

There's Power in Positive Thinking by Lyn Madaghiele

Positive thinking can change your life!

If you're not experiencing life the way you would like to, you can take several action steps that will really make a difference.

1. Monitor your thoughts. Pay attention to what you are thinking. Becoming aware of the inner voices you hear (your self-talk) is key to beginning the process of changing your life.
2. Analyze your thoughts. Does your self-talk build you up, or tear you down? Identify the thoughts that create a feeling of uneasiness, and those that fill you with feelings of hope and joy.
3. Change negative thoughts to positive ones. Think out of the box when you encounter a negative thought. Ask yourself, "What's good about this situation?" There is always something good in everything, something you can be grateful for.
4. Choose positive thoughts. Make a conscious choice to think thoughts that are uplifting, hopeful, and happy.

The brain can think only one thought at a time, so you have an anatomical advantage built in – keep thinking positive thoughts, and you'll be amazed how more fulfilling life will be.