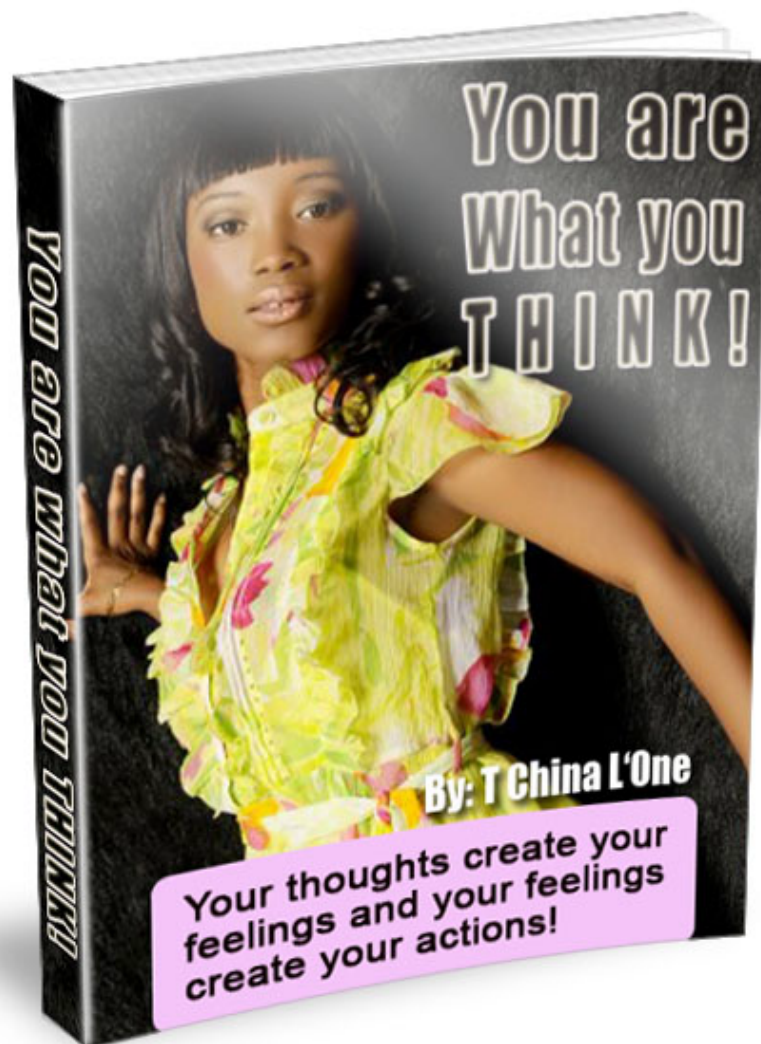


# You are what you THINK!

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## **Content**

### **Introduction**

**Chapter one** - *Going to school*

**Chapter Two** - *The benefit of thinking positive*

**Chapter Three** - *I have a millionaire mind.*

**Chapter Four** - *I don't work for money, money works for me.*

**Chapter Five** - *I play the money game to win.*

**Chapter Six** - *What to look forward to from "You are what you think"*

*Clothing Brand.*

### **Conclusion**

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## **INTRODUCTION**

*I decided to write this mini e-book to accompany the launch of a new range of clothing with the brand name "You are what you think." The brand will display and demonstrate the concept of self-belief; that one can aspire to reach ones dreams, even where those dreams seem far away. My primary aim is to give people the tools and motivation to pursue their hopes and dreams. I hope my words will help people remind themselves about their goals, their dreams and provide advice on how to achieve them.*

*"For a dream to become reality, make it real enough to believe in."  
(Peter Jones)*

*Some motivational leaders and philosophers, like Peter Jones, believe that if you can visualise something, then that something, however far off, can be attained. The more practical the dream, the more chance that dream can be realised.*

*The more I thought about the Clothing brand and its brand name "You are what you think," the more I realised that people might be attracted to that title yet not fully understand the concept behind the message. That is why I decided to write this e-book to enlighten you all!*

## Chapter One.....Going to school.

*“Schooling gives you a certificate but continuous learning brings you a fortune.” (Anonymous)*

When I went to school, I was taught what I need to do to get a job, to live a secure life, but not how to make a fortune so I could be financially free and not have to rely on any form of State benefit. From continuous reading and educating myself after school, I got to be aware that I can get out of the rat race into the fast-track, once I set my mind to do so.

