Personal Development E-Book 4:

Positive Thinking

By The American institue of Health Care Professionals

Table Of Content

Disclaimer

All the material contained in this book is provided for educational and informational purposes only. No responsibility can be taken for any results or outcomes resulting from the use of this material. While every attempt has been made to provide information that is both accurate and effective, the author does not assume any responsibility for the accuracy or use/misuse of this information.

How to Live an Optimistic Life

Sometimes, being optimistic in the face of everything going on in the world and in our personal lives is difficult. It's good to question or be skeptical of certain people and situations that appear in our lives, but it can also cause you to miss some of the good things in life.

Living an optimistic life as opposed to a pessimistic one can actually lessen your chances to develop diseases and chronic conditions later in life. You've likely been around pessimistic people and left their presence feeling 'down' or that the world is less bright because of their outlooks. Here are some proven ways to turn your life around with optimistic thoughts:

● Don't assume you're going to fail. You may have failed at business or relationships in the past, but the future is a clean slate. Don't think your negative thoughts into coming true and produce a bad ending.

● Positive affirmations help. If you're a pessimistic person, try repeating short phrases that remind you that you're attempting to be more positive. Affirmations such as, "I can control my attitude towards the life I live."

● Keep busy. An idle mind can get into all sorts of trouble and begin to take negative thoughts seriously. Engage in positive activities such as taking a class, visiting friends or family, reading a good book or exercising.

● Reach out to others with positive thinking. When you hear another person expressing pessimistic thoughts, share a different perspective with them. It will also help you from turning toward pessimistic thoughts.

● Think about what you can make happen. Rather than thinking about what might happen to you, think instead of what you can do to make positive things and events happen in your life. It's being part of the solution rather than the cause.

● Smile and be happy. Studies actually prove that when you smile, you actually begin to feel happier. For one thing, others will usually smile at you. You'll be seen as a kinder and happier person – and, who knows – you might start to believe it.

● Don't let life pass you by. If you continue with pessimistic thinking, you could wake up one day and realize you've lived a miserable life. Every single minute counts and if you spend most of it brooding about what might have been, you'll have wasted precious time.

Taking action on your positive thoughts is imperative to living an optimistic life and having an optimistic future. For example, if you want to go back to school, but think you're not smart enough or have time enough – what might have been will never happen. Take action to live an optimistic and fuller life.

How to Challenge Your Negative Thoughts

Do negative thoughts seem to creep into your mind and ruin your day or at least part of it before you even know what's happening? You may have spent most of your life thinking that way. Parents or other influences in your life may have been the role models for your negative thinking patterns.

Negative thoughts are a cycle that needs to be broken and you can then begin to replace those thoughts that you banish from your mind with positive ones. Until then, you need to learn how to challenge each negative thought that tries to worm itself into your thinking process and destroy your good mood.

Be sure to ask some questions of yourself when negative thoughts do appear in your thinking process. Ask yourself if the thought is reasonable or does it lack the facts to support it. The situation may not be as bad as you perceive it to be or you're thinking, "What if...," and it may never happen.

Many people go through life never knowing that their negative thoughts are sabotaging their lives. If you realize that and are currently doing what you can to reverse those thoughts, you're way ahead of the others.

Self-talk is said by psychologists to be the best way to either sabotage our lives or go on with our lives with confidence and positivity. Unfortunately, self-talk is most often geared toward negativity, but if you are determined to reverse the pattern and think positively about your life and the situations you're going through, you're way ahead of the game.

Look for the evidence in the thoughts you're having. For example, if you're thinking, "the weather is bad and the plane might crash," you know intelligently that you have no evidence to support that thought. Most planes take off and land with no incidence at all. So, you can think that your thoughts aren't factual, but made up of interpretations.

Also, challenge your negative thinking by asking yourself what is the worst thing that could happen in a situation and how likely is it to happen. If you were thinking positive thoughts, would the situation remain as serious as it is in your mind right now? Probably not.

Another thing you can do to challenge your negative thinking is to direct your thinking toward the goals you want to accomplish. For example, ask yourself if what you're thinking will help you achieve your goals – or not.

Can you learn from the situation you're in and know how to think about it next time? After you conquer your negative thinking, you can begin to think positively about any situation you're in and ease your way through life.

Boost Your Health with Positive Thinking

When most of us think about improving our health, we think about changing our diets, taking vitamin supplements and exercising. What we don't think about that could help us most in the long run is the power of positive thinking.

If you have 100 pounds you want to lose, it's difficult to look on the bright side. You know it's going to take awhile and getting started seems like a chore you don't have the inner resolve for. With the power of positive thinking, you can learn to break up those pounds into chunks and be positive that you began the process and be happy for each goal you hit.

