

Are you a positive thinker?

Can A Positive Mindset Lead To Success?



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7 Tips to Achieve a Positive Mindset

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Having a positive mindset sometimes means making changes in the way you think and react to situations in your life. Getting some tips on how to finally achieve that positive mindset, will have you planning and executing that plan with precision.

Here are 7 great tips to add to your toolbox.

1. You are responsible for everything in your life and that includes your behavior. When life deals you a terrible hand of cards and things look bleak, remember you are not a victim. In that regard, you shouldn't act like one and look for others to blame. Telling yourself and others, that life is unfair, will only increase more of what you are getting at this point. Instead take responsibility and tell yourself that things happen and you will deal with it in a positive way and learn from the situation.
2. End your night and start your day with positive affirmations. You have lots of time to tell yourself that you are amazing, cool and a real go-getter who lets nothing get them down. Do positive affirmations every time you visit the place with a big mirror. Yes, the washroom is a little sanctuary, and during a shower, you can sing your affirmations. Look in the mirror while you shave or put on makeup and say your affirmations with conviction.
3. You have to spend time with positive people. If you have a room-mate that is negative, you need a new room-mate or spend quality time at the library or meet-ups. Cull your circle of personal friends and social media buddies on a frequent basis. Always look for ways to add more positive people into your life as it will be a great asset to your positive mindset.
4. Build a positive material library, either with physical books or books that you get from sites like Amazon. Ebooks are great in that you can read them on a device or in the Amazon Cloud and your library of positive material is just a click away. Put away that music in your car or devices and listen to motivational and self-development material. When you are commuting or exercising, it is the perfect time to exercise your brain and have it grow with potential.

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5. Get your S.M.A.R.T goals written today and then take action immediately. When you have goals that are clear with a timeline for reaching, your brain sees a target and will aim for the bullseye. Goals will give you clarity and focus for what you are going to achieve in your life and following them will make you feel positively successful.
6. Being kind and considerate to others costs absolutely nothing. In fact, it is a major bargain because when you give of yourself and praise others, you raise your level of positivity. Seeing a wide smile on a person's face, even a total stranger, will give you a boost of the "happy juice." Start looking today for any chance you have to be a smile maker.
7. You want to be kind to others and it may seem a like an effort if you aren't taking care of yourself physically and mentally. Put good food and lots of water into your body and then exercise it like crazy. Put those positive thoughts into your head and drive any depression, anger or lack of motivation out of your brain. When you are taking full care of yourself, it will be extremely beneficial for your mindset.

Are you a positive or negative thinker?

Are You A Positive Or Negative Thinker?

When you ask people if they are a positive or a negative thinker, the positive person will always know the answer and respond with a smile before saying, “absolutely.” People who are unsure or who know they definitely are full of negativity, will probably pause and think for a moment before answering, “I’m not sure or yes the world has made me that way.”

There are online quizzes that people can take to see where they stand on this question. For today, we can look at the positive person vs the negative, so that you can see if you need to start making changes today.

A positive person will roll out of bed and even if somehow they are late, it will not start their day off with a negative overtone. They will just acknowledge it happened and move forward with energy. The negative person will grumble and start rushing around, making mistakes and telling themselves that this day is going to suck so bad they should just stay in bed.

As the positive person starts their day, they might do some exercise and then eat a healthy breakfast. They want to stay in shape and because of their mindset, they rarely get sick and if they do, the recovery time is much faster because of their constant positive state of mind. Negative people at the start of the day, may tell themselves, the day is a waste, no sense making breakfast and they will just sit in a long line, waiting for a breakfast sandwich, or a donut and coffee. They hop in the car and feeling dragged out, mumble that perhaps they are getting a flu and staying in bed would be better. When they do get sick, it is more often than their positive friends and family. It often takes them a long time to get over an illness and they tend to suffer from a fair amount of anxiety and depression. The clouds over their heads are always black.

Positive people are leaders and you will frequently find them at their jobs, striving to success and move up in the world. They make good decisions in their workplace and are confident they can overcome any obstacle and thrive on challenges. A positive thinker takes full responsibility for the job and have no issue holding themselves accountable. Our negative person hopes that they will not be called on at work to do anything outside their normal tasks and frequently will make themselves as invisible as possible. They don't make good decisions are aware that they are a liability to the company, so cloaking themselves becomes a part of their job. When they are called out, they usually point the finger and say things like, “well it's not my job or John never showed me how to do that. It's John's fault that order was processed wrong.”

