



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

RESOURCE CHEAT SHEET

Thinking positively doesn't come naturally to many people. For the majority, we have to make a conscious effort if we want to transform from being negative thinkers to positive thinkers.

And the process doesn't happen overnight either. You've got to learn how to overcome your self-doubt and negativity first, and let go of your negative habits, so you can continue your journey to positivity.

To make the transformation easier for you, we've compiled this resource cheat sheet so you have additional resources to turn to for help.

Courses

- **The Science of Happiness: Hacks & Skills to Flourish**

(<https://www.udemy.com/scienceofhappiness>)

Let Stella Grizont teach you how to control your negative emotions, and transform your struggles into meaning and purpose. In this course, you'll learn how to feel more alive, increase your productivity and reach your dreams. If you apply the concepts you'll learn in the course, you'll have a whole new perspective in life, and you'll definitely end up happier, too!

- **Science of Happiness: Positive Psychology Tools and Research**

(<https://www.udemy.com/introduction-to-science-of-happiness-theory-research-tools>)

The instructor, Braco Pobric, is a Certified Positive Psychology Coach. There's a reason why over 5,500 students enrolled in the course - his enthusiasm is infectious. He also provides real-life examples and applications that will help you get positive results immediately. Not only does he give plenty of value in his 3.5-hour long course, but he also provides additional reading resources to make it easier for you transform into a more positive person.

- **How to Conquer Negativity** (<https://www.udemy.com/how-to-conquer-negativity>)

If you're not even sure what negativity is, then this course will help you understand what it is. More importantly, will help you overcome it! AJ Kulatunga, the instructor, will help you build self-confidence so you can protect yourself and fight back against negative thinkers. With the

psychological tricks he'll teach you in the course, you'll finally learn how you can transform negativity into positivity!

Books

- **The Power of Positive Thinking: 10 Traits for Maximum Results by Dr. Norman Vincent Peale** (<https://www.amazon.com/Power-Positive-Thinking-Maximum-Results-ebook/dp/B000FC0SXM>)

With over 7 million copies sold, this book by Dr. Peale has helped many people overcome their negativity and turn it into positivity. The book demonstrates the power of faith, and you'll finally find the initiative to pursue your dreams. If you only get to read one book from this list, make sure you grab this one. You'll learn everything you need to know to become a positive thinker in no time at all!

- **Self Talk: How to Train Your Brain to Turn Negative Thinking into Positive Thinking & Practice Self Love by Aston Sanderson** (<https://www.amazon.com/Self-Talk-Negative-Thinking-Positive-ebook/dp/B06XXWLBNF>)

You're not exactly loving yourself when you're drowning in negative thoughts. If you want to transform your life (why shouldn't you?!) and prove to yourself you're not a pessimist, then you should check out this book by Aston Sanderson. You'll learn several exercises to expand your line of thinking. You'll also learn how to use several mental and psychological tricks to help transform your negative thoughts into positive ones!

- **Kiss That Frog!: 12 Great Ways to Turn Negatives into Positives in Your Life and Work by Brian Tracy and Christina Stein** (<https://www.amazon.com/Kiss-That-Frog-Negatives-Positives-ebook/dp/B0073HW0VK>)

In this bestselling book, well-known author and motivational speaker, Brian Tracy, and his daughter, Christina Stein, shows you a detailed and step by step plan to overcome the negativity in your life and turn it into positivity. The techniques taught in this book will show you how you can overcome all the challenges that come your way. You'll become the best

ever version of yourself and live an extraordinary, happy life if you follow all the lessons taught in this book.

- **The Power of Positive Energy: Powerful Thinking, Powerful Life by Andrian Teodoro** (<https://www.amazon.com/Power-Positive-Energy-Self-Improvement-Self-Esteem-ebook/dp/B01APCOKEY>)

This faith-based book from Andrian Teodoro will show you how you can grow and become a better person. The author has focused on helping his audience build their character instead of just being a good doer. If you want to learn how to become a positive person every single day, then you should check out this book.

Websites and Blogs

- **Positively Present** (<http://www.positivelypresent.com>)

Dani DiPirro's blog is one of the more popular blogs in the Positive Psychology space. With its tagline "positivity, awareness, self-love," the blog encourages its readers to embrace a positive attitude. It's been around since 2009, and she's written hundreds of blog posts in this niche. Her most popular posts include tips for being more positive and how to live in the moment, personal development, sharing positivity with others, and so much more.

- **Tiny Buddha** (<https://tinybuddha.com>)

Founded by Lori Deschene, but maintained by over 1,700 blog contributors, Tiny Buddha features posts about positive things like happiness and fun, meaning and passion, motivation, relationships and love, possibilities and opportunities, simplicity, minimalism, change and challenges, and many more. The blog will help you reflect on your life and help you navigate it peacefully and happily.

- **The Positivity Blog** (<https://www.positivityblog.com>)

The blog's author, Henrik Edberg, specializes in giving practical personal development advice. If you want to learn how to live a happier life, improve your social skills and have positive relationships with people, overcome negative habits, and more, then you should check out this

blog. The author also gives in-depth and practical real-life strategies to help you live a more positive way of life.

Podcasts

- **The Lively Show** (<http://jesslively.com/livelyshow>)

With over 9 million downloads of her podcast episodes, Jess Lively's podcast is one of the top podcasts in iTunes for Society and Culture. It's also one of the "top five positive podcasts" according to Darling Magazine. If you want to listen to something worthwhile while you're working out at the gym or driving to work, or if you want to add a little extra intention to your day, then subscribe to her podcast.

- **Morning Mindfulness Podcast** (<http://hpln.org/morning-mindfulness-podcast>)

If you can add one more podcast to your busy schedule, you should check out the Morning Mindfulness Podcast. The host, Dr. Jin, keeps his podcast episodes short but packed full of valuable lessons. He's got over 700 episodes to date so if you want to binge-listen and feel good the entire day or week, feel free to subscribe to his podcast!