

# POSITIVE ATTITUDE FOR UNLIMITED SUCCESS

SELECTED TIPS - 87 PAGES!

Positive Attitude For Unlimited Success



87 Pages!

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## Positive Attitude For Unlimited Success

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## **Positive Attitude: What Is It?**

What does having a positive attitude then really boil down to, our thoughts, actions, patterns, habits, and behavior have us using, targeting and utilizing our energy and enthusiasm in a particular way. We think, act and do...If you are mainly positive, you will be focused on good things, happy thoughts, and successful outcomes, seeing the glass half-full to an extent. Negatively, you will be focusing on bad things, sad thoughts, unsuccessful outcomes and act and behave negatively too. Your goals and energy will not be focused and purposefully driven towards success, half-hearted at best.

There is an undeniable link between personal performance, confidence and even health and our positive thoughts. Matching, triggering neuro-chemical and physical responses, increased mental alertness and release of physical energy, improved respiration and circulation, boosts our abilities. The reverse is true, triggering the fight or flight response and instinct when we are decisively negative. Which can lead to loss of energy, creativity, motivation and lower self-esteem. You can effectively turn this habit of positive thinking into a power tool boosting not only your life, success and future, but also your health and wellbeing. There are numerous self-help books, products and even training courses that you can take to learn more about endorphins for example and how positive thoughts and can and motivate your day, towards more positive outcomes.

## Positive Attitude: Just Another Way Of Thinking?

Practical ways and suggestions to make things better, faster, more positive, by being optimistic, changing your outlook on life and motivate self and others to make the most of life, opportunity, embrace chance, change, process and outcome. Pro-actively, hands-on and first-hand opt to do something, everything a little differently from now on.

Imagine and think the impossible, what you really want, claim it into reality, believe that it will be so and it will most likely be and happen that way. That is the so-called law of attraction. It very much reminds us of a biblical quote and reference, ask and it shall be given unto you, seek and ye shall find... sound familiar, knock and the door shall be opened unto you.

Then ask and answer this question and musing for yourself. How to you see and think about yourself, a success, a failure, disappointment, achiever? How do others see you? Is there a discrepancy between these two perspectives and why? How can you change matters, starting now? Change your thought, patterns, habits and self-talk that is mainly negative, into more positive thoughts, no matter how hard that might be for your inner skeptic and critic to do! See yourself as succeeding and having anything and everything you hope and dream of and then will it into being.

## Positive Attitude: Dismissing Negative Thoughts

Expect the best, always and every time and you are most likely not to suffer of perfectionism, but reap the benefit of real focused effort and successful outcome. Use your energy and resources, enthusiasm wisely and where it makes a difference, counts, exuding it, radiating it, from the inside out, not the outside in. Make the mind-set you have in mind here, a state of mind, all the time, your lifestyle and life-outlook of choice. Make it what motivates you.

Surround yourself with positive energy and others that remain and contribute to the optimistic nature of things, rather than the negative, whining, high-maintenance types that zap and tap, erode your energy. Learn from success and failure, lessons and experiences from the past. Regret and past events can not help you get ahead any longer, stop reliving it and punishing yourself for it.

Be forward-facing and continue to grow and master being, staying, getting, keeping your positive mental attitude.

## Positive Attitude: How To Stay Positive

Secrets to maintaining a positive mental attitude, thought patterns and restoring optimism to your life

- Accentuate the positives.
- Bright side and silver lining should become part of your vocabulary, losing words like loser, cannot, not good enough from your everyday thoughts, actions, decisions and communications with others/self.
- Concentrate on ways to use your strengths and abilities and look for ways to improve your weaknesses.
- Do not get discouraged, quit, give up, get put back on the negative track through hardship and setbacks. They could be the beginnings of great things to come.
- Do not wish problems away, but put a different spin on them, making it easier to address, approach and handle.
- Don't let the negatives in your life drag you down, think and live MORE uplifting positive mental attitudes and you will reap the reward!
- Don't take yourself too seriously.
- Engage in positive self-talk. Boost your own self-confidence and be your own flag-bearer.
- Find and infuse fun into everything and every corner of what you do, where and how you live your life.
- Harder to do, but IMPERATIVE: Banish negative thoughts from your mind and concentrate on the positives.
- Maintain a sense of humor.
- Maintain and sustain this lifestyle and mental state in all areas and aspects of your life... including success on the job.
- Master the balances in your life, internal, external and allow optimism, positive energy in, negative energy and influence, people, out. Having a well-balanced life will help you maintain a positive mental attitude. Prioritize and only do what you believe to be your purpose, concentrating all key efforts on the positive things, successes and outcomes.
- Optimize all chances and opportunities, finding ways to make even the most unpleasant task and item, more enjoyable and pleasure-filled.
- Visualize success, anticipate success not imminent fear of failure, disappointment or regret.

## Positive Attitude For Unlimited Success

Even in and through Biblical musings and the expressions of King Solomon, considered a wise man in his own right, we hear the following words:

"Keep thy heart with all diligence, for out of it (the heart) are found the issues of life. For as a man thinketh in his heart so is he." Proverbs 4:23, Proverbs 23:7



## Positive Attitude: Decoding The Power Of Positive Attitude

We can develop a positive attitude if we are willing to have positive thoughts instead of negative thoughts.

Oh, how we love to critique, it is so easy to be negative, judgmental and finding fault with everything, whining, expression our opinion, even when not asked for it. It is so easy and we all do it. This habitual pattern is so ingrained in us as a learned behavior that it will take serious, active, deliberate effort to deal and cope with it in a planned, successful manner. Blame and finger-pointing are next, that is how we opt not to really deal with the real issues of our negative thinking, the high road and actually living up to our expectations is too much hard work, so we continue in mediocrity and negativity. Excuses and whining are other defense mechanisms that we put up to undermine our own efforts and trip up our progress on the positive attitude forming and lifestyle fronts. Self-defeating behaviors and setting ourselves up for failure without even trying (very hard at that) all follow. We indulge and feast on our own negativity and then wonder why things go so horribly wrong.

If we do not control and focus our minds, thoughts, energies and mental patterns in a more positive way, towards optimistic processes and outcomes, we will continue to reap spoilt, rotten fruits. A genius' solution short and sweet, best word of advice: STOP!

## Attitude In Positive Thinking And Self Talk

To achieve success we need to have a positive attitude. We can achieve this by using positive thinking and self-talk. People who succeed need to think positive and tell themselves that they can do it.

Being positive and telling yourself that you can do something like reaching that big dream you have for the future will change your attitude and make those dreams come true. Tell yourself that you can do it instead of thinking negative and let your self-think that the dream is too big you'll never make it that far. This is called affirmatives, which bring nice rewards.

If we think about negative things, our mind will talk us right out of doing something especially if it seems scary. Don't pay attention to those negative notions; jump in there by thinking positive, like "I can do this."

Our attitudes depend on how we are thinking. If we think negative thoughts, we will be unhappy making our attitude stinks. When we are happy, thinking positive things, our attitude will be happy and we in turn can be happier around others as well as ourselves. We have to be happy with our self in order to have a good attitude on life.

Find out why you are holding a grudge about something. Think about how you got this rotten attitude and what can you do to change how you feel. Make a list of all the things that made you angry and what made you angry with yourself. Now prioritize the list with the worst one on top and work your way down until the bottom is the most less that bothers you.

Now make some suggestions on how to eliminate this list in order for you to like yourself and those around you. Changing is not going to be easy and some people might make fun of you or get mad but do what you have to do in order to change your attitude from being negative to positive.

You can't have a positive thinking and self talk if you're not happy with yourself. Think positive and tell yourself you are going to make these changes in order to be the kind of person in your dreams.

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If you haven't already made a list of dreams and goals, you want to do that right now. Make your list of dreams and goals that you really have to work for in order to achieve them. When you are writing you may be thinking negative things like "I'll never be able to get this dream" but you can by changing your attitude on life and using your power of positive thinking and self-talk.

Feel like a new person with an attitude adjustment; remember that if you're thinking negative that is how you're going to feel. Positive thinking and self-talk will make you think happy giving you better health as well.

Thinking happy things by positive thinking will get you a long way towards your goals for the future.

Relieving stress by thinking positive things will help you prevent health problems. Stress can and will cause you high blood pressure, heart diseases, strokes and high cholesterol. Start relieving stress with positive thinking and self-talk.

Tell yourself that you're going to be a happy person today. Everyday you're going to learn to smile more, learn a new skill, and do something positive for yourself. These and many others thinking positive will help relieve stress and help to putting your life on track with better health.

Subjects should always build on the list of achievement with ideas of their own.

## **Business Wisdom From Self Talk And Positive Thinking**

Imagine developing a business savvy\* that yens you to extensive success. If you can imagine this now, then think about the results that exert emerge from self-talk and positive thinking. Using self-talk and positive thinking you can make anything hit true, including developing business wisdom that will send a message for years to come.

### **Picture this**

Business caution can labor for company leaders who want to increase business train and add new customers. Progress and ambitious minds accomplish tasks growth when management approaches are simple and thorough. Approaches for a hefty business in growth and prosperity can be hardy at times with the high rise of possibilities. At all, business wisdom does not have to be an injury when you use common sense, follow plans and begin a recovery that take action for your business.

Managers are high-finish something employees who work to keep a business running smoothly. Jobs should include a business continuity plan, a recovery plan and a solution for the gain of business. Managers are the directors of employees and should inform their workers of changes, continuity plans and even precaution tests that authorize help them improve in the work atmosphere.

Computers are used in nearly every outfit\* around the world, today and backups should be carried in incremental and full backups for keeps to prevent an entire loss to businesses.

Tasks discrimination is produced when controllers are informed and have the right workable promise. Sources are gettable to assist business grow productively, and you can find such sources via the WWW. Business circumspection consultants are available around the clock to offer strategies, Interim Governance, coaching and consultant.

Business wisdom comes from firm management practices, energetic telephone service gospel and strategies, occupational supplier links and business coalition, and competent, convincing

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control. If you herald the right personnel to set stage your tasks at the beginning, and they don't entail to be addicted, you are way advancing of the game.

Good, or should I say "great" clientele service skills is essential for company growth. If you have employees, who work and minister to your customers like secondary hand glad rags more than likely your customers will find another environment to purchase, seek services, or promote support.

Well-familiar managers are mindful of the customer service demands. Too many times people have walked away from bad customer service. Don't let this happen to you. Customers like businesses that offer commitment, involved employees, and an overall environment producing capabilities. Hee-haw\*s make barter believe that the business is capable of handling their needs.

Reducing costs to meet your customers' needs is weighty as well as customer services. Customers do not like to pay high prices if they don't have to. The economy altitude changes from year to year and cutbacks are in demand.

Transfer and control should be on the list for customer services. If you don't have a stock of what you clients are going after, then your clients decide on have a list of other places to visit. Business comprehension reaps good rewards when business care about their customers. Don't hire or train your personnel to press customers into buying your service, wares or other offers. Nationality, contrary to beliefs hates a pushing salesperson. Caring about your customer beforehand and giving them space is essential for good business diplomatic.

Broadcasting gets the message across. Press slicks and press-agentry ads are great for business sales, but the words are what you need to keep in focus. Words can make you or break

Now that you have a vision of what it could be like to have such business wisdom start your positive self-image-talk strategy meeting today and attract when you positively think useful everybody single day.

## Commitments In Positive Thinking And Self Talk

Our self-esteem and confidence will decrease if we think about negative things. Don't let negative thoughts take over our lives. Positive thinking and self-talk will help to change our lives for the better and we will feel better about ourselves and others around us.

Stay positive by thinking and do whatever makes you feel good about yourself. Don't pay attention to what others think just listen to your conscious and subconscious to becoming the person you want to be.

