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“Whether you think you can, or think you can’t, you are right.”

-Henry Ford -

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Chapter 1

What is Positive Thinking?



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Positive thinking refers to a powerful mental attitude that uses images, words, and thoughts that are conducive to achieving personal growth and success. With this way of thinking, you can continue expecting good results no matter what life throws at you. A positive mind that constantly anticipates joy, happiness, better health, and successful outcomes can also take you a few steps closer to achieving your life goals. A person who practices positive thinking will believe in one thing – whatever the mind expects, it surely finds.

While positive thinking has started growing in popularity, not everyone accepts its basic tenets and principles. Others consider it as plain nonsense and scoff at other people who believe and accept the revolutionary ideas it suggests. However, the growing number of books and courses about positive thinking imply that more and more people are becoming attracted to its principles. As this subject continues gaining popularity, it has also changed the lives of thousands of people who wish to become better individuals in every possible way.

Hearing people say “Think positive!” is quite common. If you have ever felt downhearted and miserable, your friends might have told you to do the same thing. Most people who do not take this advice seriously are usually unaware of what it really means. They tend to forget the fact that positive thinking can actually be very effective and useful. Try asking yourself one

simple question. Do you know anyone who ever stops to think what positive thinking really means and how powerful it can be?

The Power Of Positive Thinking

Here is the perfect scenario that demonstrates how powerful positive thinking can be. John Doe applied for a new job. However, he has a very low self-esteem and he constantly considers himself as a failure. This makes him feel as if he were unworthy of success. All these thoughts made him quite sure that he was not going to qualify for the job he applied for. His negative attitude tricked his mind into believing that other applicants were far better and more qualified for the job than he is.

John Doe got this attitude because of the negative experiences he had during his previous job interviews. His mind was always full of irrational fears and negative thoughts even before the date of the job interview arrives. Things were uncertain but there was one thing he was sure of – he would be rejected by the company he wants to work for. On the day of the interview, he woke up late and realized that the shirt he wanted to wear was still dirty. He ended up wearing a shirt full of unsightly wrinkles.

When he arrived at the office, he felt very nervous and tense. He kept worrying about the littlest things during the interview so he started displaying a less-than-likeable attitude. He did not even have enough time to grab a quick breakfast so he felt really hungry and distracted throughout the interview. These series of unfortunate events made it impossible for him to focus on the task at hand. In the end, his actions made a bad impression and materialized his great fear of walking out of the interview without getting the job he really wanted.

Robert applied for the same position but he approached the pressing matter in a very different way. Even before he passed his curriculum vitae, he was certain that he will qualify for the position. A week before the interview, he imagined himself impressing the human resources manager and getting the rewarding job that he wanted. The night before the interview, he managed to prepare his clothes and sleep quite earlier than he used to. The next day, he woke up early and had ample time to eat a hearty breakfast and arrive right in time for the interview.

Obviously, Robert got the job because he made a really good impression. While both Robert and Allan possess the skills and experience needed for the job, only Robert succeeded because he did not allow his negative thoughts to affect his actions. The best lesson that you will learn from these stories is that a positive attitude will allow you to get the results you desire. With constructive images and positive thoughts, you will have more chances of emerging successful in whatever challenges you might face in the future.

Positive thought patterns will make you feel happier and more energetic than you ever did before. A positive mental attitude will also bring more brightness to your eyes as it broadcasts happiness, good will, and radical success. It will also affect your overall health in a beneficial manner. Through positive thinking, you will be capable of walking tall and feeling better about yourself. It can create a voice inside you that is more powerful than the unpleasant thoughts at the back of your mind. It will also affect your body language as it reflects how you feel inside.

Remember, negative and positive thinking are both contagious. Your attitude towards life will affect your friends, family, colleagues, and other people you will meet. This can happen instinctively at a subconscious level, wherein feelings and thoughts are exhibited through body language. Other people who sense your aura will be affected by your thoughts and beliefs. A negative attitude will result in negative emotions and unlikable actions. This is probably the reason why most people love being with those who think positive rather than those who dwell on the negative aspects of things.

Negative thoughts are actually as powerful as positive thoughts. They can release poisons into your blood and result in greater degrees of negativity and happiness. This consequently results in failure, disappointment, and frustration. To achieve personal success, you have to consider adopting a positive mental attitude that will make you feel better about yourself and the world you are living in. While overcoming negative thoughts can be a lot of hard work, its rewards will surely make up for all the time and effort you invested in changing the way you think.

How Does Positive Thinking Work?

