

# Determine Your Destiny

Change Your Life!



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## **Title: Empower Your Destiny!**

The Seeds of greatness are on the inside of you. You have the power to make them grow. Move beyond the limitations others have set for you. Refuse failure it is only an event and a place in time...it is not your life. To be a success you only have to get up one more time than you have fallen down. Life takes a lot of practice, getting it right is an adventure. Getting it wrong reveals one path you can avoid the next time that situation shows up. Use this as an opportunity for growth. Refuse to beat up on yourself with I could have, I should have scenarios and skip the “if only” ruminations. When relationships cannot be restored after a misstep, let them go without burning bridges Hindsight is often 20/20 and can be used as a strategy for the next round in life. Life is like driving a car...if you look backwards while in motion your direction loses focus and allows distortion. These distortions promote conflict and confusion. Just move on. Remember to forgive others and celebrate yourself.

## **Change Your Mind...Change Your Life**

Recent experiments have shown that we become what we put our minds on. This is an ancient concept. In the book of Proverbs it states “As a man thinks in his heart so is he.” Ancient philosophers saw the heart as the mind’s teacher. Recent science shows when people of any age exercise certain skills the brain connections grow to accommodate them. This is known as neural plasticity and can be explained by the adage neurons that fire together wire together. The neurons are like tree branches and they grow little buds called dendrites. The dendrites search for firing places and as they fire they strengthen brain connections. Mental stimulation creates food for the dendrites so they can mate and produce strong paths. Example: Brains of London taxi drivers imaged by FMRI show growth in spatial areas which are related to finding the way to new areas. In another study participants were taught to play the violin and then asked to practice using only their thoughts. At the conclusion of the study their brains were imaged and it was found that in the area of the brain used to play music growth occurred.

Sports and business psychologists tell us that practicing in the mind produces similar results to doing. Thinking matters!

Zig Ziglar coined the phrase “Life is like the movies...You produce your own show.”

## **Charting Your Course ...Foundation reminders**

The Journey is as important as the destination...the Journey you make for others is the one you create for yourself. What you give out will return to you multiplied. Aim carefully and give well. Remember people are fragile and they are important. Things are transitory and can be replaced. Relationships are a lot of work but they build foundations. Sometimes when people are building a place for themselves in life they forget those that are supporting them. Those that support you are part of your foundation. Refuse to neglect them. When you take away from the foundation

the structure is subject to stress and collapse. We see this in earthquakes when the foundation is compromised the structure brings destruction. There is a temptation to please those who do not support us. Everyone wants to be included and valued. When people withhold inclusion and you find yourself justifying your position it is time to give attention to your foundation and re-examine your contributions. What is in it for you and where is it taking your destiny. Time spent on people and positions that can reciprocate and won't is wasted time. Time spent where people cannot reciprocate is a gift to them and will ultimately help you because in life what you give out comes back multiplied. Your life consists of time, once it is spent it cannot be recovered. Go where you are celebrated.

### **Make a Plan To Get A Grip...**

Our minds learn best when information is ordered and can be chunked. This is one reason it helps to set goals as it gives your vision focus and direction. Writing something down or typing it helps to clarify the focus as this uses more areas of the brain than when you think about it without writing. Also once something is written it is easier to structure and adjust. Some people have trouble getting started. Here are some concepts that may help.

Think of all the things you would like to do in life if you had no limitations, write them down, which of these could happen in the next five years? What can you do today to bring one of them to pass. Now "Just Do It!"

Get three friends to tell you what they see as your positive qualities and what they see you accomplishing if conditions are right. This idea came from the book Brainlash by Dr. Gail Denton. Trying this out catapulted me into the area of Brain Science because three friends thought that was where I belonged when I did not know where I was going.

We learn by going from the known to the unknown. This reduces a variable we know as cognitive load. When things are taken from our minds and written down it gives them a place to rest and provides a foundation from which you can build. These are reasons setting goals and mapping out your future is important. Your vision written down can serve as a road map for your life. Write (type) your vision down

### **How can we nurture seeds of success?**

Help someone else get where they want to go

Do something today to bring your dream to pass

Remember "When the student is ready, the teacher will appear"...get ready

Champions start on time...if you are late figure out why and fix it. In my case I have been known to drag my feet when I do not want to show up...sometimes it is important to just say no..

