

7 Steps To Positive Thinking

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You have bright ideas that are special to you. Dreams and visions of the life you want. These dreams are unique to you, but then you realize almost everybody has unique dreams as well. Everybody wants more of something whether it's money, or love or health or friends. How is it that everybody has these dreams but not everybody has the thing they dream of?

There are many answers to this, but the one we'll focus on right now is the foundation of them all. That foundation is positive thinking.

When setting up a personal goal that will lead you to your dream, a positive attitude in whatever you do will make things easier, and even enjoyable. Tasks as small as mowing the lawn an hour before the big game on TV, can make the difference in how you perform bigger tasks as it's all depending on your attitude.

Here are some tips to help you make it through the hours, days, weeks and years of manifesting through positive thought.

1. Don't just dream - do. No task is too small that propels you in the direction of your dreams. It is not enough to say to yourself "This is what I visualize." The next step is to actually take action towards living the life your dreaming of.
2. Commit to yourself as well as those you love to create powerfully a life you can love. Instead of reacting, commit to creating from your heart and soul, out of love rather than fear. Be amazed as the transformation begins.
3. Recognize and embrace the thought that each moment is perfect regardless of its outcome. Every time you hit on something that may appear too extreme, why not give it a shot and see if it will work. You will be surprised to see what materializes. If you are not pleased with the outcome, decide to use that moment to learn from and make the appropriate shift.
4. Dwell completely in a place of gratitude. Learn to utilize what you have in your hands and make use of it in the most constructive way. Slipping into neediness will become less of a habit when you repeatedly shift towards gratitude and away from poverty consciousness.
5. Continually focus your thoughts on Abundance and do not dwell on thoughts or feelings of scarcity and lack. The more you focus on a thing the bigger it grows, so make sure what you are focused on is the best thing for you and your family.
6. Keep humor at the forefront of thought, laughing at and with yourself when possible. You may find yourself quite entertaining when you loosen up.
7. Know that you are the architect of your destiny. No one can take your passionate future from you except for you. Create your life authentically. As long as there's still breath in your body, there is no end to how much you can accomplish in a lifetime. The concept of positively manifesting your dreams is all about enjoying your work as you watch everything flow into place with perfect, passionate precision.

In conclusion, all of us fall off the wagon of positive thought from time to time. This is part of our condition as human beings at this stage in our developing consciousness. However, when you realize you have slipped into negative thinking again, simply stop and pick yourself right back up with gratitude that you know the difference.