It's the same with the rest of your health problems. If you need to improve your cholesterol ratings, you'll need to eat better and exercise. Positive thinking can do wonders for your health, but if you've been a negative thinker all your life, it may take some practice to transform your way of thinking.

An interesting study that was recently released was focused on over 600 patients in Denmark hospital. The study was conducted over time and found that those patients who had the most positive outlook about their conditions were 58% more likely to live an average of five years longer than the negative people.

The study also noted that the positive people in the study exercised more, but didn't know if exercise improved the mood or that the positive outlook led them to the exercise.

Physical exercise is so important for all of us to maintain a positive attitude. It's been medically proven that aerobic exercise helps us breathe better and deeper and that endorphins are released in the brain when we exercise. These endorphins are like little magic pills that keep us healthy and good health gives us a more positive outlook on life.

The more you think positive, the easier it will become, but taking action by exercising, eating a healthy diet, injecting humor into your life and helping others can be part of the solution to any health problem you have.

When you're faced with difficult situations, especially concerning your health, it may be difficult to look on the bright side, but those are the times when it becomes critical for us to do just that.

Applying the Law of Attraction to Your Thoughts

Rhonda Byrnes best-selling book, "The Law of Attraction," brought to light many things about how our thoughts determine what our lives can be. The theory of The Law of Attraction says that what we project into the universe directly comes back to us to affect our lives either positively or negatively. It's the old adage of, "What goes around comes around."

Creating a better life for yourself means that you need to rid your mind of negative thoughts and way of thinking about things that are occurring or that are imminent happenings in your life. You believe what you think about most. Knowing that, you can see that your thoughts might have a direct force in your life.

So – change your way of thinking and you'll change your life. That's not as easy as you think. Just as winning a gold medal in the Olympics takes time and practice, so does thinking positive thoughts so that it becomes a habit in your life.

Here are some "Law of Attraction" ways to turn your thoughts around and get what you want out of life:

Think about what you desire. Do you want a new career? A good relationship? Lose weight? Then, you have to think as if it's already there rather than the wishing and emptiness you feel of not having those things. How would you act if you were CEO of your own company? What type of clothing would you wear if you were thin?

Picture yourself in those scenarios and think deeply about how it would feel and how others would look at you. Actually feel those feelings. Keep practicing and those feelings will eventually turn into reality if you put action behind the thoughts.

Think of emotions such as gratitude, passion and love. These are positive thoughts that will invite positive things and reactions into your life. The trick here is that if something happens that's negative in your life – even though you're thinking positive – you have to be the one to take control and not let the negative happenings control your life.

Create positive thought patterns. Positive thinking exercises can help you attract more of what you desire. When you think about it consciously, your subconscious mind begins to create situations that can bring people and circumstances that you need in your life.

There are many ways to exercise your mind toward positive thinking. Online help is available, as are some very well-written books about the subject. Begin now to use The Law of Attraction to transform your life into the best it can be.

7 Easy Ways to Think Positive and Change Your Life

Positive thinking can add so much to your life – and now we know that positive thinking can add years to your life. When you think positive you get rid of stress and tend to live a healthier life and make better choices. If you're naturally a negative thinker, there are ways you can change that thinking and get on the path to a life-changing way of thinking.

If you really want to begin to think positively and change your life for the better, look at the following ways you can incorporate into your own lifestyle:

● Be responsible for your thoughts. No one can tell you what to think or controls how you react to your thinking. When you begin to take responsibility for your thoughts, you'll face the reality of what they're doing to or for you and be more able to change those negative thoughts.

● Plan to think positively. So many of our thoughts come from the subconscious mind. When you plan to think positively, you won't be as apt to take what you're thinking as reality. Instead, you have the time and opportunity to think it over and come to the conclusion that reflects the reality of the situation.

● Avoid negative people. Negative people can ruin your best laid plans to think positively. They can feed the fire of self-doubt and anxiety. It can sometimes be classified as a crowd-mentality, so don't fall prey to it. Think for yourself.

● Write down your thoughts. It's helpful if you can see at the end of the day what your thoughts have been. For awhile, take the time to write them down. You'll see what went wrong with your thoughts and be able to improve them.

● Consider the repercussions. For example, if you have a deadline for an assignment and it becomes clear that you're not going to meet it, consider what might happen. If you finish it on time, it won't be as good as you wanted. If you take more time, it may cause other problems. Also, consider solutions. For example, you could ask for an extension to the deadline.

● Minimize catastrophic thinking. Rather than thinking the worst about a situation, try to minimize it and lower your anxiety level by being practical about it. If you're susceptible to those thoughts, avoid situations (such as television news) that might cause you anxious thinking.

● Live for the moment. When you spend too much time trying to guess or analyze the future, you'll convince yourself of failure – especially if you've failed in the past. If you think you'll fail, you probably will.

