

Positive Thinking and Action: The Key to Success

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“Let us make our future now, and let us make our dreams tomorrow’s reality.”-Malala Yousafzai

Positive thinking is a mental and emotional state that focuses on the positive side of life and expects favorable results. Positive thinking is the best way to internally support yourself to pursue your dreams. It brings inner peace, success, improved relationships, better health, happiness and satisfaction. It also helps the everyday life move more easily and makes life brighter and promising. However, positive thinking really 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 glow.



Thinking often starts with self-talk. Self-talk is an infinite stream of unspoken thoughts that go 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 due to lack of information. We have around 60,000 thoughts a day, many of which come and go so quickly that we’re not aware of them. It may be hard to believe that 80% of your thoughts are about the past. Most of these thoughts are about the past mistakes or decisions you made in your life. It is all right to learn from the past but it is an utter foolishness to waste your precious present time on thinking about the sad and bad memories of past again and again. We often forget to live in the present while worrying about the future. An average person spent 15% of the time thinking too much about future. Barely 5% of our thoughts are about the present. If we break up these thoughts into Positive, Negative and Necessary, how much of these thoughts are positive? It is just 1 or 2%. This is the quantity of positive thinking of an average human being.

Quality of automatic self-talk

Positive self-talk

When our habitual self-talk is positive, we generally have a good self-respect, a healthy opinion of yourself and we deal well with criticism, setback or disaster. Our problem-solving capacity is more effective and our height of commitment and persistence to a task are higher, which is the base for most success.



Negative self-talk

Problems occur when our self-talk takes on a negative tone. This style of automatic self-talk affects us because we forecast a feeling of pessimism or despondency for ourselves and those around us. Negative thinking causes us to stop trying and often makes us feel hopeless even before we start or prepare for our goal. This is called self-sabotage. Unfortunately, negative self-talk is so powerful as it erodes our self-confidence and can ultimately direct to anxiety and depression. It also affects our self-esteem and ability to learn.



Changing our self-talk

Purposeful, positive self-talk is the best and the most effective ways to put back the negative thinking that restrict us and makes us feel bad. Positive self-talk (in the form of short, positive statements) reprograms our thinking about ourselves, our abilities, and our situation, which flows on to improve our mood and a universal sense of well-being.

Putting positive thinking into practice

Negative self-talk	Positive thinking
I've never done it before.	It's a great chance to learn something new.
It's too difficult.	I'll try to deal with it from a different angle.
I don't have the resources or funds.	Necessity is the mother of invention.
I'm too lazy and I don't know whether I will get this done.	I wasn't able to fit it into my program, but I can reconsider some priorities.
There's no way it will work.	I can try to make it work.
It's too radical a change.	Let's take a chance.
No one bothers to communicate with me.	I'll see if I can open the channels of communication.
I'm not going to get any better at this.	I'll give it another try.

Some suggestions to keep your thoughts on the positive side.

- **Only use positive words while talking.** If you're always telling yourself "I can't" you may believe yourself that's the truth. Substitute these negative words with positive ones. Tell yourself you will do your best or that you will try your hardest instead.
- **Direct your thoughts.** This practice can help you to control your thoughts when you start to feel down or nervous. Generate a happy thought, a positive icon, or give yourself positive feedback to keep bad feelings in check.





- **Believe you will succeed.** There is nothing like believing in yourself to produce a successful reality. Give yourself the advantage of the doubt and consider that you will accomplish in fulfilling your goals.
- **Analyze what went wrong.** Thinking positively doesn't mean denying that there is anything wrong or mistaken. In its place, provide yourself some time to think where you went wrong and about the things that led up to your present situation so you can avoid these mistakes in future and look forward to a more positive tomorrow.
- **Give yourself credit.** Often when we feel disturbed or in trouble we focus only on the mistakes we've made instead of giving ourselves credit for what we do right. Permit yourself to feel confident about the things you have accomplished, even if you've messed up in other areas.
- **Forgive yourself.** Always thrashing yourself up on things that have gone wrong won't alter them. Tell yourself that you're forgiven for your mistakes and allow yourself to get going.
- **Learn from the past.** The past is following you and despite how bad things were, there is nothing you can do to change them, but you can easily learn from your past mistakes. Whenever you get negative thoughts about the past, replace them with positive thoughts about the future.
- **Remember things could be worse.** No matter how bad situations happened, remember that they could be even worse and be grateful for all the good things that happened 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. Use time thinking of ways you can turn your setbacks at work or in your life into ways you can advance in the future.
- **Stop making excuses.** There are always a million excuses or reasons 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 role of a victim.** Bad conditions or worst life moments will happen to everyone from time to time. Pitying and worrying yourself and wanting others to feel sorry for you aren't going to make things better. Make a choice to take yourself up and start working towards a happier future.
- **Associate yourself with those who think positively.** Positivity is infectious, so be with the friends and family members who choose to look on the bright side of life, to surround yourself with.
- **Come up with ideas on how to turn negative thoughts into positive ones.** If you discover yourself thinking you should have done this or that in a different way, try varying your thoughts around. In its place give yourself recognition and credit for what you did. Do remember that you are not perfect or that you can improve next time.
- **Visualize a successful outcome.** Sometimes it can be supportive to picture yourself completing a job or project successfully or receiving the endorsement 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 is to think of the different possible ways and actions for achieving the success. Just imagining and thinking about success is not enough. There should be a clear work plan on how to achieve the targets one by one.
- **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 and seriously you don't own all the problems of the world.

Achieving success through positive thinking

The first step to enjoying success with positive thinking is to track your thoughts daily. By doing this you can begin to eliminate the negative thoughts and replace them with positive thoughts. This process allows you to develop positive thinking patterns for success.

The average person has anywhere from 50-60 Thousand thoughts a day. You have a lot of thoughts. And 95% of those thoughts are the same as the previous day. So you're really repeating the same thoughts over and over again. Just observe your thought process from day to day. If you're having a positive thought, it is great. Generate another positive thought and another. If you find you're having a negative thought, there's likely another one just around

the corner. Negative thoughts attract more negative thoughts. So change the negative thought as quickly as possible. Replace that negative thought with a positive thought. Your positive thinking will lead to positive beliefs. Think of different ways to success. You can choose whether you'll learn and grow from events that happen in your life, or whether you'll act the victim. Take daily actions toward your goals. Success is achieved through a few simple behaviours that you repeat daily. When you study the life of any successful happy person, you'll understand that the person has done specific things consistently in order to achieve their level of success. When you have positive beliefs your subconscious mind creates situations in your life that mirror those positive beliefs. This is why having a positive thinking mind-set is so important. It draws you to success and success to you.

