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Foreword

Our current mental attitudes are habits, put together from the feedback of parents, friends, society and self, that forms our self-image and our world-image.

These attitudes are maintained by the interior conversations we constantly have with ourselves, both consciously and subconsciously.

To become positive in our thinking we have to center on things that inspire and uplift us. If we may alter our outlook and do away with the damaging thoughts that invade our minds we'll become happier.

The first step in modifying our attitudes is to modify our interior conversations. Get all the info you need here.

Pool Of Positive Thinking

Learn How You Can Tap Into Your Own Positive Mind Power

Chapter 1:

The Meaning Of Positive Thinking

Synopsis

Positive thinking is a mental attitude that allows into the brain thoughts, words and pictures that are conducive to evolution, expansion and success.

It's a mental attitude that anticipates great and favorable results. A positive mind anticipates happiness, joy, health and a successful result of every situation and action. Whatsoever the brain expects, it finds.



The Basics

Not everyone accepts or believes in positive thinking. Some consider the subject as merely nonsense, and others scoff at people who believe and accept it. Among the people who accept it, not a lot of understand how to use it effectively to get results. Yet, it seems that a lot of are becoming attracted to this subject, as evidenced by a lot of books, lectures and courses about it. This is a subject that's acquiring popularity.

It's quite common to hear people say: "Think positive!" to someone who feels down and distressed. Most people don't take these words in earnest, as they don't know what they really mean, or don't think about them as useful and effective.

How many people do you know, who stop to think what the power of positive thinking entails? Consider particular events in your lifetime, and attempt to recall what mixture of thoughts you had, prior to a particular event occurring. Try to discover the affiliation between your thoughts and the events.

How many times did something happen in your life and you stated: "I knew this was going to happen."

Our overwhelming thoughts govern our behavior and attitude, and consequently our actions, our spirit, and the people around us. As

our thoughts are, so are our lives. This signifies that it's of gravid importance to be cautious with our thoughts, particularly ideas that we often repeat.

A thought that's often repeated gains a foothold in the subconscious, and from there it impacts our lives and even our environment.

The great thing about this mental process is that we do not need to strain or overexert ourselves to make it happen. All we're required to do is to pick out a thought that we would like or we think will come true, and start repeating it.

Positive thinking is a skill that may be taught and acquired by anybody; it's a tool that may help you reach your goals, deadlines and dreams.

Positive thinking is the act of reviewing thought processes and personal actions for areas that require improvement and for areas with damaging implications, and then utilizing the suitable tools to change those thoughts or actions in a positive, goal-oriented way.

Essentially positive thinking is identifying the damaging thoughts in your mind dealing with them by recognizing that the negative implications might hinder success and eliminating them from our minds.

With a positive attitude failure might slow you down but it won't stop you from arriving at your destination which is success.

Decide what you want to gain or accomplish, and begin thinking of it frequently throughout the day, or at many particular times throughout the day.

These reoccurring thoughts would finally get stronger, and bring in inner and outer changes.

The power of ideas is true power. You've surely applied it numerous times without recognizing it. Once you know how it functions and how to apply it consciously, you acquire the power to transform, improve and rule your life.

Discover how to apply the power of thoughts and visualization to achieve success.



Chapter 2:

Changing Your Surroundings

Synopsis

Encircle yourself with successful and positive individuals. It's astounding how the influence of others may impact and affect our own personal power.

Positive people will stimulate and urge us to grow in our feeling that we may accomplish what we set out to accomplish. Fend off negative people who will in the end tear down any progress you make.

Positive people seem to have a supply of vitality that never seems to let them down, and they achieve the great goals in life that they wish and dream about.

They may help you stay on track and move you toward your own goals. Many times these successful people share the same goals you have and are oftentimes very generous about passing around their wisdom and their techniques.

So how do you get this implemented?

What And How To Alter

Here are a couple tips to help you do this:

Though it might sound idiotic, smiling may immediately draw people toward you - especially other positive people. Having and showing a great perspective on life makes others want to be around you.