Set goals and write them down, since it will help you in many ways. Make sure these goals are big and challenging. To succeed and reach our goals we have to be positive so that we can succeed.

Once you've set your goals in life, take control and make the challenge to get to the end. Figure out in your mind with positive thinking and self-talk who and what you need to do to succeed in order to reach your goal. Our inner feeling need to think positive whether it is consciously or subconsciously. Let you mind think and do the talking.

Learn to be more enthusiastic and dream big to be successful. Make a commitment to be positive with yourself in order to be in control. Listen to your positive thinking and self-talking skills to make your dreams come true.

Learn to relax and learn new skills for self-improvement by thinking positive. Let your subconscious talk you through the ideas on how to improve yourself and take control to get where you want to go at the end of the rainbow. You can learn and will learn by being a positive thinker and let your self-talk tell you how to do it.

Be creative and except challenges by have you positive thinking and self-talk help you through them. You'll soon be in control with your new positive thinking and listening to your thoughts. You can change your negative thoughts to being positive thinking and letting your self-talk tell you what needs to be done.

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Meeting new people and talking with them will help your conscious and subconscious mind to think positive thoughts. Asking questions and telling people what you have done or feel will give you the confidence that you need to build up your self-esteem and give the mind positive thinking in self-talking.

Let your inner feeling learn new skills and techniques to help change you into the person you want to be by positive thinking. Your inner thoughts will change as you keep building up your self-esteem changing from negative to positive thoughts.

With positive think and self-talk, subconsciously you'll see that your attitude and confidence is changing each day. Always ask questions, write down your goals and thoughts, always being positive will lead you to success.

You'll notice your health will improve as you build up your self-esteem. When we aren't happy within your self-how can, we are healthier. Become a healthier person when you change your attitude by eliminating stress that builds up within our selves.

Stress will and can cause many health problems for all of us. If we have a lot of stress from negative things going on it will learn to control our lives. Once stress takes over our inner self it can lead to depression and sometimes is deadly. Don't let your negative thoughts take over to depression. Stay happy with positive thinking and self-talk.

By reassuring yourself by noting your attractiveness, it will build your confidence. Insist on making changes. When you feel negative, start self-talk sessions to regain your confidence. Each step you take is one-stepping closer to a better you.

## Fighting Drug Addictions In Self Talk And Positive Thinking

Herbs are a common stimulant that kills the cerebellum cells, and makes the brain run slower. The entity adapts to this addictive attitude. Symphonic music is a seriously influential part of being stoned or high, in particular for teenagers. One high time the herbs is absurdity, i.e. I am not high, the next last minute the person is buying weed to better the high. Their hold out to get weed, range from, I'm going with my associate to the movies, or else out to eat. Taking action of the problem emerges from lack of recognizing who the person is, i.e. the suckling has not come to know his/her own personality.

Learning self-talk can help your child get a grip on which he/she is and help them to fight drug addictions. Some matures often do drugs too; however, more peer pressure to seed nowadays, causes mood swings and the herbs of course solaces the stress. The high is as if exceptional for a short time, and then you expect hungry, which the common word is, I have the munches. The marijuana makes emotive ambiguous and you do stuff you don't notice. You can't turn to and commonly, it's stand up before your eyes, but mentally you won't be au fait. It is a blind spot.

You need help. Help is inside you. All you need to do is reach down, find your inner strengths through self-talk, and start your counseling process.

People do all types of drugs. One of the common drugs today is well known and dangerous. Oxycotton is one of these drugs that is in point of fact established as a depressant employed as a form of cocaine, i.e. Oxycotton is a snorting dope\*. The drugs submit a numb reaction throughout the party, which often palpations weird, yet exceptionally pleasurable after the user becomes attuned to the cure. The head rush is something else people enjoy.

This head rush lasts a short time and stresses the person to want more. More—is what you causing your close at hand death. Start your self-talk program today and put this drug behind. Inside, you have inner strengths that you can use to master these addictions.



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VIKADEN is certified to affect, yet it trails on the milligrams, yet very seldom, you are on cloud nine, you know it is pigeonholed like weed. VIKADEN causes paranoid wages to slave things into view. The person starts to see things that do not truly exist.

Many find the hallucinations frightening, yet when they chance the drug it often is put in the infirmaries and classification crazy. Certainly, places such as this deny, yet they probably have identical snafus, but who's to blame. You want to use self-talk to touch were loyalty rests. Mind desensitizes hurt, not help.

Rather than become the next problem in society, start-taking steps to become the leader in the future that can perhaps help someone else master drugs through self-talk and positive thinking.

Drinking may come to you in a different way since it is legal, yet drugs spill out a new concept, still drinking affects the liver. This weakness emerges from the mind. Some people are spontaneous, some excited, etc, and you can never notify, but it is used to extremes and often hooked on as an excuse to avoid coming out of denial. In the end, the liver will be destroyed, yet some will employ alcohol to alleviate pain and distress. Using self-talk you can master almost any hook, specifically if you practice self-talk each day.

Practice self-talk and leave those drugs alone!

## Finding Hope With Self Talk And Positive Thinking

Positive thinking starts with building self-discipline, which we all know is sometimes hard to do. Occasionally we drill ourselves in order to become successful with all the challenges and quagmires with purely daily life. For this reason, we must work with self to build self-discipline to improve our life and overall performance.

In order to coup d'etat, we need to be staunch and employ our effective thinking exploring the goods to keep our self-self-government in control. We need to be in control of our lives to succeed in the world today\*. Learn to stay in console with your inner strength-drill by thinking positive.

When we think negative, we often feel depressed. Sitting around all day saying, "I wish I hadn't done this it only perpetually have been this way" Be positive and say, "this is are able to work" or "I'll have to mange and do it poles apart coming up time." When you tell yourself this audibly, it is informing your gray matter\* efficacious things that it needs to take in for questioning in order to trounce the negative double take.

We have to feed our mind and body food to stratagem those negative thoughts in life. Self-self-mastery with positive thinking can help us to become the person we want to be by making goals. Write your standards and expectations down so that you can have a plan toward your goal.

As you reach each intent, reward yourself by doing something special. Think positive what you'd like ensuing that you reach each purpose. For case history if you want to quite smoking set a date then take a buy junket and at the end of the first year take a vacation. You'll save loads of cash. As well as you will become a healthier person.

Positive pondering over and positive self-image-of having a discussion with is needed to manage your life. If you learn to think positive you are going to blow one's top weight, you need self-discipline to move from the table when you've had bounteous to eat. When you have self-discipline, your body will let you know when you had enough.

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You can change the way you think by challenging your mind and putting effort into the Gordian knot. Create a list of each change you want to accomplish. Be progressive intermittently writing the list; "I can lose 10 pounds" or I ordain to stop smoking."

Keep disclosing to yourself by declaring that you can and will do anything you put your mind to. Stay in control as you reprogram your brain to think positive rather than dwelling on negative thoughts. You have to overpower the negative thoughts.

Take panel of your self-discipline with affirmative Pondering over former it takes unduly you. Without aplomb-method, your health protection decides on drop, you'll make in rags decisions or your self-esteem request decrease dramatically.

You can debar diseases, such as pneumoconiosis throe or cancer when you employ self-discipline. Stay healthier and happy intermittent you jack up\* a strong self-self-government for yourself and those around you.

Vow to join the self-reliance-talk fill now\* and move your inner child to practical Pondering over before to recover your complete health. It is topmost-page\* to improve your preteen now so that you can live a productive life through positive self-image-discipline you have instructed from self-talk. Your inner little angel\* often has dark spots, which you can connect with to learn self-assurance-will completely self-talk practices.

Find your hope by taking back your mind. Don't let the negative thoughts that came from external influences somewhere in your life rob you of your success.

## Finding Your Flat House Tools In Self Talk And Positive Reflections

Flat house up self-domestication is never easy. We all need indoctrination in an effort to be successful with all the decrees and headaches that come from daily living. However, you have the power in you by pulling up your flat house tools to start reconstruction of your life. It is never too late.

In order to become revolutionaries, we need to find our inner strength and use our affirmative thinking skills to build our self-limitation in control panel. We need to be in control of our lives to accomplish something in the world in-thing\*. You can learn to stay in control by repeatedly talking with you.

If we ponder over negative things all the time, we often find ourselves in a rut. We may often say, "I can't do it anymore." Be useful and say, "This is going to labor" or "I'll have to mangle and do it in a different way the next time." When you clue in\* yourself by speaking loudly, it is blurring out your medulla oblongata positive things that it needs to hear to prevail over those disapproving thoughts.

Take control of your inner strength-discipline with positive Pondering over before it takes over you. Without self-discipline your health protection will drop, you'll make poor decisions, or your positive self-image-esteem order condensation will diminish drastically.

Make a commitment with you to join in the self-confidence-talk process now\* and approach your gut\* to practical Pondering over before to revamp your overall preventive medicine. Improve your life in other words. You can live healthier and happier by exploring you.

Being in control will help you prevent diseases like heart and lung failure or swelling. Continue healthier and energized when you develop a strong self-discipline for yourself and those around you.

Being in control of your inner strength-discipline with constructive thinking before it takes over you will reduce health risks and mental breakdowns. Without your inner strength-discipline your

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health will landslide, you'll make poor make the rules, or your self-esteem, which will cause a major mental breakdown.

Continue to disclose to yourself each that you can accomplish whatever you want to accomplish by taking control of your life. Stay in control and reprogram your mind. Instead of thinking, negative thoughts all day make it a practice to think at least one or more positive thoughts each day. The more you practice the easier it will become.

You have to tools to flat house and overpower your uninterested arriere-pensee that are telling you that you do not have control. Become a positive thinker through self-talk and tell you have the power to succeed. Your self-conduct may tell you to take a vacation from negative thoughts, which is something you want to listen to.

As you estimate every goal, remunerate yourself by doing something exclusively enjoyable. Begin to realize the positive you'd like after reaching each ground zero\*.

As you become your own representative start, setting monthly goals then take a shopping trip and end on the beforehand CY by taking a vacation. Enjoy life. Life is too short to let it pass by you by dwelling on things you have no control over.

Positive thinking and self-talk is something we can all benefit from, since it helps us to line up our self-regulation. For instance, if you're positive that you are going to lose weight, you need self-orderliness to usher on from the table when you've had enough to eat. Self-discipline will direct you not to continue eating; rather you will know that you've had enough, since you feel contented.

## Finding Your Inner Child With Self Talk And Positive Attitudes

Vow to tag on\* the self-confidence-have a discussion with process now\* and move your inner youth to mundane thinking before to advance your overall health. It is topmost-page\* to improve your preteen now so that you can live a productive life through positive self-image-discipline you have instructed from self-talk. Your inner little angel\* often has dark spots, which you can connect with to learn self-assurance-will completely self-talk practices.

You have a little angel inside of you. Sit down and become acquainted with this little man, since it has been proven long-before this little man developed that failing to know your inner child can cause you heartache for years to come.

When you meet your inner child and become controller of your mind, it will assist you with counteracting diseases like heart and miner's lung disease or cancer. You will find it easier to stay stronger when you use self-talk to meet your inner child.

### **Start with**

You can interchange the way you think by putting some effort into meeting your inner child. Take time to create a log of the changes you want to occur, and don't forget to talk about boosting your self-subordination. Be forward-looking off-and-on writing the list out while discussing these changes with your inner child.

In an effort to triumphant, we necessitate to feel secure and to employ our positive thinking abilities to uphold our positive self-image-discipline, staying in control. We need to be in panel of our lives in order to succeed in the world today. Learn to stay in control with self-discipline by thinking positive.

