

# Change Your Life



with Positive Thinking

A Gift From: [www.WingsfortheHeart.com](http://www.WingsfortheHeart.com)

## Negative Thoughts: The Happiness Killers

If you have struggled with habitual negative thought patterns for any length of time, you are probably well aware of the ways in which they can limit you. You might feel stuck in a job you don't like, work for less money than you deserve, repeatedly get involved in destructive relationships, or worse.

Positive thinking is about much more than your thoughts!

It's about learning to take greater control over your **LIFE**, starting with your thoughts. You see, your thoughts determine your feelings, and your feelings inspire your actions (or inactions).

If you think negatively on a regular basis, you feel awful (sad, depressed, angry, frustrated, or confused), and as a result you don't take productive actions to make your life more fulfilling.

As you can imagine, such a cycle can lead to a life of apathy and hopelessness.

The good news is that it is not as difficult as you think to develop a positive thought pattern. All it takes is the willingness to see your world a little bit differently, the courage to step out of old comfort zones, and the determination to follow through with what you have started.

Before we begin, you might want to get a journal or notebook and a pen. As you work through the exercises in this guide, you will want to jot down any insights you receive so you can explore them more fully later.

Be sure to take your time with the exercises in this guide. Remember that you are entering into a process, and you will NOT be able to change everything overnight.

Finally, remember that YOU are the boss in this process! Throughout the pages of this guide, you are going to realize just how much power you have over your thoughts, and your life.

## Chapter 1

### What is Positive Thinking, Really?

When you read the words, “positive thinking,” you probably envision a Pollyanna-type person; someone who is positive all the time – even to a sickening degree!

You probably imagine this person to live a life of denial, covering up their true feelings and pretending that everything is fine, even when it isn't.

Positive thinking is NOT about denying your emotions or pretending that everything is great.

It's about learning to adjust the way you think and feel about the events and experiences of your life, rather than letting **them** determine how you feel. It's about learning to find a positive angle to the things that happen to you, even difficult ones.

How often do you allow outside influences to affect your thoughts? If you are like most people, probably pretty often.

A flat tire, a grumpy boss, bickering children, traffic jams at the worst possible time – all of these things and more have the potential to set you off.

Your good mood can quickly turn sour if you don't decide ahead of time to reign in your emotions and keep your thoughts in order.

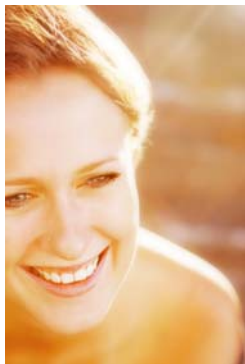
Your thoughts, feelings and beliefs are all tied in together. When you experience negative events, your thoughts about them act as a trigger for your emotions and beliefs. Not only do you start feeling badly but corresponding beliefs about yourself are brought to the surface, which only makes the negative feelings stronger.

**Let's use an example to demonstrate:**

You are hurrying to leave home for an important meeting and you rush outside to discover that your car has a flat tire. You groan with disbelief and immediately start ranting angrily, "Great! Just what I needed today, a flat tire! I swear, as if I don't have enough to worry about, now this on top of it all. Stuff like this always happens to me!"

The thoughts behind these words are very revealing. First, you hold an apparent belief that things "always" go wrong for you. Second, you hold a belief that you are so overwhelmed and stressed by your life circumstances that a flat tire has the power to ruin your whole day.

What key word did I just mention twice? **BELIEF**.



Your beliefs are thoughts that have been consciously or subconsciously expressed so many times that they have become undisputable "fact" in your own mind. The key beliefs you hold about yourself and your life will continue to influence the general direction of all other thoughts you have. Because your beliefs are absolute "fact" in your own mind, you will automatically think in ways that support and reinforce your beliefs. You have to!

If you try to hold a thought that is in opposition to your underlying beliefs, your mind will resist it. Consider how you would feel if I asked you to state, "I am a successful billionaire," or "I deserve a healthy, loving relationship".

If these things are not true for you (or if you don't believe they are true), they will cause conflict within you. This is very important to understand because just changing a few random thoughts throughout the day is not enough!

If your negative thoughts are based on firm beliefs, you won't be able to change your thought patterns permanently just by turning a negative thought into a positive one. You might be able to choose positive thoughts occasionally (or "pretend" as described earlier), but the changes will not be lasting. Instead you'll find yourself fighting an endless losing battle. That is one of the key reasons why affirmations don't work for many people. They are trying to alter their thoughts without addressing their underlying beliefs.

