



## *“What you grow in your mind, becomes your life”*

A friend who had been away from home for several weeks was complaining about how much the weeds had grown in his absence.

And worse, before he could attend to this, he had to take another unscheduled trip, which left no competition between him and the rambling mini forest (okay – a wee exaggeration!) on his return.

Being psychologically minded, this left me reflecting on our mind and the weeds we let grow, sometimes unwittingly, which take over our thinking.

You see – our negative thoughts can be like the unwanted weeds that my friend was complaining about. Left unattended, these negative thoughts can grow wild and soon shape the vista – not only our current but future reality.

Who needs that!

How quickly can you identify when your thoughts, feelings, behavior and sensations start to foster unchecked weed growth?

What if, every now and then, we paused and checked in as to how the garden of our mind was flourishing or not?

Your mind is a garden,  
Your thoughts are the seeds,  
You can grow flowers or  
You can grow weeds.  
- Author unknown

What practices can you use to deliberately plant the good seeds, prune the weeds and create the garden you really desire?

Jasbindar Singh is a business psychologist and leadership coach. [www.jasbindarsingh.com](http://www.jasbindarsingh.com)