

04 - The Conflict Between Good And Bad



S1: For this chapter we focus on the duality of your personality; optimism and pessimism. Both are two contradictory terms which always create a inner conflict.

Every Decision Making Process

- ▶ Both of your positive and negative thoughts are constantly influencing your mind and speech
- ▶ You can never tell which decision is the best for you and everyone
- ▶ That doesn't mean you can't differentiate between the good and the bad decision

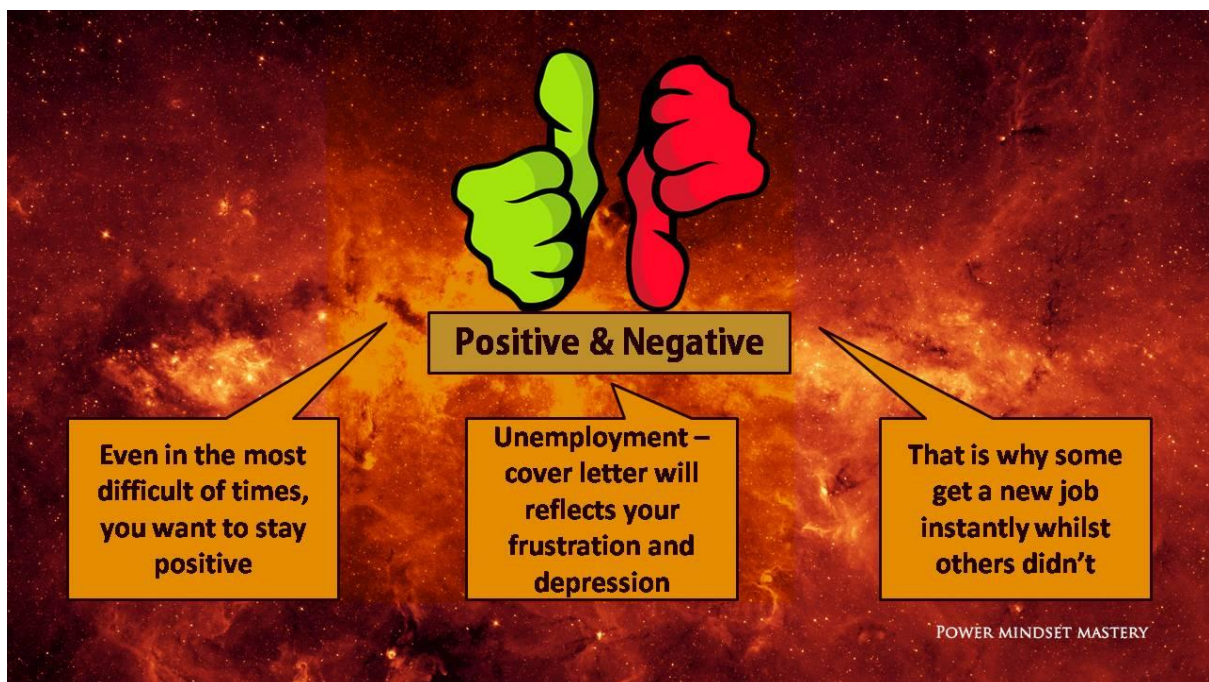
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S2: Every time you want to make a decision, it will be there, influencing your mind and manipulating your speech.

How would you know which decision or task is the best for you?

Thing is, you don't. But it doesn't mean you can't differentiate between the good and the bad decisions in your life.

Both are highly influenced with the positive and the negative attitude you let dominate in your decision-making process.



S3: No matter how life puts you in the most difficult of times, you know you want to stay positive no matter what.

Staying positive in a negative world will not only improve your life, but it will also change it in more ways than you can ever imagine. One good example for this is unemployment.

Why?

Well, the frustration and depression reflects on your cover letter. An employer can easily observe a low self-esteem person and the opposite. Most low-esteem person has lesser productivity thus, causing most of their job rejections.