In order to develop a genuine positive thinking habit, you will need to address both your everyday thoughts as well as your core beliefs. You will need to explore and analyze your beliefs, transform those that are limiting or detrimental, and work steadily on correcting your thoughts so that they begin to support your new beliefs. It is an ongoing journey.

As described earlier, your thoughts carry tremendous power and will usually determine your quality of life. There are endless benefits to taking control of your thoughts and choosing better beliefs, but they all boil down to this one thing: **you will feel more in control of your life.**

Few things are more debilitating than believing you have no power, no ability to control the things that happen to you, and no way to choose the life you want to lead. You end up feeling like a victim at the mercy of forces beyond your control. As a result, you cannot contribute to the world in meaningful ways, and you cannot feel fulfilled. Changing your thinking benefits not just you but everyone you know and everyone you will ever meet in the future.

You owe it to yourself and the world to put in the effort. Even if you believe it will be hard, be willing to try. Once you really get into the process, you'll probably be surprised to learn that you enjoy the challenge and have fun with the techniques.

## Chapter 1 Exercises

What does "positive thinking" mean to you?


Why do you think it's important as it relates to your life?


What do you hope to gain from this guide?


Do you anticipate any challenges along the way? List them.


## Chapter 2

### The Creative Power of Thoughts

How do your thoughts “create” your life? It’s not as easy as thinking about something and it manifests with a dramatic “poof” before your eyes. In fact, I’ll go so far as to say that your thoughts **ALONE** don’t create anything. You can think about something until you are blue in the face and not have a single thing happen because of it.

Your thoughts can definitely put you in the right mental and emotional state to create something, however, so they serve as a strong foundation for the overall process.

When you start tossing emotions, expectations and beliefs into the mix, **THAT’S** when you have ignition! When you add some focused action, you are placing your foot on the accelerator, so to speak.



Virtually any object, experience, or essence that you desire can be brought into your life. I say “virtually” because there are things that you will never have complete control over.

Other people, for instance. You cannot force other people to bend to your wishes. I get email all the time from people begging me to show them how to get an ex-lover back, or “make this guy fall in love with me.” It’s **NOT** going to happen unless the other person wants it to happen also!

However, for things that affect you alone, you can set your mind to obtaining or attracting just about anything, and there are a couple of different ways to do it.

- 1) You can create with pure action. This is the way most of us have been taught to attain goals. You set an objective, form a plan, and take focused action to make it happen. Not a bad approach, but one that can become tedious over time. OR -

- 2) You can use the power of your thoughts, beliefs, expectations and emotions to do most of the work for you. You may have to add in a dash of action, or you may not. I've had goals realized when I didn't lift a finger to do anything about it, and I've also had to get off my butt and get things rolling before I saw results.

There is nothing wrong with either of these approaches, and depending on what you're trying to accomplish you might decide to use either or both of them at different times.

If you have studied the [Law of Attraction](#) at all, you are aware that your emotional state emits a certain "frequency" of vibration that attracts your desire. By placing yourself into the proper emotional state, you will bring yourself into energetic alignment with what you want. The better you can make yourself feel emotionally on a regular basis, the more quickly you will attract what you want.

There are people who do this with such effectiveness that it truly boggles the mind! They rarely have to take action to get something they want. Instead, they have transformed themselves into what most people would call, "lucky," or even "charmed." Good stuff just comes to them all the time.

You can become one of those people! It's just a matter of learning to keep your thoughts and emotions flowing in the right direction. It also doesn't hurt to dissolve limiting beliefs and hold positive expectations! (See, all this stuff really does work together.)

Still, there may be times when action will be needed in order to realize one of your goals. That doesn't mean you aren't using your thoughts effectively; it means **your intuition is showing you the simplest way to get what you want!**

That's really important to understand. Too many people think that if something takes physical effort, it's not the Law of Attraction at work. Not true!

## How Your Intuition Works

The way your intuition alerts you is by sending out a sudden urge, hunch or nudge to do something specific. You may “feel” it, like a strong gut feeling, or you may simply “know” that you should take a certain action. However it comes through, pay close attention to it and do it!

