**mind set 1****;**

**As our thoughts are, so are our lives.**

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 Introduction

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ur current mental attitudes are habits, put together from the feedback of parents, friends, society and self, that forms our self-image and our world-image. These attitudes are maintained by the inner conversations we constantly have with ourselves, both consciously and subconsciously. This has made life become full of ups and downs and it is only important that you do not give up. Instead, you should try to see the bright side of light and perceive life in a positive way.

 Your perception about life has a great impact in your well-being and health, with positivity being known for making the lives of people happier, healthier, and more successful. Positivity should be a vital part of your everyday living.

Your mindset is who you are, it is composed of your beliefs, attitudes, feelings, and thoughts. Mindset is a simple idea that creates all the differences. It creates productivity and motivation in sports, education, and business. It is what successful athletes, business people, and educators have.

To become positive in our thinking we have to center on things that inspire and uplift us. If we may alter our outlook and do away with the damaging thoughts that invade our minds, we will become happier.

 Chapter 1:

 **Abundance Mindsets**

 In the world we live today, it is difficult to manifest what we want. It is easy to believe there aren’t enough resources for everyone to enjoy. Some will make you believe that, only with advance education or a college degree will you be able to access a better quality of life, but that is not the key to abundance. What you need is to switch your mindset. Anyone has the opportunity to see the abundance around them, and quickly realize that any goal is attainable. You only have to change your way of thinking and be more open to receive.

 Acquiring an abundance mindset will allow you to see and access all the wealth that is available for you. Abundance can mean different things to different people. It is important that you have a clear understanding of what abundance means to you. In defining abundance, we think of living an abundant life, what does it look like for you?

 ………scarcity versus abundance mindset.

Two types of mindsets exist; a scarcity mindset and an abundance mindset. The scarcity mindset is more about focusing on what we don’t have and our limits, while an abundance mindset is about creating opportunities and believing that there are enough resources for everyone to benefit.

A person with a scarcity mindset will be absorbed with what is missing in one’s life. In that situation, the mind becomes busy worrying and stops us from accessing what we want from life. A scarcity mindset will focus on limitation and manifest obstacles which can seriously limit our success.

When you limit yourself with your beliefs and actions, you are not open to receive or recognize the abundance that surrounds you.

For a scarcity mind, there is never enough. The person wakes up in the morning thinking they didn’t have enough sleep or won’t have enough time to accomplish all the things that can be accomplished that day. No matter what it is, the scarcity mind is set on acknowledging what is not available.

The other side of the medal is the abundance mindset. With that mindset, we realize that there is enough in this world for everyone to receive. You let go of negative feelings like jealousy, envy or pity for yourself and take matters in your own hands. You move from being a victim in your life to a leader.

 In addition, you don’t focus on the limitation, but you recognize the good things that are already present in your life, and set your intention to manifest more of what you want. With an abundance mindset, the person gets up thinking that they will make time to rest in the afternoon and then make a list of what can be accomplished in the day. It’s about what is possible or what is available in the present moment.

However, like other resolutions, some people find it hard to make the necessary changes in their life just to become optimistic and remain positive. In order for you to become successful in achieving your goal, it is essential that you determine the factors that can help you attain it more easily and conveniently.

Viewing the world in abundance way is easier said than done. Fortunately, there are several ways that you can try to turn your negativity into an abundance reality: -

* **Learn to Receive** -The biggest reason that blocks many of us from receiving the abundance that exist in our world is a deep belief that we are not worthy of it. Ask yourself, how do you behave when someone compliment you on your skills or how you look? Do you have the tendency to find an excuse? Or maybe you simply change the subject. People with an abundance mindset are not afraid to say thank you when somebody gives them a compliment. If you want to start receiving the abundance, start with a simple thank you.

* **Ask for Help** -In order to bring more abundance in your life, you need to be open to receive. And that includes receiving help from others. If it is difficult for you to say “yes” to someone who offers you help, you are telling the universe that you do not deserve receiving from others. The same applies if you have a hard time asking for help. That is often a surprise to many; that showing independence in our life can lead to blocking the flow of abundance.
* **Be comfortable with Compliments** -Compliments are a form of receiving similar to asking for help. If you are uncomfortable with receiving compliments from others, you are demonstrating that receiving is difficult for you. This can automatically lead you to more scarcity. Try to reflect on how you behave when someone compliment you on your skills. Do you try to find excuses for why you are not that great? If you want to be more open to receive and attract more wealth, start by saying thank you when someone recognizes your value.

* **Figure out what You Love** -In order to have an abundant life, you need to figure out what it is that you love doing. Many times, we try to do something that others do, simply because they are successful. The more you will align with what you love doing, the more abundance you will attract in your life. Trying to be someone else, blocks the flow of abundance because you are not in the heart space, but in the mind space. If someone succeeds at something, it isn’t because of what they do, but because of who they are.
* **Don’t Blame Others** -Do you feel like life isn’t fair? Maybe you feel that a lot of the unfortunate situations you have experienced are not your fault but someone else. If so, it might be time for you to take matters into your own hands. It is basically giving up on your power, and leaving all control of your life to external factors, like another person. When you give up on your power, it leads you to hopelessness and inability to change your situation. One of the most common behaviors in people with an abundance mindset is their ability to take responsibility and do something to change their situation. If you don’t acknowledge your responsibility in your life, you are unable to feel empowered to do something about improving your life.
* **Feel What You Want** -It is not only important to identify what you want, but it is more important to feel what you want. The more you align with the feeling that you want to brings in you, the more you will attract it in your life.
* **Don’t envy Others** -When we live with a scarcity mindset, we tend to experience feelings of jealousy and envy. We will often catch ourselves looking at others and wondering why we can’t have what they have. One of the thoughts you could often have is wondering why is it that everyone else has what want and not you. Envy is a feeling that attracts scarcity because we focus on what we don’t have. It can also lead to resentment toward some people and ruin relationships with friends and families.
* **Appreciate What You Have** -A simple step to abundance is to start recognizing how rich your life already is. Take the time to appreciate what you have in your life. Maybe it is health, people you love, your colleagues, skills, or the simple beauty of nature that surround you every day. The more you bring your mind in a space of appreciation and recognition, the more you are allowing yourself to attract positive things in your life. You will find yourself realizing how abundant your life is, and that what you need is right there in front of you.
* **Stop focusing on the Gaps** -A common mistake that we tend to do in a scarcity mindset, is to place all our attention and energy on what is missing in our life. On the other hand, people that live an abundant life are natural at putting their energy on what they want to manifest. By switching your thoughts to be more oriented to what you want, you are painting a clear picture of what it is that you desire. By doing so, it is easier to find what you seek when you know what you want, as opposed to what you know you don’t want. Do you find yourself listing things that you are missing in your life? Do you sometimes wonder why you don’t have what you want? Are you the type of person that is always focused on getting more?

* **Do not Dwell on the Past** -To dwell on the past means that you spend a lot of your precious energy thinking about things that are no longer relevant. That behavior leaves you with little energy to manifest what you want in life. If you want to change or accept your past, you have to make a choice now and bring your focus back to what you can do, now, to feel happier. If you want to have a more fulfilling life, ask yourself, what choice you can do right now to help you access more abundance. What good do you have going on in your life now? People with an abundance mindset, don’t delay living a happy life based on something they will get later. They find the joy in the present.
* **Accomplish Small Actions** -Abundance doesn’t happen overnight. Most people who live an abundant life will tell you that they work at it every day. On a daily basis, they are accomplishing small actions that aligns them with what they want in life. For example, if what you want is more money, each day, you can make small deposits in a saving account. If you want more love in your life, start with self-love. Every day, make a point of bringing to recognition one thing you love about yourself.

**Avoid Don’t or Can’t** -Our vocabulary says a lot about our mindset. A person with a scarcity mindset will use many limiting words such as “can’t,” “won’t,” or “don’t.” These words have the tendency to nourish a deep belief that we don’t have enough, and will never be able to access what we want in life. To shift to a more abundant life, pay attention to the words you use. Catch yourself using words that set a limiting belief and reframe them into words that empower you to do something about the situation.