That is why some people who lose their job get a new job within a short span of time, whilst others have to wait.

Staying Positive: Jot Down Positive Things

- ▶ What comes to your mind and what exist in your life – do this daily in a journal
- ▶ Write names of those who love you, possession you own from your hard work
- ▶ One **positive thing** that you have done in a day

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S4: So how can one stay positive in a negative environment?

One good technique is to jot down the positive things that come to your mind or that exists in your life. The trick is to do this on a daily basis in a journal.

For instance, write the names of people who love you, all the possessions you have acquired these years by sheer hard work. Also, jot down at least one positive thing you have done in the day. This feeling is important to stay positive in a negative environment.

Staying Positive: Outdoor Activities Really Helps

- ▶ Join **outdoor activities** that interest you – even if you are hesitant at first
- ▶ Engaging your interest is not a waste of time – it is useful for your mental health
- ▶ **Start small** – take a walk.
- ▶ Better than being cooped up in the room all day

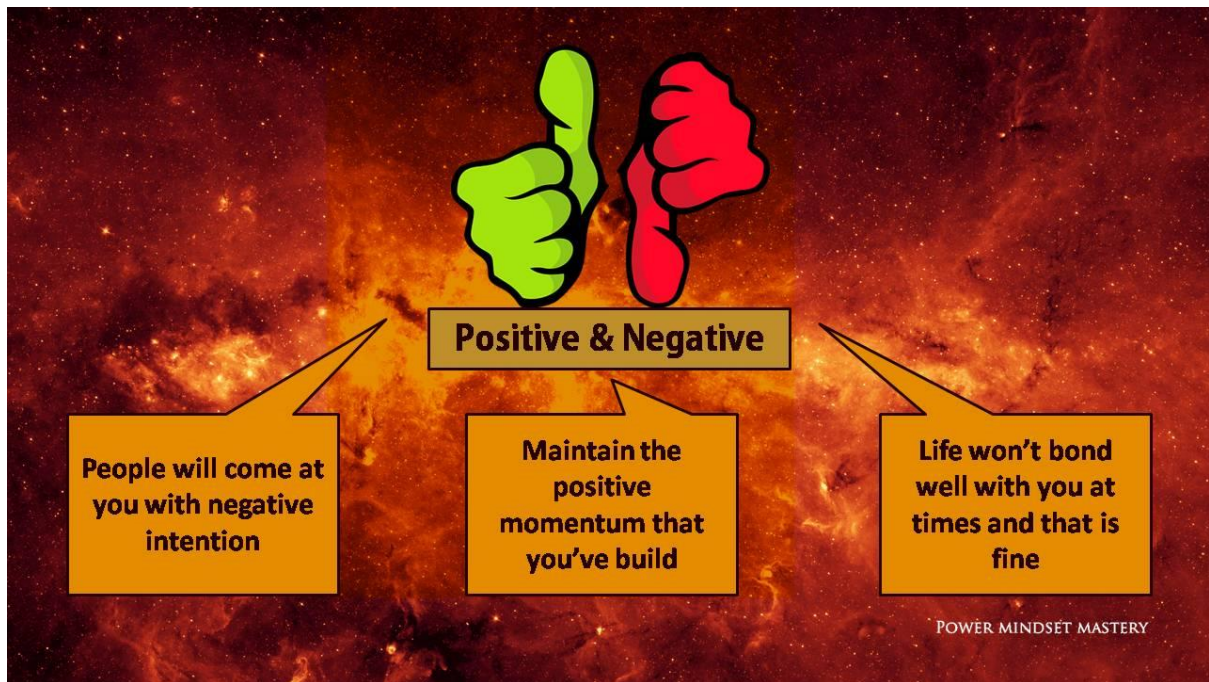
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S5: On days when pessimism is likely to set into your mind, engage yourself more in outdoor activities that interest you.

