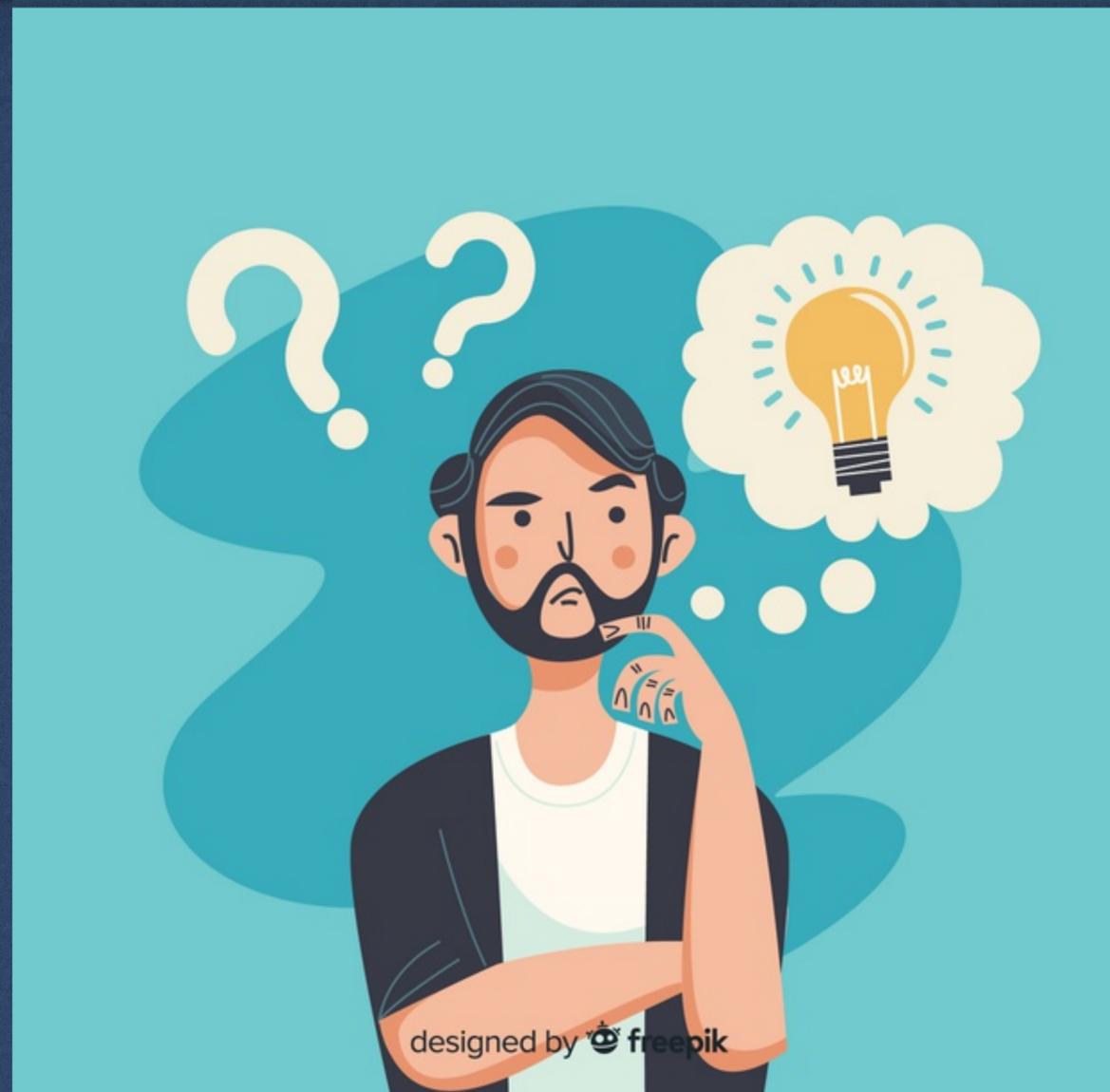


The Power Of Positive Thoughts



By : Andrew Bennett



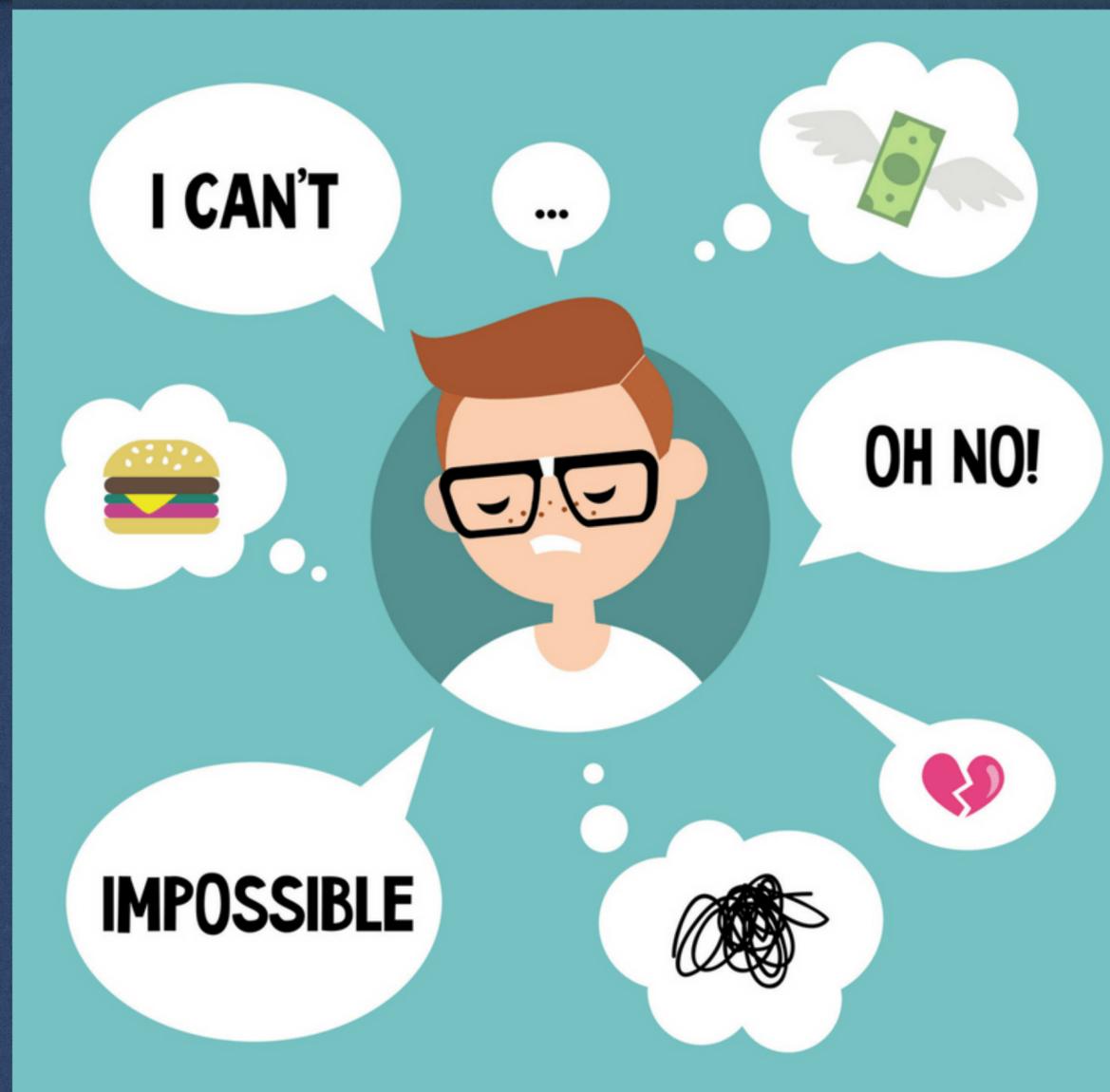
What You Think About Thinking

- ✿ *Do you think Good Thinking Brings good things in your life?*
- ✿ *What is positive thinking?*
- ✿ *What is negative thinking?*



Positive Thinking

- ✦ *Positive thinking is a mental and emotional attitude that focuses on the bright side of life!*
- ✦ *A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action. Whatever the mind expects, it finds!*



Negative Thinking

- ✦ *Negative thoughts, words and attitude bring up up negative and unhappy moods and actions. When the mind is negative, poisons are released into the blood, which caused more unhappiness and negativity. This is the way to failure, frustration and disappointment!*

