

The Self-Government Principle of Proper Thinking



“For as he thinks, so he is in his heart” Proverbs 23:7 (KJV)

Underline the key concepts found in this principle.

“As a man thinks” means the processing of thoughts. Our mind is one of our greatest assets, an amazing gift that no one fully understands, but we do know two things it does: it reasons, and it imagines. Reasoning is more like calculating, which leads us to concepts, opinions or considerations, while imagination leads us to ideas or possibilities. Although they both work within our mind (processor), most of us operate more predominately in one of the two.

While some may reason well and be full of logic and common sense, they may be weak in creative possibility thinking. Others are dreamers. This is good if they are part of a team, but may be dangerous if they function as an individual, they may forget to practice common sense and sound reasoning in the now. The limitation of either one or the other could be the result of past experiences and failures or due to lack of knowledge.

Thoughts are the elements that define who you really are. The proverb “As a man thinks, so he is” means we determine our future by what we think about, not what we desire or want. What we think about today is what we will end up doing tomorrow. Thoughts always precede actions. A person is really what he thinks about, not always what he does. We will eventually do what we think. The outcome of a person or society is the product of an environment we create coming from our beliefs and philosophies. Remember this pattern:

Our thoughts will produce actions, actions will become habits, habits form our character and our character determines our destiny.

Knowing this, we should become very conscientious about what we read, what we see or hear, as well as who we associate with, for our future is at stake.

BENEFITS

1. You will enjoy a special way of living. As a human you are able to choose how you will live by the values and principles you select.
2. You will enjoy self government and self control. When you filter your thoughts you are leading yourself.
3. Your thinking will be based on sound logic while you are creating and building your life through values.

If you don't like the way you are living or the results you are getting, accept the responsibility for that. Transform your thinking by selecting good and positive media. What we have been thinking has brought us to where we are, so to get somewhere else, we must choose different input. As the saying goes “Insanity is doing the same thing over and over and expecting different results.”

Our minds are like computers and are programmed based on our choices and will produce accordingly. Know that our destiny is in our hands, because we become what we think about, we create our own culture by the values we choose and promote.

STEPS TO FOLLOW

1. Decide right to have the desire to change. Focus on your thoughts before focusing on your actions. Before every action there is

Action Plan for Proper Thinking



a thought preceding it. The source of your actions is your thought life. Controlling what you put into your mind is controlling the source.

2. Have a vision of what you want to have or to become. When you question yourself about what you want to have, focus on your destiny; say to yourself: "If I continue like this I will end up like that."
3. Develop your mind with a good selection of reading, TV programs and other media that will build you up. Select good quality friends. Above all remember to develop your children's character. Violence and aggressive behavior comes from media polluted with content aimed to create higher ratings at the expense of moral decay of our children and society.
4. Create the habit of controlling your thought life. Its influence is so powerful, that you end up doing what you think. If you think in a specific direction, you will get there. Your mind has both possibilities, to create good or evil. The mind in itself is not good or bad, it is just a processor. It is you who decides your actions according to your own reasoning and creating.

A sound mind and sound body have to be in alignment. Your thought life has to be considered and strengthened just as much as caring for and strengthening your body. Some people have of the highest importance the shape their bodies are in and have forgotten character, convictions and proper thinking. That is why we see sports figures whose lives are destroyed with drugs, alcohol or immoral issues.

You are not only able to choose your destiny; you also decide how you feed your mind. You have proper thinking if you have right actions. If you want to get new and better results to obtain what you want, you have to change the way you do things. The only way to do that is to change your thinking. Your free will determines your destiny. You are responsible to control it.

Remember... thoughts produce actions, actions become habits, habits form our character, and character determines our destiny!

REFLECT AND RESPOND

1. Are you satisfied with your life? If not, which thoughts do you believe are limiting you?
2. What can you do to change those limiting thoughts and cultivate proper thinking?
3. What do you think you should do to improve what is going into your mind and producing your thoughts?

Evaluate yourself from 1 to 10	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating										
What benefits will you obtain by raising your rating?										
What specific action can you put into practice to test the benefits of this principle?										
Check list for the daily reading of this principle	M	T	W	T	F	S	S			

Completed

Not completed