



## The Emotions and Habits That Can Lead to a Life Change

by Jim Rohn

**E**motions are the most powerful forces inside us. Under the power of emotions, human beings can perform the most heroic (as well as barbaric) acts. To a great degree, civilization itself can be defined as the intelligent channeling of human emotion. Emotions are fuel and the mind is the pilot, which together propel the ship of civilized progress.

Which emotions cause people to act? There are four basic ones. Each, or a combination of several, can trigger the most incredible activity. The day that you allow these emotions to fuel your desire is the day you'll turn your life around.

### 1) DISGUST

One does not usually equate the word "disgust" with positive action. And yet properly channeled, disgust can change a person's life. The person who feels disgusted has reached a point of no return. He or she is ready to throw down the gauntlet at life and say, "I've had it!" That's what I said after many humiliating experiences at age 25. I said, "I don't want to live like this anymore. I've had it with being broke. I've had it with being embarrassed, and I've had it with lying."

Yes, productive feelings of disgust come when a person says, "Enough is enough."

The "guy" has finally had it with mediocrity. He's had it with those awful sick feelings of fear, pain, and humiliation. He then decides he is not going to live like this anymore. Look out! This could be the day that turns a life around. Call it what you will, the "I've had it" day, the "never again" day, the "enough is enough" day. Whatever you call it, it's powerful! There is nothing so life-changing as gut-wrenching disgust!

### 2) DECISION

Most of us need to be pushed to the wall to make decisions. And once we reach this point, we have to deal with the conflicting emotions that come with making them. We have reached a fork in the road. Now this fork can be a two-prong, three-prong, or even a four-prong fork. No wonder that decision-making can create knots in stomachs, keep us awake in the middle of the night, or make us break out in a cold sweat.

