



The **ASTONISHING POWER**
Of **POSITIVE THINKING**

How You Can Use The Power of Positive
Thinking For Long-Lasting Happiness
and Fulfilment

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THE ASTONISHING POWER OF POSITIVE THINKING

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Introduction



Positive thinking doesn't come naturally to many people. In fact, for most of us, the first thing that probably pops into our head every time we encounter challenges are negative thoughts.

We think about what happened, and then we think about who's to blame for the things that have gone wrong. Maybe your first instinct is to complain about things, to lash out at other people instead of looking at what you yourself have done.

Ask yourself if you want to be around people like that. People who are so negative they basically pull down everyone around them. With negativity practically oozing out of their pores, I bet you wouldn't want to be around these people. So, don't be one of them!

You need to make a conscious effort to direct your thoughts from negative to positive. It's difficult if you're just starting out, but with

time and sufficient practice, you'll find yourself thinking positively most, if not all, of the time.

If you're looking to change your ways and become a more positive-minded person, then you're in luck. This massive guide will help you learn how to think positively. You're going to learn the importance of thinking positive thoughts, and why you shouldn't ever let negativity get the best of you.

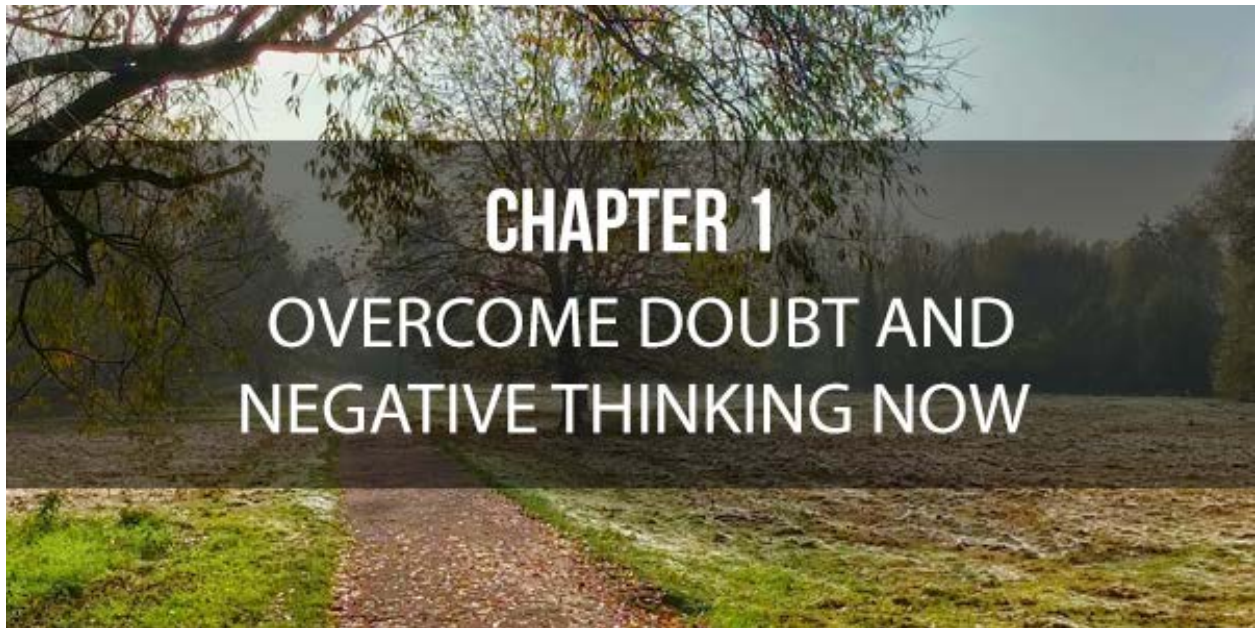
You'll learn what differentiates happy and positive people from negative ones. You'll find out why positive thinkers ultimately end up successful while most negative thinkers fail to achieve their dreams.



This guide is designed to help you become a better and more positive person. Someone people would love to be around with so they too can soak up your positivity.

Be the difference-maker in the people around you. When you've mastered positive thinking, you'll end up happier, healthier, and more fulfilled than you've ever felt in your life!

Chapter 1 - Overcome Doubt And Negative Thinking Now



*“Doubt kills more dreams than failure ever will.”
- Suzy Kassem*

To get started on your journey towards mastering the skill of positive thinking, you need to get rid of all traces of doubt and negative thinking as soon as possible.

If you continue doubting yourself, you’re never going to amount to anything in life. You’ll probably end up living a mediocre and unhappy life. Too scared to venture out of your comfort zone. Too afraid to deal with the reality that failure is a necessary – and important – step towards success.



Doubters will doubt themselves. They'll doubt the people around them. They'll doubt everything and everyone. These people are downers. They literally make everyone around them suffer just by being near them.

Does this sound like you? I sure hope not! No one wants to be around a Debbie Downer, so you definitely shouldn't ever want to be one!

Just like most things in life, overcoming doubt and negative thinking is easier said than done. Sure, it's easy to utter positive words when you need to. But deep inside you know your first instinct is to say something gloomy or depressing. You need to put a stop to your destructive inner voice right now.

Here are 10 powerful ways you can get started with removing negativity in your life so you can move forward and upward!

1. Let go of the past

The past is gone, it's over. You can try all you want, but you can never turn back the clock. Look at the present without letting your past cloud your judgment.

If you fail to move forward because the past is holding you back, then you seriously need to reassess your life.

Whatever happened in the past has got to stay in the past. If you continue letting it affect you, then your future may not turn out to what you want it to be.

2. Learn from your mistakes

One thing people often overlook is the fact that mistakes do happen. Sure, you can have the best-laid plans, but sometimes you just can't stop mistakes from happening. Mistakes – whether it be big or small – are bound to happen. Don't let it dissuade you though.

Don't think that just because you made a mistake in the past, then you can't ever succeed in the same task or project. No, you have to stop thinking like that. Otherwise, you're just proving to your inner critic that it's right!

3. Stop focusing on what's wrong

Whenever a problem comes up, you probably try to find out what's wrong. This behavior is totally normal – how else can you fix problems if you don't know what caused it in the first place?

But getting hung up on these mistakes – especially if you're the one who caused them – is just plain wrong. If you don't stop berating yourself, then you can't move forward to fix the problem. Have a little faith in yourself. A little positive pep talk will go a long way towards building your confidence!

4. Don't go looking for other people to blame

A negative person's first reaction to problems is to find out who made a mistake. Then they'll go out and attack that person privately or publicly.

A positive person, on the other hand, will also try to find out who made the mistake. But, instead of focusing on the person, they'll use their energy to try and solve the problem at hand.

When the problem's been solved and dealt with, then they'll go back to the person who made the mistake. Instead of berating them, they'll give some constructive feedback to help them avoid making the same error in the future.

5. Just tell yourself to STOP

When you know your thoughts are spiraling into negativity, you should admonish yourself right away. This is why self-awareness is so important – you can pinpoint the exact moment your inner self-destructive twin rears its ugly head out.

Once you realize where your thoughts are heading, tell yourself to stop. Take a deep breath. Go out for a walk to clear your head, or do whatever you need to do just to shut out that inner voice.

6. Get help from positive people

Friends are a good thing to have, but having positive friends you can rely on is even better. A positive person will help you overcome your negative thoughts. They will cheer you up when you're feeling down. They'll look at your problems from an objective point of view, so you can see the positive side, too.

Your negative friends won't do the same for you. Instead of cheering you up, they'll probably try to drag you further down. They'll feed on your negative thoughts, and they'll spread even more negativity your way.

7. Start a journal



Having a journal is a great way to track down your thoughts. Whenever you're feeling down, write it down. In the same entry, write your positive responses to your negative thoughts.

Think about how you can turn a negative situation into a positive one. Then highlight the positive notes in your journal. That way, when you feel down again, you can easily find your positive entries to help cheer you up.

Additionally, you can also use your journal to write down all the good things you currently have going for you. Whether it's your job, your pet, your family, or the latest gadget you've saved up for months, write it down if it makes you happy and makes you think positive thoughts.

8. Look at failure as an opportunity to learn

Failure isn't the big bad wolf you probably think it is. Sure, failing big time might sound scary. It's something you probably don't ever want to experience. But think about how many times successful entrepreneurs failed before they succeeded?