Thinking negative thoughts all the time like then revert your thoughts. Enjoin yourself distinctly, telling your intellect progressive things that it must needs\* to auscultate in order to overcome the gloomy thoughts.

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Construction up self-limitation is periodically stiff to do. We all demand preparation in order to be flourishing with all the commands and problems with just day-to-day life. Build up your life by coming near to your inner child and learn self-discipline with positive thinking and self-confidence-talk.

Vow to join the self-assurance-confidence-talk hold now\* and suggestion your inner nipper to practical thinking to develop your taken as a whole health. It is fore-page\* to develop your inner child now so that you can live a industrious life by encouraging positive self-image-cultivation you have developed from self-have a discussion with your inner child. Your inner child often has dark spots, which you can connect with to learn self-confidence-self-restraint through self-talk practices.

Your inner child requires development, which you could connect with to learn your inner child through self-talk practices.

Take control of your positive self-image-self-mastery with positive thinking aforetime it takes over you. Without self-education your health will drop, you'll make broke\* decisions or your self-esteem will decrease dangerously.

Don't let this happy. You are a winner. The only reason that you haven't won the whole race is because your left your inner child behind.

We have to like ourselves to be successful in life. Self-curb with positive thinking can sustenance us to incline the person we want to be by making goals and meeting your inner child. Write down your principles that you want and work unyielding by thinking positive and telling yourself that you can and demand estimate the pot of gold at the end of the empty wish. Don't forget to include your inner child so he/she doesn't feel left behind again.

As you reach each goal, reward you and your inner child by enjoying something special. Think positive what you'd like succeeding copious each limit you set with your inner child.

## How To Apply The Benefits Of Positive Self Talk To Our Everyday Lives

### **Is this positive self-talk stuff valid, or is it just a lot of bunk?**

There are varying expert opinions on the overall adequacy of positive self-talk as a long-term aid to general improvement of a person's quality of life, since every person is so unique and such an individual that no two are likely to employ the process in exactly the same way.

Some people may view it as a magic cure-all that they need only employ a few times before they will see results. Naturally, these people are doomed to disappointment, since positive self-talk is only one-step in a long process of self-improvement and must be used often in order to be truly effective. However, other people who are truly desirous of making a long-term effectual changes in one or more aspects of their lives. Moreover, who are willing to commit themselves to a long-term program to accomplish this often have the drive and determination to say nothing of the willpower and persistence that is required to make a lasting success of positive self-talk techniques?

These are the people who are willing to invest the time into encouraging themselves, especially when nobody else is around to do it, in order to effect a long term and positive result for their lives. By employing the positive self-talk techniques in this manner, they are in a position to succeed in just about any field they put their minds to.

### **What is the basic idea behind positive self-talk?**

The general principle of positive self-talk is that people are able to improve on some aspect of their lives by concentrating on the positive aspects. Whether these are aspects that already exist, or aspects that they want to survive in the future.

By focusing on these particular points and reinforcing them to themselves repeatedly, people are able to create in themselves anticipation and expectation that they will come to pass. People often use a mirror for this process, speaking to themselves as one would a friend to a trusted friend. It is easier to confide in ourselves than in other people, but speaking to a mirror often



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gives people a grounding and the sense that they are being spoken to directly by a person they trust, reinforcing the accuracy of what they are promising themselves will come to pass.

Positive self-talk is obviously not to be mistaken for a cure-all of any sort, or for a magic formula that will make the problem immediately vanish. However, it will create in the subject a sense of anticipation and a determination to succeed that will set him or her well on the path to achieving the goals outlined during the process of self-talking.

### **What are some aspects of peoples' lives that can be improved by positive self-talk?**

Virtually any part of your life over which you would expect to have physical or mental control can be effected by and improved upon by the process of positive self-talk. Usually the areas that are most easily influenced by self-talk, however, are those that involve the application of willpower or a change in peoples' thinking and mental state. Just a few of the areas of peoples' lives that can be and have been improved by the application of positive self-talk. Are the processes of breaking an addiction, such as gambling or smoking, the eradication of certain fears and phobias that interfere with daily lives, the improvement of one's outlook on life and ability to cope with daily stresses, the improvement of one's mental focus and skills, the improvement of one's commitment to relationships, and the elimination of bad habits.

Many more areas can be worked on, though virtually anything, you can put your mind to can be accomplished with a little willpower and a bit of positive encouragement.

Positive thinking and self-talk will keep you healthier and happier.

## **How To Conduct A Relaxing Positive Self Talk Session Through Preparatory Relaxation Exercises**

### **Is it that important if I am relaxing during my self-talk session?**

It may not be the most important thing about your session but it is certainly one of them. It is best to know how to set up your self-talk “station” to make yourself relaxed and comfortable as you conduct your session. These relaxation exercises will prepare you both for the positive self-talk process and to be more receptive to the suggestions you are giving yourself.

### **How do I conduct these relaxation exercises?**

To begin these relaxation exercises it is very important to find a location where you can be certain that you will not be disturbed. If it is possible, it is also best to lock your door. Try to choose a time to conduct your relaxation exercises when there is very little external noise to distract you. If you live in a noisy or busy area or if the only time you have in which to conduct your exercises is likely to be a very loud or active one, you will want to invest in earplugs to help reduce external distraction. It is also best to choose a time when you know you will not be too tired to focus or indeed too worried to focus. Try to choose a time when you will not have a whole list of household chores or jobs lined up and waiting for you immediately after you are done. It is best to choose a time when your mind will be as clear as possible, and because of this it would be ideal for your relaxation times if you were able to take some time before them to just clear your mind and settle in.

Begin by arranging yourself comfortably on a soft but supportive surface such as a sofa or even a bed. Some people actually find that these locations are not conducive to relaxation since it makes them think of sleep, or relax too much, so they do better if they arrange themselves on the floor supported by a soft rug. It is best if the subject experiment with a variety of surfaces and locations before determining what best suits a personal need. Sometimes a flat pad or firm cushion or pillow can also be helpful in being settled.

At what time you are sure that you have chosen the position that will offer you the greatest comfort and support available, lie down flat on your back with your arms resting on the floor at

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your sides, but not touching your body. Look up at the ceiling, and be careful that you do not stare but just allow your eyes to relax, and even to wander a little if that is what feels most natural to you when conducting this relaxation exercise. Give yourself time to breathe in and out in a relaxing and regulated fashion. Do not rush breaths or force them, but simply find the rate of breathing that is most comfortable in your position and maintain it.

As you practice your relaxation techniques, it is also helpful to practice your positive self-talk technique. As you begin to relax and settle in, encourage yourself by speaking in a level tone phrases like the following:

“It will take some time and patience for me to properly learn this relaxation technique. It will take some time for me to become very good at this, but I have the patience and desire to accomplish it.”

“I am going to master this relaxation technique.”

“I am going to convince my body to work for me. I will be able to improve my outlook on life by mastering this relaxation technique.”

## How To Prepare For A Relaxing And Productive Positive Self Talk Session

Does it really matter if I am comfortable or not when I prepare for my positive self-talk?

While nobody will be breaking down your door to scold you for preparing incorrectly if you do not set up for a positive self-talk session exactly the way recommended by most experts in the field of positive self-talk, it is still a very good idea to put a little thought and effort into the organization of your session.

There is a great deal of suggestibility involved in the process of self-talk, which simply put means that people who give themselves the self-talks are actually giving themselves a sort of hypnotic suggestion as well. The greater a person's level of suggestibility, the more likely that the self-talk session will prove most beneficial.

Therefore, it is important to raise your level of suggestibility as much as possible while preparing for a session of positive self-talk. Because studies have shown that people who are more comfortable and relaxed in their environment tend to be more suggestible, since they will lower natural mental guards when they become more relaxed, it is a good idea to prepare an environment that promoted the greatest relaxation.

Of course, this sort of environment will vary slightly from person to person, as everybody relaxes in different ways for different reasons. It is best for the subject to find a room and situation that is comfortable for personal reasons, rather than conventional reasons. Just be careful not to make things TOO comfortable, since you don't want to fall asleep!

Okay so I'm comfortable. Nevertheless, what are some other ways that I can use to prepare for my positive self-talk session?

The first step to creating a productive environment for a positive self-talk session is to eliminate every kind of distraction! If you have a young, active and noisy family, it is best to be sure, they will be occupied in other ways, preferably out of the house entirely. As fun as it can be to have family around and even as relaxing as some people might find it, it is important that the only

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voice you hear during your positive self-talk session be your own, or else you may become confused in spite of yourself! You are going to be giving yourself some very specific instructions during your session and you may even be dealing with some personal, possibly private issues that you would rather not be overheard, so it really is most advisable to be certain that everybody is quietly occupied in some other part of the house. If necessary, make yourself a little “do not disturb” sign and hang it outside the room in which you conduct your sessions; that way your family will be sure to know that this is your personal, private time and they will need to come back later. For younger children it can be helpful to buy a simple egg timer, and teach them to know that until they hear the timer go off, Mummy or Daddy is off limits!

Some other ways that you can prepare for a productive and rewarding positive self-talk session may seem trivial but will make a big difference in the long run. Be sure to wear loose and comfortable clothing, set the temperature in the room to a comfortable level, and make sure you take care of all physical needs before you come in to begin your session. This could involve eating a nice, light meal if you expect to get hungry, and or using the washroom before you begins. This way you will be less distracted all around and in a better position to have a great session.

## How To Put The Power Of Positive Self-Talk Into Action For Yourself

**Do I always have to have a specific goal in mind when I begin my positive self-talk sessions?**

No, you do not always have to have one concrete goal in mind when you begin your self-talk sessions. It is true that having one particular goal or direction in mind can be extremely beneficial in helping you further your progress. in one particular area, but if you are looking to just generally improve your outlook on life and your ability to cope with trying situations, here are some helpful phrases that you can use in your positive self-talk sessions to accomplish that goal.

“I will remember to carry out everyday tasks that might sometimes slip my notice. I will make room for balance in my life, for time with my friends and family as well as time to myself.”

“I will not undertake any task that I know is beyond my ability to handle successfully.”

“When I choose to undertake a task I will make steady progress on it.”

“I will become more dedicated to the process of a complete and balanced life. I will become excited about improving my life.”

“Every time I practice my relaxation exercises I will do my best to make positive progress.”

“I am willing, eager and ready to make whatever alterations to my daily schedule and lifestyle that may be required to change my life for the better.”

“Each day I will devote some time and effort to improving my self confidence. I will work hard to become surer of myself and more self-possessed.”

“I want to gain an objective view of my life in order for me to see what aspects of it should be improved on for me to achieve better happiness and improved success.”

“I will take time to make note of all my successes, and I will be sure to take pleasure in the results. I will also make every effort to learn from whatever failures or setbacks I may encounter, and be sure to view these as learning opportunities.”

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“I will make every effort to change that which is in my power to change, but will also be careful to accept the things that are not within my power to change and instead work to changing my attitude toward and outlook on those things that displease me that I cannot change. Instead of becoming annoyed, I will try to become more philosophical about them.”

“My level of patience can be improved on. I will work to become less irritated by the pettier things in life.”

“I will avoid disturbing topics that upset me and those around me. I will not dwell on morbid or upsetting topics.”

“I will make every effort to focus on the pleasant things in life. I will focus on the sort of person I want to be.”

“I will make every effort to guard against my known weaknesses.”

“I will make note of my past mistakes. While I will be careful to not dwell on them so much that they overshadow future successes, it is important to recognize them so I can learn from them in the future.”

“I will make every effort to make careful note of those obstacles that stand between me and my future happiness, health and general security and peace of mind. I will also strive to see how they can be surmounted.”

“If I encounter disappointment this will not shake my faith in me or my abilities,”

“I will be able to better concentrate and focus.”

