**How Do You Believe?**

Did you ever notice that the people who never get sick seem to always say “I never get sick,” while the ones who always get sick are always to be found saying “I always get sick”?. And how about those “lucky” people? They tend to be the ones always saying how lucky they are. Think about athletes who get injured and then make a huge comeback, often winning, despite others’ disbelief and discouragement, or cancer patients who “beat the odds” because they so strongly believe that they can. How does this happen? These are real people, just like you and me, who become exceptional when they choose beliefs that serve their greater good, just like you and me.

“Hmmmm...What do I believe?”

It sounds like an easy-enough question to ask yourself, doesn’t it? You might easily answer, “I believe that I always get colds; that dogs are mean; and that it’s very easy for me to find parking spots.”

But do you believe that you always get colds and find parking spots based on the experiences you’ve had? Or do you, actually, get colds all the time, find dogs to be frightening, and effortlessly find parking spots (to your friends’ total disbelief and amazement) because you have these beliefs? In other words, ask yourself: Are my beliefs shaped by my experiences, or do I experience what I believe? Does it even matter?

Yes!!! You see, if you listen between the lines, you’ll realize that asking what you believe leads to that other all-important question: “Does how I believe have anything to do with how I experience the world?” And since it does, how you answer that question has the power to change your life. With that one answer, you can choose to either give up control over your life or take control.