**The patterns of the mind, affect the patterns of one's life...**

If you think the world is against you, the world will move up to meet your expectations. If you think people dislike you, you'll act the part. If your thoughts are based on fears, doubts, worries, esteem issues, your perspective of people, (events, and life as a whole) will be distorted.

Yet consciously and unconsciously how you treat yourself, in your personal views, is how others will, in turn, see you. The enemy within is the mind, conquer that and you will know how it is to live with a clear vision and heart, always constant like the North star.

How does one do this? Well, it's all about scenarios. We play film clips in our heads of past, present, and future events, (which include people, places, things, in one's life). We may think about such things in words, feelings, or images, but when we choose to look at the past and present with "a half-empty glass" mentality, the result is a colored (negative) perspective towards those events, this perspective, in turn, will create bad "what if" scenarios for the future, that will hold us back and skew how we view things, that can be good, if we only came from a different mindset.

Again, how do we fix this? The answer is simple. It just requires a few minutes of each day and one's imagination.

Step 1: Go back into your past, each day, take 5 minutes to look at a (negative) event that happened in your life. Take the time to imagine this event in detail. Choose when thinking about this event to have a "glass half full" focus. As your thinking about the event, try to count the good blessings that came from that experience.

And yes, even the worst times, have something to give us. You may have learned a valuable lesson, you may have become wiser or more experienced, or grown closer to God. After you have counted your blessings, take time to kneel down and pray, and thank God for those blessings. Try to be as grateful as you can. This helps amp up the rewiring of the brain to view such occurrences in a favorable light. The more you practice being grateful in these mediations, the easier it will become.

Step 2: Once done, take another 5 minutes to imagine in detail, the goals, plans, interactions, you have for that week. Take the time to think about these them going right, think about yourself having the right attitude in those dealings, then thank God for what He has done and what He does in your life.

This may seem like a small thing, but when you go into life with negative expectations, you tend to not be disappointed. When you are negative, thinking things will go wrong, if you have a poor attitude, things tend to go that way.

Think of yourself as an "antenna," people can "pick up" on your body language, facial demeanor, lackluster behavior, and will tend to respond in kind.

If you daily, think with enthusiasm, detailed thoughts of success, and happiness. If you think of your activities as being done well. If you think of your work being done with the right spirit and attitude. If you dare to believe that you can embrace the future things in your life in a positive way, instead of a negative way. Well, that is when things will begin to change.

Visualization exercises are nothing new, millionaires, do it, leaders do it, basketball players do it. They think in detail about the work goals they want to perform. They envision the process, the spirit behind it, and the results being a success. These men and women are rewiring their brains to expect more and work better, (internally and externally).

We are all prophets. We foretell our future by our expectations of it. So reprogram your "computer" brain with better thoughts. Hardwire your database to expect different outcomes.

Napoléon Bonaparte once said, “He who fears being conquered is sure of defeat.” And that is true. We cannot win any victory if we fear and expect failure.

Joan of Arc said "All battles are first won or lost, in the mind" If you think you are lost, stupid, unworthy, ugly, weak, powerless, etc. guess what your life is going to meet your expectations.

If you go into battle to fight for your hopes and dreams, and deep down have your mind whispering, negative expectations and feelings, your not only fighting the external things in this life, your fighting yourself as well. Your minds must arrive at your destination before your life does.

Visualization helps to remove the bad expectations, feelings, thoughts, scenarios, and in its place, to plant positive, expectations, feelings, thoughts, scenarios. This is not an overnight process. The more time invested, (and occasions given to this work) the more we can reshape our internal world into a landscape of possibilities, instead of a place of misery and darkness.

James Allen, says from his book, "As a Man Thinketh“ that..."A man is literally what he thinks, his character being the complete sum of all his thoughts.”

I've found that...the Bible is the best place for reprogramming the mind, from this soil you can plant many a positive seed and reinforce your beliefs. The Bible is a training ground for growth.

The ancient texts through inspiration say, "As a man thinketh so is he." Proverbs 23:7. Dwell on what God says of you, of what He says you can do, on the things His Word writes that, if applied creates... change. Read His words, embrace them, let those words sink into you and into your soul.