Living an abundant life is available to all individuals on this Earth, it all depends on the mindset.

 You need to increase your ability to access the abundance surrounding you, and also allow yourself to manifest what you desire in your life. You will find an abundant, happy and fulfilling life once you are fully aware of your thoughts, and your ability to change your thinking process of limiting beliefs, scarcity-based thinking, to abundance. Know that anyone can successfully access an abundance mindset and achieve whatever they deeply want and believe they deserve.

 **Chapter 2:**

 **Positive Mind Power**

The first step in modifying our attitudes is to modify our interior conversations, make our mind more positive.

Being positive will help you eliminate negative self-talk and take control of your life. You will be able to see life with all the possibilities instead of the obstacles and worries that it offers.

Surrounding yourself with Positive people can help you achieve your dreams while negative people seize such dreams from you. Positivity is associated with several benefits. This is probably why most people consider this as one of the most important Resolutions that they ever made.

 … **Positive Thinking**

Positive thinking is the act of reviewing thought, processes and personal actions, for areas that require improvement and for areas with damaging implications, and then utilizing the suitable tools to change those thoughts or actions in a positive, goal-oriented way.

Essentially positive thinking is, identifying the damaging thoughts in your mind, dealing with them by recognizing that the negative implications might hinder success, and eliminating them from our minds.

Positive thinking is a skill that may be taught and acquired by anybody; it's a tool that may help you reach your goals, deadlines and dreams.

With a positive attitude, failure might slow you down but it won't stop you from arriving at your destination which is success.

Decide what you want to gain or accomplish, and begin thinking of it frequently throughout the day, or at many particular times throughout the day.

These reoccurring thoughts would finally get stronger, and bring in inner and outer changes.

The power of ideas is true power. You've surely applied it numerous times without recognizing it. Once you know how it functions and how to apply it consciously, you acquire the power to transform, improve and rule your life.

Discover how to apply the power of thoughts and visualization to achieve success.

Not everyone accepts or believes in positive thinking. Some consider the logic as merely nonsense, and others scoff at people who believe and accept it. Among the people who accept it, not a lot of understand how to use it effectively to get results, yet, it seems that a lot of us are becoming attracted to this idea. Positive thinking is a must acquire.

It is quite common to hear people say: "Think positive!” to someone who feels down and distressed. Most people don't take these words in earnest, as they don't know what they really mean, or don't think about them as useful and effective.

How many people do you know, who stop to think what the power of positive thinking entails?

Our overwhelming thoughts govern our behavior and attitude, and consequently our actions, our spirit, and the people around us. As our thoughts are, so are our lives. This signifies that it's of great importance to be cautious with our thoughts, particularly ideas that we often repeat.

A thought that is often repeated, gains a foothold in the subconscious, and from there it impacts our lives and even our environment.

The great thing about this mental process is that we do not need to strain or overexert ourselves to make it happen. All we're required to do is to pick out a thought that we would like or we think will come true, and start repeating it.

 Chapter 3:

**The Power of Positive Thinking**

Think about certain events in your lifespan, and attempt to recall what mixture of thoughts you often had, prior to a specific event occurring. Attempt to discover the affiliation between your thoughts and the events.

How many times did something occur in your lifespan and you stated?

“I knew this was going to happen.”

Being positive provides numerous benefits to your overall well-being. This is an important factor that directly affects the perception of people when it comes to creating a life that they want. Being positive may sound simple, but it is actually not easy. However, once you become one, you can see several improvements in your life.

There are some benefits that you get from being positive:

* **Creates harmonious relationships** -One of the benefits of having

a positive mind is that it creates harmonious relationships. This is because having a positive attitude allows you to see the positive sides of various people instead of flaws and mistakes. Positive people can maintain a broader perspective and effectively identify solutions to various problems that they have.

* **Promotes better health** -Being positive also promotes better health, reduced stress, and improves focus. Positive people tend to handle things better than negative people.

They are able to concentrate better in finding solutions instead of being distracted by negative elements. Moreover, the way people think also have a direct impact on their health. That is why if you conquer negative thoughts, you will have a lower chance of suffering from different kinds of diseases. Aside from this, you can also face any stressful situation with an improved focus. This helps you worry less and cope better.

* **Resilience** -Positive thinkers are also more resilient. This means that they have the ability to overcome adversity or cope with problems. Instead of losing hope and giving up, they do the best they can to find an effective way to fix their problems.
* **Power to change**- being positive gives you the power to change not just your environment but your life as a whole. This can result to a more successful and happier life.

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he benefits that being positive provides, can never be underestimated. Altering your current behavior and attitude into a positive one will greatly help you in bringing productive changes in all aspects of your life

  ………As our thoughts are, so are our lives

Our overpowering thoughts govern; our behavior and attitude, and accordingly our actions, our spirit, and the people around us. This signifies that it's of large importance to be cautious with our thoughts, especially ideas that we frequently replicate.

Ideas like videocassette play in our brains. What we play, is what we view with our internal eyes. What we visualize in our brain is what we think of. The thoughts that we repeatedly think mold our lives. So to make modifications in our life, we must make modifications in our thinking process. It's essential to modify our thoughts, just like ejecting a videocassette and bringing in a new one that we like better.

The new mental state will sooner or later modify our behavior, actions and attitude, and draw into our lives people, situations and events matching with our thoughts. An individual thought isn't strong enough to cause a change, but if the same thought is replicated frequently, it eventually acquires force.

A thought that is frequently repeated, acquires a foothold in the subconscious mind, and from there it bears upon our lives and even our surroundings. The great thing about this process is that we do not need to strain or overexert ourselves to make it occur. All we are required to do is to pick out a thought that we would like to come true, and begin repeating it.

Imagine you're timid in the company of others, and you would like to change this situation. Driving yourself to communicate with others doesn't work all of the time, and could make you feel uncomfortable and act awkwardly. It is better to visualize that you're feeling surefooted and communicating fluently with others.

This is equivalent to day dreaming, and is a simple and enjoyable natural process. This is a mental activity, which is rather easy and doesn't require effort. This is a kind of a practical day dreaming, a method of utilizing the power of thoughts creatively and intentionally.

It's really similar to ordinary daydreaming, however with some small deviations. Visualize yourself conversing fluently, with ease and confidence. Think how the words just stream from your mouth, how you love verbalizing, and how everyone pays close attention to every word you say.

You are able to fabricate in your head a perfect aspect of whatsoever you would like to accomplish. Invest a large amount of detail, colors, sound, fragrance and liveliness into these mental pictures. If you repeat them often with trust and attention, the subconscious mind will admit them as actual experiences, and in a most natural way will make any required adjustments to make your reality fit your inner visualizations.

You are able to overpower habits and build new ones, develop new skills and powers, and even alter your conditions and accomplish anything that you really want. The ability of thoughts can assist you in developing a new line of work, amend your relationships, pull in extra income or improve your life.

All this doesn't occur overnight. It demands time, and depends on how earnest you are in your efforts, and on how much time and concentration you put into your new way of thinking. This is mental work, but this doesn't signify that you remain passive and wait for things to occur. You want to maintain an open mind, and be willing to take action as necessary.

Decide what you desire to acquire or accomplish, and begin thinking of it frequently throughout the day, or at several particular times throughout the day.

These reoccurring thoughts would ultimately get stronger, and bring in inner and outer modifications.

 The ability of ideas is real power. You've surely applied it numerous times without realizing it. Once you know how it operates and how to apply it consciously, you acquire the ability to transform, improve and rule your life. Discover how to apply the power of thoughts and visual image to achieve success.

 **Chapter 4:**

 *What Brings You Down*

At some point in our life, we will feel down without knowing why. There are several things in life that have a significant impact on the way people make decisions, deal with problem, and live their life. Sometimes, these things are the ones that bring them down instead of helping them move on.

The best ways to deal with the things that bring you down is to know and understand them first. This way, it would be easier for you to think of ways on how you can prevent them.

