

Melting The Thinking Mind: Is your self confidence based on what you accomplished in the past?

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**By Charlie Badenhop**

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Do you ever find that your level of self confidence tends to go up and down like the stock market? Or perhaps it even goes up and down along with the stock market! Here is a story about a Japanese businessman that might give you a new perspective.

I recently heard from a friend, about a Japanese business man that has created a highly successful business with hundreds of stores throughout the country. At first I thought my friend was going to be telling me about the "how to" of business success, but instead the story took quite a different path than I was expecting. What follows is my version of an inspiring story.

The man in my story had actually failed at numerous businesses over the years. He started out with a large and successful family business, but he ran that business into the ground and eventually went bankrupt. After his bankruptcy he said, "Even though my business had failed, I did not feel like I had failed. I still had confidence in myself. I still knew that I could do something good. I didn't try to figure out all the details of what I had done right or wrong, I didn't try to understand whether I was a good business man or a bad business man. I just continued to believe in myself, and the vision that I had."

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After his bankruptcy he searched around and managed to borrow some money for a new business. In a reasonably short amount of time he ran this business into bankruptcy as well. Afterwards he said, "Even more so now, I still had confidence in myself. I had seen some flashes of brilliance, and I knew that I could do something good. Once again, I didn't try to figure out right or wrong, good or bad, I only concentrated on how I could borrow more money and start all over again."

So, he manages to borrow some more money, and starts another business, and of course this business also goes bankrupt, or I wouldn't be telling this story! After his third bankruptcy

he said "I knew I was getting closer to getting it right." What a fantastic spirit this guy has! He has huge confidence in the face of big time short term failure.

Back out on the streets he went, and this time he only managed to borrow a rather small sum of money. Not being able to start a "real" business with such a limited amount of cash, he rented a small Japanese pick-up truck. (The small ones are REALLY small. Sort of like a bonsai version of an American pick-up truck). With little money to spend he shopped around in various wholesale markets and wound up deciding to only buy things that he could sell cheaply with no seeming connection to the various products, except that they were inexpensive and of reasonable quality. He loaded his goods into the back of his tiny pick-up truck and parked illegally on a busy street where he hawked his wares to the passersby, and the launch of a new retail phenomena had begun. Over time he parleyed the success he had with his one tiny truck, into a chain of highly successful stores.

When asked to what he attributed his success, he replied "Believing in myself, and not picking apart all of my pluses and minuses." He said, "Right from the beginning I knew that I could be successful. When I failed the first time I suddenly had a lot of free time on my hands since I no longer had a business to run. I figured that I basically had two choices in regard to what to do with my time: 1. Do a lot of thinking about what went wrong and try to correct my many mistakes in the future. Or: 2. Take the time to relax and gain a new perspective on life. I of course chose the latter. From a relaxed state I was able to understand things

that I was not able to understand when I was running around trying to be successful. I knew that dissecting what I had done right and wrong would eat up a lot of time and energy, and most likely not give me the formula for success. I knew that the formula for success was already inside of me, and that my job was to find a way to allow this formula to be expressed. I didn't try to understand what to do, I tried to get myself to the point where I was already doing what I needed to do."

To me this story offers a great deal of inspiration. Continuing to believe in myself regardless of the challenges to be faced, is a gift that I have often struggled to give myself. It is wonderful to be presented with such a fine example to learn from. The faith this man has in himself can be a gift to all of us. And at the same time I can't help but chuckle when thinking what a business consultant might say about this man's method for conducting business.

This story also reminds me of an article I read in a business magazine a number of years ago. The story told of the careers of a number of highly successful business people, all of whom had "failed" at least three or four times along the way. Each person in their own words said the following "I could not be the success I am today, had it not been for all of my previous failures!"

Do you have some "failures" in your life that possess the seeds of future success? I am guessing that we all do.

