**Article No. 1**

**Word Count: 623**

**Belief Is Your Key to Success**

If you're reading this, you're looking for a way out of the mediocrity or flat out failure you are experiencing in your life. It's okay to admit it. There's no shame in trying to find a solution. What is shameful is to hide the problem and pretend that everything is okay?

Now we're on the same page, I need you to pay attention to the chair you are sitting on as you read this article. It seems sturdy. Obviously, it's able to hold your weight. It's doing its job just fine but did you know right before you sat down to read this article, you had to make a quick snap decision.

In fact, it went by so quickly that you probably were not even aware of it. Still, you need to make that decision. What am I talking about? I'm talking about your assessment of the fitness of the chair. That's a big deal because if you sat on the chair without thinking and without even considering whether it's sturdy enough to hold your weight or whether it's positioned right, you probably will fall flat on your butt.

You might even hurt yourself. Belief is the reason you quickly went through the emotion of sitting before you can read this article. You believe the chair would hold your weight. You believe it's in good enough shape to take care of you and prevent harm from happening to you.

I'll walk you through this exercise to bring home the point that belief is crucial to your daily existence. You do it all the time. You operate out of belief. You live in belief. Belief is the glue that ties your life together. It informs your decisions that make your life possible.

If you can believe this chair can hold you up why do you continue to believe in things that hold you down? If you're struggling in any shape or form it's because you believed in the wrong things. I know it hurts; I know it stinks.

Nobody wants to hear this because it leads to the ultimate conclusion we all need to wake up. We are the authors of our life. We make that call. We make that decision and nothing stings more than coming face to face with the reality you made bad choices.

If you're struggling in your relationships, at your job, with your health, how much you weigh, and what you look like, it's because you made the wrong call. Nobody likes to be wrong. But the good news is that you don't have to rely on your feelings.

You don't have to remain trapped or at least you feel trapped. Instead, you can tap into the power of belief so you can make better decisions. You understand that the world doesn't care about your feelings. It really doesn't give a hoot about what your emotional state is.

Do you know what it pays attention to? It is your actions. Get your belief house in order and you will make better decisions. This means taking better action which puts your life in a better position.

Belief impacts your expectations and assumptions. Start there. What do you assume to be true about you? It is your life, your place in the world, and your capabilities. What do you expect out of life? This is a belief too.

The good news here is that just as you can accept certain beliefs. You can drop them like a hot potato. Seriously, belief affects how you roll with the blows; it affects your coping mechanisms. Understand how belief works and understand that belief is a choice. Choose better beliefs and you get better results. It's that simple.