* **Loss** -Losing someone close to them can discourage people to move on with their life. Some people who have experienced tragedy or loss in the past find hard to fully grieve and accepted the loss. Saying goodbye to a person who loved, cared, and influenced them in so many ways is one of the hardest but the most important decisions that they have to make.
* **Series of Failures** -Experiencing failures in various aspects of our life including work, family, school and relationship can make people believe that we are indeed a failure. This prevents us from trying new things, that can improve us as a person and choose to get stuck in a notion that whatever we do, we will still fail.
* **Fear** -Fear is an emotion triggered by perceived threats. It is an important part in keeping you safe as it serves as a basic survival mechanism, that signals your body to respond to a danger with a flight response.

However, living in constant fear can make you become incapacitated. You brain may perceive things negatively and make you remember that way. Fear can bring you down, drive you to destructive habits, create doubt, and stifle your thinking and actions. It can affect your mental and physical well-being regardless of whether the threat is real or perceived.

* **Strained Family Ties** -Your family defines who you are. Unfortunately, some people are forced to make decision of whether they should continue their strained family relationship or will it be better if they just break the ties that they have. Your family may sometimes drive you nuts, but they are also the ones that rush to your side during times when you needed them the most. However, even though your family can bring you down, it is imperative that you evaluate your relationship with them before you decide whether cutting family ties is worth it or not.
* **Permanent Disability** -Physical disabilities can bring profound effects on the attitudes and lifestyle of people. It requires them to make necessary adjustments not just physically, but psychologically and emotionally as well. Most people who have permanent physical disability, grow up with limitations when it comes to making life choices and activities. In some cases, it can bring them down to the point when they no longer interested to try new things and strive to attain whatever they want to achieve in life.
* **Depression** -Untreated depression can pose serious problems in your relationship with others, in the way you do your job, and in overcoming serious diseases. People who are experiencing depression do not have the capability to pull themselves together. Moreover, the quality of their lives can also be adversely affected by this condition as the problems arising from personal and social relationships as well as at home and at work are becoming hard to resolve.
* **Not Being Recognized** -All people need to be appreciated and recognized. However, not all of them receive this kind of treatment, making them feel undervalued. People who are happier in their life are the ones whose great work is being recognized by the people around them including their family and employer. According to psychologists, people need a certain amount of recognition and rewards from others in order to remain emotionally and physically healthy. It also prevents them from feeling down knowing that all their hard work is being appreciated.
* **Poor Self-Esteem and Lack of Self-Worth** -Not believing in your own capability and skills can prevent you from doing your best, and becoming a much better person that you used to be. You have to keep in mind that they are still people who appreciate and value you as a person and trust in your capacity to overcome various life challenges. Being positive involves improving your self-esteem and your self-worth.

 **Chapter 5:**

 *Who Brings You Down*



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he things around you are not just the ones that can bring you down. Sometimes, there are certain types of people who will discourage you, and make you think and see life in a negative way. Sadly, seeing things negatively leaves no room for your positive sides to grow. These people will sometimes pass unkind remarks or do things just to stop you from succeeding and surpassing what you have attained.

The negative vibes that these people bring can add more misery to your life. That is why it is important that you are aware of the people who will be happy to see you live as a pessimistic person. It would be better if you ignore these persons and be strong enough to move away from them. Ignoring them does not mean that you hate them, it just means that you care more about your well-being than their opinions and criticisms.

 people who can bring you down and make happiness harder for you to experience:

* **Impossible to Please** -There are people who are really hard to please. Sometimes, it is better to accept the fact that you will never please them, no matter what you do that keep on exerting effort to something that you know from the start that it will not deliver positive results.

At some point in your life, you will meet people who will treat you badly, disrespect you, and discredit you for no particular reason. The best thing that you can do in this kind of situation is to simply walk away.

 You do not have to consumer yourself, trying harder just to win their approval especially if you already tried that before but they are still not pleased.

* **Fake Friends** -Friends are the ones whom we can rely on, in times when we needed a shoulder to cry on. They become you siblings by faith. Unfortunately, there are also people who pretend to be your friend when in fact they only treat you as one because you are beneficial to them. Fake friends only remember you when they need your help. For this reason, it is essential that you are careful when choosing people who you will include in your circle of friends.

It also pays to know the qualities of friends who can bring you down instead of helping you get up after failing. “Fake” friends will not accept you for who you are, no matter how hard to you try to fit in.

They want to see you get in trouble and do something wrong. This type of friends also turns their back on you, and brings you down by not being there when you needed them the most and by not staying true to their promises.

* **Bullies** -Bullies make the life of people more complicated. They prioritize their needs and feeling over the people around then. Bullies use their negativity to scare and intimidate you as well as manipulate your thoughts. They will say and do anything to make you do what they want you to do for them. They manipulate people for their own personal gain.
* **Unforgiving People** -All people make mistakes. What’s important is that you take an effort to correct such mistake, learn from it, and think of ways on how you can prevent yourself from committing the same mistake. However, there are people who find it hard to forgive those who did something wrong to them or do not support you in your goal, of growing beyond your past mistakes.

Use you past mistakes as your guide when living in the present and planning for your future. If the people around you constantly judge you, based on the mistakes that you have committed in the past or use such mistakes to hold it against you and use them to bring you down, it would be best if you leave them behind.

* **Drama Queen** -Drama queens can also bring you down. They are the type of people who always want to create controversy and outlandish antics for no apparent reason. The ideal thing that you can do if you happen to personally know a drama queen is to ignore them and just walk away.

You have to do your best to make sure that you do not fall into their antics. Deal with them in a calmer and more confident manner as you do not want to stir up your own controversy. When possible, you can show them how to manage different problems in life. Instead of allowing them to bring you down, be the one who inspire, educate, and encourage people to always practice compassion and understanding

* **People Who Insist That You Should Be Someone Else**-Be proud of who you are. You have to create your own identity and not the one that is copied from others. There are no better feelings than to know that the people around you accept you for who you are and not the one they want you to become.

Unfortunately, there are people who do not see and appreciate the developments that you made for yourself, that speak of who you really are. They keep on insisting that you will become a better person, if you become someone else. Of all people, it is you who knows what is best for you. You can experience real success, love, and happiness if you chose to be who you are and not a second version of someone else.

Let the people around you love and respect you for who you are, and do not conform to please them or feel threatened if you do not become who they want to be.

 **Chapter** 6**:**

Tips for Being Positive



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t’s not always things around you, that brings you down, you are enough to see yourself down with negativity of your inner dialogue.

Always try to visualize on positive and beneficial situations, utilizing positive words in your inner dialogues or when talking with other people. Smile a bit more, as this helps to think positively. Disregard any feelings of laziness or a want to quit. If you hold on, you'll transform the way your mind thinks.

 Are you always unhappy with all the negative thoughts in your mind?

 Do you always think that nothing worthwhile can happen to you?

 You will not achieve what you desire? You cannot accumulate sufficient wealth? You cannot own a luxurious house?

How often do you feel this way?

Success depends on the boundaries you set in your mind. Your perception on the kind of life you want to lead, can be actuated by your mind. The faith you have in yourself will lead you to success.

Your belief, that you cannot earn more than what you actually do will discourage you. You have set a financial limitation for yourself.

If you are resolute that you will not be promoted than you are preparing for failure in career.

You have created a vicious circle in your mind. You feed your mind with negative thoughts and fail yourself and this keeps on repeating. You have ingrained yourself with restricted thoughts and beliefs.

These restrictions and limitations stop you from living the desired life and make you unsuccessful.

Once a damaging thought enters your mind, you have to be mindful of it and endeavor to replace it with a constructive one. The damaging thought will try again to enter your brain, and then you have to replace it again with a positive one. It's as though there are two pictures in front of you, and you choose to look at one of them and brush aside the other. Persistence will finally teach your mind to think positively and ignore damaging thoughts.

In case you feel any inner resistance when replacing negative thoughts with positive ones, don't give up, but keep looking only at the beneficial, good and happy thoughts in your brain.