“I will be able to remember things with greater ease. My memory will improve.”

“My self control will increase.”

“I will develop a peace of mind and sense of tranquility.”

Of course, these are only suggestions. For maximum results, it is best to make a personal list of what you want to achieve, and work from there.

## How To Use Positive Self Talk And Self Hypnotics To Improve Your Life

How to apply positive self-talk and the self-hypnotic process to improve your personality

Why would I want to use positive self-talk to improve my personality? I like who I am!

If you like and are comfortable with who you are, then chances are you do not need to work very hard at becoming a more appealing and charismatic personality. People who are most comfortable in their own skin are not the people who seek to improve on or alter their personalities.

Rather, it is those people who are shy, retiring or may be insecure in their own identities that are most likely to want to change something about themselves to make them somehow more appealing to those around them, not realizing that very often the person others see them as is merely a reflection of how they project themselves.

People who are less comfortable with who they are often reflect this, whether consciously or unconsciously, in the way that they interact with other people. If they are less outgoing and more retiring, what is in fact just a shy or insecure nature may even be seen as snobbish, cold, or uninterested in those around them.

These people are often misunderstood because they are unconsciously projecting an image of themselves that, while not accurate of their true selves, is really a reflection of who they believe other people think they are. Since other people will only reinforce this perception by reacting to their own misunderstandings of shy people, the shy person then becomes even more withdrawn, creating a truly unhappy cycle. It is these people and not those who are confident in themselves and comfortable and happy with whom they are as people, who are most likely to want to change or improve their personality.

**How can positive self-talk help improve a person's personality?**



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While positive self-talk will not actually change somebody's personality, it can be used to change that person's perception of him or herself and thereby alter the way in which they project themselves to others, altering in turn the way that others perceive them.

By reassuring themselves of their own attractiveness as people and the desirability of their own company, normally shy and retiring people can discover newfound confidence that they will then project to the world at large. It is much the same effect as is had when a friend gives us a sincere compliment about some aspect of our character; not only are we pleased to hear this, but we become more aware of this good quality and make an unconscious effort to put it forward more.

### **What sorts of things should people say to achieve this change in their personalities?**

People should begin and end by reinforcing their own worth as human beings. It can be enormously helpful to make a list of all the kind of things you have said in the past concerning your personalities.

It can also be helpful to include a few compliments on physical appearance as well, since these also make us feel good and project confidence, but they should not be the focus of the self-talk, as physical attributes can change quite rapidly and should never be the focus of our evaluation of our own worth.

By repeating compliments other have given us we are able to remind ourselves that other people have seen our worth as well, and have noticed it enough to remark on it to us directly.

Subjects should then build on the list of compliments with ideas of their own. They might want to list other admirable attributes they have that they want people to notice more, and tell themselves that they will begin to display these good qualities to others. As they reinforce their own value as humans, they will acquire an increased confidence in themselves that will not only be noticed by those around them, but also be reflected in the behavior of others toward the subject, turning a once-vicious cycle into a beneficial one.

## Hypnosis And Positive Self Talk

If you feel satisfied with the person you are now then you are probably one of those people that worked hard to obtain a lovable personality. Common folks comfortable with their own tegument are not the rabble who nose\* to improve on or changing the persona.

To a certain extent those multitude who feel uncertain of their identity may feel insecure in their own individuality. In view of this potential fact, these people have to find ways to make changes to learn to like who they are. Some of the top strategies used for centuries are self-hypnosis and positive self-talk.

Common folks who are less in clover with whom they are often reflect their attitudes and behaviors on others, whether it is consciously or unprepared. These reflections often occur in the way that they act unsociably or fail to understand or accept others opinions, thoughts, etc... If they are less outgoing and more retiring, what is in fact totally a shy or insecure weakness of the flesh may even be seen as snobbish, cold, or uninterested in those around them.

Thus, if you are less sympathetic and more retiring, you may have an unshielded nature may even be evident as egotistic, cold, or detrimental to those around you. You can change this behavior through self-hypnosis and self-talk.

Instantly these citizens are time and again misinterpreted. Making an allowance for these people being without warning are often projecting images of themselves, yet not accurately of their true identity, and is actually a reflection of other people placing judgment on these souls.

Since other plebeians will peerless underpin this discernment by countering their own lack of comprehension of shy hoi polloi\*, the introverted human being then becomes even more timorous, creating a sincerely discontented cycle. It is the multitude and not those who are sanguine or optimistic with themselves or relaxed and contented with who they are as plebeians, who are most mortal to want to trade or convalesce their personality, transforming as they move along.

## How Can Positive Self-Image-Talk Services Progress A Person's Personality?

At the time constructive self-talk determines not actually flip-flop\* somebody's personality, it can be litigate to transform that person's approaches of him or herself and in that way modify the way in which the individual reckons themselves to others. This reflection or change will change the way a person views you as well.

By supportively changing themselves of their own cordiality as humanity and the fitness of their own muster, by and large the retiring soul can discover pristine self-reliance they can envisage.

The human race should in fact commence to end bad habits by underpinning their own self-worth as a human being. It could become awfully chivalrous to create a record of all the things you have stated about you in the past.

You can benefit by including a small number of respects of your physical outer shell. Since these respects also make us feel prime and will project in our confidence, yet it should not become the focal point of self-talk, as fleshly individualism can exchange exceptionally speedily and should never become the hand over of our estimation in our own merit.

Subjects can then create a list of eyewash\* with ideas of their own self-worth. You may want to record additional exemplary attributes you may have funneled to notice more, and characterizes you and promoting the beginning of your exhibit like now\* the good qualities to others.

By replicating adulation others have supplied to us, we can use these as reminders to feed our mind food. Self-talk then allows us to take notes to look in areas to improve our life.

## Inner Strengths Discovered In Positive And Self-Talk Strategies

Self-talk is a line of approaches we can employ to turn out to be positive bookworms. When we talk particularly over our difficulties with self, it assists us in blowing in\* coming closer to ourselves and learning to gain sureness of our conduct or behaviors. Using self-talk strategies, we can adjust our forms that cut off our success in life. Using self-have skills, we can have a discussion with self to discover our inner strengths to discover our wishes to heal our individuality mind and spirits.

Inner strength-talk is a positive reflection that gives us energy. When we feel good inside we have ingenerates verve or spirit that determines our blossoming state. As we commence to feel good, our lives become a sigh of relief. We find our aplomb-worthy at work, in relationships, at domicile, in society and so forth.

We gain many rewards from self-talk. Self-have is a discussion with self that gives you a fair shake\* to boost your inner strengths-confidence, self-esteem and to learn more about you and who you are; in addition, you learn your bygone times. This gives you the change to learn your goals in of the lifetime, which is essential to keep on successfully. Moreover, you learn your personality type, which is eye-catching, since you need this information also to survive successfully in life.

History has proven that most of our problems roll in\* from failure to feel who we are. Accordingly, knowing who you are is the ability to take it one-step at a time to make the steps come in union from one side to the other in thinking effectively and living a successful life.

For this generalization, we all need to learn how to employ our self-have a discussion with self as a delectable friend to strive toward a happier life.

Self-talk is also known as self-therapy. Instead of paying a fortune for counseling services, learn how to trust you and use self-talk methods to find your inner strengths in discovering a positive attitude.

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Self-talk is the process of mentally talking to you. Self-therapy the form of self-talk is a way to self-fertilize by using descriptions to clarify your confusion. This is accordingly to your own admissions freely to convey your possessions in part of your behaviors and qualities, thus addressing them in particular methods.

Self-talk is also a form of self-congratulation. This process helps you to smug with self by frequently mentoring your personal gains and displaying your satisfaction. You expressively feel concern over problems, which self-talk guide you to finding answers. This process makes you extremely aware consciously of impressions, reinforcements, inner strengths, etc. You lean to feel comfortable with your failures and shortcomings when you start to realize all humans make mistakes.

Again, when you use positive reflections, such as self-talk you collect scores of compensations. Self-talk supplies you with the probability of boosting your self-assurance, self-esteem, etc. You learn to trust you. This breadwinner strategy enables you to learn your targets in life, which is input to stand fast successfully. Once again, you learn who you are, which is a great reward, since you commit to involve this new finding to stick around\* auspiciously in longevity.

Self-talk is a productive reflection that gives you energy. At what time you start to perceive satisfying innermost you, you have natural initiative that determines your success. As you commence to feel deep-seated wellness, your life becomes less stressful. You will discover you are self-plentiful at labor, in your overall life. Self-talk is a method we use to mature useful savants. Use self-talk to positive thinking today.

## Kicking The Habit In Self Talk And Positive Thinking

Start the self-talk course of action today and move yourself to effective thinking before it is too late by kicking those old habits.

Do you drink daily? Well get a load of this, while you may have heard it a hundred and one times, it doesn't matter you are going to hear it again.

How using alcohol affects you and why you may use:

Consuming alcohol comes to you differently in view of the fact that the drug is legal. Yet drugs spill out a new notion despite the consequences, i.e. drinking, like drugs will in time, kill you. Alcohol when consumed too much hurts people yet intake too much and you will not like the results. Not only does drinking heavily cloud your mind, it hinders you from thinking straight and can cause poison build up or other health hazards to appear in time.

Some people use alcohol for various reasons. Some emotional, some ablaze, etc, and you can never tell, but it is employed to extremes and often utilized defense mechanism to escape some form of pain buried in the subliminal or subconscious mind. In the end, the liver requests be destroyed, yet some people still comes to a decision on the use dipsomania to relieve pain and discomfort. They fail to understand their discomfort, which causes them to drink. Employing self-talk you can help you conquer this addition, principally if you put into practice self-talk each day.

Start the self-talk process red-hot\* and overture your mind to positive thinking before it is too late.

Drinking is a age-old addiction that emerges from the Western days, and back further. The old saying, curiosity kills the cat, is one of the bitter end folk mysticism today that has proven pitilessly true.

Sometimes you have to show tough love when a person is not willing to take self-talk measures or other measures to stop.

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If you know any spin-off\* future desensitizes, be the adult and report the manner to the appropriate authorities. The person may start gnashing your teeth now, but later he/she will order to be indebted to you. Not counting, it is principal to support your friend, family member, or child and to let them know it is okay to say no. No is not a rejection in all cases, it is a symbol of love. That is the person is saying, "I care."

If you have a drinking problem kick the habit now and start your self-talk program. Start now with "I care about me." Tell yourself that you care about you and your health. You are worth the steps you have to take to kick that bad habit.

Some stocks become persistently to desensitize their mind to drugs or alcohol. You are killing nerve cells and blood cells each time you drink. Not only are you accomplishing to desensitize your mind, you are also working to destroy your body.

Understand that desensitize is the process of making you less sensitive of fear. You learn to become less responsive to overwhelming fear by repeating exposure to fear situations or object either artificially or naturally. Thus, what you are doing with alcohol is burying fear that will resurface again, and is not in fact desensitized, thus you are creating new fear.

You can master this now. Start a self-talk program with you. Sit down. Learn about your good points. Learn why you deserve to live. Unless you have a death wish, your self-talk practices will promote positive thinking, which in time you will kick that habit and put that booze away.

## Misleading Products In Positive And Self Talk

### **What they believe**

The material provided by the companies is actually in different forms. Some of the people believe that you need to embed the actual message deep inside the whole scene so that the Self Talk process detects it and you learn it without taking any burden.

Others believe that as there is no learning of subliminal nature, we need to know exactly what we are looking at or we are listening to. These things may have other effects. Generally, the video CDs made by the people who are working in this field are made as such to bury deep the actual object which should be getting the attention by adding sounds and more colors.

