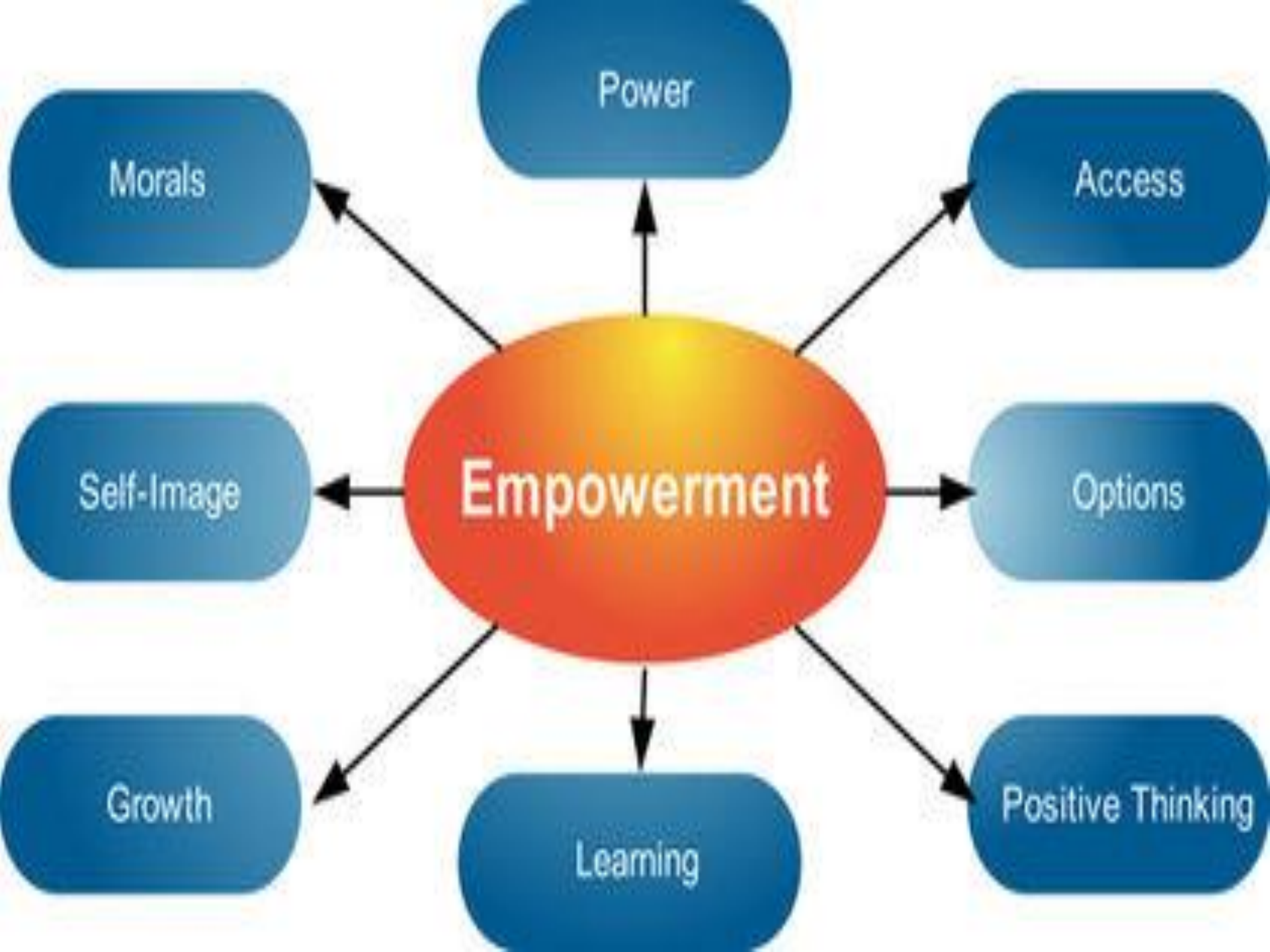




**The Power of Positive Thinking**





# Positive Attitude & Outlook

- What's so important about staying positive?
- Having a **positive vocabulary** encourages a good outlook on life, a good attitude, and overall, a better life.
- Living a good life by staying positive also encourages people around you.
  - Your upbeat attitude will rub off on others and will encourage them to be positive also.



