

Thinking Positive

An event happens. We choose our behaviour in response to that event. There are consequences that happen as a result of our behaviour choices. Our choices affect and impact our lives.

It is not the event per se that matters, but how we choose to think about the event that matters. We can choose negative pessimistic thinking or positive optimistic thinking.

| Optimistic Thinking | Pessimistic Thinking |
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| 'Everybody must like and approve of me at all times' | It's not fair. It is awful that everyone does not like me. I can't stand it. |
| Sometimes things don't always go my way. | It always happens to me. Nothing ever goes my way. |
| I am disappointed I wasn't selected. What's my plan. | I will never get selected. |
| I will do the best I can. I'm doing better at this all the time. | I will fail. I will never get this. |

Tune into your thinking and identify if it is helping or hurting you. Ask yourself: 'will my thinking take me where I want to be?'

The next time you are thinking or saying a pessimistic comment, picture a big, red STOP sign stopping the negative thought. Then challenge that thinking or comment. Ask yourself: Where is the evidence for what I believe? Is my thinking sensible? Is my thinking helpful? When you have answered these questions, replace with more optimistic thinking or comment.

Once you start thinking that helps you, you act differently, leading to feeling differently, resulting in different physiology.

Perspective determines, quite literally, how you view the world. People with positive attitudes view situations differently from those with negative attitudes. Your positive mental attitude is the key ingredient to your success.

Successful people believe that they have the ability to succeed. They do not entertain, think about, or talk about the possibilities of failure.

Be optimistic in your outlook, believing that positive things are going to happen. Examine the possibilities of what CAN BE rather than what CANNOT be achieved.

When you make a mistake refrain from engaging in negative self talk - 'I am stupid'; 'I am an idiot'; 'I am a loser'; 'I never get anything right.'

Replace this negative thinking with positive thinking. 'I made a mistake.' 'I know I can do this. I just need to be patient with myself'; 'I solved the problem'; 'I am proud of my efforts. I tried something new.'

When you are talking to yourself, speak with kind and caring words. Relate to yourself the way you relate with your best and dearest friend - with respect, trust and honour. Believe that you have value. Think positively about yourself.

Reference

Carter, M.A. (2005). It's time for you! Me time. Brisbane: M.A Carter Consultancy P/L