Positive thinking is a natural process by which you create thoughts and expectations that are considered positive. You can then use these positive thoughts to manifest your desires and give you the energy to succeed in whatever task you need to accomplish. However, thinking positive does not necessarily put an end to all things. You also have to exert extra effort in turning those thoughts into reality. While negative thoughts act as mental plaque that cling to the walls of your brain, positive thoughts motivate you to live a better life.

To have a better understanding of how powerful your positive thoughts could be, you need to know exactly how the human mind works. A person who lives in positivity has succeeded in re-programming his or her conscious and subconscious mind. Positivity is a mental attitude that allows you to earn whatever you want in your life. Once you have conditioned your mind to accept no other thoughts but positive ones, you will experience nothing less than what is beneficial in your lifetime. If the mind seeks for positive things, that is exactly what it will find.

Being positive and staying that way is a lot of hard work. Problems might come your way but it is the way you handle them that helps you stay positive in spite of the challenges life throws at you. Your knowledge and beliefs affect both your conscious and subconscious mind by shaping the way you approach life's biggest problems. To live in utmost positivity, the first thing you need to do is to make sure that the conversations you have with yourself are of positive nature. You will never be capable of approaching life in a positive manner if you cease to overcome negative feelings.

Negativity is nothing more but resistance against adopting a positive attitude towards life. Once you have made a conscious decision to live in positivity, you can continue reinforcing the idea into your subconscious as well as your internal dialogues. Next, you have to turn off the negative switch inside your mind. If you know the exact things that trigger them, you can stop yourself from responding negatively. When you learn to correct your negative thoughts and turn them into positive ones, you will exhibit desirable actions that will result in positive results.

Some people tend to assume that positive thinking is nothing more but seeing the world in rose-colored lenses and overcoming the negativity surrounding them. However, there is more to positive thinking than ignoring problems that might come your way. It is actually a technique that allows people to approach life's biggest challenges with a positive outlook. Thinking positive does not really mean that you have to avoid bad things. Instead, you have to make the most out of bad situations by seeing the best in other people and viewing yourself in a more positive light.

Positive Thinking Vs Positive Psychology

While positive psychology and positive thinking are terms that are used interchangeably, you have to understand that they are completely different from each other. For one, positive thinking is all about looking at all things in a positive light. On the other hand, positive psychology also places an emphasis on optimism but it also reminds people about the many benefits of thinking positively. Sometimes, positive psychology also believes that thinking in a realistic manner is more beneficial than seeing all things in a positive light.

To put simply, positive psychology believes that negative thinking may lead to better outcomes and more accurate decisions in some situations. Some proponents of positive psychology also found out that optimistic thinking may force you to underestimate the actual risks that might be involved in making particular decisions. On the other hand, positive thinking places a priority in recognizing the silver lining in every dark cloud. Once you have read more about this subject tried its principles, you can finally take control of your life and be whatever you want to be.

Chapter 2

Why are Positive Thinkers Healthier and Happier?



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While pessimists see the downsides of every opportunity, optimists see opportunities in every difficulty. This suggests that pessimists and optimists interpret the world in different ways. Research shows that pessimists and optimists approach life's challenges differently. It also proves that a person's ability to cope with certain adversities depends on his outlook in life. In essence, optimism is a way of responding to problems with a high sense of confidence. Optimists strongly believe that negative aspects of life are limited in scope, manageable, and temporary.

As with other psychological states, optimism also lies on a continuum. People may experience various degrees of optimism based on the situations they are experiencing. To understand why optimists turn out happier than pessimists, you have to understand the difference between people on the lower and higher end of the optimism spectrum. This chapter will reveal the endless benefits of staying optimistic and having a positive outlook towards life. It will also discuss recent evidence that proves why optimism is a learnable skill rather than an innate quality.

Responding To Bad Events

Two students flunked an exam. The first student blames himself for doing poorly and being a complete failure. The second one recognized that the test was difficult but dismissed the matter because he knows that he does well in other subjects. Both students are exhibiting two types of explanatory styles. These reflect the attributions that people form about recent events. Did the bad event happen due to external or internal factors? Will it always happen to them or can they change whatever caused it? These questions allow them to make sense of whatever they experience in life.

While pessimists view problems as unchangeable, internal, and pervasive, optimists do otherwise. Pessimism has long been associated with stress, anxiety, and depression, whereas optimism protects people from various forms of depression. It also serves as a protective barrier from a number of medical problems such as heart disease. Studies also reveal that mothers who live in positivity deliver heavier, healthier babies. This proves that optimism does bring a number of benefits that will greatly affect your overall health. Here are some of a few reasons why optimists tend to live a healthier and happier life.

Why Become A Positive Thinker?

