

## Art of Positive Thinking

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**“Think like a queen. A queen is not afraid to fail. Failure is another steppingstone to greatness” - Oprah Winfrey**

### What is positive thinking?

Positive thinking is a mental attitude in which you expect good and favorable results. A positive mind waits for happiness, health and a happy ending in any situation. However, positive thinking actually means approaching life's challenges with a positive outlook. It does not necessarily mean avoiding or ignoring the bad things; instead, it involves making the most of the potentially bad situations, trying to see the best in other people, and viewing yourself and your abilities in a positive light.



Thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information. If your thoughts are mostly positive, you're likely an optimist - someone who practices positive thinking. If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic.

We have around 60,000 thoughts a day, many of which come and go so quickly that we're not aware of them. And how many of these prevent us from fulfilling our potential?

### Quality of thoughts

#### Thinking about the Past:

Thinking about the past is one kind of waste thoughts. Imagine how much time we spent thinking about past events and life. There are very few times we think about the sweetness of past. Most of these thoughts are about the past mistakes or decisions. It is all right to learn from the past but it is totally wastage of time to think about the sad and bad memories of past again and again. It may be hard to believe that 80% of your thoughts are about the past.

#### Worrying about the Future:

Another part of waste thoughts is thinking too much about tomorrow. We forget to live in the present while worrying about the future. An average person spent 15% of the time thinking too much about future. What portion of thoughts left for positive, negative and necessary thoughts? It is only 5%.

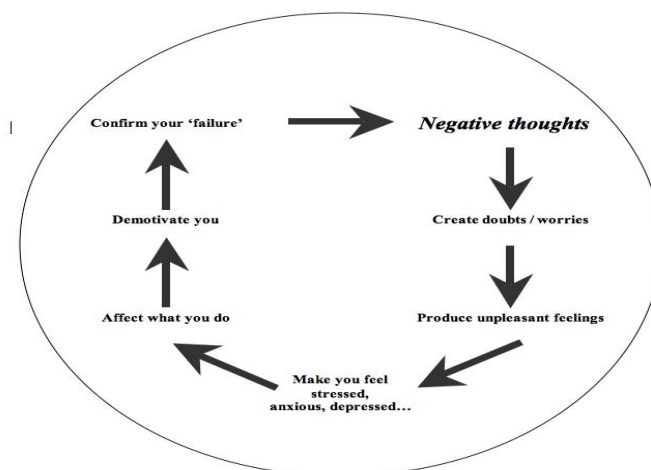
#### Thinking about Present:

Only 5% of our thoughts are about the present. Let us divide these thoughts into Positive, Negative and Necessary. What do you think that how much of these thoughts are positive? It is just 1 or 2%. This is the volume of positive thinking of the average human being.

This is the quality of our thoughts and our life. You know very well that our happiness, peace and love purely depend on the positive thoughts. Therefore, it is important to have healthy thoughts in our mind.

- Positive thoughts: These are thoughts related to peace, affirmations, happiness, love and purity.
- Negative thoughts: Feelings related to ego, anger, grudge and fear comes into Negative thoughts.
- Necessary thoughts: Thoughts related to daily activities and planning comes into necessary thoughts.
- Waste thoughts: Even if we have no power on circumstances, we still keep thinking about them. Thoughts about these situations are called waste thoughts.

**“Positive thinking will let you do everything better than negative thinking will.”- Zig Ziglar**



### Reframing your thinking

Example 1: Girl getting dressed for a party

“I’m too fat, I won’t know what to say, and I won’t fit in”.

Reframe: I’ll have fun; I look fine, and my friends like me the way I am.

Example 2: “This assignment is too big; I’ll never get it finished”.

Reframe: “If I relax and focus, break down the assignment into smaller bits and manage my time well, I’ll finish by the deadline”;

Example 3: “I’ve never done something this big before, what if I can’t do it”?

Reframe: “I love a challenge. This assignment is simply a bigger version of my past successes it’s time to step up”.

Example 4: “I’ve bombed the exam and now I’m going to fail this subject”.

Reframe: “It’s too early to tell yet, maybe I did better than I expected, let’s wait and see”

Example 5: “You are an idiot!”

Reframe: “Don’t worry, its ok. Let’s be careful next time”.

Example 6: “You are a loser!”

Reframe: “You didn’t make it this time but next time we will try again.”

