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# As a Man Thinketh Summary PDF Cheatsheet —

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### **? 1. Thoughts as Seeds: Our thoughts are seeds that create our world and determine the quality of our lives**

Thoughts are not secret and powerless. They shape our lives very deeply. Thoughts are like seeds in the garden of our mind. We must nurture the helpful thoughts and weed out the destructive ones.

### **?? 2. Character and Circumstances: The nature of our character influences the life situations we encounter**

Modern society encourages us to be helpless victims of circumstances, but Viktor Frankl's experiences in WW2 concentration camps reveal the truth that we always have freedom to choose our response in any situation. This starts by focusing on what we can control—our thoughts and daily habits.

### **?? 3. Desires Have Power: What we deeply want shapes the reality around us, in ways we don't expect**

Our thoughts and desires direct our attention. And the direction of our attention shape the world we create around us. Just like Robert Kiyosaki and Steve Jobs learned that opportunities are all around us, when one learns how to see them.

### **? 4. Work, Don't Just Wish: Hard work and effort are necessary to achieve our goals**

Today's get-rich-quick gurus say we can have whatever we want through good "intentions" alone. This is obviously irrational. The right thoughts are just the starting point, and they must be followed through with the right effort.

### **? 5. Thoughts and Health: Positive or negative thoughts can impact our well-being and physical health**

James Allen said anxiety makes our bodies more susceptible to disease. Surprisingly, modern doctors would agree with this. When people are chronically stressed, the stress chemicals can be very destructive in the body, weakening the immune system.

**This is just a sample!**

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