Have you ever wondered why some people view problems as things that make their life more exciting? These people actually have a positive approach towards life. By believing in the saying that the mind controls the body, they use positive thoughts to live the kind of life they deserve. Their positive attitude allows them cope easily with whatever life throws at them. Once you have adopted this way of life, you will always see the bright side of things instead of dwelling on the smallest problems. It will also help you emerge successful in whatever career you choose to pursue.

Positive thinking can manifest itself in a number of ways. People who always expect success has more motivation to accomplish their life goals. They also choose happiness so they always look at problems and failures as blessings in disguise. They are always inspired to do things and look for plausible solutions to problems so they never give up until they finally get the results they want. Once you have followed the basic principles of optimism, you will start believing in yourself and your capabilities so you will also display a higher degree of self-confidence.

If the feeling is strong enough, it also becomes contagious so it starts to affect everyone around you. An optimistic attitude can provide you with great benefits such as more happiness, more energy, and greater inner power. This will allow you to achieve your goals with great ease and encounter fewer difficulties along the way. As long as you believe that you can overcome any difficulty in life, you will also have the chance to inspire other people around you. When you have finally started to look at the bright side of life, you can finally exhibit a positive attitude that can help you achieve radical success.

Optimism And Your Physical Health

If living a longer life is on the top of your priority list, you should become more familiar with the basic principles of optimism. This mental attitude has long been linked to the longevity of life. During the 1960s, psychologists examined whether certain explanatory styles may serve as risk factors to premature death. They gathered data by studying a longitudinal sample and categorizing subjects as pessimistic, optimistic, or a mix of both. To add more depth to the study, they also operationalized optimism with the use of Minnesota's Multiphasic Personality Inventory.

The researchers were surprised to discover that every ten-point increase in a subject's score on the scale of optimism experienced 19% fewer risks of dying at an early age. Smokers and non-smokers who were of average health also had 5 to 10% fewer chances of experiencing sudden death. This study proved how massive the protective effect of living in positivity could be. Multiple studies have also demonstrated the role of optimism in helping people recover faster from illnesses and diseases. This is especially true in the case of optimists who are being treated for cancer.

Optimists have a strong fighting spirit that allows them to experience less stress and anxiety after being diagnosed with life-threatening diseases. It also leads to fewer disruptions in normal life due to its ability to fight against fatigue and distress. Scientific evidence also reinforces the belief that optimism can protect people against chronic diseases. In a research study, middle-aged women were tested for signs of atherosclerosis. Patients who had higher levels of pessimism were found to be more likely to develop the disease than those who keep a positive outlook towards life.

Optimism will also have a great effect on your immune system. Young adults who received immunization for influenza signed up as subjects for a particular study. Two weeks after being immunized, their response to the vaccine was measured. Those who have greater optimism produced more antibodies so their immune system was significantly stronger. Multiple studies that investigated the relationship between disease progression and optimism in people infected with HIV also discovered that both factors are linearly related. Subjects who exhibited greater optimism suppressed the viral load better than pessimistic patients did.

Sephton and Segerstrom also conducted a study to examine the link between optimism and the function of the immune system. Students who are in the first year of law school were asked to participate in the said study. Those who exhibit dispositional optimism, which is the tendency to view life in a positive light, were assessed together with the measures of negative and positive affect. The researchers found out that optimism can actually predict better cell-mediated immunity, which is of course an important aspect of the immune system's ability to protect the body from infectious agents.

All of these studies suggest that optimism is not only great for strengthening the immune system but also for helping people recover faster from illnesses despite their compromised immune systems. Additional studies were also conducted to investigate how optimism affects health-related behaviors. One study discovered that high levels of optimism can protect people from drinking problems, especially if alcoholism runs in their family. Since genetics is one of the biggest risk factors for developing any form of substance dependence, the protective effect of optimism against its influence has become very important for public health efforts.

Aside from preventing alcohol dependence, optimism was also found to help subjects break their bad habits. A study conducted by Blaney, Carver, and Strack shows how optimism can result in greater success when it comes to the treatment of alcohol abuse. Optimists are more likely to abstain from alcohol and remain in treatment than pessimists. Pregnant women who exhibit higher degrees of optimism are also less likely to use substances during their pregnancy. These studies prove that optimists who engage in health-related behaviors or choose to quit vices tend to experience greater chances of success.

While all these studies came up with different conclusions, they still share a common theme. They were able to demonstrate how optimism creates profound effects on anyone's physical health. By simply believing in yourself and expecting positive outcomes, you can easily boost your immune system, protect yourself from risky behaviors, and enjoy higher resistance to chronic diseases. It will also play a huge role in helping you cope with whatever troubling news you might hear from your physician. Among all psychological constructs, only optimism can help you live longer by improving your overall health.