What most of us tend to do is doubt the hunch and hesitate to take action. We analyze the situation to death, worrying that it might be too good to be true, doubting our ability to do it well enough, and so on. By the time we work through all the negative emotions the opportunity is long gone.

The best way to keep this from happening to you is by first becoming very familiar with your intuition. Learn to recognize the signals your inner guidance sends you. Keep working with it daily, until you are very “connected” all the time. (By the way, you’ll be thrilled to discover that your intuition can also be a great help in other areas of your life; everything from personal safety to business deals to choosing a life partner! Your intuition is MEANT to guide you. Let it.)



Then, once you have developed and familiarized yourself with the workings of your intuition, focus on building up your courage so you won’t feel intimidated about taking action when you are prompted to.

It is also important not to try to FORCE action in an effort to speed things along. There is an element of timing involved with this process, and you will eventually find that you can’t rush certain things no matter how much you might want to.

A good rule of thumb is to take only actions that you feel inspired to take. Only you will be able to say for sure what those are.

## Chapter 2 Exercises

Why do you think it's important to get your thoughts, emotions, expectations and beliefs all working together?


What are some possible ways to do this?


What are some of the ways your intuition has spoken to you in the past?


Come up with daily activities that will help strengthen your intuition and build your courage.


## Chapter 3

### Listening to the Voice Within

Now that you have a clear understanding of the way your thoughts work in tandem with your emotions, beliefs and expectations, let's go into some ways you can become more aware of your thoughts. Your thoughts are constantly running in the background, no matter what you are doing. Much of the time you are not even aware of them because they occur automatically based on what you see, hear, feel and believe.

Like most other people, you probably spend the majority of your time focusing your attention out toward the things you see, hear and experience moment to moment. Only when you start thinking consciously do you become aware of your thoughts.

For example, when you are trying to solve a problem you may become aware of your inner voice saying things like this: "What if I tried another approach to this problem? Or maybe I should just ask John his opinion; he has a lot of knowledge about this type of thing..." As you puzzle out various options, your thoughts will inspire different actions that can help you resolve the issue.



You may also become aware of your thoughts when you are trying to remember something. Like when you take a trip to the store and try to jog your memory about the things you need to buy: "Do I need milk? I can't remember how much is left in the fridge. I should get some, just in case. Oh, I can't forget dog food either..." Being able to tune into your thoughts this way can be a big help because it shakes you out of the mindless habits you formed to make your life easier.

This sense of being on “autopilot” can be very helpful at times, but it can also make you feel like a brainless zombie.

Being disconnected from your thoughts can also cause problems by making you a victim of your own emotions. Remember that your thoughts trigger your emotions. If you are not aware of your thoughts, you will find yourself experiencing wildly fluctuating emotions without any idea why.

Perhaps you can remember instances when your mood seemed to shift dramatically for no apparent reason. You were feeling fine and then all of a sudden, you were angry, sad or depressed. Most likely, unbeknownst to you, your thoughts began moving in an unproductive direction, triggering corresponding emotions.

The same thing can happen due to external influences also. Think about the last time your mood was affected because of one little thing that someone else said or did. Like if someone was rude to you for no apparent reason, feelings of anger and defensiveness may have flared up, effectively ruining the good mood you were enjoying just minutes before.

However, there is also a more positive side to this process! Just as your thoughts can trigger emotions, your emotions can serve as an excellent indicator of what types of thoughts you’ve been thinking! If you find yourself feeling angry, helpless, hopeless, or stressed much of the time, you know you may need to work on your thoughts in order to make them more positive.

## **Mentally Checking In**

In order to change your thoughts, you first have to become aware of what they are now. This involves simply turning your attention inward as often as possible. Several times throughout the day, remember to pause and pay attention to what is happening within you.

Do a mental check and consider:

- How do you feel?
- Which emotions are you experiencing right now?
- What direction are your thoughts going in right now?
- Are you being pessimistic or optimistic?
- Are you expecting the best or worst?
- Are you allowing outer circumstances to negatively affect you?

You may find it helpful to keep a small journal or notebook nearby while you practice tuning into your thoughts and emotions throughout the day. If you notice yourself feeling or thinking negatively, ask yourself what brought it on.

Did something happen? Or were you just feeling frustrated about something? Were you worrying about something? Keep detailed notes about WHEN and WHY you tend to slip into negative thinking/feeling, and you'll be much more aware of the patterns you need to change.



