

[Positive Thinking - Correct Your Powers!](#)

For centuries, the Hindus have practiced yoga and meditation, which is how they got their famous wisdom. Success is not about powers of education or skill; it's all about mastering control of yourself and your mind; positive thinking! You need to guide yourself into facing life and facing problems that arise with your own vision. Inner strength and peace, a combination if achieved will be your key to winning every life challenge.

See, this is the trick, to see every problem as a challenge. You have to decide inside yourself that you will walk over every stone to get to a better place. This is the golden rule of positive thinking. Simply move forward, using every force in your life.

You need to look at your previous life and remind yourself of your achievements. Highlight all your turning points where you had to make leading decisions. Even though you might have taken those decisions subconsciously, but they provide you with an inspiration and proof of how your subconscious mind can lead you into success. It's a sign of having natural positive thinking in your mind that will get you out of a crisis.

You need to be focused on what your goal is. Albert Einstein quoted, "The only reason for time is so that everything doesn't happen at once" So set up an action plan to help you with your goal setting. Positive thinking about what you really want now and what you wished for before will help. As you organize your day to day events, be prepared to keep tripping over. That is when you should smile and even laugh at yourself. A simple application of the law of attraction, where the world gives you back what you send out, not making out if desired or not. Positive thinking of the notch you just fell into will turn it to a life experience giving you more knowledge and wisdom to never fall into it again.

In such cases, positive thinking will only be induced if you are surrounded by positive people. Someone who has just come out of a divorce should not hang out with recently divorced people. They lack self confidence and would only draw away from you more of it. Therefore associate with optimistic people who will grant you a chance to relax and enjoy. Positive thinking is contagious so keep close to such thinkers!

To add to your happiness you need to think of the lucky moments in your life; another way of positive thinking and applying the law of attraction. The more you think of the lucky things that happened in your life, the luckier you get. You'd be most fortunate if you're thankful to all the blessing you have in your life. You need to throw away your worries and have faith that those lucky moments will keep happening. Feel the happiness in your future, and smell the scent of it. Don't be surprised when you run into it around the corner. Positive thinking is like having a genie that makes your wishes come true.

So how do you get yourself out of your current bad mood to start your positive thinking wheel running? Just knowing that you are in a bad mood is the key. Walking out of this dark area needs a strong decision, and a friend to walk you out. Wanting to be alone is more negative than positive thinking. If it's hard to find a friend, then you have to get it out on paper. Tell an imaginary friend about the reason you're depressed. At the end, you have to highlight the source that's been giving you negativity. What next? Eliminate that source at once. So if something worries you, get it over with, and if it's something you cannot change, learn to accept it.

If you know what makes you happy most, I'd say you cling to it tight. This applies to work, home, relationships and your everyday life. A positive thinking about your career, might make you flip it over at several points of your life, when your needs naturally change. I personally switched between medicine, marketing and writing, one after the other. Even though my goal setting didn't include changing careers, but I was content with what I did every time.

It's not just a long term thing, but also on day to day terms. Use your positive thinking in everything you do, and choose to do what you love. Take a break and play that computer game you can't resist. Invite some friends over for a long forgotten gossip. Get liberated from feelings of liability. In the end, your subconscious mind should keep repeating, "I am whatever it takes, I will succeed!" This in turn invokes the law of attraction and moves you towards attaining your goals.

About the Author

Stephen C Campbell (Master NLP Practitioner) has published more information on using the Subconscious as a Goal Setting tool at <http://www.rightandwrongthinking.com/>

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