



Ray Edwards Show, Episode 565

The Number One Reason You Fail and How to Fix It

Announcer 00:00

Ray Edwards Show, Episode 565- The Number One Reason You Fail and How to Fix It. The Ray Edwards show. This is the podcast for prosperity with purpose.

Ray Edwards 00:17

Well, hello there. Thank you for joining me for this edifying discussion of the number one reason you fail, and how to fix it. Now chances are, if you are listening to me right now, then you are an achiever, or you have achiever tendencies, and most people would consider you a success. And yet, for most of us who fit that description, I'm just going to speak for myself now, but I'm guessing that you and I are probably a lot alike in that there are certain areas where we keep tripping up. I have had certain patterns of behavior, all my life. And in certain times these things show up. One of those patterns has been I see now, I was often filling an emotional need with food. And there's lots of reasons that that was so, chief among them being that the people who provided me the most love without judgment, as a child, were also people who, when they wanted me to feel loved, gave me food. My grandmother comes to mind, she always seemed to know how to solve the problem I was having, whatever it was, and that usually involved some apple pie, or ice cream, or something fried, salty, with lots of butter and fat, and just all gosh, I'm salivating right now. So I had to learn not to fill my emotional needs by eating. And when I began to learn that I lost over 65 pounds of extra body fat, and begin to get healthier. It's still a pattern that comes up from time to time. And so if you have something in your life that you just don't seem to be able to master, you keep failing repeatedly. And you wonder why this may give you a clue, I believe that it comes down to the number one reason we fail in a repetitive pattern. So let's define that, first of all, the patterns of this kind of failure that I'm talking about. I'm not talking about you try something and it doesn't work, the way you planned. That's not failure. That's an experiment. To me what failure is, is a problem that keeps coming up in a pattern that is predictable. So if I go talk to my spouse, and I say, "Gosh, Lynn, I'm going to work on getting a lot more organized in my stuff here in the house. I'm not going to have so many piles of random stuff all around", she's going to think to herself, probably I'm just guessing, I'm doing a little mind reading. Probably gonna think, Hmm, I'm not sure that's gonna happen. I don't think it's gonna happen, Ray? She might not say it out loud, well, she probably would. But it's predictable. She would say, Well, this is a predictable thing, you get devoted to this idea that you're going to

finally clean up all your little clutter piles. And you're going to do that. And I, I feel like having been married to you, Ray, for 37 years, you're probably not going to do that. And she would be correct. So number one, it's predictable. Not only you, but somebody who knows you really well would predict this is how this is going to end. Number two, it's personal. So what I mean by this is, it's tied to you and your behavior, it's within your control. So like, in the case of eating, what I put in my mouth, is in my control. In the case of my little piles of clutter that I have everywhere, mostly books and papers, that's within my control. I can or cannot put those things where they belong. And so often I don't. And then number three, it's persistent, meaning it happens over a long period of time over and over again. So the piles of clutter thing is, that's an issue in my life. And that kind of stuff bugs me. I mean, when, when there's something that's predictable within my control, and persistent over time, I guess why it bugs me is I realized there must be a solution I could manage to employ. What is the problem? And I've come to believe after having read many books, and many, many seminars and overcome some of these things in my life. So the eating problem, I have largely overcome it. And I've certainly proven that I can adhere to a more rational plan for how to nourish my body and how to nourish my soul, then eating lots of apple pie, having taken off that weight and kept it off for a good long time. Now, occasionally, those patterns do come up when I get super stressed, I have a lot of things going on. And maybe I'm having health problems and it seems like everything piles up at the same time, doesn't it? There comes a point where my answer is going to be Häagen-Dazs. So in those times I've given myself grace to realize, okay, maybe if I shoot for being 90% effective at this, then that's good enough. It doesn't have to be 100%. And that's something that I introduced, it's actually a new idea for me. I introduced it into my goals back before the first of the year when I was setting goals for this year, I put in this parameter for many of my goals that are habit goals, that as long as I adhere to this 90% of the time, that will be a success. So what's the common thread though? What causes these kinds of failures? If you're looking at your life, and you're thinking about something that came up for you, when you saw the title of this podcast, which the title is, let me remind you, again, was The Number One Reason You Fail, and How to Fix It, you probably had something come up as the thing you're thinking about that you keep failing at. Maybe it's hitting a target income level, maybe it's hitting that level consistently, maybe it's an eating thing, maybe it's an exercise thing, maybe some kind of discipline about how you interact with other people. You know what I'm talking about whatever it is, when you saw that, you probably were hoping I would just have a simple answer. And the fact is, I do, although you may not like it.

