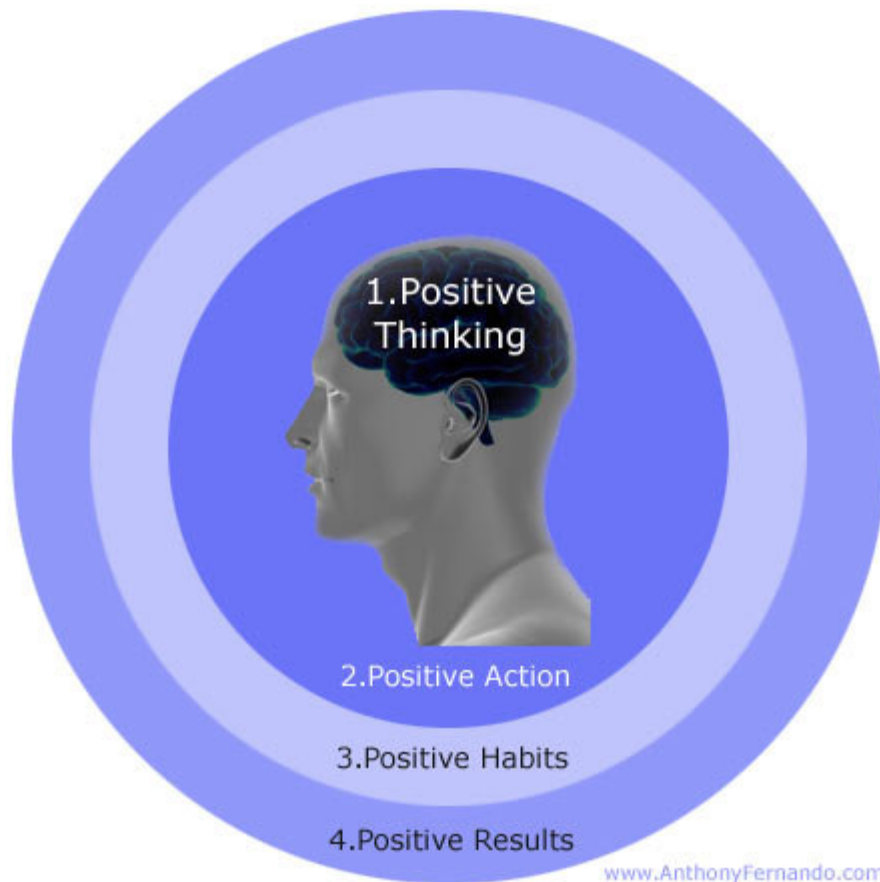


Absolutely Positive

Positive thinking brings inner peace, success, improved relationships, better health, happiness and satisfaction. It also helps the daily affairs of life move more smoothly, and makes life look bright and promising.

Those who dismiss positive thinking are in fact right about one thing – Positive thinking alone will **NOT** change your life. Maintaining a positive attitude is one component in improving your quality of life. It is the first step of a powerful process that can change your life if you choose to apply it.



Positive thinking is only effective when it inspires you to take positive action towards achieving your goals.

Over time, repeated positive action becomes a positive habit and it is these habits that will bring you the positive results you desire.

The main reason people become disillusioned with positive thinking is because they mistakenly expect positive thoughts to lead directly to positive

results. When things don't improve, they then dismiss the concept of positive thinking entirely.

Once, you understand that positive thinking is the first step of a four step process, you will discover that the true benefit of positive thinking is that it gives you the impetus to take action.

In order to make positive thinking yield results, you need to develop a positive attitude toward life, expect a successful outcome of whatever you do, but also take any necessary actions to ensure your success.

Effective positive thinking that brings results is much more than just repeating a few positive words, or telling yourself that everything is going to be all right. It has to be your predominant mental attitude. It is not enough to think positively for a few moments, and then letting fears and lack of belief enter your mind. Some effort and inner work are necessary.

Are you willing to make a real inner change, to change the way you think?

Are you willing to develop a mental power that can positively affect you, your environment and the people around you?

Cultivating a habit of positive thinking is an art that has to be acquired. The power of thoughts is a mighty power that is always shaping our life. This shaping is usually done subconsciously, and it is possible to make the process a conscious one.