You might be a little hesitant at first to go out, but once you go out and engage yourself in the outdoor activities you will start thinking positively. Engaging yourself in your interests is not a waste of time; rather it is useful for your mental health.

Start small. If you are unsure of any sports, take a walk. Make this a habit to release all the negative energy while taking a breather outside. It is better than being cooped up in your room all day.

Slowly, you will start to look up other activities to help channel your positive energy throughout your body.



S6: Some people will always come at you with a negative intention but that doesn't mean you should respond with a similar attitude.

To ensure this, all you need to do now is to maintain that positive momentum. As mentioned previously, there are times when life doesn't seem to work well for you and that's okay.

Always start your day with these 3 simple steps.

Start Your Day: Immerse In Positive Materials

- ▶ Read or listen to motivational quotes and talks
- ▶ Ignite your day with **positive energy**
- ▶ You can even go through all the positive things that you jot down earlier too
- ▶ Charge your morning with nothing but positive energy

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S7: First, at the beginning of each morning when you wake up, immerse your mind in positive materials.

You could read positive quotes or listen to motivational talks. The whole idea is to ignite your day right with positive energy. In fact, going through all the positive things you jot down previously helps too!

If reading is not your cup of tea, then listen to speeches and talks. Charge your morning with nothing else but positive energy.

Start Your Day: Speak Positively

- ▶ **Words carry power** and energy especially those that you say to yourself
- ▶ E.g.: Stuck in a traffic jam – 2 options
- ▶ Curse at your own predicament or accept the fact that nothing can be done
- ▶ Best to just sing in the car while going through the jam

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S8: Second, is to speak positively. Words carry power and energy especially those which you say to yourself.

It gives off the perception you create towards an event or occurrence. For example, when you drive out to work and you get stuck in a traffic jam, you have a choice.

Do you curse and swear at your predicament, or acknowledge that there is nothing that can be done; might as well make the best use of the situation. Consider the two outcomes, one involves swearing, the other may involve singing in the car while going through the jam.

Start Your Day: Accept Total Responsibility

- ▶ The most effective but the hardest to achieve
- ▶ Whatever your life is today, you are responsible for it – it is the **culmination of the decisions you did and did not make**
- ▶ All you have to do is decide by exercising the responsibility on your life

POWER MINDSET MASTERY

S9: Third, accept total responsibility. This is by far the most effective but difficult for people to do.

Accepting total responsibility is very powerful. This means that whatever your life is today, you are responsible for it. Whether you are rich or poor, healthy or not, it is the culmination of all the decisions that you made and did not make.

Accepting total responsibility creates personal power and because you always have a choice, you can change the course of your life. You just have to decide by exercising the responsibility on your life.

Focus On The Positive Outcome

- ▶ **Positive thinking** – consciously thinking and expecting good results in all aspects of life
- ▶ **Positive energy** will have the ability to move you forward even through the most difficult of times

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S10: As you can see, positive thinking is a process of consciously thinking and expecting positive and good results in all aspects of life, be it finances, health, relationships and so on.

The thoughts and focus is on the positive outcome and through this, you will feel all the good vibes. This positive energy will have the ability to move you forward even in difficult times.

Are You A Pessimist?

- ▶ What you can do is change the outlook and your thought process
- ▶ Keep in mind – it won't change within a day
- ▶ It takes **time, patience and willingness**
- ▶ In your pursuit of adopting a positive mindset, your inner voice may become your biggest sabotage – always keep that in mind

POWER MINDSET MASTERY

S11: But what if you just can't help it and you perceive yourself as a pessimist?

Well, you can change your outlook and thought process if you want to.

However, keep in mind that it won't change within a day.

It truly depends on your time, patience, and willingness. You will find challenges if you decide to change and more often, the challenge will come in the form of your inner voice.

In your pursuit of adopting a positive mindset, your inner voice may become your biggest sabotage if not managed properly. Always keep that in mind.