Accept the reality that you can control your thoughts. You'll become more empowered to face stressful situations in your life and to change the way you think. It will become easier to maintain a positive attitude the more you practice thinking positively.

Understanding Self talk

Your inner voice can make a huge difference in your happiness, success and productivity. You've heard the old saying that you can easily talk to yourself, but when you begin to answer yourself, there's a problem. Actually, that's far from the truth. Listening to your talk and then providing answers can actually be very useful to your well-being.

You may get a clue that you're self-talking if you're experiencing a wave of negative behavior and feel depressed or that you're not progressing in your personal or business life. You may also begin to think that everyone is against you and that you have no chance of getting ahead.

Tuning in to your self-talk can help you analyze it and then you can begin to correct the negative talks you're giving yourself. All it involves is periodically pausing and asking yourself, "What am I telling myself at this minute?" This is especially helpful if you do it when you're anxious or unhappy about something.

After you understand a bit of what and how you're bombarding yourself with negative thoughts you can begin to anticipate what you might say to yourself during certain situations and "rewrite" the dialog. If the dialog doesn't quite go the way you planned it in your mind, you can change the dialog as you go.

As long as you understand that you're telling yourself certain things (true or not) that might change the outcome of a situation, you can adjust your self-talk to turn a very difficult situation into one where you're successful.

The way you use your inner voice makes a difference in whether your life is filled with positive happenings or negative ones. If you're feeling depressed or feel that your self confidence is low, it's time to listen to what you're telling yourself. You may immediately see what you're doing or you may need to write down some of these thoughts and analyze them later.

Also, think of how others may see you and hear you when you're going through the negative self-talk. You may be manifesting your negativity through your dealings with others and you need to know that it will change others' perspective of you. It will definitely change your perspective of yourself.

For example, if you think you can't leave an abusive relationship because you'd be alone and without help, you'll know that you're telling yourself negative thoughts about it and will likely continue in that relationship.

But, if you change your self-talk so that you're telling yourself that even though you're feeling anxious about leaving a relationship, you can begin now to find ways to take care of yourself – you're changing those negative self-conversations to positive ones. That's when you'll begin to be successful in carrying out your real desires.

Understanding the Psychology of Positive Thinking

You may have heard about positive thinking, but don't really know enough about to know exactly how it works. Positive thinking can provide many benefits in your life such as improving your health, opportunities in life, the way you relate to others and the way you see yourself.

The psychology behind the power of positive thinking is that you're more apt to take on life with a positive outlook and have more positive results than if you face the world negatively. That doesn't mean that you should gloss over the obvious, but it does mean that a bad circumstance can be made much brighter than viewing them in a negative way.

Some psychologists view positive thinking as how you explain what happens in your life. If you have an optimistic attitude, you're more likely to explain away bad things that happen by blaming something else for the circumstance. You're also more apt to view a negative happening as outside the norm or a temporary circumstance.

Abraham Lincoln once commented, "Most folks are about as happy as they make up their minds to be." When you make up your mind to approach life's challenges with a positive attitude, you're not ignoring the bad stuff in the world, but it does mean that you're attempting to see the best both in people and in situations.

Positive thinking and positive psychology are often thought to be the same, but they're really not. With positive psychology, the focus is definitely on positive thinking, but most psychologists tend to think it's more beneficial to think realistically.

For example, positive thinking might lead a person to take risks that he or she shouldn't, such as investing money in a business that's extremely risky or thinking positively that you can swim across the lake without taking into consideration the distance.

However, it is clear that thinking more positively will ensure more positive outcomes in your life. The best thing you can do is to pay attention to your self-talk and realistically assess whether it's better to think that way – or not.

As you practice positive thinking, you'll become more adept at culling out the positive thoughts that aren't realistic as opposed to the thoughts that can have a positive impact on your life.

Learn more about the psychology of positive thinking by visiting online sites and/or reading the many books on the subject.

Reduce Stress by Using the Power of Positive Thinking

Stress is a problem that can affect every aspect of your life. Your health, personal relationships, work and self-esteem are all connected with stress and the symptoms they cause.

How do you answer the question, "Is your glass half empty or half full?" It's a question that's often used to determine your outlook on life. If the glass is always half-empty for you, you're pessimistic about the future. If it's half-full in your way of thinking, it usually means that you're looking forward to a promising future.

The power of positive thinking can turn your negativity into a positive outlook and with that positive outlook comes less stress. The health benefits of positive thinking are many and most of them have to do with reducing the amount of stress in your life. Some of the benefits include:

- Living longer – The Mayo Clinic has worked with researchers to determine that positive thinking and a healthy dose of optimism can increase your life span.
- Reduce depression – A positive person is very seldom depressed. It's known that those who find the silver lining in the clouds of turmoil have less chance of becoming depressed.
- Resistance to health problems – Health problems can cause stress, and those with a positive outlook on life can resist health problems easier and recover from an illness faster.
- Mental well-being – A positive outlook can make a difference in how you relate to others who might be part of a relationship, coworkers and others who are in and out of your life.
- Better able to cope – Coping skills are known to improve when you have a positive outlook. During times of stress and hardships in life, people with positive thought patterns fare much better.