It doesn't matter what your circumstances are at the moment; think positively, expect only favorable results and situations, and circumstances will alter accordingly. It may take some time for the changes to take place, but you are up to task.

 ***……………The Winning Mindset***

The winning mindset is a fundamental factor in achieving success in life or in business. This mindset is not created by chance or a flip of the coin. It serves as the foundation of success, conscious growth, wealth, and prosperity. If you want to create a positive mindset, you have to know how it works to help you become the winner.

It is hard for many people to achieve a winning mindset. Life can be difficult for many different reasons and there is a wide variety of aspects which can negatively affect your mood.

Thankfully, there are many ways of giving our minds the best possible means to be positive, and if you follow their tips you will have a much better chance of obtaining happiness and being successful in both your personal life and your career.

* **Failures**
* **Turn Failures into Lessons**- Ever wondered why successful people put so much emphasis on learning from mistakes. It’s a universal truth that life is all about turning your failures into a path of success, but it’s also through failures themselves that we get exposure to the harsh realities of life.

The secret lies in learning from your failures rather than getting disappointed by them. As a general rule, this principle can be applied in all walks of life, but it becomes much apparent in our practical life. The harsh reality is that, you will be confronted with multiple points of failures when it comes to people and the jobs you undertake.

* **Accept Your Failures** -The power of accepting your mistakes or errors, is the first rule you need to keep in mind. In essence, accepting failure, showcases your willingness to learn. Some of us, due to ambition or egoism, deny the fact that they failed and instead blame their failures on others as a source of keeping themselves motivated. This can be catastrophic for your career or life. If you do not accept your failures, chances are, your learning capacity will remain stagnant.
* **Don’t Let Failure Consume You** -When you have failed in a certain project, don’t think that it should have been easy. It will be hard, you will be tested and the burden of proving yourself will be immense. This is the point where most people breakdown. They either give up or become accustomed to failures and forget to learn. This is where you need to accept the fact that you made the mistake and you’re willing to prove yourself.
* **Do not Fear Failure** -Don’t be afraid to fail. Failure itself is not dangerous. The danger lies in the fear of facing failure itself.

The thing, is when we fail, whether in establishing a positive relationship with a coworker or in a task, our instinct tells us that such a situation should be avoided in the future. This is where you need to change how you think. Do not avoid chances of failing. Rather, when you’re confronted with failure, learn it and make sure to not repeat the same mistake.

* **Consistency Is the Key to Success** -We are not talking about the consistency to fail. We are emphasizing on the point that learning from your mistakes should be a consistent factor. The fact is maybe you’ll fail multiple times and you might get overwhelmed by the criticism. During this process, you fail to learn anything significant. It is all about how well you can manage criticism and become consistent in learning.
* **Learn from The Failure of Others** -You are not the only one who fails. There are successful people out there who have failed before. You will have coworkers who will be failing maybe in the same tasks as you. The point is, consider the world you live in as a place where there are opportunities to learn at all times. Learning from the failures of others can be a great way to avoid going down the same road in the future.

* **Focus on The Good Things**

Focusing on good things might seem easy, but is it? The media is awash with all sorts of negative news. Every day comes with its own set of challenges. A forced smile has become commonplace. Having a real laugh has become a mirage.

It is easy to get lost in the negatives, but remember the words, "The mind is its own place and in itself, can make a Heaven of Hell, a Hell of Heaven." These words are geared at ensuring you focus on the good things around you.

* **Count The Good Things** -As small as they might be, they are tangible. Remembering only the things that go wrong, will only get you worked up and stressed. Your health will suffer for it.

Even in times of darkness, there are numerous aspects of life to be thankful for. Remembering all the good in your life, will help you not be consumed by any negatives and leave you with a much more positive mindset.

One of the ways to ensure you focus on the good things is to identify your sweet spots – those things that make you happy. It is that simple. If it is family, have videos of those family moments on your mobile device and indulge yourself in such whenever things look gloomy.

Unsure about what makes you happy? Well, everyone has something or someone that makes them happy. You will just have to do some soul-searching to find yours and when you do, make it a habit to keep yourself happy. Fortunately, or unfortunately, life isn’t a video game, so just be happy while you have the chance.

* **Meditate More** -Focusing on good things can be difficult with the negative vibes coming from the world around us. One way to block out these negative vibes and energy around you is through meditation.

Meditation is akin to wiping the slate of your mind clean. This could be great, considering the toxicity in the world right now. Like a blank check, your refreshed mind after a meditation exercise gives you a unique opportunity to fill your mind with only the good things. Meditation helps you understand how your mind works and you can use that to your advantage, in seeing only the good in everything.

* **Perspective Is Everything** -Different events highlight the importance of perspective in your general well-being.

The long debate of a half-empty, half-full glass might have raged on long enough, but what side of the divide, will always weigh on what you see around you. Changing such a perspective, if negative, might not be easy, but you just have to take the first step and acknowledge your position.

It is said that good things come to those who wait, but that is probably flawed. There is enough good around us, if we only open our eyes to see them. Maybe then we wouldn’t keep waiting for something that is already before us.

* **Start the day in a Positive Mood**

Mornings bring the joy of another day in your life. The way you start your day determines the rest of it and on a larger scale the outlook towards life. If you are not a morning person and wake up exhausted, you can end up not seeing the good things that can happen throughout a day. This is so because you are overlooking small details and aspects for which you can be grateful in life.

* **Have A Positive Thought** - Your happy mornings don't necessarily have to be a complicated routine; it can involve simple things as a small positive thought. All you have to do is to give it a try. Every day comes with new opportunities you only have to seize the day, and take a moment to appreciate little happenings. All small actions in the morning can brighten up your whole day.

On waking up the first thing to do is simply think about your positive attribute that makes you, or people around you happy; the things that you do best. It will urge you to step out of your bed in a happy mood and you can make the best out of it. It is argued that people showing gratitude are not only optimistic about their life, but also possess physical fitness because of their positive attitude.

Stretching in the bed for few minutes can improve your mood and boost your energy as it releases dopamine.

 It is reputed as a feel-good hormone. It enables you to concentrate on your work throughout the day and to stay motivated. Raising the curtains to enable the view of sunlight, the sound of chirping of birds and fresh air can have a refreshing impact on you.

* **Don’t Skimp On Sleep**-A night of good sleep is required for a good morning. People who hit the bed early wake up with a calm mind. When you have enough sleep, you get ample time in the morning to do something that gives you pleasure such as a small walk, taking caring of yourself or carrying out your hobby.

You will not have to push yourself to start a practical day. This is how your day can also progress in a positive direction by starting with content mood and peace of mind. Being late for work or missing something you wanted to do is a terrible way to start a day.

A positive day needs a to-do list. Whether you have a big assignment to present or a small gesture of kindness, all you need is to plan it. The things done with the clarity of mind are executed efficiently. People who run their errands haphazardly often fail to get the desired outcomes. Your planning helps you to prioritize the things and prepare you to take on the day. Another thing to keep you propelled throughout your day is, how you would like to sign off your day.

Thinking of some ways how you would want to treat yourself, and looking forward to something enjoyable will put a smile on your face the entire day. Anticipating something pleasurable can bring delight as much as the event itself.

* **Surround Yourself with Positive People**

Thoughts and attitudes are contagious. The people we surround ourselves with impact who we become. In an analogy, the dieticians will say we are what we eat. Similarly, the relationship coach will say we are who we socialize with. If our social circles are built with negative people, we will be a negative person. If you surround yourself with positive people, you will be a positive person.

So, what renders positive the context of the relationship?

Whether it is about friends, colleagues at work or even family, positive people see light where darkness is obvious, and perceive hope where despair is eminent. An optimistic co-worker will inspire you when you’re distraught about a failed task. An affirmative friend or family will say, “It is okay,” instead of giving you the cold shoulder.

Positive relational contexts are not only about receiving positive treats from others. They are also about offering positive vibes to others. You do not expect to put vinegar in a glass and drink seasoned wine from it. What you give is what you get.