About the author: Charlie Badenhop, the originator of Seishindo, a licensed instructor of Aikido, a long term practitioner of Self-relations therapy, Ericksonian Hypnosis, and the Japanese healing art of Sei Tai. Has students throughout the world. Contact Charlie at [seishin@seishindo.org](mailto:seishin@seishindo.org) and subscribe to his complimentary newsletter "Pure heart, simple mind" at <http://www.seishindo.org/newsletter.html>

## **Surviving Divorce: What To Think About To Ensure Surviving Divorce**

**By Karl Augustine**

Surviving divorce can be a valid fear if you're contemplating getting a divorce. In order to ensure surviving divorce, you should first understand that your divorce decision shouldn't be taken lightly. Ensuring that you'll be surviving divorce can be comforting and can influence your path as you consider your reasons for divorce and take the emotional plunge into actually going through with it.

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Its tough enough to think about how your immediate life will be impacted by getting a divorce let alone thinking about divorce from an aspect of "the aftermath" of divorce. You may be considering a variety of things in the short term including living arrangements, spouse's schedules, attorneys, kids, property, etc. Its tough to plan so you can really ensure that you'll be surviving divorce once its finally over with.

Surviving divorce, just like deciding to divorce, is about separating emotion from logic and making sure you think about the past, present and future. Of course, how you plan for surviving divorce, will differ from others in some respects, but there are some common themes to think about that should ensure you will be successful surviving divorce.

The most common things to think about when you want to be successful surviving divorce are self-evident and basic, but highly important:

Surviving Divorce Concept 1: Reflect on the past to make sure you can eliminate potential regret.

Make sure that you take the time to reflect on the past and remember the reasons that got you to this state of mind. One thing you absolutely must avoid is going through a divorce and regretting your decision. Evaluate, in detail, your reasons for divorce and confirm to yourself yet again that divorce is the best course of action. This will help eliminate regret...and regret can be a large factor in determining your chance of surviving divorce.

Surviving Divorce Concept 2: Admit to yourself that, no matter how your situation got to this breaking point of wanting divorce, that you had a hand in it, and plan to improve yourself.

Even if you know your present spouse is not a good fit for you, be smart enough to know that you shouldn't waste the opportunity that you have right now to improve yourself, for your own good in the future. At a time like this when emotions are running high, there tends to be a lot of soul searching going on, and that's a good thing if you want to ensure that you've got a solid chance of surviving divorce. Realize that you need to improve for you, this will only help you in the future. Remember, it takes two to tango!

Surviving Divorce Concept 3: Remember that your happiness and plan for surviving divorce should include evaluating and establishing a certain level of self-confidence.

Having self confidence is absolutely critical to surviving divorce because without it, fear usually will win out and your situation will not improve. Even if you get divorced but you don't evaluate your own level

of self confidence in the hopes of improving it, you may be in for a rough time after divorce. If you want a sure-fire way to feel good about surviving divorce, do yourself a favor and get your self-confidence in line.

If your overall confidence and desire to start over with your love life support making a change, you're off to a good start in making a smart decision about whether to divorce or not.

Surviving Divorce Concept 4: Get your finances in a row and understand that your life will change most

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likely from a monetary perspective.

This is a major portion of the surviving divorce equation, especially for women in divorce. A lot of time, women in divorce situations have to deal with finance issues and they fear going out on their own because they've had financial support previously. Still, this concept is not gender specific and can resonate with anyone because, on some level, your life will change financially as a result of divorce...that's a guarantee. In order to make sure your chance at surviving divorce is high, you need to be willing to trade potential financial loss to get a divorce. If you're willing to do this, maybe you're ready to really take the big step.

Surviving Divorce Concept 5: Understand the true value of using "projection" to ensure surviving divorce.

This is a terrific exercise to go through when you're faced with a divorce decision and want to ensure you've got a great chance of surviving divorce. "Projection" simply means looking to the future and actually imagining what your life will be like once you're divorced. And, if you're smart, you'll see multiple scenarios of what your life will become after divorce and you'll be able to pin down which factors lead to each one of those scenarios. Then, choose the scenario you'd like to actually live, and take the necessary steps needed to implement those factors. This one of the most important practices to ensure that your chances of surviving divorce are high.

Surviving divorce is a difficult thing but it can easily be accomplished if you plan, reflect, think, and execute based on your own goals and needs.

Karl Augustine Author, "A Practical Guide To Deciding Whether Or Not To Get A Divorce". \*A resource recommended by marriage counselors to their clients.

Surviving Divorce: What To Think About To Ensure Surviving Divorce  
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