



Power of Thought

Have you discovered the power of thought? This is not a psychiatry office but do not overlook this mighty force. Your mind carries your thoughts and creates the world you live in. By being positive and believing in yourself you can change the world you live in. This includes pain or discomfort and why you are here today. Believe that you are capable of improving yourself and things will get better, and they will. Understand things will not be easy but understand you will get through the obstacle. NO ifs, ands, or buts. Deimler Chiropractic will do the best we can to get you better under one condition; you must believe in yourself. This phenomenon is proven by science and our predecessors. The power of thought has been proven through quantum physics and all the great men and women that came before us. They all had one thing in common which is drive. They were driven to do better and better and better, to be the best.

1. Believe in yourself
2. Recognize what you have achieved thus far, and the progress you have made
3. Brainstorm where you want to be when.
4. Begin setting goals to achieve this task.
 - a. This includes short- and long-term goals. One day, one week, one month, 6-month, one year, 3-year, 5 year
 - i. Change and update these goals frequently as life does happen
 - ii. Post this to your desktop to keep you reminded
5. Set, GO. Begin changing your health, life, and success

- *"The Spirit of the Individual is determined by his Dominating Thought Habits." Bruce Lee*
- *"It had long come to my attention that people of accomplishment rarely set back and let things happen to them. They went out and happened to things." -Leonardo Da Vinci*
- *"Challenges are what make life interesting and overcoming them is what makes meaningful." – Joshua J. Marine*
- *"If life were predictable it would cease to be life, and be without flavor." -Eleanor Roosevelt*
- *"The whole secret of a successful life is to find out what is one's destiny to do, and then doing it." -Henry Ford*
- *"Doing the best at this moment puts you in the best place for the next moment." -Oprah Winfrey*
- *"The mind is everything. What you think you become. -Buddha*
- *"Run when you can, walk if you have to, crawl if you must; just never give up. -Dean Karnazes*
- *"Success is the sum of small efforts, repeated day in and day out. -Robert Collier*

