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POSITIVE THINKING

We have all heard the saying “you are what you eat” and the same analogy applies to our thinking.

It is a fundamental law of life that thought precedes every action from the most minor to the most profoundly important. It’s the way we think which determines the life we lead. Secondly, it is vital to understand and accept without question that “it is you” and you alone who decides the “way you think”.

It is impossible for us to constantly hold a thought in our minds that will not, in some way, manifest as a reality in our lives.

Henry Ford, founder of Ford Motor Company, said, “thinking is the hardest work there is to do, which is why so few people do it”. Henry also said, “whether you think you can or you think you can’t you’ll be right”.

A few simple things to focus your thinking on:

- Accentuate the positive and eliminate the negative.
- Always look for how you can be of use rather than what you can get.
- Do not blame others when you are disturbed about something, no matter what the cause – look at yourself and try to determine why you are upset.

Simple Suggestions to help Improve Thinking

So if you are not in the habit of being aware of your thinking you might like to try the following:

Morning

Upon waking spend a few minutes up thinking about the day ahead, deciding to take a positive attitude into the day and *most importantly* how you can be helpful to other people.

During The Day

If you become anxious or disturbed about something during the day try spending a few minutes to slow down and get things back in perspective, keeping in mind that the solution lies with you and not blaming someone or something else. Talk to someone you trust if that is practical noting that they need to be emotionally grown up to be of use!

Night

At the end of the each day try spending a few minutes thinking over the day recognising what went well and what didn't go so well. If you need to make an apology, correct something, make a commitment to yourself to do so, as soon as possible the next day.

If you try to practice these simple suggestions on a daily basis the quality of your life will improve.

If you would like further information about how Forsyths can help,
please contact us!

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'Knowledge with Integrity'