The truth is successful people have probably failed more times than you can fathom. That may sound silly, but it's true. Successful people think of failure as stepping stones towards success. Win or lose, they get something from the experience!

9. Enjoy your achievements no matter how small

You can't belittle your achievements. No big thing can be completed without its many small parts. If you're aiming to be a millionaire in a year, then be thankful if you're earning any profit at all.

Big dreams start small. Break down your big goals into mini goals. That's how you make success look easy!

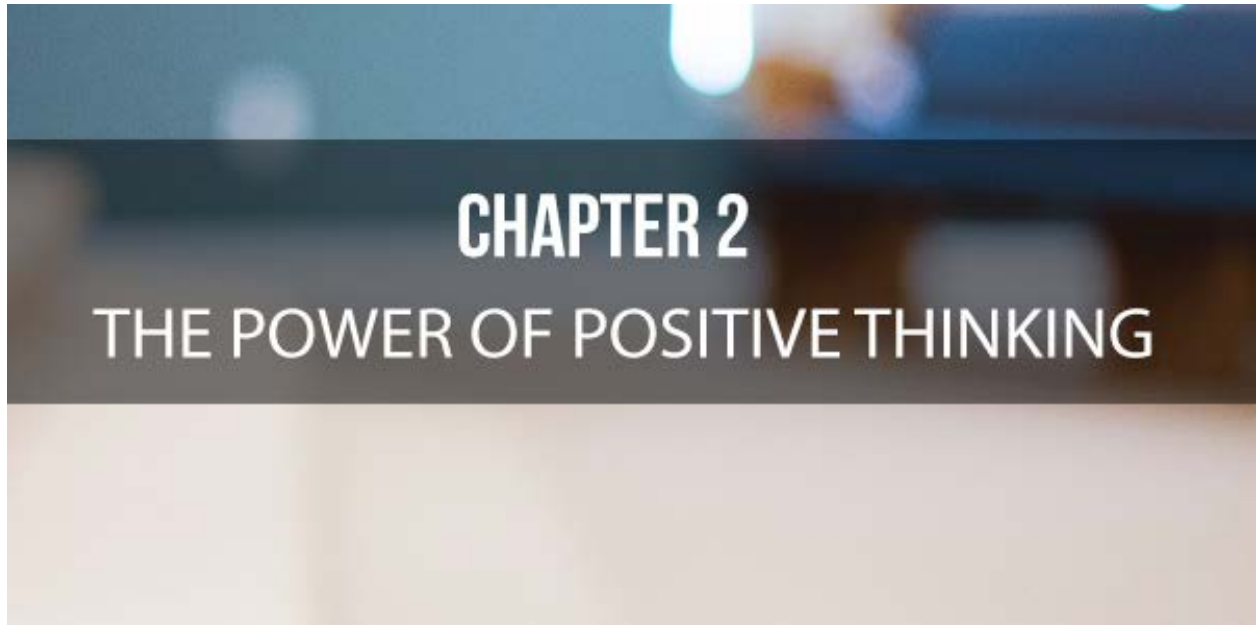
Every time you hit a mini-goal, celebrate. Don't think it's just a small win. Don't forget small wins often lead to big wins! Enjoy every step of the process and just continue on with taking it one positive step at a time.

10. Adjust as necessary

Your dreams and your goals aren't set in stone. You can define it any way you want – it's yours after all. But if something happens along the way and you cannot achieve your dreams exactly as you've hoped for, then don't fret. Sometimes, you have to adapt and adjust.

When you first planned your steps towards achieving your goals, you may not have considered some important factors. You've come a long way, you don't want to break down now. Think about alternatives and how these might turn out to be better than what you initially hoped for!

Chapter 2 – The Power Of Positive Thinking



“The Pessimist Sees Difficulty In Every Opportunity. The Optimist Sees Opportunity In Every Difficulty.”
– Winston Churchill

Positive thinkers accomplish many things in their lifetime. Negative thinkers, on the other hand, often remain in the shadows. They live mediocre lives, seemingly suspended in a dreamless state, unable to go any further in life.

Positive people can enact positive changes within themselves and within their surroundings. They lighten up a room simply by being in it. Other people gravitate towards them because they know they’ll benefit from them – whether it be through words of encouragement or even just a simple smile directed their way.

When you learn to think positively, you will see the difference between your old self and your new self. The difference is like night and day. When all you can think about are negative thoughts, you never see the light. But when you start viewing things positively – no matter how negative it may seem – then you'll have a bit of light shining through, and you can see clearly even in the dark.

Thinking positively helps you see the light. It helps you look beyond the darkness. Even if you encounter darkness from time to time, you know there's always going to be light nearby. You seek out that light and let it shine in the darkness. You watch the black dissipate and slowly turn into the light – that's the awesome power of positive thinking!

Here's how you can transform your life with the power of positive thinking:

1. Think about what you want to achieve and why



We all have hopes and dreams in life. Sometimes, however, we get so down that we think we'll never be able to achieve what we set out to do. The best way to combat this is by reminding yourself why you chose that goal or that dream.

Did you choose it for yourself? For your family? For your beloved community? Who's going to benefit from your success?

Put things into perspective, and you'll egg yourself on to continue what you started. You'll probably continue doubting yourself every now and then, but don't ever let it cloud your path to success!

2. Do everything in your power to achieve your goals

There's a lot of ways you can go about achieving your goals in life. You can break down your goals into mini-goals to make it easier for you to achieve something. When you achieve a milestone, treat yourself for a job well done.

You don't have to splurge on expensive items, sometimes a candy bar may suffice. Just remember not to 'reward' yourself with something that will set you back from achieving your goals. For instance, if you're trying to lose weight, then you may not want to treat yourself to an all-you-can-eat buffet at your favorite restaurant!

3. Talk to yourself out loud

Hearing your own voice can sometimes do wonders for your thoughts. When you do talk to yourself, try not to be too loud especially when you're in public, and you've got other people within earshot. People may think you're crazy.

It's okay to talk in public, just learn to modulate your voice, so you don't get stared at. But when you're all alone, and the negativity starts creeping back in, then talking to yourself loudly is not a problem.

If you've never tried this trick before, you may be in for a surprise. A stern talking down from yourself will help shut down your inner critic. You can verbally direct your negative thoughts and pivot it towards a more positive line of thinking.

4. Learn to say “yes”



Learning to say “yes” is important. If you’re the timid type and you always hear the word “no” in your head, then it’s time for a change.

You may even be surrounded by people whose favorite word is “no”. Just ignore them especially if you know you’re doing the right thing.

When you learn to say “yes,” you become more positive, and you start enjoying life a little more each day. Over time, you’ll be able to add more positive words to your vocabulary.

Don't get me wrong, the word "no" is just as important as "yes." It all depends on the situation really. The point is, you're not going to be tied down to your comfort zone, too afraid to chase your dreams simply because you're being held hostage by the word "no."

5. Drown your negative inner voice with positivity

The best way to block out your negative inner voice is by replacing it with positivity. If your inner voice is pointing out all the negative things about something, then point out the positive things! Talk it out with yourself.

Being objective is not the same as being negative. Weigh the pros and cons if you must. But don't focus on the cons alone especially if you know the pros more than outweigh the cons!

6. Look for positive things always

You're probably inundated with negative things the moment you wake up or the moment you step out of your comfort zone. Don't you worry. There's always two sides to a coin, don't ever forget that.

When life presents the negative side, try to turn it over until you get to the positive side and then zoom in on that! That's how successful people deal with negativity – by looking for the silver lining.

There's always a silver lining somewhere. You may not see it at first glance, but sooner or later, it will make itself known to you.

7. Be genuinely happy for other people's success

One of the things that negative people dwell on is their jealousy of other people's success. They often compare themselves to successful people.

Just because their friends have made a name for themselves and are now success stories, they start feeling sorry for themselves.

If you think like this, you've got to put a stop to it now. You've got to look at the hard work successful people put into their craft. It's not like their success was handed to them on a silver platter.

Don't feel bitter if your friends can no longer hang out with you as often as you'd like. It just means you need to start living your own life.

8. You have more than enough blessings in your life

Sometimes your negativity gets the best of you, and you fail to see what you have in front of you. You're so consumed by jealousy, disappointment, sadness, and anger, that you take all the blessings you have in your life for granted.