# **It All Depends On You** -If you bump into a person and they hail insults at you, your word of apology may easily turn to a defense phrase. But if the person allows you to express your regret, you elicit a kind word of “no worries.” Positive begets positive. If your attitude towards people is positive, you create a pleasant company for yourself.

#  Here are four traits you should cultivate to nurture an environment of positive people around you.

# **Nurture A Positive You** -Nurturing a positive self-image is not just about the ‘feel-good effect’. It’s also about the impact it has on others.

If you are a positive person, people appreciate you and offer you their best self. The physics law that ‘opposites attract’ does not hold here. Positive attracts positive.

# **Give Positive Meaning to Life** -One of the many flaws of contemporary society is offering us lemons when we look for oranges. Going by the counsel, ‘if the world offers you lemons, make lemonade.’ In whatever context, being that friend or colleague who communicates the ray of light at the end of a tunnel will lead others to be equally positive.

# **Give People a Chance** -If there is a context where the saying ‘do not judge a book by the cover’ applies literally, it is in relationships. Sometimes we look at people and label them, ‘boring,’ ‘antisocial’, or ‘arrogant.’ Once we interact with them, we discover how unfair we have been.

Sociology tells us ‘we are what we think others think we are.’ If others perceive a positive evaluation from my part, they’ll probably offer their best self to me.

# **Offer Others the Best Side of You** -We all have faults, and sometimes the world and its survival demands, bring the worst out of us. Being the boss who understands that anyone can lag with work once in a while, cultivates the employee who will stay overtime when urgent work needs to be done. You breathe positive air and it comes back to you in equal measure. Be positive, and positive will be contagious.

* **Find humor in bad situations**

Humor is a great way to deal with the stress and it makes you closer to the people. We do not always have control over some things that happens with us, and we start blaming ourselves for the bad things without realizing that we are getting tougher or how these things shape our future.

Humor is the thing that makes you feel relax, and for some time you forget about bad happenings. Every comedian had some kind of dramatic past. They all found humor and became a comedian because they know that laughter heals every pain and heartache.

# **Don’t Take Life Too Seriously** -It’s good to find humor whenever you start taking life too seriously. We have just one life and we have to enjoy it whatever the situations we are in, we must make ourselves free and start enjoying life. Sometimes death reminds us how to live life and make the most of every opportunity.

Sometimes we fall for a person who is not good for us, and we end up falling more and more, in the end, our hearts break due to that person. That time we always curse our luck and are heartbroken so at that time laughter heals our pain and take us to live. Our heart becomes stronger and we learn how to move on, then we laugh on the nights we cried for stupid things.

We cannot change what has happened, but we can make ourselves more relaxed about those things by finding humor so that we feel good and can decrease stress. We must forget about the past and try not to repeat those mistakes.

# **It Requires Hard Work** -It is not easy to find humor in a bad situation. Sometimes a situation becomes worse for you. At that time always remember positive things, and a good time you spent with your family and friends. It will help you to build up again and heal your wounds and you will feel happy that you faced troubles and don’t let them weigh you down.

We must build up the habit of humor. This can be done in different ways.

* Start taking things lightly and do not get stressed on everything.
* Make it a common practice at your workplace or at home.
* Look for the light sides of the problems and their solutions.

These are some main points that will help to build up humor that will help you when you are stressed.

Humor is both positive and negative. Positive humor helps us to reduce stress but a negative form of humors such as jokes have a negative effect. It decreases social support and makes it difficult to get attached to people and increases the stress level.

No one wants to feel bad or feel sad whenever they recall their past. When you look back, what you want to see is the main question because no one wants memories of crying or worrying about things. So instead of crying or being sad make yourself able to learn the power of humor and find humor at the time of difficulty.

* **Focus on The Present**

If you want to live happily, then you should stop worrying. Only focus on your present because you do not have any other option or a single choice.

You should be in the present moment and don’t dwell on any negative past issues, as it will only consume you and will simply make your future unhappier.

Thinking forward instead of looking back, will allow you to free your mind. You could be bitter about a past relationship or a job, but that isn’t going to help you moving forward.

You can change your future, but you can’t change your past. With that in mind, it doesn’t make any sense to focus on the one that you can’t change instead of the one that you can.

# **Renew Your Mind** -If you forgot your past, then you will be like a newly born baby who doesn’t know what is good or what is bad. You will just focus on your present things and enjoy your life.

So, live in the present just like a newborn baby. Your past may have been good or bad, but don’t think about it and don’t waste your time. Also, thinking too far ahead of yourself can give you unrealistic expectations. It can make you forget the steps that you need to take today and get you down.

Past is history, future is a mystery and today is a gift. That is why it is called present, so you should enjoy your present. While they might be clichés, they still ring true.

Focusing on the happy moments and neglecting the failures will lead to a happy and successful life. Thinking about the past will not only take your eye off the good things, but it will also prevent you from having a positive future.

# **Breathe and Focus** -The best way to lead a happy life is to stay focused on the target and forget what happened in the past. Be confident about your performance, because thinking about the expected results will make you overthink.

You should only be thinking about the past if it relates to learning from your mistakes. As we have been, you can turn that into a positive as well to change your future behavior.

You can only control what happens now. Let go of previous pain and be happy with what you have right now. Many people can obsess over the ‘perfect’ life but that isn’t the way to be.

# **Don’t be obsess over the Future**-It can be easy to invest too much time and effort to the future. Thoughts such as ‘this will make me happy’ can be dangerous as it shows that you’re not appreciating what you have right now.

Setting targets and goals can be useful but only when done constructively. You always need some sort of future planning but always looking ahead can prevent you from being happy right now.

A balance is required to appreciate the present, learn from your mistakes and plan. Whatever you are doing, always find the positive aspects of the present. You don’t need to be rich or have material possessions to be happy.

Find out what makes you happy in the present and work on that. With that in mind, you’ll have a much more positive mindset.

* **Transform Negative Thoughts into Positive Ones**

Have you ever heard of the phrase “your thoughts can kill you”, Well, this statement is more accurate than most people realize. Your thoughts, whether negative or positive, can change your life and the person that you become.

It is for this reason that negative self-talk is so dangerous. What you tell your mind is what you adopt eventually. It is, however, essential to acknowledge that transforming your brain to think positively, isn't a walk in the park. It requires full commitment; otherwise, the negative thoughts will win.

So what are the real ways to change your way of thinking?

# **Start Forgiving Yourself**-Most people, if not everyone, have tried positive affirmations. If you haven't, then these are words used to develop a positive mental attitude.

That is when you are told not to think of yourself as a failure and instead tell yourself, "I am a winner." There is nothing wrong with this. However, you should aim to acknowledge your shortcomings and forgive yourself for that.

Forgive yourself for believing that you have failed. Forgive yourself for embarrassing yourself. Acknowledge those things that don't make you happy to relieve some tension. Once that happens, then you may begin working on transforming yourself and your thoughts into positive ones.

# **Focus On Taking a Step Rather Than Perfecting the Level** -One of the causes of negative self-talk is thinking of yourself as inadequate. You focus on what you haven't done well rather than realizing that you did something. It is not enough to tell yourself that "I am smart and brilliant." You need to show how smart you are by taking a step in achieving your goal.

Start believing that you are brilliant and let it show in every little thing that you do.

 Forget about making everything perfect since perfection can be realized amidst several imperfect trials. Learn from the first step you take, and you will be well on your way.

# **Take Criticism Positively** -Criticism is a part of everyone’s life. It can be from work, family, and friends, but you shouldn't let it be something negative in your life. Just because someone criticized your actions, what you said or did shouldn't mean that you stop believing in yourself.

It means that you should look at yourself and decide whether there is a way to improve. Avoid going into defense mode since you will block it out and it will always be at the back of your mind. Accept corrections, and if the other person is not right, you can rest with the knowledge that you have done your best.

