



**SAFE HARBOR
COUNSELING**

**Dr. Beth
Speaks**



12-Nov-18

WSPY, Your Life Matters, The Power of Your Thoughts

- Mike Williams And it's time once again for *Your Life Matters* with **Clinical Social Worker Dr. Beth Placketka** from **Safe Harbor Counseling** and **Dr. Beth Speaks**.
- Mike Williams Dr. Placketka, thanks again for joining us. How are you?
- Dr. Beth Placketka I'm so glad to be here Mike. So good to see you.
- Mike Williams Good to see you again as our topic for today, The Power of Our Thoughts. It may kind of piggy backs a little bit off of our previous show. Always nice we can kind get into our minds and can see what's going on in there. So what can you tell us about today's topic?
- Dr. Beth Placketka I think we underestimate how powerfully our thoughts impact the outcome of our lives. This thought came when on a listener wrote in and said, "Why don't things work out for me?" And you know that was kind a general question, so I played around with it a little bit and there's so many aspects of our lives that we don't have control over that do contribute to the outcome of things. Somethings we just can't weather, finances. We just can't always make it work, but there are some things that we can control and that's the way we think about what happens. There was a poem that has been attributed to so many people, but it was made popular in a movie that is about Margaret Thatcher, and I am just going to say it to you really quickly.
- It's called, ***Be Careful***
- It says, "Be careful your thoughts, they become your words. Be careful of your words, they become your actions. Be careful of your actions, they become your habits. Be careful your habits, that becomes your character. Be careful of your character because that is your destiny."
- Dr. Beth Placketka I think it's really important to remember the ultimate goal is not the little stuff in between. Not did I get the job or is the grass cut, but it's important to remember that it is our character that we're working on with our thoughts. How we approach a situation. So when people are saying that things don't work out, we start with our thoughts.

Mike Williams And you touched on it in the beginning part of what you said there, about how I think a lot of us are guilty of this many times, over thinking about things we don't have control over. And it's those people that can kind of push that aside and say, "Hey, I can't control this so I'm not going to spend time worrying about it or stressing over it. Those people seem to be a lot freer and clearer and happier. A lot of us tend to kind of lean on things too often that are out of our control, and it can really cause some problems.

Dr. Beth Placketka It does because what it really does is lead to some missed opportunities because we don't see them. If things aren't working out for us, we want to do a little self- reflection. What are our thoughts? Do we give up? Do we say, I can never make it? Because, typically when we think of something we ask somebody about it, and we get encouraged or we get new information. So we need to be encouraging ourselves. We need to say to ourselves, this is an interesting opportunity if something comes up, how will I problem solve? How do I make the changes needed if it doesn't work out the first time the way I think? We have to say to ourselves let's just see what happens. The way we think about it, definitely the impacts the outcome. So sometimes if we say that an idea won't work it doesn't ever work because the process doesn't start. We're the ones who put a stop in it. There's no chance for us to get to talk to other people, to try things out, and here's the character thing, to learn how to persevere. We just start thinking of ourselves as failures. When we say to ourselves, let's see or this could be interesting, somebody else did it, I want to try it. We give ourselves permission to talk about our ideas, see what information other people have, take action, try things out, problem solve, again another character. We become a person that takes risks. We persevere. We have habits and behaviors that improve and enhance our lives.

Mike Williams So much of this is built around the attitude you have going in. If you can go in thinking positively you can see the maybe the goal, the end of the line. If you go in thinking negatively, you are just hindering yourself and your ability to try get through whatever it is your thinking of.

Dr. Beth Placketka Exactly! If we think we are going to fail, we will fail because we don't try. We make sure we succeed at failing. If we think we are going to succeed, we will. We might not get our outcome but we're going to get something. We will develop our character and good healthy habits which affects our destiny because your life matters.

Mike Williams Indeed it does! And again we have run out of time for today. Thank you Dr. Beth, we look forward to talking with you next week.

Dr. Beth Placketka I look forward to it too. Thank you.

Mike Williams

It is the show you hear every week at this time, ***Your Life Matters*** with **Clinical Social Worker, Dr. Beth Plachetka** from **Safe Harbor Counseling** and **Dr. Beth Speaks** and listeners go ahead and submit your questions at: safeharboril.com and maybe you'll have your question answered or addressed on an upcoming program of ***Your Life Matters***.

