlene | rosenberg **Standing Strong**



Gosh Darn It, Why Do I Keep Doing That?

For the past month I have been reading a classic book, "The Greatest Salesman in the World" by Og Mandino. Just before I left for my vacation I met a very special man, Phil Weber, who struck up a conversation with me at Barnes & Noble. Phil is the assistant coach for our very successful pro-basketball team, the Phoenix Suns. His positive attitude and stories about motivating the Sun's team members blew me away. His warmth and generosity to spend almost 45 minutes with me showed me this man was genuine. After he began quoting some of the wisdom contained in Og Mandino's book, I knew I was being told by the Universe that it was time for me to re-read the book and study the principles it contained. There are ten scrolls which contain priceless wisdom that has been handed down by philosophers for thousands of years.

The first scroll is about "forming good habits and becoming a slave to them so that you can succeed in life." After reading this scroll for almost thirty days, I feel a change in myself. It has made me think long and hard about the habits I have developed over the years that have not served me. Although I ask myself hundreds of times what makes me play out the same negative scenarios over and over knowing that I have a choice to change my behaviors, I realize that self-pity and pockets of low self-esteem still plague me. I also know that many of my clients struggle with the same behaviors. So how can I change and help my clients as well? What really is going to stop us? After studying the first scroll I know the answer lies in the willingness to do the work needed to change habits. For most of us, it is easier to stick with the old then feel the discomfort and fear involved in changing ourselves.

Mandino tells us the only way we can change our unwanted habits is by replacing them with a good habit. This is a universal principle. I know this is where affirmations can be of great help. Visualizing new behaviors while repeating affirmations over and over again (for at least thirty days) will create a good habit. It is important to remember we will be more prone to walk through our fears, if we feel we are doing something that will help us.

How many of you continue to pick the wrong boyfriend or girlfriend; spend more money than you have, accumulating debt you can't pay off; take the wrong jobs; or sabotage yourselves with unwanted habits? I would like to start a discussion on my Blog, www.leadingachievers.com, for my readers and supporters who are willing to share their "negative habits" and what holds them back and/or what helps them break their denials and form new good habits. By sharing your experiences you'll be supported by me and others who will help you move forward and succeed. The more we can share and support each other the quicker we will do the necessary work for changing our behaviors.

This article will be repeated on the Blog, www.leadingachievers.com, so you can easily refer to it. I am looking forward to hearing from you and helping you get the support to make the changes you desire in your life. Don't chicken out on me!!