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Our positive person knows there are big issues in their immediate circle and the world itself. Yet that doesn't stop them from being optimistic that things can change and they can be a leader in change. They radiate positive energy and this is frequently passed to others who come close to them. They are beacons of hope for those who are unsure of what the future holds. Instead of being a beacon of hope, our negative person is a deep pit of negative thoughts and emotions and the stink of their negativity, makes others want to avoid them. They don't have to stay this way, once they learn they can change and be the type of person that others admire. They just have to acknowledge and then do the work.

Why Positive Thinking Can Boost Physical Health

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Stress affects a very large part of the population. Many people do not pay attention to stress, they tend to focus more on possible heart attacks or stroke. This is a major mistake in their thinking. Stress is the cornerstone of poor mental health, chronic pain and disease that can be life ending. The famous Mayo clinic has stated that stress can be greatly reduced by positive thinking and the first step is to end negative self-talk.

There are any number of clichés, such as “you’re making a mountain out of a mole hill,” in terms of blowing things out of proportion. When a person takes a situation and talks themselves into a frenzy, it increases stress. This in turn, makes the blood pressure go up and in many cases, causes depression. The negative self-talk in their head, becomes an endless loop of, “I’m no good, I hate myself, the world is against me, what chance do I have?” When a person thinks in a such a way, they find it hard to cope with anything life directs towards them. A positive thinker is able to deflect negativity and find ways to ease or eliminate stressful situations.

Positive thinkers like those that engage in the Law of Attraction theory, more than willingly adapt a healthy lifestyle. They know they will live longer, healthier lives if they look for positive activities to engage in. They look to compete in sports, attract friends who want to do healthy activities and enjoy great healthy food together.

Positive thinking helps greatly with avoiding colds or flu’s and even if it is a particularly strong virus, the positive mind and body can recover much faster. It is very likely that you have seen a friend or co-worker hit with a cold that stays with them for days. Their immune system cannot handle the virus because the negative thinking, has weakened it. Think back to someone with a really bad cold that stayed on. You probably heard them say things like, “I’ll never get rid of this thing.” That sort of thinking causes the body to weaken and the cold to gain more ground.

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The Mayo clinic found that positive thinking lead to greater heart health. There are a number of ways that one can have a damaged heart. Stress will weaken arteries. Stress and depression can lead to people making unhealthy choices like smoking, overdrinking and choosing poor food as a way to comfort themselves. Many people do not think about how eating a high sugar diet will affect them, other than weight gain. They tell themselves mentally that is okay to gain a bit of weight and they really need a burger and fries to make themselves feel better in the moment. The thought never crosses their mind, that negative thinking combined with unhealthy food will lead to cardiovascular disease.

Positive thinking is an anti-aging device you can invest in. Those who live stress free and a fairly simple life, tend to live much longer. Combine positive thinking, with healthy eating and daily rigorous exercise-you then have the complete prescription for a long life.

How Positive Thinking Can Dramatically Boost Your Product Sales

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When you are surfing social media, you frequently run into posts about negative sales associates or food and beverage workers who have a poor attitude. Chances are you have entered a store and noted the bored and unmotivated sales associate leaning against counter. It is at times like this, you make a decision, to either look for someone who is happy to be in their job or just take a deep breath and deal with the negative person. In some cases, you may just back out and head the other way.

When you have products to sell, either for a company you work for or a company you own, thinking positive and acting positive will pump up those sales. Since you are not a complainer and deal with customers in a positive way, even if things don't work out, they will still appreciate you. They may come back at a later time or talk to others about the positive experience they did have and then send leads your way. Be nice and complimentary and people are sure to sing your praises. This leads to referrals and repeat business from that customer.

When you have a positive mindset, you are motivated to achieve not only sales goals but to spread the word about you and your company. You will go the extra mile, which means getting up early and preparing for the sales day. Once you are at work, you will look for ways to excel and go overboard, treating customer like gold, even if they don't buy from you. Your attitude will transfer to any staff you have and when they see you are motivated to be the best, they will want to jump onboard. Your focus on being number one, will be motivation to everyone around you and chances are customers will want to use you as an example for their workplace.