# **Stop Looking for Trouble** -The final most important way to transform your thoughts into positive ones is to stop looking for negatives where there are none. If there is already a negative thought in mind, come to terms with it and deal with it. However, don’t go looking for it. This enables your brain to adopt positive thinking automatically. You start feeling safe, and your self-esteem goes up.

The best way to transform negative talk into the positive talk is by acknowledging what you are feeling as opposed to blocking it. Stopping, shows that you haven't dealt with the problem, you've just put a shield in front of it. When your guard comes down, everything may crumble. Stop, analyze, understand, then finally transform.

These tips require you to be proactive in your mindset and actively take steps that are going to help to bring you more joy. It can be hard to change who you are surrounded by or finding humor in a bad situation, but it will all help.

Another key aspect is that patience is required. It’s hard to change habits and don’t get down if you struggle at the start.

 Keep practicing these tips and you’ll achieve a greater level of calm and happiness. It will make you happier and more likely to be successful in all areas of your life.

**To achieve the Winning Mindset:**

* **Believe in Yourself**

You have to believe that you can do anything. You have to trust in your skills, knowledge, and capability when dealing with the challenges that you will face as you tread the path towards success.

* **Make a Plan and Create a Strategy**

Part of having a winning mindset is to create a plan that will serve as your guide in reaching your goals. On the other hand, having the right strategy can make such goals easier to achieve. Most of the time, it requires an appropriate set of behaviors and a vision for the future. Without a holistic and flexible strategy, you are more likely to fall short in achieving what you want to achieve in your life.

* **Identify Your Strengths and Weaknesses**

People who have the mindset of a winner are those who know how to use their skills and strengths to give them the will to win and enforce a positive attitude. They are also not afraid to fail and never give up.

* **Practice Self-Awareness**

Top performing people are aware of the things that they have, the ones that can motivate and help them achieve their goals. Being aware of the things that they are good at can provide them with a competitive edge over their competitors. They also know how to manage such things in order to prevent them from becoming their weaknesses.

* **Be Brave Enough to Face Your Challenges**

If you really want to win, you need to be brave enough to face your fears and challenges. You have to be ready to fight and take “No” for an answer. If you want help, never be afraid to ask for it especially when such help can greatly increase your chances of accomplishing your goals.

You need to free yourself from your own restrictive thoughts and be encourage to think positively. This is the only way to success.

* **Use Positive Affirmations**

It is advisable that you write down all the things that you want to change in yourself. Put these in areas where you can see them every day, such as in front of your refrigerator, in your cork board, or in the mirror.

* **Change Negative Thought into Positive Ones**

Negativity can be hard to eliminate if you keep on having negative thoughts. Although it may seem difficult, this negative feeling is all about mindset. This means that if you think negatively, you will view all the things around you in the same manner. Instead of this, why not try to look for the bright side of any negative situation?

* **Surround Yourself with Positive People**

They say that habits and attitudes can be contagious. For this reason, it is important that you surround yourself with positive people who will encourage you to do your best and help you attain whatever goals you have. It would also help if you start weaving positive activities in your life.

* **Start Making Changes**

Instead of contemplating about what can be the possible effects of a certain situation in your life, start thinking about the best ways to prevent the impact of such situation. It is already part of living to take risks.

 What’s important that you are prepared for the things that it can bring. Use your negative experiences to make better decisions and build your character.

* **Share Your Problems**

Dealing with your problems in your own can have a detrimental effect on your health. Allowing yourself to struggle can just make things worse. Sharing your hardships with someone you trust allows you to receive some pieces of advice and encouragement that you can use to re-focus on your courage, perseverance, and strength.

* **Create a Positive Environment**

Making developments or changes in your office space, room, or house can make you feel welcomed, relaxed, and relaxed.

* **Be a Rational Optimist**

Being an optimist does not mean that you have to pretend that nothing bad will happen. This mentality can trigger you to make poor decisions in your life and make matters worse. You have to learn how to prepare for the worst but still hope for the best. You can become an optimist without being an extrovert.

* **Yourself**

That is right. Even your own self can bring you down. Self-criticism is often associate with anxiety, depression, and unhappiness. Your value as a person does not come from who you are not but in who you are. Stop criticizing yourself. You may not be as good as what other people are, but there is something special and unique about you that they do not have.

Everyone is different from each other. That is why you have to stop making comparisons. Just accept and enjoy what you have. Your flaws are part of your individuality. Let it not be the reason as to why you should become your biggest inner critic

 Chapter 7:

 Sustaining positivity

* ***Take Care of Your Body***

One of the keys to having a happier living and a healthy lifestyle is to know how to take care of your body. Whatever task you want to accomplish or any goal that you want to achieve can be done easily if you are physically, mentally and emotionally healthy.

Your body and your mind are connected with each other. If you are living an unhealthy lifestyle, you are more likely to make unhealthy choices. Likewise, being active can help in improving your moods and lessen your chances of suffering from depression.

Tips on how to can take care of your body for a much happier and healthier life:

* **Eat Healthy**

Choosing fresh fruits and vegetables as well as lean meat and poultry are much better than eating junk foods, carbonated drinks, and fast foods. By eating healthy, you will receive the nutrients, vitamins, and energy that you need to combat the stress brought by a day’s work. As part of your effort to eat healthy, you should not forget to drink plenty of water to keep you hydrated and to remove toxins from your body.

* **Take Time to Relax**

No matter how busy your schedule is, it is important that you take a break from the things that make you feel stressed and find time to clear your mind and relax. Whenever you’re at work, taking a break even for just a few minutes can make a big difference in the way you handle your job.

* **Exercise**

Exercising is an activity that will allow you to rejuvenate yourself.

Exercising does not mean that you have to spend hours in the gym. There are certain activities that can help you become fit while still having fun. It is advisable that you engage in any type of exercise or physical activity for at least 30 minutes a day.

* **Get Enough Rest and Sleep**

Resting and sleeping allows you to regain the energy that you have lost during the whole day’s work. Having enough sleep and rest also have an impact on your ability to function well, on your mood, and on your metabolism.

* **Good hygiene**

Practicing good hygiene is another way to take care of your body. This will prevent you from experiencing different kinds of diseases. Good hygiene means that you are health inside and out. You need to take a bath regularly, clean your teeth, trim your nails, put on clean clothes, and more.

* ***Take Care of Your Soul***

Sometimes, the never-ending responsibilities that people have to accomplish on a daily basis keep them from taking care of their inner self – their soul. While the soul is invisible to the outside world, it is still a living thing that needs to be given particular attention and needs to be cared and nurtured.

People strive to do their best and be the best that they can be. However, they often forget to keep peace in their soul. The health and condition of your soul matter in everything that you do in life. Every soul needs a degree of health. But how can you keep your soul healthy so that it would make it easier for you to improve the quality of your life.

* **Meditation**

Meditation has become a new trend and lifestyle in this modern world. It provides tremendous benefits to your body, mind, and soul. Meditation empowers your soul, which becomes an important source of love, power, and wisdom. It also helps you attain higher consciousness. It is recommended that you meditate regularly. Start by taking 15 to 30 minutes of your day to practice breathing exercises. The more you meditate, the more you will find it easy to deal with your day-to-day problems.

* **Stop Thinking Too Much**

 You cannot solve your problems all at ones. Life is about learning and discovering new things. Thinking too much about the problems that you are experiencing can sometimes result to more troubles. Take and deal with your problems one at a time.

* **Learn to Forgive**

As mentioned, you have to learn to forgive not just those who have done wrong to you, but also yourself. Forgiveness will free you from negativity, resentment, pain, and anger.

* **Accept and Embrace Your Imperfections**

Nobody is perfect. Don’t think that others are better than you. Each individual has his own flaws. Learn to embrace your imperfections and accept yourself as a whole. Your flaws make things interesting and help reveal your individuality.

* **Take a Break**

For at least once a week, try to give yourself your own “ME” time. Unplug yourself from all the things that can make you feel stressed and tired. This means that your “ME” time should be free from internet, emails, phones, and other things that can distract you. The best way to unwind and take a break is to travel to peaceful places.

