**Change Your Thoughts, Change Your Life!**

*A Talk on Creating a Positive Mindset by Mary Goh, Library, 7 June 2007*

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**About This Talk**

- Power of Thoughts
- How to overcome negative thinking
- Positive Habits for creating a Positive mindset

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**What are thoughts?**

- “Thoughts are things, mind is the builder, the physical is the result” – Edgar Cayce
- How are things and thoughts related?
- “Every thought will remind you of a thing and everything reminds you of a thought.” – Yogi Gupta

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**The Power of Thoughts**

- Inner World
  - Thoughts, Beliefs & Attitudes
  - Emotions
  - Reality
  - Behaviour & Habits
- Outer World
  - Energy in motion

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**The Mind is like a Garden**

Feed your mind with positive thoughts and your garden will grow beautifully.

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**Negative Thoughts are like weeds that smother up your garden.**

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*Sunflowers by Mary Goh © 2007*
Test Your Own Optimism

- Do I get discouraged easily?
- Do I get depressed more than I want to?
- Do I fail more than I think I should?

Take the test from Martin Seligman’s website: Learned Optimism Test
http://www.stanford.edu/class/msande271/onlinetools/LearnedOpt.html

How Negative Thinking Affects Us

- Worry
- Energy-depleting
- Feeling pessimistic, fragmented, out of harmony
- Mood
- Depressed
- No hope
- Angry
- Die lah!

Noticing Your Internal Dialogue
- Mind/Body Connection

- Observe a negative thought that you have.
- Notice the feelings which arise when you have the negative thought.
- Body Awareness - Notice how your body feels, eg, tightness, tension, pain, how is your breathing, etc.
- Breathe – power pause
- Don’t cling to the negative thought. Just let it go.

Process the Negative Thought

- Use Root Cause Analysis.
- Ask questions like: What, Who, When, How
- Then take action to resolve it.
- Seek help when necessary

To change our lives, “delete” negative thoughts

- Feel happy
- Feel good
- Sense of integration & wholeness
- Improve communication & relationship
- Stronger immune system
- Recover faster from illness
- Stronger & more resilient
- See possibilities
- Feel good
“What we think everyday, we become” Earl Nightingale

“Every second of our existence, we are creating a new body.”
~ Deepak Chopra

Positive Habit 1: Make a Positive Affirmation

What is a positive affirmation?
- A positive thought or idea that you consciously focus in order to produce a desired result.

How does it work?
- It works because your thoughts create your reality – you become what you think.

How to Create a Positive Affirmation
1. Pick an area in your life that needs improvement. What is your core issue?
2. Using the 1st person, formulate the affirmation to achieve a specific goal or outcome
3. Experience how it feels
4. Repeat your Affirmation each day to anchor it
5. Trust the process. It works!

Positive Affirmation Exercise

Affirmation (conscious mind)
- I am confident in doing this new task easily
- I am confident in doing this new task easily
- I am confident in doing this new task easily
- I am confident in doing this new task easily
- I am confident in doing this new task easily

What comes up (subconscious mind)
- I’m afraid you are not
- In fact, you’re a loser
- You can’t do anything right
- I can do it if I put my mind to it
- Other people have succeeded and so can I
- Who is to stop me except myself?

Positive Habit 2: Engage Your Imagination through Visualisation

- Have a mental picture of what you want.
- Make it as real as possible.
- Play this movie every night before you go to sleep.

Positive Habit 3: Access your Positive Mental State

Access your brain for a situation when you felt intensely positive, eg, feeling highly enthusiastic or confident in a particular situation.

To trigger the brain:
- Draw a shape for confidence.
- What is the colour that best describes it?
- Is there a sound to it?
Positive Habit 4: Change Your Perception

By seeing through different lenses and different perspectives.

- Step into this shape and relive those feelings of feeling highly confident.
- Step out of it into your neutral state and step back in again until it becomes easy for your brain to access this confident state automatically.
- This becomes Your inner resource to access your confident state of mind at any time you need it.

Positive Habit 5: Smile!

- A smile a day keeps the frowns away
- “A winning SMILE makes WINNERS of us all.” — from Cindy Cashman Book of Smiles
- Find a place of humour in any challenging situation.

Positive Habit 6: Learn to Let Go

- It is very liberating
- Helps us to come to terms with life
- Acceptance brings us into wholeness

Positive Habit 7: Be Grateful & Thankful

- Don’t take your life for granted
- “Let us rise up and be thankful, for if we didn’t learn a lot today, at least we learned a little, and if we didn’t learn a little, at least we didn’t get sick, and if we got sick, at least we didn’t die; so, let us all be thankful.” ~ The Buddha

“There are many ways to look at any given situation. You can change your reality by changing your perspective. Choose a more positive outlook to brighten your life.”

— from ‘Dog Wisdom’ book
Positive Habit 8: Reclaim Your Joy!  
Revive Your Sense of Wonder, e.g., Connect with Nature

Wild mushrooms, Bukit Panjang Park; Photos by Mary Goh © 2007

Positive Habit 9:  
Motivate Yourself Each Day

- Use inspirational quotes/cards
- Listen to songs/music/that cheer the heart
- Read motivational/humorous books or watch funny movies
- Appreciate & reward yourself
- Hang out with positive people!

Positive Habit 10:  
Exercises For Positive Living

Brain Gym ® Exercises:
- Cross-Crawl
- Belly Breathing – Deep breathing
- Positive Points
- Cloverleaf (Vision Gym ®)

Cloverleaf ™

Source: Making the Brain-Body Connection by Sharon Promislow

Norman Vincent Peale, Father of Positive Thinking

- When you wholeheartedly adopt a "with all your heart" attitude and go out with the positive principle, you can do incredible things.
- Yesterday ended last night. Every day is a new beginning. Learn the skill of forgetting. And move on.

Watch this Movie!

Be Inspired to Make a Difference to Your Life with Positive Thinking and Actions.

Http://www.makeadifferencemovie.com
Thank You For Being Here!

[Image of daffodils in a field]