

Change Your Mind, Change Your Life

The Power of Positive Thinking!

When tapping (into) the power of positive thought, the most important step is to create a mindset that allows you to think positively. Once you have pulled the weeds from your mental garden, you can begin to sow the seeds that will anchor your new way of life.

Creating a positive mindset takes training. In much the same manner as runners train their bodies to endure long periods of sustained activity, you can train your mind to sustain positive thought, and naturally defer to pleasant or optimistic paths. At first, thinking positively may feel awkward or ridiculous (particularly if you are the type of person who believes perky morning people should be shot). Keep in mind, though, that it does get easier the more you do it, and eventually, sustaining a positive mindset will be as natural as breathing.

Like any training program, there are steps you can follow to achieve your optimal results: in this case, a positive mental outlook. You may recall that it takes 21 days to form a new habit (what's that...you've forgotten already? Go back and add 'long-term memory' to your list of habits you'd like to improve). Therefore, you should perform each of the steps for at least 21 consecutive days. You can take on one step at a time, or implement an entire program; just be sure you aren't leaving anything out. Step up to your mental treadmill, and let the training begin! ♦



"Most folks are about as happy as they make up their minds to be." ~ Abraham Lincoln

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