They think that in this way, the mind will be able to perceive the right thing at the subliminal level and the purpose will be served. Many people fail to see the use of some of the products that encourage subliminal learning. While some doubt may exist, facts present it also to these being useful tools. Yet what true good are they if it does not encourage self-talk. Self-talk is a natural process we have from creation, which is given to us as a tool to heal the body and mind. Learning at subliminal level, is it something positive? People who believe in the powers of Self Talk believe that it is the best way to learn many things.

As it will not take your energy and time, it is good. Nevertheless, other people from other schools of thought do not believe in this. They think that the Self Talk may be very dangerous. They think that the CDs used for subliminal Self Talk may not be very good for your health. If these CDs and software's have any effect, it has to be negative. Basically the same debate continues. Half of the world is towards the right side of the line and the other half is towards the left of the line.

Both sides believe strongly that their point of view is the right one. Both of the parties are not willing to accept the others point of view. The debate is going on and will continue to do so until some scientist gives us enough proof to believe that it happens or it does not.



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Many people do not agree that elemental apprehension, since they feel that there is insufficient proof to make certain that Self Talk occurs from subliminal learning processes or musical aids. Many spectators believe that we need more evidence that we can use self-talk to extract from the subliminal mind.

Whether these CDs are hoax or not, the fact is, we can use self-talk and positive reflections to heal the body and mind. If you practice self-talk each day, you will, in time find yourself feeling positive and good about you. You can use this therapy without the aid of subliminal products. The people that are not convinced that the process of self-talk to gain from the subconscious mind can improve their lives are only missing the opportunity to live happier. These groups of tribes may conclude that Self Talk does not happen all the time and that this rubric of learning from the subliminal is not relevant are very large in number but another combine of a exceedingly big opinionates also exists.

Some of these groups of people feel that within the boundaries of our concealed ministry of subliminal learning are restricted habitats that no man should ever explore. They regard that many incidents are establishment enough, which can tell us that a individual perceives more than what he knows that he perceives.

## Positive Attitude: Why Is It Needed?

What is locked up or unlocked potentially with, by and through a positive attitude? If you believe the experts and insiders quite a bit! There are many a self-help guru that grasps that mind, body and soul are one holistic entity, dynamic system, in interplay. When you are not negative (the opposite of positive), your outlook on life is altered, how and what you do changes dramatically and you can simply do more, better, faster, helping us all to cope more easily, readily and successfully with the daily affairs of life. Being happier and more fulfilled all the way round.

Positive thinking, positive attitude, it brings optimism into your life, future and interactions, pursuits, careers, personal and professional lives. It makes it that much easier to not be anxious, worried, stress or surrounding by self-critique, voices of doubt, questioning, as well as negative thoughts that de-motivate and depress. You will have instantly less to worry about if you are more positive. Is the glass half full or half empty or a little bit of both for you?

If this type of positive thinking becomes part of your life, the way you do and approach things, hurdles become opportunity, problems, promise and tomorrow, well let us just say, that there is a great future that awaits, with many discoveries and wonders to still reveal, even if there are hardships, setbacks along the way.

For once through the use of powerful positive thoughts, decisions, attitudes and actions, there will and can be more constructive changes into and through your life, brokered. It will end up bringing happiness, brightness, hope, joy, optimism and expectation, recapturing some of the human capacity, potential and innocence that we so easily forget is still out there and very much a part of us as a society. You can be developing and strengthening this state of mind pro-actively and deliberately.

There are many ways to work your way towards having or getting a positive attitude type life style. Think positive thoughts most if not all the time. Be constructive and creative in your thought energy and actions, be innovative, think differently , new, from all angles, expect a good or great outcome, embrace success and believe in hope and the power of positive though, self-motivation, goals-achieving, inspiration, happiness and fulfillment, perseverance and determinations, failure as opportunities to learn, not to mull over and relive, chastise yourself

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over, obstacles as opportunities. Be a champion and flag-bearer of your own potential and abilities. Have self-confidence and find solutions, rather than hindrances and obstacles. This is touted as the one thing that can and will change your life forever. It is contagious and will also spread to all those around you.

## Positive Attitude: The Link To Confidence And Performance

What a wonderful quote this is: "A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort." Herm Albright (1876 - 1944) Positive attitude has a link to confidence and performance. Think of a stage performer who has stage fright. Either and positive or a negative thought can make or break what happens on that stage. How do we keep our state of mind focused, mentally alert and tuned to the positive, optimistic side of things.

Or how about the wise words uttered: Attitude is a little thing that makes a big difference. Winston Churchill. It surely does. We do not spend a lot of time thinking about it, until we see the extremes at work in our lives and relationships, personally and professionally, either positive or negative. Hugh Downs once quipped equally eloquently that a happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes. So what are we to make of this all?

Positive attitude, thoughts, actions, beliefs, learned behavior, genetics, predispositions, it is all a state of mind, mind over matter and easy to do, most wisdom and thought out there currently tote. When it comes to the practicalities thought insights remains sparse and the battle is on-going. The jury is out in most cases on how exactly this mind-body-soul type connection actually works, secrets, laws of attractions, power of positive thought, there certainly are numerous musing available on the topic.

Just try thinking at the thoughts you had in the last couple of minutes as you were starting to read this musing, what were your thoughts? What were you saying to yourself? Were your thoughts positive or negative? See, most will find it strange that anyone should ask, they never really thought about it much and we are all similarly unawares of all this inquiry, self-talk, questioning, critique that goes on inside our minds!

SO everyone's advice of making a conscious effort to think with an optimistic attitude and anticipate positive outcomes seems more of a insurmountable task as we will have thousands of thoughts literally every day, hour, minute, second and to deem the either, revise them to overwhelmingly positive ones at that seems almost impossible to undertake and effectively do.

## Positive Attitude: What Can It Do For You?

Once and for all, you can change negative self-fulfilling prophecies and negative self-talk, setting yourself up to fail. You can actively, deliberately do a 180 degree turn and start thinking in a positive manner about yourself and your life, your future. You can be happy and successful, experience life to its fullest. Actively make better, more positive choices, choose your process and outcome and be more in control, not a victim of circumstance.

Happiness over sadness, smiles over tears, do not deny yourself emotions and upset, just put a different spin and light (perspective) on it and you will see life, outlook, prospects, mood change. Find the silver lining in every dark cloud and you will start seeing things you never would have otherwise.

Be, get and stay optimistic and positive despite what might be challenging and getting you under right this very minute. Take a longer view, futuristic and forward-focused. Be good-humored, patient and look for what life and tomorrow has to offer for you. Dismiss worries and stress, negative thinking and ban worry from your life. Ensure that you surround you with others who are positive also, be inspiring, affirm to yourself happiness, health, powerful positive mantras that motivate and let you reach higher, believe in yourself, embrace potential, promise and opportunity. That is the nature and scope of a positive attitude! Dare to speak into reality what you wish for to be, master your thinking and wayward mind, concentrate, focus and reflect on things more often, at every opportunity and you might surprised how different things might be in the morning!

The benefits of a positive attitude abound, stretching deep, reaching high, far and wide, for a variety of things in life. There are many faces, guises and ways that it will manifest itself in both your personal and professional life. If you have positive attitude you and others will recognize:

- An innate and undeniable ability to inspire and motivate self and others.
- Confidence and self-belief
- Goal achievement
- Happy and energetic, more life-force, driven and determined, more stamina, endurance and perseverance, greater inner power and strength.

## Positive Attitude For Unlimited Success

- Success faster, readily, easily, without much hassle – seemingly seamless and almost effortless, by default
- Less hurdles, obstacles and difficulty to overcome on life's path
- Overcoming trouble and problems easily, finding solutions quickly, almost on demand
- More open-minded and welcoming
- Gaining respect for self, by others
- Positive attitude believes you can, say yes, negative attitude just the opposite!

## Positive Attitude: Decoding The Positive Attitude

Attitude is defined by practitioners of psychology, insiders and experts, according to online sources and handbooks, as a hypothetical construct, concept trying to example and referring to what people prefer, like, admire, or not. What we think, believe, decide and act out, upon etc.

Different types of attitudes can include positive, negative or neutral views of something or somebody. It could pertain to a particular individual, group of people, acts or occurrences, happenings and events in and surrounding our lives and realities. So, it says something about how and what we choose to interact with and do in the world, with others. There can be ambivalence between totally positive, somewhat negative and everything in-between and beyond these extremes. You could experience as an individual BOTH, simultaneously positive and negative thoughts, emotions, attitudes.

How we see, judge, interpret, assess, value etc. all influence and manifests our attitudes . Psychologists and behaviorists refer to this as the ABC sequence or model of behavior/acting: first: affect second: behavior, habits that change and thirdly: cognition, knowledge, understanding. These physiological responses are stemming from survivalist and other related instincts, learned behaviors and interaction with environment and others – somewhat of a product of evolution. Our preferences or attitudes help us deal with life and shows what we want and do not want. Evaluation and verbal intent, observational learning all play into our attitudes, positive and/or negative, which in turn effects and impacts our actions/behavior, some of which is and can be at times quite negative, suspicious, even irrational.

Attitudes can change based on our experiences, learning, maturity, practice, which suggests that we can actively choose to be positive or negative or both. IT is an act of our will, again showing what sets the humans apart. We sometimes give in to persuasion or influence. Here are some factors that can have an impact on our attitudes: intelligence, self-esteem, mood, expertise, trust, credibility, attractiveness, how information is shared, hidden agendas and motives sometimes enables, sometimes undermines attitudes. According to Carl Jung, his definition of attitude is a "readiness of the psyche to act or react in a certain way". In short this is how you orient yourself to the world and others around you, interact and live.

## Positive Attitude: Just Another Way Of Thinking?

Most attitudes begin with a feeling or emotion toward something. A deliberate act, conscious and un/sub-consciously we live based on these. Some sources define it as A frame of mind in favor of or opposed to a person, policy, belief, institution, determining where you stand, how you orient yourself to life, environment, self, others. So where are you on this scale? Are you positive, negative, somewhere in-between?

So a positive attitude then might be more than a mere complex mental state involving beliefs and feelings, values and dispositions to think, speak and act in certain ways.

Biomedical research shows clear links here between our thoughts, cognitive minds, bodies – we are a holistic, self-managing being and interactive system. There are many correlations, studies and findings that suggest, the more positive, happier we are, the less likely we are to get really ill, sick or diseased. The mind-body connection is real and if we take more of an optimistic outlook we can improve more than just mental health, also our physical well-being.

There are definite evidence that suggest that we can surely attribute positive thinking and attitudes to an improved physical state or put differently if there are high levels of psychological well-being present it can and will benefit physical health.

Higher levels of well-being type patients, have lower cardiovascular risk, lower levels of stress hormones and lower levels of inflammation, all evidence that the immune system is operational, functioning optimally. So why and how come we are not positive all the time, most of the time, at all? Maybe because we do not quite yet understand how to harness it at all, let alone fully to optimize our potential and capacity as human beings.

What and how we think, every day, can really shape and impact all of our life, both personally and professionally, in all areas of our daily living. What we say to ourselves and others, will eventually over time reveal a patterned behavior in us that will affect the processes, interactions, exchanges and dynamics of our everyday. Even and specifically when it comes to how we cope and handle life, stress, conflict, daily living, setbacks, and more. WE have a lot of negative impact, thoughts and messages in our minds that affect how and what we do, behave, say and



## Positive Attitude For Unlimited Success

act upon. Hormonal fluctuations, emotions, our physical health can all attest to these facts and linkages. Sleeping enough, replenishing the body when it needs it most, maintain, replace energy resources, boosting our immune system effectiveness, mental and emotional clarity and overall quality of life is possible with powerful, positive affirmations of all kinds. Slow down sometimes, prepare well, relieve stress, de-clutter and simplify, wind down, surround yourself with the beauties and pleasures of life and developing a positive attitude is now within easy reach. It is a multi-billion dollar self-help industry that keeps on growing as we want to embrace the fact more and more that we are in control somewhat of what happens and occurs in and through our own lives.