## **Communication and Cognition (tips and tricks)**

Information is available at faster rates than ever before. Ray Kurzweil references something he calls the law of accelerating returns. This means that information is increasing to the power of rather than by simple addition or multiplication. Even with all the new information available people take in about the same information every day as they did at the turn of the century.

What kind of person do you listen to and why? To communicate effectively become that kind of person. A good book for improving relationships and making your voice heard is Non Violent Communication by Dr Marshall Rosenberg. Dr Rosenberg is an international specialist in conflict resolution. I try to apply his principles in my work with people, often when I don't, I wish I had....There is a lot of free information on his web site Center For Non-violent Communication, he also has DVDs available.

Got trouble keeping up? Are you overloaded with information? Visit <http://sparksofgenius.com> for tips and tricks to restore memory and improve mental function. Cognition can be improved by brain gyms, bio/neuro-feedback, exercise, diet, memory strategies, meditation and getting enough sleep

## **Where are we now?**

Rate yourself by attaching % to each of these categories of life family, society, career, health, personal growth. Make a circular chart...imbalance in any of these areas is like a flat tire. It takes away energy, productivity, slows down the ride and wears out the equipment. What can you do to improve the ride you take through life?

Small things make a big difference...4 hugs a day improves marriage communication. Making eye contact helps people feel valued. Catch people doing something right and express your appreciation. Exercise graciousness by doing one random act of kindness every day...even the small things add up and make a difference. Do you really know what is important to those who are close to you? How much have you helped them to realize their dreams? Often we are nice to those from whom we are trying to win approval and we set aside those who value us. There are some people who will never be pleased or impressed with you. It is good to consider when to cut your losses and move on. Go where you are celebrated rather than tolerated.

## **Motivation from the inside out**

USA today reported that happy people live 17% longer. Laughter and humor is associated with better health mental and physical, more efficient learning and better choices. Most people in the city will influence 50 people on the way to work. This can have a knock on effect. Atmosphere matters, you have the power to create atmosphere and influence destiny. Think about the power you have rather than what has been taken from you. The way you think can deliver keys to your destiny.

Some reasons why include the way neurotransmitters in our brains work. Your brain was programmed to produce happy chemicals. Drugs sex and rock n roll are a poor and temporary

substitute. More on this after November 15<sup>th</sup> ...email [drprice@spinalinjuryfoundation.org](mailto:drprice@spinalinjuryfoundation.org) for an update or for any questions you may have

### **Dress to Kill**

What you see affects what you believe about yourself. It also influences how others perceive you. Make the best of what you have. Most of the commercial world is airbrushed so look at people rather than magazines find a personal style and celebrate it. Remember that true beauty comes from the inside out but it doesn't hurt to market what you have got. Be yourself...no one else can do it better!

### **Speech that matters**

The definition for word in the Greek language comes from the same root as lego or to build. Words are blocks that build for you or against you. Your conversation is your vision speaking. To see where you are on the journey of life stop to listen to the words you are saying. Are they building or destroying the dream in your heart.

Sometimes we speak negatively when people have hurt us as when we are hurling insults it distracts us from the pain we feel. It is better to stop and hurt, feel the impact and your mind will work to bring you a solution to solve the crisis. Pretending you don't care just prolongs the agony and does not fix the problem.

People will multiply or divide you. Their motivations can be determined by the words they speak not only to you but also to others.

It takes seven positive communications to undo the effect of one negative communication. Your words are weapons for growth or destruction. Choose Growth!

### **Save Your Neck**

A project that I am involved with is called Save Your Neck. Many billions of dollars and human lives are spent needlessly because strategies for preventing serious neck and brain injuries are not publicized. The neck you save could be your own! We are looking for retailers to sponsor us and spread the word about the power of prevention. If your retail chain can help us get the word out and help others who cannot help themselves please email me with a phone number at [drprice@spinalinjuryfoundation.org](mailto:drprice@spinalinjuryfoundation.org)

Thanks again for the opportunity to share with you. It was an honor. If there is anyway that I can help any one of you now or in the future please email me. Got Questions...I will work on getting answers for you

**All The Best,**

**Dr. Amy Price**