When I was 18 years old, I remember saying to my mother, Mum, I don't have any confidence in myself, my life is over, and my mum said to me, you better start believing in yourself. There was I thinking my life was over yet there was my mother saying your life can start again once you believe in who you are. After all each and every person is unique. Each of us is different. Each of us has the power and talent to accomplish anything our mind is set to do. First of all, to begin again we have to *accept* who we are, the good and the bad.

The Bible tells us that we are created in God's image. We are indeed an expression of life and love. We are all in fact a miracle. To begin to believe in ourselves, we must realise that we are in fact a miracle, yes a miracle of life, capable of loving and being loved.

I was the loudest person in school, forever talking and chattering. I thought I was trendy and cool. I certainly had the most friends and yet inside me I was holding a lie. There was an inner self that was not happy. How could this happen?

Yes, I was blessed with so many great friends in school who loved my bubbly personality and always wanted to be around me, and yet everything I tried to achieve in school by way of exams or learning, I failed. Academically I seemed to be a dim light. Yet if you saw me, I was the happiest person around, so upbeat, so bubbly and chatty but when I got home, I would start to think what will happen to me when I get older? I was sad. Not ever did I think that I might break the chain

of these negative thoughts. I was fearful of the future, trapped in my own negative thoughts of non-achievement.

Of course my outward personality did not really show these negative thoughts; my outward character did not reflect how I thought inwardly. Because I was so loud, you could always tell if I was around because of my loud colour clothing.

“If you think you can or think you can’t, you’re right. Henry Ford”, founder of Ford motors.

When I was 19yrs, I thought these negative beliefs that I held about myself must change. I started reading confidence building books like, “Feel the fear and do it anyway”, by Susan Jeffers and other spiritual books written by Joyce Meyer and TD Jakes.

I always wanted to act, sing and dance and that’s the only good GCSE I had in school but because I also suffer from stammering, I dropped out from one of the best schools, when my mother had secured a place for me to go Italia Con Academy at Wimbledon, London.

I was naturally a great dancer, and I made sure I showed it off whenever I would go raving with my friends. People were always asking me, if I was a professional dancer, (*even as a school girl*) which my answer was always yes.

One day in my twenties, my friend invited me to her birthday party. My friend was not happy with the music the dj was playing. So I went up to the dj and asked if I could play, I said to him, show me what to do and he did. I started to play, and everyone was happy and dancing.

I felt great. That was the very first time I ever dj’d and when I finished, everyone was asking me, how did I know what song to play and encouraged me to keep doing it. From that day on, I said to myself, I want to be a dj,

“you get what you say” Allan Okoh

I began to get work as a DJ and this really helped me with my confidence. I started working with young people at youth centres, helping with DJ workshops and I set up my own club for young people in order to boost their confidence and give them a platform to express their talents. In recognition of this work I was presented with an award by the Princess Trust in 2003.

At age 23 I thought I knew what I wanted to become and I went to University. I studied a Major in Media Arts and a Minor in Music Technology, hoping to become a Television Presenter, DJ while also recording my own music and still working with young people. I finished with a 2.2 at University.

Just after I finished I felt empty again. I found myself in a normal job and slowly saw myself back to where I was when I was 18yrs, saying to myself, I have wasted 3yrs and that I should have never have gone to university but stayed doing what I had enjoyed doing working with young people and Djing.