It's frequently difficult to remain positive day in and day out, so people are oftentimes seeking a way to be more optimistic. If you're a friendly welcoming person, and you show that to the world with your smile, individuals will see you as an optimistic individual.

While we all have rocky days when nothing seems to be going correctly, the last thing you want do is complain and whine endlessly. No one likes a crybaby.

For example, if somebody were to ask you, "how are you today?" don't answer back that "life sucks" or that you're just "here" or something like that. Instead, take a minute - and a breath - and then reply with optimism, even if you're having a difficult day. After all, positive people don't waste their time or energy on grumblers or negative people.

Thinking positively - even with letdowns - will help you to see the good in each situation and attract the positive people who share this vision. Even if you don't really subscribe to these positive thoughts

initially, or you discover positive thinking difficult, catching yourself in damaging self-talk and asking “what do I want instead”, will help you think positively and produce fresh patterns of positive thoughts in your brain. Over time positive thinking will get simpler and more natural.

It isn't enough to smile, communicate, and think positively when chasing your goal. You have to as well take action! For example, perhaps you thought you could get a promotion in the past, however then sat idly by while someone else snapped it up.

This time your fresh positive thinking will have transformed you into a positive individual who takes positive action!

Lastly, reach out to people at your work, in your circle of acquaintances, or even to people on the street who appear to live positively. Ask them what it is that helps them stay positive and accomplish their objectives.

Seeking positive people will give you valuable information to help you accomplish your goals and help you become successful; it will help you establish a network of positive acquaintances and role models.

Becoming positive and exemplifying positivism draws in others. After all, like attracts like.

People enjoy being around others with like attitudes and, by sustaining a positive outlook, you'll surely lead yourself to those successful people you look for.



Chapter 3:

Confidence And Positive Thinking

Synopsis

Confidence is ‘the notion in oneself and one's powers or abilities.’ This feeling may easily be misidentified for the feeling of thinking you are better than other people or that you do not care about what other people think which is incorrect confidence isn't about other people it's about you, how you view yourself, how you reflect yourself and recognizing your capability and capacity.



Self Assurance

The first step to bettering your confidence is cutting off that internal voice in our brain that keeps telling you that it is not possible, block it out and begin asking yourself what the worst case scenario is, it is generally not that bad as the voice in your brain.

After experiencing something you dreaded for the first time you realize that it wasn't as frightening as you thought.

Moral support is a really important part of strengthening your confidence, always confide in somebody that can help you feel better about yourself.

Opening up about your concerns and feelings will not only make you feel better but it will give you a different view of how other people see you and hearing somebody tell you that you can do something may give you that extra nudge into doing something.

Some of the times attempting something alone might be overpowering so you may try to find a partner that could motivate you, a good example is jogging, when you feel too lazy to go jogging your partner will call you and expect to see you at your jogging spot this will help you in getting moving in whatever project you wish to indulge in.

Always think about the fact that if it can be done by other people you as a individual can also do it, it only requires for you to take one single step to start a journey and it only gets easier as you move along.



Chapter 4:

Visualizing And Affirming

Synopsis

The power of the mind draws a mixture of events, conditions and individuals into our lives and forces back the others. In this aspect, it's precisely like a magnet. Take a glance the individuals surrounding you.

Everybody undergoes different experiences and road blocks throughout their lives. Some individuals achieve some things easily while other people might struggle or not accomplish the goal at all.

Your brain is broadly composed of the thoughts you think. The force of these thoughts will pull in their like kind. For instance, if you think positively about something significant coming up in your life, it winds up being just as you thought it would.

If you hold on to negative thoughts, you're going to pull negativity into your life. You draw into your life what you think about frequently.

Seeing And Saying

You have watched how a magnet pulls in metal objects. A strong and big magnet draws larger objects than a small and weak one. Magnets have a different peculiar characteristic. One side of the magnet draws, and the other side pushes back.

The power of attraction is a neutral power. The magnet draws to itself everything made of iron, irrespective whether it's a useful object or junk. The mind acts in the same way. It pulls into your life positive and negative states of affairs and events, according to the thoughts that you think.

