

## Claim Your Thoughts and Attract Results!

Have you seen all the stories about Oscar nominated, *Dreamgirl* star, Jennifer Hudson? Voted off of *American Idol* in 2004, many people say her performance was so strong that she literally stole entire scenes in the movie. As for losing the *American Idol* competition, Jennifer says: "Being eliminated showed me that God has a greater plan." She stayed on her plan, too, since she began singing at the age of seven. And now she is achieving her red-carpet dreams on Oscar night. In fact Jennifer admits: "I already feel like a winner by being a nominee." How great is that?

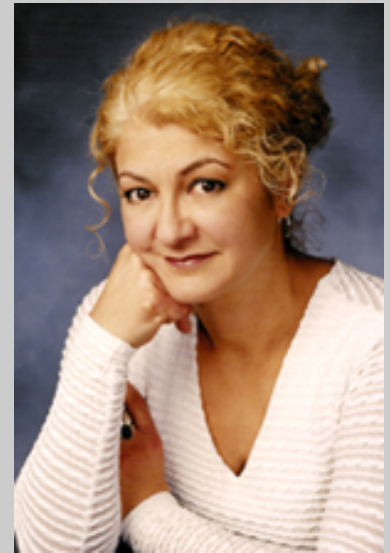
Hudson might just be a poster-child for a little movie that is getting a lot of press these days, too. It's called *The Secret*, and it's a sort of "video seminar" touting something called the "law of attraction". In February, *The Secret* really hit its stride. In addition to getting coverage in places like the *Chicago Tribune* and *The Larry King Show*, it reached that pinnacle of PR success—being featured on *Oprah*—not once, but twice this month.

The basic premise of *The Secret* "can be summed up in three simple words: 'thoughts become things,' " according to writer Mike Dooley, who appears in the film. Some dismiss the "law of attraction" as mere positive thinking. My own view is that thoughts often **DO** become things, not so much because we are thinking them and therefore our thoughts somehow become reality. On the contrary, it's because when we think certain thoughts, (especially over and over again) they influence our actions.

Jennifer Hudson *thought* her failure to reach certain goals meant that God has a greater plan. My guess is that it created different actions on her part than if her dominant *thought* was, like *American Idol's* Simon Cowell's parting words to her: "You only get one chance at it, and the people who don't win will never be seen again".

Can you recall an experience when you were so determined to do something that **NOTHING** was going to get in your way? Remember the singular focus you had? And though there were challenges, they were not going to stop you from achieving your goal?

Well imagine harnessing that power **INTENTIONALLY**. *Thinking* beyond a shadow of a doubt you can attain specific goals.



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Then you focus on **HOW** you are going to achieve results, not **IF** you are going to achieve results.

So in that sense, it's no "secret" that when we are focused on a certain result, we are **MUCH** more likely to achieve it. Watching *The Secret* might be a timely reminder for you to really claim your thoughts, increase your awareness of exactly what you **ARE** thinking, and precisely how your thoughts are affecting the results you **DO** want to create.

Yes to your success,



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