



The **ASTONISHING POWER** *Of* **POSITIVE THINKING**

CHECKLIST

❑ **Overcome negative thinking**

- Let go of the past
 - The past is gone
 - Move forward
- Learn from mistakes
 - They're bound to happen
- Stop focusing on what's wrong
- Don't blame others
- Tell yourself to stop
 - Be self-aware
- Get help from positive thinkers
- Start a journal
 - Track your thoughts
- Failure is an opportunity to learn
- Enjoy every achievement
 - Small wins lead to big wins
- Adjust when necessary
 - Your dreams aren't set in stone

❑ **Power of positive thinking**

- What do you want to achieve?
- Think about your why
- Talk to yourself
 - You'll hear yourself clearly
- Learn to say yes
 - You'll embrace life
 - Don't be held hostage by "no"
- Drown out your negativity
 - Replace it with positivity
- Look for positive things always
 - Look for silver lining
- Be happy for other's success
 - Stop being jealous
 - Use them as inspiration
- Be grateful for your blessings
 - Don't take it for granted

- Practice positive affirmations
 - Believe in your affirmation
 - Don't just say it
- Think happy thoughts
 - Don't dwell on negative events
- Just be happy

□ **Powerful, positive habits**

- Get enough sleep
 - Feel energized in the morning
- Exercise regularly
- Establish morning ritual habit
 - Need self-discipline for this
 - Do important tasks in morning
- Take care of your hygiene
 - Feel great on the inside
- Read good books
 - Learn new things
 - Pick up new knowledge
- Be financially healthy
 - Save regularly
 - Make your money work for you
- Do something kind each day
- Practice mindfulness
 - Live in that very moment
- Stop procrastinating
 - You won't accomplish anything
- Laugh when you can
 - Laughter is the best medicine

□ **Self-belief and self-confidence**

- Have a solid plan
- Commit yourself to improving
- Think about your strengths
- Acknowledge your weaknesses
- Face and conquer fears

- Set small goals and achieve them

☐ **Surround yourself with positive people**

- Don't hold grudges
- Focus on the good
- Not afraid of failure
- Make other people happy
- Treat everyone kindly
- Live in present
- Don't badmouth others
- Dream big
- Fewer complaints
- Positive habits

☐ **A little humor goes a long way**

- Great stress buster
 - Laugh your way out of stress
- Elevates your mood
 - Lift up your spirits
- Brings people closer
 - Shared laughter is great
- Diffuses tensions
 - Make people laugh instead
- Resolves conflicts
- See things from another perspective
 - Take a step back
- Encourages creativity
- Makes you more resilient
 - Help keep problems at bay

☐ **Health benefits of positive thinking**

- Better immunity against heart disease
- Better resistance to depression
- Delays effects of aging
 - Take care of your body

1. Exercise
 2. Healthy food
 3. Better skin
- Cope better with stress
 - Increased life span
 - Get rid of self-destructive habits

☐ **Strive for excellence, not perfection**

- Focus on what matters
 - Make realistic goals
- Look at things from another angle
 - Make more progress
- Get inner voice under control
 - Do your best each time
 - Put one foot in front of the other
- Reward yourself for every win
 - Plenty of chances to reward yourself
- Focus on doing positive actions
 - No analysis paralysis

☐ **Role of visualization in your success**

- Helps motivate you
- No limits in place
- Helps reduce stress
- Helps improve positive thinking
- Helps focus on important matters

☐ **Spread your positivity**

- Walk the talk
 - Lead by example
- Use positive words
 - Words do have power
- Give constructive feedback
- Be grateful
- Say thank you

- Avoid laying blame
- Point out positives
 - Think of possible opportunities
- Focus on finding solutions
- Be excited about future
 - Never stop chasing dreams
- Smile and be kind
 - Others will feel better
- Be a good listener
 - Show people you care