**YOUR WORDS ARE AN INDICATION OF YOUR THOUGHTS.**

Your words indicate your thoughts. **A word is a thought revealed**. What you say determines your destiny as much as what you think.

Positive thinking and positive speech are like the chicken and egg analogy. On the one hand positive thinking leads to positive speech. On the other hand, positive speech leads to positive thinking.



The important thing to remember is that the power of positive speech and the power of positive thinking go together. Positive thinking is nullified by negative talk. Positive talk is nullified by negative thought. Having one without the other is like attempting to fly with a broken wing. **The two must be in harmony.**

**YOUR WORDS REINFORCE YOUR THINKING.**

Realize that your words reinforce your thinking. The converse is true – your thoughts reinforce your words. **The power of positive thinking is reinforced by positive speech.**

**Your words have power in them.** I know there are some that don’t agree with this, but there are spiritual laws at work that affect you whether you recognize them or not. What you believe does not change the truth. The law of gravity works whether you believe in it or not. The law of getting what you speak works – whether you believe in it or not.

Even if you don’t believe it, why take chances? Take the safe route. Say the right things. If you can change your thinking and talking to be in line with your dreams, then you are on your way to achieving them.

**YOUR WORDS CREATE YOUR DESTINY.**

**Your words can chart the course of your life.** The tongue is compared to the helm of a ship. Though the helm is a small part of the ship, it has the power to direct the course of the whole ship. So it is with the tongue. It is a small part of your body, but it has the power to direct your whole destiny.

When I realized the significance of this truth it challenged me. I am so careful not to let a negative thing come out of my mouth now. Sometimes that’s hard to do, especially if you associate with people that speak carelessly.

It is very tempting and easy to join in to their complaining about how “life is hard” and “money is so hard to come by” and how “it is so difficult to stay healthy these days.” That is “normal” everyday conversation to billions of people.

I choose to stay away from it. If someone says things like that and I can’t avoid them I simply don’t respond or I respond in a positive manner to counteract their negative suggestion. It is their reality, not mine.

I will say it again – **stay away from negative people. Avoid them like the plague.** They are dangerous to your dreams. I may sound like a broken record, but if you leave this talk having grasped that one thing I will be happy.

You will not develop the power of positive thinking if you are always associating with such people. **Every time you are up, they will pull you down**. It will be much harder to progress.

**POSITIVE AFFIRMATIONS.**

Positive affirmations are simply things that you say to yourself that are positive. They are deliberate and thought out words that are in harmony with your dreams and that will help you to achieve your dreams.

“Affirmations are one of the simplest and most powerful things we can do to change the quality of our lives, and to create the things we want.” *Mark Allen*

“Believing something can be done paves the way for creative solutions.” *David J. Schwartz, Ph.D.*

“From our birth to our death we are all the slaves of suggestion.” *Emile Coue*

An example would be saying to yourself “I am rich.” In so doing you are reinforcing your thinking with that thought. By repetition your mind will eventually accept that thought as truth and will bring about that state of **belief in your ability to acquire wealth that will allow you to find ways and means to get the wealth.**

Notice I did not say “you will automatically become rich.” I said it will allow you to find ways to get rich. Don’t fall into the “positive thinking with no action hype.” Only action will allow you to get to your destination. Thinking alone will not do it. Positive affirmations are one way to capitalize on the power of positive thinking.

**SPEAK WHAT YOU WANT**

“Words call forth emotions and are universally the means by which we influence. Words can give the greatest happiness or bring utter despair!” *Sigmund Freud*

The key then, is to speak only those things that you desire for yourself. Whatever is not in harmony with your dreams, do not say it. Learn to use the power of positive thinking and positive speech. This takes practice and patience. The world has taught us otherwise. It takes time to rewrite things we have taken decades to learn.

Practice every day. Before long, it will become a part of you. Once this happens, you will be amazed, like I am, at how carelessly people talk. You will be amazed, too, that sooner or later they live exactly the terrible things they speak of themselves - poverty, lack, sickness, disappointment and failure.

**You will be more amazed at the difference it will make in YOUR life.** Success, riches, health and a fulfilling life will be within your rich. You will see the results. Persist. Never give up. The power of positive thinking will help you through.

Dream and don’t hold back. Let your dreams stretch your imagination to new dimensions. YOU CAN do it all.

**THINK POSITIVELY, BELIEVE IN YOURSELF and SPEAK POSITIVELY…**