

Supply Chain Mavens

invites you to

**THINK NAKED**



Supply  
Chain  
Mavens

# Let's Start with 5 ½

## Quick Steps to

### Think **NAKED!**

---

1

**Recognize the high price you are paying for negative and toxic thoughts.** Research continues to prove that we pay an enormous price for stress-inducing negative thoughts. There have been hundreds of studies conducted showing that stress contributes to a significant percent of major illnesses.

### The Cost of Stress

According to Healthy People 2000, a report from the U.S. Department of Health and Human Services cited these statistics:

- 70-80% of all visits to the doctor are for stress-related and stress-induced illness.
- Stress contributes to 50% of all illness in the United States.
- The cost of job stress in the U.S. is estimated at \$200 billion annually, including costs of absenteeism, lost productivity, and insurance claims.

# Understand where Negative Thoughts Come From

---

2

In his fascinating book, *Virus of the Mind*, Richard Brodie tells us that toxic thoughts are contagious. These negative thoughts, or mind viruses as he calls them, are spread from one mind to another through the spoken word. Think about the negative and limiting beliefs you hold to be true.

Once these thoughts are played back to us from our own minds and in our own voices, we never even consider that these thoughts could be downright lies!!

We pick these thoughts up from the time we were young, from our parents, teachers, and other adults who mean well, but instill limiting beliefs in us. We pick up other negative beliefs from classmates, siblings, coworkers, from angry confrontations.

“I’m not smart enough”  
“talented enough”  
“I’m too old”  
“too young”  
“too fat”  
“too thin” etc.

Sound Familiar?

“You’re a loser”  
“You’re sloppy”  
“You never do anything right”

And then there’s the media: “real estate values are on the decline,” “unemployment continues to rise,” “is the food you’re eating making you sick?” We take all this in, and we conclude that these negative and limiting beliefs must be true because we were told so by reliable sources.

# Write Down Your Negative Thoughts and Throw Them Away!

# 3

Keep going until you've stripped them all off!

In my workshops, we make a great game of this, and we call it the Skinny-Dipping Exercise. Now you may be thinking that this sounds like fun, but what happens when they come right back? Well, first you need to recognize that it is more than likely that they will come back.

Research shows that we think 30 to 60 thousand thoughts per day and that 80% are negative. You've built up these negative beliefs over a lifetime, you won't rid yourself of them overnight, so it's important to be gentle with yourself and not give yourself something else to feel guilty about. Keep writing them down and throwing them off.

Think of it as mental hygiene. You practice personal hygiene, like bathing and brushing your teeth every day, don't you?

Isn't it time to add mental hygiene to the daily to do list?

# Challenge Your Thoughts

---

4

Take some time to unpack the negative thoughts that are causing you the most pain or are holding you back from accomplishing your dreams.

Examine these thoughts one by one and ask yourself if the thought is even true. Can you really be certain that it is true? If you're not absolutely sure, then the chances are that the thought could be true or not true.

**Next ask yourself if the turnaround thought could be true.** For instance, "I'm not smart enough" becomes "I know enough to get started on my project, and I can learn anything else I need to know". Now ask yourself which thought moves you toward your goal and which thought holds you back.

If either thought is likely to be true, why not think the thought that is going to help you reach your goal?

# Replace the Negative Thoughts with Positive Thoughts

---

5

Start building a library of motivational materials and biographies of successful people.

Study their methods, because as my mentor Jack Canfield, likes to say, “success leaves clues”. You’ll find that super successful individuals like **Walt Disney, Napoleon Hill, Wayne Dyer, Jack Canfield, Dale Carnegie and Zig Ziglar** all overcame obstacles in their personal lives and still managed to achieve their dreams.

They did it with no more talent, luck or opportunity than anyone else. They did it by replacing their negative and limiting beliefs with powerful and positive thoughts. This allowed them to take advantage of their talents, and to seize opportunities so that they could achieve their dreams.

**You can too, if you think you can!**

# Practice Gratitude

---

5<sup>1/2</sup>

Build a mental catalogue of positive thoughts through gratitude.

Start a journal and each day write down **5** things you have to be grateful for.

Make a master list of **100** things for which you're grateful and refer to it frequently, it is an instant mood lifter, and it will help you keep your mind filled with positive thoughts and ideas.

What are you grateful for?

