

Speaker 1:

Hey guys, Coach Bedrose wanted to share something with you that's probably going to sound a little weird. You ready for this? Only two things determine your success. Believe it or not, two things determine your success in your health and fitness, your mindset, your prosperity, and that is this. The thoughts that occupy your mind and the people that you surround yourself with. That is it. Studies show that on average, the average person has about 51,000 thoughts a day through, right? Think about that, 51,000 thoughts a day. And as it turns out, over 80% of most people's thoughts are negative. And so where do we get those negative thoughts? Well, think about this. It's the outside stimulus, whether it's social media, where you might see things, crime rates and unemployment rates and fear and doubt and uncertainty, whether it's television, media, news, media, print reports, right?

Speaker 1:

But where you get your information from matters. The information that you get is really the biggest influencer on your thoughts. And since we know that the thoughts that occupy your mind and the people that you surround yourself are biggest determining factors of success or failure, of happiness or sadness, of anxiety or excitement, then doesn't it make sense to be able to control your thoughts, to be able to silence your thoughts, to be able to really turn down the volume of all the negative input that's coming in? It absolutely does. So just remember that control the thoughts that are coming in because those thoughts really determine success or failure.

Speaker 1:

Number two, the people that you surround yourself with. Do a little life audit. About every 30 days or so, I do a life audit. And I just kind of look around the people around me, and I kind of look at it like a bullseye, right? Like a target. And the people closest to me, my wife, my kids, are they the type of people that I want around me? Yeah. I chose them. Right? I chose them, and I have influence on them. So they are, typically, your spouse and your kids might be exactly who you want around you and inspire you, motivate you and keep you optimistic. But, what if they're not? Well, maybe you can turn them onto a book or two that might help them change their perspective on life, might help them become more optimistic, more open-minded, just do a quick Google search or Amazon search on books or programs that would help someone become more optimistic, open-minded and happy, and encourage your spouse or kids to read that stuff because they have direct influence on you and your success.

Speaker 1:

And then you look at the next ring on that bullseye. The people that you might come in contact with every day, the people that you work with. Those people have an impact on your success or failure, on your sadness or happiness, on your anxiety or your excitement. Are those the type of people that belong there in your life? Well, those people, you might either be able to help level up, right? Or maybe level out of your life. You might have a choice. You can edit that relationship. You can eliminate those relationships.

Speaker 1:

And then finally, where else do you go? What other areas do you go where you're surrounded by people that might be able to influence your thoughts, actions, and mindset? And if you're always aware of your thoughts, and the people around you, who surround you, you will see that you can do a lot of filtration and editing in between filtering thoughts and editing the right and wrong people in and out of your life. Because I always say this, you are the CEO of your life. I hope you know that. You are the CEO of your

life. You're the ultimate decision maker of your life. You get to fire, you get to promote anyone you want. So, if you look at it that way, well, gosh, don't you have absolute control of your thoughts, your deeds, your actions, your happiness? Of course, you do. Your success, you absolutely do. So go on, dominate today, and if there's anything I can do to help you, please let me know. We'll see you later.