Optimism And Your Psychological Health

Recent evidence also suggests that positive thinking is very important in helping people cope with life's biggest challenges. It has been associated with better responses to various difficulties that may be as simple as leaving home for college or as complicated as coping with the aftereffects of war. Aside from playing a protective role, optimism has also been found to correlate positively with self-esteem and life satisfaction. Optimists who always see the good in all things tends to feel better about themselves so they end up happy, contented, and successful in life.

A study conducted in 2010 also tried to determine whether optimism can really predict positive effects. Its hypothesis is that changes in levels of optimism may predict changes in the effect of the subjects' actions. It proved that optimism is directly linked to increasing the likelihood of positive results, and vice versa. However, changes in levels of optimism were not found to be related to changes in negative affect. This proves that optimism is related to positive affect so optimists end up happier with their lives than pessimists do.

Optimists also recover from disappointments faster because they focus on positive rather than negative outcomes. To provide this point, a study that examines the level of pessimism and optimism in couples who were undergoing in-vitro fertilization was conducted. Forty-one couples were interviewed prior to the procedure and a few weeks after they have taken a pregnancy test. Couples who received negative results coped better with their failed attempts to conceive than pessimists did. They endorsed positive thoughts about how the experience strengthened their relationship so they easily coped with the disappointing turn of events.

People who practice positive thinking are also more likely to solve problems better when they are faced with difficulties. This in itself is associated with improved psychological wellbeing. Patients who were HIV positive were able to plan their recoveries better by adopting a positive outlook towards life. They also tend to seek more information instead of blaming themselves or resorting to escapism. While they accept reality as is, they also try to view difficult situations in the best possible light. On the other hand, pessimists cannot accept the truth wholeheartedly so they tend to experience the stage of denial.

The relationship between optimism and less problematic situations has been investigated too. College freshmen were measured for hope, wellbeing, and optimism a few days after the semester started. When the first semester ended, their wellbeing was measured once again. Those who were optimistic during the first few weeks of the semester experience a smoother transition to college so they also made more friends than those who remained pessimistic. All of these research studies clearly indicate that optimism can turn anyone into a happier, healthier and fully contented person.

Chapter 3

How to Become a Positive Thinker



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The quickest and easiest way to improve your life is quite simple – just think more positively and things will eventually fall into their right place. You have probably heard this advice plenty of times before. You may think that thinking positive is a great idea but you may dismiss it by telling yourself that being optimistic is easier said than done. This is not true. Like most things in life, turning into a positive person is a simple but challenging task. This chapter will provide you with practical and simple ways to make optimism a permanent aspect of your way of life.

Your thoughts will greatly affect how your life will turn out to be. They will determine the quality of your interpersonal relationships, your health, and even your chances of succeeding financially. Now that you already have a clearer idea of how powerful your thoughts can be, you will easily understand why more and more people resort to positive thinking. The mere thought of biting into juicy apple will be enough to make your mouth water. This is the simplest example of how your thoughts can result in chemical change in your body.

However, if you constantly underestimate the power of your thoughts, you may find it difficult to incorporate positive thinking into your life. The truth is that your thought patterns will greatly influence more things than your appetite. Science has proven that positive thoughts can strengthen your immune function by improving the number of white blood cells in your body. A study conducted at the University of Wisconsin demonstrated that patients who practice positive thinking fight disease better and recover from illness faster. Thus, positive thinking will not only turn you into a happier but also a healthier person.

Can Pessimists Turn Into Optimists?

Martin Seligman, the proponent of positive psychology, jumpstarted his career by conducting studies about stress, anxiety, and depression. His work in these subjects led him to discover the optimistic explanatory styles that people use to make sense of bad events. After conducting a series of longitudinal studies, he concluded that positive thoughts can protect people from developing depression every time they encounter difficult circumstances. This kept him motivated towards understanding whether people can learn optimism or not. He conducted multiple studies on varying explanatory styles and discovered that optimism could be learned.

This series of research studies gave birth to the Penn Resiliency Program, which is a comprehensive curriculum that attempts to inculcate the optimistic explanatory style in the minds of young children. They were selected as the subjects for the pilot study because their personalities and attitudes are more malleable than that of adults. This means that they represent the perfect subjects for testing the hypothesis that certain interventions can modify the personality of a person. The curriculum believes that optimism can protect young people from experiencing the devastating symptoms of depression in the future.