You only realize what you had in front of you when you've lost it. Before it gets to that point, look around you and be grateful for all the blessings you currently have.

9. Practice positive affirmations

Positive affirmations work when you believe in it. If you don't, then you're simply uttering senseless and meaningless words. Affirmations help motivate you and encourage you to push forward against all odds.

For instance, your positive affirmation can be something like, *“I will not let the negative energies around me affect my mood or get me down.”* Or how about, *“I am not a procrastinator. Today, I am going to finish all my tasks on my to-do list because that’s the right thing to do.”*

10. Think happy thoughts and just be happy

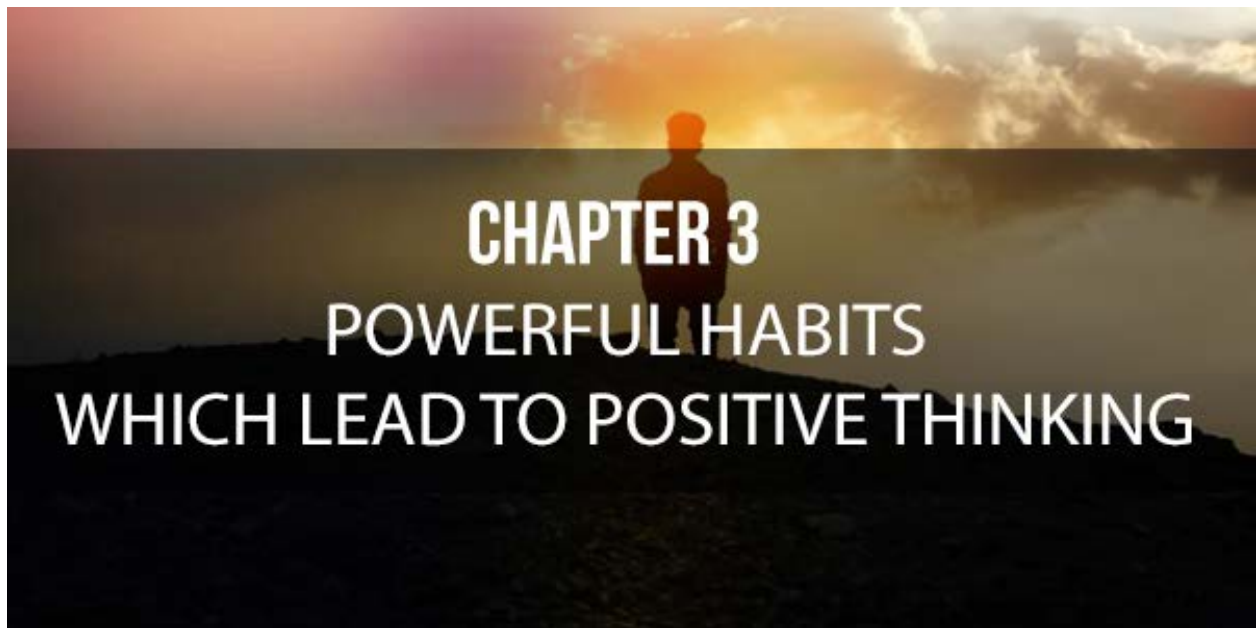


Happy thoughts often lead to happy feelings. This is why remembering fun times and happy moments is always a great idea when you're feeling down.

You can recall the wind on your hair when you were out driving with the top down, you can smell the breeze from the ocean when you went on that ocean cruise last year.

Always have something nearby that will help you recall happy thoughts to chase away the bad ones. Little things like this can help you with your positive thoughts.

Chapter 3 – Powerful Habits Which Lead To Positive Thinking



“I have learned that champions aren’t just born; champions can be made when they embrace and commit to life-changing positive habits.”

- Lewis Howes

Our habits define us. When you develop positive habits, you become a positive person. However, if most of your habits are bad or negative, then you’re probably not the kind of person positive people would want to be around with.

Habits don't appear overnight. You have to be doing specific actions consciously and repeatedly for a period of time. When it becomes part of your routine without you needing to think about it, then that action has finally become a habit.

Undoing negative habits and replacing them with positive ones will take time. First, you're going to have to consciously work on forgetting old habits. It's going to be very tough in the beginning. In fact, many experts say undoing or stopping a habit is *harder* than working on a new one!

What you can do is you can try associating a bad habit with a good one. For example, if you've made it a habit of smoking right after a heavy meal, then you may want to replace smoking with chewing some gum or going for a light walk in your neighborhood. You have to be self-aware at all times if you want to undo a negative habit and replace it with a more positive one.

Now, there are many positive habits you can try to develop. The habits listed below are far from being comprehensive, but these should help you get on the way to thinking positively!

1. Get enough sleep

I'm sure you've had some nights where you had to stay up late and then wake up very early the next day. Maybe it was while you were working on a very important school project, or reviewing for an important exam, or doing some overtime for your work.

Do you remember how you felt when you woke up? Did you feel great? I bet not! I bet your head probably felt like it was going to split in two.

When you don't get enough sleep, you feel tired. You feel cranky. You feel sore all over. It sets a bad tone for the whole day. This is why getting enough sleep is important – you'll feel fresh, energized, and far more positive throughout the day!

2. Exercise regularly



People exercise for a variety of reasons. Whether it's to lose weight or get some extra energy, exercising should be part of your daily routine.

You don't have to go running 10 miles every day. But you should at least try to go for a walk – or anything really that will get you off your chair! – to burn off some calories.

Rest is also important so just remember not to push your body too much. For best results, it's best to consult with an expert to find the best exercise program for your needs.

With that said, exercising will help you feel so much better about yourself. You won't hate yourself as much, and you know you're doing something to reach your goals – that's positive thinking right there!

3. Establish a morning ritual habit

To have a morning ritual habit, you're going to need the discipline to teach yourself to wake up early. If you normally wake up at midday, it's going to be difficult. Even more so if you're a night owl.

The benefits of having a morning ritual habit can't be ignored. Most of the world's most successful entrepreneurs and CEO's have a morning ritual habit.

They wake up early in the morning so they can plan the day ahead. They find the time to exercise or update their journal. They plan their day with their to-do lists and their calendars. They accomplish a lot of things before their family, and their neighbors even get out of bed!

4. Take care of your hygiene

Taking care of your body is extremely important. After all, we've only got one body in this lifetime. If you abuse it, then it's not going to last very long. When your body fails, you leave this world for good.

It might sound morbid, but you know it's true. Taking care of your body begins with proper hygiene. Parents instill good hygiene in their kids. But over time, we may become lazy and start neglecting basic and proper hygiene which leads to illnesses and diseases.

Having good personal hygiene habits don't just mean looking good on the outside. It also means feeling great on the inside. When you feel good both inside and out, and you're not worried about different ailments, then you'll be more prone to thinking positive thoughts.

5. Start reading good books

Education doesn't stop at school, and reading doesn't stop the moment you leave school for good. Our brains are meant to soak up knowledge. If you ever want to achieve something, then you're going to have to expand your horizons. You want to develop new skills and pick up new knowledge.

Many successful entrepreneurs find the time to read a book from time to time. They've made it a habit to absorb knowledge whenever they can. Knowing new stuff opens up your world. It makes you think of possibilities. It makes you more optimistic, and you learn about new opportunities along the way.

6. Be financially healthy

If you're constantly plagued by financial troubles, then it's going to be challenging to think positively. But it can be done. Many people have gone from bankruptcy to immense wealth. They probably felt sorry for themselves at first, then they kicked those negative thoughts out the window and worked on achieving their dreams!

Make it a habit to learn about personal finance. Learn to save regularly. Study how you can make your money work for you even while you sleep, so you don't have to spend the rest of your life trading your time for money.

Financial independence is possible – you just need to have some healthy financial habits in place plus a good dose of positive thinking!

7. Do something kind each day

Being kind goes a long way to cheering up and making other people feel good about themselves. Help those who genuinely need help whether they ask for it or not.

Many people do still have pride even though they're going through some soul-crushing challenges at the moment. If you know they can use a kind word or a hug, do it. You can maybe take them out to lunch or dinner, or maybe just listen to them unload their feelings on you.

An act of kindness lets other people know about the kind of person you are – a helpful, kind and positive human being.

8. Practice mindfulness

Being mindful means you're aware of what's going on right at that very moment. But with too much distraction in our surroundings, practicing mindfulness is easier said than done.

