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Negativity always finds a way to creep up in your life from time to time. ***It's when negativity builds up too much or shows up too often that you have an obstacle to overcome.***

A negative attitude can hold you back from truly living your life. However, you don't need to feel stuck because you *can* bring positive thoughts back into your life!

How Negativity Can Hold You Back

Negativity can hold you back in a number of ways. Have you heard the saying: *"If you think you can't, you're right"*? It's true! Negative thoughts like this really do sabotage your efforts.

The good news is that ***you can gain control over how you think.*** When you're expressing complaints and negativity all the time, it not only affects you, but it also affects the people around you. Negativity, itself, can be the reason why you create roadblocks that don't *really* exist! So it's time to *choose* the positive (and, yes, it *is* a choice!).

Manifesting A Positive Attitude

When you adopt a positive attitude, you open yourself up to the wonderful world of possibilities. When positive energy is in the air, you'll be able to transform your negative feelings and maybe even bring others out of their negativity clouds.

Believe it or not, positive thinking is *very* powerful. It's the driving force that steers your life into the direction of your dreams. Remember, your thoughts affect how you feel, and how you feel affects what you do, so ***if you can change your thoughts, you can change your outcome.***

How To Develop A Positive Attitude

How can you change your attitude? It's easier than you think.

Follow these tips to develop a positive attitude:

- 1. Visualize.** When the negative thoughts come crawling into your mind, transform them with positive images. Visualize something that you find pleasing, peaceful, or exciting. ***Remember what your ultimate goals are and imagine what it feels like to achieve them.***
- 2. Write it down.** Keeping a journal has many positive effects. It helps you vent your frustrations, organize your life, and reflect on your innermost thoughts and feelings. Instead of focusing on the bad, use your journal to chronicle the things that have gone well in your life lately.
- 3. Relax.** Negative feelings are bound to arise when you're in a stressful state. It's important to take time out of each day for yourself. This means that you need to ***adopt a relaxation method that works for you.*** Perhaps you can take a bath, go to church, attend a yoga class, or meditate. When you're relaxed, a peaceful and positive mindset will likely overtake you.
- 4. Read and write affirmations.** Grab a book with positive affirmations in it, or better yet, write your own. Affirmations are a powerful way to bring positive thoughts into your present state of well being. Affirmations are short statements in the present tense that remind you of positive attributes and goals in your life. Here's an example: *"I am strong and competent."*
- 5. Live for the moment.** Live your life for the moment and let go of everything else going on in your life. Negative feelings can easily overwhelm you if you're consumed by past failures or the fear of the future. ***When you concentrate on the present, your life becomes more peaceful and positive.***

In the end, go easy on yourself. You don't need to be your own worst critic, instead, try being your biggest advocate! ***Just concentrate on your well being*** and you *will* develop a more positive attitude.