Your thoughts are your thoughts, only yours.

Take responsibility for your own thoughts, actions, emotions and wellbeing.

It is important to realise that you are the cause of everything that happens in your life, and that only you have the power to change yourself and the way you relate to the world.

As you change on the inside, everything will change on the outside, because everything you perceive in the outside world is only a projection of your inner world, which is made up of beliefs, values and past experiences.