



# MONDAYS

*with Mike*

## The thought principle

In his book, *The Rhythm of Life*, Matthew Kelly, shares a short chapter on what he calls The Thought Principle. He develops the concept that human thought is creative. What we think becomes. What we allow to occupy our minds forms the reality of our lives. Thought determines action. Good or bad, everything happens in our mind before it happens in reality. The actions of our lives are determined by our last, most dominant thoughts.

Consider basketball players at the free-throw line, golfers looking over a putt, or artists looking at their canvas. Let's bring it even closer to home: each of us looking at our task lists at work, our family's next big decision, or our approach to a challenge.

Let's see if we can "paint it done" in our mind's eye, regardless of the situation in front of us. Let's channel our self-talk and extend it into positive quality action.

As Somerset Maugham shares:

*It's a funny thing about life;  
if you refuse to accept anything but the best,  
you very often get it.*

Have positively dominant thoughts this week!