The Penn Resiliency Program depended on licensed counselors and professional teachers for administering twelve different sessions of intervention. All these courses aim to teach students how they can change thoughts that are associated with the pessimistic explanatory style. Multiple studies were also conducted to evaluate the efficiency of the program. A study that observed the use of PRP in changing the personality of 700 students found out that only 20% of them experienced symptoms of depression three years after the program. This evidence strongly suggests

the idea that optimism is a skill that can be nurtured and developed in people.

If you tend to dwell on negative thoughts like most people do, you can actually learn to eliminate them and replace them with positive thoughts. However, this transformation will not happen overnight. You cannot expect it to happen on its own as well. To become a positive person, you have to make a conscious decision towards making a change. Once you have done this with a little help from effective techniques, you will find it easier to live a positive life. Here are some of the best techniques that you can try using today.

Smile And Be Happy

You have probably caught yourself smiling every time you remember something nice that happened to you. Smiling is a normal response to pleasant feelings of happiness and delight? But can a simple smile make you feel happy as well? Can smiling really make you feel happy? A research study that was conducted at the University of California discovered how facial expressions associated with sadness, anger, and happiness can trigger physical changes produced when you feel such emotions. A smile automatically sends signals to your nervous system, spurs pleasant physical reactions, and makes a person feel genuinely happy.

To identify certain situations that trigger feelings of happiness, you can try this simple smiling experiment. Start by putting a big smile on your face. You might feel uncomfortable at first but you should do it anyway to see what will exactly happen. If you feel silly, just continue doing the experiment because its silliness will actually make you smile even more. While you are smiling, think of past events that have made you feel very happy. Let your mind sift through those precious thoughts and relive the feelings of being confident and happy.

As you try releasing all your problems and concerns, continue smiling while looking at yourself in the mirror. The big smile on your face will eventually make you feel more confident and carefree. As you let the positive feelings build up, you can start pressing the middle finger and thumb of both your hands together in a gentle but firm action. Tell yourself how positive you feel over and over again. This simple exercise will reprogram your thoughts,

thus allowing you to have a positive attitude towards life and to feel better anytime you choose.

Use Affirmations Properly

The things you tell yourself and the words you choose will also have a big impact on your chances of maintaining a positive perspective towards life. You can try using affirming statements that will make you feel better about yourself. When reprogramming your thoughts, you have to steer clear of negative words such as do not, cannot, will not, and the likes. The subconscious mind responds better to positive statements. Instead of thinking about how you want to stop failing in everything you do, you should tell yourself that you are a wonderful person who deserves success.

Cannot is also a very dangerous word. Most people find it hard to change their behavior because they cannot stop themselves from using this word. They tell themselves that they cannot quit smoking, lose weight, or even remember names. The more often they say such things, the more they become more real. From this day forward, you should think of this word as a red light that warns you about negative thoughts that result in false limitations. Never let this word limit your capabilities and rob you of your truest potential.

Meditate As Often As You Can

Meditation is also a powerful technique that you can use to your advantage. Research shows that constant meditation can increase the activity in the left pre-frontal cortex of your brain. Scientists usually associate this area of the brain with positive thoughts. Therefore, people who meditate on a regular basis are healthier and more positive than the rest of the population. After learning how to meditate and making a conscious decision to practice it as often as you can, you can train your brain to use the pre-frontal cortex more readily and turn into a person who always sees the bright side of things.

Constant meditation will also allow you to contemplate deeply and remind yourself of the good things in your life. To boost the strength of meditation, you can also try recording a tape that contains a series of messages from the most important people in your life. Make sure that they were able to say why they admire and respect you. You can try listening to this tape right before you enter a deep state of meditation. Every time you experience

something bad, you can lift your spirits and enjoy a greater sense of self-respect by listening to this tape.

Avoid Negative Self-Talk

While the things you say to other people will affect the way you view life, the things you say to yourself actually matter most. Every person listens to an inner voice that reflects the thoughts running through his or her subconscious mind. Unfortunately, most people practice negative self-talk. They tend to tell themselves that they will never be able to succeed in whatever task they need to accomplish. If you constantly catch yourself saying these things to yourself, you have to identify those negative thoughts and eject them as soon as you can.

Remember, you can eject negative thoughts as easily as you can eject a tape recording from your cassette. To make the vision seem more vivid, you can try pressing an index finger against a table or your thumb. Act as if you were pressing a button and say the word “eject” while simultaneously replacing negative thoughts with positive ones. You might feel silly at first but you will eventually get used to this exercise. Once you have repeated and rehearsed this action over time, it will work like wonder in helping you turn into a positive person.