# Positive Attitude & Outlook

- **Remove the following failure acceptance terms from vocabulary (*sensitize awareness of these terms*):**
  - Profanity (Curse words)
  - "I Can't"
  - "Impossible"
  - "Too hard"
  - "I forgot"
  - "I'm tired"
  - "I'll try"
  - "I want to"
  - "I should" / "I should have"
  - Any self-derogatory terms
    - "I'm stupid"
    - "I'm no good at that"
- "...but..." (often nullifies positive word before it)
- When asked, "How are you?":
  - "It's going"
  - "It's Friday"
  - "Awful"
- Master the subconscious
  - "I'm smart" instead of "I'm not stupid"
  - "I will succeed" instead of "I'll do my best not to fail"
- Use & Believe these:
  - "I can" "I will" "I am"



# Positive Attitude & Outlook

- What you say has so much to do with your outlook on life. In order to stay positive, you must develop a vocabulary that has positive words.
- Avoiding words with a negative connotation is extremely important to stay positive.
- Any words that include the word "not" are negative words. Any positive word can be transformed into a negative one by adding that little word.



# Positive Attitude & Outlook

*NOT* Happy

*NOT* Motivated

*NOT* Intelligent

*NOT* Capable

*NOT* Beautiful

*NOT* Strong

*NOT* Team Player



# Positive Attitude & Outlook

- When you speak, you are professing what's inside of you.
  - If you feel negatively, you will speak negatively.
- This sets up a horribly contagious chain of events.
  - Once you talk in a negative way, you begin to believe what you say.
  - You're not the only one affected either. Everyone around you is affected and they can pick up on the bad vibes.



# Positive Attitude & Outlook

## I Can't...

- Saying you can't do something is a sure way to ensure your failure to achieve such a task.
- Like Henry Ford said, *"Whether you think you can, or you think you can't – you're right."*
- Your mind will believe the words you say and the thoughts you think.
- Replace with: "I choose not to" or "I am not willing to"





# "You Can't"





# Positive Attitude & Outlook

## I Can't...

- Children will mimic you and they will become negative thinkers and speakers.
- Other people will feel bad about being around you.
- The words "cannot," "can't," or "I can't" mean that someone is not able to do something.
  - By stating "I can't," you set yourself up not to be able to do it.
  - You are automatically putting up a barrier between you and the goal.
- **If you are faced with a challenge and you find yourself saying "*I can't succeed,*" then you won't.**

**Don't let the things you  
can't do..**

**Stop you from doing the  
things you can.**



# Positive Attitude & Outlook

## I Should...

- When you're saying you *should* do something, you're saying that you haven't done something yet and you feel bad about yourself so you should do it. We live with a lot of "shoulds."
  - *"We should go to church."*
  - *"We should visit our sick relative in the hospital."*
  - *"We should do this, we should do that."*
- **Get rid of that word and either do the task you think you should do, or be okay with not doing it at all.**



**I feel like I should  
clean the  
house,**

**So I'm going  
to lay down  
and nap until  
that feeling passes.**





# Positive Attitude & Outlook

## I Hope...

- When you say “I hope,” you’re saying (without knowing it) that you have no control over the situation. You’re essentially giving up all your power to effect change.
- You must realize just how much of an effect you have in relation to the world around you.
- When you replace “hope” with “know” you’ll find you start to feel like you’re in control again.
- **Don’t hope for things to be a certain way.... Know that they will be.**



# Positive Attitude & Outlook

## I'll Try...

- Like Yoda says, *"There is not try. There is do or don't do, not try!"*
  - You either do things or you don't do things. Trying is irrelevant.
- When you say you're going to try to do something, you're telling yourself it's okay if I don't do it.
- Being a person of your word is challenging but when you remove the word "try" from your vocabulary, you'll find that you feel much more empowered.





# Positive Attitude & Outlook

## I'll Try...I Can...I Will...I Am!

- If you change the word "try" into "can" then "I will", then you are allowing yourself to achieve the goal.
- You are removing all obstacles and will achieve what you set forth to accomplish.
- Changing the word "will" into "am" allows even greater goals to be achieved.
  - By saying "I am" you are affirming that the goal is already yours.
  - The powerful "I am" will set into motion what you want.





# Positive Attitude & Outlook

## I'll Try...I Can...I Will...I Am!

- For example, say you want to be happy. You say "I *can't* be happy." By saying you can't be happy, you're not going to be happy...Ever.
- When you say "I *will* be happy," you're allowing yourself to have happiness, but in the future.
  - The word "will" is the future tense of the word "be."
- When you say "I *am* happy," you're allowing happiness into your life right now. **Easy, huh?**



# Positive Attitude & Outlook

- The phrase "It's not possible" implies that there is no other solution to the problem.
- Saying something is impossible is a fallacy.
  - Nothing is impossible.
  - Maybe you haven't looked at all your options.
- Brainstorm ideas that lead to the solution. Talk to other people about your problems and get their advice.
- Lose the "It's not possible" phrase from your language and you'll find that more things are possible than you could imagine.