If you want to be more mindful, you're going to have to make it a habit to find a quiet place so you can focus on your breaths. 10-15 minutes each time is sufficient.

Over time, once you've picked up the habit of being mindful, you'll find it much easier to block off unwanted distractions so you can focus on what's around you at that very moment.

9. Stop procrastinating

If you constantly procrastinate, then it's probably already so ingrained in you it's become a habit. There's nothing good about procrastinating – this bad habit has got to go!

The thing is you can't just stop procrastinating. It's going to be a work in progress. You need to make the conscious effort of stopping yourself when you know you're going to be procrastinating again!

With time and repetition, you're going to be able to overcome this habit, and you'll be able to do what needs to be done without resorting to delaying tactics.

10. Laugh when you can

They say laughter is the best medicine. It brings out feelings of joy not just within you, but others around you too. Putting on a serious face all the time is tiring. Let your fun side surface from time to time too!

No one wants to be around someone dour. You'll be known as the party pooper. Haven't you noticed it's always the funny people who seem to be the life of the party? We gravitate towards them, don't we?

We feel so much better when we laugh, so try to make it a habit to laugh many times a day. You'll feel like the weight of the world's been lifted off your shoulders when you're shaking with laughter!

Chapter 4 – Self-Belief And Self-Confidence Can Help You Become A More Positive Person



“Fake it until you make it! Act as if you had all the confidence you require until it becomes your reality.”

– Brian Tracy

A little positive thinking goes a long way especially if you believe in yourself and you’ve got plenty of self-confidence. When you go through rough times - no one’s exempt – your self-belief will always put you back on the right track.

No matter how rich or poor you are, you’ll eventually encounter something that will hurt, sadden, disappoint, stress or anger you.

These feelings are absolutely normal – you don't have to be ashamed to admit your negative feelings to yourself.

But the difference between positive and negative thinkers is that the negative ones will let these negative feelings linger, they'll let these feelings consume their entire being. They'll be living their lives in the shadow of their negative emotions.

The positive thinkers, on the other hand, will take all these events in stride. They know these are but normal. It's all part of the grand plan called life. They may suffer too, but they'll always bounce back. They're not going to remain down for long periods of time.

If you want to become a better version of yourself, you're going to need to develop a love for yourself. If you already love yourself, then good. It will be easier for you to believe in yourself and what you can do. The transition from being a shy person to one brimming with self-confidence will be easier, too.

Here are a few ways you can build your self-belief and your self-confidence:

1. Have a solid plan for what you want to do



To build your self-confidence, you've got to have a solid plan for what you want to achieve. You've got to have solid footing so you can navigate your way to success. If you fail to plan for your dreams, then it's going to be easy to blame your lack of preparation as the cause of your failure.

It will be so easy to crawl back into your comfort zone. But if you've got a solid plan, then you can't just turn your back on it, especially if you spent a lot of time working on that plan.

Being accountable to yourself and to someone else will help too. They'll help cheer you on which will help you believe that you can indeed reach your dreams!

2. Commit to improving yourself as a person

When you've got low self-confidence and low self-esteem, you try to avoid stepping out of your comfort zone. You're afraid of taking risks and failing. You don't want to get laughed at. You don't believe you can ever succeed.

In fact, you've pretty much convinced yourself that you're happy where you are right now. Deep inside, however, you know you're not, and you want something more out of your life. Obviously, this kind of mindset reeks of negativity.

If you want to transform yourself into a more positive individual, you've got to believe that you can do it. You've got to trust yourself. You've got to stay committed 100%. You can't *not* give it your all. Otherwise, you're just going to fail.

Once you commit yourself to improve your mindset, then you'll experience a lot of positive changes in your life!

3. Think about your strengths and acknowledge your weaknesses

We've all got our strengths, and we've all got our Achilles' heel. To become a positive thinker, you're going to have to play to your strengths. You're going to use it to your advantage. If you've got the right set of skills, you can succeed in your chosen path in the least amount of time.

However, if you lack the right skills, that's a major weakness right there. But it's not the end of the world. You can still educate yourself and work on building that life skill that's necessary for

your success. Encourage yourself to keep moving forward, and do your best to turn your weakness into one of your strengths!

4. Face and conquer your fears

You can't be self-confident if you don't face and conquer your fears. It's going to hold you back. Likewise, you're never going to have a firm belief in yourself if you can't even find the courage to face what you're deathly afraid of.

If you want to succeed in life, you're going to face your dragons. Face them head on and defeat them. Take hold of your imagination – don't let it run wild. Don't think of the what-ifs. Don't entertain these kinds of thoughts. Otherwise, it's going to cripple you and prevent you from going after your dreams!

Instead of thinking negative thoughts, try to project positive ones. Think about what's going to happen when you finally conquer your fears – you'll finally have the freedom to go after your goals!

5. Set small goals and do everything in your power to achieve them

Big goals are tough especially if you're just a newbie or you're still trying to find your way in the real world. If your goal is far too big for you right now, if you think it's going to overwhelm you, then you should divide your goal into smaller ones.

For instance, if you're hoping to live in your dream house in five years, think about how you're going to achieve that. Turn each step into a milestone. You might say your first milestone is getting a job that pays you a handsome amount which will allow you to save a significant amount of money.

Your second milestone may be a certain amount of money that gets deposited into the bank once a month. After 5 years, you'll have saved up a sizeable amount that will be enough to build or buy your dream house!

Don't forget to celebrate each milestone. Each small achievement will help motivate you to work on the next milestone and the one after that. Before you know it, you'll have crossed everything off your list, and you'll finally have achieved your dream!

Chapter 5 – Surround Yourself With Positive People



“Surround yourself with only people who are going to lift you higher.”

– Oprah Winfrey

Every day you encounter people of all kinds. Some are positive, some are negative. Which kind of people would you want to hang out with?

The negative ones who are going to put a damper on the rest of your day, or the positive ones who are going to cheer you up and

put a smile on your face? I bet you'd choose the latter. After all, why would you want to ruin your day?

But how would you know who's negative and who's a positive thinker?

As luck would have it, it's quite easy to know which group a person belongs to. Now, it doesn't mean that just because a person is a negative thinker right this very moment, it doesn't mean that they're going to be negative thinkers for the rest of their life.

Family will always remain family, no matter how negative a family member may get. And friendships, especially long-lasting ones, should be cherished. People change so there's always the possibility that negative thinkers may turn into positive ones.

If you've got loved ones who remain stuck in negativity, don't lose hope. They may yet recover and go over to the other side. Perhaps you can even influence them and show them the light!

So, here are ten characteristics of happy, positive people, the kind of people you should be spending time with:

1. They don't hold grudges

One characteristic that separates negative from positive thinkers is that negative thinkers hold grudges. They can't seem to either forgive or forget. Positive thinkers, on the other hand, understand that forgiving and forgetting consumes far less energy than holding grudges.

Sometimes, however, forgetting is simply impossible especially if you've been wronged in a major way. But forgiving the person

who's wronged or harmed you is necessary if you want to have closure and finally have peace of mind.

2. They focus on the good

Both good and bad things happen to everyone. However, positive thinkers don't dwell on the bad stuff. Oftentimes, no matter how bad or catastrophic an event is, something good always seems to come out of it, or maybe even because of it.

As the saying goes, "Every cloud has a silver lining." Negative thinkers often miss the silver lining. But positive thinkers actively seek it, because they know it's just waiting for an opportunity to present itself.

3. They aren't afraid of failure

No one can ever say they haven't gone through failures in life. The truth is no one is exempt from failing. However, positive people react differently to failure than their negative counterparts.

Instead of shying away from failure, they go find the reason why they failed so that they can learn from it. And the next time they attempt the same task, then they'll be more likely to succeed.

Negative thinkers, however, will be too afraid to take risks simply because they can't bear the thought of falling flat in their faces and getting embarrassed in front of their peers.

4. They make other people feel happy



You probably know a few people who are so comfortable in their skin, they literally glow with happiness. When you're around them, you feel their happiness, and you can feel yourself starting to get happy and energized as well.

When someone's happy, you feel happy too. Positive people seemingly have this talent of uplifting everyone around them. And you know they're genuinely happy.

