

Title:

20 Ways Of Training The Mind On Positive Thinking

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Summary:

1. Start the day with cheers and smiles.

Your whole day depends on how you greet the morning. Therefore, as long as you welcome it with

2. Ask for guidance.

Only God knows what we will be having on the day ahead of us. He will surely appreciate a few

Keywords:

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Article Body:

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3. Plan the day ahead.

To avoid mistakes that will cause negative output on your daily activities that will later on

4. Keep your mind focused on important things.

Set goals and priorities for what you think and do. Visualize practicing your actions. Develop

5. Be detached from the outcome.

They say that life is like a Ferris Wheel; sometimes, you're on the top, and sometimes at the

6. Try new things and challenges.

See learning and changes as opportunities. There's nothing wrong in changing attitudes and rou

7. Balance your desires.

We live in a place of opposites and duality ~ gain and loss, pleasure and pain, light and dark

8. Be realistic.

Make sure that what you want is something possible. Hoping for something to happen which would

9. Keep track of your mental and physical health.

This way, you will know how far you can keep believing.

Know yourself. There is no other person in the world who can tell who you really are. Know you

10. Love yourself.

Before you expect for other people to love and adore you, it is always you who needs to love y

11. Laugh.

Enjoy. Have fun. Looking at the brighter side of life starts with entertainment and pleasure.

12. Keep a list of your goals and actions.

Familiarize yourself with things you want to accomplish and with the ways you must undertake t

13. Associate with positive people.

In every classroom, work place, or simply anywhere you go where there are groups of people, lo

14. Make it a habit to ask questions.

This is not equal to dumbness and ignorance; rather, it is associated with seeking more inform

15. Be open.

We have to accept the fact that we don't know everything. And that we are continuously learnin

16. Have trust in other people.

Although it may seem difficult and risky to give trust to just any people, when you believe in

17. Forgive and forget.

Mistakes and failures are the root causes of negative thinking. If we somehow learn to let go

18. Learn from experiences.

Learning inside the classroom is different from learning outside it. In school, one learns the

19. Count your blessings.

Focus on what you have rather than what you don't have. Absence of our desires will only bring

20. Kiss your worries goodbye.

At the end of everyday, before going to sleep, there is no need to keep bad experiences and un

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