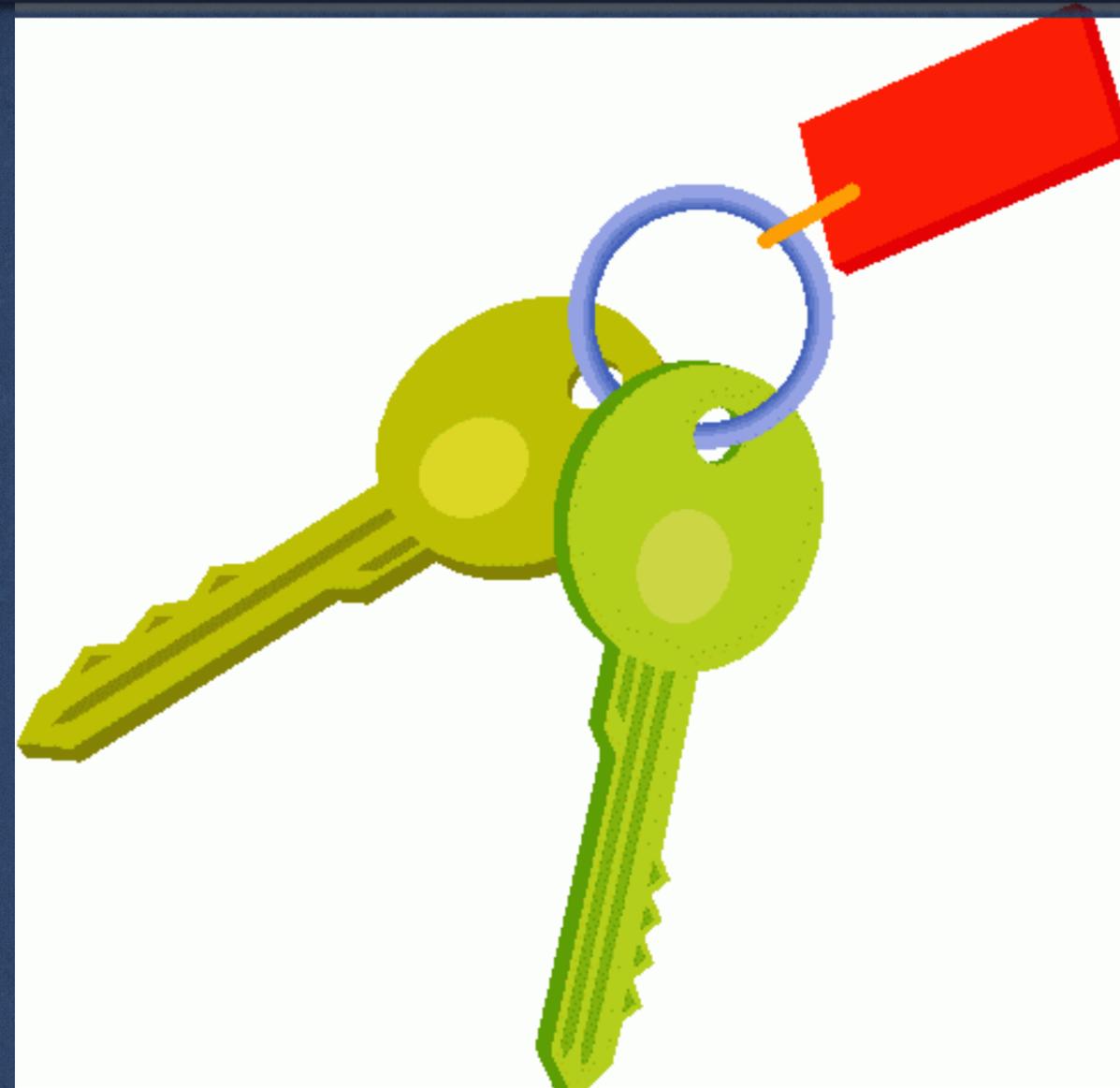




Negative Awareness/Negative Thinking

- ✦ *For example take a scissors it will be very sharp, and we handle it by using the handling position (We are using it this is called negative awareness).*
- ✦ *And if you feel afraid of scissors are sharpness and avoid using it called negative thinking.*

“See the positive side, the potential, and make an effort.”



Positive thinking gives you the key to success

- ✿ *Positive thinking brings inner peace, success, improved relationships, better health, happiness and satisfaction.*
- ✿ *It also helps the daily affairs of life move more smoothly, and makes life look bright and promising!*



Tips for positive thinking

✦ *Use only positive words while thinking and while talking. Use words such as, I can, I am able, it is possible, it can be done. Disregard and ignore negative thoughts. In your conversation, use words to bring forth feelings of mental images of strain, happiness and success. Before starting with any plan or action, visualize clearly in your mind its much Successful outcome. Read at least one page of inspiring book every day. Watch movies that make you feel happy. Minimize the time you listen to the news and read the newspaper. Associate yourself with peoples who thinks positively. Walk, swim or engage in some other physical activity. This helps to develop a more positive attitude. Always sit and walk with your back straight. This will strengthen your confidence and inner strength!*

The benefits of a positive thinking,
which leads to have a positive attitude

A decorative flourish consisting of a horizontal line with a central diamond shape and pointed ends.

- ✿ *Helps achieving goals and attaining success. Success achieved faster and more easily.*
- ✿ *More happiness.*
- ✿ *More energy.*

- ✿ *Greater inner power and strength!*

The End