Positive Thinking 2-4

1. Awareness, notice your thoughts – It all starts with what you are thinking so intentionally make note of what you are thinking. Recognize the negativity around you. Sometimes you can even feel your energy being drained by the words being spoken. If it feels bad or uncomfortable, then it's negative. These feelings are a form of intelligence similar to a tap on the shoulder letting you know something is not right. If you can identify what is happening, you can make good choices about handling it.

Allow into your awareness feelings of happiness, strength and success. Recognize negative thoughts as they take shape, disregard them before they take root. Refuse to think such thoughts and substitute them with constructive happy thoughts.

Think positive and expect only favorable results and situations, even if your current circumstances are not as you wish them to be. In time, your mental attitude will affect your life and change them accordingly.

2. Use positive language - Choose your language carefully so that it reflects positivity. In your conversation use words that evoke feelings and mental images of strength, happiness and success. Use positive words in your inner dialogues or when talking with others. Use words such as, 'I can', 'I am able', 'it is possible', 'it can be done'.

Language matters. Everything you say has an impact, and when you say something negative, not only does it dishonour the person you're speaking about as well as the person you're speaking with, it makes you feel bad even if you don't realize it. Learn to respect people's humanity and their right to be themselves. Complaining without end does not focus on creating solutions; rather, its impact is only to perpetuate and magnify the problem, wasting everyone's precious time and energy.

3. Speak Up - In what ways are you contributing to the negativity around you? Are you listening to gossip or participating in conversations where the only focus is to denigrate, diminish, or criticize? Tell the other person how you feel by saying, "This doesn't work for me." It's nonjudgmental, since you're making it about you, not them. Also, people often don't realize they are being negative. Point it out in a gentle, caring way: "Do you realize you are complaining?" Bringing it to their attention can be enough to shift the

conversation. Over time, people will learn what they can and cannot discuss with you, and it will stop being an issue. If you say nothing, your silence conveys permission to continue.

Be Constructive, Positive, Meaningful and Beneficial. What is the purpose of what you're saying? At the end of the conversation, is there an action step to take? Constructive conversations are empowering and leave people a little better off from having participated in them. Become the kind of person who takes your time and words seriously.

Praise and acknowledgment go a long way. You want to be the kind of person people gravitate to because they know they will be uplifted by you, not put down or drained of life-sustaining energy. You want people to feel good after being in your presence. Focus on solutions not problems, change negatives into positives.

4. Give back – When you help someone else you feel good. Bring joy and hope into the lives of others, add value, touch lives. After all, dreams for yourself and self glory end in hollow emptiness. The most meaningful moments are those when lives are touched, legacy left, personal battles won. We exist for each other. Meaningful moments often involve people touching people, touching lives.

Volunteer, get involved in charity work or contribute to charity. Not only will you realize the sheer number of people who have bigger problems than you do, there is also an emotional and even spiritual high to be experienced in helping others.

5. Learn, read, listen, daily and put it on paper – Bring inspiring thoughts, audios, movies, battles conquered, adventures encountered, obstacles overcome into your life. Positive affirmations reinforce positive thinking. There are people who have distilled blood, sweat and tears of wisdom into books, tapes and courses. You become what you think about all day. Learn from and model.

Post encouraging quotes in your bathroom, on your computer, in your kitchen to remind yourself on a daily basis how lucky you are.

6. Be Grateful for what you have – Whatever happens, there are worse situations. There is always something to be grateful for. Gratitude unlocks

beauty, calms and expands the mind. Gratitude gives joy. And has benefits beyond what you can see- physiological, mental, psychological, spiritual, and even social.

If you are breathing, be glad to be alive. If you have lost all possessions, be glad you have something to wear.

Start a gratitude journal to write out what you are grateful for. Finish statements like; I have... I am, which are in the present.

7. Surround yourself with positive people – Positive thinking is contagious. People around you pick your mental moods and are affected accordingly. Think about happiness, good health and success, and you will cause people to like you and desire to help you, because they enjoy the vibrations that a positive mind emits. Just as contagious is a negative mindset. So avoid people who tend to think negatively on a constant basis.

No matter what is going on around you, you control your inner environment and how you choose to respond to external events and situations. It's your responsibility to become the kind of person you enjoy being and with whom others enjoy being around.

It takes a true leader to walk a path different from the crowd. So when others are negative, stretch your boldness muscles and be positive in spite of what others do or think. It's the only way to create a ripple of change. And if each of us does our part, then slowly but surely, we will make a difference in our work environment and the larger community.

