

The Lemons of Life Can Make Lemonade

It's just as easy to have negative thoughts as it is to have positive ones. That simplistic statement was coined by a great professional boxer named Sugar Ray Robinson. While the statement may seem obvious and over-simplified, the truth is that many people find positive thinking to be a difficult chore.

Like a disease, negative thinking eats away the possibility of positive thinking and the beauty of life in general. For the people who choose to live life in the grasp of negativity, it becomes almost second nature to feel and think negatively. It is ironic, but these people often want to be positive, they have just stopped hoping for the best in life for fear they will achieve the worst.

Many self-help books have aimed their purpose at moving the negative mind from one path of life to another. It is written that negative thoughts bring about negative energy and positive thoughts evoke positive energy. In order to achieve the happiness you want out of life, you need to first take a look at your daily thought processes to see if your fears of failure are what keeps holding you back.

Fear, yes fear, is at the heart of negative thinking. Fear of failure when attempting to hope and dream for the best in life. Positive thinking requires a level of the unknown that many people are uncomfortable accepting. The unknown outcome of actions, the unknown end result of the hope they have sunk so much energy into. It takes courage to believe that the best is yet to come in your life and it is this courage that births positive thinking.

Yet another trick to achieving those positive thoughts is confidence. Having confidence in the decisions you make, the achievements both personally and from within your job, the confidence to be all that you can be even if it takes a bit more work than the negative side of life.

A key step to positive thinking is to give thanks for the things already in your life. Take a moment to try this exercise. Sit down with a pen and paper and write at the top of the page, "I am thankful for" and begin listing all the things (no matter how small) for which you are grateful. Your list may include: my house, my health, my mother, my son/daughter, my child's sense of humor, my pets, my friends, my intelligence, my car, etc. It does not have to mean that you have a mansion, but you are thankful because at least you have a house. Part of the trick is to even be thankful for the things that are not going the way you wish when you can see how they could be much worse. If you take the time to list every minor detail, you will get tired of writing before you run out of things to write. Another trick is to give thanks for the things that have yet to enter your life. "I am thankful for my dream job as a"

Also, try transferring the energy you spend dreading the inevitable into something more positive. Instead of spending energy on complaining about the fact that you are about to be laid off from the job you hated anyway, put that energy into figuring out how to use this time to create the job you always wanted. We have the power to design our own lives; or if you believe in fate then believe that what has happened has happened for a reason and you only have to look for the positive opportunity that fate is providing.

The very next instance where you begin to think a negative thought, step back and look at how far you have come and how far you have to go. The journey is the part of life that creates memories and these memories can be as positive as you want them to be.

About the Author

The author, Elliott Roberts, is a writer at Becomng, a [Personal Development](#) blog, covering topics ranging from [How To Become Wealthy](#) to Goal Setting, and more. Visit Becomng, and change your life forever!

Source: <http://www.inquireinto.com>