

Positive Thinking Your Key To Success

Compiled by TEAM Vision

Here are a few actions and tips to help you develop the power of positive thinking:

- Always use only positive words in your inner dialogues. Use words such as, I can, I am able, it is possible, it can be done, etc.
- Accompany your inner dialogues with feelings of happiness, strength and success.
- Do not heed negative thoughts. Calmly refuse to think these thoughts, and substitute them with constructive happy thoughts.
- In your conversations with other people use words that evoke scenes of strength, happiness and success in their minds.
- Before starting with any plan or action, visualize clearly in your mind its successful outcome. If you visualize with concentration and faith, you will be amazed at the results.
- Read at least one page of inspiring literature every day.
- Watch movies that make you happy.
- Listen to the news and read the papers, but do that sparingly and with detachment.
- Associate yourself with people who think positively.
- Always sit and walk with your back straight. This will strengthen your confidence and inner strength.
- Walk, swim or engage in some other physical activity. This helps to develop a more positive attitude.

Think positive and expect only favorable results and situations, even if currently your life is not as you wish it to be, and in time your mental attitude and your life circumstances will change accordingly.

Follow the tips and suggestions in this article, and prove for yourself the power of positive thinking.