No one really knows why those who practice positive thinking techniques experience better overall health and happier lives, but it's a fact that the harmful effects of stress are less likely to cause other, more serious problems if you're thinking positively.

Thinking positively can also reduce stress enough so that you can better resist unhealthy foods and habits such as smoking and drinking alcohol or taking drugs. Effective stress management begins with positive thinking.

Make it a point to understand your thought patterns and try various ways to change your negative thoughts into positive ones. You may need professional help or you can help yourself from finding out all you can from online searches and books.

Overcoming Negative Thoughts

Everyone falls prey to negative thoughts sometimes. It's like watching a movie that begins with clear skies and happiness and seeing it turn into dark clouds and horror. The bad thing is that there's no eerie music to alert us when that turn takes place in our minds from positive to negative. We can only tune into our thoughts once in a while to see how we're doing.

When you catch yourself thinking negatively there are a few things you can do – actually practice – that can help you overcome the negativity and get yourself into that "happy ending."

● Adjust the tone of your voice, both inner and outer. When you find that you're speaking or thinking tone is harsh and negative, change it to a lighter and more positive tone.

● Meditation. Finding some time for yourself to meditate or just relax and restore your energy levels can do wonders for your outlook. When you combine some yoga stretches or deep breathing, you can make bigger leaps.

● Smile. The best way to diffuse a negative situation is to smile – really smile, with your eyes and your entire face and demeanor. It can lift a mood almost instantaneously and help to relieve stress too (and it takes less facial muscles to smile than to frown).

● Help someone else. Becoming a benefactor to someone can fill your heart and mind with happiness. And, how can you think and project negative thoughts when you're so happy?

● Keep a gratitude journal. Those who have had to overcome great obstacles in their lives say they kept and still do keep a gratitude journal and wrote a few things in it every day that they were grateful for. It helped to get them through bad times.

● Choose positive people to be around. You may have to work with negative people, and you may have some in your own family, but your friends that you choose can be positive ones who help you put things into perspective when you're thinking negatively.

Do whatever works for you to lift your spirits and get you out of negative self-talk. Some people exercise. That gets the endorphins flowing and keeps you from becoming depressed.

Dancing and singing are also proven mood lifters. You don't have to be good enough for "American Idol" or "Dancing with the Stars." Just dance or sing unfiltered and see how the stress can melt away.

You are in charge of the choices you make in life and you can either choose to be a negative or a positive person to go through life.

Improve Your Life by Changing Your Thinking

You really can improve your life by changing the way you think. If you perceive that your life is in a ditch and you think it's because of all the negativity, it probably is. There are many ways that you can work to change your thinking process and concentrate on the positive things in life.

Negative thinking can sometimes become an excuse to live in the rut you've created for yourself. You stay on 'autopilot' and the world revolves around you rather than taking you up in its excitement, adventures and challenges. It's safer to stay in that rut.

The negative thinking can protect you from the outside world so that you don't have to interact with people, listen to them and even feel anything that's happening to you. But, when you replace the negative thoughts with positive ones, you'll find that you're enjoying life much more. Even though there might be ups and downs, it's preferable from the nothingness you experience by negative thinking.

 Here are some tips to improve your thinking process:

- See challenges as opportunities. Even if you face a challenge and fail, at least you've tried and you can pat yourself on the back and feel more positive about yourself. Think of challenges as chances to learn and grow.
- Look forward to the future. Unless you're looking forward to the future, you're miserable in the present. The future has so much potential for you to prosper and learn and to have all good things enter your life.
- Don't expect overnight success. When you're attempting to change your thinking from negative to positive, it won't happen overnight. Give yourself some leeway to take some time to succeed. You may have had a lifetime of living with negative thinking. It's bound to take some time to overcome them.
- Experience and learn new things. Take a class to learn something, take up a sport or engage in a hobby that you've always wanted to learn more about. It could be something as simple as taking a cooking class. Just get out and do it.
- Treat yourself. Nothing boosts a mood and helps you change from negative to positive thoughts than a massage, a game of golf, a manicure/pedicure or a new piece of clothing or pair of shoes.

Don't deprecate yourself in front of others. That's negative thinking about yourself coming out in a voice to others. Have the courage to praise yourself or tout what you've done in the past. Help others think of you as a positive person rather than one who's down on him or herself.

Thank You

Please visit us at

www.AIHCP.net