



# YOU BECOME WHAT YOU THINK ABOUT

Daily Lift #151

Rabbi Zelig Pliskin,  
“Conversations With Yourself”, P.23  
<http://www.aish.com/sp/dl/46119792.html>

**O**ne of the most important and valuable concepts about our mind and thoughts is that you become what you think about.

This idea has the potential to be highly empowering. It means that by gaining greater mastery over your thoughts, you gain greater mastery over your life. It means that by mastering your thoughts, you will be able to make and reach important goals.

- When you consistently think about being happy and joyful in your life, you will become happier and more joyful.
  - When you consistently think about being kinder and more compassionate, you will become kinder and more compassionate.
  - When you consistently think about being more confident and courageous, you will become more confident and courageous.
  - When you consistently think about being calm and serene, you will become calmer and more serene.
  - When you consistently think about being more patient and persistent, you will become more patient and persistent.
  - When you consistently think about your most important goals in life and what you need to do to reach them, you will find yourself accomplishing and achieving more.
  - When you consistently think about being more elevated and spiritual, you will become that way.
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