It's quite easy to put on an act and pretend to be happy, but people are pretty good at spotting fake happiness. Genuinely happy and positive people have a different aura about them – they give off such positive vibes you just can't help but feel positive as well!

5. They treat everyone with kindness

Positive people are kinder and more compassionate towards others. They share their blessings with the people around them. They willingly volunteer their time and money to help those less fortunate. Some may not have material wealth, but they still find the time to utter a kind word or two to lift somebody's spirits up.

When you're around kind, positive people, their compassion tends to rub off on you. You see the world through their eyes, and you feel compelled to help others. You build strong relationships with the people you help, and you spread the love and positivity with every random act of kindness you do.

6. They live in the present

In addition to holding grudges, negative people also don't tend to live in the "now." They're still so hung up on whatever has happened in the past, they can't seem to get over it.

Positive people do have pasts, but they're not chained to it. Instead, they're heavily involved in what's going on at this very moment, and they live for the present.

7. They don't badmouth other people

Negative people, as you probably know very well, are quite fond of badmouthing other people. They'll put on a smile on their faces when you're in front of them, but the moment you turn your back, they'll talk and gossip about you.

Positive people, however, make it a point to say only nice words about others. Sure, they may know a lot of bad eggs, but they

don't smear or destroy these people's reputations just for the sake of having someone to chat with.

8. They dream big



Positive thinkers aren't limited to their comfort zones. They aren't scared of dreaming big. They're not afraid of failing, so they can literally go after their dreams any way they want.

Unlike negative thinkers who doubt they'll ever succeed at anything, positive thinkers think, well, positively. They plan out their steps so they can achieve their goals. Without negativity to hold them back, positive thinkers have the power to succeed at whatever they put their mind to.

9. They very rarely complain

When something bad happens, people will inevitably complain. However, negative thinkers are the ones who complain loudest and for far too long, maybe even after the issue has been resolved. They won't do anything to help solve problems, but they do sure let the world know how inconvenient it's been for them.

Positive thinkers may complain from time to time, but instead of dwelling on the issue, they seek to find a way to solve the problem. They help troubleshoot issues, they offer up suggestions, and they proactively try their hand at solving issues to make sure they don't happen again.

10. They have positive habits

As you learned earlier, habits define an individual. Positive people have good habits, and negative people have bad habits. Building new habits take time, and undoing old and bad habits take longer.

Learn from positive people – what are the habits that separate them from the negative crowd? They most probably don't indulge in self-destructive activities that will have an adverse effect on their health. Instead, they have developed habits that improve their productivity and further fuel their positivity.

Chapter 6 – A Little Humor Goes A Long Way



“Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment.”

- Grenville Kleiser

Imagine life without humor. How do you think it feels like? Empty? Sad? Boring? What about when you're surrounded by humorless people all the time? People who are dour and unsmiling 24/7? People who remain stony-faced even though those around them are dying of laughter? Would you want to be with people like this? Probably not.

On the other hand, think about the people who see the humor in everything. People who can see through the darkness and find a way to bring the light back. People who aren't afraid of looking at themselves through someone else's eyes, and then be capable of laughing at themselves and letting others laugh along with them.

Here's the interesting part. Humor is one of the first traits that gets cut off the moment life becomes difficult and challenging. In our daily struggle to win at life, to keep hunger and defeat at bay, we often replace humor with seriousness. Now, there's nothing wrong with being serious, but you can't totally replace humor with something akin to vitriol.

For instance, haven't you noticed that those who have forgotten to laugh are those who usually look way older than their age? And those who embrace life and laugh wholeheartedly look younger than their years? It's amazing, isn't it? To look younger, one simply needs to re-learn how to laugh, and laugh often at that!

With that said, here are a few ways having a sense of humor can help you generate a more positive mindset:

1. It's a great stress buster



Whether you like it or not, life will always find a way to make you feel stressed. You could be getting massages and practice meditation every day, but external forces will always try to box you into a stressful situation.

But, worry not! If you've got a sense of humor, you'll be able to laugh your way out of it. You'll probably tell yourself, "*Oh, hello there stress! So nice to see you again!*" Some people won't find it funny, but if you did, then you just reduced your stress by a few levels!

2. It helps elevate your mood

There's nothing quite like having someone funny around to cheer you up. Instead of having your emotions spiral down towards negativity, having a good laugh will lift up your spirits and your mood.

When you feel really, really sad, how about you try binge-watching funny movies? See if that doesn't lift your spirits up! You wouldn't want to binge-watch sad movies when you're feeling down as that will only depress you even more. Or, how about you call up your funny friends and bond with them over dinner or something?

Surrounding yourself with funny people during times of darkness is guaranteed to help you see life in a more positive light!

3. It brings people closer

There's truly something special about people with funny bones. They not only make a room full of people feel better about themselves, but they can also help bring people closer.

When you're surrounded by happy, laughing people, your thoughts tend to go from negative to positive. You suddenly feel lighter, and you're able to put your problems at the back of your mind.

Shared laughter helps you maintain positive relationships with the people around you. Laughing together about something bonds people together.

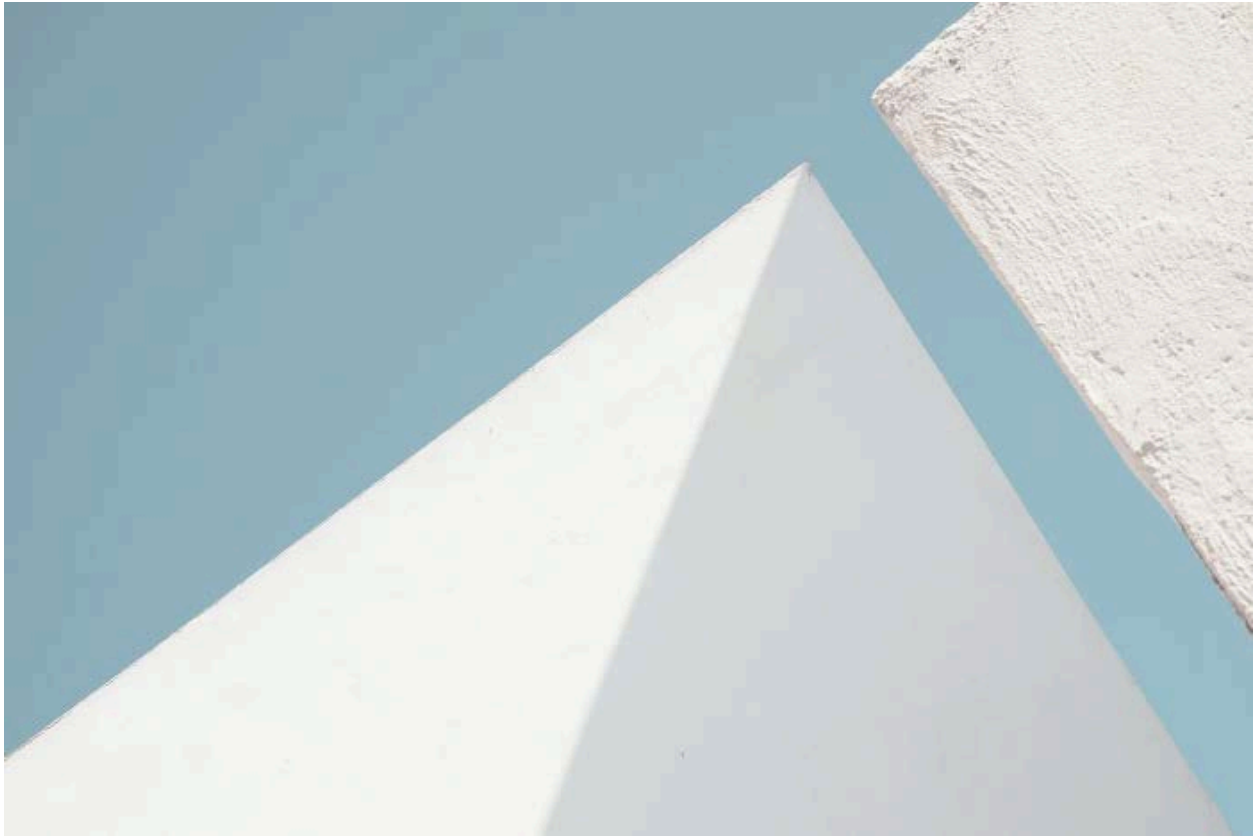
Just be careful, however, not to laugh at someone else's expense. Jokes that hurt other people is never a nice thing to do – it tears down relationships instead of strengthening it.

