

Everybody Loves A Winner...Or Do They?

If you have a positive mind set, you might be in for a shock!

By Paul J. Meyer

When I first decided to stop joining the coffee break crowd at work while they all complained about how bad business was, and instead made up my mind to set some strong goals and get on with accomplishing them, it didn't go over very well. I was referred to as a snob, a big shot, a show off. I remember the words, "Who does he think he is?" being muttered under some co-workers' breath as I passed by.

Sadly, few people will stand and cheer when you determine to have a positive attitude. Why? Unfortunately, about 80% of the people you meet are stuck in a negative mind-set.

Everywhere you go, you are literally swimming in a culture of negative thinking. In fact, if you're a positive person, you are probably considered suspect, or at the very least, a bit strange!

Where does a negative attitude come from, and what does it cause?

Negative attitudes are insidious and usually begin very early in life as our self-image and understanding of life is formed through the words and actions of our family. Later, negative feedback can continue through our peers, neighborhood associations, and co-workers, not to mention the drum beat of bad news we hear day after day via newspapers and television.

Negative thinking is a powerful raw force that sets on fire any possible good in your life. It colors everything you think about, say, and experience. It's a depressive "gray lens" through which you view a distorted life picture.

A negative attitude will blind you to new opportunities because you see only roadblocks and obstacles. It focuses your attention on your weaknesses rather than your strengths and convinces you the deck of life is stacked in everyone's favor *but* yours. You'll develop a critical judgmental attitude toward others. You actually become immune to good news!

What happens when you have a positive attitude?

In contrast, a habit of positive thinking has an incredibly positive effect on how your mind works. It ignites a creative spark that shows you new and innovative ways to reach your goals. It shuts out distractions that would draw you off course. It helps you identify a purpose for life and fills you with enthusiasm and the joy of living.

Paul J. Meyer, best-selling *New York Times* author and founder of the Success Motivation Institute has written two dozen full-length programs plus numerous books on attitude, motivation, goal setting, management, leadership, and time management. In his inspirational and "tongue in cheek" CD, *The Awesome Power of Negative Thinking* available at www.pauljmeyer.com, Paul shares the principles of positive thinking that have made him the success he is today.

When you have a positive mind-set, you believe the glass is half full, not half empty. You see possibility where others see only problems. You see the good in others, believe for the best, press on when others have given up, experience increased energy for your goals, and sleep well at night knowing you've given your best effort. In other words, having a positive attitude makes life worth living!

"A negative attitude will blind you to new opportunities because you see only roadblocks and obstacles."

Sign me up! I'm ready for a positive mind-set.

Believe it or not, positive-thinking people are only different in one way from negative thinkers: They made a CHOICE! They decided to be positive. The truth is that no matter what caused you to form a negative attitude, you don't have to keep it. You have all the power necessary to make the change. One of the greatest gifts our Creator blessed us with is the ability to choose.

Though making the decision to have a positive mind set is a very important first step, you will have to take some other very pro-active steps to achieve your ultimate goal. You will literally have to begin to re-program yourself with new positive thoughts and images.

I suggest you begin by writing out some very positive affirmations for yourself and then say them aloud each day. Remember that for every action (or thought), there is an equal or opposite reaction. If you are fearful, write an affirmation that states you are full of courage; if you feel helpless, your affirmation should be about competency.

Encourage your mind with CD's and inspirational books; surround yourself with new friends that are on the same positive journey and allow them to encourage you. Practice, practice, and practice some more by cultivating a positive mindset in everything you think, do, and say. In time, old negative thought patterns WILL be replaced with fresh, positive new ones!

It's worth the effort!

No other habit can exert more power than the habit of positive thinking; everything you desire to accomplish in life depends on it. Your future is decided only by what you believe you can do and have. You literally attract what you think about. Why not make it something wonderful!