Listen and be aware of what your thoughts are, positive or negative and replace negative with positive thoughts for a week and see what happens. Write them down if you find it hard to do and then read them later on.

## Positive Attitude: Tips For Success

Here are some great ways to practically get, be and keep a positive attitude and what it can do for you in your life and future:

- Accept yourself and share with other thoughts and actions, borne of deep inner peace and tranquility, self-confidence and positive attitude – see the day, lives and future change right before your eyes.
- Avoid all forms of negative judgmental self critique, back talk, self-chatter that is self-defeating.(what some call our inner critic or conscience).
- Communication and the ability to express what you want, say, think, feel is paramount. If you are coming from a point of a positive attitude you will be best served coming across as confident, credible, reliable, etc.
- Here are some more wise words from Carl Jung: “Who looks outside, dreams. Who looks inside, awakens.”
- Make precious moments count and collect memories that last a lifetime. Do not bear burdens from the past, reconcile and ask/grant forgiveness, no grudges, no regrets, banning negativity from your life, can have far-reaching effects and impact on your health and even longevity. You are one functioning whole and letting go is the only way to embrace what is to come.
- Take care of the small, sentimental, significant things and people in and around your life, doing the things you enjoy. Make and keep things positive. Make a point of it to surround yourself with upbeat and similarly positive energy and individuals. See the pleasure in the little and simple things.
- Lend a helping hand and believe in human goodness once again.
- Do a favor for someone else, pay it forward, run an errand for someone, volunteer or entertain an elderly person by reading their favorite book or poetry, serve your community of join a special interest group working with teens, troubled youngsters, food-bank etc.
- Find your inner self and reflect more on your peace, contribution and sharing that you have to give.
- Think of yourself as achieving something great in life – having purpose and meaning, direction to your life and existence.
- Expect better and the most from and for yourself. Learn from both success and failure to succeed, which is just another way of learning more, new things, even if only what not to do

## Positive Attitude For Unlimited Success

(again). Keep the hope alive...

- To love and be loved is a very real thing, without which our lives will be characterized by distrust, mistrust, fear, depression, guilt, anger, un-forgiveness, and every negative thought and emotion imaginable. Make disconnection reconnection and see the humor, fun side to life ever so often. Boost your confidence and be a lifelong learner, keeping your faculties sharp as a tack. Involve and engage self and others in mental activities, gaming, social networks, to improve confidence levels and provide positive attitude derivative coping mechanisms. Nutrition, exercise, wellness, mood and attitude go hand in hand.

## Positive Attitude: How To Stay Positive

Attitude is everything these days, even pre-screening hiring and employment interview processes have assessments and scenarios built in to see how potential hires will handle, interact, problem-solve, what their attitude is, positive, negative, ambivalent, undecided, purposeful etc. in some Buddhist teachings the source of all happiness is by having a positive outlook on life. If you are mainly positive, you are less likely to suffer or experience even hardship as negative, rather character building. Values like empathy, compassion and gratitude come from a place where you feel you can freely give, share, acknowledge and so on. You too can be happier, more resilient, and less depressed.

The latest self-help craze, fad, can be summarized as waking up, going to work expecting the best, something positive and in all likelihood it will happen. When it comes to the literal root meaning and etymology of the word, it claws back to the French, from Italian *attitudine*, from Late Latin *aptitudo*, *aptitudo*, faculty; see *aptitude*, hinting to frame of mind affecting one's thoughts or behavior: outlook, position, posture, stance. Having a good or positive attitude could mean that the following are present in your thoughts, words, action, outlook on life, what others might say of you, or how you would characterize yourself if asked about it:

- amiability
- benevolence
- confidence
- consideration
- gallantry
- gravity
- modesty

Versus the flip-side of the coin and negative attitude which would involve things like:

- arrogance
- condescension
- cruelty
- cynic

## Positive Attitude For Unlimited Success

- detachment
- impudence
- malevolence
- snob

When these aspects and qualities are compared, contrasted and positioned in this fashion, it is easy to see how positive attitude will be more enabling and negative attitude more destructive potentially. There is always of course neutrality and/or ambivalence which is another kettle of fish entirely and representative of what many of us experience as our own self-discovery continues. Whether you read into this your state of mind, manner of carrying yourself, a disposition, orientation, opinion, towards something, somebody or an event, mental training, self-hypnosis, positive mantras and affirmations, motivational self-help type advice abounds in the marketplace, to get you started on this path. It all starts with getting out of bed and being deliberately more positive it seems to attract the best and positive things in life towards you, into reality and enjoy the fruits of your labor. (at least according to Oprah and the author of The Secret).

## Positive Attitude: Building Confidence

How is this for a powerful statement? Attitudes are the emotional underpinnings of motivation. So, how do we utilize and tap into what this has to give when it comes to performance and excellence in life, personally, professionally, in all areas and aspects of the here and now and years to come?

Attitude, confidence, practice and aptitude are good companions to have on this journey we call life. How we perceive and judge what we see, experience and live through come together, synergize and combine to form our life attitudes (positive, negative, ambivalent, ever-changing, set in stone, it all depends).

Predisposition, affinity, approval, respect are all things that come to life through a positive attitude. Take interest and feel engaged, involved and hands-on with life is what it is all about.

We are needs-driven pretty much as human beings and the more we address these with a positive attitude the more lasting and quicker we will see change and not just for the sake of change, but real progress and substantial, significant altering, adjustments and accommodation. We want and have to understand, be in the loop, to decide, act, speak, contribute, creating a special sense of community, acceptance and belonging, recognition, looking for positive experiences that build and lift us up, tapping into and inspiring our enthusiasm. It is important to unearth and foster a sense of purpose and assess, track and celebrate progress to keep that positive attitude. To foster a positive attitude and build confidence as well as competence focus on things like constructive feedback.

- Emphasizing progress, seeing the positive in things
- External achievement, recognition and reward does not really motivate as much, you're your own performance standards
- Focus on competency building and mastery of skills
- Most importantly for self and others are to remain positive putting the real importance on things like what has been accomplished and achieved to date, how far to go, how to practically get there and remain self-motivated and self-managing for success. You will pick the fruits of your labor and dedication in the form of individual performance gains in no time. It will become

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like second nature to you, without much effort.

- Recognize rather all positive accomplishments, encourage yourself for more reflection and introspection, self-evaluation and self-correction.

## Positive Attitude: Choosing Actively To Be Positive

According to some studies and interest groups, a positive attitude can add longevity and years to your life and health! Well, almost. Positive attitude delays ageing is a headline that most will recognize from some BBC reports back in 2004, that more recently surfaced again due to the focus that publications like The Secret and features, inserts on Oprah and some of the other talk-shows regarding thinking your way through life, claiming, positive affirmations and using the laws of attraction to bring you good fortune and happiness, fulfillment and all-round better quality of life has been touted and advocated, yet again, trendy and the newest fad once more. But, it is no secret that thinking and feeling positive, having an optimistic outlook and seeing the good and positive in things, life, people, even hardships can make a difference.

Imagine being able to suppress all negative thoughts, self-talk, critique and still those inner voices for just a minute, claim positive attitudes and will make you feel, look and do better, promoting more and effective functioning, success, results and so much more in and throughout your day, life, future? Who would not want to embrace being in control and able to influence that much of your destiny and well-being.

We all age and progress through life, having positive attitudes about getting older, might just help you cope better with the challenges, physically and mentally of getting on in your years. With the boomer generation getting ready to retire, there are many interested in at least methods or techniques that promises to delay the ageing process.

Upbeat, being less pessimistic, whining and dark, can have wonderful psychosocial effects, affecting even our physical health and well-being. Our thoughts, beliefs, self-talk, actions can all contribute to how quickly we age, look and approach life. Experiencing positive emotion and attitudes can have a great impact on the connection between mind and body. An initial study looked at the effects of things like the onset of frailty in the aging population, as measured and indicated by things like weight loss, exhaustion, walking speed and grip strength.

If you are happier, you might live longer! How often do we hear and jeer at statements of common wisdom like this. We dismiss too easily the ramifications it might have in actually holding some iota of truth! There is now researched proof that happy, positive attitudes, will-full



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and deliberate choice, intervention and adjusting, trading in negative thoughts for more positive type reflection, can actually alter the chemical balance of the body and in the brain. Success in life is no longer up to random chance. These positive, more optimistic thought patterns, actions and lifestyles, eventually almost 'reprogram; us for success and will affect physical functioning health and wellbeing, boost immunity and help us keeping in touch and reaching out. Many argue that is what is behind so many elderly logging on, communicating, staying in touch, being the key driving force behind many of the social support networks initiatives around the globe and online communities, collaboration efforts etc.

## Positive Attitude: Dismissing Negative Thought

Imagine how our physical performance can be influenced by mental attitude... just for a minute. Contemplate, how we think and feel about things, will affect what we say, do, accomplish and pursue? Then do a little exercise: Take a look at these two lists of words and then how they make you feel while and after reading them. Is the one more motivational or a downer? Why is that? Which one will move you to move mountains or flop back on the couch?

Confused  
Cranky  
Simple-minded  
Feeble  
Senile  
Stressed  
Frail  
Fragile  
Victim

Accomplished  
Active  
Dignified  
Meaningful  
Recognized  
Distinguished  
Elite  
Wise  
Empowered  
In control

We are living, breathing, human systems , interacting with one another and the environment in which we live and exist. Some have argued that we are all connected and all part of the same reality, existence and energy dynamics. Thinking and feeling positively about ourselves, our health, abilities, future, success, day, opportunity, can definitely have an effect on how we

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approach others, view ourselves and tackle what we have to do and achieve.

Our thoughts and feelings are inextricably connected and now there are MRI studies that confirm that controlling these thoughts, increased mental focus, positive thoughts trumping negative can have a very real effect, which in turn has a great boding future for self-healing practices, exploration of how a positive disposition can affect your health.

Studies have also shown that more upbeat people, tend to be healthier, optimists tend to live longer (as much as 7 years, some claim), reflection and meditation can actually lower stress-hormone levels in your body, to the point where you can inherently strengthen your immune system and live, be healthier. In a recent publication entitled "Pivot" by Zimmerman, you will find the following quote: "Your attitude, even more than your aptitude, determines your altitude." According to this musing and shared insights, wisdom, we all seem to struggle profusely with hot to get and keep, stay positive. We are at odds with our own attitudes, unable to tap into it to mobilize and enhance our lives. It is fundamental that we change our thinking about what and how we are and will be happy and successful, dismissing negative thought, critique and tripping up negative, sabotaging self-talk. Harnessing the power of not only positive thought, but positive decisions, action, plans and living. It is vast becoming the next big buzz-word, fad and trend – are you in the know?

## Positive Thinking – The Power Of Self Talk

If not, read all about harnessing the positive energies around you to accomplish the ultimate goal of positive thinking through effective self-talk, but first we need to cover the basics of this concept to fully understand its scope and utility in our lives.

Psychologists believe in the power of the self and especially the ability of the aware human being to harness and control desires and thoughts arising from within one's psyche in a way that is positive and fulfilling so it adds to the quality of life. One section of people believe there is an inner actor present in every person who guides the way we conduct ourselves: our verbal and physical communication methods as reflected by our body language. Roughly translated, this means we can be two people at the same time – one negative thinking one and one dwelling on the positive aspects in our life.