One of your biggest challenges will probably be remembering to check in at all! You may be so used to letting your thoughts and emotions run automatically that you keep forgetting to monitor them. If it helps, try putting up notes in strategic locations. Put one in your workspace, on the dashboard of your car, on the bathroom mirror, the refrigerator, etc.

The notes can display any message you want, but try something simple like, “Time to check in,” or “How do you feel?” When your eyes fall on these notes, you’ll remember to pause and pay attention to your thoughts and feelings.

## Honor Your Feelings

When you first begin the process of monitoring your thoughts and feelings, you may be tempted to tell some “white lies.” You may try telling yourself that you’re feeling fine, even though you may feel annoyed or pressured. You may not really “feel” anything at all when you check in, so you’ll fib in your journal that you feel good. Avoid this at all costs!

If you are serious about wanting to conquer your negative thinking habits, these little fibs will not do you any good. You cannot cheat your way into positive thinking. If it’s not genuine, it won’t create the lasting changes you want. Be sure to always be honest with yourself. If you are feeling angry, acknowledge it. If you are feeling bored, let it be okay to be bored.

Remember that this process is not about covering up or denying your emotions. When you refuse to process emotions, they will keep coming back to haunt you until you process and release them.

Contrary to popular belief, negative feelings are not harmful or “bad” in any way. The only bad thing about them is what we choose to do with them most of the time: either express them in destructive ways, or ignore them so they keep controlling us! Do yourself a huge favor: **HONOR YOUR FEELINGS**. Don’t try to convince yourself that you shouldn’t feel the way you are feeling. Don’t try to squash down negative feelings because you don’t know how to handle them. Instead, deal with them when they come up!

Allow yourself to feel the feelings, work through the thoughts that pop up in your mind, and then let go of the issue so it doesn’t continue to bother you. The magnitude of each issue you face will ultimately determine how quickly you can get through this process. Minor annoyances can probably be processed and released in minutes. Big heartaches, betrayals, or rejections may take a little more time.

As you work through these feelings, pay close attention to any underlying beliefs they may trigger. You may initially get angry about one small situation, but trigger memories of other unresolved experiences that make this current situation seem much worse.

If your emotions seem excessive or disproportionate to the current situation, you may have some old beliefs that are being aggravated.

This sounds like a bad thing – but ONLY if you don't address it!

That's why journaling can be so helpful in a process like this. When you start recording your feelings and noticing how certain beliefs are triggered, you become aware of a limiting belief that you now have the power to CHANGE.

## Chapter 3 Exercises

Can you remember any situations when your thoughts triggered negative emotions?


How often do you find yourself feeling badly without an obvious reason why?


How connected or disconnected are you from your emotions?


List some triggers that will remind you to check in with your thoughts and feelings regularly.


## Chapter 4

### Turning the Tide of Negativity

When you first begin monitoring your thoughts and feelings, you might find yourself at a loss about how to change them. I said in the last chapter that you should honor your feelings and work through them. You may be wondering at what point you should “change” a negative thought or feeling, or if you should change them at all! There will usually be two possible scenarios:

#### Know When to Let Go

If you find yourself feeling badly because you are stuck on some minor issue that doesn't really matter in the grand scheme of things, it's a good idea to change your thinking and bring up some more positive emotions. Obsessing over something so inconsequential won't do you any good; it will only keep you mired in a cycle of negativity.



For this type of situation, you will simply need to make a CHOICE to let it go and turn your thoughts in a more positive direction. I say “simply” – but it probably won't be easy at first. You might find yourself losing focus quite frequently at the beginning. You might turn your thoughts away from aggravation, only to find yourself fuming again a few minutes later. That's okay; just be persistent in choosing to let it go again, and again, and again – no matter how many times you have to do it.

If you keep practicing this technique daily, you will eventually develop the ability to control your focus like you wouldn't believe! Not only will it help you control negative thoughts and generate more positive ones, it can also help you in all other areas of your life.

## Know When to Process Emotions

Now, for the situations that are bigger and more troubling, I do not suggest trying to ignore those without processing the emotions involved. As I described previously, “processing” emotions means simply allowing yourself to feel them, work through them, and let them go when the time is right.

How long it takes to process them will be completely up to you. Big disappointments and heartaches will obviously take longer than smaller upsets.

