



The Power of a Positive Attitude

I was talking to a friend the other day, who has been having a few challenges in her life and I sent her this article on positive thinking. She came back to me and said "I know all this, I just don't put it into practice." I hear this all the time and I am just as guilty as everyone else. We need to be constantly reminded to put into practice what we learn.

Life is hectic and we have so many pitfalls along the way, and end up full of bumps and bruises, but we have to pick ourselves up, dust ourselves off and continue to move forward. Here is a reminder of how to stop the negative talk in our heads and change it to positive talk.

We all want to live a happy, healthy life but there are so many negative influences, like people, situations that creep into our day to day lives making it very difficult to think positively. We need to become proactive.

Become a positive, solution-orientated person, instead of a negative, problem-orientated person.

So, how do we do this?

How do you think now?

When you are faced with difficult situations or people, does your thinking go something like this: "I can't deal with this", "I am not strong enough". You need to change your thinking to: "I can deal with this": "I am strong enough". The change in your thoughts has a powerful effect on how your body reacts, it make you feel good and more empowered to deal with the negatives in your life.

Question yourself

Are my thoughts helping me right now? Am I being negative, am I making things worse than they really are, or exaggerating the situation? When things are not going the way we would like them to, we tend to take everything to the extreme, and in most cases it never happens.

Choose how you think

Replace a negative thought with a positive one. Don't focus on what could go wrong, focus on what could go right. We can only think one thought at a time so having a positive thought gets rid of the negative thought.

Other techniques you can try

Use affirmations

Short positive statements that are personal and in the present tense to improve your thought patterns. "I can do this", "I am a happy person", etc. Write them out and tape them on the fridge, the bathroom mirror, in your car, on your desk. Read them every day.

Make time for laughter and fun

Try to see the funny side of things and go out and have some fun - movies, take a walk in the park, on the beach, anything that will change your negative thinking and make you feel good.

Smile more

Smiling helps to lift your spirits. It builds trust and rapport with others. Smile at strangers you may just help to improve their day and at the same time make you feel good too.

Surround yourself with positive people

Mix with people you want to be like, who build you up, who support you and make you feel happy.

Be grateful

Make a list of all the things you are grateful for right now - no matter how small.

It would be silly to think we can suddenly change our thinking and become "positive". We need to stop thinking "black or white" and think of all the shades of grey that make up our world. Be alert and aware, when you recognise that your thoughts are negative. When this happens use the above techniques to change them.

When bad things happen to us, and they do and they will, instead of thinking gloom and doom, think about what you can learn and how you can grow as a person from the experience and put a positive spin on it.

I found this quote in a book called "Change Your Thinking Change Your Life" by Brian Tracy. He writes: **"Positive thoughts are life enhancing. They empower you and make you feel stronger and more confident."** I think this pretty much sums up why we should take the time and effort to think positively.



Rae Mc Cann
Quint-Essential Virtual Assistant Services

www.quint-essential-vaservices.co.za
info@quint-essential-vaservices.co.za