What needs to be done then, to bring about positive changes in our life is to listen and abide by the needs and guidance given by the positive, healthy and happier self i.e. the positive thinking self. Some people feel it is not easy to just get rid of the negative and depressing thoughts they have held on to for a long time for fear of venturing into the hitherto unexplored terrain as positive thoughts challenge one to step into, but this is not entirely true. Those who have worked to overcome the shackles of negative vibes from inside and outside of their selves will affirm the positive thinking as a truly liberating one as using self-talk (talking oneself into doing and achieving good things in a balanced, positive manner through thinking along those lines of having already achieved a degree of success as imagined) is very effective for controlling and channeling thoughts in whatever direction you want.

If one uses self-talk effectively, one can control not only the mind but the base of all desires, both good and bad, and then be the master of every action instead of laying the blame on circumstances and people outside of them, which is the general tendency among most humans.

This way, you can keep the listening to the voices in your head that tell you to go out there and do good things, see yourself doing them and then actually head out with confidence to conquer your fears and be an achiever instead of allowing negatives to hold you down.

## **Positive Attitude For Unlimited Success**

You also do not allow negative thoughts to tell you what to do and if you can fail as you simply shut out these voices from your head just as you would an actual person: this is the real purpose of healthy self-talk – to respond in answer to your positive thinking and help you be an achiever in life.

Focus on past accomplishments so you feel positive about your self, regain your consciousness through positive self-talk so you motivate yourself to do more such activities that raise your spirits and you will find things that hold you back from success slowly filter away to give rise to a newer, happier You.

## Self Talk And Positive Thinking – The Significance Of Suggestions

More about this unique process of bringing good things to life (yes, just like General Electric's slogan, even the human brain responds best to positive thinking and that is why psychologists the world over stress on using this cerebral power to juice up our daily life) in this special feature – so, stick around and rejuvenate your lives. You know you're worth it, buddy!

So, don't give up on yourself – you are the best friend you can have and don't you go forgetting that if you want to achieve a quality of life that is more than just what comes in the scope of surviving or existing. You've got to live life king-size, if you can – for that is what the glory, the happiness and the sense of achievement is all about – in big and small things. After all, we all have 24 hours in a day but its what we do with that time that decides our lot for us, so why not use the power of our brain and our heart to direct, control and guide our mind towards positive action through simple techniques such as self-talk during quite time (also called Me-time, by many new-age motivational speakers who recommend this for better adjustment to meeting the demands of the daily grind)?

After all, using auto-suggestion that comes from within our own selves to direct and listen in only to the truly positive and uplifting thoughts that will definitely result in bringing good things to life is like having a magic mantra to chant to yourself about what a blessing the day is going to be – and who knows, with that kind of positive energy, what you can accomplish with directing it towards tasks that make you happy and fulfilled.

The significance of empowering yourself towards sustained positive thinking cannot be undermined for the simple reason that these are psychological tools that benefit one to act as a guide for practicing self-talk in a way that helps them introspect; a person gets to know more about themselves, their feelings and reactions to people and situations and can work to ensure the best actions are taken to ascertain positive outcomes if faced with similar circumstances in the future. This allows one to stay empowered with self-knowledge and be ready with positive options – such is the power of positive thinking!

## **Positive Attitude For Unlimited Success**

Self-talk is not only therapeutic when practiced in solitude with a focused attitude towards tuning into your positive thoughts, but it also encourages people to open up newer channels of communication for better personal and professional lives. E.g. Self-talk through suggestions about why a certain decision went badly wrong and work towards answering what was the motivating factor behind a mistake; then analyze and understand the nature of the mistake and work to eliminate this bad experience, but keep the lesson for future learning.

You can actually make self-talking fun through fun suggestion from make-believe characters and the imaginary friends from your childhood days, which is a really enjoyable way to talk yourself into doing positive things.

## Positive Submerged Mind Learning – Opinionating Self-Talk!

We take a look at this aspect of positive thinking and discover why all the hullabaloo over such a obviously great theory for bringing positive things to life, in this special feature on various kinds of speech, including self-talk, for the end purpose of bringing about positive change in a person's outlook and ultimately, helping him or her achieve life-goals.

Being upbeat about the good things in life and starting the day on a positive note with uplifting thoughts is one way to reinforce the goodness within you as well as resist the power of negative thoughts so that all you visualize are good things happening to you. This is a fact that all of us know and understand; but, how this positive thinking and good frame of mind can be twisted by cheap pop-gurus and so-called motivational speakers/racketeers in the guise of positive thinkers can be misused is what is the main area of concern for the authentic ones.

While one group of psychologists do not give any credence to latent learning and thus have no use for self-talk, which they claim is all rubbish by the way since all that is at work here is human cleverness to use so-called lucid thinking to extract from the brain positive thoughts, which are elemental at the most – nothing intelligent, others believe they have more than enough proof to give this stream of consciousness a boost.

However, empirical research is being extensively conducted to find out more about the effects of Self Talk and what actually happens in the realm of subliminal learning and initial studies reveal that there just may be something to the whole power of positive thinking stuff; but skeptics need to be silenced for some time first before any good can come out of this, we think.

Moving on to the power of hidden learning, there are many takers for it who have actually benefited from talking themselves into doing good after believing there was actually good in them when they were told to suggest to themselves they could do it. This could only be achieved in those persons in a group who were successful in drowning out negative thoughts and only tuning in to the positive ones. This is the power of subliminal learning made effective through auto suggestion and positive thinking, wherein attainment is not as important as doing the job right.



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The real nature of subliminal thinking believes that a person knows much more than he thinks he knows or can actually perceive; research proves this as being true as many psychologists have formulated and supported their theories of self-thought in connection with positive thinking to prove the existence of Aplomb Talk – whether it actually occurs or not.

Mind games and thought-provoking puzzles have long since been an integral part of this experimental theory and each side had its strong opinions regarding personal views to the concept of self-talk, even as way back as the 1950s.

By the 1990s, there was more interest shown by world psychologists about human conscientious and other aspects such as the weltanschauung, besides powers of Self Talk and subliminal learning that are mostly dependant on the perception of ideas and learning by the brain and how they can be directed towards the last floor of estimable sensation i.e. the subconscious zone. From here, people can work on this thinking and channel it towards more positive thoughts to achieve their end goals and lead more fulfilling lives.

## Positive Thinking – The Importance Of Self-Talk

We take a look at what all this fuss over subliminal learning and raising one's powers of consciousness to the sub-conscious level so that one can ultimately learn to understand, harness and re-direct these positive thoughts towards positive action for the end result to be a desirable one. If done right and consistently over a period of time, it goes without saying that those advocating the benefits of this theory of positive thinking also believe it will improve the quality of life and general sense of well being in any individual who truly believes in

The biggest advantage that positive thinking can bring to individuals is that it works to build up their self-esteem and confidence if they practice self-talk in a disciplined yet fun manner (such as imagining up fictional characters to motivate you or remind you of your good qualities, much like imaginary friends from childhood). Other psychologists feel this can be a sign of some sort of mental illness, but this view is being constantly challenged by those positively believing in the power of self-talk as a healing process.

This is because the second school of thought finds that when people indulge in free-wheeling self-talk, they are automatically directed towards finding answers to their problems, which is a good thing since they feel they have arrived at a solution to their problem through self-dependence. This raises their self-esteem and sense of confidence as they find themselves capable of problem-solving through the technique of self-talk, which also borders on subliminal learning in the theory of positive thinking for a good cause.

If you are not comfortable using the self-talk technique to arrive at positive and encouraging thoughts, you can opt for writing down your emotions and those things that bother you as even keeping a journal of your feelings, emotional upsets and high points including low points works to positively charge you with self-knowledge, which is the basis of knowing yourself and doing things to improve your situation.

As you get to know your inner, true self better and more intimately, you find that through learning about what moves you, what angers you, what thrills you and what scares you for example, you also find ways to deal with the situation on your own. Especially when you go over the positive highs of your life having made a journal entry, you get the motivation to try and

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accomplish something similar again if you can suppress the negative thoughts that come your way in the wake of this positive energy to do something!

Self-talk is also seen as a solution to relieving stress if used effectively as a person can often find the right solution having the problem stare them straight in the face or for that matter, having to face it upfront as in the case of a write-up or even during a conversation as its akin to giving it an identity tag – like sort of, yes, it does exist and no, it won't go away as much as I try to hide it under the carpet so may as well face it and solve it. Then, positively dwelling on past problems or situations faced and resolved helps one to harness positive thoughts through self-talk and grants successful persons with the reward of a serene mind.

## Suggested Self-Talk – A Popular Aspect Of Positive Thinking

We have presented one of the better aspects of the theory of positive thinking for you in this article and it is namely suggested self-talk. As a technique of positive thinking, suggested self-talk is nothing more than auto-suggesting to the self about past successes so as to bring about a transformation in the person and raise levels of self-esteem.

This is believed to work wonders for those who are held back due to fear of any kind (e.g. rejection, being thought badly of, messing up a good thing etc.) as lack of confidence in one's skills and abilities is what holds back a lot of people from venturing out of their safe zone into a more challenging but definitely rewarding life area. But, at some point in time, one needs to face one's fear to tackle the demands of a changing society and also in order to grow and evolve as a person out of the shell one protectively uses to stay away from the harder aspects of life.

Counted among the most influential of the human emotions, fear is universal for human beings and needs to be addressed as soon as it rears its head since if left to itself, it can cause a person to withdraw from leading a normal life and result in arrested development, which is a dangerous thing. Many a time, fear is also responsible for success eluding these people who need to actually work to unwrap their problems by paying attention to the various conflicts arising within them and resist negative thoughts from taking over their power of positive thinking.

The first step is to study the intentions, set limits and use a structural process to help mentally arrange thoughts so that one can establish objectives for the purpose of arriving at a positive conclusion that helps a person reach a decision that rewards them.

Outlining strategies based on the information gained about specific facts about the self, especially times when you dealt with misunderstandings in a mature and able manner and then, taking time out to address these so as to get to a logical conclusion is a good way to arriving at a reason-based conclusion.

Psychologists also recommend finding a good support team that can provide a warm, loving and stable environment to the whole process of building positive vibes and help an individual

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seeking answers through self-talk to get ahead with positive thinking in a faster way as this is one way of building trust and shifting focus to what is important in life.

Having a support group you can trust is essential to clearing any confusion you may have about your abilities and strong points that you can harness through the power of positive thinking to find hope and convey expectations to get yourself great rewards.

It also promotes catharsis (cleansing of emotions that can overwhelm a person if contained within for long), relieves stress and helps eliminate fears, especially if one depends on using affirmatives in thought, which leads to positive actions through positive thoughts that raise the quality of life.

## Removing Obstacles With Positive Self Image Talk And Positive Thinking

### **Positive Thinking – The Role Of Self Image In Removing Obstacles!**

Doing this successfully over a period of time requires a lot of positive thinking which can be effectively and consistently brought about by improving and thinking well about one's self-image.

Some psychologists do not think that there is any given logical order that governs the way people think and behave or perceive life and that to withstand life's challenges without having to bear undue stress requires one to control and direct complex thoughts towards a positive end.

It isn't being rich in material terms that can guarantee a positive self-image as counting one's blessings and looking to the bright side of a seeming ordinary existence can help an individual discover how rich he or she is; clearing confusions in the mind and perceiving good even in the difficulties of life can help positive thoughts to prevail over depressing, negative ones.

In order to achieve harmonious living even in the midst of struggles and demands of a modern existence, one needs to remove obstacles that stop one from achieving their goals, reaching to the end results that are rewarding in a positive manner as the exercise helps strengthen one's cerebral caliber to yield positive, life-changing results.