“Our only limitations are those we set up in our mind.” Napoleoan Hill

I struggled with myself, I was unsure if I should continue to strive to be a DJ as I just did not see any way I could succeed in it. Then all of a sudden I actually met a real DJ. He was not the type of DJ I might meet anyday. He was a well known DJ, the real McCoy, the type of DJ I had always dreamed I wanted to be. He was already doing everything I had ever dreamed of. I was excited; I thought that meeting him, this must be a sign, an omen for my good fortune.

I followed his direction. I learnt things he taught me but after a year or so he knew I still was not sure if I wanted to continue to be a DJ. He could see I had no passion, no zeal. You will never make it with that attitude he would say to me.

Despite my uncertainties he gave me all the tools I needed to become a great DJ. I used to always say to him, one day am going to

be a number one female dj in London, even though my actions were not saying so.

There was a time when I finally decided I was going to stop djing. I remember him reminding me “That means you will never be a number one female dj” and he would keep saying it over and over, that means you will never be number one female dj.

This uncertainty about the future and my career prolongs for a while. Until one day I saw an advert on Facebook about an American motivational speaker, T.Harv Eker. That seminar completely changed my life. I started seeing things from a different angle. I met millionaires, people from all walks of life, who wanted to better their lives. The seminar taught me that I could be anything I wanted to be but first I must change my thinking, which is the root of my problem and my stagnation.

I started thinking, investing, saving, and starting reading books from motivational speakers like T.Harv Ekers. I Read Rich dad, poor dad, I read Think and Grow Rich, I read The richest man in Babylon, The Millionaire Mind and I read a lot of other books and attended a few other seminars. I wanted change so badly and I felt I was getting old.

At the age of 30, I started changing my ways of thinking and started believing in myself more. I start thinking about securing financial freedom for my old age, prosperity, success, happiness and began to read books about destiny and finding your purpose in life. It has been a long journey of discovery and am still discovering and learning things about myself. I believe that personal development and growth are the only tools in finding ourselves.

I am now working with young people again, helping with organising events for them, mentoring and generally supporting the young people. At the same time focusing on still being a number one Female dj, which I know will take a bit of time but not impossible if I am committed to my craft.

“Everyman is what he is, because of the dominating thoughts which he permits his mind” Napoleon Hill.



I believe that my gift and calling is motivating and bringing smiles to peoples faces.

## **Chapter Two**.....The benefit of positive thinking.

“All that we are is a result of what we have thought”. Buddha  
You are what you think.

You are where you are right now in your life because of what you have thought. If you are optimistic, positive, passionate about life, then that's what you will get and that is what will manifest in your life for the world to see. If on the contrary you are always complaining, blaming the government, your past, your employer and the society, then that negative attitude is what will permeate your life and any projects or ambitions will be dented or diminished by such attitude. Everybody will see your failings have come about through your attitude.

Even in this time of financial recession and cutbacks there are people who are making money, mainly because of their positive attitude. Even if one is unemployed one can use the time productively to build stepping stones to your dream. Others may become lazy and depressed and fail to see how they will ever be able to survive in the current financial climate.

### ***Example***

James and Mary were both laid off from their work at the same time. Mary thought, this might be an opportunity to maybe pursue her education, or start her own business that she had been thinking of doing for so long, or even spending more time with the family and discovering herself and what she truly wants out of life instead of start looking for another job with no direction and carrying on the rat race.

Mary is very aware of all her responsibilities with bills, loans etc. She remains positive and confident. Mary took the time to call CAB and CCCS and asked for help. She then wrote to all her creditors, attached with her financial statement and what she was able offer them until her financial situation changes. She was then glad that she

was given help with her financial situation and now she can focus and be ready to think of ideas to move forward.

James on the other hand, felt depressed. In his mind, he just would not see his life getting better. Because, whenever he could read a newspaper, it would remind him of the number of people unemployed. He was discouraged; he could not manage his debts and bills. Eventually he became homeless.

