

Positive Thinking:

Harness the Power of Positive Thinking and Live a Better Life

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Learn How to Harness the Power of Positive Thinking and Live a Better Life

Deep down we all know that positive thinking results in a positive and more fulfilling life. Positive people are happy people. They manage stress better, they have better relationships, they are healthier, and they are happier and often more successful in their careers. This isn't to say that the only way you're going to be healthy, happy, and wise is to put a smile on your face.

Every positive person has bad days. Every positive person has struggles and days where it is difficult to smile and look on the bright side. The difference between the eternal optimist and the rest of us is that they have developed the ability to refocus their thoughts. They have practiced the art of positive thinking.

The Science of Positive Thinking.

You've probably heard of the placebo effect. It is what often happens to people who think that they're getting medicine that will make them better or make their pain go away when they're really getting nothing more than a sugar pill. Scientists have long since attributed this effect to the ability of our mind to deceive us.

However, what scientists have found is actually quite different. They have found that when a person receives a placebo, the body actually produces chemicals that simulate the same healing as the medicine would have if the person had received the medicine.

What does this mean? When we convince ourselves that we're going to get better, that things are going to get better, our bodies respond and actually make us better. Think of the implications for yourself when you're ill. Maybe that's why people that are always professing their good health are always healthy.

There's even more good news for optimists too. Scientists have found that optimists live longer. Optimists have a 55 percent lower risk of death from all causes and 23 percent lower risk of death from heart failure.

What is Positive Thinking?

A positive thinker is a person that expects good things to happen. They anticipate happiness, joy, love, success, and pleasure from every action.

When looking to purchase a television a positive person says, *"I am happy and grateful that I found a television that fits my budget."*

A negative person says or thinks, *"I can't afford the television that I really want."*

When a positive person becomes stuck in traffic, they think, *"I'll be late but now I can use this time to call my friend,"* or *"I'm sure this will clear up soon."*

A negative person thinks or says, *"I don't want to be late."* Or *"Why does this always happen to me?"*

The difference is subtle to our minds but it is powerful and the difference adds up over time. Consider what an effect of 10 years of negative thoughts can have on your body, your relationships, and even your financial status.

Conversely, consider how your life might be different if you'd never had a negative thought. What habits would you have avoided? What would be different? Often times people pick up negative habits to soothe their negative thoughts. Overeating, for example, is often linked to depression and unhappiness. If that depression didn't exist, the overeating would vanish. There would be no need to console bad feelings with food.

What would your life be like if, starting today, you never had another negative thought? What would be different? How would your relationships improve? How would your job change? What would happen if the people around you never had another negative thought?

Positive thinking and a positive attitude is contagious. Do you ever find yourself feeling poorly about yourself or about the world after speaking with a negative person? Do you ever find yourself smiling for no good reason after someone has showed you an unexpected kindness? Positive and negative emotions are powerful and they are

infectious. Consider how much you could help your loved one's lives improve simply by thinking positively yourself.

Positive Thinking Will Improve Your Life

We blame our moods and our disposition on a variety of things.

- We didn't have our morning coffee.
- We didn't get enough sleep last night.
- We had an argument with someone.
- Someone cut you off on your way to work.
- The weather is getting you down.
- The dog ate your favorite shoes.
- The line at the coffee shop was too long.
- The waitress brought you the wrong item.

The list can actually go on and on. We blame everyone for our moods yet the truth is the only one who has control over your mood is YOU. You are in control; you have the power to change your world...You and only you.

When you train your mind to only think positive thoughts you will see a dramatic shift in your life. The small crises will no longer be crises at all; in fact they may become opportunities. Once the smaller problems no longer matter, the bigger challenges that we face in life seem much more manageable.

Imagine how powerful this new perspective will be. Imagine the changes it will have on your:

Relationships with Friends and Family

You walk in the house, your children are fighting, the dog has chewed your favorite shoes and your spouse has just called to tell you their going to be home late tonight.

How do you handle it?

Many people would begin yelling at the kids, the dog and their spouse. Then they'd develop a splitting headache, order dinner out and sit down to a night of television all the while they'd not said one kind and loving word to their family and they'd not received one kind and loving word in return from their family.

