

THE *Power* of
POSITIVE
THINKING
CHECKLIST

YOUR ULTIMATE GUIDE
TO FINDING SUCCESS AND
HAPPINESS IN LIFE

The Power Of Positive Thinking Checklist

Having positive thinking does not mean that you should bury your head in the sand. It does not mean that you should ignore life's painful and unpleasant situations. It simply means having the ability to approach life more positively and productively even in the face of unpleasantness. Even when things are not going your way, you keep your head up and look for hidden lessons and opportunities in bad situations! This checklist will run you through the simple tips and techniques to have a positive mindset.

Chapter 1: How Positive Thinking Works?

When you think about the things that your heart desires and the ways you can get them, there is a stream of joy that comes from deep within you that makes you take great control of your life. It is like when you think of something or someone that makes you happy, your brain releases endorphins, that gives you that feeling of joy and happiness. It is these things that help us develop a positive attitude.

How Do Happy People Find Good In The World?

One thing that you must realize is that optimistic people tend to handle things differently from average people and those who are pessimistic. The first thing is that they focus their minds on the things they want and then work hard to find ways to get those things. Secondly, optimistic people see the good in every

situation, however difficult it may seem. Instead of always looking for an excuse not to like something, choose to see the good in everything.

Decide To Be Happy

Being happy and living a positive life is a decision that you make. Bad situations will happen to you at some point in life, but that does not mean that you will never have it all. You will have some mountains, hills, and valleys along the journey of life. The trick is for you to enjoy every season and choose to count your blessings one by one instead of complaining about what did not go your way.

Positive Attitude In Action

If there is anything life has taught each one of us is that when things are going well, it is easy to be happy. However, when we face unexpected setbacks our faith is put to the test. It is during difficulties that we demonstrate to ourselves and the world

around us what our true attitude is. Ensure that what you portray is a positive one.

Our Minds Create Our World

Look around you. What can you see?

The truth is everything that you see around you, whether a chair or a human being, has been created and first perceived by the mind of an individual. In other words, whatever your mind can conceive and believe, it can simply come into being.

Chapter 2: Benefits Of Having A Positive Thinking

Optimism is a virtue that is often portrayed as bringing happiness and fullness into life, and truth be told, these are not just words. There are so many benefits that positive thinking brings to our lives; health, relationships, confidence, among others. If you are not a positive thinker yet, here are some of the reasons why you should embrace a positive mindset.

- Positive Thinkers Cope Better With Stress
- Optimism Can Improve Your Immunity
- Positive Thinking Is Good For Your Health
- It Can Make You More Resilient
- You Have Better Relationships With People
- More Focused And Concentrated
- More Confidence
- They Have A Happier Life

Chapter 3: How To Recognize

“BLUE” Thoughts

The term “BLUE” serves as an acronym.

B- blaming

L- looking for the bad news

U- unhappy guessing

E- exaggeratedly negative

Blaming Myself

Yes, we all must take responsibility for our actions. However, while that is a good thing, excessively blaming yourself can be counterproductive. When you blame yourself too much, studies have shown that this hurts your mental health and is likely to bring about depression. Therefore, ensure that you stay alert for the times when you feel like everything that is going wrong is your fault and remember to take responsibility for your actions, without necessarily being too hard on yourself.

Looking For The Bad News

So many of us get caught up in one bad thing or break even when you have had over ten good breaks that day. However, you have to realize that when you dwell too much on the bad things, your mind will be captured in a rather dark place. When you realize that, at this point simply take a step back to have a realistic perspective of things. This way, you will create a balanced and realistic plan of action to be happy, even amid the bad breaks.

Unhappy Guessing

One thing that you must realize is that when you have unhappy guessing into your future, there is a high chance that you will start acting like it and eventually bring the prophecy to come to pass. Each time you have such unhappy guessing, replace them with quite the opposite. Rather than choosing to focus on the negative, think of all the positive things that will come of your success. That will empower you to exert more effort, and hard work to whatever you are doing, and this will ultimately yield impeccable results and success.

Exaggeratedly Negative

When you tell yourself that the whole experience was a great disaster, it is somewhat a downward spiral. When you start to convince yourself that your job is a complete joke, you are headed in the wrong direction. The truth is negativity yield negative results. You will realize that when you replace negative thoughts with more realistic positive thoughts it can be very inspiring and is the key for you to create the kind of life you want to live

Chapter 4: What Negative Thoughts Do To Your Brain

Over the years, the human brain has evolved and adapted to make decisions and thus respond quickly to safety threats. In this regard, when an individual stresses, worries, or adopts negative thinking, the human brain is tricked into believing that there is an immediate threat. Consequently, the fight and flight response is activated to address the current issue or threat. This underscores the fact that negative thinking is causing more harm to our bodies as well as our brains than we realize.

The Link Between Thinking and Actions

The power of positive thinking forms the foundation of support, motivation, and self-confidence and esteem, which are crucial in driving the ability of an individual to meet their core targets in life, business, and at work. At the same time, negative thoughts

are a massive dream killer. Telling yourself "I can't" will lower self-esteem and confidence, reduce the effectiveness of any of the core actions that you take, and thus prevent your ability to achieve your objectives.

Therefore, although there is a distinction between thoughts and actions, they have a vital link. On the one hand, one's movements are often impactful on the thought of an individual. In this case, negative actions will often lead to negative thoughts. On the other hand, the type of thinking you adopt (positive or negative) has a considerable impact on the ultimate actions an individual undertakes.