Like the magnet the brain not only attracts, but likewise repels. If you don't believe you can get or achieve something, then you repel it. Thoughts of incompetency, weakness, fear and inferiority produce a repellent force. It's as though you're creating a wind that blows away and forbids particular things.

There are numerous techniques to charge your mind and views with attractive power. Firm desire, concentration and trust are a few of the important ingredients for instilling power into thoughts. Several activate the magnetic power of the brain unconsciously.

When you know the rules, you get capable of touching off the magnetic ability of your brain consciously, positively and effectively.

Envisioning and believing with concentration, hope and trust, and replicating these ideas often, emits strong energy. Your ideas become radiated and spread, shaping the brains of other people, and drawing in to you individuals who think along similar lines as you do and who might assist you with your plans.

This technique as well raises your consciousness and appreciation of any opportunity affiliated with your views that comes your direction, and fulfills you with the inner power and initiative to implement it. Try becoming aware of your ideas, choose to trust the ones that are advantageous for you, and consciously employ the power of attraction.

You're able to pull in individuals, conditions, events, or a lifestyle with the magnetic power of attraction of your brain. Remember, what you think of intently, with attention and feeling is pulled in to you. It might be something material or immaterial. The power of attraction is a universal power and manifests all over and in everything.

Emotions and feelings stimulate ideas, the same manner that electricity makes electric tools work. The top tool won't work without electricity. In order for an idea to act and manifest, it needs something to feed it life and vitality. Feelings and emotions are this something.

If your desire is firm, then you'll be able to bring forth enough emotional vitality. All the same, occasionally the emotional power you manifest isn't adequate.

From time to time, you need or want something, yet you can't bring forth adequate energy. In these examples, you need to beef up your emotional energy so you may use affirmations.

Affirmations are not created equal, as a matter of fact some may even be damaging.

Positive Affirmations should be expressed in the present.

“I am” or “Right now I” (present tense) ought to be used rather than “I will” (future tense) as to the subconscious “tomorrow never arrives”.

Research has established that some people respond better to “first person” (I) affirmations but others might react better to “second person” (you) affirmations.

I'd advise using both-why not cover all the bases. If you utilize first person affirmations you may record it and “burn” to a CD. For “second person” you should record someone else using the affirmation or use “synthetic voice” software.

When it comes to affirmations repeating is king. In order for the subconscious to act it needs hearing or seeing the affirmation repeatedly.

Simply robotically repeating an affirmation won't produce the same results as an affirmation which is blended with emotion. Since we're all a little different it may be helpful to look at some of the different emotions you have and see how you might incorporate them with your affirmation.

Affirmations ought to be long enough to be particular but not so long that they can't be easily repeated or remembered.

The more ways you impress onto your subconscious your wants the higher the odds of success. Writing or typing your affirmation onto a card that you may carry with you and read at any chance will further help your affirmation to manifest.

Saying an affirmation with a sense of gratitude does a couple of things; firstly it opens your heart up to receive-if you don't bear a sense of gratitude you're not in a receptive state of mind, and 2nd, it's affirming that you already have the thing you're affirming-which becomes the truth as soon as you accept it as such.

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Chapter 5:

Turn It Around

Synopsis

A Human has the capacity to command the way they think, you have total command of how you see every situation that you are in. It's either you accept it and make a choice to change it if you're not happy with it or you sit and feel sad for yourself.

If something happens the way you didn't think you feel either disappointed or unhappy, the disappointment easily turns to anger or you feel frustrated and helpless, however that's one's personal choice.

When something doesn't work out or something doesn't happen it doesn't mean it will never occur, it may mean that you're not ready for it and that you still need to grow and mature as an individual.

Switch It

It's better to always view things differently, for example when you miss the bus from work or school constantly consider what if that bus is going to be involved in an accident, if your friends forget to ask you out for the evening don't sit and feel miserable consider all the things you wanted to do that you never had time for.

Delay is never denial and defeat isn't failure, failure isn't getting up to try again.

When things constantly happen our way it will make us selfish and egoistical, always consider that there's tomorrow and that you may always try again.

