

**An article or use these TIPS in your Blogs or Emails.**

## **7 Attributes to a Positive Attitude**

**Your attitude will determine your future.** It sounds simple, but it is harder to do. Developing and maintaining a positive mental attitude is determining and controlling your thoughts.

There is negativity and doom and gloom being discussed so it is easy to 'tune in' to that type of thinking. With the downturn in the economy, people losing jobs and money, politicians squabbling and selling their policies, sometimes it is tricky to turn your thinking to a position that is helpful to you rather than destructive.

### **Become Solution Focussed**

To change from a negative attitude instead of focusing on the problem you need to take a 180 degree spin and start focusing your thoughts on solutions. The longer you think about the problem the longer it will be before you discover your solutions.

You can only think one thought at a time so it's important for your success that you make a choice and make it a positive one. If you are having 60,000 negative thoughts your actions will lead you to a day of despair or 60,000 positive thoughts will have you bouncing around life, surviving and beating your challenges.

### **Mind Control**

Over the centuries thousands of positive quotes and poems have been written on some aspect of positive thinking. Whether it's Lord Byron about love or Shakespeare with words of wisdom like Make the World Your Oyster...people have been using different forms of mind control.

With over 60,000 thoughts a day, there are lots of opportunities for some of your thoughts to spiral into the negative realm. It then becomes a matter of how to stop them and refocus on the positive thoughts. If you are thinking negative one of the keys to controlling your mind is as simple as reading a positive quote or affirmation or book or talking to positive people to stop your mind thinking negatively.

### **Get out of your Rut**

My logo is based on the @ sign you see on any keyboard and I see a similarity between that and life. You can stay AT one place in your life, never learning new skills and going around and around in one place repeating the same mistakes, 'stuck' in a rut. OR you learn new skills and then move forwards and upwards in your life.

When you learn one skill you integrate that skill into your daily life. You remain at that point in your life for as long as you choose. You either get stuck again or progress forward as you learn another new skill.

By learning the next skill needed for your success, you master another challenge and move onwards and upwards in your life again. With each challenge you overcome, you achieve success and gain momentum in your quest to be 'who' you want to be as the master of your life!

### **Create your Desire**

If you are achieving your level of personal success and happy with your present salary, commission, partner, lifestyle or financial situation, you have no urge to lift yourself to your next level of triumphs. However, if you would like any of the above or rate your happiness level below five out of ten you have a valid reason to have a positive attitude and create more victories in your life. Discover some values aligned goals and find your urge.

Here are three additional reasons for living with a positive attitude.

- 1 Positive thinking is infectious, which is why you spend time with positive people.
- 2 Research shows that people live longer if they are positive, laugh, help others and enjoy life. Endorphins are emitted into your body and you get a natural 'feel good' effect.
- 3 People around you pick up your mental moods and are affected accordingly. Think about happiness, good health and success and you will cause people to like you and want to help you. They enjoy the vibrations that a positive mind emits.

### **Educate Yourself**

Two famous quotes from Albert Einstein are: - *No problem can be solved from the same level of consciousness that created it AND Insanity is doing the same thing over and over again and expecting different results.*

Your past has created who you are today. It has been based on the decisions that you have made and for most people some have been good and some 'not so good'. It's the choices you have made and you learn more from the 'not so good' decisions as you create stepping stones to your future. The key now to your future success is to release your past and move onto your future and that means taking your personal development level up the next notch. As Stephen Covey says – Sharpen your saw.

## **Soul Mind Body Aligned**

Your goal in life is to create yourself. Not an unhappy you but a happy, fulfilled successful person doing what you want in your life. There are three steps to your success.

- 1      Decide what makes your soul happy which means analyzing your feelings. Discover your passions and include them in your values aligned goals.
- 2      Use your mind and thoughts to create your values aligned goals. This is your mind control.
- 3      Take action by following what your soul (feelings) and mind (thoughts) have determined (action). When your soul, mind and body are aligned you will stop living life like a three legged stool with every leg out of alignment.

## **Just DO IT!**

All this is possible and all you have to do is choose. Here is a line from well know speech

***Your playing small does not serve the world...Nelson Mandela***

What does that mean? It means don't live being unhappy and below your potential. You are destined to live a great life!

We know those people who are positive and optimistic and who can laugh and view the glass half full and not half empty. They are determined to succeed and generally do.

However, for many people life is not quite that easy. If you think of all the famous people in the world albeit movie stars, singers, sportspeople, politicians, those people had one thing in common and that was their positive attitude.

Your goal in life is to create yourself and your life to the great heights you want. People will help you on your journey and prompt you to success. But first it starts with you believing you are worthy of your own success and keeping a positive mental attitude on your journey. The world is waiting for your best. Don't delay any longer!

**Include your name and contact details here.**