

'NO' Need To Worry

Here is a brief explanation of a big mistake lots of us make 'thought-wise':-

Lots of the time, when people, young or old, ask themselves thought-wise if they'll be able to do something? And the one word answer 'NO' comes to their mind, they panic over what's coming to their mind, and whilst trying to ignore the rest of the thought message/sentence get upset.

Where-as if they'd let the thought fully come out rather than it just saying 'NO' and that you can't do something, it would most probably have come out with something a lot more positive like 'NO Need TO Worry, You're Going To Do Fine'.

So whenever you're getting a thought message wait until it's FULLY come out before concluding whether it's going to be a negative or positive one.

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