The act of being able to focus on one's innate needs, recognize and address problems as well as remember positive traits, especially when the person has responded responsibly and maturely in adverse situations helps one achieve a sense of peacefulness.

One way to ensure you get these positive results consistently is to bring in a sense of regular activities that help one to de-stress and enhance mental caliber, such as taking to a pleasurable hobby that raises creativity or incorporating regular physical exercise that helps raise the balance of happy hormones. Even going out for a brisk walk or a stroll has known to provide people with a sense of thankfulness as being in crisp, clear air in the outdoors has a soothing, somewhat rejuvenating effect on most people's senses that are otherwise caught up in their

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problems and other overwhelming thoughts. Being outdoors gives one a sense of being a small part of a great, big world and seeing one's self as either part of the solution or the problem so one actually strives to be on the positive side of things.

The peacefulness aside, physical activity helps a person sleep better too, especially if taken up just before bed-time as the exercise works to tire one out in a happy, achiever sort of way so it's with a sense of accomplishment that one goes to sleep.

For those facing tight, financial situations, being able to imagine working their way out of a seemingly adverse, depressing situation works wonders to help them visualize a way-out and arrive at a solution to the problem as psychologists advise people to indulge in self-talk, auto-suggest to themselves to reaffirm their faith in their abilities to overcome the situation and when they do imagine removing the obstacles, they have already gained confidence to meet their problems head-on. This is the first step towards acting responsibly, without the burden of any barriers in the way of success and this helps remove fears in a spontaneous, uplifting way that is both welcome and helps bring positive change in their lives.

Discover this for yourself: it can be listening to soothing music, holding on to favorite festive decoratives that cheer you up even after the season is past or simply sleeping over it, but positively focusing on removing obstacles does work to empower you with the belief you can do it!

## Positive Thinking And Self discipline – The Relationship Between The Two

We attempt to de-mystify this relationship between the most vital aspect of positive thinking, a theory that encourages one to sift through various voices in the head and only heed those that give a certain positive value to the person in terms of what it can do for improving the quality of life for them, and the main technique of bringing positive changes about.

A person depending on the power of positive thinking to see him or her through a difficult time in life also needs to understand that a certain amount of introspection, recognizing the truths one faces about one's self, knowledge of better qualities and drawbacks faced in a positive manner are the key to enhancing positive thinking skills that are needed to check level of self-discipline. Keeping this aspect of positive thinking in control is very important for those needing to exert a calm, mature degree of control over their lives so they can achieve good things for themselves and succeed in life.

Doing away with negative vibes, voices in the head and staying away from people that evoke negative, depressing thoughts in you is another way to help the positive views come to the surface and self-discipline through various tools like self-talk, writing a journal, listening to soothing music and perhaps even taking up regular physical exercise is vital for boosting the psychic energies to burst forth and do their work! This is because negative thoughts restrict the mind from discovering feel good emotions that in turn lead to positive action while thinking positive helps the mind to open up new pathways, like flowers stretching towards sunlight that banishes the darkness of ignorance.

In the same way, positive thinking and focusing on one's strong points, positive qualities and abilities help build a healthy self-esteem, which gives one the power to ignore negative thoughts and stay guided by the positive to emerge successful in life with the confidence they evoke.

Since saying or thinking, "Oh, this is not going to work, " or "I'm not good enough," actually works to weaken a person's self-esteem and wears their armor thin, the logic points to positive thoughts working as affirmatives in helping one reach out to goals and find them achievable as they feel they have the power to conquer obstacles. The last can also be imagined away with



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powerful, positive thinking, feel psychologists – much like reaching for the pot of gold at the end of a rainbow.

Rewarding oneself after having achieved a particularly difficult goal through the power of self-discipline and positive thinking (such as keeping to a diet, not meeting with negative people, or quitting a bad habit etc.) goes a long way in reinforcing the power of positive thinking. It also helps one achieve a healthier mental and physical balance in life as it programs the brain into accepting change in a positive way with positive results achieved – so stick with it and go places! After all, connecting with your inner child may well reveal certain dark spots not visited in a long time and you just may discover sides to yourself you never remembered, but can actively work on to remove the kinks, pay attention to the positive character traits and emerge a newer, stronger and rejuvenated person - so why wait?

## Self Talk And Positive Role Play Strategies

We typically know of the positive worth of role play strategies as those delivered by self-discipline, self-talk and having a support group near at hand so that affirmatives can be gained whenever one is faced with obstacles such as negative thoughts and people. The latter can break through the self-esteem of a person and who is dependent on using self-talk as tool for healing their body and mind; this is looked upon as the most integral aspect of the human self as it is believed that all our problems originate here: from a lack of basic understanding of the self and that of others around us.

It is when we do not know our true selves and seek fulfillment in outside things and people that we feel dissatisfied and unhappy about the responses we receive, whereas what we actually need is to open the channels of communications, get to know ourselves through introspection and self-talk (which can be conducted in a fun manner) to shed off the image of this being an indication of mental illness. (Some schools of psychology believe that talking to the self is among the first signs of madness, but this view is not held by those advocating self-discipline and self-talk to encourage positive qualities being brought to the sub-conscious of a person needing the power of positive thinking – such as provided by a series of pep-talks!

This theory of self talk and positive role play strategies put to work by advocates of positive thinking is based on the premise that through self-discipline and harnessing the positive energies by visualizing obstacles being removed from one's path, one can actually achieve the results faster, in a heroic fashion no less! In simpler terms, it's like being your own counselor as you are the person delivering the pep-talk – to yourself!

Used effectively in a disciplined manner, psychologists feel that self talk and role-play strategies can work to deliver solutions to heal the body and the mind as all one needs to begin the therapy is to have a willingness to commit oneself to alternative therapies of healing, such as afforded by natural processes. Positive thinking applied to quitting bad habits such as smoking, which is detrimental for the health and also undesirable in company in many cultures, can be very effective to achieve as a lasting goal if one taps into the subliminal consciousness to determine the reason behind why a person smokes; then, they can work through various levels

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(accept responsibility for the action, move towards kicking the habit consciously and stick with activities and people that positively reinforce this decision so they achieve success).

The simplest way to approach self-talk for positive thinking through role-play strategies is to place oneself in a comfortable environment filled with no or happy memories that work as confidence boosters; visualize leaving behind the clawing habit that has taken away such a lot from the quality of your life and rearrange your self-image at this safe place i.e. picture yourself communicating your beliefs to a trusted person and receiving affirmation of your worth in context to this decision.

Stick to a friendly conversation, bring in humor, go over familiar thoughts and new decisions like wanting to quit smoking and how you plan to do it; discuss in the imaginary scenario how you plan on doing it and end off the conversation on a positive note – e.g. I can do it if I imagine myself already having done it.

## Stay Healthier With Positive Thinking And Self Talk

Yes, the truth is that the power of positive thinking is a great, enduring and worthy one for those looking for meaning in life, wanting to raise the quality of their life and also for those in need of building their self-confidence by re-visiting their inner selves, all of which is possible through regular sessions of self-talk.

Self-talk is nothing more than talking to yourself: introspection is the foundation to positive thinking, which depends on various psychological tools and strategies such as self-discipline, having access to a stable, support group (friends, family co-workers who affirm your true worth and raise your self-esteem), taking part in regular, physical activities that lend quality to your existence etc. Of course, some people snigger at this technique of positive thinking as they equate self-talk with being a prime candidate for the loony bin as certain schools of psychology also feel that talking to oneself is an indication of the first signs of madness.

However, since all of us want to feel healthy and happy and there's still no sure-fire way to guarantee these vital life elements, there really is no harm in trying out the benefits endorsed by psychologists promoting the power of positive thinking when it really doesn't take away anything and only attempts to give back to us the ability to focus on our inner selves, draw strength from the people we essentially are and work to remember these qualities when we are faced with a dead-lock!

The thought of always facing a healthy, fulfilling and deeply satisfying future is never far from anyone's mind and once people get familiarized or even re-acquainted with their real selves, it is akin to finding the formula of a happy life as affirmations say 'you can do it, ' and have the power to fill you with new zest for the old life so you look at it through renewed vigor. Positive thinking can help improve self-esteem, raise confidence, suppress illogical fears, give the strength to face difficulties and not be overwhelmed by them – instead show an individual ways in which to tackle problems through positive action after visualizing being able to remove obstacles and emerging victorious.

For example, if one is keen on losing weight and needs to fit in a regular physical exercise regime in their daily plan, the power of positive thinking can be harnessed to motivate and help

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one to stick to the fitness program if one focuses on how energetic one will feel on shedding those extra kilos and probably even imagine how the new wardrobe will make one look.

The power of positive thinking coupled with self-talk is a combination that is life-changing if one allows the mind to sift out the negative thoughts and only hold on to the positive that help one move closer towards the happiness they deserve.

For example, in order to keep to the decision to quit smoking, one can constantly remind oneself that happiness doesn't depend on puffing nicotine, which takes away from good health and long life, not to mention leave one with a very slim wallet. So, actually thinking your way to saving cash, adding to your life-span, gifting yourself fresh breath once you kick the butt shows what self-talk coupled with positive thinking can do for helping you lead a happy, healthy and fulfilling life.

## Suggestibility – Strategy For Positive Thinking Through Self-Talk

In this article on the powers of positive thinking, we take a closer look at the various tools, role-play strategies and top techniques of harnessing positive thoughts so that they yield consistently good results for a better life.

For example, if someone has a fear of flying, they need to introspect and get to the bottom of where this fear originated from (bad experience, an adult scaring them off, witnessing a horrifying accident etc.) and use the power of suggestive talking to the self to control and suppress the fear and let positive self-talk take over their thinking process. This works to re-program the brain and change perceptions if one allows positive thoughts to filter through such as getting to their destination faster, via a comfortable mode of travel that also provides an opportunity for shopping at duty free shops.

Positive thinking is a goal that can be achieved through the technique of suggestibility, which is utilized through self-talk that can be both fun and liberating if used properly in a peaceful environment that makes the individual feel safe and open to making changes.

All possible positive aspects of overcoming a certain fear, be it air travel, rejection, making a fool of oneself in front of a crowd while addressing a gathering etc. can be emphasized upon to people suffering from these phobias so they focus on the fear being a debilitating factor and work to remove it from their lives, through various techniques propounded by the theory.

In certain cases, it is imperative to mental health to confront the fear while in other less severe cases one can break up the therapy into different stages and slowly work to overcome it. Employing positive self-talk techniques is typically putting to practice the process of starting self-conditioning, including self-hypnosis to arrive at positive goals that should ideally be reinforced through healthy rewards.

One can make use of several readily available tapes, CDs and VCDs/DVDs containing motivational speech therapy material to suggest to oneself the answer to their fears and inadequacies lies within them and work to unlock these hidden truths about their selves during these programs. These help one come out of a comfort zone but in a time span that is

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comfortable to them as too much too soon can make one resist the idea of change and deter them from confronting their fears, which needs to be done for conducting regular sessions of self-talk.

The misconception that self-talk is an indication of madness must also be addressed as it is not true; self-talk is a proven method of brainstorming, promoting introspection, leading to re-affirmation of positive character traits and admirable qualities of an individual that work to help them explore the inner precincts of their mind so as to find a clue, an idea to guide them towards possible, positive solutions for a seemingly difficult situation they face. So, be it relationship problems, wanting to quit a bad habit, take up a new hobby or career, confronting mistakes – all of these can be done with looking for solutions from within after gaining self-knowledge that helps one learn more about oneself and the best way to visualize problems fading away.

Not dwelling on the negatives, staying away from negative people and suppressing bad vibes that sap one of positive energies is another way to allow the power of suggestibility to come shining through in the most pressing life situations and this is why the liberating nature of laughter therapy is given so much importance .