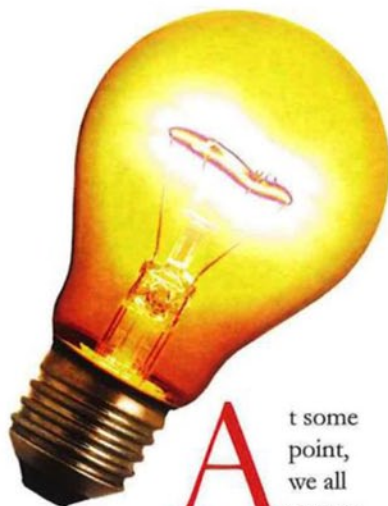


The *POWER* of POSITIVE THINKING



Well here we are in 2012, a new year and a new start for everyone, with new ideas and goals for the year ahead of us. A time to review the year that has passed us by looking at our achievements and taking the lessons from challenges we may have come across. By Anita Dhanjal – Life Coach

At some point, we all start to think about our resolutions for the year and perhaps about what we want to achieve or do differently this time. We may start thinking about our aspirations and goals which could be desires from a long time ago or maybe a new exciting vision.

Many people will start working towards their vision of achievement with good intent. Some of us will make it, however some of us just don't quite get there. It could be that people get complacent, lose motivation, be fearful of failure or more importantly

are unable to keep a positive mind.

Having a positive mind can truly help us feel healthier, happier and encourages us to get what we want out of our lives. Being optimistic by turning any negative thoughts into positive ones allows us to be more productive, clear minded and generally nicer to be around. After all, we all like to be surrounded by positive vibes and therefore tend to be around people who are positive and optimistic.

Constantly maintaining a positive mind can be quite difficult. It is like breaking a habit of a life time. Changing ones behaviour takes time and certainly doesn't happen overnight. It takes time for a new habit to become

second nature, but it is possible through perseverance and determination.

Our minds are constantly full of thoughts both negative and positive. It is thought that when our mind has negative thoughts we may end up

“Life is for living and therefore important to embrace each day as an opportunity to achieve more. The future is bright.”

YES I CAN!

Some tips to set us all on the path to positivity:

- » Create positive thinking patterns by replacing any negative thoughts with positive ones.
- » Positive affirmations can be helpful in changing thinking patterns. These are daily statements that encourage the subconscious mind to attract positivity and success.
- » No matter how afraid you are, feel the fear and do it anyway.
- » Set smaller objectives to achieve the broader goal.
- » Reward yourself when you accomplish each objective. It is a great incentive and keeps a positive productive mind.
- » Write down any goals to remind yourself of an optimistic future.

attracting more negative things which we don't actually want. Therefore it is important to eradicate negative thinking. Practising positive thinking in our daily routine attracts positive things and more of what we want. Our subconscious mind starts creating these thoughts by bringing about situations, circumstances and even people to help us achieve what we want.

We can't predict our future however we can take positive steps towards the life we want and aspire to be who we want to be. ■