



Command

The power of your thoughts is incredible! Garret Kramer, a sport psychologist, once wrote "Nothing or nobody can make you feel something you don't think. Your thinking, and only your thinking, creates your feelings." In times of stress, it is easy to let the talk and actions of others steer your emotions. Get command of your thinking, there is always an optimistic way to view a situation.

Choose it! Getting command of your thinking hands complete control of your emotions. Controlling your emotions changes your behavior. Before you know it, you are back to being the captain of your own ship on a much calmer sea.

- Chaise Camp