Use Powerful Visualizations

You can also begin your transformation into a positive person by using an exercise known as the funnel of energy. This visualization technique will only take a minute of your time but it will be more than enough to make you feel great. To start the exercise, you should imagine yourself seeing a funnel of light flowing through the top of your head. This light contains positive energy that comes from the most divine and purest form of energy in the universe. It will make you feel more alert, stronger, and energetic. The minute it enters your body, you will immediately feel its extraordinary healing effect.

You will also feel the funnel of energy cleansing you of all the negativity you possess. It will dissolve your inhibitions and your old fears, thus allowing you to break through false limitations. As you feel its healing energy washing away your negative feelings and thoughts, you will simultaneously feel your body releasing your inner strength. The energy will flow through

your shoulders, chest, back, and feet as it reaches every part of your body. It releases the negative energy you are feeling and fills you with the purest form of positive energy. Continue the exercise until you have been purged of all negativity.

Stop Worrying And Be Happy

To experience the full benefits of thinking positive, you should also be familiar with the proper way of dealing with your day-to-day worries. Every thought in your mind affects you mentally and physically so constant worrying can be very harmful. It will affect your heart, your nervous system, and even the circulation of your blood in a negative manner. Every time you worry about the smallest things, you will picture a negative result so you will no longer have the willpower to overcome such thoughts. These thoughts will seem very real so they will automatically generate the negative emotions that you will experience if they did happen.

When you worry about something, you will experience discouragement, fear, anxiety, or even disappointment. This will make you end up feeling bad even if your worries have not even happened yet. The more you succumb to worrying, the more you let your mind expect bad things to happen. Even if the problem fails to manifest, your worries will take their toll by making you feel excessively stressed and run down. You can counteract these damaging effects by imagining positive end results that will prepare your mind for a future filled with positive experience. This will also make you feel happier and more confident than you did before.

View Adversity As An Opportunity

Every person experiences obstacles and problems as he or she goes through life. While some of these problems can be huge, the thing that matters most is the way in which you will face them. If you always think negatively, you will end up feeling overwhelmed and giving up without even trying. A better way to handle them is to look for something positive in the dreadful situation you were caught in. Instead of looking at it as an impossibly hard challenge, you have to try thinking of it as a blessing in disguise.

No matter how bad a situation might seem, you can always look for any form of opportunity or advantage. For example, you have to stop blaming yourself and feeling discouraged every time you perform poorly during a

job interview. Try to look at it as an opportunity to improve the way you conduct yourself during interviews. Once you have learned to see the silver lining in every dark cloud, you will immediately succeed in dealing with life's biggest challenges. And this, in turn, will allow you to live the fulfilling life that you deserve.

There are other things you can do to become a positive person and get rid of all those negative thoughts in your mind. These simple exercises will give you a great start towards your journey to becoming a better person. Start using these techniques today and you will soon be amazed with the tremendous impact that they will have on every aspect of your life.

Chapter 4

Fulfilling Your Truest Potential with Positive Thinking



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Have you already tried reading books about the law of attraction or positive affirmations and ended up wondering why you are not yet experiencing the kind of success you expect? If you answered yes to this question, you have to go back to basics and understand how positive thinking can fulfill your truest potential. In this chapter, you will learn how you should view your world and how you can get your deepest desires to manifest. It will also reveal the five probable reasons you have not fulfilled your potential yet.

After reading this chapter, you will discover how you can take control of your current situation and change it for the better. It will also explain what self-sabotage means and how it prevents you from emerging successful in everything you do. To become a positive person who always recognizes the good things in life, you have to consider the following factors.

What Exactly Hinders Your Success?

Only a few people will be confident enough to claim that they have already reached their fullest potential. In general, almost everyone in the world does moderately well by getting an education, qualifying for a decent job, and making most of their relationships work. Some of them take comfort in recognizing these modest achievements. However, a small voice in your head might keep telling you that you could have done much more in your

life. This will make you doubt yourself and your ability to make a greater contribution to society.

So what exactly is preventing you from making the most out of your truest potential? For one, you may not have belief in your ability to succeed in life. Every person who has truly achieved radical success capitalizes in his enormous self-belief. He knows that he is special and he is determined to do anything to leave a great legacy. People who have this attitude are not really narcissistic, self-righteous, or arrogant. They are actually self-critical so they tend to push themselves hard because they know that they can always do and achieve much more.

Another factor that may stop you from achieving success is your tendency to measure yourself against the goals you have set. Clearly, it is impossible to make real progress if you have not set definite life goals. If you are one of those people who muddle along from one opportunity to the next, it will be highly unlikely for you to succeed in life. You have to define your goals and measure your progress from time to time. Instead of feeling frustrated every time you fail to reach your targets, you have to strive harder towards becoming the person you want to be.