All of us affect, in one way or another, the people we meet. This happens instinctively and on a subconscious level, through thoughts and feelings transference, and through body language. People sense our aura and are affected by our thoughts, and vice versa. Is it any wonder that we want to be around positive people and avoid negative ones? People are more disposed to help us if we are positive, and they dislike and avoid anyone broadcasting negativity.

Negative thoughts, words and attitude bring up negative and unhappy moods and actions. When the mind is negative, poisons are released into the blood, which cause more unhappiness and negativity. This is the way to failure, frustration and disappointment.

Once a negative thought enters your mind, you have to be aware of it and endeavor to replace it with a constructive one. The negative thought will try again to enter your mind, and then you have to replace it again with a positive one. It is as if there are two pictures in front of you, and you choose to look at one of them and disregard the other. Persistence will eventually teach your mind to think positively and ignore negative thoughts.

In case you feel any inner resistance when replacing negative thoughts with positive ones, do not give up, but keep looking only at the beneficial, good and happy thoughts in your mind.

It does not matter what your circumstances are at the present moment. Think positively, expect only favorable results and situations, and circumstances will change accordingly. It may take some time for the changes to take place, but eventually they do.

Minimize the time you listen to the news and read the papers.

"The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty" -Winston Churchill

Beyond The Quote (beyondthequote.com) - The way you perceive a specific situation is determined by your frame of mind. If your mind and thoughts are positive, you will always be in a position to seize the opportunities that are before you.

"Greatness is not measured by what a man or woman accomplishes, but by the opposition he or she has overcome to reach his goals." -Dorothy Height

Beyond The Quote - The resistance you conquer in order to obtain your goals is the real measure of greatness. Anything can be accomplished if you set your mind to doing so. It is, however the lengths at which you go to achieve your ambitions that make it worthwhile.

8. Visualise only favorable and beneficial situations - Before starting with any plan or action, visualize clearly in your mind its successful outcome. If you visualize with concentration and faith, you will be amazed at the results. Visualise your goals each day and fill your mind with a positive image of the outcomes you want to achieve.

"I skate to where the puck is going to be, not to where it has been."

-Wayne Gretzky

Beyond The Quote - Be one step ahead of the game. Anticipate how you think certain events will turn out and then prepare yourself for how you will handle them.

9. Be a Role model - It's easy to be positive in a positive environment. When things are emotionally draining and negative you're challenged to behave differently. You have the opportunity to be the beacon of light for others around you. By your actions and responses, you can demonstrate and teach others how to behave in an appropriate, positive and professional manner.

Positive energy catches on just as quickly as negative energy. Sometimes people are simply stuck in a habit or pattern of behaviour and are accustomed to acting a certain way. If the environment is really caustic, then it's what people are used to and may be all they know.

It takes some time and effort as well as a commitment to do something differently to create sustainable change. You must be willing to identify and stop tolerating what's not working, do the right thing even if it's initially unpopular and then teach others to do the same.

"The most expensive piece of real estate is the six inches between your right and left ear. It's what you create in that area that determines your wealth. We are only really limited by our mind." -Dolf de Roos

Beyond The Quote - Invest in yourself. Never sell your self short on dreams that you know you truly want. It is easy to forget that the most coveted things are not easily attained. Go beyond what may seem like your limits and you will succeed in maximizing your return.

Use these positive thoughts as a springboard to take action. Understand that repeated action becomes a habit. Establish habits that will lead you to achieve your most important life goals.

If people tell you you can't do something, take that as a challenge and prove them wrong. Chances are, they themselves can't do it or are too afraid to try and are simply bitter about it. If you show them it can be done after all, maybe they'll even be inspired by your success. You can be a living tip for positive thinking to them.

10. Optimism - Psychologist Martin Seligman mentions that those who are [optimistic do not think like pessimists](#) who tend to see problems as permanent, pervasive and personal. Rather than saying "I'm doomed", "Everything's finished." "I'm no good" Optimists see a way out, they confine the problem and do not take it personally. They do not indulge in catastrophic thinking. The glass is half full. There will be better days. Belief and hope is half the battle won.

11. Taking responsibility instead of blame - You will be able to take locus and control of your life again. The storms may rage around you, but you are responsible for getting out of it. You will swim out no matter what, you don't wait for the rain to stop before you move. You don't wait for the other person to react before you make the first move.

