

The **POWER** OF POSITIVE AFFIRMATION, THINKING AND ACTION IN YOUR LIFE



Can there be anything more important than our thoughts?

Our thoughts create our reality.

The quality of your thinking determines the quality of your life, both personal and professional.

Your thinking can propel you to SUCCESS or it can hold you back!!



DID YOU KNOW



...

...We have 60,000 to 80,000 thoughts every day???



...Staggering isn't it?

...Have you ever wondered WHY you think some thoughts and where they came from??? Why have YOU decided to consciously think about them??

How many of those thoughts do you actively think about and **absorb** which affect the way you feel...Physically and mentally? i.e. Stress, headaches, anxiety, temper, lack of confidence, nausea, worry, pessimism etc

How many are uplifting, happy and positive thoughts?

How many are negative, worrying, nagging thoughts?

I hear so many people say:

“I can’t change because that’s the way I am and have always been like that”.

“It can’t be done”

“I haven’t got the confidence”

“I’m terrible at that”

“He / She is better than me at that”

“I’ll never get the hang of it”

“He / She has more experience”

These are conditioned thoughts that CAN BE CHANGED!!...



...GREAT NEWS!!

All you have to do is RECOGNISE when you have started thinking

negatively and **STOP!**



RED LIGHT THAT NEGATIVE THOUGHT and do it FAST!!!!!!

If you keep **THINKING** negatively you will keep **FEELING** negative!!!!

The secret to genuinely positive thinking is to **RECOGNISE** when you are thinking badly. The sooner you **RED LIGHT** the bad thoughts the sooner **YOU WILL FEEL BETTER...**



...Can this be done overnight????

No...It will take a little work on your behalf.

If you could pay for a feeling of well being, confidence, satisfaction, happiness, optimism, **HOW MUCH** would you pay? I am assuming a great deal.

Really...all you need to do is use the **FOUR R's...**

RECOGNITION

REPLACEMENT

REPETITION

RESULT

RECOGNISING the negative thoughts when they enter your head.

REPLACING the negative thoughts with positive ones.

REPEAT this until it is second nature.

RESULT will be that the longer you do this the less and less negative thoughts start entering your head and you will **FEEL** soooooooo much **BETTER** a whole lot more of the time!!



hmmmm?...A Word of Warning though...



BEWARE of NEGATIVE ATTITUDES from people who haven't discovered the POWER of POSITIVE THINKING!!! They are treading on THIN ICE and it won't be long before they crash through to the abyss!!!

DO NOT LET THEM TAKE YOU DOWN OR DETER YOU!!!!

So Motivate yourself with your POSITIVE self talk (the Voice inside your head) and give the NEGATIVE stuff the RED LIGHT.

...and remember...you are not your sub-conscious thoughts and you have limited control over them so go easy on yourself. You only take control when you consciously start absorbing thoughts so DECIDE on which thoughts are good for you and which ones are holding you back!

YOU CAN ALL DO THIS AS IT IS WITHIN ALL OF US SO WHY NOT START...

...RIGHT NOW!!



And finally...a poem by Walter D Wintle about Thoughts...

If you think you are beaten, you are
If you think you dare not, you don't,
If you like to win, but you think you can't
It is almost certain you won't.

If you think you'll lose, you're lost
For out of the world we find,
Success begins with a fellow's will
It's all in the state of mind.

If you think you are outclassed, you are
You've got to think high to rise,
You've got to be sure of yourself before
You can ever win a prize.

Life's battles don't always go
To the stronger or faster man,
But soon or late the man who wins
Is the man WHO THINKS HE CAN!

Invictus: The Unconquerable

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud,
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the horror of the shade,
And yet the menace of the years
Finds, and shall find me, unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate:
I am the captain of my soul.

Keep on Smiling & Believing in Yourself, You are a Miracle of this
Universe 😊