4. It helps diffuse tension and conflict

Humor can help diffuse tension in a room full of hot-headed people. When you've got people ready to come to blows, a well-timed joke can lead to people bursting into laughter instead. It takes a special kind of person to pull this off, however, if you succeed, then people will see you as a hero and thank you for the intervention.

Humor can make people see the conflict or problem in a different light. You can use humor to get your point across. Just be careful though that you deliver it in such a way that you won't offend anyone. If you don't think it through, your humor can backfire on you big time – instead of diffusing conflict, you'll be making things worse. And you want to avoid that from happening at all costs!

5. It helps you see things from another perspective



Positive humor is great at making you take a step back and look for another angle to whatever problem or challenge you're currently facing. It's sort of like asking yourself, "What's the joke?" or "What's the catch?"

When you have that kind of mentality, you'll be more likely to get over your negative emotions really quickly. Sure, you may feel affected and disappointed – you're human after all – but you don't let the negativity affect you. Instead, you use your humor to get you out of your rut and try to look for a way out.

6. It encourages creativity

Negativity stifles creativity. In order to be creative, you need to think outside the box and explore. You can't do that if you look at your craft or your career with a negative attitude. However, if you think positively and apply a little bit of humor to your situation, it can spark creativity within you!

As you learned earlier, humor helps you view things differently. When you're not too serious about things, you can actually let your mind wander around and play for a bit. Before you know it, you'll have thought of something creative! Something that will allow even more positivity to enter your life!

7. It makes you more resilient

Resilient people are able to smile no matter what ails them. Whether it's a natural disaster or a man-made one, resilient people can rise through it all. That's because they can see beyond the darkness. They know that pain is temporary and fleeting. And that is why you'll often see them still smiling and laughing even through their tears.

Being positive and having a sense of humor helps loosen those tight knots on your shoulders. It makes you feel relaxed and helps keep your problems at bay. This is what differentiates positive and resilient people from those who let all the negativity affect them.

Chapter 7 – The Health Benefits Of Positive Thinking



“A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.”

-Tom Stoppard

Positive people often lead healthy lives – they don't dwell on the negatives. Instead, they look beyond the negativity and focus on the positive side of things. If they don't see the light right away, then don't lose hope – they know it's just right around the corner. Their optimism is contagious, and they simply don't know how to give up.

If you've spent a significant amount of time with people who think positively all the time, then you know they live a different lifestyle from negative-thinking individuals.

For instance, positive thinkers would be less likely to engage in self-destructive behavior. They have the discipline to keep themselves from harming their bodies because if they do that, they won't succeed in their dreams.

Positive people are always looking forward to the future. They are not going to compromise their success by getting drunk every time something goes terribly wrong. They aren't going to wallow in disappointment. No, that's something negative thinkers do.

Positive thinking is more than just a mental thing – it encompasses your whole being and affects not just you, but the people around you too. In this chapter, you're going to learn about the health benefits of keeping a positive attitude. Here's a few of them:

1. Better immunity against heart disease

Everyone gets stressed out from time to time – even the most positive of people. However, it's the negative thinkers who find it hard to move on from all the negativity. They let stress get to them, they let it affect their minds and their bodies. When you're always anxious, your heart gets to work doubly hard.

The good news is that by adding more positivity into your life, you can ease the pressure on your heart, and you can help reduce the risk of suffering strokes and heart attacks! When you have good thoughts, you're more motivated to eat healthy food and exercise

more regularly. All these contribute to better immunity against heart disease!

2. Better resistance to depression



Depression is a serious condition. If left untreated, it can drive an individual to commit self-destructive behavior. In some cases, depression leads to suicidal thoughts and yes, even suicide.

People who feel depressed generally feel like they have no one else to turn to. Their minds are consumed with negativity, and it pervades their thoughts, emotions, behavior and overall physical health.

Positive thinkers, on the other hand, are better equipped to resist depression. They are able to deal with problems in a more

positive manner. Yes, they may feel down or even depressed for a bit, but their positive nature will always get them out of a rut. They'll actively look for the light at the end of the tunnel, so to speak. They're not going to stay in the dark tunnel, too afraid to move and too intimidated to ask for help.

3. Helps delay the effects of aging

When you are a positive thinker, you understand the importance of having a healthy body, and you do whatever it takes to make sure you stay healthy. You eat all the right kinds of food, you stay away from junk. You exercise regularly, but at the same time, you take great care not to hurt your body from too much exercise.

With a healthy diet and exercise, your skin will inevitably look healthy, too. Having healthy skin also makes you look younger which is ultimately great for your self-esteem!

It's natural for older people to experience a significant decline in mobility and functioning ability. However, research has shown that negative thinking seniors aged 60 and above were more likely to have mobility and functional problems. This basically means that positive thinking seniors experience a delay in the effects of aging!

4. Better coping skills when stressed out

Can you imagine a life without stress? Without any problems? No? I didn't think so, too. Since time immemorial, humans have been suffering from different challenges and difficulties.

Even in this day and age where technology admittedly makes life easier than ever before, there's still no getting away from the never-ending parade of headache-inducing problems.

With that said, negative thinkers would be more prone to feeling sorry for themselves. With every challenge – and every failure - that comes their way, they'd be more likely to sink deeper into the hole they've dug for themselves. They'll be hard-pressed to find a way out.

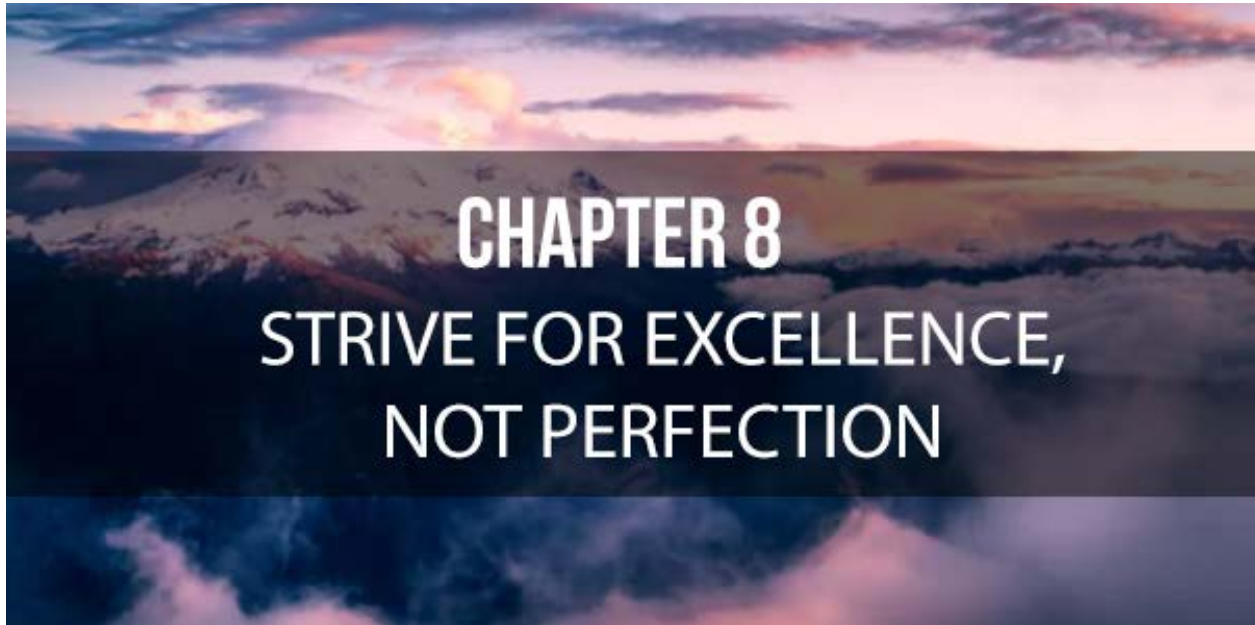
Positive thinkers, on the other hand, are much better at coping with stress. Problems? They'd look for a solution to the problem. They'd look at other ways they can approach a particular task so they can succeed. They're going to fight back. They won't let the darkness and negativity take over their minds.

5. Increased life span

Positive people are some of the happiest people in the world. The world is far from being perfect, but they certainly know how to live their lives. Even in the face of crippling challenges, they don't give up. Rather, they look for ways they can turn a negative and unhappy situation into a positive one.

