

# Think Big, Aim High

**By: Dr (Fr) John Parankimalil**

One thing that sets apart many successful individuals is their ability to think big and aim high. Michael Phelps, the greatest swimmer with 28 medals in Olympics alone (23 Gold, 3 Silver, 2 Bronze) allowed himself to think big and said in an interview, "If you dream as big as you can dream, anything is possible." Imagine, someone diagnosed with ADHD at the age of seven, suffered the divorce of his parents when he was nine years old was able to achieve what he achieved because he thought big and aimed high.

If you want to achieve extraordinary results you need to think extraordinary thoughts and take extraordinary steps to achieve them. The problem is that our natural environment mostly conditions us to be "realistic" or to "play it safe" by thinking small. This leads to so many people living small lives, way below their potential. In order to move beyond the mundane and press into our God-given destinies, we must recondition ourselves to think bigger and aim higher.

The way you think, not only affects your own life, but others around you - it affects your world. You have the power to change the world you live in. If you concentrate on the positive, you re-affirm that reality, in your personal life, and throughout the universe. According to Emerson, "Great men are those who see that thoughts rule the world." The question to ask is, "How do you think?" Have you ever asked yourself this question?



Do you think positively or do you think negatively. Is your world black or white? Do you live in a world of opportunity or do you live in a world where it is impossible to get ahead? So, how do you think? Mary Kay Ash said, "If you think you can, you can. And if you think you can't, you're right." In the words of Jacopo Sannazaro, "Man is only miserable so far as he thinks himself so."

It is our inner world that produces our outer expression of who we are. If we think ourselves as incompetent then we become what we think. It is important to realize this connection and to begin a healing process to see your world as a garden of possibilities instead of a den of fools.

It is the direction in which you place your attention of thought that will determine the direction of your life. By giving the world your positive thoughts you will begin to see a world of possibilities unfold before your eyes. It is only by thinking that we can change our world.

If you listen to the words of Harriet Martineau, it will do you a lot

of good, "You better live your best and act your best and think your best today, for today is the sure preparation for tomorrow and all the other tomorrows that follow."

It is our duty to begin to transcribe into our lives the qualities that will make our tomorrows into the tomorrows of our dreams. We do this by action and by actively allowing our thoughts to embrace the world of wonder. It is in this world that possibilities abound and dreams begin to take on reality.

Thinking you can is the seed of renewal. Thinking you can is the essence of possibility. Thinking you can is the way to produce a future of choice. Thinking you can is the beginning of changing your viewpoint on life and the development of a new life based upon positive intentions. "I think I can" is the real test of enduring strength. Virgil said, "They can do all because they think they can."

I think and therefore my world opens before me. I think therefore I become. I think and my world becomes my playing field. It is that simple and that complex. I encourage you to think today of all the possibilities that lay before you, think of your future of choice, think of the unbounded love that is given to you because you are alive. Think and you will become wonder. Dr Wayne W. Dyer clearly stated, "The state of your life is nothing more than a reflection of your state of mind."

William Shakespeare was absolutely right when he said in Hamlet, "There is nothing either good or bad, but thinking makes it so." "The more intensely we feel about an

idea or a goal", says Earl Nightingale, "the more assuredly the idea, buried deep in our subconscious, will direct us along the path to its fulfillment."

Dr. Ben Carson's "Gifted Hands" is an extraordinary book and a movie that tells the remarkable story taking us from his struggling childhood to his success as a renowned Paediatric Neurosurgeon. In one of his television interviews, he spoke about each letter of THINK BIG and explained it this way: T is for Talent/Time: Recognize them as gifts. H is for Hope. Hope for good things and be honest.

I is for Insight. Get insights from people and good books. N is for Nice. Be nice to all people. K is for Knowledge: Recognize it as the key to living. B is for Books: Read them actively. I is for In-depth learning skills: Develop them. G is for God. Dr. Carson said, "You can't be truly successful without 'G'"

The miracle working power of thinking big can make all the difference to a person's life. All you have to do is get hold of this wonderful, magical, transforming power, which will bind up mental and physical wounds, proclaim liberty to the fear ridden mind, and liberate you completely from the limitations of poverty, failure, misery and frustration.

I want to conclude by saying, "Don't let small thinking cut your life down to size. Dream it large and make it great." Think big, aim high and act bold! (The writer is the Executive Director, Don Bosco Institute).