

The Power of Positive Thinking

“Positive psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work and play.”

“We are beginning to comprehend a basic truth hitherto neglected, that our physical condition is determined very largely by our emotional condition, and our emotional life is profoundly regulated by our thought life.” – Normal Vincent Peale, *The Power of Positive Thinking*

We might recognize this as what we focus on is what increases in our lives, or as a demonstration of the **4 boxes**. If we decide to look for the positive, our brain instantly creates a filter to start scanning for the positive, overriding our innate “negative predisposition.”

A wonderful 12-minute TED talk by Shawn Achor: https://www.youtube.com/watch?v=GXY_kBVq1M

If we raise the positivity level in the present, we perform significantly better: 37% better at sales.

The Happiness Advantage

Better at securing jobs

Better at keeping jobs

Superior productivity

More resilient

Less burnout

Less turnover

Greater sales

(Lyubomirsky, 2005)

What’s the advantage? Focusing on the positive literally rewires our brain and produces more dopamine. Dopamine makes you happier and turns on learning centers in the brain. We’ve just seen that happiness leads to success; now we also see that it makes us sharper and more capable of learning. And continued learning, especially as we age, keep our brains supple and young.

Small changes ripple outward. What are some small changes that can create lasting positive change? These will look familiar to you!

Creating lasting positive change

- 3 gratitudes – write down three things you’re grateful for every night
- Journaling
- Exercise
- Meditation
- Random acts of kindness

Again, we are training our brains to scan for the positive instead of the negative.

“The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.” – Winston Churchill

Brian Tracy talks about a study they did at the University of PA and the power of what we focus on (do you see a pattern here? 😊). See the blog and brief video here: <http://www.briantracy.com/blog/personal-success/positive-attitude-happy-people-positive-thinking/>

“Top people think about what they want and *how to get it*. They think about their goals, actions and activities each day.”

“Happiness is the progressive step by step realization of a worthy ideal or goal.” – Earl Nightingale

Conversely, unhappy people are thinking about what they DON'T want, the things that make them angry or sad, past events that they can't change and who to blame for all their problems.

So, what do you want? What do you want to achieve? What do you want your life to look like?

If you want to kick this up a notch, get out your Standards of Integrity card and your Life's Intentions Inventory. As you focus on what you want, add the component of demonstrating your qualities and attaching what you want to a juicy life's intention. And get ready to live a life of joy and contribution!!

Mike Question: ***What would it be like if YOU were the most positive person anyone around you knew?***