# Debunking the Biggest and Most Lethal Lies

---

## "I Can't"

Did you know that this thought weakens your body? If we were sitting together right now, I could demonstrate with muscle testing how this thought would weaken the strength in your shoulder and arm. And yet we use this phrase so casually and accept it as gospel. In fact, I've discovered that this phrase is really nothing more than an excuse I give myself not to try something I want to try. When I think it or say it, I give evidence to its falsehood.

Look at how frequently we use it "I can't spell, sing, find a better job, etc. When we say "I can't" it usually means we don't know how, or we choose not to do something. Try turning your "I can't" statement into an "I won't" statement and feel the shift in power you will feel once you turn that small phrase around.

"If you think you can do a thing or think you can't do a thing, you're right." --Henry Ford



# Debunking the Biggest and Most Lethal Lies

---

"I'm Not"

Have you tried to convince yourself that super successful people are that way because they have more talent, money, lucky breaks, or more powerful friends than you? Well, it isn't true! The super successful achieve more because they don't waste their time worrying about the things they don't have, they focus on using the talent, abilities, and other resources that they do have.

"I'm not the greatest; I'm the double greatest. Not only do I knock 'em out, I pick the round."

--Muhammad Ali

# Debunking the Biggest and Most Lethal Lies

---

## "I'll Never"

Examples of this deadly dogma are "I'll never get rich working here" "I'll never convince my spouse to support me in this" or "I'll never be able to speak in front of a group". Unless you can see into the future, you can't absolutely know that any of these are true, but you can sabotage your chances of succeeding and you can make yourself miserable in the process. Challenge this thought and ask yourself if the thought is moving you towards your goal or way from it. Pick the thought that moves you in the direction you want to go.

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."

--Dale Carnegie

# Debunking the Biggest and Most Lethal Lies

---

"No One Wants To..."

"No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit."  
--Helen Keller

Oh yes, you know how this one goes: "No one wants to help me", "buy from me", "promote or hire me" Unless you've asked every single person in the world, multiple times and in multiple ways, you can't possibly know this is true, so why bother holding onto the thought? Throw this thought away. Then go out and ask another, and another, and another, until you find that person who will help, hire or buy from you.

# Debunking the Biggest and Most Lethal Lies

---

"It's  
Impossible"

The difficult we do immediately. The impossible takes a little longer.

--Motto of the U.S. Army Corps of Engineers during World War II.

We really can't know for sure whether something is possible, can we?

**Christopher Columbus, Roger Bannister, and Mother Teresa** are just a few of the successful folks who refused to believe that their dream was impossible. Tell yourself you can, and you're halfway to achieving your goal. Ask for help, from others and from above, and you're closer than you think.

You can do it if you just believe!

# Debunking the Biggest and Most Lethal Lies

---

"It's Too  
Late"

This limiting thought is just an excuse to stop trying. If there is air coming into and out of your lungs, if you can still read these words, you are in this world for a purpose. And that purpose isn't to just take up space. You still have something to be, to achieve or acquire.

**Grandma Moses** didn't even begin to paint until she was in her seventies. She lived to be 101! She is known for having successfully begun a career at an advanced age. She didn't accomplish that by buying into the "it's too late" club. **Mother Teresa** was still changing lives at eighty-seven years old. Even now, she continues to leave a legacy and inspire others to act. **Bob Hope's** career spanned nearly eighty years. He brought joy and laughter to millions through his movies, TV shows and books. He never considered himself too old. None of these iconic personalities considered themselves too old to achieve their dreams. Why should you?

"It's never too late to be what you might have been."  
-- George Elliot

# The Very Best Habits of NAKED! Thinkers

---

They visualize.

They are not afraid to fail.

They refuse to give up.

They ask for help.

They don't stay stuck.

They believe in themselves.

Now that you know how to  
Think Naked!

Isn't it time for you to start  
practicing what you've learned?

# About Supply Chain Mavens

---

We Provide Customized Training Solutions  
for Your Supply Chain

Supply Chain Mavens offers certification programs  
for CPIM, CSCP, CLTD, SCOR-P and DDPP.

Supply Chain Mavens Inc. also trains with small,  
medium and Fortune 500 size companies to  
provide an understanding of Industry Best  
Practices and to guide your team through the  
implementation process.

Earn your ASCM Certification in  
one of our public classes.

Or get in touch to discuss a class  
customized for your team.