“There are no limitations to the mind except those we acknowledge; both poverty and riches are the off-spring of thought” Napoleoan Hill

The example of Mary and James shows two people placed in the same situation and environment but acting with completely different mindsets which led them to different outcomes just because of the way that they had thought about the situation and from the decision they had taken in consequence of those thoughts.

We can only act out what we think from within. A thought is like a seed, germinating in our mind. Where our mind is fertile and receptive to good ambition and ideas so that seed will grow and flower. Where the seed is choked by surrounding negative thoughts then the seed may die.

Therefore, we should always remember that we chose our outcome by our thought process. Our thought leads to our feelings and our feelings lead to our action. The root of everything that we do or say is based on our thought, so we must choose our thoughts very carefully.

## Chapter three.....I Have a millionaire mind.



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One of the slogans for “You are what you think” brand clothing is “I Have a Millionaire Mind”

You have to think like a millionaire to be one, find out what they read. Millionaires are always open to learning, always open to adapting and changing strategies. Always willing to learn. You cannot be a millionaire and yet be closed to change or new horizons.

“If you do not see great riches in your imagination, you will never see them in your bank accounts” Napoleoan Hill

“Riches begin in the form of the thought.” Napoleoan Hill

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## Chapter four... I don't work for money, money works for me.



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One of my other Slogans is “I don't work for money work, money works for me”. How many people would love to say that and also live that life! Imagine you never have to work for money again and you only work if you want to, not because you have to. There are people, who manage their life so that money is working for them continuously even while they may be sleeping or on holiday with their family.

You can get money working for you by creating passive income streams. Passive income is an investment product that doesn't have to be there physically to create an income. Like bonds and shares investments, internet marketing, which is one of the most successful forms of passive income to date.

Creating passive income streams helps you to have a happier life, spending quality time with your loved ones instead of always working, especially if you are self employed. Try creating a business whereby you don't need to be there physically to earn money. KFC, MCDONALDS, property investment, shares - these are business systems that can create you a passive income.

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Whatever your passion is, always look for ways on how it can turn into passive income. Most successful artists are now signing up and coming artists, who in turn produce passive income. The established artist doesn't really need to make hits any more as they have their own artists working for them enabling them to relax and pursue other dreams or goals.

At first, it will mean working hard, sacrificing going out with friends and saving money, but in the end it will all be worth it... "Pay now, play later".

## Chapter five.....I play the money Game to win



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“Imagination is everything; it is the preview of life’s coming attractions” Albert Einstein.

Whatever venture you are going to undertake, you must first imagine the end result. You must first see it before you can be it or accomplish it. You need to first see how you’re going to win.

“Whatever the mind of man can conceive it can achieve”. W.Clement Stone.

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## **Chapter six....***What to look forward to from 'You are what you think' clothing brand.*

There is so much to look forward to, as the brand will be developing and new concepts and designs will always be added to collections. With new clothing cuts and designs.  
Please e-mail and let me know your thoughts about the mini E-book and the clothing brand.

### **Conclusion**

*I hope this e-book, has given everyone a good understanding of the concept and brand, "You are what you think." Most importantly I hope this e-book will inspire and motivate anyone to think beyond who they are right now, knowing that a single shift of your thought could change your entire life. Like myself, it took me over ten years to discover my purpose and realise that we can choose and direct our thoughts to achieve our dreams. When we couple our dreams with focus, determination, patience and commitment, then we can bring that dream to fruition.*

*You can be anything you want to become, if you think about it long enough. The universe/God will rearrange everything on your behalf, and bring the right people to your path to help you fulfill your calling. "Whatever is going on in your mind is what you are attracting"  
"We are like magnets, like attracts like, you become and attract what you think".*

*When we are always thinking of ways to better ourselves, we will start to attract those type of people or resources to help us along our way. "Choose your thoughts carefully: you are a masterpiece of your life."  
We are indeed a masterpiece of your life, we are the creators of our lives, and therefore, we need to feed our thought well, eat the right food, associate with the right people to produce the best masterpiece of ourselves.  
"You are what you think".*



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