* **Practice Least-Resistance**

Some people waste too much of their soul energy trying to become resistant to certain things or situations as well as people whom they do not want to deal with. It would be better if you encounter things or circumstances that are unfavorable to you. You have to learn how to accept such things and determine how you can adapt to the changes that such things will bring.

* **Read Books to Expand Your Mind and Imagination**

They say that books are food for the soul. In this regard, it is highly recommended that you read books to expand your mind and your imagination. There are several non-fiction and fiction books that are available in both online and offline stores that will enable you to improve your social perception, increase your awareness and consciousness about reality, and feed your brain.

* **Make Peace with Yourself**

You may be a compassionate person who always wants to make the people around you happy and meet their needs. But have you even given enough of that compassion to your own self? Have you provided yourself with the things that you need to feed your mind, body, and soul? You have to take responsibility for your own soul and for your choices, behaviors, thoughts, and needs.

 **Chapter 8:**

 *Uneasy Mind and Peace of Mind*

A

lot of our body’s operations are machinelike activities; breathing. We continuously breathe, but we scarcely give this routine any attention. The blood runs mechanically through the veins, but we're barely conscious of its motion. So it is with numerous other bodily functions. Thinking is also, to a great extent, a machinelike uninterrupted action. Thoughts come and go continuously from sun up until sun down.

There is absolutely no rest from them not even for a minute. Many of these thoughts aren't necessarily invited; they just arrive, take the attention for a while, and then vanish. Our inner consciousness is equivalent to the sky, and our thoughts are similar to clouds. The clouds float through the sky, ride it for a while then vanish. They're not everlasting. So are thoughts. Due to their constant motion they conceal our inner consciousness, then go away to do room for different thoughts.

Thoughts resemble the waves of the sea, which are constantly in a state of movement, never standing motionless. The mind, which draws in and creates thoughts, discovers it's difficult to remain motionless. It constantly thinks about whatever it visualizes. It likes to compare, examine, reason out, and to ask questions. It never lays off or rests, even momentarily.

  …...Mind

Everyone’s mind automatically admits certain ideas, but strains and turns away others. This is the reason why many individuals fill their minds with thoughts about a certain subject, while other people do not even think about the same subject. It appears like everybody contains a different mental filter.

Some individuals are drawn in to football and other people aren't? How come many enjoy and look up to a certain singer and others do not? How come a lot of people think continuously about a certain subject, and some other people never think about it?

It's all attributable this inner filter.

This is a machine like and unconscious filter. Do you consciously order certain ideas to come and order others to go away? This is normally a machinelike action. This filter has been formed according to the influences that have impacted you since childhood. Every event, happening word or suggestion has an impact on the mind, which develops thoughts accordingly. The mind is similar to an idea factory, functioning in shifts, day and night, creating thoughts.

Everybody is thinking and developing thoughts. It's like we're living in a sea of thoughts. We constantly choose one, let it travel through our minds and then gather up a different one. It's similar to capturing a fish from the sea, hurling it once again to the water and capturing a different one.

The restless mind constantly engrosses the attention. At once the attention is on this thought and then on a different one. A large amount of energy and time is spent in this manner on insignificant and generally negative passing thoughts. This is captivity. Why allow thoughts to regulate the mind, rather than being their superior? Why not enjoy inner repose, and pick out only good and worthy thoughts? Why allow your thoughts to treat you like an unforgiving boss that constantly presents you a job to perform?

There's zero freedom here. It's freedom when you are able to select your thoughts. It's freedom, when you can choose which thought to admit, and which one to turn away. Ceasing the flow of thoughts might appear to be an impossible feat, but conditioning the mind, doing concentration workouts and rehearsing meditation, step by step leads to this power. The mind is similar to a wild creature. It may be educated in self-control and respect to a higher power through correct disciplining. This training leads to serenity and mental control. Do you want to enjoy serenity? Do you wish to be capable of remaining calm and at ease in challenging and nerve-wracking situations? It's not as difficult as it may appear.

I

ndividuals state that they want peace of mind, but how can they attain it if they don't do anything to achieve it?

 In a reality full of stress, disputes and challenges, peace of mind is a major necessity. An individual who has peace of mind is capable of staying relaxed, undisturbed as well as unaffected by outside issues.

This serenity has nothing to do with indifference or laziness. As a matter of fact, you are able to be calm, yet vigorous, enterprising and owning a sharp and intelligent mind. Meditation, concentration drills, guided imagination, affirmations and breathing drills are a few of the methods that lead to peace of mind.

Every one of these techniques will step by step make your mind more peaceful and calm, but you have to rehearse every day in order to acquire results. While you advance with your selected method, your degree of inner serenity will grow.

The inner peace will eventually be noticeable and experienced constantly, not solely when meditating or applying any other self-growth methods. You'll enjoy inner peace wherever you're at. You'll also discover that you acquire inner happiness and inner strength, willpower and discipline, better judgment and stronger mental abilities.

When your mind is calm, it unconsciously radiates serenity to the individuals who happen to be around you. A calm mind makes a soothing effect on others, and makes and encircles you with an atmosphere of serenity, which influences the auras of those present by you. Pacify the mind, particularly through meditation and concentration, in the end it will lead to factual and enduring serenity and the power to contain the mind.

With this sort of conditioning the mind stops to nag and annoy, and the power to contain your thoughts becomes stronger. After your mind becomes your servant, you acquire the power to shift it off or on at will. You'll then be capable of utilizing it when you need it, and shift it off once there's no need to think. You might allege that you do not have the time to acquire peace of mind, but the reality is that you can always find the time, if you truly want it.

You might think that peace of mind may be built up only under special circumstances and in special places. That's not accurate. Conditions shouldn't stop your process. If your desire for peace of mind is firm enough, you can achieve it whether you live in a slum or in a loud city. Peace of mind can be yours, if you give the effort to loosen up and calm your mind. If you've always thought that it's unachievable and reserved for specific individuals, then modify your belief, because this belief will keep it away from you. Putting off this enterprise for tomorrow will always place it in tomorrow.

Attempt this:

* Sit comfortably.
* Pass through your body from the head to your toes, and loosen up every agitated muscle.
* Take a couple of deep breaths.
* Now think of something that inspires or causes you to be happy.

 Think about something you enjoy doing, or a cheerful previous event.

* Bask in the happiness and calmness that you're going through. Engage yourself in the affiliated enjoyable feelings, and blank out everything else for a while.

Repeat this process whenever you feel edgy and anxious. This is merely the first step. Serenity is acquired through several techniques, but particularly by concentration and meditation exercised regularly.

 **Chapter 9:**

 *Turn It Around*

A Human has the capacity to command the way they think; you have total command of how you see every situation that you are in. It is either you accept it, and make a choice to change it, if you're not happy with it or you sit and feel sad for yourself.

If something happens the way you didn't think, you feel either disappointed or unhappy, the disappointment easily turns to angriness or you feel frustrated and helpless, however that's one’s personal choice.

When something doesn't work out or something doesn't happen, it doesn't mean it will never occur, it may mean that you're not ready for it and that you still need to grow and mature as an individual.

 ………Switch It

It's better to always view things differently, for example when you miss the bus from work constantly, consider what if that bus is going to be involved in an accident, if your friends forget to ask you out for the evening, don't sit and feel miserable consider all the things you wanted to do that you never had time for.

Delay is never denial and defeat isn't failure, failure isn't getting up to try again.

When things constantly happen our way, it will make us selfish and egoistical, always consider that there's tomorrow and that you may always try again.

Constantly accept the things you can't change, that will help avoid letdowns. Change the things you can't accept by either working harder or turning to the alternative and always be cautious in knowing the difference.

Value the little things in life, before you hunger for bigger and better. That way you know life may be good regardless and always expect less or nothing to avoid letdowns.

To have favorable results you have to have a favorable attitude, there's no way that a negative individual will accomplish favorable results. Acting favorable gives you hope for a better outcome, you can't underestimate the power of favorable thinking.

