Positive Thinking

<u>Condensed Version</u>

What is positive thinking?

Positive thinking is both a mental and emotional attitude that focuses on good and favorable results; the bright side of life.

Becoming a positive thinker starts by creating a vision of your positive future; then to create an attitude of positive thinking around that vision…which will help you succeed in everything you do.

Negative Thoughts are Harmful

Negative thoughts and emotions tend to trigger the narrowing of the mind and thought. During a negative, fear driven, or anger situation, our brains are programmed to respond to almost instantly.

Negative thoughts and emotions come to the surface and the brain immediately limits the options you have at your disposal. Consequently, it shuts off the outside world and focuses on those limited options.

As a result, those negative thoughts can drain you of energy and keep you from staying in the present moment.

Positive Thinking Tips & Advice

Here are some ways to think positive and help turn your mind from the negative. **Start by picking 2-4 of these tips to work on today.** After mastering those, move on to more.

***As a caution…your attitude and thoughts are difficult to change overnight, so don't be upset if you haven't mastered these by tomorrow morning.

1. Just Try It
2. Visualization
3. Make Sure You Smile
4. Ignore Other's Negative Thoughts/Emotions
5. Positive Self-Talk
6. Be Aware
7. Expect the Best
8. Consider Meditation
8. Writing in a Journal
10. Don't Forget to Play
11. Surround Yourself With Positive People
12. Take Responsibility
13. Serve Others
14. Stop Being a Perfectionist
15. Consider Singing
16. Positive Quotes

Positive Affirmations – What They Are & How They Help

What are Affirmations?

It is a short, powerful statement to help you control and engage your thoughts. Affirmations can be a **great tool** for you to successfully combat negative thoughts and feelings.

Do Positive Affirmations Work?

The short answer is yes, but you have to **believe** that they do. Yes, reading, memorizing, and committing to an affirmation is great, but it will have little impact on you until you actually believe that it can help you.

How to Use Affirmations

Get a hold of an affirmation and do the following:

1. **Breath** - Take three long breaths. Breath in through your nose, out with your mouth.

2. **Read the Affirmation, Slowly** - Make sure your brain understands what you are actually reading, so do it slowly with purpose.

3. **Believe the affirmation** - Consider what you read and believe that it is true.

4. **Commit to the affirmation** - Make a committment, to yourself and the affirmation if necessary. Yes, the result **is** possible. Believe it, commit to it, and it WILL HAPPEN!

5. **Meditate on what you read** - After breathing, reading it slowly, believing and commiting to the affirmation, meditate for a few minutes on what you read and what it means to you.

6. **Breath Again** - Take a few more minutes and breath again...in through your nose, out with your mouth.

ACTION STEP: Take a look at the bonus section of this article, where you will find positive thinking affirmations for you to download and use.

Final Thoughts

Positive thinking is the key to peaceful living. In addition, it enables you to be positive regardless of the scenario and circumstance.

You can train your brain to be positive, so don't think otherwise. The power of positive thought can be yours, if you truly want it...and it all starts with TODAY.

Learning how to be a positive thinker is a key life skill that will put YOU in control...and once you have that control, then you truly have POWER OVER LIFE!