



Positive Thought Processes

It is so much easier to be pessimistic than to be optimistic, especially when you are attempting to do something that takes you out of your comfort zone.

There are some very small tweaks you can make to your approach to things in life that will allow you to be a lot more positive in your outlook towards anything you are undertaking.

Focus on what you want

The mistake that most of us make when having a task at hand is to worry about what may go wrong, or what we may face. If you remain focused on the task at hand, you can remain in control of your goal.

Know that every problem comes with a lesson

Allow yourself to make mistakes – and do not panic if you make them – because mistakes provide a learning process. There is nothing wrong with mistakes, as long as you alter your behaviour, so you do not continue to make the same mistakes.

Don't believe everything you think

Our problems are not as big as our minds are trying to convince us, and if you choose to believe every negative thought that goes through your mind, you will find it difficult to achieve your goals. Know what you are trying to achieve and believe you can.

Let go of your need for perfection

If you approach your goal with excitement and an open mind, you are more likely to achieve it. If you approach with fear and worry you will tighten up, feel the pressure and most likely not achieve your goal.

When you try to do everything perfectly, you meet with stress and frustration, because it is impossible to be perfect in everything you do, and why would you want to be perfect anyway? Don't you know that perfection leaves no room for improvement?

Let go of your resistance

Accept things as they are without you trying to change them, without trying to fight against them. When you stress over an outcome and when you resist what is, you are in fact fighting against the present moment, against the present reality. Allow yourself to just be! Go with the flow, have a plan and let it happen...enjoy the journey!

Learn to be present in everything you do

When you become present and really engaged in the now, your goal will become so much easier and you will realize how your problems will start to disappear, little by little. If you get too caught up in your mind, if you think too much about what may happen, you will create a great deal of concern, and the energy you will generate will become negative.