Constantly accept the things you can't change that will help avoid letdowns, change the things you can't accept by either working harder or turning to the alternative and always be cautious in knowing the difference.

Value the little things in life before you hunger for bigger and better that way you know life may be good regardless and always expect less or nothing to avoid letdowns. To have favorable results you have to have a favorable attitude, there's no way that a negative individual will accomplish favorable results. Acting

favorable gives you hope for a better outcome, you can't underestimate the power of favorable thinking.

Having a favorable attitude wipes out all the feelings of self-pity that will cause you to quit trying in whatever thing you're attempting to accomplish. Acting favorable whilst in competition with others is an intimidation to your fellow competitors whether it's in school, in class or even just your local weight loss challenge in your region.

When you always act in a particular way for a long period that action begins to embed in your personality, what needed a lot of effort will turn out to become an automatic action that comes naturally.

Always trying to be favorable might be hard at first because that little internal voice will be telling you that you can't do it but the more you stick to having a favorable attitude and being favorable even in negative conditions it will get easier and it will finally become part of your personality.

Most individuals mostly feel negative early in the morning as soon as they wake up and realize they have a long feverish day ahead of them, they automatically feel challenged and helpless but that's the perfect moment to integrate your favorable attitude.

Every morning you wake and assure yourself that it will be a great day and that you have total command over your happiness. You may not have command over what occurs throughout the day but you have command over your response to what will happen.

Although your day may not turn out to be what you had wished for rather than becoming annoyed or even mad with yourself and feeling like you failed you just relax and know that there's another chance to try again tomorrow, incorporating these favorable changes in your life daily and controlling the way you respond to every situation around you might at first be just an act of being favorable but after sometime you'll realize that you are not acting anymore but you really always keep a favorable attitude.



Chapter 6:

Understand Yourself And Others

Synopsis

If trying to accomplish a particular goal in your life it might be as you know somebody who achieved what you're working towards or it might be somebody who's still working towards the same thing as you.

The level of advancement in whatever you're working on might be slower than that of your friend, enemy or arch competition. This situation might be a de-motivating factor, you might even feel as if you are putting in more work than the other person yet they've achieved more that you have.

It's very crucial to be tolerant of your own progress and that of other people as comparing yourself to others might pull you down and even distract you from what you initially were supposed to do.

Great Info

If doing something, it might be as you wish to feel better about yourself if you attain your goal and this might be totally be about you but if you begin comparing yourself to other people you lose the sole purpose of what you intended to accomplish.

Apart from losing the purpose of why you were executing something you might also not do it to the best of your ability as you're not centering on what somebody else is doing and to what level have they achieved their project rather than concentrating on your own piece of work.

This damaging attitude driven by jealousy will slow you down further and your rival will become way ahead of you. This will further increase the damaging feelings you have.

It's crucial to tolerate other people's progress and not be moved or affected by it as individuals are different we have different capacities and that does not mean in any way that the other individual is better than you.

Concentrating on your own goals and accomplishments will help you work more accurately giving your work or whatever you're doing more concentration producing better results.

Wrapping Up

Center on positive things in your daily life. Don't concentrate on the things you don't want or the errors that occur. If you tilt your thoughts to the situation at hand, then you leave no room for the apprehensive thoughts that might command your thinking.

Always visualize only favorable and advantageous situations. Use positive words in your inner dialogues or when talking with others. Grin a bit more, as this helps to think positively. If you hold on, you'll metamorphose the way your mind thinks.

Once a negative thought enters your mind, you have to take care of it and endeavor to substitute it with a constructive one. The negative thought will try again to enter your brain, and then you have to substitute it again with a favorable one.

It's as though there are 2 pictures in front of you, and you decide to look at one of them and dismiss the other. Persistence will eventually teach your mind to think positively and ignore negative thoughts.

In case you feel any inner resistance when substituting damaging thoughts with favorable ones, don't give up, but keep looking only at the advantageous, good and happy thoughts in your brain.

It doesn't matter what your circumstances are at the moment. Think positively; anticipate only positive results and situations, and circumstances will alter accordingly. It might take some time for the changes to take place, but finally they do.