Knowing is not enough,

**We must APPLY.**

Willing is not enough,

**We must DO.**

*- Bruce Lee*





# Positive Attitude & Outlook

- Pay attention to what you say.
  - When you find that you're using contractions such as "can't," "won't," or "isn't," remember that what you're saying is a negative phrase.
  - Each time you say something that sheds dark light over the subject, retract it and rephrase it 10x with something positive.
- You'll see promising results in your attitude, others around you, and your entire well-being.



# Positive Quotes

- “Once you replace negative thoughts with positive ones, you’ll start having positive results.” ~*Willie Nelson*
- “No matter what the situation, remind yourself “I have a choice.” – *Deepak Chopra*
- “The difference in winning and losing is most often...not quitting.” – *Walt Disney*
- “Success is falling nine times and getting up ten.” – *Jon Bon Jovi*
- “Positive thinking sees the invisible, feels the intangible and can achieve the impossible.”



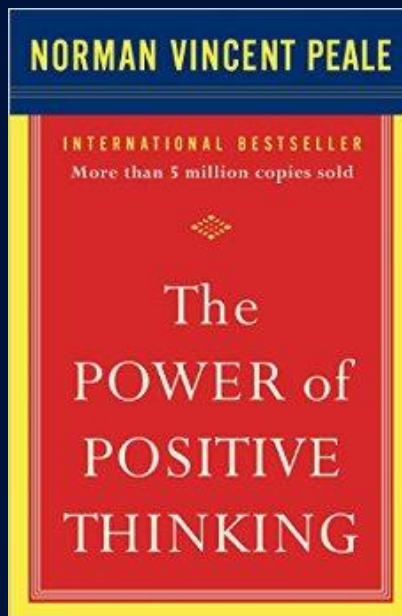
# Positive Quotes

- “If you can see a positive side to everything, you’ll be able to live a much richer life than others” – *Celestine Chua*.
- “Positive thoughts are not enough. There have to be positive feelings and positive actions.”
- “Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.” — *Mahatma Gandhi*



# 7 CORE LESSONS

## THE POWER OF POSITIVE THINKING



BY

**NORMAN VINCENT PEALE**





# So What Can You Do Now?

## Lesson #1:

**BELIEVE IN YOURSELF**



**SELF-CONFIDENCE**



**SELF-REALIZATION**







# So What Can You Do Now?

## Lesson #2:

**OVERCOME FEELINGS OF INFERIORITY & SELF-DOUBT**



**PREPARE & IMPRINT YOUR SUCCESS IN YOUR MIND**



**YOUR MIND WILL SEEK TO BRING INTO YOUR LIFE, THAT  
WHICH YOU THINK CONSTANTLY  
*(so keep away feelings of failure or negativity)***



