

Positive Thinking

"Finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable –if anything is excellent or praiseworthy – think about such things" (Philippians 4:8).

1. Answer these tough questions:

	Yes	No
Are you willing to make a change in your life?		
Are you willing to change your thoughts?		
Are you willing to use the power within you to change yourself and your environment?		

2. List ten (10) of the most positive people you know:

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2
3
4
5
6
7
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Over the course of the next 30 days invite a few of the people on your list to lunch or dinner; or just call them on the phone. What do you notice about their conversation?

Make it a habit to speak with at least one (1) positive person every day for the next 30 days. What revelations have you gained about how positive people behave?

3. Identify the ten (10) most negative people you know:

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What do you notice about their language, their mood and their demeanor?

Make an effort to avoid or limit contact with them for the next 30 days.

How do you feel after 30 days of exposure to positive people?

Now you will learn to embrace positive habits of your own. Here are some exercises to try:

4. Always speak positive words about yourself, your abilities, and your future

For the next 30 days notice when you are speaking positively or negatively. Whenever you say or think something negative, CANCEL it with something positive.

5. Visualize your positive self

Imagine yourself being positive all the time. Really allow yourself time to sit in quiet contemplation. Record what you see. Are you more outgoing? Are more people attracted to you? Are you more confident? What one thing do you notice about yourself – that you love?

6. Each day, for the next 30 days, commit to reading inspirational materials. List the books or other materials that inspire you:

Whenever possible, avoid the media (newspapers, TV, radio) over the next 30 days.

7. Commit to and start an exercise program or become more active.

8. Make a list of all your good points:

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9. Find something to do that interests you – take your mind off your problems and inadequacies. What is it? What commitment will you make now?

10. Stop worrying! Use your concentration and imagination to totally wipe out anxiety, worry and fear from your mind. Find a quiet place to sit and picture all your negative thoughts rushing out of you like water rushes over a waterfall. Watch it flow away as it is carried downstream. Now imagine that a warm cleansing rain fall of courage, faith, hope (positive expectations) wash over you. Embrace them and allow them to fill you up.

11. Pray and meditate. For thirty (30) minutes to an hour each day, find a quiet place to sit and talk to God (PRAY) and listen to God (Meditate). When you're in meditation don't read, speak or write. Just allow God to minister to your spirit.

12. Get rid of negative feeling of anger, hate and irritation. Seek out individuals to resolve differences and offer forgiveness. Let go of the situation, understanding that you don't require retribution or vengeance. Truly forgive. What are you willing to let go of today?

13. Be optimistic.
Be open to the positive and take the negative in stride. Use creativity to resolve your problems. Be flexible with minor disturbances and adaptable with major problems. What situation are you willing to turn over to God right now?

Note: We ask you to do these exercises for 30 days. It takes 21-30 to form a new habit so why not get started now?

COMMIT TO A POSITIVE CHANGE IN YOUR LIFE, DO IT TODAY!