Having a favorable attitude wipes out all the feelings of self-pity that will cause you to quit trying in whatever thing you're attempting to accomplish. Acting favorable whilst in competition with others is an intimidation to your fellow competitors whether it's in school, in class or even just your local weight loss challenge in your region.

When you always act in a particular way for a long period, that action begins to embed in your personality, what needed a lot of effort will turn out to become an automatic action that comes naturally.

Always trying to be favorable; might be hard at first because that little internal voice will be telling you that you can't do it. But the more you stick to having a favorable attitude and being favorable even in negative conditions the more it will get easier and it will finally become part of your personality.

Most individuals mostly feel negative early in the morning as soon as they wake up and realize they have a long feverish day ahead of them, they automatically feel challenged and helpless but that's the perfect moment to integrate your favorable attitude.

Every morning you wake, assure yourself that it will be a great day and that you have total command over your happiness. You may not have command over what occurs throughout the day but you have command over your response to what will happen.

Although your day may not turn out to be what you had wished for, rather than becoming annoyed or even mad with yourself and feeling like you failed, you just relax and know that there's another chance to try again tomorrow.

Incorporating these favorable changes in your life daily and controlling the way you respond to every situation around you, might at first be just an act of being favorable but after sometime you'll realize that you are not acting anymore but you are really keeping a favorable attitude.

 **Chapter 10:**

 *Inner Peace*

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rue serenity comes from the inside, and is not dependent on outside circumstances. Inner peace is a state, in which the brain becomes tranquil and calm, and ideas are contained and trained. Commonly, the mind is in a state of constant thinking. Ideas come and go every hour of the day.

A lot of these ideas pertain to insignificant issues or are negative ideas, concerns and frights. The mind continues asking questions, comparing, studying, remarking on everything, chattering and not allowing for any minute of rest. This situation is among the reasons for the lusting for inner serenity.

Yet, though there's yearning for serenity, most individuals carry on letting uneasy thoughts and concerns to fill up their minds, thus holding inner peace back.

 True serenity comes from the inside, from the spirit. Only once your mind becomes calm, will you be able to bask in inner peace. Only when you make serenity inside-within yourself-will true serenity come to life in your outside world.

 …………Peace Within

As a storm rages, and the waves thrash a boat upwards and downward and from one wave to another, only if the storm and waves lay off, will the boat cruise smoothly. Thus, is with peace of mind. You go through it only after the winds and gales of the brain and thoughts chill out. If the inner reality is in serenity, then the outer conditions begin to reflect this inner serenity. Outer peace always follows inner serenity. A calm mind disperses serenity and impacts the circling surroundings. Anybody who comes in contact with a calm person, senses this serenity, and unconsciously replies and behaves accordingly.

What happens if you speak calmly with an individual who is aggravated, and who is speaking in a loud voice? Eventually he/she will lower his/her voice. What occurs if you keep calm and serene in situations that make others anxious or uneasy? They cool off a little as well, subconsciously simulating your peacefulness. These are just a couple of examples of the effect of inner serenity on the outside world. You are able to discover several more such examples. You are able to gain inner serenity through concentration, meditation, yoga and other methods.

The keys to inner serenity are the powers to settle down the mind, bring down its uneasiness, and to release it from the compulsion of ceaseless and uneasy thinking and worrying. If you work on your mind and emotions, you will be able to attain inner serenity, and therefore enjoy outer peace. It doesn't matter what your outer circumstances are and what the situation is around you. If you work towards inner serenity, your life and conditions will alter to reflect your inner serenity. Experiences of Inner serenity are not as uncommon as you may believe, but these experiences are temporary.

They take place when you're engrossed in an occupying activity, like watching an interesting film, reading an article or observing a glorious landscape. They commonly last for a short time, until the mind becomes active once more.

 An example of temporary inner serenity is a vacation, typically when it's away from home. After a day or two, you start to go through some sort of inner calmness and serenity. The mind's feverish tendency to think is suppressed down, and the degree of concerns and continuous thinking drops. In this frame of mind, you feel more at ease and content, and you enjoy your vacation. By the way, have you observed that individuals, who are on vacation, are commonly more patient, neighborly and favorable to everybody? This is because their minds are calmer.

Temporary inner serenity is ok; just not enough. In order to have serenity more frequently and more deeply, and independently of outer circumstances, you need to undergo inner training.

 It's possible to enjoy the same serenity and happiness that you've underwent on your vacations, even when working, carrying your obligations, at home or while with people. This state may be reached through sincere inner conditioning through concentration, meditation, yoga and other methods. Today there are so many chances for inner work. There are instructors, books, shops, classes, and of course the web.

There's no deficiency of data and counseling; it's you, who has to choose that inner and outer serenity is among your priorities, and start doing something to achieve it.

 **Chapter 11:**

Your life under your control

Repeat out loud the word ‘success’ several times, and make an observation of how you feel. Depending on your mental and emotional composition, and on the vibe of the moment, there are two possibilities. You might become inspired, delighted and joyful, or brokenhearted, distressed and bitter. In the latter example, you might begin telling yourself how miserable you are, and that success isn't for you.

It might sound unusual, but thoughts about success may conjure up negative feelings. People who have thought about negative ideas and feelings nearly all of their lives, await failure and don't feel noble of success. If they've underwent lack and hardships, they think that success isn't meant for them. In these instances, everything affiliated with success could call forth negative feelings.

 ………...The Way We Perceive

Your thoughts and beliefs can attract or repel success. They regulate your feelings and outlooks about success or failure. Ideas too frequently, come and go and switch focus like the wind. They shape your head the same way that the wind moves the direction of a flag.

One moment the flag might be batting this direction, and moments later in another way. One moment you may be thinking in this way, and a second later in a different way. Once your thoughts, feelings and tempers become steady and under your dominance, your life also becomes under your control. You become the determining factor, not outside influences or passing tempers.

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n order to contain your thoughts, feelings and tempers and navigate your life, concentration and self-control must be acquired. Concentration and self-control act as the steering wheel of your life, with which you are able to pilot the boat of your life in the direction of success and achievement. Your overriding, habitual views and beliefs decide whether you'll achieve success or not, and whether you'll feel satisfied upon realization or not.

This means that you've got to be more mindful of your views and beliefs. It's crucial to learn to be more positive, less critical and less worried. Then, once success is achieved, you are able to bask in the happiness of realization.

Views, mental attitude and habits can be modified. The modification doesn't happen overnight. Some inner work is essential. Forever remember that positive views and beliefs make you happier and more receptive to success. As well, remember that a positive disposition contributes the ability to enjoy success when it arrives.

Take it as a challenge, make your views and beliefs high on your priority list making sure to direct extra attention towards them. Determine what types of views you believe and what type of feelings you generally undergo with them.

If they're positive thoughts and feelings of success that is all right, however if your thoughts and beliefs are about failure, sadness and dissatisfaction, then you must do something to change them.

How come people hope for success? There's a want for development in every one of us. It's the cosmic need for expression and expansion. It manifests itself in every figure of life.

We encounter it all over, even in a blade of grass, whose hope is to mature to be strong, that it might even grow on surroundings or through a split in the concrete. The need for success is the internal natural want for development, expansion and expression.

Success is the recognition and accomplishment of projects, hopes or intentions. It's the positive consequence of your actions. It may lead to additional money, a securer job, better relationships, acquiring a wanted object, discovering the perfect partner, acquiring a beneficial reputation or the realization of any dream. Success isn't restricted to material objects.

There's also mental and spiritual success, such as having good grades or making progress in self-reformation or spiritual growth. People oftentimes believe that success will fetch them the satisfaction and gratification they want. Occasionally it does and occasionally it doesn't. Gratification and happiness are more depending on inner attitude and not so much on outside circumstances.

It isn't enough to look for solely external success, such as income and possessions. Interior success, which is self-reformation, spiritual growth and inner serenity are of importance as well. Without them, someone may be successful in other affairs, but still experience deficiency.

Discover how to utilize the power of thoughts and visualization to achieve success.

 ≈HAPPY POSITIVITY≈

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