# So What Can You Do Now?

## Lesson #3:

**HAVE A PEACEFUL & RELAXED MIND**



**"HOW?"**



**PRACTICING EMPTYING YOUR MIND (@ LEAST 2X DAILY)**  
*(FEAR, HATE, INSECURITIES, REGRETS, GUILT)*



**MERE ATTEMPT AT THIS TENDS TO GIVE RELIEF**



**REMEMBER TO SLOW DOWN & RELAX → PRACTICE "EASY-DOES-IT"**  
**ATTITUDE** *(MORE SLOWLY, LESS HECTIC & W/O PRESSURE)*



# So What Can You Do Now?

## Lesson #4:

**EXPECT THE BEST AND GET IT...**



**HAVE FAITH & COMMIT TO CHANGING YOUR  
MENTAL HABITS**



**BELIEVE & EXPECT INSTEAD OF DOUBT**



**BRINGS EVERYTHING TO REALM OF POSSIBILITY**  
*(BASIC FACTOR FOR SUCCEEDING IN ANY ENDEAVOR)*



**EXPECTATION IS THE MAGNET**  
**THAT ATTRACTS TO YOU THE BEST**





# So What Can You Do Now?

## Lesson #5:

**DON'T BELIEVE IN DEFEAT**



**ADOPT THIS ATTITUDE → STAND UP TO YOUR OBSTACLES & DO  
SOMETHING ABOUT THEM!**



**YOU'LL FIND THE OBSTACLES DON'T HAVE ½ THE STRENGTH YOU  
THOUGHT THEY HAD**



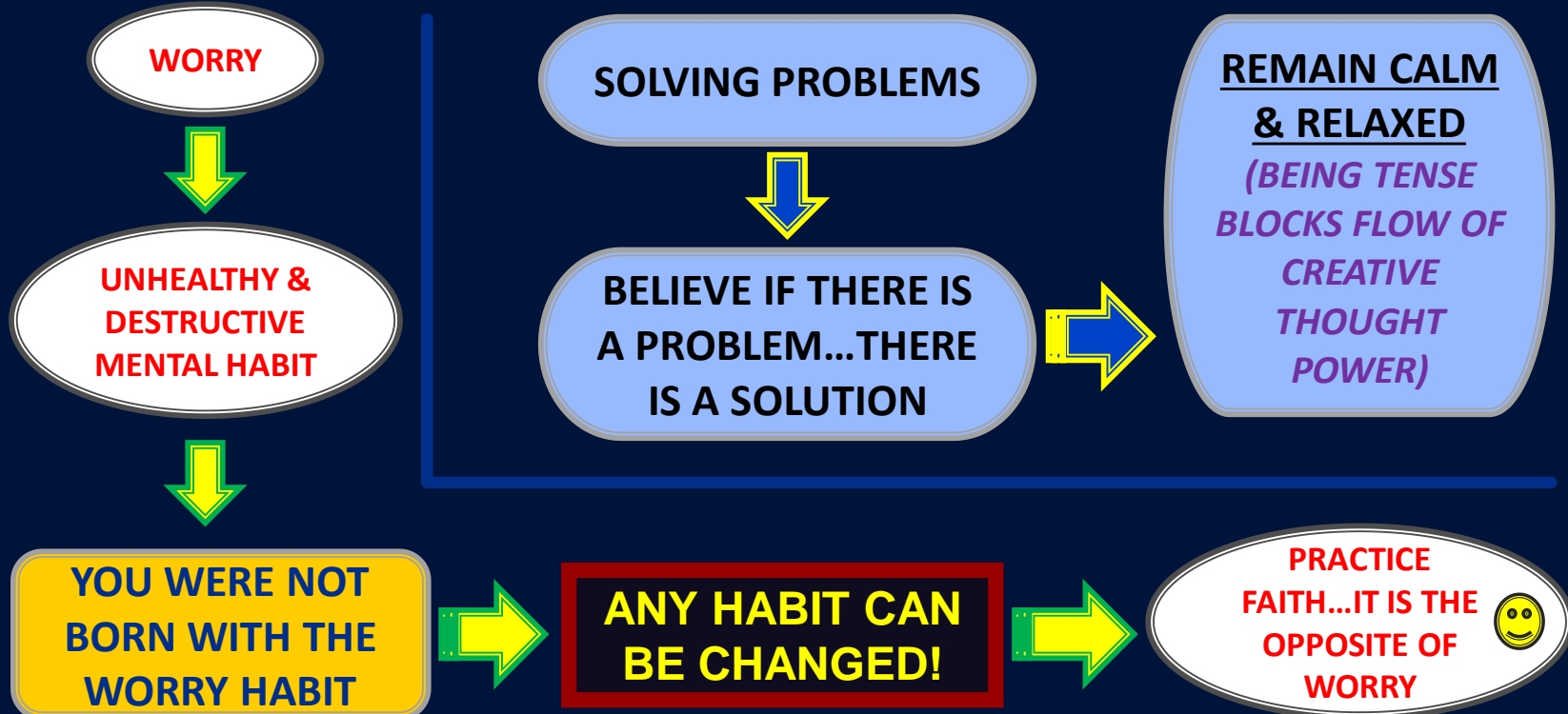
**HAVE FAITH**  
*(IN GOD, YOURSELF, ETC.)*



# So What Can You Do Now?

## Lesson #6:

### BREAK THE HABIT OF WORRY – SOLVING PROBLEMS





# So What Can You Do Now?

## Lesson #7:

**POWER OF USING IMAGINATION, AFFIRMATIONS,  
MEDITATION/PRAYER**



**USED TO CHANGE THE HABITUAL THINKING PATTERN**



**TO OVERCOME ANGER, FEAR, INFERIORITY, RESENTMENT, NEGATIVITY, ETC.**

**IMAGINATION**

Picture yourself  
succeeding...No  
created obstacles  
or fearful thoughts

**AFFIRMATIONS**

Affirm what you  
want. (*emotional  
support /  
encouragement*)

**MEDITATION/  
PRAYER**

Take time each  
day to be  
thankful for what  
you have.



**Struggle is the  
stepping stone of  
SUCCESS**

[PostsQuotes.com](http://PostsQuotes.com)