



Attitude in Positive Thinking and Self Talk

To achieve success we need to have a positive attitude. We can achieve this by using positive thinking and self-talk. People who succeed need to think positive and tell themselves that they can do it.

Being positive and telling yourself that you can do something like reaching that big dream you have for the future will change your attitude and make those dreams come true. Tell yourself that you can do it instead of thinking negative and let your self-think that the dream is too big you'll never make it that far. This is called affirmatives, which bring nice rewards.

If we think about negative things, our mind will talk us right out of doing something especially if it seems scary. Don't pay attention to those negative notions; jump in there by thinking positive, like "I can do this."

Our attitudes depend on how we are thinking. If we think negative thoughts, we will be unhappy making our attitude stinks. When we are happy, thinking positive things, our attitude will be happy and we in turn can be happier around others as well as ourselves. We have to be happy with our self in order to have a good attitude on life.

Find out why you are holding a grudge about something. Think about how you got this rotten attitude and what can you do to change how you feel. Make a list of all the things that made you angry and what made you angry with yourself. Now prioritize the list with the worst one on top and work your way down until the bottom is the most less that bothers you.

Now make some suggestions on how to eliminate this list in order for you to like yourself and those around you. Changing is not going to be easy and some people might make fun of you or get mad but do what you have to do in order to change your attitude from being negative to positive.

You can't have a positive thinking and self talk if you're not happy with yourself. Think positive and tell yourself you are going to make these changes in order to be the kind of person in your dreams.

If you haven't already made of list of dreams and goals, you want than do that right now. Make your list of dreams and goals that you really have to work for in order to achieve them. When you are writing you may be thinking negative things like "I'll never be able to get this dream" but you can by changing your attitude on life and using your power of positive thinking and self-talk.

Feel like a new person with an attitude adjustment; remember that if your thinking negative than that is how you're going to feel. Positive thinking and self-talk will make you think happy giving you better health as well.

Think happy things by positive thinking will get you a long ways towards your goals for the future.

Relieving stress by thinking positive things will help you prevent health problems. Stress can and will cause you high blood pressure, heart diseases, strokes and high cholesterol. Start relieving stress with positive thinking and self-talk.

Tell yourself that you're going to be a happy person today. Everyday you're going to learn to smile more, learn a new skill, and do something positive for yourself. These and many others thinking positive will help relieve stress and help to putting your life on track with better health.

Subjects should always build on the list of inveiglement with ideas of their own.

-Cynthia Eden
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