Chapter 5: Tips to Train Your Mind for Positive Thoughts

Subconscious Retraining

There are so many ways in which you can learn to release the negativity that has built up inside you and is holding you back. Some of the exercises that will help retrain your subconscious include neuro-linguistic programming (NLP) and tapping among others. Others have also used hypnotherapy and meditations to help them retrain their subconscious.

Set Aside Specific Time for What You Love

We must create some time out of our busy schedules for the things we are passionate about. Otherwise, when we fail to make

time and space for the things we love, we easily allow negativity and despondence to take a toll on us.

Take Good Care Of Yourself

So many research studies have shown that the things we eat and drink greatly influences our emotional state just like our approach to sleep and exercise. When you start treating your physical body with care, both the mental and emotional centers will respond similarly.

Give Positivity To Feel The Positivity

Make up your mind today to get in the habit of expressing compassion for the people that need it most each time you feel that you are anxious and hopeless. Soon enough, it will come naturally, and the times when you feel negative will last just a short time before it all fades away.

Focus On What Makes You Happy To Be Alive

The best way you can train your brain to embrace positive thinking is to ensure that you seek to repeatedly and deliberately focus on things that inspire happiness and joy. Start by getting a notebook dedicated for this and each morning you get up, record at least five things that inspire happiness and that you will focus on that day.

Flip Negatives Into Positives

Finally, it is possible to retrain your brain in such a manner that it naturally chooses to see the bright side of things, irrespective of how tough the situation may be. At first, you will have to be deliberate about it so that you can challenge yourself to focus on the good in every bad encounter.

Chapter 6: The Role Of The Language We Use

The importance of language in positive thinking is underscored by the fact that thoughts are typically formulated in the form of language. This is especially the case during intimate conversations – issues or subjects that an individual thinks or even discusses with self.

Positive Language

Speakers of the English language often have the option of choosing a positive statement or a negative statement in delivering the same meaning. The choice of positive words (language) is crucial in shaping the type of thoughts and inner conversations that you have. Therefore, choosing positive words will help bolster positive thoughts in your mind.

Positive And Negative Language And The Brain

Studies that focused on the functioning of the brain and its relationships with the words that an individual uses reveal that words have an impact on the brain and how it functions. In this case, maintain the use of positive words in an extended period can lead to the activation of motivational centers of the brain..

Alternatively, when you choose to use negative words consistently, you stand in the way of the production of certain neurochemicals which are crucial stress management. . To adopt positive thinking, there are several aspects that one must adopt. These are highlights by the significant characteristics of positive thinking, as discussed below.

Characteristics Of Positive Thinking

- Monitoring Your Self-Talk
- Establishing A Psychological Space
- Positive Responses

- Become A Positive Contagion

The Importance of Positive Language

Positive language highlights what you can do as opposed to what you cannot do. It also highlights a caring mentality, focuses on the individual abilities as opposed to the disabilities, and overall seeks to highlight success as opposed to failure.

In spoken language, it helps inspire, encourage, support, and motivate others to achieve the best they can. In thoughts, positive language is crucial in highlighting individual competencies and thus helps to establish self-esteem, confidence, and belief that are crucial in achieving laid out targets and overcoming challenges as well.

The Relationship Between Positive Thinking and a Positive Attitude

A positive attitude is desired in many aspects of life at home, in the community, and at work. Therefore, there is a need to actively pursue the nurturing and development of such attitude to bolster your chances of success at work, relationships, and relating to social constructs in the community.

In many ways, positive thinking plays a central role in the adoption and development of a positive attitude.

Chapter 7: Steps On How To Train Your Mind To Think Positive

Step 1: Observe Your Thoughts

The first step to training your mind to think positively is observing your thoughts.

Step 2: Scan For The Three Daily Positives

Every single day, we have experiences and encounters, some of which are negative while others are positive. Therefore, before you decide to go to bed, you can make it a habit to reflect on three positive encounters you had that day.

Step 3: Give Someone A Shout-Out

Gratitude is important. According to research, gratitude can make one optimistic and can even help ward off heart disease. The best place to start is by keeping a gratitude journal where you record all the things you are grateful for every single day.

Step 4: Help Others

Each day is an opportunity for us to help someone in need. . Just find anything that you can do for someone today. Daily, try putting a smile on someone's face and watch what positivity that has in your life.

Step 5: Surround Yourself With Positive People

If you spend time with people who like complaining and blaming others, you will soon be doing the same. Therefore, the only thing that makes sense is you surrounding yourself with people who inspire you to be a better person, giver, lover, and friend.

Step 6: Look After Your Body And Mind

Based on research findings, it is evident that when you take good care of yourself both physically and mentally, this will influence happiness and satisfaction in your life. It is through this that your mind will learn to think positively with time.

Step 7: Let Go Of All The Negativity So That You Can Have Inner Healing

One of the tricks of becoming positive is uncovering all the negative thoughts we have and then releasing them all. Do not try to hold back; just let them go one after the other. It

Step 8: Make Time To Do Something That You Love

This is easier said than done. However, it is one of the most important steps of winning back positivity into your life. Start by looking around you to determine the things that you enjoy doing. Start by setting aside time each day from just an hour to focus on

the things you love. Free up some time to do something that you genuinely love and enjoy.

Chapter 8: Thinking Systems For Success – Planning Positive Future

Progress in human life is typically constituted of overcoming challenges and hurdles in life. Therefore, for one to succeed, they must solve the challenges and problems they face personally in their lives as well as in the external environment. Some of the significant areas of systems thinking and planning for success are listed below.

- Addressing Failure
- Developing A Winning Formula
- Establishing Your Systems
- Understanding And Assessing Your Process
- Studying Others And Their Actions
- Anticipating Challenges