



## The Year of Fruitful Thoughts

'Tis the season of resolutions and good intentions and most of us are still riding the wave of hope that every brand-new year ushers in. However, as we all know from experience, the resolutions and good intentions hardly last past the first 3 months (if you're lucky). Now why is that? There are myriad reasons and the most vital one is an unattended-to thought life. It is relatively easy to draw up a beautiful list of one's aspirations, dreams and goals. There's no shortage of inspiration for that and anyone, on a good day, can design the kind of life that dreams are made of. But often, a pattern of unproductive dominant thoughts undermines the realization of The Dream Life. The Dream Life is a collection of seamless, beautiful thoughts, but, the challenge there is that when one sits down to draw up their list of resolutions at the end of the year or at the beginning of a new one, it is often a one-time affair. However, a pattern of dominant thoughts takes a lifetime to build. And thoughts, as we all know, determine our habits, what we verbalize, how we engage with ourselves and others and are therefore the basis of our lives.

It is therefore important to attend to our thoughts on a regular basis.

We can do this by:

### **1. Acknowledging our unproductive thought patterns**

It is trite to say this but it's nonetheless true: you cannot change what you do not acknowledge. If your dominant thought patterns are unproductive and negative, it is advisable to take a moment and acknowledge that. When I did that for the first time in my life, it felt like a massive ton of bricks had been lifted off my shoulders. I felt light, hopeful and empowered because it dawned on me that I was now poised to take responsibility for my life.

### **2. Doing a complete Thoughts Audit**

A comprehensive Thoughts Audit is a follow-up activity to acknowledging that there is a problem in the first place. The Thoughts Audit takes things a concrete step further because it requires that you think very deeply and look at everything in your past for as far back as you can remember. A Thoughts Audit requires that you write things down and see them for what they are. It requires that you give things a name. It may not make for pretty reading but this unflinching look at your life will truly set you free.



Examples of areas to look at include: money & wealth; work; relationships; love; material possessions; self-perception; spirituality etc.

### **3. Training ourselves to build a pattern of productive thoughts**

Once your audit is complete, you now need to resolve to build thought patterns that support you and the attainment of The Dream Life that you deserve. For instance, you can train yourself to establish a bedtime routine where for 30 minutes or so, you read out a list of thoughts that you've created to counter the negative ones that you have entertained for most of your life. You can also train yourself to visualize, just before bedtime, The Dream Life in as much detail and feeling as you can muster. The intention here is to replace old, unhelpful patterns with new, fruitful ones. You can also train yourself to be conscious of unproductive thoughts by consistently interrupting them and not entertaining them. You can similarly keep a journal of your thoughts and check in weekly to see how you're doing and what type of thoughts seem to be dominating.

### **4. Ensuring that our thought patterns align with our stated values, goals and actions for the New Year**

I'll use an example here:

Your stated value may be financial security;

Your goal may be to increase your income/revenue by 40% in 2018;

Your action steps may include creating a new passive income stream or bringing on board 5 more clients to your roster.

Now, what thought patterns do you need to develop and consistently lean on to support this monetary value, goal and actions throughout the year? It would be helpful to think of money in abundance even if your bank balance is in overdraft mode (you can't constantly be thinking, "eish, I'm always so broke" or "why is money such a scarce commodity?")

You can create money mantras and utter them consistently. You can create a budget which reflects your new income (even if you're not quite there yet) and play around with the figures daily for 30 or so minutes and create goals for what you will do with the extra injection of cash.

Attend to your thoughts daily and ensure that what you think of dominantly is reflective of what you desire and deserve, and you will make it in life.