There is a fine line between giving yourself time to honor your feelings and *wallowing* in misery. If you find yourself lingering too long on the dark side, take out your journal and explore the reasons for it. Do your negative emotions serve a deeper purpose? Are you afraid to let go of them and move on? What do you think will happen if you stopped brooding? Speaking of journaling, this is a good time to mention that your journal can serve as a VERY effective purging platform! One of the reasons why your emotions often hold you hostage is because you don't let them out. You bottle them up inside and keep stressing over them.

Think about the last time you felt really angry or stressed about something and you poured it all out to a good friend. After you finished spilling the whole terrible story, didn't you feel relieved? That's because in the process of telling your story you were processing your emotions and getting them OUT of your mind and heart!

Your journal can serve the same purpose, but even better. Instead of censoring yourself or holding back details you wouldn't share with anyone else, you can spill them out in all their gory detail in your journal. You can swear your heart out, stab the paper with your pen, and completely vent your emotions without worrying about offending anyone. It's very freeing! If your anger or frustration involves another person, you can also use this method to write them a letter and give them a piece of your mind.

(I do NOT recommend actually sending this letter; it should be a venting vehicle only.)

When you first begin using this activity regularly, you may struggle to fully connect with your negative emotions, especially if you have developed a habit of squashing them down and disconnecting from them. If so, I urge you to practice, practice, and practice some more! The only way you are going to reconnect with your emotions is to keep trying to tap into them and honor them when they come up.

You may also be surprised to notice a generous serving of fear rising up whenever you think about processing your emotions. This is very common for people who were shamed or ridiculed about emotional displays during childhood, or even for people who just got used to blocking their emotions.

Once you push through this fear, you will realize that there is nothing scary there. Your emotions won't overwhelm you and they won't eat you alive. ;-) They are just feelings. They come and go. They grow in intensity, and then fade away again. If you have genuine difficulty expressing your emotions, you might find it worthwhile to consult a therapist or counselor. They are trained to help you work through painful or unsettling emotions safely and compassionately.



As mentioned previously in this guide, learning to work with your thoughts and emotions is a process that will take time. Don't expect yourself to master it immediately. Understand that you will get better at it the longer you do it, and be patient with the process.

Think of it this way: even one positive thought or feeling a day puts you farther ahead than you were before! Take it one step at a time and be sure to celebrate small victories as you go along.

## Chapter 4 Exercises

When you start feeling badly, are you usually aware of a clear reason for it?


If not, do you feel you are disconnected from your emotions much of the time?


What types of activities can help you get better connected to your emotions?


Do "negative" emotions frighten you? If so, why?


## Chapter 5

### Becoming Proactively Positive!

Now that we've covered the ongoing process of continually changing (or processing) your thoughts and feelings as they come up, the next important part of the process is to start becoming "proactively positive".

#### Positive Fuel

This means not just waiting for negative thoughts and feelings to arise, but making it a daily habit to feed your mind positive messages. You can do this through the use of affirmations, intentions (choosing ahead of time to think and feel a certain way), by reading uplifting material and watching positive programming on television, listening to motivational CDs, or any other number of activities.

Imagine that your mind is like a sponge, absorbing everything you put into it on a regular basis. The more you can focus on positive activities, two things will happen:

- 1) You will begin thinking more positively automatically.
- 2) You will be better able to balance out whatever negative influences you may absorb.

I don't think it is possible to completely avoid negative input. There is negativity in SOME form no matter where you turn your attention nowadays.



Instead of trying to completely avoid negativity, try to focus MOST of your attention on positive pursuits. Think positive as often as possible, and feed your mind positive material as often as possible. That way you've got positive influences coming both from internal and external sources.

## Positive Intentions

Another way to be proactive with your thoughts is to begin working with intentions. Each morning when you wake, spend a few minutes deciding what type of day you'd like to have, and visualize yourself thinking, feeling and acting exactly like you want to. See yourself remaining in complete control of your thoughts and emotions all day, and consciously choosing the direction your day will go.

You can also use intentions to "place an order" with the Universe for something you want. Try this little exercise first thing in the morning:

"Today I intend to be led swiftly and surely to lucrative opportunities, beneficial partnerships, and abundant wealth and happiness. I let go and trust that the perfect conditions will arrive at precisely the right time."