With positive thinking, you get better resistance and immunity against the common cold and even cardiovascular disease. You don't let yourself get affected by too much stress. You know exactly how to take care of your body. You get rid of negative and self-destructive habits and pick up positive habits along the way. Ultimately, all these lead to an increased lifespan for positive thinking individuals!

Chapter 8 – Strive For Excellence, Not Perfection



*"Perfectionism rarely begets perfection, or satisfaction - only disappointment."
- Ryan Holiday*

Aiming for perfection is like aiming for something impossible. In life, perfection rarely, if ever, happens. First of all, a 'perfect' state is not definite; the goalposts are always moving! What may be perfect for you today, may no longer be perfect tomorrow or the day after. And what looks perfect to you may look mediocre to others. In a nutshell, perfection is practically impossible.

However, aiming or striving for excellence is a different matter altogether. In your mind, perfect doesn't exist, but it doesn't mean you shouldn't try to do your best.

You're thinking positively, and the good thing is that when you think like this, you know you can always do better, and you can always raise the bar. You may not know what the upper limit is, but you'll keep pushing towards that because that's what you do when you strive for excellence!

With perfectionism, you're setting the bar too high by default. So, when you don't achieve it you feel bad, you feel demoralized, and you feel like the world's crashing down on you.

Trying to be perfect is an impossibly tall order. What's even worse is that you are unknowingly setting yourself up for failure many times over. No matter how many times you try, you're climbing up a steep and slippery slope with no end in sight!

Here are a few ways you can overcome perfectionism and instead do your very best to become excellent at what you do:

1. Focus on what really matters

When you strive for perfection, you make your goals so unrealistic that no one can ever achieve it. No matter how many times you try, you're never going to be satisfied with the results.

Think of it like this – if you're trying to launch an online business and you want it to be 'perfect,' do you think you'd ever get your website launched?

You'd be so focused on perfecting every little detail that nothing will ever get done. If you're paying someone else to build your

site, then you'll never be happy with their work – you'll be basically nitpicking your way to failure.

If you want to succeed, then you're going to have to launch your business whether you think it's ready or not. You should have a plan in place, a feasible timeline of when your business should launch.

Once your business is live, you can just work on the changes and improvements as you go along. At least, you got your business launched, and you didn't fail big time since you weren't focused on making it 'perfect'!

2. Look at things from another angle

If you find it hard to get over your perfectionism, then try to think of what's going to happen if you *don't* achieve your goals. Are you going to be happy with yourself? Are you going to be rewarding yourself? I think not.

Think of another, more realistic goal and divide it into several milestones. When you achieve the first milestone, think of how you can achieve the next milestone, and so on. It doesn't have to be perfect, as long as your milestones are met. Look at how much progress you're making when you look at things from another angle!

3. Get your critical, inner voice under control

When you're aiming to be perfect at something, you can quite literally hear a nagging voice at the back of your head. You'll hear it say many negative things about what you're doing.

For instance, it may tell you that you've got to do things perfectly otherwise no one's going to like you anymore, everyone's going to hate you. Or, if you don't do your task perfectly, then someone's going to take over your spot, and you'll no longer be the brightest and most popular person in your organization!

When your inner voice sprouts all this negative nonsense, you've got to stop listening! Otherwise, you could end up stressed, anxious, nervous, and even depressed. Deep down you know you can never be perfect, so why would you listen to your inner critic?

Think positive thoughts, think of approaching things one at a time, and do your best each time. Trust me, you'll end up much happier with this kind of thinking, and you'll be motivating yourself to put one foot in front of the other.

4. Reward yourself for every little win and achievement



When you're aiming for perfection, you're never going to experience rewarding yourself for a job well done because you're never going to achieve whatever it is you're aiming for. Whereas if you strive for excellence, you've got plenty of chances to reward yourself.

There are so many benefits of having a reward system in place. You become more motivated, and you become more inspired to continue on with your journey.

However, if you don't achieve your goals right away, you can still reward yourself. How? By rewarding yourself for your effort, for trying, for doing your best! You should always remind yourself to

think positively – thanks to your efforts, you're now closer to reaching your goals!

5. Focus on doing some positive action

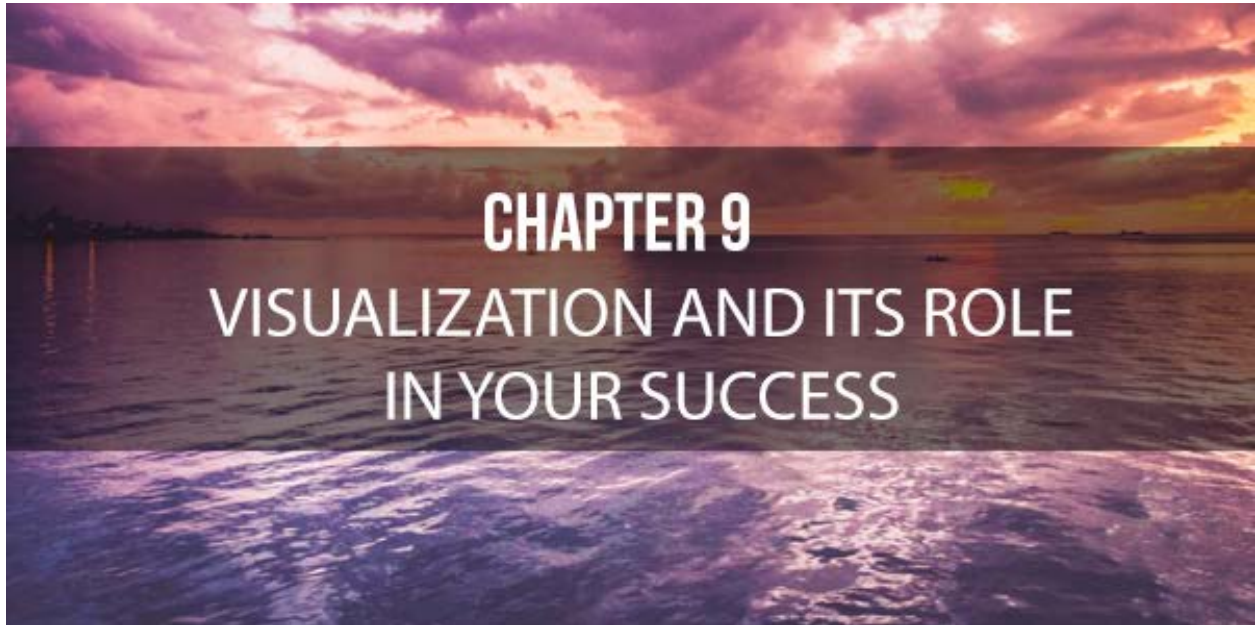
When you get so hung up on trying to be perfect, you end up not doing anything at all. This is what's known as 'analysis paralysis.' You're analyzing every little thing. You're constantly fretting about small details which in the long run won't really make an impact on your goals.

For instance, if we go back to the online business example, if you constantly worry about the font faces, the font sizes, the colors, the background images, the size of the logo, and stuff like that, then it doesn't really bring you closer to launching your business, does it?

Who knows maybe tomorrow you'd think a different color would look good with that new background photo you just found today. You'd totally end up undoing all the work you've done the previous day!

When you focus on doing some positive action, you're pushing yourself to move forward. As long as you do something that brings you closer to achieving your dreams, that's a positive thing right there. You can always improve later on, but the point is that you're at least doing something and you're not stuck in overthinking mode.

Chapter 9 – Visualization And Its Role In Your Success



“I believe that visualization is one of the most powerful means of achieving personal goals.”
- Harvey Mackay

If you ever want to amount to anything in life, then you need to have goals and dreams. Once you’ve identified what it is you want, then you need to plan out the steps you must take so that you can achieve it. You need to write down a specific action plan on how you intend to achieve your goal.

If you’ve got a larger-than-life long-term goal, then you need to break it down into 1-year goals, 2-year goals, 3-year goals, and so on, until you reach the desired endpoint. Now, writing your

goals down on paper is great, but you also need to visualize it so you can make it come to life.

Here's an example, if you want to become a successful business owner in 5 years, then you should define what you mean by 'successful.' Would you say you're successful if you've built one store in your local area, or would you only consider yourself successful if you've got 20 stores within 5 years?

