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## What Positive Thinking Is And How It Shapes Our Life

Positive thinking has become a popular mantra in modern society. Some people think it's supposed to magically solve all their problems. But that's far from what it is. People who say, "With positive thinking, you can do just about anything", are either ignorant or living in Utah.

Negative thinking is bad for you both physically and mentally. Still, that does not mean once you start thinking positive you don't need to do any actual work. What positive thinking does is help you your ability to succeed faster. Yeah, there are many negative people who've become a millionaire and even billionaires: they are unhappy. Most of them are probably on antidepressant drugs because of all the hate they keep inside. You can avoid this with positive thinking. We have always been taught that success comes with a price, that's true. Positive thinking creates the mindset that makes you overcome the adversities that you will stumble upon on your journey to success.

Negativity is toxic: it poisons the mind. You can't see clearly, your emotions go out of control because negativity breeds fear.

You choose between positive thinking and negative thinking: the difference is that with positive thinking your outcome will not be determined in either direction, feeling like a failure or even depression.

So, if you choose to have a positive mindset, you make the best choice. It will change your life - imagine, will get you the best result and will allow you to meet amazing people who support your dream.

"The mental attitude which leads to expectations of favorable and good outcomes is known as positive thinking."

As kids, we experienced with negativity more than positive situations. By the time a child is 18 years old, he or she's been told 'no' or 'you can't do it' an estimated 148,000 times. Irrespective of the culture you grew up in, this seems to be the reality most of us had.

Negativity is built into human nature, positivity is the exception. No one teaches a child how to lie, hit, or take what's not theirs. People naturally think negative. So, you're not alone in this. The media are not helping to make the situation better. Although terrorism and poverty rates have declined, the media still repeats past images to keep us in a state of fear. The sad reality is that the media influences us much more than we like to admit.

Our environment makes it easy to be pessimistic. You must not give into it. Your growth and success depend on what you see in your mind. You need to admit words, thoughts, and images that support your goals. The last thing you want is to stand in the way of your progress. Your determination, the way you influence that how you and others how you think.

You might know a lot of negative thinking people around you. From the person that keeps pessimizing about what's wrong, and that everything is going to turn out for the worst (even the

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weather) to the unaware negative thinker: you encounter these people daily. It's unavoidable, but, you can decide to be pessimistic.

Where's your focus?

There is a universal truth that even the cavemen can relate to. And, that is, whatever you focus on expands. Attention is a very valuable currency. As an entrepreneur, you need to be in charge of who and what gets your attention. You often do a mind exercise with a friend to see for sure if that our mind filters out what we find important enough to remember or what's your kind of thing we give it.

It is impossible to run a business and not have to deal with the hiccups that come along with it. If you focus on the struggles, your mind goes into a defeated mode. You automatically sabotage your efforts.

Negative thinking doesn't see what's already there. You'll ignore the everyday small success that ultimately leads to you achieving your big goals. You will find it difficult to start and finish or tasks.

To have a positive mindset means to focus on what is there, instead, of focusing on what isn't there.

Take a moment to appreciate what you have right now – you most likely have a place you can call 'home', some money in the bank and access to the internet.

Yes, you do have something in your life to be grateful for. Many dream of starting a business but never took action. You have gone farther than most people will ever reach. Your business goals may still seem far from your reach, but, focusing your mind on what's not going right won't help you.

This is not saying you should ignore negative feedback or mistakes, you need to evaluate your failures. As the saying goes, "let failure go to your head and success go to your heart". A positive mindset is not a hippie mindset. It means you acknowledge the negativity while focusing on what you're doing right.

When you give your attention to positive thinking, you're motivated to start and finish that project.

How do you see the world?

Witness bias is when different people experience the same event but give varied accounts of what happened. This is very common because the human memory is flawed. Our experience of reality depends on our perception.

For example, two children with their parents at an amusement park; one of them enjoys the Merry-go-round ride, but the other cries loudly. It's the same ride, just different perceptions. One experiences fun while the other feels fear.

Our brain receives more than four billion bits of information every second and it needs to decide

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or what is meant important and what is not. Through this process, we create our unique map of the world. It filters what we see, feel, hear and taste.

The best strategy for changing your negative perceptions is taking note of them and consciously reminding yourself of the positive truths.

When you focus on your thoughts consciously, you take control of your thoughts and you can redirect them toward a more positive mind-set. By focusing on what's good in your life, and not what's missing or what doesn't work, you change your point of view and thus your result.

### Seeing the Opportunity

To think positively means seeing possibilities in what others consider as a problem. Negative thinking stalls your innovative abilities. You'll find it difficult to recognize opportunities. Building a successful online business requires you to quickly see trends. Whether it's Search Engine Marketing or hashtag on Twitter, when a new trend begins which favors your brand: you want to recognize it as soon as possible. This gets people's attention and will get your brand noticed.

Sometimes, the whole picture may not be complete, some of the pieces of the puzzle may be missing, but once you see the big picture in your mind: you must act on it. This will help you realize your goals despite all visible limitations.

Thinking positively is not all about seeing the good side only and ignoring the effects and dangers that come along with the goodies of life.

It goes beyond overlooking the challenges that are standing before you and ignoring the roadblocks ahead of you. Positive thinking means walking the road with a clear picture of your destination in your mind. This keeps you excited as you move on. It gives you the strength and courage to find a way out of every huddle and gets you motivated to keep on going.

### Self Esteem

Your level of self-esteem is the fundamental factor that determines whether you are successful or not. The more value you place on yourself, the more successful you will become as this creates self-motivation. Your success becomes a product of your effort. When you know that you are making progress and getting results, you will be motivated to find ways of improving by increasing your effort and being more efficient.

Do what makes you feel good and positive towards yourself and your life, it will help to build up your self-esteem and improves your level of mental fitness. Achieving one of your goals strengthens your self-esteem and builds your self-confidence.

"Success is the foundation for greater success." This is a simple truth many entrepreneurs ignore. Putting more effort and surviving the storm in your business helps you grow. You won't just get more customers or make more money: you'll be happier because your self-worth increases.

The way you see yourself determines your thought patterns. However, thinking positively will not be of any good to an individual who sees his/herself as a failure. This is why it is important that

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you change the way you see yourself from a negative perspective into a positive light.

Having a negative view about one's self-creates a lack of willingness to stop self-destructive habits such as hanging out with the wrong kind of people.

It's normal to feel unworthy, and the fear that the market will not accept you. It's tempting to be fake these days online. But, don't give in. Stay true to yourself.

However, if you are in high school, you will know that at this stage of life, most people do not have a vivid mental picture of who they are and this makes them divide classes into two groups: the active ones and the passive ones.

If you feel positive about yourself, you wouldn't care what other people think about you. All you need to do is improve on your self-image.

Young people are more likely to easily lose their focus, and this could be caused by a lot of external influences, the most common one being our constant exposure to digital and electronic devices. Video games and the internet effects the self-esteem of many in our digital age. Cyberbullying is a problem and so is video game addiction. Being judged by hateful strangers on the internet impacts our self-perception. Video games, on the other hand, make it difficult for you to socialize and live in the real world.

Don't borrow your ideas of yourself from people who have no idea who they are themselves. Believe in your hustle, focus on you and practice positive self-talk daily.

Everything that we use today including smartphones and the internet was once a figment of someone's imagination. Disregard negative thoughts. Refuse to think such thoughts and replace them with positive thoughts. Stop limiting yourself, you are capable of doing so much more. But, first, you must see this reality in your mind's eye.