Ray Edwards 06:03

I think it comes down to your thoughts. How you're thinking. Now, hold on, don't, don't please don't press the skip button just yet. Because hear me out. This is not magic that I'm talking about. It's not sorcery, it's not the secret or the law of attraction or any of those things. It is if you think it through, you think thoughts, some of them repeatedly, and they help stir up emotion and feeling. And sometimes it's unclear whether the feeling came first or the emotion or the thought came first. But let's just for now, let's pretend that this is correct. You thought a thought that led to a feeling that then led you to actions. So thought, feeling actions, and that determines results. And probably you have these behavioral patterns, these habituated emotions that you've developed over time, that when certain things occur in your life, when stress levels rise to a certain amount, when the number of requests being made of you add up to a certain feeling of weight, when you are perhaps not well rested, or well exercised or well fed and you become weaker, then you will give in to these long-ago established patterns. And you get into a mental

state that changes your emotional state. And now you are off doing the thing you don't want to do. As the Apostle Paul wrote, "What a wretched man, am I. The thing that I want to do, I don't. And the thing that I hate is the thing that I do." Can any of us relate to sometimes having those feelings? Mental state determines actions taken and actions taken Determine results. I think that's the answer to the number one reason we fail. And so what's the way out of that? Well, I think it starts with taking control of your mental state. And this may not sound like news to you, but I'm going to suggest you try something for the next week or so as an experiment and see if it works for you. It could be this simple. What if just every morning, before you opened up the floodgates from your email account, and from Instagram, and Tiktok, and wherever else you received digital input from people all over the globe 24/7. What if when you woke up in the morning, you didn't turn on any of those external stimuli, you just took a quiet few moments to sit down and write out what's in your head. Now for me, when I wake up in the morning, I normally I'll sit quietly on the side of the bed and think about whatever comes to mind about today. And then I'll eventually get up and go grab my journal or my iPad, and just take down what thoughts are coming through my head. So they might be things like this, oh, I've got this great meeting was a potential client today and I'm excited about that. I'm going to work on the new chapter in a new book. That's interesting. I think I have an idea about what to do with that, oh, I've got this dispute going on with this company about this thing. Or I've got this problem that has developed in my body or as I begin thinking about my problems and just confessing this, this problems come up in my mind. Sometimes problems that even haven't even happened yet. I'm sure that's only me. There's nobody else who spends time worrying about and getting their stomach churning over problems that have not happened. I just take all this stuff as it comes to my mind and I write it down. Especially if it's an ugly thought. Like, I have to talk to this person today. And I hate this person. Now, I don't hate anybody. But sometimes I feel as though I do. Again, it's probably just me. So I will write that down. And I recognize immediately No, I don't really hate the person. That feeling in my way of seeing it seems more likely that something about that relationship is causing me fear and anxiety and so my response to defend myself as to be angry with them, which can sometimes, if amplified enough, feel like hatred. Which is a good protection against listening to somebody and figuring out a solution to whatever conflict you may have. Because hatred means I can maintain my position of being right without having to be vulnerable and admit I'm, I might need to change my thinking on this. I might need to repent. So I write down all the thoughts that I'm having, however ugly they may be, because nobody's ever going to read those thoughts except me. And then I decide which ones I want to have and which ones I don't. And the ones I don't want to have I cross them out. And I write in the thought I want to be having about that situation. So if there's someone that I feel I'm in conflict with, and maybe I feel that way, because I am in conflict with them, because maybe they are upset with me, usually, this is what happens. Somebody's upset with me, then I get upset with them. Does this sound familiar at all? So then I'm gonna across out the ugly side, I have and I'll write in, I'm going to approach this person with love, and with a heart to listen to what they're experiencing. If you'll go through this exercise each day, as I know, as silly and as fluffy as it may sound, this has been the number one tool for me to overcome repeated patterns of failure in any given area of my life. And I'm not claiming by any stretch of the imagination to have this perfectly figured out that my life goes perfectly the way I want it to. Because it doesn't. What I do know is that if my mental state determines the actions I take, then I have to think back to what controls my mental state. And my mental state I include not only what I'm thinking, but what I'm feeling. So I know that if I'm repeating sentences in my head to myself, like I'm angry with this person, I don't like this person, or I'm worried about this potential issue that's coming

up. If I'm continuously cycling thoughts like that through my head, that takes my emotional energy down to a lower level, which means I'm less likely to take the actions that will help me overcome the thing that I want to succeed at instead of failing at that thing. So this tool alone, just writing down my thoughts in the morning, and deciding which ones I want to keep, and which ones I want to get rid of, has helped me more than any other earthly tool I've ever discovered or used. Now, that's a big statement for me to make, but it's true. I'm wondering if you'll try it out this week, and let me know what you find out. I would be fascinated to hear that. Until next time, may God bless you and your business. May He grant peace to you and your family. And remember as always, I love you very much and not in a weird way.

Announcer 12:51

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