



Luck has very little to do with where your **life** is!



Your life. Your contentment. What's luck got to do with it? Not much, honestly. Are you coasting through life and letting it "GO" wherever it goes? If so, are you completely happy, sitting in the back seat (or maybe even the trunk!), never knowing where you're going or when the next stop is? Wouldn't you rather be driving? Wouldn't you feel a little more in control, if you were driving? *And if you're not driving, who is?* It's kind of a scary, stressful mode to be in, if you ask me.

You see, you really ARE driving, but chances are, you are throwing so many destinations at your GPS at once, that it doesn't know where to go. Your most prominent and consistent thoughts, no matter what they are, give your life directions. **Good or bad**, directly related to you, or about something or someone else, **THEY'RE ALL DIRECTIONS.** Your life decides what to do and where to go, based on the things you think about and believe in the most, but will also stop at rest areas, here and there, based on the rest of your random thoughts!

The MAIN SUBJECT of what you think about the most BECOMES YOUR LIFE. I'll stress the main subject again as helping words, like "I don't want..." are ignored. For instance, if you think, "I don't want to be late," LATE is the main subject and so, you will likely be late. Instead, think, "I will arrive early," to keep the positive, desired thought in your head, instead of what you don't want.

Changing the way you think, and changing what you think about **WILL CHANGE YOUR LIFE.** Everyone is born with the power of free will and this is what controls your life. My first book, **RISE ABOVE THE SH**!** **Down-to-earth thinking from Wisconsin**, is a product of some of my life-long dreams, that evolved once I started retraining my brain to focus more on what I want in my life.

Here's another way of looking at it. Each day, when you wake up, you can plan out "your trip" for the day by just taking one simple minute to think about all the perfect things that could occur today and how you and everyone around you would feel, enjoying the perfect moments of your perfect day. **NEVER** think of the detours or traffic jams, or the negative things, that could occur. Only think about and talk about the perfect route for the day. **Know and believe that day is already yours** and just see what a difference it makes! That's **ROUTE A** for your day, and if you need help retraining yourself (like I do) to focus on this, I've loaded up ideas on what works for me in **RISE ABOVE** book.

Unfortunately, most of us don't choose Route A everyday; sadly, most of us choose Route B, most of the time! **ROUTE B** is when you have all of your thoughts—good or bad—just parked in a big and congested parking lot (your brain). When you wake up and start moving without providing a route for the day, your GPS has to randomly start drawing from any and all of the various thoughts, scattered around in your parking lot. How does it know what to select? Most likely, it'll gravitate towards the main topics of what you are thinking about or worrying about the most, and try to take you to that destination. Distractions or a change in your thoughts causes the GPS to re-route, either temporarily or permanently, and there's no limit to how many times this can occur in a day. If you exhaust yourself with stress, worry, or any consistent, negative topics, your GPS will drive you right into potholes, rough roads, detours, road blocks, and possibly even a crash! It's not the GPS' fault...it's the driver's fault!

So you see, IT'S NOT LUCK that decides where your life goes and how content or fulfilled you are. IT's YOU THAT DECIDES. So how do you want your life to be? Do you want to travel through life on Route A or on Route B?

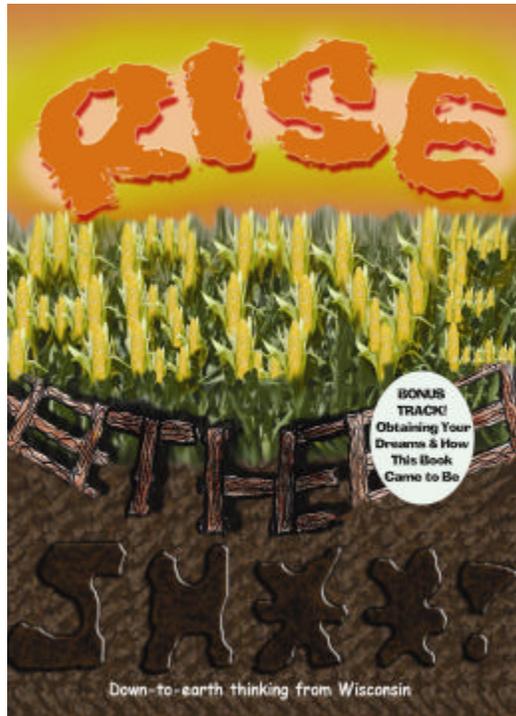
Remind yourself of a few critical things, each day, before you decide . . .

1. Route A = Awesome Ride / Route B = Bumpy Ride
2. The world is affected by your presence on ANY “road.” There are even some that require your guidance to find their Route A.
3. Anyone near you is forced to ride along with you.
4. You will find more of the real you along Route A.
5. There are no do-overs in life.

Irish Blessings for life-long travels along Route A!

~Mary Anne

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