



“You must learn a new way to think before you can master a new way to be.”

Marianne Williamson
Author | Spiritual Leader
(b. 1952)

Thinking might be described as a way to view the world and our surroundings. Perhaps it is the **way** we view our life that lead to the behaviors that shape **how** we lead our lives.

Oftentimes people might commit to New Year’s resolutions in which they resolve to change behaviors or lifestyles. Eat better. Exercise more. Read frequently. Pray daily. But if behaviors come from an organic and natural place within ourselves based on how we view and approach the world, maybe it is our thinking, not our behaviors that need further reflection.

Do we think ill of ourselves? Do we get down on ourselves? Do we believe or take to heart criticism levied at us? Might we fall trap to a negative view of our own selves forgetting God resides within? Maybe a focus on realizing our God-given giftedness might invite a renewed positivity in our outward approach to life.

Do we first see that which is wrong with “the other”? Do we criticize those who look different; believe different; decide different? Whether a manager or direct report; whether a patient or community member; whether a person in authority or those rebelling against authority - how we view “the other” might lead to suspicion or trust; envy or admiration; anger or joy; hatred or love.

Is there a difference in the way people live depending on whether they think of life optimistically or more pessimistically?

Perhaps we can focus on how we think of ourselves, others, society. As our thinking of life changes, the very way we live and approach life might then follow naturally.