If this intention doesn't suit your needs, you can also write your own! You can use an intention to call forth just about anything into your life. What do you want to experience? Intend it! :-)

## Positive Emotions

In addition to focusing more on positive thoughts, you can also begin to be more proactive with positive emotions. Remember, your emotional state is within your control at all times! You can choose to generate positive emotions, just like you can choose to think positive thoughts.

Spend a few minutes each day calling up the most positive emotions you can. Focus on feelings like joy, passion, love, gratitude, enthusiasm and humor. If necessary, you can call up a mental image that stimulates your emotions, like thinking of someone you love when trying to generate a feeling of love.

Keep practicing with this until you can instantly generate any emotion you want on demand. It's not as hard as you think!

Once you get used to working with your emotions in this way, you will find it very easy to shift from one emotion to another.

Besides giving you an awesome sense of control over yourself and your life, you will also notice that you have a much easier time dealing with negativity, challenges, unexpected delays, and more. You will become a master at controlling your emotions and learning to use them to benefit yourself and others.

## A Special Note About Joy and Gratitude

Joy and gratitude are two of the most powerful emotions you can have because they raise your energetic frequency to a feverish pitch! If you ever want to bring something into your life, try thinking about it with a strong sense of joy or gratitude in your heart. Let these feelings grow bigger and stronger, filling you up from within. When you do this, you are emitting seriously strong vibrations toward the attraction of this object or situation.



Even better than focusing your joy and gratitude on something specific, learn to cultivate a joyful and grateful attitude **ALL THE TIME**. Focus on feeling good about yourself, your life, and everything in it. Consciously flow feelings of gratitude for the blessings in your life, even the small ones.

If you happen to witness something beautiful or inspirational, express thanks for it in your heart! If you feel comfortable expressing these thoughts to God or the Universe, do that. Otherwise, just allow yourself to feel them and express them internally.

The more you can do this, the more naturally you will bring up positive thoughts. This has the added bonus of attracting good stuff automatically.

## Detaching From Emotions

Another great way to master your emotions is to learn how to DETACH from them when you feel it would be beneficial to do so. Detaching from your emotions is not the same as burying them or covering them up. When you detach from your emotions, you are choosing not to be governed by them for the moment. You switch easily into a more logical or analytical mind-set so you can think calmly about the most productive response. In effect, you are “rising above” the situation so you can think more clearly – without being influenced by emotions.

This is especially beneficial when you experience an event that would normally trigger some negative emotions like anger, fear, hostility or disappointment. For example, if someone makes a rude comment, your first impulse might be to fling a nasty comeback in retaliation. But is that the most productive way to handle it?

Likewise if you suddenly run into a major obstacle while working toward a goal, your first impulse might be to overreact with strong anger and frustration – which would probably only make things worse. When something you wanted really badly doesn't work out, you might become exceedingly despondent and disappointed about it.

Before reacting blindly to situations like these, pause for a moment and get your bearings. Step back from your emotions and instead consider the most productive way to respond.

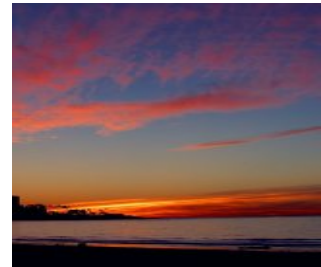
Open your mind to allow more creative solutions to appear, and then act on them when they do. This is not always an easy thing to do, especially if your emotions usually run rampant! But as with most of the other techniques in this book, practice will help greatly.

Remember, your emotions are not CAUSED by the situations, experiences and people you encounter each day. Your emotions are the direct result of your own thoughts and perceptions ABOUT these external events. You choose them, even when you are not consciously choosing them.

You do have the ability to take control of everything you think and feel, and use it to improve any situation (even if it's just from your own perspective).

## How to Change Limiting Beliefs

Changing your existing beliefs can be challenging, but it's definitely not impossible! Remember that a belief is nothing more than a thought that has been repeated so many times that it becomes "fact" in your own mind. In order to change a belief, you need to apply a bit of awareness and conscious determination. Here are 3 simple steps to help you to do that:



- 1) First, you need to identify a limiting or destructive belief. This means turning your attention inward and understanding what is happening there. Limiting beliefs usually bring up feelings of fear, dread, doubt, disbelief, and so on. They are usually triggered when you think about doing something new, or actually attempt to do something new.
- 2) When you first become aware of a limiting belief, you need to question it. Is it really true? Why do you think so? Does it necessarily HAVE to be true, or can you change it somehow?