Believing in yourself and living in positivity will not get you anywhere if you are not surrounded by people who are determined to get what they want in life. No matter how nice your friends or family are, they will not be instrumental to your success if they are not pushing you to achieve more in life. Try spending more time with positive thinkers and high flyers who understand what self-fulfillment and ambition really means. Once you have told them your fears and doubts, they will never stop encouraging you and giving you the exact advice you need.

Thinking positive is only the first step to fulfilling your potential. If you waste most of your time on activities that will not contribute to your success, none of your plans for personal success will ever work. You have to become an active agent by doing the right things and viewing your fate as something that only you can decide. If you have already set your goals but you are not yet making real progress, you have to examine your daily activities and determine how they will help you accomplish whatever task you need to finish.

Finally, a person who feels too comfortable where he is might find it hard to push harder and work towards his dreams. It is natural for anyone to settle into a rut every now and then. However, you can only achieve personal success once you have pushed yourself outside your comfort zone. Do not be afraid to try new things, take risks, and explore areas that are farther than where you are now. Face difficult challenges, treat adversity as opportunity, and force yourself to acquire new skills that will come in handy in the future.

What Makes Self-Sabotage Your Biggest Enemy?

Once you have learned why you have not yet earned the success you expect, you have to understand one of the biggest obstacles to achieving personal success. Self-sabotage, the biggest enemy of optimists, will hinder you from reaching your fullest potential and enjoying the success you managed to achieve. It also refers to a mental state that holds people in an energetic vibration where they cannot manifest what they really desire. It constantly attracts unconscious thoughts that will sabotage your aspirations, dreams, and hopes.

Self-sabotage usually occurs when strong emotions are present. Destructive emotions and negative feelings will dominate your mind, which in turn affects your actions. Self-destructive actions that will cause harm to yourself or someone else will get in the way of your success. They usually result from negative emotions such as low self-esteem, timidity, fear, rage, frustration, arrogance, and even greed. People who consider themselves as perfectionists may also ruin their chances of succeeding in any career they chose to pursue.

How do you know if you are unconsciously sabotaging your chances of fulfilling your potential? You have to look for warning signs that most people fail to recognize, embrace, and heal. These signs include the constant repetition of unwanted actions, the inability to maintain long-term relationships, and saying you want something really bad and then doing things that will stop it from happening. A person who tends to make change his bad habits only to find himself slipping back into his old ways is also guilty of self-sabotage.

You can trace back self-sabotage to the fear of greatness rather than the usual fear of failure. Pessimists fear of becoming powerful beyond measure

and succeeding in something that they do not think they deserve. By liberating this deep-seated fear and turning negative thoughts into positive ones, you will experience greater chances of achieving much more than what you are enjoying now. Self-sabotage is something that you cannot readily share to other people so it is best to seek professional help if you are exhibiting most of its warning signs.

Freeing Yourself From Self-Sabotage

You will never be capable of turning into a person who sees the silver lining in every dark cloud if you are constantly sabotaging your chances of becoming a better person. Self-sabotage is deeply connected to negative thoughts that are based on a set of limiting self-beliefs. It will constantly nag you with anxious and fearful thoughts or it will fill you with doubts about your ability to cope with additional responsibilities and success. To attract happy experiences, you have to get rid of these thoughts and replace them with positive ones.

To start your journey towards self-empowerment and wholeness, you have to challenge your baseless and limiting beliefs. You should also do away from negative self-talk that tricks you into believing that you are not good enough to succeed in whatever you are doing right now. Through positive thinking, you can change how worthy you think you are when it comes to achieving personal success. You will also start seeing yourself as a talented, creative, and competent person who deserves to enjoy the good things life has to offer.

Most people who do not understand the real power of the mind tend to underestimate how it affects their chances of succeeding in life. Once you have finally seen the ways in which you are sabotaging yourself through negative self-talk based on limiting beliefs, you can start monitoring your thought patterns in an active manner. Soon thereafter, you can slowly change your internal dialogue into something more supportive and positive. This will set you free from your irrational fears and limiting beliefs, thus allowing you to attract positive things in life.

Optimism will not only liberate you from limiting beliefs, values, and expectations. It will also allow you to adopt a healthier frame of mind that gives you a greater sense of freedom and makes you feel capable of making a positive change in your life. As you continue your journey towards

fulfilling your true potential, you will also set yourself free from the devastating effects of self-sabotage while going beyond the limited ways that people look at life. You will start thinking for yourself instead of swallowing whatever beliefs other people have about you.