The person with a positive mindset is flexible in difficult situations. When customers are demanding, instead of getting upset and saying "I cannot do that or that is impossible," positive people respond with, "that's interesting. We have never done that for you but I value our relationship, so let me find a way to make it work." Customers appreciate it when someone goes above and beyond, willing to think outside the box and make it happen. Being flexible means that although you have a system, you are of the right mindset to set aside a goal for a moment and work on a problem. You are happy to problem solve and be creative. Once you have solved a problem, you are able to jump right back on the goal or task you were working on...without complaining and losing focus.

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When you start the day and one of your best clients tells you their business is being sold or they are retiring, your positive mindset will allow you to feel gratitude. You will be happy that you had the opportunity to be of service and now with all your experience, you can easily find one or two new anchor clients. In fact, when you have such a positive attitude, it is easy to get testimonials that sing your praise. People will flock to do business with you, making you the “go to,” person in your field.

Can a Positive Mindset Lead to Success?

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When you hear the idea that a positive mindset always leads to success, it is very close to the truth but not 100%. There are a few exceptions to that rule. One such exception is the person who has a very positive mindset towards their business goals only. They will achieve some success but not as much as the well-rounded person who understands that a positive mindset is a multi-faceted concept.

The higher number of success stories actually belongs to the people who are thinking positively about all the areas of their lives. Those people tend to reach all the goals they set out, whereas the single minded person who is bent only on the business, will have greater difficulty reaching the goals they have laid out for themselves.

To be in the larger, smarter group who has the most success, let's go over what is needed. It is important to put your family and personal goals at the forefront of what you want to achieve. Your family is your support group, your cheerleading section and having love and compassion for those close to you, feeds your mind with positive thoughts daily. Your overall personal goals will stand out and you will have clarity as to why you want to achieve them. Personal goals with growth included, go hand in hand with business goals. In this regards as you build and achieve the personal goals, you automatically have the same level of enthusiasm, and positive outlook towards your business goals.

Build up your self-esteem, the ability to be optimistic and have gratitude for everything in your daily life. As you do this, your personal goals will become beacons of positivity. Those who focus on business goals only, tend to be negative thinkers in many areas. Their self-esteem is not where it should be. As a result they frame their questions about themselves in a negative light and try to survive business and personal situations. They ask themselves questions such as, "how can I survive this or what short cut can I use and I don't care if I step on others toes." Powerful, positive minded people do not think in pessimistic terms of, "how will I get through this." Instead they are optimistic and tell themselves that "road is very rough, yet I will find a way to smooth it out and complete my journey." They make sure that the people affected along with the way, with the decisions that they make...are not hurt. It is important to the positive aspect of their mind, to find a solution that not only works but does not cause misery to others.

Can a Positive Mindset Lead to Success?

Optimistic people are successful people because they have been in tough situations many times and found not only ways to win but to set up future wins with ease. They know from past experience that they have the mental fortitude to conquer issues.

Optimistic people know there are steps to take and when a road block is thrown up, they will simply climb over it. The vast majority of business executives will readily agree that optimism is one of the most important parts of their success.

10 Simple Habits To Grow A Positive Attitude

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The good thing about your attitude is you can grow it year round and forever. Here are 10 simple habits to adopt today and remember there are more for you discover as you grow.

1. Be true to yourself and your values. There are times when you will have to stand alone while others totally disagree with you. When you compromise on your beliefs, just to get along with others, you do a dis-serve to yourself. Maintain a neutral way of explaining why you do what you do, instead of becoming angry that others are not understanding what your values are.
2. Start laughing at the problems life throws your way. Life isn't going to stop and you shouldn't let it break you. In fact, if you laugh when adversity strikes, it will strike less because you are no longer a magnet for it.
3. Other people's negativity needs to bounce off you, instead of being absorbed. Put up a shield of positivity and reject the words and scornful looks of others. Smile.
4. Be like the energizer bunny you see in the commercial. Let people see how it feels to be positive and full of energy and soon others will want to be like you because they see the energy and joy you radiate.
5. When a person does something right, try to be the first to congratulate them on a job well done. They will smile and look forward to your presence in their lives. You can do this with anyone. If you are on the bus, why not tell the bus driver they did a wonderful job working their way through that heavy traffic.
6. Never, ever give up on anything when life tries to kick you in the teeth. Always get right back up when you have been knocked down and understand it will happen. It is how you respond in life to a crisis, that determines your mindset. If you heave a big sigh and think life is so unfair, then the universe will respond and give you more of the same. You attract what you put out and if you show the universe you are not a quitter, you will face far less issues.

