

BE THE CEO OF YOUR LIFE

*Judy Rosenblum, Ph.D.,
Self-Enhancement Strategies:
Management Consulting*

My journey from the consulting room, as a psychologist, to the corporate boardroom as a management consultant gives me the scientific foundations of how people change. These practical techniques can help you to improve in your work and personally.

To reach your goal you must become the CEO of your life. Learn to manage your thoughts so that you can recognize effective thoughts and try to immunize yourself against non-effective ones. This produces a style of self-managing creating a constructive and productive life.

Think of your mind as a 24/7 manufacturing corporation. Its products are ideas and visions. You are in charge to make certain that these are top quality products. You choose the right products to keep effective thoughts. And you discard the inferior products: negative thoughts.

Negative thoughts are filled with self-doubt, resulting in useless worrying that makes you believe you are not capable nor can be successful. This is self-sabotage: it slows you down and hinders you from success and happiness. Effective thoughts give you power and help you to reach your goals. They help you become more productive and satisfied in your personal life and at work. By discovering your own power thoughts you'll be the CEO of your life.