If you chose the latter, then you need to have a specific timeline in mind. On your first year, how many stores will you have? On the second year, how many additional stores will you add? And so on.

Planning all this is good, but you'll take your planning to a whole different level if you visualize your goal. How about you commission an artist to draw up what your store is going to look like so you can put it up on the wall? Somewhere you pass by every single day, so you'll be reminded of what you want to achieve in the long run. How about by your bedside? Or how about in other high-traffic areas in your house and office?

You can even have a custom map of where you plan on having your stores – the cities and towns you plan to build a store in and what each store is going to look like.

It probably sounds like a lot of expense at this point, especially if you're just starting out, but if you can see your dreams every single day – all 20 stores – then it's going to motivate you non-stop!

Here are some more benefits to visualizing your dreams:

1. It helps motivate you



If you truly want to achieve your dreams and you see its representation every day, then you're going to be motivated to keep going at it. On days when you feel sad or upset, you can look at an image of what you're working so hard for. Then think of how you'd feel when you finally achieve it, when all your hard work's finally paid off.

You'll feel vindicated from all the negative people who told you that you can't ever achieve your dream! Can you imagine how

good that will feel? You'll be inspired again to continue on with what you're doing, and you'll tell yourself you'll keep on working hard for your dreams!

2. There's no limit to what you can do

You're pretty much free to chase after any dream or goal you want. You want to become a wealthy entrepreneur before you hit 30? You want to take your parents on a round-the-world trip on their golden wedding anniversary? Or how about you take your spouse on a second honeymoon by this time next year?

When you read the paragraph above, did you have a mental picture of the scenarios I painted? I bet you did. See, there's practically no limit to what you can do and what you can dream of! The moment you visualize your dreams, the more motivated you are to go after it!

3. It helps reduce stress

Looking at something you want so badly makes you happy, doesn't it? You feel inspired. You feel motivated. You feel more positive about your life, and you tend to push your negative thoughts to the back of your mind. When you feel like this, you're literally reducing your stress levels.

Another visualization technique to help you feel less stressed is you can try imagining being on an island (if that's your thing!). You're lying down on the beach and marveling at the sounds of the waves and the birds. All your worries being blown by the wind. Do this for a few minutes. When you open your eyes, you'll feel so much better!

4. Helps improve your positive thinking

When you visualize your dreams, you think about what lies ahead in your future. You think positively about it. Otherwise, you won't be taking the time to visualize your dreams. As time goes by, you start adding more details to your visualizations.

If you have a mental image of being a successful entrepreneur in a few years' time, you may start visualizing the process on how you can get there.

Over time, as you get closer to achieving your dreams, you start thinking about how you and your family's life will change. How you can spend more time with your family, and where you're going to spend those extra days with them! That kind of positive thinking will only continue to motivate you to pursue your dreams!

5. It helps you focus on important matters

You'd only visualize what's really important to you. There's no need to visualize things that won't contribute to achieving your dreams. You can easily cut out all forms of negativity when you visualize your dreams.

Now, it's quite easy for your imagination to go off on a tangent, but if you've got a physical image of what you want to achieve, then it's easier for you to focus. This is why you should consider having a printout, a drawing, a painting, or something similar, of your dreams. It lets you hone in and focus on what really matters and what's worth going after.

Chapter 10 – Spread Your Positivity



"You have to be the type of person that generates positive energy and avoids negative energy, instead of fortifying it."

- Stephen Covey

In a perfect world, only positive things would be happening. We would only have positive emotions and positive thoughts. But alas, this isn't what we experience in this life.

There are plenty of positive thinkers in this world. However, the sad reality is that negative thinkers outnumber them. Think about your family and friends – would you say you have more positive-thinking friends, or do you have more negative thinkers in your circle?

If you're surrounded by positive people, then that's really good for you. However, if you're like the majority, you would be surrounded

by negative thinkers. People who doubt themselves all the time, people who are so pessimistic they can't ever see the positive side of things, people who try to pull everybody down with them.

Throughout this course, you've learned the many wonderful benefits of positive thinking. In this chapter, you're going to learn how you can help others overcome their negativity slowly but surely.

1. Walk the talk

If you want to share your positivity with the world around you, then you better act like you're a genuinely positive person. You have to lead by example, so to speak.

You can't have positive things come out of your mouth when you're in front of people, and the moment they turn their backs, or when no one's around to see, then you turn negative. You're not fooling those people, you're only fooling yourself.

2. Use positive words when talking to people

Some people have a way with words. Unfortunately, most of us don't. We can be awkward in social situations, or we might not think things through before we blurt out something in public.

To spread some positivity around, you're going to have to be careful about the kind of words you speak. You don't need to have a silver tongue, you just need to know the difference between positive and negative words. Words do have power. When you speak, remember to use positive words.

3. Give constructive feedback

Far too many people are quick to give negative feedback when the occasion calls for it. In some cases, such feedback may be warranted. However, for positivity's sake, try to give constructive feedback instead.

Instead of only pointing out what's wrong, mention the good points as well. When you point out the mistakes, you can tell them how they can improve on it so that they can do a better job next time. When you give feedback like this, the other person won't feel as bad and will appreciate your input.

4. Be grateful and say thank you

Every little positive thing you do counts. You may not know the person behind the counter at your favorite fast food restaurant, but they probably rarely get thanked by their customers. The sad fact is, most of the time, we take other people for granted.

So, when you take the time to say thank you to someone who's helped you in some way, you're making that person feel better about themselves. Who knows you might even make their entire day!

5. Avoid laying blame

It's so easy to play the blame game. You can point fingers all you want, but is that really going to help the situation? If you start a fight, would that help finish the project or pay the bills?

How about if you just calm down for a bit and think about how you can help resolve the problem? The person behind the mess may

already be feeling bad about it, there's no need to add to the negativity.

6. Point out the positives in a negative situation

Optimists will always look for the silver lining. That's because no matter how bad life gets, there's always going to be something positive waiting on the other side. It's like seeing the rainbow after the rain.

In negative situations, most people around you will probably react negatively. They'll think of the worst. As a positive person, what you need to do is point out the positive aspects no matter how far away or how impossible it may seem at that particular point in time.

7. Focus on finding solutions

A negative thinker will come up with only more problems. What you can do is give out useful suggestions on how a problem can be resolved. Much like playing the blame game, nothing good will ever happen if all anyone can think of is why they *shouldn't* be doing something. Think of positive ways you can move forward – that's what a real positive thinker will do!

8. Be excited about what the future holds

Most negative thinkers will think of a bleak future. Sure, they may have dreams too, however, the moment something bad happens, all their hopes and dreams go crashing down.

A positive thinker, on the other hand, will never stop chasing their dreams. They can get derailed, but they'll always find another way to get back up and go after what they want in life.

Your excitement about your future can be contagious. You don't have to share it with the whole world via social media, but it's always a good idea to let your loved ones in.

9. Smile and be kind

Smiling and being kind to other people is always a good idea, especially if you know that person can benefit from it. You can make it a habit to do something kind for people – they could be your friends or total strangers. The point is that you'll be spreading some positivity in your own way, and that person can even pay it forward by being kind to other people, too!

When you're feeling down yourself, continue smiling and being kind to others. Pretty soon you'll forget you were even feeling sad. Doing something positive for others will help you feel better in no time at all.

10. Be a good listener

There comes a time when our patience is exhausted, and the only way to feel better is by letting it all out. When you've got a loved one who feels the need to vent or rant, just listen. Nod along at appropriate times or something from time to time just to let them know you're actually listening and not thinking about how you can get out of there.

Show that person that you care. You don't have to agree with what they're saying, but the fact that you took the time to listen will make that person feel much better afterwards.

Are You Ready To Start Using The Astonishing Power Of Positive Thinking?



A positive attitude can get you where you want to be in life. You can go after your dreams, you can achieve long-lasting happiness and fulfillment thanks to the power of positive thinking.

With positivity, you're not limited to living your life in a box or in your comfort zone. You're not afraid of failing. In fact, you embrace it because you know it's going to help you out immensely in the long run. You're not afraid of stepping out of your comfort zone because you know it's the only way you can move forward and upward in life.

Positive thinking can open a lot of doors for you, and if you share your positivity with the world, you can even make the world a little bit better one person at a time.