

Positive Thinking:

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” ~ Winston Churchill

By Liggy Webb

Positive thinking is the key to happiness and health and pretty much dictates the way we go about our work and live our lives in general.

A positive attitude is not about a magical mystical mindset possessed by the lucky few. It is something that everyone is capable of achieving and is simply an inclination or leaning toward the positive aspects of any given situation. Thinking positively is not about putting your head in the sand; nor is it about being unrealistic. A positive attitude recognises the negative aspects of a situation, yet chooses to focus instead on the hope and opportunity available. This releases you from getting locked in a paralysing loop of bad feeling and allows you to move quickly to take action and solve difficulties.

Positive thinking and optimism are now known to be a root cause of many life benefits.

The relatively new science of psychoneuroimmunology looks at how our mind can influence our immune system. The theory is that you will live longer and be healthier and happier by cultivating a positive attitude toward life. In addition, you're more likely to be successful,

maintain better relationships and have a beneficial influence on those around you.

Your mental approach to life is a combination of your thoughts, emotions and beliefs. Becoming aware of your emotions, identifying and analysing your thoughts and understanding your beliefs is key to really being able to tackle how you deal with what comes your way.

It is not necessarily what happens to you in life; it is how you react to it.

Emotions

The most basic indicators of your positivity or negativity are your emotions, which are essentially components of a mental state that arises spontaneously rather than through conscious effort, and are often accompanied by physiological changes.

Creating and maintaining a positive attitude is the most efficient and low-cost investment you can make in order to improve your life.

A positive way of thinking is a habit that must be learned through repetition and conscious effort on your part.

A positive attitude is not dependent upon your genetic composition even if you are predisposed to negative thinking you can learn to move your thinking to the positive side.

This depends upon how you choose to think.

Challenges

We are faced with literally millions of challenging situations throughout our personal and professional lives. By accepting the reality that we will be faced with many challenges, to which we must seek solutions, it becomes obvious that creating and maintaining a positive attitude can only help us.

“Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities – always see them, for they're always there”

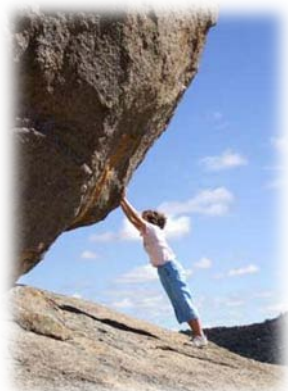
Norman Vincent Peale

Our problems remain the same size; it does not matter if you react with bitterness or enthusiasm, and it doesn't change the problem.

Some behavioural psychologists believe that we are like acorns and inside each tiny acorn there is the potential to grow a beautiful oak tree. Many people, who don't break out of their acorn shell, will never have the opportunity to spread their branches and feel the splendour of growth and altitude.

Excuse-making may help us to remain in our comfort zone and negate responsibility, however it is responsibility that separates man from the rest of the animal kingdom. Unlike other animals, we are responsible not for what we have, but for what we could have; not for what we are, but for what we could become.

If we are to take credit for our successes, we must assume responsibility for our failures. Excuses are harmful because they prevent us from succeeding. When we make excuses and repeat them often enough, they become a belief. The belief then becomes a self-fulfilling prophecy.



Just look at Thomas Edison, one of the most prolific inventors in history; how many attempts did he have trying to invent the light bulb? As the history books reveal: over 10,000 attempts! He saw possibility and potential where others would have seen limitation and failure. Positive thinking brings so many benefits to us and truly helps us to explore and discover our true potential. How exciting is that?

Positive Thinking - Useful Tips:

- Declare your intent to think positively and be positive.
- Write down your intention in strong, clear and direct language.
- Use positive affirmations to condition your mind.
- Read inspiring books and listen to audio tapes on the subject.
- At the end of each day, reflect on the positive aspects of the day.
- Before going to sleep, reflect upon what you're looking forward to the next day.
- Write down any concerns you have and challenge them with a positive outcome.
- Use positive language and challenge your doubts and excuses.

Life is what YOU make it!

The above article is an extract from *The Happy Handbook - A Compendium of Modern Life Skills* by Liggy Webb which is out now.



Liggy Webb is widely respected as a leading expert in the field of *Modern Life Skills and Workplace Wellness*.

As a presenter, consultant and author she is passionate about her work and improving the quality of people's lives. She is the founding director of The Learning Architect a consortium of niche industry experts. Liggy has developed a range of techniques to support individuals and organizations to cope more effectively with modern living and the demands and challenges of life in the twenty tens and beyond.

As a consultant with the United Nations she travels expensively and has recently returned from Afghanistan which she describes as biggest life education to date!

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