When you train yourself to eliminate negative thoughts from your mind that scenario has a totally different outcome. Instead of resorting to yelling they might have immediately tried to resolve the problems. They may have given the kids something productive to do like help with dinner or clean up the dog mess and they would likely have felt some sympathy for their spouse that had to work late. They might have even taken extra steps to make sure that their spouse had a pleasant homecoming. That's not all. Their positive thoughts and actions would have benefited the people that they love as well.

Career and Professional Success

Career stress happens when we believe that the demand for our skills, time, or abilities exceeds what is available. When we feel stressed we feel both threatened and feel overwhelmed by the demands on us. Our level of stress is based solely on our perception of the demand made on us and our abilities to meet that demand.

Very often people judge themselves too harshly. We judge ourselves under a completely different standard than we judge our friends and co-workers. This intense scrutiny that we often place upon ourselves causes negative thinking, stress, unhappiness, and a lack of confidence.

Imagine how differently you would feel if you felt confident of your ability to meet the demands placed on you. Imagine how your stress level would plummet.

Imagine rather than thinking, *“I can’t accomplish that goal in two days.”* You were to think, *“I can accomplish that goal in two days.”* Or *“Okay, I have my goal what do I need to do to accomplish it in the required timeframe?”*

The negative thought immediately sets you up for failure where as the positive thinking person not only approaches the project with a positive attitude but they begin planning how they are going to accomplish it.

Because stress has a direct effect on your health, the difference between the two thinking processes can be life saving.

Health

Researchers at Yale University found that people with an optimistic outlook lived 7.5 years longer than those with a pessimistic view of their future. Their study went so far as to show that a positive attitude was more important than lower blood pressure and cholesterol levels to overall health and longevity.

As demonstrated by the placebo effect, positive thinking is a resource for healing. People that believe they are in control of their health and face illness with a positive attitude are more likely to overcome pain and adversity. For example, optimistic coronary bypass patients generally recover more quickly and have fewer complications after surgery than do patients who are less hopeful.

Positive thinking has also been linked to stronger immune systems and has proven to slow down or lessen frailty as we age. The power that positive thinking has on your health and wellness far outweighs our understanding.

So how do we achieve this blissful state? How do we train ourselves to eliminate negative thoughts before they appear and replace them with only positive thoughts?

The answer?

It’s like your mother used to tell you – Practice.

Tools You Can Use to Refocus Your Thinking

Mastering the skill of positive thinking takes time, practice and patience. Accept that you are human and that every day is a new day and it brings you one step closer to having complete control over your thoughts. The following tools will help you reach your goal of mastering your thoughts and thinking positively.

Affirmations

Affirmations are positive statements. You can choose an affirmation to say each morning. You can choose a statement to repeat to yourself throughout your day or you can post declarations in places where you're likely to read them frequently.

Potential affirmations include:

- Every day in every way I'm getting better, better and better.
- Everything is coming to me easily and effortlessly.
- Everything I need is already within me.
- I love and appreciate myself just as I am.
- I accept all my feelings as part of myself.
- I love doing my work, and I am richly rewarded creatively and financially.
- I always communicate clearly and effectively.
- I now have enough time, energy, wisdom and money to accomplish all my desires.
- It's okay for me to have everything I want.

Gratitude Journal

One tool that will help you to become and feel more positive is the ability to feel gratitude for the smallest of things. We are amazingly fortunate to be here on this planet and to be alive and the mere act of sitting down every day and documenting at least one thing that you are grateful for is a powerful way to begin your day. It changes your perspective on life, it strengthens your faith in the world, in your god and in yourself. Gratitude is one of the most powerful emotions a person can feel.

Believe

Faith strengthens us and gives us the power to believe in our abilities. Faith that everything is going to work out all right gives us the strength to put one foot in front of the other with a smile on our face. Even when we face our toughest challenges, faith that we can handle them pulls us through.

It doesn't have to be a faith in a god or in the universe or even in other people. Faith can reside in simply believing that you are capable of doing anything that you set your mind to. How do you convince yourself of that? Keep repeating it to yourself and you will eventually believe.

