



## Thought to Guide My Actions

“If I allow this thought to guide my actions,  
will it help me create the life I want?”  
~ Russ Harris

The quote above is one of the questions that Russ Harris encourages us to ask ourselves in his book “The Confidence Gap.”

Asking the question, Harris explains, and recognizing that a thought or belief is unhelpful can sometimes make us less likely to believe it or act on it.

Thoughts fly through our heads all day long and most will disappear quickly if we let them. The key for us is to decide which of the ones we want to pay attention to and allow to shape our lives and which we want to let go.

Today, remember the question above and choose wisely. See if it helps you create the life that you want.

*Win Your Day!*  
Steve Gilbert