

The Power of Positivity



By Gayle Crist,
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As we head into our second summer of the pandemic, many of us are feeling a lot more positive. A big percentage of us are vaccinated, we can more safely gather with loved ones and friends,

more businesses are opening again, and the travel industry is starting to look almost normal. Thoughts of taking a vacation after 15+ months of quarantining are making us feel hopeful, energized, and happy!

Positive energy is all around us now. I can definitely feel it. Can you? It's contagious, isn't it? It's a reminder that positivity is a connective and motivational force. And research shows that it is also the key to success in many aspects of our lives.

My positive attitude really helps me as a life coach. I believe everyone has a positive spark of energy inside themselves, and I love supporting them in finding it and putting it into action to propel them to make and stick to a plan for achieving what they want in life.

You've no doubt heard about the power of a positive attitude. I could cite many examples in my life where positivity helped me face and even overcome adversity. I often tell people I "live a charmed life" because I've had both good fortune and amazing opportunities—many of which I believe I attracted to myself with a positive belief that good things can and do happen...AND a focus on surrounding myself with positive people.

How much of my good fortune is due to "luck" and how much is due to my usual optimism and belief in good things happening? I'm not sure. But I contend that, if we believe miracles can happen in our lives, they do. And, on the other hand, if we lean towards thinking life is unfair and fear that misfortune is always around the next bend, that's what'll happen.

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In relation to life goals, if we believe we can accomplish anything we set our minds to, we're halfway there already. That's the ultimate definition of a positive attitude.

But if, instead, we're unsure whether a goal is achievable and focus too much on what-if scenarios about things that might go wrong, it's unlikely we'll succeed.

Have you ever noticed that people who are generally skeptical, overly cautious, and/or negative have the worst luck? One setback after another seems to plague them. Whereas those who are trusting, brave, and positive often have better opportunities and outcomes. In my opinion and my experience, this is because the positive vibes that optimistic people emanate spread to other people and the world around them and, in turn, attract other positive people and create other positive situations and results. This is "the Law of Attraction" at work. Like attracts like; positivity attracts more positivity, while negativity attracts more negativity.

How positive and upbeat are you most of the time? Are you able to focus on the good in your life and all around you? Or do you find yourself sliding into negative thinking more often than you'd like? Are you able to see the possibilities and potential in each situation or do you fixate instead on the roadblocks?

If you struggle to see the good and to live with a positive attitude, remember this: **You have the power to change your thinking if you really want to and you concentrate your energy on doing that. When you do, you'll find your life changes for the better.**

Here are some ways to do that:

- 1) Change your internal self-talk to empowering speech.
- 2) Change what you say aloud to talk more about what's going right in your life rather than complaining about what's going wrong.
- 3) Determine the mind-set you need to achieve your goal and act as if you have the mind-set of someone who's already reached that goal. That way, you're tricking your brain to adopt a new mind-set and reinforcing it with action.
- 4) Read books about how the mind and brain work from mind-set experts to understand and adopt their thinking. Carol Dweck's book *Mindset: The New Psychology of Success* is a good place to start.
- 5) Surround yourself with people who are positive thinkers. Learn how they think and adapt their daily habits to match their mind-set.
- 6) Create new habits to support your mind-set change. For example, if you want to change from a "destination" to a "journey" mind-set, practice being mindful, enjoying the present moment, and celebrating small successes.
- 7) Stretch out of your comfort zone. If you put yourself in situations that challenge you, you have no other choice than to rise to the occasion and upgrade your mind-set. It becomes a necessity to survive.

If you need moral support to enable you to make a switch in your thinking, let me know. I'd be happy to help!

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