Meditate

Meditation is a powerful tool to achieve clarity, focus, and peace of mind. Many people don't believe that they can meditate and that is okay. It is also okay to give it a try. Commit to meditating for 5 minutes a day for a week. Focus on your breathing and do your best to eliminate all thoughts from your mind. Thoughts will invade and some days will be more difficult than others. The point of this exercise is that you don't know if meditation is truly for you until you give it a try. Also, if you believe that you can commit to five minutes a day, you can and that success will strengthen you.

Read positive quotes/books

Positive thoughts and feelings are contagious. When you read and surround yourself with positive messages, some of them eventually sink in. Consider starting your day with a positive thought or a positive quote and ending your day with an entry into a gratitude journal. You'll find that you wake each day with a different perspective and the little problems seem to fade to the background where they belong.

Surround yourself with positive people

There are always going to be moments where someone you're conversing with is being negative. While you can't change them, you can redirect the conversation to a more positive note. You can also leave. Positive energy is contagious. Negative energy is contagious too. Don't allow yourself to catch it.

Be patient. Not everyone is going to get it. However as you change and avoid negative energy, the positive energy around you will catch on. You'll watch it happen and be amazed and proud of what you're accomplishing.

Listen to positive music

The effect of classical music has been studied on infants. Scientists theorize that the music triggers brain development. Music has a profound power on our brain, emotions, attitude and outlook. Music can trigger a memory. Your favorite song can place a smile on your face and a song that you dislike can cause you to groan and cover your ears. Music is powerful.

Visualize

Visualization is a tool that athletes learn to use early on. They visualize themselves playing the game, running the race, scoring, or crossing the finish line. The best can actually hear the crowd, smell the air and feel the sweat dripping off their bodies. Visualization is a powerful tool. You can see yourself succeed before it actually happens. It prepares you for the bumps in the road because you can visualize how you would handle them before they occur.

Here's how to start: Before you get out of bed in the morning visualize your day. What do you have to do? Run through a task list. Are there any tasks that are going to be particularly challenging? If so, visualize yourself handling the task successfully. Visualize yourself walking into work with a positive attitude. Visualize yourself having a pleasant conversation with your least favorite co-worker.

If it isn't a work day, visualize yourself having a pleasant time with your family, friends, or pets. If you have the day to yourself, visualize yourself doing something that you love, something that gives you pleasure.

Take five to ten minutes every morning to run through this exercise and you'll find that as your ability to visualize improves, so does your day. Your visualizations will become reality. Use this exercise before any stressful part of your day, visualize yourself handling the task with ease and success.

Laugh

People that laugh live longer. Laugh every day. What makes you laugh? Do you have a favorite television show? Cartoon? Pets and children can be extremely funny, actually many adults can be too without intending to. People watch and look for the humor in life. When you do this too, it can save your life.

Practice control over your thoughts

Eliminating all negative thought from your consciousness is not easy and it will not happen overnight. However, as you become aware of your thoughts, you will begin to recognize them as either positive or negative. Most of us spend our days with thoughts running in and out of our brain and we don't stop to analyze them. Now is the time to begin analyzing your thoughts.

As you begin to feel negative thoughts and energy, change them to positive thoughts immediately. Words or thoughts like I can't, I don't, I won't are all negative.

Replace them with, I can, I do, I will. For example: Instead of thinking, *"I don't want to get stuck in traffic,"* think *"I do want to get where I'm going quickly and I will handle what ever comes my way with patience and intelligence."*

If you find negative thoughts are overwhelming you, evaluate why you're having so many negative thoughts. Do not judge yourself for having the negative thoughts, merely try to understand them. Once you understand why you're feeling so negatively you can take steps to move towards a more positive outlook.

You now have the tools to turn your life in a powerful and positive direction. There is nothing that you can't handle. You are in control of your life and in control of your moods. Positive thinking is a skill and as you improve upon you ability to think positive, you'll find it will become second nature. As your ability to become completely positive grows, few of life's challenges will feel overwhelming. You will feel in control most of the time and you will learn to believe that your health and your life are determined solely by you.

" People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success."

– Norman Vincent Peale

For More On Positive Thinking – See [The Realgoalgetter Site](#)