10 Simple Habits To Grow A Positive Attitude

7. Some people are “material people.” Make sure you are not one. Put material things to the side and focus on relationships. Happy, loving and positive relationships will do so much more for your positive mindset, than a new expensive watch.
8. Develop an attitude of gratitude. Be thankful for the life you have, because you only have one and although we would all like to live past 100 years like a few animals do, our timeline is usually much shorter. Make your time wonderful and be grateful for even the smallest of things.
9. Do you have integrity? Are you honest and faithful instead of being dishonest with a lack of regard for others? If you see a lack of integrity in yourself, then write down what it is and how you fix it immediately. Integrity will make you feel very positive about who you are and your role in the world.
10. Be a “the glass is half full instead of half empty,” type of person. Optimism about how life is, will be a boon to your mindset. You have to be optimistic that you will succeed, rather than thinking, that you will likely fail.

Use the Power of Positive Thinking to Transform Your Life

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Do you ever look at someone who always seems to be positive, no matter what the situation is and wonder, how do they do that? The simple thing to do is ask them. You can do or be whatever you want in life, by finding people who have what you want and modeling what they did to achieve. This goes for losing significant amounts of weight to overcoming depression.

The main principle and idea behind modeling, is understanding the behaviours, strategies, beliefs and both external/external language of the person you intend to model. What words, phrases and tones do they use when they speak? What sort of questions do they ask of themselves, to move higher up in positive thinking? Emotional states are very important.

Find out what range of emotions they have during a day. Do they ever succumb to anger, if so how and why? Then find out how they dissolve the anger and how quickly can they do it. Positive people do experience intense emotions but they have strategies to quickly flip a negative emotion to a positive one.

When you model people, you find out how they think and react to situations. People who are optimistic about how life really is, can show you the way. Optimistic people have a very powerful mindset about being and staying positive. You may wonder how to model a positive mindset. It is best if you can find a person that you can ask questions of and then model what they believe. It is also possible to do it with someone you do not know but have great admiration for.

For example, “The Rock,” Dwayne Johnson is known for having a positive mindset and achieving goals. To model him or someone similar, you would research and then write down everything you could find out about how they think. How do they react when the going gets tough? Do they use anything like meditation or Neurolinguistics programing to strengthen their mind? Were they always positive thinkers and if not, specifically what did they do to change their mindset?

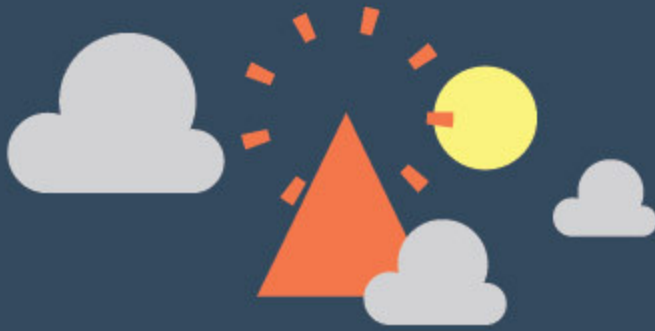
You may think that modeling The Rock is something that may be difficult because you are still working on cultivating your positive mindset and seeing a picture of his muscular body might have you doubting yourself. If so, you need to stop right now and tell yourself there are people from all walks of life who have a positive mindset.

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Take a look at Ted which features many speaker with an ironclad positive mindset. Sean Stephenson, whose parents were told he would not survive the first 24 hours of his birth, is a fine example. He is confined to a wheelchair and very happy at age 35.

Your age does not define your mindset. You may be 50 years and struggle finding a positive attitude. Think about Dr. Harlan Van Over, who started taekwondo in his fifties and now at the age of 94, he continues to study and practise. When he was asked how it is possible to do taekwondo at age 94, he told people that his body want to say no but his mindset said yes. Dr. Over states that he has a very positive mindset and he is able to use it, to make his body respond.

Your mindset is everything, it doesn't matter if you are overweight, very shy or are confined to a bed. Build your mind and with your positive mindset, you can still find ways to transform your life.



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