



MBD^{insight} #16

The thinking that got you here today ... is not the thinking that will get you where you need to go!

Changing our thinking is not an easy task. After living through life's experiences, if we are lucky, we are able to reflect on our past, realizing how it may be holding us back. Through this reflection, we realize that the thinking that got us to where we are ... or to where we were ... is not going to take us much further in our life. If we are fortunate, we finally realize that the pain of change is going to be less than the pain of staying where we are. We begin to set personal and professional goals, commit to achieving them and we start to evaluate the thinking that is necessary to move forward. Only by changing our thinking will we change our behavior.

It is this powerful combination of changed thinking and behavior that precipitates all significant changes that we seek in life.

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