

You Can't Outrun a Mind You Don't Train

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Negative thoughts, left unchecked, act like a slow-release poison in the body. Despite this, many of us allow them to persist—ruminating daily on past mistakes, perceived inadequacies, comparisons, and imagined failures. We think we are in control of our thoughts. More often, they are in control of us.

The idea that one can simply push negativity aside and carry on is a fallacy. Suppressing thought does not transform it. Real change begins when one confronts, reframes, and replaces the narratives that do us harm. You cannot think your way out of a toxic mindset using the same thoughts that led you there. I teach the disciplines of meditation, affirmation, visualisation, and cognitive reframing. And, inevitably, I hear the refrain: “That sort of thing doesn’t work.”

One such comment came from Anne, a seasoned marathon runner. I asked her: “Anne, could you run 26 miles tomorrow without training?” She laughed and said, “Of course not.” “Then why,” I asked, “do we expect the mind to change overnight without any effort?”

We readily accept that the body needs conditioning, that improvement comes with repetition and discomfort. But with the mind, we expect transformation without the sweat. Peace without process. Growth without tension. Mindset work is neither indulgent nor inconsequential. It is serious, essential, and far from optional if one seeks to change. Toxic thinking does not resolve itself. It entrenches. To dislodge it requires effort. Meditation, contrary to popular misconception, is not escapism. It is the act of meeting one’s thoughts, and not flinching. Affirmation is not wishful thinking—it is resistance against the internal critic.



Reframing is not deception—it is the truth, told more helpfully. And visualisation is not fantasy. It is mental rehearsal for what life might demand.

Dismiss mindset training after a single difficult attempt, and you do your future self a disservice. You wouldn’t dismiss running because your first jog was painful. The longer we host negative thoughts unchallenged, the more deeply they root. And make no mistake: allowing them to settle is not a neutral act—it is harmful. Over decades, I have coached athletes, CEOs, and ordinary people navigating extraordinary pressures. The difference between those who remain stuck and those who move forward is not intellect, privilege, or luck—it is discipline. It is the choice to do the work, even when it feels futile. Mental clarity, like fitness, is built, not wished for. If you want peace, train for it. If you want strength, earn it. If you want clarity, build it.

Your mind is not a junkyard. Don’t leave it to rust.