A crucial step to breaking free from self-sabotage is to find the thing that prevents you from making a change in your life. Once you have become an optimist who accepts your flaws and strives to strengthen your weaknesses, you will never fail to overcome the deepest fears lying beneath your self-sabotaging tendencies. This way, you can start accepting yourself, begin your transformation, and make the most out of your fullest potential.

Chapter 5

Living a Positive Life



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As you work towards greater satisfaction in life, the best place to start is with your conscious and subconscious mind. You can now bring back the balance in your life by living in positivity and focusing on eliminating negative thoughts. Positive thinking, along with the strong sense of hope that accompanies it, is great for your happiness, health, and your future. Multiple studies have already demonstrated that positive thinkers end up healthier and happier than those who brood over negative feelings. Research suggests that positive thinkers live longer as well.

A positive state of mind is the foundation of the Law of Attraction, which states that optimists tend to attract a series of positive events. To live a positive life, you have to remember the importance of looking for the positive aspect of any circumstance. You will also need to enter a deep state of personal reflection to find out the positive side of every difficulty you will encounter. For example, losing your job will make you worry about losing income and having a huge dent on your ego. However, you have to focus on how it will give you the chance to meet new people and step out of your comfort zone.

Contrary to popular belief, positive thinking is not about ignoring problems, pretending everything is fine, and waiting until those problems go away on their own. Its main goal is to examine negative situations and focusing on positive aspects that will help people deal with the situation at

hand in a constructive manner. After recognizing the downsides of a situation, a real optimist will start getting in touch with his feelings and asking himself two important questions. He will try to look for possible opportunities that the problem presents while thinking about the results he expects and wants to see.

The Key To Positive Thinking

Positive thoughts and feelings bring inner peace, improve relationships, and leave people feeling contented with what they have. However, optimists also strive to achieve personal success by performing better in everything they do and reaching their fullest potential. They also tend to view their day-to-day tasks as things that flow smoothly so their life seems brighter and interestingly challenging. Positive thinking can be very contagious. Everyone around you will sense your mental mood and will experience a strong desire to help you in whatever task you wish to accomplish.

However, effective positive thinking is more than just telling yourself a few positive words or making yourself believe that everything will turn out right. You have to treat it as your dominant mental attitude. Thinking positively for a while and letting your irrational fears cloud your mind later on will not do you any good. For positive thinking to become truly effective, you have to exert more time and effort into developing a positive attitude towards life. You also need to take whatever actions are necessary to ensuring your success.

Life will seem more satisfying if you are always at your best. Once you have successfully turned into a real optimist, you will learn how to utilize your core strengths and use your special skills to your advantage. When you use these signature strengths to accomplish your daily tasks, you will start feeling more productive and happier. You will also learn how to use your creativity in incorporating your core strengths to nearly any task you need to accomplish every day. This way, you can make the most mundane tasks seem pleasant and gain more control over your life.

How To Live A Positive Life

Somehow, today's modern life has made people believe that negative thoughts are actually more realistic than positive ones. This is actually pure madness, considering that most of the things we worry about do not really happen. To start living a positive life, you have to get your head around the fact that positive thoughts are more realistic than negative ones. Most people find it difficult to grasp this concept, thus making it harder for them to reprogram the brain and make it think more positively. Here are three exercises that can get you started towards changing the way you think.

A vision board is a great tool that you can use to reinforce your positive thoughts. It can serve as the symbol of where you want your life to be heading. You can use a corkboard to display photos of the house you want to have, the different places you want to visit, and the kind of job you dream of having. Use your creativity in choosing images and photos that can accurately express your innermost desires. This way, you can constantly visualize how you will feel once you get a life that is similar to what you have in your vision board.

To adopt a positive attitude towards life, you should also be grateful for what you already have. Before you go to bed, spend a few moments of your time saying thank you for whatever experiences you had for the day. Be thankful for the people you interacted with, the good food you ate, the amount of work you have accomplished, and everything else that a noble man will feel pleased of. For this exercise to become effective, you have to wait until gratitude starts emanating within you before concluding the activity.

Finally, you can also start living a positive life by using verbal affirmations on a daily basis. You have to phrase them as if they were already happening in order to utilize its power for replacing negative self-talk with a positive internal dialogue. Come up with strong affirmations such as "I attract money and wealth easily" or "I am a beautiful and intelligent person." Spend at least ten minutes in front of the mirror while saying those positive words out loud. Make sure that the statements you created make perfect sense so that you can start believing them in no time.

Living a positive life is not really as hard as it seems. As long as you stick to positive thoughts and expect no other than your desired results to happen,

you will emerge successful in life no matter how bad your current situation might seem. In time, your positive mental attitude will have a great effect on the way you handle problems and challenges so it can gear you towards achieving personal success and greater satisfaction in life.