**Remember:** In reframing, we are not changing the situation or neglecting responsibility for a mistake but we change the way we look at ourselves and therefore have access to more supportive ways to deal with the situation. Give it a go!

Practice these simple exercises and suggestions to keep your thoughts on the positive side.

- **Only use positive words while talking.** If you’re constantly telling yourself “I can’t” you may convince yourself that’s the truth. Replace these negative words with positive ones instead. Tell yourself you will do your best or that you will try your hardest instead.
- **Direct your thoughts.** This technique, used by psychotherapists, can help you to control your thoughts when you start to feel down or anxious. Create a happy thought, a positive image, or give yourself positive feedback to keep bad feelings in check.
- **Believe you will succeed.** There is nothing like believing in yourself to create a successful reality. Give yourself the benefit of the doubt and believe that you will succeed in fulfilling your goals.
- **Analyze what went wrong.** Thinking positively doesn’t mean denying that there is anything wrong. Instead, give yourself some time to think about the things that led up to your current situation so you can avoid future mistakes and look toward a more positive tomorrow.
- **Give yourself credit.** Often when we feel frustrated or upset we only concentrate on the bad things or the mistakes we’ve made instead of giving ourselves credit for what we do right. Allow yourself to feel confident about the things you have accomplished, even if you’ve messed up in other areas.
- **Forgive yourself.** Constantly beating yourself up about things that have gone wrong won’t change them. Tell yourself that you’re forgiven for your mistakes and allow yourself to move on.



HANG AROUND POSITIVE PEOPLE

- **Learn from the past.** The past is behind you and no matter how badly things went there is nothing you can do to change them. Whenever you feel negative thoughts about the past come up, replace them with positive thoughts about the future.
- **Remember things could be worse.** No matter how bad things get to, remember that they could be worse and be grateful for all the good things that are in your life, even when it seems there's more bad than good.
- **Look for opportunity.** In every failure, there's an opportunity to improve. Spend time thinking of ways you can turn your setbacks at work into ways you can get ahead in the future.
- **Stop making excuses.** There are always a million excuses for any person not to do something even if that something can make them feel happier. Stop putting up obstacles to your happiness and ditch those lame excuses when you hear yourself making them.
- **Don't play the victim.** Bad things happen to everyone from time to time. Pitying yourself and wanting others to feel sorry for you isn't going to make things better. Pick yourself up and start working towards a happier future.
- **Associate yourself with those who think positively.** Positivity is contagious, so find friends and family members who look on the bright side to surround yourself with.
- **Come up with ideas of how to turn negative thoughts into positive ones.** If you find yourself thinking you should have done this or that differently, try changing your thoughts around. Instead give yourself credit for what you did. Do remember that you are not perfect or that you can do better next time.
- **Visualize a successful outcome.** Sometimes it can be helpful to picture yourself completing a project successfully or getting the promotion you desire. This can encourage you and make you feel better about the situation.
- **Think of ways to turn visualization into action.** The next natural step of this is to think of just how you're going to get to where you see yourself. Just picturing it isn't going to make it happen, so create a plan to take it one step at a time until you've made it.
- **Take control of your decisions.** You're the boss of what is going on in your life, even when you feel like you don't have a choice. Take back control of your decisions and make the choice to be happier and more positive.
- **Smile.** Sometimes all it takes to feel good is to put a smile on your face.

### Difference between positive & negative thinking

Positive thinking	Negative thinking
They are winners	They are losers
Always has a program	Always has an excuse
Says "let me do it for u"	Says "that is not my job"
Sees an answer for every problem	Sees a problem for every answer

Stand firm on values but compromise on petty things	Stand firm on petty things but compromise on values
Says “it may be difficult but it is possible”	Says “It may be possible but it is too difficult”
Makes a mistake & says “I was wrong”	Makes a mistake & says “ it wasn’t my fault”
Are a part of the team	Are apart from the team
See the gain	See the pain
See possibilities	See problems
Believe in win/ wins	Believe for them to win someone has to lose
Plan & prepare to win	Plan but no preparation

### The health benefits of positive thinking

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

“Your beliefs become your thoughts,  
 Your thoughts become your words,  
 Your words become your actions,  
 Your actions become your habits,  
 Your habits become your values,  
 Your values become your destiny.”

— Mahatma Gandhi