12. Not allowing negative emotions to overwhelm you - You may have been beaten sore. But there is still breath in you enough to fight another day. The world may have been unfair, but you are only going to cry in your closet for only a little while. It may be a blessing in disguise. Every experience learnt will lead to more wisdom in the next, Every adversity has the seed of a greater benefit. You will be surprised sometimes things that seem adversities turn out to be opportunities in disguise

Just when you're about to blow your top for all the seeming misfortunes that befall you, remind yourself of all your blessings instead. This practice can be very sobering, indeed.

13. Persistence - Push. Beyond The Dip. Seth Godin explains that most people do not achieve what they want is because they give up before they cross [The Dip](#). What is The Dip? It is the 10th job interview where they never even call you back. It is the 100th time you fall on your butt while learning to snowboard. It is any rough patch you have to get through before achieving your big goal. Success is only a step away. Or maybe a few more steps. Never give up. [Don't quit](#). Ask. And you will receive.

Keep it up. Getting started is easy, it's the maintenance that's tricky. Make a habit of thinking positively till it becomes an indelible part of who you are.

14. Believe - Even if everything tells you otherwise, believe in your gut feeling that there can be miracles, that things can be changed. Expectancy. Belief in yourself, in better days, in hope, in goodness. Trust in something larger than yourself to take you through.

15. Seek divine guidance - When you are overwhelmed. When bad things happen to good people. When you are stuck and find no way out. Or even before the start of an ordinary day. Og Mandino, in his book *The Greatest Salesman in the World* mentions: " I will pray.. in this manner: Oh Creator of all things, help me....for this day I go out into the world naked and alone, and without your hand to guide me, I will wander far from the path that leads to success and happiness. teach me how to hunt with words and prosper with love... Discipline me in the habit of trying and trying again.. bathe me in good habits that the bad ones may drown; yet grant me compassion for weaknesses in other. Suffer me to know that all things shall pass; yet help me count my blessings of today. Let me become all you planned for me when my seed was planted and selected by you to sprout in the vineyard of the world..."

16. Keep the big picture in mind - Distractions, pettiness, they can irritate you for the moment. Never lose sight of what you are here for and keep your eyes on your vision and goal. You can revise them now and again if you find it is not really resonating. When you steer a ship, you look at a far point, not the waves in front of you. Search within. Follow your compass and stick to it.

17. Accept your lot when you have to, while sticking to your dreams of better things to come - Adapting while being content in the midst of situations. Remember the serenity prayer- teach me to accept things that cannot be changed and change what you can, and knowing how to distinguish the two. There is a time for everything, and perhaps it is the time to wait and be patient. A time to reflect, change. Humility. Emptiness. Mourning. There is a time and place for this. It is refreshing time, an important time. Treasure it.

18. Smile – One smile can turn your frown upside down. Smile at others and reciprocate smiles from those who greet you with a smile.

19. Get Physical and Eat Right – Physical activity decreases stress and helps to develop a more positive attitude. Eating a properly balanced diet will help stabilize your hormones and weight, so get moving. If you look good on the outside, it'll be easier to feel good on the inside, too. Dance, swim, walk, exercise, play a sport, take a yoga class. Sit and walk with your back straight, it strengthens your confidence and inner strength.

20. Whistle, hum or sing a happy tune – Music affects our attitudes and motivates our thinking. Try it, think of a favourite tune and keep it in your mind, share it out loud. A song like, “Always Look on the Bright Side of Life” (Monty Python).

21. Be creative – By intentionally using your whole brain and engaging your creative side you will tap into the playful spirit that is inside. Play an instrument, paint, take an acting class, go to the theatre or art gallery. Play with children or grandchildren. Read at least one page of inspiring book every day. Watch movies that make you feel happy.

22. Meditate – Meditation lowers stress levels.

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.” –Buddha

Beyond The Quote – Don’t get hung up on things that have already happened, or worry about things that *may* happen. Concentrate on what you are shooting for right now and everything else will take care of itself.

23. Make a game of finding something positive in every situation

“95% of your emotions are determined by how you interpret events to yourself.” Brian Tracy.

Beyond the Quote - Nothing can stop the person with the right mental attitude from achieving their goal: Nothing on earth can help the person with the wrong mental attitude.” Thomas Jefferson

24. De-clutter. Surround yourself only with the things you love and that make you feel good-framed family photos, favorite books, potted plants, works of art, or whatever else that's meaningful to you.

Positive thinking is more than looking at the bright side. It is an entire lifestyle of thinking rightly, which will leave you more fulfilled, happy and satisfied than ever before.

Information compiled from various resources and references 2010