- 3) Choose a NEW belief to replace the old one. “Choosing” a new belief is NOT a one-time event! You will need to repeat this new belief with conscious effort, over and over until it becomes “fact” in your own mind. Besides constant repetition, you may find it helpful to make a list of reasons why your new belief is possible. You might write, “plenty of other people have done this, so I can too,” or something similar.

Whatever the reasons you choose, make them believable to you. At the same time, back up the new belief with ACTION. You can’t tell yourself you believe one thing and then act in ways that contradict it! Even if you have to take baby steps toward strengthening your new beliefs, any action is better than none at all.

## Chapter 5 Exercises

### Homework Assignments

Once per day, practice purposely generating positive emotions and sustaining them for a minimum of 10 minutes. Experiment with joy, love, passion, and humor. Jot down notes about how easy or difficult it is for you to do this:


Now practice “detaching” from all emotions so that you feel very calm, relaxed and peaceful. You feel no anger, no worry, no anxiety or doubt or anything except peace. How easy or difficult is it?

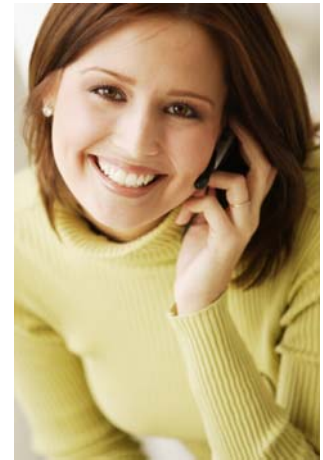

Come up with 10 statements that will trigger positive feelings for you, and begin reciting them daily:


Come up with 10 statements that will help you detach from unsettled feelings and promote a sense of inner peace (say these daily also):


## Chapter 6

### Choosing a New Habit

When it comes right down to it, positive thinking (just like negative thinking) is simply a CHOICE. You could probably argue that you never consciously decided to think negatively, so choice could not have been involved. I would counter that because you also didn't consciously decide to think positively, you didn't decide **NOT** to think negatively!



When I say it's a "choice," I mean that moment to moment you must foster an awareness of your own power. You are not a victim; you are not powerless; and you are not out of control, no matter how much it might feel that way sometimes.

Like any other skill, managing your thoughts and feelings will become easier the more you do it. In fact, you will be astounded at the level of inner strength you gain from the process itself. The stronger you feel, the more easily you can manage your thoughts and feelings, and the more you manage your thoughts and feelings, the stronger you get!

You know what that means, don't you? Positive thinking and feeling eventually becomes a HABIT if you do it long enough! Just like you developed a negative thinking habit, you can replace it with a positive thinking habit.

When you do this, you will change who you are at a core level. You will become a person who is completely in control of your life. You will face each day with a sense of enthusiasm and passion for your activities. You will gain immeasurable satisfaction and fulfillment from everything you do!

Using the creative power of your thoughts isn't about acquiring more "stuff" or trying to control other people. It's about using your inner power to create the most abundant life possible, from the inside out.

When you do this, everything else falls easily into place. Goal achievement becomes easier. Your relationships become deeper. You become stronger and more effective. Opportunities constantly beat a path to your door. Most importantly, you just FEEL WONDERFUL. That alone makes the entire journey worth the effort.

I'd like to close this guide by offering a simple summary of the steps we've covered, so you can refer to it anytime you need a refresher:

## Summary

- Understand how your thoughts, emotions, beliefs and expectations work together.
- Develop a stronger connection to your intuition.
- Build up your courage to prepare for action.
- Monitor your thoughts regularly.
- Check in with your emotions.
- Discover patterns between thoughts and emotions.
- Honor your feelings. (It's okay to feel what you feel!)
- Choose to let go of minor annoyances as often as necessary.
- Process the deeper or stronger emotions. Give yourself adequate time.
- Purge negative emotions, explore thoughts and record insights in a journal.
- Be proactively positive. Absorb positive material, think positive thoughts.
- Practice setting positive intentions.
- Practice generating positive emotions.
- Practice detaching from emotions.
- Change limiting or destructive beliefs.
- Commit to the process! Keep at it until it becomes a strong habit.
- Believe in yourself. :-)

I'm wishing you great success on this new journey of yours! Though it may seem like a journey into the scary wilderness, it's actually a journey back to yourself; back to the person you were destined to be.